



CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it
in the
Souhegan Valley.*

Souhegan Valley Celebrates! Making It Happen

It's the biggest "After Hours" event of the year! Join our members and guests at the 22nd Annual Award Dinner "Souhegan Valley Celebrates! Making It Happen". The theme chosen for this year recognizes the businesses and people who are investing their energies and talents in our communities and economy. They make the Souhegan Valley a great place to live, work and do business. Our Awards include Large Business, Small Business, Business Leader and Volunteer of the Year as well as the Future Business Leaders from our five public high schools. A special award is given for Souhegan Valley History Recognition.

Please consider the following five ways you can take part in this great event.

Sponsorship & Program Advertising - Excellent rates See attached. Great way to promote your business.

Donate a Raffle Prize - Attendees will be able to take chances spinning the wheel of stars for a prize. (Deadline - prize must be received by 5/22 to be recognized in the program)

Enter the Centerpiece Competition - \$50.00 - This is your opportunity to decorate a dinner table centerpiece any way you want! You may choose to creatively advertise your business or choose another theme. Guests will be given a

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Veterans Count Auction—Full House for Great Cause

Hard to find a seat April 17 for the third year of the Veterans Count Auction partnering the Souhegan Valley Chamber with Easter Seals NH. Auction goes bid on over 225 items ranging from jewelry to original artwork to a week in the Loire Valley to help support the service men and women and their families from the area towns. Frederick's Pastries supplied a variety of their most popular, delectable desserts to accompany the hors

d'oeuvres and buffet dinner catered by Elisha's Restaurant. Donations came from local businesses and Cirtronics Corp. opened their Conference Center for the event.

Salon Aquavit joined in the festivities by arranging to have Auction items presented by models wearing fashions from The Clothes Closet, Cache and Gentlemen's Wearhouse. Models

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Shhhhh... We're letting the best kept secret out of the bag...

Souhegan Valley Chamber of Commerce Referral Group

Impressive numbers since June, 2009

- 223 Referrals
- \$39,000 in Revenue
- \$1,857 per Seat

Julie Poliquin of Davis & Towle Insurance joined late September, 2009

"Joining the referral group was the best decision I ever made. The meetings are well run,

effective and our group is made up of the most respected professionals in our area. The exposure and results have been amazing, beyond all expectations!"

Interested in adding 21 professionals to your team?

Contact Walter Schneckler CIM Photography
673-8200 or wschneckler@clmpp.com

Executive Board

Effective July 1, 2009

Rick Boyd – Chairman
Beard & Boyd Insurance Agency

Amy Wheeler – Chair-Elect
First Colebrook Bank

Karen Keating – Treasurer
St. Mary's Bank

Clifford Harris – Past Chairman
Prudential Verani Commercial

Richard Mori
Mori Books

May Balsama –
Executive Director

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Maiona Law, PLLC

Jeffrey Boutin
The Boutin Financial Group

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Mary Kling
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Stephanie Kruey
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Guy Scaife
Town of Milford

Cliff Simmonds
Beaver Brook Assoc.

Jackie Staiti
Amanda Thomas Women's
Boutique

Marc Violette
TDS Telecom

Message From May's Desk:

"I've got one-fifty, I want two, one-fifty, who will give me two." Steve Desmarais is the best. He can get money out of a banker, oops, Scrooge. All kidding aside, if you were not at this year's auction on April 17, you missed a great night. Neighbors helping neighbors. That says it all. The business community turned out with donations of products, services, over-nights, gift certificates, tickets to events. You name it, we had it to sell. Many good deals, opportunities for travel were had.



There are so many people who helped in so many ways. The evening went seamlessly from the lovely music to the great items displayed for bids to the delicious dinner and delectable desserts. I have taken the chance of naming names in the article further on in the newsletter. I know there are many behind the scenes that I have left out. For that I apologize and hope they know their efforts did not go unnoticed. Every hand made the work go smoother and our guests for the evening more comfortable. Thank you, Thank you All!

"You've got courage". These words were spoken by my grandmother years ago to my then employer at the opening of a new card and gift store. After three years at a single location in Brockton, MA, he was opening a second store in New Hampshire. It was in Nashua Mall which was in the process of being built. The biggest thing in all of NH at the time. It was a new concept for an area that had been stable but stagnant for many, many years. Predictions were that the area was ready to grow. Even so, it was taking a risk. That move proved successful

and several more stores followed. Was it always easy? Never! Did it always present some risk? Heck, yes. Did it always require courage? You bet.

This is a trait common to all good business people, leaders and yes, volunteers. Sticking your neck out to take on a new challenge, expand a business or relocate, maybe streamline a business represent risk. This is a trait all those who have invested in our Souhegan Valley towns with their resources, monetary or "sweat equity" share. We are asking your help to be sure we recognize that commitment, that courage, by submitting their names for consideration and recognition at the Annual Award Dinner on June 3 for one of the four major awards given each year. As a special feature this year, we will be honoring all the newest businesses that have opened in the last year or so. With the economy unsteady, it took extra courage to take the plunge and invest in a new business venture. That spirit and conviction deserves a big round of applause from all of us. We are hoping you will help develop that list with us and get that information right to us so no one is left out. Just fax, email or drop a line in the mail, the name of the operation and we will do the rest.

And in case you didn't know, the employer my grandmother was congratulating became my uncle. His "new" manager, a nephew, would become my husband. Who would have thought a part-time job in high school would turn into a family.



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

Happenings is published monthly by
the Souhegan Valley Chamber
of Commerce

Subscriptions are complimentary to
members and \$15.00 annually to non-
members.

Editor: May Balsama
Graphic Design: SJ Balsama
Publishing Support : Chuck Taylor

Welcome New Members

American Family Life Assurance Company
64B Laurel Hill Rd., Hollis 03049
Felicia_hoynacki@us.aflac.com
603-234-0492
AFLAC is a world leader in guaranteed-renewable insurance.
www.aflac.com

AFLAC is different from health insurance; it's insurance for daily living. Major medical pays for doctors and hospitals. AFLAC pays cash benefits directly to you to help when you are sick or hurt. AFLAC has a range of products that fit most budgets. AFLAC rates will not go up when you file a claim. The benefits pre-determined and paid regardless of any other insurance you have.

You own the AFLAC policy if you change jobs or retire you take your AFLAC policy with you. AFLAC is never a 'wait and see', claims are usually processed within 4 days. Forms are easy to complete, so while you focus on your health, we focus on getting your check quickly. We want you to be healthy –

Make It Happen!

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ballot as they enter and vote for their favorites. Winners will be announced and prizes awarded. (Deadline - fax in the order form by 5/22 to be included in the program) Donate Promotional Product or Coupon for the Gift Bags - FREE - 200 Celebration Bags will be created and given out to each attendee at the Dinner. Donate a special item to be placed in each of the bags. Be creative. Make it special. Samples are great! Give people a reason to visit your business. (Deadline - item must be received at the chamber by 6/1. Email may@souhegan.net or call 673-4360 that you want to participate by 5/22 to be recognized in the program) Attend the Dinner - \$40.00 per person - A fun evening and great way to network, while recognizing those special individuals who promote excellence in the Souhegan Valley. (Deadline - purchase your tickets by May 22, by calling May at 673-4360)

Don't be left out of the opportunities, the fun, the chance to meet your fellow Souhegan Valley community members and the businesses that Make It Happen!

that's why we promote care. Get a routine physical, mammogram or an eye exam and we will pay you!

AFLAC policies are 100% employee-paid and are available on a voluntary basis. Most companies choose to make AFLAC policies available as a cost-effective solution to help employees with the rising cost of out of pocket health care expenses. AFLAC makes it easy for your employees to participate.

AFLAC complements your company's existing benefits. Your employees choose the areas they need additional coverage. Over 430,000 companies of all sizes make AFLAC available to their employees. Whether you have 3 employees or are a corporate giant you can provide the same protection at no direct cost to your company.

New England Elements, LLC
PO Box 363, Mont Vernon
603-801-5879

Russell Boivert wants to cut your grass – and provide full landscaping services for your home or business. They specialize in custom treatments that will enhance and compliment the natural surroundings of the property. Maximize the use and enjoyment of your property with stone walls, patios,

plantings, and walkways that will be pleasing yet functional for your needs.

Extensive experience in design and choosing the right perennial or shrub will ensure your satisfaction for years to come. Complete property maintenance and winter services are available, as well. Call for free estimates. We welcome your requests for a proposal on all size jobs.

Monadnock Tent Rental
6 Hopkins Lane, Greenfield 03047
603-562-6690
monadnocktentrental.com

Call John Hopkins for all your function needs, weddings, parties, graduation. Full service in tents, tables, chairs, staging. Bounce House rentals available.

The Elms Care and Rehabilitation Center
71 Elm Street, Milford 03055
603-673-2907
www.sunbridgehealthcare.com

Our center offers skilled nursing and rehabilitation therapy to adults of all ages who need short or long-term care. We also provide respite care for people whose primary, at home caregiver is temporarily unavailable.

The Isle at Ledgewood After Hours Bursts of Spring

April's hosts brought springtime into every room with flowers of every color. After Hours guests were given special tours of the Isle at Ledgewood that included the extensive amenities provided for the residents of this full service assisted living facility. Theater, elegant dining room, therapy rooms, exercise room, patio and social room are just a few of the "extras" available to make those who live at the Isle feel right at home.

Special guests of the Chamber were the finalists of the Interscholastic Interview Competition. Students and their families represented Milford and Hollis-Brookline High Schools. Amy Wheeler presented certificates recognizing the effort to achieve top honors in preparation, resume writing and one-on-one interviews with human resource professionals



from the Chamber membership. Thank you to all the students in the competition.

A big thank you to everyone at the Isle at Ledgewood for opening their doors to their wonderful home. And to Woodman's Florist for assisting with a true breath of spring in every corner.

Member Happenings – Planning Ahead!

Antiques at Mayfair

Salzburg Square, Route 101, Amherst Home & Garden – Indoor & Outside Antique Show

Saturday, May 22, from 10AM to 5PM.

Antiques at Mayfair invites you to Celebrate Spring with “Dealer Days” discounts on your favorite items. Come and join in the 7th Annual Home & Garden Show featuring Vintage Garden Ornaments, Porch Furniture, Urns, Planters, Bird Baths, and Architectural Pieces. Refreshments will be served.

Walk/Run for Kids

Souhegan Valley Boys & Girls Club Saturday May 8th, 2010

56 Mont Vernon Street, Milford

•Registration and Expo begins at 9:30 a.m.

•Run starts at 10:15 a.m.

•Walk starts at 10:30 a.m.

Thank you to our Healthy Living Sponsor, Oakhurst Dairy, for supporting our Walk for Kids!

Its Walk for Kids time again to benefit the Boys and Girls club of Souhegan Valley. A FUNdraising event. The club really needs the support as Federal and State grants and subsidies are way down to the point of nonexistence in many cases. The State has also cut subsidies to low income families for after school care and the demand for scholarships is greater than ever. All donations are gratefully accepted by mail to the address above or by calling 672-1002. Go to www.svbgc.org for more information.

Frederick’s Pastries

109 Route 101A, Amherst 603-882-7725

Frederick’s Sampler

Join us Saturday, May 22nd from 1-3 pm at Frederick’s Pastries, 109 Route 101A, Amherst, NH for a fun sampler! We’ll be showcasing our Graduation and Father’s Day cakes and sampling some delicious flavors! Frank FM will be joining us with a live broadcast and plenty of fun. We hope to see you there!

Stroll the Oval and Sample the Specialties from Milford Eateries at the Taste of Milford on Friday, June 4

The Milford Oval is the place to be for great food at the Taste of Milford on Friday, June 4 from 6-9 pm. Sample specialties from 10 Milford restaurants including Amigos Mexican Cantina, Elisha’s, Foodees, Giorgios, the Mile Away, the Pasta Loft, the Red Arrow Diner, the Rustic Leaf Bistro, and the Union Street Grill. View a preview of great art by local artists to be raffled. Tickets are \$20 per person and may be purchased at www.milforddoit.org or by telephoning 672-4567. Proceeds benefit the Milford Downtown Ongoing Improvement Team. The Taste of Milford is sponsored by Hansen Printing & Design, Milford.

Bring Back the Family on June 5 & 6 for the Milford Keyes Art Festival

Bring the family back downtown on Saturday & Sunday for local art and family activities at the Milford Keyes Art Festival, June 5 & 6, on the Oval. NEW this year - performance stage, kids activity tent, face painting, food booths, artist demonstrations, and art show. Saturday 9-4 pm and Sunday 9-3 pm. Sponsored by the Milford Masonic Temple Association Partner Organizations and presented by the Keyes Art Group and Milford DO-IT.

TRINITY HEALTH WEIGHT LOSS INFORMATION

New Group Forming

Granite State Vitamins, Edwina Hastings

Are you at risk? Have you tried every diet known to man, exercised your heart out, and failed to lose the pounds your doctor tells you is due to declining metabolism? There is a disconnect in today’s education and traditional weight loss programs as shown by the increasing numbers of those who continue to gain weight, have Diabetes II, feel tired all the time, and have aching joints among other life style related issues. Come hear about the program Australia and Europe have used for decades-THE GLYCEMIC INDEX CONCEPT. You will learn how to lose that carbohydrate craving, how to easily cut processed foods from your menus, and you’ll watch the inches

melt from around your middle in time for swimsuit season! This is not a diet; this is an education you will take with you on your path to becoming HEALTHY FOR LIFE!

Let me show you how easy it is to feel better in 12 weeks with the education you need to start Health Care Reform at Home. Call me, Edwina Hastings RN, at 603-801-8452 or email me at granitestatevitamins@tds.net for a free individual or group information session and for the dates of our new groups forming. The information you learn can help you and those you care about to lose weight and get healthy.

SpaScape Relaxation Retreat and Sun Spa

71 Rte 101A ~ Windmere Place

Amherst NH 03031

603-249-5807

www.spascape.net

spascape@spascape.net

tl_spa@yahoo.com

“Escape from Everyday Life”

Get ready for summer clothing with a tan that is safe and fast! SpaScape is offering the Versa Spa Sunless Spray Tan for \$20 a session thru the end of May.

Don’t forget about our \$45 a month Ultimate Relaxation Club with no contract to sign. Also offering Spa Parties, Bridal, Birthday, etc. or just a girls day out starting at \$19.95 per person. Prom special bring a friend get 2 spray tans for \$30. Check us out at www.spascape.net or call 249-5807 for more info.

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

Experience the ancient form of healing with Tibetan Bowls. May 8th , 11 a.m. to 1 p.m.

The sound of a master set of these bowls harmonizes your body on a cellular level, bringing balance and healing properties physically, mentally, and spiritually. Facilitated by Sound Healing Practitioner Mani Carter who has practiced in Nepal since 2000. Please reserve your space by calling 603-401-5580 or by email: manicarter@yahoo.com

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NH Mag Names Frederick's Best of NH

NH MAGAZINE NAMES LOCAL BUSINESS "BEST OF NH 2010" Celebration June 24 at Verizon Arena to Benefit the New Hampshire Food Bank



Frederick's Pastries has been selected by the readers of New Hampshire Magazine as "Best of NH 2010" for Best Cakes. The winners will be feted at a celebration that each year draws more than 1,500 people. It's happening on Thursday, June 24, at Manchester's Verizon Wireless Arena from 5:30 p.m.-8:30 p.m. "We are truly honored to receive this award again this year," says Susan Lozier Robert, proprietor. "Our philosophy has always been to have superior products combined with superior customer service. To be rewarded for something we love to do is exhilarating each year. Thank you to all who voted!"

Partygoers can sample great food from dozens of restaurants, enjoy the entertainment and enter to win in a

drawing for two tickets from Southwest Airlines — all celebrating the best New Hampshire has to offer. One ticket buys you the whole evening of food, fun and music. To guarantee tickets, call (603) 868-7300, log on to www.ticketmaster.com or www.bestofnh.com.

Proceeds from the event's ticket sales will benefit the New Hampshire Food Bank, a program of New Hampshire Catholic Charities. The Food Bank, the largest non-profit food distribution center in the state, obtains and distributes donated and purchased food to 412 registered agencies that in turn provide the food to hungry people in New Hampshire through soup kitchens, food pantries, homeless shelters, and elderly and children's programs.

Veterans Count Auction

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sported new hairdos and makeup to complement their apparel from the artistry of the Dream Team at Salon Aquavit. Gene Brochu entertained guests as they looked over the Silent Auction. Linda May, Antiques at Mayfair, provided the centerpieces of Patriotic Pansies to enhance the diners' pleasure. Our Auctioneer, Steve Desmarais, worked hard to make sure he got every bidder into the action while having fun with the audience.

"Veterans Count provides basic, essential services to our families before, during and post deployment. Simple everyday needs become insurmountable when a parent and/or spouse is sent overseas. Is there enough money for all the bills, do the children need the support of a counselor, unexpected illnesses stop the other parent from working, these are times when the Veterans Count Program can step in and help", explains Auction co-chair, Karen Keating, St. Mary's Bank. Cliff Harris, Prudential Verani Commercial Real Estate, co-chair, echoed those comments and emphasized the need to keep our brave citizen soldiers in our minds and

hearts, remembering to take the opportunity to say thank you. Assisting on the committee in getting all the details in hand for a wonderful evening of music, bidding and fun were Mary Kling, Wendi's Cleaning Service, Laurie Johnson, SAU 40, Sally Hooper, Coldwell Banker, Gail Hoar, Ginger Munson, Siobhan Dalton, Coldwell Banker, Pat Rocca, Earthward Market, Peg Carnduff, Shelly Christiansen, First Colebrook Bank, Len Gerzon, PSNH, and Molly J. Smith and Mike Cormier of Easter Seals NH.

Sponsoring the Auction were FairPoint, Hitchiner Manufacturing, St. Mary's Bank, Wendi's Cleaning Service, Elbrys Networks, TDS Telecom, Triangle Credit Union, First Colebrook Bank, Kenneth Edwards, DDS, Edward L. Klopfer, DDS, Princeton Technology Corp., PSNH and Williams and Hussey Machine Company.

The Chamber and Easter Seals NH join in thanking all the individuals and businesses that stepped up to the call and made it clear our "Veterans Count"!

Happenings

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FACIAL ACUPRESSURE. Saturday, May 15th, 11 a.m. to noon

Learn to give yourself a simple treatment to stimulate points on the face that enhance circulation and energy, to create a vibrant and younger looking you! Please bring a hand sanitizer and your favorite face oil or lotion. 1 hr: \$15. Taught by Jaya Hoesch, LMT, NCTMB. Contact: 603-562-7525

Interview Competition

Souhegan Valley Area High School Interview Competition

The Second Annual Interview Competition sponsored by the Souhegan Valley Chamber of Commerce wrapped up the first week in April. First Place honors were awarded to Lauren Griffin, Milford High School. Garnering Honorable Mention from Milford were Kayla DiGangi and Corey Boucher with Hillary Flanagan representing Hollis Brookline. The Competition was developed to reinforce skills taught in the high schools preparing students for the workplace, college interviews or selection process is essential. The students prepare to apply for a "job" in the Chamber office as an assistant to the Executive Director. The process of application, scheduling an interview and interacting with the interviewers is judged on use of correct form and appropriate office etiquette.

Schools held their own in-house competition with judging by staff or community members. Three students from each participating school came to the Chamber office for an interview with Human Resource professionals Alina Karle, Nancy Baughman, Calm Water Business Partner and Cori Stabler, Hitchiner Manufacturing. Each of these students will be recognized at the Chamber's After Hours at The Isle at Ledgewood, Milford with a certificate and prizes donated by local businesses.

"We are very happy to have the opportunity to work with the schools and to meet some of the top students in this program." Chamber Director, May Balsama, continues, "These young people are the future of our business community whether as employees or consumers. The better prepared for the workplace, the better for everyone."

Business Announcements

Home Healthcare, Hospice and Community Services (HCS) has announced the promotion of Donna Joyal, BSN, to team leader for Hospice at HCS. Joyal will provide field supervision for the hospice nursing staff the communities that are served from the Wilton HCS Center and the Peterborough office of Hospice at HCS. She also will be responsible for orienting new hospice staff and will maintain a case management position, overseeing all facets of a patient's care.

Joyal has been with HCS for 25 years working in all aspects of visiting nurse services and hospice care. She has a bachelor's degree in social services and a bachelor's degree in nursing, both from the University of New Hampshire. Prior to joining HCS, Joyal worked at The Cheshire Medical Center in Keene.

Joyal is a resident of New Boston and volunteers for The Community Church of New Boston. Hospice at HCS is a non-profit organization providing end-of-life care at home, and in assisted living and in long term care facilities throughout southwestern New Hampshire.

Lake Sunapee Bank Welcomes Ed Killam to Milford Branch

Lake Sunapee Bank is pleased to announce

that Ed Killam has joined its expanding Commercial Lending Team as Vice President and Commercial Loan Officer. Ed will be responsible for promoting the Bank's commercial lending services throughout the Milford and Nashua area. Ed may be reached at 548-5306 or at ekillam@lakesunbank.com.

The Amherst Advocate is born

After a year in the making FixMedia owner, Lenwood Brown, takes the plunge to launch The Amherst Advocate, <http://amherstadvocate.com>

Some may remember Brown's nearly 2 years as an art director with 168 Magazine for the Nashua Telegraph and then invested in The Fix which came later. He learned the newspaper business and working with a talented and creative staff, Brown says that it was the best thing to have happened professionally for him. Most know that he is very involved with the Amherst Fire Department, heading into the 7th year as a firefighter there. Being involved has made him more aware of the news and politics that surround the town.

"With that in hand, I realized that small towns like Amherst and Mont Vernon were being underserved by the local papers. As a society we have moved from weekly news being acceptable to wanting to know, liter-

ally, the second anything happens. The area's weekly newspapers aren't able to provide the immediate, relevant news and neither is embracing the internet a means to supply the community with news. Currently Amherst and Mont Vernon are poorly represented with respective websites that literally provide little to no information", says Brown. "I saw this as an opportunity to show off my hard earned skills in design and direction and showcase how the internet and social media can make a huge impact on a small community. What I have started with the Amherst Advocate is the same thing that is beginning to happen nationwide. Starting now, Amherst and Mont Vernon news has a home and what happens in town is posted today. Not next week. The Amherst Advocate is archived, searchable, relevant and timely."

If you have news about your business, other businesses, organizations, associations or whatever, please forward that editor@amherstadvocate.com. Len is looking to improve the site and make it more valuable to community residents and everyone interested in the two towns and this niche-style of local news. Please forward any suggestions you might have for him.

AFTER HOURS NOTICE

Norwood Group Invites You to May After Hours

Join us at The Norwood Group, 46 Rt 101A, Amherst, May 26th from 5:30 -7:30PM to meet and mingle with their associates and guests of the Bedford and Portsmouth offices. What a great way to get ready for the long holiday weekend just ahead by stopping by to get acquainted with some new faces and potential new connections for your business. Refreshments, door prizes and a late spring evening – priceless!

Additional parking is available next door at PJ Currier. Don't be left out. RSVP to the Chamber office or to The Norwood Group at 673-1775

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Is Your Web Presence Mobile-Ready?

Beth Keltz, Internet Specialist

If your website doesn't work on mobile phones, you could be leaving money on the table. Thirty percent of cell phone users access the internet from their phones, and the number is growing. It's ever more important that your web site function well from the most popular phones.

This isn't as simple as you might hope. Some features you've come to expect for PC-based websites don't exist on cell phones, and if your site uses them, it may fail to display on a phone face. The screen size is small and some phones don't scroll well, so the lovely graphics that attract users on a PC screen may prevent vital information from being displayed on a cell phone. The network download speed is slower, the maximum page size is smaller, and even on the most advanced phones, the keyboard interface is really awkward. What makes a "killer" PC-based page is very different than a great phone-based page.

To make things more complicated, phones are different enough that what looks good on one may not function on another. Your website should be tested on ALL the popular phone models!

It pays to think about what users on the go are likely to want from your website. They probably won't be browsing or researching from the phone. They usually know what they want, and want to find it with a minimum of fussing around. They'll appreciate a website that allows them to navigate with the touch of a finger or stylus. The most important pages to present will be product search, location and directions, and your contact page.

If this sounds like a separate website – well, it often is. Consider a leaner, simpler, lightning-fast presentation that shows users exactly what they need in a very small space. For best results, your website should switch automatically to its mobile version when it is accessed by a cellphone or PDA.

Contact your website professional to join the ranks of businesses who benefit from the growing mobile phone segment of the internet.

Announcing New Member Benefit!

5% Discount on Long-Term Care (LTC) Insurance.

The Souhegan Valley Chamber of Commerce is making a new benefit available to our valued members and their families by teaming with Barbara King of AspenCross Financial Group and John Hancock. Members of the Souhegan Valley Chamber of Commerce and their eligible family members are now eligible for a 5% discount on long-term care insurance from John Hancock.

This 5% discount is for the life of your approved policy and can assist you in increasing your return on investment in your Chamber membership.

Barbara assists business owners and families to planning ahead today, making sure a long-

term care insurance part of your financial discussion in order to:

- Protect your assets from the high cost of long-term care
- Reduce the burden of care that often falls on family members
- Maintain control over where you receive care, including in your home
- Barbara will answer any questions you have about LTC insurance and provide you and your family with high-quality options based on your unique needs, preferences, and budget.

To learn more about how to obtain this LTC insurance benefit or answer your questions on long term care please contact Barbara King of AspenCross Financial Group at 603-438-9619 or bkking.aspencross@jhnnetwork.com



HEALTHCARE REFORM HOW DOES IT AFFECT YOUR BUSINESS AND EMPLOYEES ?

PRESENTED BY:

Thomas Welden of Eaton & Berube Insurance Agency &
Jeff Ditman of Brayman, Houle, Keating & Albright, PLLC

- Learn how the law will be phased in.
- What are the mandates on employers and employees ?
- What are the Tax Credits and Tax Implications ?
- Review the State of NH Changes for 2010 & Beyond.

WE LOOK FORWARD TO SEEING YOU AT THIS FREE SEMINAR

Thursday May 20th

8:00 - 8:30 ~ Continental Breakfast

8:30 - 10:00 ~ Seminar

10:00 - 10:30 ~ Questions

Being Held At: **Nashua Country Club**
25 Fairway St in Nashua, NH

SPACE IS
LIMITED
PLEASE
RSVP

RSVP To:
jchasse@eatonberube.com
Phone: 732-0407
BY - May 15th

Valuable
Information
You Can't
Afford to
Miss

EATON & BERUBE INSURANCE AGENCY
WWW.EATONBERUBE.COM
1-800-660-5362 ~ TWELDEN@EATONBERUBE.COM

20TH ANNUAL SOUHEGAN VALLEY GOLF CLASSIC

Thursday, June 17th, Amherst Country Club
Great Golf, Great Food & Great Times!



Presented By
HITCHINER
MANUFACTURING CO., INC.

For the Benefit Of
OPPORTUNITY NETWORKS

Providing support services to individuals living with disabilities in Souhegan Valley and Greater Nashua communities.

- **4 Hole-in-One Chances to Win!**

(including a 2010 Harley Davidson Motorcycle & Dodge-Chrysler Vehicle)

- **A Dozen Other Chances to win Cash & Prizes!**
- **5-6 Day Caribbean Cruise Raffle with Entry!**

Let Us Promote Your Community Goodwill through a Business Sponsorship

Registration, Payment, Donation & Volunteer Options
www.opportunitynetworks.org and click on the golfball

Home Improvement Tip

Giving your Deck a Face Lift this Spring

Does your old pressure treated deck have cracks in it? Is the decking splintering? Is the decking and railing an eye sore? Can you give your deck a face lift without replacing the entire deck or spending a fortune? Yes you can!!

The solution: remove your old pressure treated decking and railings and install new maintenance free/composite decking and white vinyl railings. Your savings is that you keep the original footings and basic frame, they do not need to be replaced. There is no digging for fresh sona tubes because you are keeping your original deck frame.

If you have any questions please give me a call, Barbara Allen, Allen Remodeling 672-5992.

WE UNDERSTAND COMMITMENT.

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

You can rely on us for:

- **Convenience**

Locations in the community and face-to-face meetings at your convenience

- **A Quality-focused Investment Philosophy**

A long-term approach that focuses on quality investments and diversification

- **Highly Personal Service**

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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

www.edwardjones.com Member SIPC

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

Edward Jones
MAKING SENSE OF INVESTING™



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



**Store Location:
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Amherst, NH**

Across from Lowes Plaza

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AUTHORITY.**
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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
YourPresenceOnTheWeb.com ph: 801-0688

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

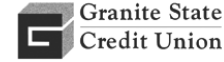
Construction/Contractors

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
Demarest Career Directions ph: 249-5641
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: 769-7776
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
Miike 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

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

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

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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

Home Healthcare, Hospice & Community Services
ph: 532-8353

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
Frambach Long Term Care Ins. Planning
ph: 883-2128

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

Currier 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. Klopfer 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: 654-6500

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 I 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

Plumbers

Jason Wetherbee, LLC ph: 673-6719

Printing/Publishing

Amherst Label, Inc. ph: 673-7849

The Armarium Press ph: 878-3811
 Copy Shop, Inc., The ph: 882-9111
 Gallyger 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. - Londondery 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
 Milford Coffee & Provisions ph: 672-5464
 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*		
Newsletter Subscription	Free	\$15/yr.	Size	1 Issue	Prepaid 12 Months
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* Prices for camera ready artwork. Design service available at additional fee.

** Must supply enough inserts to meet newsletter distribution.

Stand out in our directory with an extended listing!
 For just an additional \$48 annually you can have your logo, tag line,
 address, and fax number added to our directory.

Contact the Chamber for more details.

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MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 8:00 Exec Comm	8
9	10 12 noon Ambassadors Planning Mtg. 4:00 Dinner Comm	11 7:00 AM SV Chamber Referral Group	12 3:15 Education Comm.	13 8:00 AM Board of Directors 7:00 PM FWHA Milford Town Hall	14 8:00 AM Expo Team Leaders	15
16	17 8:00 AM New Member Services Breakfast	18 7:00 AM SV Chamber Referral Group	19	20 1:30-4:00 MicroCredit Workshop	21 8:00 Expo Booth Task Force	22
23	24	25	26	27	28	29
30	31	7:00 AM SV Chamber Referral Group	5:30 – 7:30 Norwood Group After Hours			
Nominations for Chamber Awards Due May 3rd						

**Celebrate the Businesses
Sponsoring the Annual Award
Dinner with their Support**

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 Centrix Bank
 Amerident Dental Associates
 Eaton & Berube
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There's a place for your business
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