



CHAMBER OF COMMERCE HAPPENINGS

Promoting and celebrating the businesses and organizations of the Souhegan Valley.

*You can find it
in the
Souhegan Valley.*

Veterans Count Auction

The Souhegan Valley Chamber of Commerce invites you join in this partnership with Easter Seals to serve the men and women who have bravely served us.

Unlike any other war era, a large number of engaged military personnel are reservists and guardsmen and women. They are our neighbors and their families remain behind in their communities during active duty. Without the support infrastructure of the military that exists on bases, the hardships faced by soldiers and their families are particularly problematic. Although these service and family members have unique needs, there are few, if any resources to help them. In fact, many veterans and their family members are reluctant to ask for help because they cultivate a mindset that expects them to be strong even if there are circumstances out of their control.

Veterans Count has developed an integrated



system that links the National Guard and Reserve personnel with other key community service agencies to find solutions to meet their needs before they become critical. The impact of this program is seen in the faces and the families of these local servicemen and women and their successful transitions. The fund for Veterans Count has been in use since January 2007, when it was first accessed for a military family that had fallen through the cracks. Since then the fund has provided over \$400,000 in assistance to hun-

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Pine Hill Waldorf to Host March After Hours

You are invited to a special opportunity to join with other members and guests for a unique opportunity at our March After Hours on the 16th to visit one of our outstanding private schools. The After Hours will be from 5:30 to 7:30 PM. Pine Hill plans on inviting a lot of people to this event so you will have many new faces to connect with and network in their great facility on Abbott Hill Road in Wilton. You won't want to miss this chance to visit a local treasure tucked among fields, forests and farmland just up the hill from Route 101.

The Pine Hill Waldorf School is part of a rapidly growing international community of schools. We share our methods and beliefs

with more than 120 schools in North America and almost 700 schools in 40 countries around the world. It stimulates the mind with a full spectrum of academic subjects; it nurtures the emotions through the arts and by conveying knowledge experientially; and it works with the hands every day, in handwork and crafts, music, and the arts. Waldorf schools are committed to excellence and offer students a rigorous classical education for the most demanding of colleges. Tours of the school will be available and teachers and students will be on hand for demonstrations and performances. There is more than enough parking on site.

Please RSVP to the Chamber office or to Sandy Ziele at Pine Hill, 654-6003.

Executive Board

Effective July 1, 2009

Rick Boyd – Chairman
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Message From May's Desk:

It was a very good year in 1960 and then again, so was 1980. Very good years for two very good businesses. 2010 marks major anniversaries for two businesses that have made their mark on the Amherst landscape.

Two with family at the heart. Amherst NH Outdoor Antique Auto Show opened its 'field' in 1960 by Betty and Dick Douglas. Betty brought antiques to the field, Dick brought his interest in antique cars. The result was to hold an auto show on the last Sunday of the month with antiques featured the other Sundays. The Amherst Antique Show drew large crowds each week – those serious about collecting, hunting and discovering antiques and those out for a pleasant Sunday drive. I can attest to the crowds because my mother, grandmother and I were among them whenever they came from Massachusetts to visit me. It was our special "girls only" outing. Werner and Elna Carlson bought the property and business from his sister, Betty, and fortunately for all of us, the Antique Auto Show is still going strong and getting ready to celebrate their Fiftieth Anniversary as the place to go on the last Sunday of the month from April to October.

No, I am not quite that old, all you wise guys out there – I wasn't in the front row when they opened the gates for the first time. I was, however, living in Amherst when Frederick's Pastries opened at the first location on Paul's Way. The current home was a kitchen store if memory serves me (more wisecracks?). I know

that this was a family effort from the start out of their home in Nashua. Sue Lozier Robert literally grew up applying the crumb coat to the cakes with her mom. I ordered special treats there for holidays and lovely cakes for showers and birthdays. Now there is another generation I had the pleasure to meet at the Bedford shop opening who love to put spatula to buttercream. Maybe Frederick's will be celebrating a Fiftieth with them one day. I plan to be there if they do.



With all the gloom and doom on the newscasts and pundits telling us the sky hasn't stopped falling, it is heartwarming to honor two businesses that are so successful. Both built by families and still run by the same families. The way the owners, Carlsons and Loziers, have treated their customers and visitors over the years was with appreciation, courtesy and respect. You always wanted to return. And you received fair, honest treatment and a quality product whether in the number and variety of dealers or the ingredients of the batter. That is the hallmark of a successful operation and the foundation of a successful business. You won't see your thirtieth or fiftieth if people come once and never again. Or if the product isn't held to a high standard. Honesty, integrity, quality, courtesy. Watch words for all of us. Checklist for success. It is a particular honor to call Amherst Antique Auto Show and Frederick's Pastries Chamber members. Give 'em a high five and "well done" when you see them.

Souhegan Valley



69 Route 101A • Amherst, NH 03031
603-673-4360 • fax 603-673-5018
chamber@souhegan.net
www.souhegan.net

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members and \$15.00 annually to non-
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Editor: May Balsama
Graphic Design: SJ Balsama
Publishing Support : Chuck Taylor

Welcome New Members

Frambach Long Term Care Insurance Planning

**98 Route 101A, Ste 2, Unit 1
Amherst 03031
603-883-2128**

www.millieframbachltci.com

Millie Frambach has been specializing in long-term care insurance, comparison and plan design customized to meet your individual needs since 2005. Representing several insurance companies, she provides personalized service to every client. She can assist you in designing an appropriate and affordable plan for you and your family.

Her mission is to help educate as well as protect consumers from the potentially significant financial and psychological costs of needing long-term care. Her goal is to help families and individuals make well-informed choices when it comes to protecting their financial future. Not everyone realizes that in general, long-term care insurance must be obtained before they become uninsurable or before they reach a point in their lives where long-term care becomes necessary. She is committed to helping you and your loved-ones make your own well-informed choices. Millie is one of two agents in the state of NH authorized to offer long term care insurance endorsed by the AARP.

Home Healthcare, Hospice and Community Services

**19 Community Lane, PO Box 496,
Peterborough, 03458
603-532-8353 www.hcsservices.org**

Home Healthcare, Hospice and Community Services (HCS) is your local visiting nurse and hospice. We have been providing comfort, care and support to people at home since the first visiting nurses started in the Peterborough area in 1907. One hundred years later, Home Healthcare, Hospice and Community Services is a unique organization servicing southwestern New Hampshire communities with comprehensive nursing and therapy services that help speed recovery after a hospitalization and provide independence at home for those who are chronically ill. From visits to newborns to comfort at the end of life through our hospice program, Home Healthcare, Hospice and Community Services is there for all members of your family.

Jason Wetherbee, LLC

**484 Route 13 S., Milford 03055
603-673-6719 wetherbeeplumbing@comcast.net**

Selecting the right company to work on your home or business is a big decision.

You want to be sure that the company can do the work proposed, will take care of your premises in the process, and will maintain a high level of attention to your project. Jason Wetherbee, LLC is a complete plumbing service licensed for both residential and commercial needs.

It is a company built on respect for each client and trust for the excellent quality of work performed. Installations to repair of existing systems, we provide full service support for both new construction and remodeling, specializing in custom homes and baths.

We have a complete service department offering emergency service and water heater replacements. We always stand behind our work to ensure your complete satisfaction and are proud to carry on the reputation built by Jason's father over many years of business in the Milford area. That coupled with safety and quality are our #1 Priorities.

Jason Wetherbee, LLC was voted #1 for the 2009 Best of Souhegan Readers Choice Award.

Rotary Club Created for Day Workers

The second organizational meeting for a new Rotary Club, designed for people able to meet after work, was held at Elisha's Restaurant in Milford on Feb. 9. Presiding at the meeting was Milford Rotary Club President Stephanie Kruey, manager of the two Milford Ocean Bank branches.

"There are several people who find it difficult to attend a breakfast, lunch or dinner meeting, the traditional times a Rotary club meets," Kruey said. "However, their time is open at the end of the work day to meet, conduct Rotary business and share in the fellowship Rotary provides."

Representing local clubs were William Wilkes, president of the Merrimack club; Kruey, president of the Milford club; David

Pastor, president of the Nashua club; and Joe Gaukstern, president of the Nashua West club. Also in attendance was District Governor Michael Swinford, as well as several other members from the various clubs.

When there are 20 individuals ready to form the new club, Rotary will sanction its formation. It is anticipated that new members will be drawn from Amherst, Merrimack, Milford, Nashua and Wilton. If an individual lives or works in these areas, they are welcomed to look into membership.

Next meeting is Monday, March 8, 5:30 – 6:30 at the Crowne Plaza, Nashua.

Are You Clark Kent or Lois Lane?

If you can write "faster than a speeding bullet" or do some digging to find resources on the hot issues challenging our businesses in the Southern NH area communities, we need you! Or maybe you are a Jimmy Olsen and can capture the moment in pictures. We need you, too!

The Chamber is looking for members for the Communications Committee interested in working on the monthly newsletter with the Editor – Mr. White – er, I mean, May Balsama. We are looking for those with a creative bent, those with an interest in writing about the Chamber's events and business-related articles of interest and benefit to our membership. Give us a little of your time and we'll make you a Superman – star reporter! Call May at the office or email for details.

Member Happenings – Planning Ahead!

Events at Nia NH and Yoga 76 Route 101A, Amherst 603-562-7525

www.nianhandyoga.com

Breathing Workshop

Sunday, March 7th from 1 to 4 PM
Find relief from pain, and understand why behaviors and situations are showing up in your life. Learn a do-it-yourself tool to help you connect to your true self and renew yourself daily with this very simple and accessible tool! Breathwork is a proven and effective practice to gain freedom from mental, physical and emotional hardship; the fast track to joy, abundance, and healthy relationships. Further your journey with breathwork with the possibility of getting relief from chronic physical (headaches, asthma) and emotional (depression, addictions) pain. \$40 - An investment in YOU! Register at: <http://nianhandyoga.com/eventsplayshops.html>

Secrets to losing and keeping weight off

Thursday, March 18th from 11am to 1pm
Know anyone who's diets have failed? There is help with a program being used in Europe, Australia and England that teaches the Glycemic Index. (1 in 4 adults have metabolic syndrome and most don't even know it! Increased waist size is associated with metabolic syndrome. According to Stanford University, those with metabolic syndrome have a 20-fold increased risk of heart attack.) Presented by Edwina Hastings, RN.
Come for lunch (so please register ahead) and some powerful education on four healthy lifestyle changes that will allow your waist line to begin shrinking and your weight to begin melting and staying off. Call 603-562-7525 to register.

Past Life Regression.

Friday, March 19th from 7 to 9 p.m.
Discover how Past Life Regression is a pathway to understanding the joys and sorrows of yesterday that relate to now and the future. It is an interesting approach to view how their soul has developed over the ages. In looking at past life scenes we can see how our self

has evolved, what talents are recurring as well as our life purpose and the challenges we are/will be facing in our soul's development.

A belief in past lives is not necessary since whatever scenes unfold in our unconscious mind leads or describes our current thoughts, beliefs and feelings. No one knows if past lives are real - they may be metaphors (stories with hidden meaning), which help to bring about positive change. Using past life regression, we can better understand and accept ourselves, bringing inner peace to our being.

Pam Sayre has worked in the area of Past Life Regression for over 18 years. She is a nationally-certified hypnotherapist with hundreds of hours of specialized training in Past Life Regression from Brian Weiss, Henry Bolduc, and others \$25. Register at: <http://nianhandyoga.com/eventsplayshops.html>

WADLEIGH MEMORIAL LIBRARY

For more information, please contact Michelle Sampson, Library Director msampson@wadleighlibrary.org 603-673-2408

Thursday, March 11

Morning Book Group followed by a Southern Pot Luck Lunch

10am in the AV Room
As part of the "Big Read" project, this month's selection is Harper Lee's classic: *To Kill a Mockingbird*. "A gripping, heart-wrenching, and wholly remarkable tale of coming-of-age in a South poisoned by virulent prejudice, it views a world of great beauty and savage inequities through the eyes of a young girl, as her father—a crusading local lawyer—risks everything to defend a black man unjustly accused of a terrible crime."

After our book discussion, stay to enjoy a southern pot luck luncheon! Beverages will be provided. Bring your favorite southern dish or try your hand at some of the foods mentioned in the novel. Free and open to all. Copies of the book are available at the circulation desk.

For more information on the Big Read, sponsored by the National Endowment for the Arts, see <http://bigreadnh.org>

March 14, 4:30 p.m.: Film Showing of To Kill a Mockingbird (Wilton Town Hall Theatre)

March 23, 7 p.m.-8 p.m.: Milford Attorney Jane Holly-Weintraub will talk on The Role of the Defense Attorney in American Society.

March 25, 7 p.m.-8:30 p.m.: UNH professor J. William Harris will discuss Deep Souths: Delta, Piedmont and Sea Islands Society in the Age of Segregation. March 30, 7 p.m.-9 p.m.: Book Discussion led by NH Humanities Scholar Jennifer Lee

Please visit <http://bigreadnh.org/> or <http://www.neabigread.org> to learn more about these and other events.

Tuesdays & Thursdays through April 15 Free AARP Tax Assistance

Tuesdays: 10am-1:30pm in the Keyes Room

Thursdays: 3:30-6:30pm in the Keyes Room

Are you dreading having to do your taxes this year? Let us help! AARP Tax Aide volunteers, trained in cooperation with the IRS, will offer help with personal income tax returns @ the Wadleigh Library each Tuesday & Thursday. You do not need to be a member of AARP to attend. Assistance is first come, first serve. Please be sure to bring any needed documentation & receipts.

Antiques at Mayfair

March Antique Madness

**Saturday, March 20th 10:00 – 5:00
292 Route 101, Amherst**

The Village at Salzburg Square

Celebrate St. Paddy's with the dealers at Antiques at Mayfair and get a great deal on your favorite vintage merchandise and jewelry while sampling the delicious treats during the one day celebration. This event honors the men folk! Gentlemen, come in wearing green and register for a Door

Member Happenings – Planning Ahead!

Prize. Who know what the Luck of the Irish will bring???

Frederick's Pastries
109 Route 101A,
Amherst
882-7725
www.pastry.net



Adult Cake Decorating Class ~ March 10th ~ 6:00 – 7:30 pm ~ \$80.00

Learn to create a 3 dimensional Pot of Gold Cake! Begin with carving the shape of a pot out of cake, frost, then add finishing touches like a rainbow, four-leaf clovers and more with our buttercream frosting, finish it off with gold coins! This cake will make any leprechaun happy!

ALL CLASSES HELD IN OUR AMHERST LOCATION

Frederick's Pastries is celebrating our 30th Anniversary and we'd like you to be a part of it! 100 Sweet Reward e-mail Members will receive a \$30.00 gift certificate to Frederick's Pastries, we're giving away 10 a month for 10 months!

Not a Sweet Rewards Member yet? Let us know next time you're in and we'll get you started or sign up today by clicking the link on our Welcome Page www.pastry.net, you only need to sign up once to be eligible all year long!

Salon 2000 & Green Gallery **37 Wilton Road, Pine Valley Mill,** **Milford, NH** **603-654-6930**

Two specials programs are being offered to support our neighbors in the Souhegan Valley with the New Talent Hair Stylist at Salon 2000 & Green Gallery. On the first Tuesday of every month veterans, both active and inactive will receive 50% off all hair services. A second offer to those who have recently suffered a job loss, on Tuesdays and Thursdays you can receive 50% off hair services. Just mention you saw this newsletter or bring it with you. Our e-mail address is salon2000greengallery@tds.com.

J. Kenneth Fordham, CPA **27 Route 101A, Amherst** **672-1830 www.kenfordhamcpa.com**

Ken is proud to announce the expansion of his office. New members to the Fordham team will provide additional service to current and new clients for their tax filing needs along with complete accounting services for personal and business requirements.

Concert to Benefit High Mowing **222 Isaac Frye Hwy, Wilton (off** **Abbott Hill Road)**

Saturday, March 20, 7:00 pm: Benefit concert at High Mowing School with blues/progressive rock band Uncle Fran's Breakfast. Suggested donation for adults \$15. Students free of charge. Uncle Fran's Breakfast, a band of three seasoned High Mowing musicians, will present a concert to benefit the High Mowing School tuition assistance fund. The concert, which will take place in the big room at High Mowing, will include acoustic and electric blues and progressive rock.

For more information, contact Heather Cochrane, 603-654-2391, Ext. 105

Resources for Amherst-area Small Businesses

In times of great opportunity and economic anxiety, owners of small businesses need an array of resources to help them overcome the challenges they face. MicroCredit-NH, a program of the non-profit New Hampshire Community Loan Fund, assists both new and existing businesses. To offer information about the program, MicroCredit-NH will hold a free orientation in Amherst on Thursday, March 18 from 2 to 4 p.m. at the Souhegan Valley Chamber of Commerce, 69 Rte. 101A.

The meeting will provide information about MicroCredit-NH's business development resources, which include peer education, loan capital, networking opportunities, matched savings through the Individual Development Account program, and information about health care options. Local membership options for

microbusinesses (up to five employees) will also be discussed.

"Small businesses are New Hampshire's most powerful economic engine", said MicroCredit-NH Regional Manager Peggy O'Keefe. "By offering a menu of services from loans to education to networking, all in one program, MicroCredit-NH helps our members increase their businesses, profits and stability."

To register for the orientation, contact O'Keefe at (603) 620-1269.

MicroCredit-NH provides loans of up to \$15,000, matched savings, business education, and networking opportunities for owners of microenterprises and self-employed individuals who want to strengthen their businesses, increase their incomes and achieve financial independence. MicroCredit-NH delivers its services through local business groups.

Established in 1996, MicroCredit-NH has loaned more than \$1 million to microbusinesses. For more information about MicroCredit-NH and its business events statewide, visit www.microcreditnh.org or call (800) 769-3482.

Veterans Count

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dreds of military families for needs such as food, housing, heating fuel, transportation, medical care and other critical items.

We need your support to continue helping the veterans and their families before, during and after deployment in military service to our country. The Auction proceeds will provide for programs, services and outreach provided by Veterans Count through Easter Seals New Hampshire.

Donate an item for the Auction – Help underwrite the expenses of the Auction through a Sponsorship – Join us April 17th for an evening of fun, bidding, great food and feeling good doing it. Tickets are \$40 and available at the Chamber.

Robbins Joins HCS as Community Liaison

Peterborough- Lynn S. Robbins has joined Home Healthcare, Hospice and Community Services (HCS) as a Community Liaison serving the Wilton area.

She will promote awareness of services available to residents, including visiting nurses, maternal and child health services, Hospice at HCS, Customized Care and other programs that support independent living at home. As part of the HCS speaker's bureau, she will speak to groups on the agency's services, caregiver concerns, and hospice and bereavement services. Lynn will also work with hospitals and long term care facilities to assist residents who are transitioning home after a hospital or nursing home stay.

Lynn has nearly 20 years of marketing communications experience. Prior to joining HCS, Lynn was the Director of Communications for Community Hospice of Northeast Florida headquartered in Jacksonville, Florida. Lynn was responsible for the branding, marketing, advertising and public relations activities for the non-profit hospice and

palliative care organization that serves 1,000 patients a day. In addition, Lynn has served in marketing communications management positions for public broadcasting organizations, hospital and healthcare systems as well as advertising agencies.



A native of New York, Lynn has a bachelor's degree in history from The King's College. She and her family now live in Peterborough.

Home Healthcare, Hospice and Community Services is a not for profit home care and hospice agency serving the region, with an office at 10 Main Street in Wilton and on Community Lane in Peterborough.

Member Breakfast

Member Breakfast Features PSNH Rebate Programs, New Home Construction

Dave and Sue Asselin, Portrait Homes, are hosting our Member Breakfast on Wednesday, March 24 at their model home at 18 Westgate Drive, Mont Vernon. Special guest, Anne Karczmarczyk, Energy Efficiency Services, PSNH, will talk about the rebate programs available for commercial, residential and industrial facilities. Get advice from the experts and hear what improvements can be made that might save you some money!

Come see the newest developments in home building and design. Breakfast refreshments from Windows on West St. RSVP to the Chamber office.

Directions: From Route 13 in Mont Vernon, turn right on Tater Road and follow on Tater to where it becomes Kendall Hill Road to Westgate Drive. From Amherst village turn onto Boston Post Road and go past Wilkins School. At the fork, go right towards Mont Vernon. The road changes names from New Boston Road to Brook to Kendall Hill. Westgate Drive is on the right.

Lunch N' Learn Draws Many Looking for Guidance

The potential for the new LLC Tax law brought together many members and not-yet members to hear from Christopher Rogers, CPA, Jay Maiona, Maiona Law and Barbara King, AspenCross Financial. Questions still unanswered with changes being proposed as this newsletter is written.

Stay tuned – it is NH afterall!



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Six Tips to Make Your Home Bloom on a Budget

Budget Blinds Offers Décor Ideas for Frugalistas

As spring and the home show seasons approach many homeowners are eager to refresh and redecorate their homes while being mindful of their budgets. The good news is homeowners don't need to break the bank to spruce up the place.

"There are many budget-conscious things homeowners can do to polish the look of their homes," said Larry Sportello, who owns and operates the local Budget Blinds franchise serving Southwest NH, the Upper Valley, Southern & Central Vermont.

Budget Blinds offers these suggestions to brighten your rooms for spring:

While paint color can change the mood of a room, window coverings can change the way light reacts with that color.

Adding a simple drapery panel to an existing window treatment softens harsh angles, adds a bit of drama and makes a room more inviting.

Professional decorators repeat an accent color three times in a room – once in the lower third of the room, once in the middle third and once in the upper third of the room. We suggest repeating that accent color with a drapery panel, coordinating throw pillows and a throw rug.

Swap your drapery panels and accessories seasonally.

The thing to keep in mind is to wisely invest in your home décor. Emphasize the items' value over how inexpensive the item is.

The cheapest item may not be durable enough to withstand the rigors of your lifestyle, and you'll spend more to replace it than if you'd purchased the better value item.

We will be exhibiting at numerous upcoming expos including Taste of Home Cooking School Expo, Claremont Home Show, Cheshire County Home Show, Brattleboro Home Show, Greenerborough Expo, the new Celebrating Women Expo, and the Jaffrey Consumer Expo.

About Budget Blinds of Keene

Budget Blinds of Keene, NH began operation in 2008 and is owned and operated by Surry residents, Larry & Kathy Sportello. The company proudly serves homeowners and businesses from Central Vermont to Milford, NH and all communities in between, offering complimentary in-home estimates and consultations, professional measuring and installation, and a rich selection of quality window treatments including shutters, blinds, draperies, shades, and window film. Budget Blinds works with leading window covering manufacturers, such as Norman Shutters™, Kathy Ireland Home® by Alta®, Lafayette, Hunter-Douglas, and offers its own private label line of window treatments, Signature Series by Budget Blinds®. For more information please call 603-313-6346 or visit www.budgetblinds.com/keene

Amherst Yoga Offers New Experiences at After Hours

Every member and guest stopping by Amherst Yoga at our February After Hours was treated to a chance to sample new experiences. Barbara Landry and Michelle Luks have moved their business to 10 Northern Boulevard in Amherst. With the expanded facility, they are able to bring more services together to create a full wellness program. Cole Acupuncture demonstrated treatment of a number of conditions, massage by Practical Hands Massage and Nutressante holistic health described the program offered.

Each person received a gift certificate to come back and try all the services of Amherst Yoga free of charge! If you missed this unique opportunity, stop by the Chamber office and we'll see if we just might have an extra for you.



Amherst Yoga Hosts February After Hours

We Cordially Invite You To

*The 22nd Annual
Gourmet Festival & Auction*

To Benefit

The Nashua Pastoral Care Center

Sunday, March 14, 2010

Nashua Country Club

"Uniquely New England"

Gourmet Festival & Silent Auction

4:00 to 6:00 pm

Live Auction

6:00 to 8:00 pm

Tickets: \$85 Per Person Before Feb. 12

\$100 Per Person After that Date

Please Respond by March 8

Semi-Formal Attire

Rising to Restore, Reinvent and Rejuvenate Yourself or Your Organization

Debbly Hoffman Adair entertained, encouraged, questioned and inspired members at our February 25 Breakfast at Hampshire Hills. Her message comes from her personal experience through years of changes and challenges. Not unlike what many business people have faced over the past couple of years of economic downturn, the stories Debbly shared helped those in her audience see a different approach to what would otherwise seem to be obstacles. Adopting a more positive attitude makes the glass neither half full nor half empty but rather just enough. What could you accomplish if you were sure of success in whatever you did. There were nods, laughter and moments of recognition of one's self.



Debbie's philosophy is one forged in her own disappointments and reinvention. It speaks to today. "It's time to make changes, to take command of our lives and plot a new course, personally, professionally and spiritually. Learn to take control, leave yesterday behind and take the steps necessary to propel yourself to be healthier, stronger and more prosperous than ever before."



Sports Authority is proud to be part of the Amherst Community.



**Store Location:
123 Route 101A
Amherst, NH**
Across from Lowes Plaza



GRANITE STATE CREDIT UNION ANNOUNCES ANNUAL MEETING

Granite State Credit Union will hold its Annual Meeting of the Membership on Wednesday, March 24, 2010, at 7:00pm at Fratello's Ristorante Italiano, located at 155 Dow Street in Manchester. Light refreshments will be served and all Granite State Credit Union members are invited to attend. Membership is open to anyone living or working in New Hampshire. For more information visit www.gscu.org or call 800-645-GSCU. For directions to Fratello's Ristorante Italiano, visit www.fratellos.com.



2010 marks the credit union's milestone 65th year serving the full financial needs of New Hampshire residents and businesses. This credit union is federally insured by the National Credit Union Administration.

WE UNDERSTAND COMMITMENT.

For decades, Edward Jones has been committed to providing financial solutions and personalized service to individual investors.

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A long-term approach that focuses on quality investments and diversification
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Call or visit today.

Brian S McGuigan
46 Route 101A
Amherst, NH 03031
603-672-5520

Marc D Chareth
1 Elm Street
Milford, NH 03055
603-673-3957

Chris Marcucci
46 Route 101A
Amherst, NH 03031
603-672-5520

www.edwardjones.com Member SIPC

Edward Jones
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Member Directory

Every month all of our Chamber members will be listed. Bold print will be used to distinguish Premiere and Premiere Plus Members. Additional information may be included in the listing for a nominal fee. A listing that includes logo, name, address, telephone and website is \$48 annually. Please contact the Chamber at 673-4360 for more information.

-A-

Accountants

Business Clinic, Inc., The ph: 672-1234
Christopher Rogers, CPA ph: 673-0336
Dionne & Strout, PA ph: 598-3693
J. Kenneth Fordham CPA ph: 672-1830

Air Conditioning/Heating

Absolute Mechanical ph: 249-9800
Card Heating & Cooling ph: 673-9767
Sanford Temperature Control ph: 672-1643

Antiques

Amherst NH Outdoor Antique Market, Inc.
ph: 673-2093
Antiques at Mayfair ph: 546-0194
The Shoppes at 326 ph: 672-3900
White Home Collections ph: 654-7363

Apartments

Woodland Heights Apartments ph: 673-1155

Apparel

Barbour, Inc. ph: 673-1313
Haywards Trading Post ph: 673-1321

Appliance Sales & Service

Brennan & MacKay Appliances ph: 673-1177

Appraisal Services

F & M Appraisal Group, Inc. ph: 673-9666

Art Galleries/Instruction

Andres Institute of Art ph: 673-7441
Expressions Gallery, Inc. ph: 673-2136

Automobile Sales & Service

Contemporary Chrysler Dodge, Inc. ph: 673-5511
Medlyn Motor, Inc. ph: 673-1667

-B-

Banks & Banking Associations

Centrix Bank & Trust - Milford ph: 672-4200

First Colebrook Bank



69 Route 101A
Amherst, NH 03031
ph: 673-1440

fax 673-1290

www.firstcolebrookbank.com

Laconia Savings Bank ph: 527-7207

Lake Sunapee Bank ph: 673-2350

The Nashua Bank ph: 882-2700

Ocean Bank - Jones Road ph: 673-4700

Ocean Bank - Lorden Plaza ph: 672-5055

TD Banknorth ph: 249-4021

Banquet Catering

Alpine Grove Banquet Facility ph: 882-9051

Books New & Rare

Mori Books ph: 732-0258

Toadstool Bookshop ph: 673-1734

Boutiques & Specialty Shops

Amanda Thomas, LLC ph: 595-9447
The Color Shop & More ph: 654-6297
Cozy Baby ph: 672-5554
The Cozy Tea Cart ph: 249-9111
Salzburg Square ph: 732-6507

Business and Organizing Services

Space 4U, LLC ph: 765-9267

Business System Consulting

Schiek Technology Consulting ph: 465-1575

-C-

Chiropractors

Amherst Chiropractic ph: 673-9191
Amherst Family Chiropractic Wellness Center
ph: 673-0010
Backstop Chiropractic Health Ctr, Inc., The ph: 673-1511
Elm Chiropractic Center ph: 673-6133
Spinal Corrective Center ph: 673-5600

Civic Organizations

American Red Cross ph: 625-1951
Amherst Lions Club ph: 673-2834
High Hopes Foundation of NH ph: 429-1010
Little Hands to Hold Inc. ph: 547-2114
Make-A-Wish Foundation of NH ph: 623-9474
Milford Historical Society ph: 673-3385
Milford Main Street/DO-IT ph: 672-4567
Milford Rotary Club ph: 673-4778
Nashua Senior Activity Center ph: 889-6155 ext. 12
Opportunity Networks ph: 883-4402
SCORE ph: 666-7561
SHARE ph: 673-9898
United Way of Greater Nashua ph: 882-4011
Wilton Main Street Association ph: 654-3020

Cleaning/Restoration

Wendi's Cleaning Services, Inc. ph: 673-4266

Coin Dealers/Collectibles

Rare Coins of New Hampshire, Inc. ph: 673-9311

Computer Services

Brinestone ph: 673-6696
CEJ Computer Business ph: 424-3117
Computer Alliance ph: 881-8411
Dharma Systems, Inc. ph: 732-4001
GatherWorks ph: 801-3552
Microtime ph: 672-7076

Confections

EJ's Bakery ph: 654-9393



Frederick's Pastries ph: 882-7725
Lisa's Sweets ph: 672-1022
Maple Lane Farm ph: 654-5362

Conservation Education

Beaver Brook Association ph: 465-7787

Construction/Contractors

Allen Remodeling ph: 672-5992
Gavin Remodeling ph: 672-3200
Guardian National ph: 275-4484
Hammersmith Post & Beam ph: 654-3210
Portrait Homes Inc. ph: 672-8228

Credit Card Processing

East Commerce Solutions, Inc. ph: 800-527-5395

Credit Unions



Granite State Credit Union ph: 249-9035
www.gscu.org
St. Mary's Bank phone ph: 249-7301
Triangle Credit Union ph: 577-9137

-D-

Dance Instruction

Kathy Blake Studios ph: 673-3978

Dental Practices

Amerident Dental ph: 672-6546
Amherst Pediatric Dental Associates ph: 673-1000
Family Dental Care of Milford P.A.
154 Elm Street / PO Box 135
Milford, NH
ph: 673-3332
www.fdcmilford.com
Kayser, Clark & Leighton PLLC ph: 673-7950
Kenneth G. Edwards, D.D.S. Family Dental Care
ph: 673-0782

-E-

Elder Housing

Bentley Commons ph: 644-2200
Parkhurst Place ph: 249-1600
The Isle at Ledgewood ph: 672-5037

Electricians

Evan Jones Master Electrician ph: 289-1589
KB Electric, LLC ph: 801-3563

Employment Staffing Services

Accurate Staffing, LLC ph: 673-1083
Adecco, The Employment People ph: 598-0117
Personnel Interface Staffing Services, Inc., The
ph: 732-0206

-F-

Family Services

Big Brothers Big Sisters of Greater Nashua
ph: 883-4851
Bridges-Domestic & Sexual Violence Support
ph: 672-9833
Granite State Child and Family Counseling, LLC
ph: 672-1881
Nashua Pastoral Care Center, Inc. ph: 886-2866

Financial Services

Ameriprise Financial Services ph: 668-1273

5 Bedford Farms, 3rd Floor
Bedford, 03110 www.ameriprise.com
AspenCross Financial Group ph: 232-8262
Boutin Financial Group ph: 878-0584
Commonwealth Financial Group ph: 676-7776
Edward Jones Investments - Amherst ph: 672-5520
Edward Jones Investments - Merrimack ph: 429-3833
Edward Jones Investments - Milford ph: 673-3957
Merrill Lynch ph: 628-3244
Mike Bonacorsi, LLC ph: 769-3111
Money Concepts, CTS Financial Service, Inc.
ph: 880-6671

Fitness Facilities

Amherst Yoga ph: 673-7661
Hampshire Hills Sports & Fitness Club ph: 673-7123
Nia NH & Yoga, LLC ph: 562-7525

Florists

Amaryllis ph: 889-7750
Woodman Florist ph: 673-3545

Fuel

Ciardelli Fuel Co., Inc. ph: 673-1336

Funeral Homes

Nelson-Michaud Funeral Home ph. 654-6524

Furniture Retail

Winchendon Furniture Co., Inc. ph: 880-6393

-G-

Garden Centers & Nurseries

Milford Agway ph: 673-1669

Gifts

J.M. Princewell ph: 673-0611
Just Naturals Boutique ph: 672-6900
Lozier Studios LLC ph: 672-0976

Government

Town of Amherst ph: 673-6041
Town of Milford ph: 673-3514
Town of Wilton ph: 654-9451

Graphic Design Services

FixMedia ph: 721-9283
Patelligence, LLC ph: 367-8072
Robin Warren Website Design ph: 424-0814

Trademark Graphic Design and Marketing

PO Box 6083
Manchester, NH 03108
Tel 603-880-1410 - Fax 603-669-4936
www.trademarkgraphicdesign.com

Innovative marketing and packaging design.

William Pike Design ph: 672-5176

YourPresenceOnTheWeb ph: 801-0688

Gymnastics Instruction

Gymnastics Village, Inc. ph: 889-8092

-H-

Health/Wellness Services

Granite State Vitamins ph: 801-8452

Home Health Care/Nursing Homes

Living at Home SeniorCare ph: 546-6060
St Joseph Home & Hospice Care ph: 673-3460

Home Improvement

Artistic Tile ph: 886-1920
Budget Blinds of Keene ph: 354-7801
Devine Flooring ph: 672-0404
Dial I Maintenance Service ph: 529-0711
Home Theater & Beyond ph: 424-1968
Lowe's Home Improvement ph: 521-9241
Total Deck Care ph: 303-5292

Hotels and B&B

Hampton Inn Nashua ph: 883-5333
The Hampton Inn ph: 883-5333
Stepping Stones Bed & Breakfast ph: 654-9048
Zahn's Alpine Guest House ph: 673-2334

-I-

Insurance

Aflac ph: 781-223-0276
Allstate Ins. Co. Jim Parolin & Associates ph: 429-8800

Beard & Boyd Insurance Agency LLC ph: 673-7228
Constable Agency-Nationwide, Inc. ph: 672-2243
Davis & Towle Insurance Group ph: 672-5255
Eaton & Berube Insurance Agency, Inc. ph: 673-0500
Holt Agency, The ph: 673-1201
Liberty Mutual Insurance ph: 472-3597
Proctor Insurance Agency, The ph: 654-2081
Tom Peters State Farm Insurance Agency
ph: 889-4333

-J-

Jewelry

AmericanAccessory by Alina ph: 320-7195
www.americanaccessory.etsy.com
Lia Sophia ph: 673-5737

-K-

Kitchen & Bath Design

Kitchen Tune-Up® ph: 673-6499

-L-

Landscaping Contractors

Let the Other Guy Do It Landscaping ph: 672-5180

Law Offices

David G. Sturm, Counselor at Law, PLLC ph: 673-4543
Donald H Sienkiewicz, Attorney at Law
ph: 654-8811
Griffin & Owen P.C. ph: 673-5200
Maiona Law, PLLC ph: 769-3924
Wiggin & Nourie ph: 669-2211
Wing & Weintraub, P.C. ph: 673-7256

Libraries

Wadleigh Memorial Library ph: 673-2408

Lighting, Fixtures & Supplies

Souhegan Lighting Products, LLC ph: 889-8962

Limousine Service

L.A. Limousine ph: 654-3899

-M-

Management Consultation & Training

Calm Water, LLC ph: 566-7847
Sapphire Consulting, LLC ph: 889-1099

Manufacturing

Alene Candles, Inc. ph: 673-5050
Cirtronics Corporation ph: 249-9190
Hitchiner Manufacturing Company, Inc. ph: 673-1100
MTH ph: 886-0011
Saint-Gobain Crystals ph: 673-5831
Williams & Hussey Machine Co., Inc. ph: 654-6828

Marketing Consultants

MarketingFIRST
44 Catacunemaug Road, Shirley, MA 01464
978-764-8711

Markets

Earthward Natural Foods & Co-op ph: 673-4322

Massage Therapy

Associated Muscular Therapy ph: 582-5409
Caring Hands Massage Therapy, LLC ph. 508-1562

Mortgage Services

First Eastern Mortgage ph: 800-999-7788 x13
NE Best Rate Mortgage ph: 930-5706
NE Moves Mtg LLC ph: 472-5281

Moving & Storage

Curier Self Storage ph: 673-9538
Granite Clover Self Storage, LLC ph: 883-2188

Music/Performing Arts

Milford Area Players ph: 801-4473
Monadnock Chorus ph: 654-5566

-N-

Newspapers

Cabinet Press, The ph: 673-3100
Telegraph, The ph: 594-6539

-O-

Office Equipment

Konica Minolta Business Solutions
ph: 898-4114
New England Copy Specialists
ph: 800-321-6327 x7745
Oce Imagistics, Inc ph: 472-8119
Staples Office Superstore ph: 578-4897

Optometrists

Joseph J. Raczek O.D. ph: 673-7428
Nashua Eye Associates, Inc. ph: 672-8800

Orthodontics

Amherst Orthodontics ph: 672-0844
Edward L. Klopfier D.D.S., PA Orthodontist
ph: 673-2406

-P-

Painting

Markal Angelo ph: 566-9013

Party and Event Rentals

Special Events of New England ph. 624-8389

Payroll

Time Pay\$ of NH ph: 233-6676

Personal Chef

The Everyday Epicure ph: 672-0708

Pets

The Doggie Bag and Day Spaw ph: 249-1149
Food for Pets / Souhegan Pet Supply
Cobblestone Corner, 76 Route 101A
Amherst, New Hampshire 03031
ph: 673-7387
email: food_for_pets@comcast.net
Granite State Dog Center ph: 672-3647

Photography

Catching 1 Moment Professional Photography
ph: 673-8200
Loving Impressions ph: 769-0513
Photography by JMarie ph: 249-5805

Physical Therapy

Amherst Physical Therapy ph: 672-5125
Apple Therapy ph: 769-3331
Hampshire Hills Clinic for Physical Therapy
ph: 672-4478

Physicians & Surgeons

Dartmouth - Hitchcock Milford ph: 673-2515
Elliot Family Medicine at Amherst ph: 249-3000
Foundation Medical Partners ph: 577-2770
Greenhouse Naturopathic Medicine ph: 465-2895
Robert D'Agostino MD Family Practice
ph: 672-2003

Postal / Package Services

Postal Center USA ph: 672-8816

Printing/Publishing

Amherst Label, Inc. ph: 673-7849
The Armarium Press ph: 878-3811
Copy Shop, Inc., The ph: 882-9111

Gallagher Printing Services, ph: 672-4540
 Hansen Printing & Design Services, LLC ph: 672-7599
 Labels For Less ph: 654-8379
 Minuteman Yellow Pages ph: 866-922-3990
 SendOutCards Distributor ph: 878-2411
 Town Planner Community Calendar ph: 791-4748

Propane

Energy/North Propane ph: 654-6070
 Suburban Propane ph: 673-2903

Property Management

Stewart Property Management ph: 641-2163

Public Relations

Civic Media Corporation ph: 673-9545

-R-

Real Estate

Amherst Rose Realty ph: 673-9141
 Coldwell Banker ph: 673-4000
 Grubb & Ellis/Coldstream Real Estate Advisors, Inc.
 ph: 623-0100 x 207
 Joan P. Lemire Real Estate ph: 654-6118
 Kokko Realty, Inc. ph: 673-7000
 Leonard, Lee & Company ph: 672-5100
 Norwood Group, The ph: 673-1775
 Prudential/Verani Realty, Inc. - Londonderry 434-2377
 RE/MAX Country Properties - Amherst 673-9747
 Roedel Partners, LLC ph: 654-2040
 Sunset Settlement Company, LLC ph: 598-4030
 Transitions Realty, LLC 673-0833

Recreation / Golf Clubs

Amherst Country Club ph: 673-9908
 The River Card Room ph: 249-5548

Referral Services

LeTip of Nashua ph: 498-6462

Restaurants

Elisha's Restaurant ph: 249-9452
 Longhorn Steakhouse ph: 579-6975
 Red Arrow Diner 23 ph: 249-9222

Retail

Very Cozy Baby, LLC ph: 672-5554
 Wal-Mart ph: 672-3421

Retreat Center

This Field, Center for Beginner's Mind ph: 249-5549

-S-

Salons & Spas

Ageless Salon & Medical Day Spa ph: 883-3550
 Innovations, Salon & Spa ph: 880-7499
 Salon 2000 & Green Gallery ph: 654-6930
 SpaScape, LLC ph: 249-5807

Schools

High Mowing School ph: 654-9408
 Little Einsteins Preschool Learning Center, LLC
 ph: 673-3022
 Pine Hill Waldorf School ph: 654-6003
 RSEC Academy ph: 886-8500 ext. 309
 SAU #39-Amherst/MontVernon/Souhegan 673-2690
 SAU #40-Milford School District ph: 673-2202
 SAU #41 Hollis/Brookline School District 465-2269
 Southern New Hampshire University ph: 881-8393
 Wilton-Lyndeborough Coop Middle/High School
 ph: 654-6123

Scrapbooking

NH Scrapbook Cabin ph: 769-3333

Sealcoating / Snow Plowing



Shattuck Paving & Plowing, LLC ph: 654-5695

Septic Services

Souhegan Septic Tank Service, LLC ph: 673-4711

Sign Manufacturing

Classic Signs ph: 883-0384
 Poyant Signs, Inc. ph: 673-4233

Sporting Goods

Sports Authority ph: 594-3041

Stoves – Wood, Pellet, Gas

Stove Keepers ph: 672-1280

Supermarkets

Shaw's Supermarkets, Inc. ph: 672-1280

Surveyors & Engineering

Meridian Land Services, Inc. ph: 673-1441

-T-

Take-Out Foods

Moulton's Market ph: 673-2404

Telecommunications/Communication

DSCI Corp. 781-862-4545
 Moore Enterprises ph: 978-597-0204
 US Cellular - Nashua ph: 533-2070

Tire Dealers

Carson City Tire, Inc. ph: 673-5402

Tractor Sales & Service

B - B Chain, Inc. ph: 673-3455
 Chappell Tractor Sales ph: 673-2640

Trash Removal

H2O Waste Disposal Services, LLC ph: 732-0961

-U-

U.S. Military

Employer Support for the Guard and Reserves
 ph: 225-1342
 NH National Guard ph: 225-1206

Utilities

Public Service of New Hampshire ph: 634-2380
 TDS Telecom ph: 888-837-1347

-V-

Veterinary Medicine & Surgery

Hollis Veterinary Hospital, PLLC ph: 465-7071
 Ponemah Veterinary Hospital ph: 673-5300

Voice Over Services

Priscilla Hamilton, Voice Overs ph: 759-3145

-Y-

Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

SAVE THE DATE

Veterans Count Auction
 April 17, 2010

Southern New Hampshire Expo
 October 21, 2010

MEMBER SERVICES

	Members	Non-Mems.	Newsletter	Advertising*	
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Member Mailing Labels (1st Set)	Free	\$35.	Back Page	\$100.	\$1,000.
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Welcome Bags			Insert **	\$75.	\$750.
One Sheet/Item	\$50.	\$100.			

* Prices for camera ready artwork. Design service available at additional fee.
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MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Ambassadors	2 7:00 AM SV Referral Group 8:15 Technology Comm.	3	4 8:00 Veterans Count	5 8:00 Expo Team Leaders	6 Winter Gala Crowne Plaza
7	8 8:00 Rescheduled Ambassadors	9 7:00 SV Chamber Referral Group	10 8:00 Expo Promo Task Force	11 8:00 Board of Directors	12 11:45 Expo Sponsor Task Force The Barn	13
14	15	16 7:00 SV Chamber Referral Group 5:30-7:30 Pine Hill After Hours	17 AM Network changed to Breakfast on 24th	18 8:00 Veterans Count Auction 2-4 PM MicroCredit	19 Deadline for April Newsletter	20
21	22	23 7:00 SV Chamber Referral Group	24 7:30 AM Member Breakfast Westgate Drive Mont Vernon	25 8:00 Veterans Count Auction 7:00 Joint Meeting for Freedom's Way, Milford	26	27
28	29	30 7:00 SV Chamber Referral Group	31	1	2	3

Veterans Count Auction

Saturday, April 17

Join these fine sponsors and support our local heroes!

Citronics Corp.
FairPoint Communications
Hitchiner Manufacturing
St. Mary's Bank
TDS Telecom
First Colebrook
Triangle Credit Union
Kenneth Edwards, DDS
Wend's Cleaning Service

Souhegan Valley Chamber of Commerce
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