



CHAMBER OF COMMERCE HAPPENINGS

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

You can find it
in the
Souhegan Valley.

Southern NH Expo Brings Out the Best of the Region

Hampshire Dome will be the place to find any business, service, family need, activity, entertainment, eatery or just plain fun on October 21. There will be a community of all that and more gathered from throughout the southern NH and northern MA region for you to sample, learn about, try out and get to know.

Special features will be scheduled during the day and early evening from 2:00 to 7:30 PM. Opening the Expo will be a celebration of the 60th Anniversary of the Milford Rotary Club. One of the mainstays of support for the organizations in our communities that help our neighbors and services, the Rotary has given out scholarships to area

students, provided funding for more good works than we can count and helped whenever an emergency threatens one of our towns. The Chambers are honored to host the Anniversary Luncheon and Celebration.

One of the last times to see the candidates for national, state and local elections will take place at the Expo. Come join our forum at 1:00 PM, meet the candidates heading for the final run-off and hear them tell us



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TRADE SHOW MARKETING

Eight Keys to Success

by Katherine Jasmine
MarketingFIRST

(We were privileged to have Katherine present her seminar at our August Break-fast. For those not able to come, we are offering the full outline on the website with the Expo registration forms. Please visit www.southernnhexpo.com for the complete text. Here is just two of her helpful tips!)

How can you ensure that your trade show experience will be a productive one? Be sure to follow the Eight Keys to Trade Show Marketing Success!

One of the most important of these eight keys is Success Key #2 Developing your Objectives. If you don't know what you

want to accomplish, you won't know if you have achieved it once the Expo is over! Here are some ideas of objectives for the Expo:

- Generate qualified sales leads
- Introduce a new product or service
- Build awareness or brand recognition
- Enter a new market
- Recruit channel partners (dealers/distributors)
- Recruit strategic partners (developers/vendors)
- Sell, sign contracts, or generate RFPs
- Recruit new employees
- Gather new prospects for cultivation later
- Retain current customers; cross-sell; penetrate current accounts

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Executive Committee

Effective July 1, 2010

Amy Wheeler - Chairman
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Tony Oliver
Walmart

Rosie Deloge
Milford High School ATC

Debbie Hoffman
this Field, Center for Beginner's Mind

Message From May's Desk:

Did you buy your new backpack and notebook? It is September, after all. The month that we have been trained for 13 + years is the time to assemble the tools you will need to make a fresh start on a new year. New pencils, new notebooks, new clothes - become engaged in learning new things, trying new ways, meeting new teachers and sometimes making friends. Don't you still feel that way? It is engrained in our way of life that lasts way beyond the school years as we approach each fall. With the passing of Labor Day, we call an unofficial end to the "summer" mind and start the new year with enthusiasm and a tinge of the unknown. I can't be alone in the way I think about September. I'll bet you have thought about some piece of equipment or tablet or some tool to help you improve, change, start fresh.

This Chamber is an essential tool for the business backpack. We have resources through our activities and events that are designed to help provide important information and opportunities for you and your business. Each month our Breakfast Seminar series features an outstanding speaker with expertise to assist you in running your business. This month we are pleased to have Kathleen Burns Kingsbury who was voted one of Boston's Top Ten Executive Coaches in 2009 by Women's Business. She helps her clients and audiences bravely look at their relationship with money and become more emotionally and financially conscious. The

Breakfast is September 23 at the Chamber office. Save the date and reserve a seat. It is useful, practical how-to improve the financial health of your business.

Going into the fourth quarter and looking ahead to 2011, isn't this a necessary tool to add to your box?

Making new connections and finding business "friends" is another tool you need to be successful. No business or organization is stand alone.

Save the date of September 30 for our After Hours at Beaver Brook. We are invited to be part of the opening of the Fall Festival, an annual gathering of art, photography and local artisans. This is a chance to meet these folks and many of the over 200 members of the volunteer staff and businesses that support Beaver Brook.

One more tool – and the best of all is the Southern NH Expo on October 21. You have to sign up in September if you want to take advantage of the free listing in the program printed by the Cabinet family of neighborhood newspapers. Don't be left out of the biggest showcase of businesses, organizations, services and restaurants in the region. It is a chance to get in front of literally thousands of people to connect your business to their needs and interests. Get that business "backpack" filled with new tools, new resources. Get a jump on fall and a fresh start to improve, build your business with us!



69 Route 101A • Amherst, NH 03031
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www.souhegan.net

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of Commerce

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

Editor: May Balsama
Graphic Design: SJ Balsama
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Welcome New Members

Dr. Jennifer Madden Family Practice
3 Northern Blvd. Ste. 3A, Amherst
www.jenniferemadden.com 769-3308

My name is Dr. Jennifer Madden and my Family Practice celebrated its opening on February 1st, 2010. Carol Pellerin, my office manger, and I have teamed up to provide innovative medical care in a pleasant environment. I see patients of all ages and I enjoy working with people cooperatively to help them achieve their health care goals. I graduated from Brandeis University in Waltham and went to Medical school at the University of Massachusetts. I did my Family Practice residency in Erie, PA. I am a member of the NH chapter of Family Physicians and I have been a provider of medical care in the Nashua area since 1992.

The practice is open to diversity, and we try to be non-judgmental. It is predominantly traditional but we do give consideration and respect to alternative forms of medical care and believe in a mind-body relationship. We provide routine physicals, manage-

ment of acute and chronic illnesses, injury evaluation, vaccinations, and coordination of care with other providers. In addition, we are always trying to find new ways to help our patients and serve the community. Currently, on the second Wednesday of every month, we offer a depression support group from 7 PM to 8:30 PM moderated by Pamela Godbois of the Milford Family Guidance Center.

In addition, we offer light based treatment for permanent hair reduction, skin rejuvenation, and treatment of acne.

We are conveniently located on 3 Northern Boulevard directly across from Wal-Mart. We have excellent parking, an electronic medical record, and we accept the all the major insurances and Medicare.

I hope you will consider allowing me to be your Family physician and will make a visit to our office.

Solstice Pellet Stove Solutions, LLC
568 Mason Rd., Milford
www.solsticepelletstoves.com 603-325-1134

Solstice Pellet Stove Solutions, LLC is a family owned business that services residential and commercial Pellet Stoves and Pellet Furnace Systems throughout New Hampshire. The owner/operator of Solstice Pellet Stoves Solutions is a factory trained, fully insured technician. We offer a variety of unique and professional services, from annual cleanings to custom paint work. We have experience with all makes and models of pellet appliances. We guarantee that our services will make sure that your pellet heating appliance will operate with optimum heat efficiency in a safe and environmentally sound manner.

We are not a dealership. We are your pellet stove service specialists!

Marketing Specialists Share Tips, Advice for Expo Exhibitors

AFTER HOURS

This Field THE Place to Get Connected



Hosts Debby Hoffman Adair and Rick Adair, Consultants, Speakers and Authors, welcomed Chamber Members and guests from all over under the big tent provided by Co-Host, John Hopkins, Monadnock Tent. The site was the historic home and lovely gardens at this Field, Center for Beginner's Mind. A retreat center available for a number of kinds of functions, their home made the August After Hours a warm and inviting place to meet lots of new businesses and several special guests of the Adairs, local non profits. A number of civic and community service



organizations displayed their literature and spoke to us about the great work they do to support our neighbors.

Guests included members of the Merrimack Chamber of Commerce. A great evening, Debbie and Rick, to make all sorts of new connections. Thank you for the opportunity, the new friends, the fabulous refreshments and the super prizes! Hope we can come again!

The early bird gets more than breakfast! The early risers who attended the August 26th session learned from the leaders in Trade Show Marketing, Signage and Banners, Printing and Promotional Items. Katherine Jasmine, MarketingFirst, gave concrete step-by-step lists for how to maximize your experience and your investment at the Expo and trade shows in general. Sponsors of the Breakfast, Paul Tripp of Classic Signs shared his ABC's for making effective and distinctively designed signage work to catch the eye of the attendees. Branding through logos and print media was the area of The Copy Shop and Ben Jalbert. Branding through giveaways, apparel and support items was presented by one of the Chamber's newest neighbors on 101A, Henderson Associate, Inc. In the promotional business for over 68 years, current owner, Mike Blaisdell was on hand to explain the value of SWAG – "stuff we all get"!

Please refer to Katherine's suggestions in the outline we have provided in this issue. More complete information can be obtained by calling the office.

Member Happenings – Planning Ahead!

Earthward Natural Foods

42 Route 101A, Amherst

Celebrates 35 Years!

Thanks from Earthward Natural Foods
Earthward Natural Foods and Co-op
would like to thank everyone who voted
for us as “Your Favorite Holistic Health
Store” in the Milford Cabinet reader’s
poll. We truly appreciate the recognition!
Help us celebrate our 35th anniversary
with specials and informational sessions
throughout the month of September.
We’ll have something different each day.
Stop in for free product samples, chair
massage, product demos, guest speakers,
and more! We are also offering 10% off
all vitamins and supplements all month.
Earthward Natural Foods and Co-
Op is located at 42 Route 101A in
Amherst. Visit our website at www.earthwardnatural.com or call us at 603-673-4322 for more info.

FixMedia

Lenwood Brown III,

603.721.9283, lenwood@fixmedia.tv

FixMedia is excited to announce the
launch of a new website detailing the
variety of services the company provides
and houses a regularly updated blog for
small businesses discussing all things
marketing and social media targeted.

The website is built from industry-
leading, free software called Wordpress
and is highlighted by allowing users
with little to no HTML or programming
experience to make updates to text,
images, etc... The website was built
by founder, Lenwood Brown III and is
located at www.fixmedia.tv.

Some topics that are scheduled to be
explored:

- Managing your time when being social with your media
- WTF is Foursquare and why do I care?
- Selling schweg without holding inventory

Other recent website launches include:

www.amherstadvocate.com
www.caringhandsmassagenh.com
www.michaelbrooksmoving.com

FixMedia is committed to helping small
business creatively and effectively market
their brands. We offer small businesses
Graphic Design, Web Design, Content
Creation, Marketing and PR services. Our
philosophy is to focus on the strengths of
each client and by utilizing events, printed
collateral and online tools, we create a
results-driven marketing plan that you can
maintain.

Salon Aquavit

479 Nashua St., Milford

www.salonaquavit.com 673-8002

Salon Aquavit is pleased to announce
the arrival of Men ReShade: the most
masculine way to reduce grey. A new
innovation from Goldwell Professional
Hair Color, Men Reshade provides natural
looking results that fade out gradually
over time – leaving no root or off tones.
Discreetly applied and processed in 5
minutes, there is no need to extend your
regular hair shaping appointment. Call
today for an appointment and leave looking
younger and refreshed. How will you look
with less grey?

Flu Vaccine Clinic to be held in Wilton

***For more information contact: Susan
Ashworth***

HCS-Home Healthcare, Hospice and Community Services, 352-2253

Home Healthcare, Hospice and Community
Services will hold a flu vaccine clinic on
October 11 from 1:00 pm to 2:30 pm at
the Wilton HCS Center on 73 Main Street.
Medicare and Medicaid will be accepted
or a \$27 fee for the vaccine. The clinics
are open to anyone 18 years of age or older.
No appointment is needed. People are
encouraged to wear loose sleeves.

HCS provides home care and hospice
services in Wilton and surrounding towns.
For a complete listing of clinics and
services visit the HCS website at www.HCSServices.org or call 654-2810.

Red Arrow Diner

Union Square, Milford And Manchester

The folks at the Red Arrow Diner are
holding a raffle (\$1) for free breakfast
for two for a year to raise funds for the
Manchester-Nashua Compassionate friends.
Drawing is September 17. Sign up at either
the Manchester or Milford location or
online at www.redarrowdinner.com.

J’s Tavern in Milford, located on the lower
level of the Red Arrow Diner just finished
a deck expansion that features dining
cantilevered over the river. Stop by and
enjoy the view!

Frederick’s Pastries

109 Route 101A, Amherst

Final judging of Sweet Traditions recipe
contest at Frederick’s Pastries in Amherst
will take place September 11. Who will be
the winner? Check in and see! Might be
someone you know who will be the next
Celebrity Dessert Maker!

Demarest Career Directions

69 Route 101A, Amherst

***www.demarestcareerdirections.com
801-6689***

Get NH Back to Work Networking Event at
Amherst Country Club

Are you in looking for more movement in
your job search? You have come to the right
place!

Please join us on Monday, September 13th
from 6-8:00 pm at the Amherst Country
Club. Get NH Back to Work is co-
sponsored by Demarest Career Directions
and Relaunch Career Associates to provide
resources and inspiration from those that
have gone from frustrated job seekers to
happily employed. This will also be the
Kick-Off for new sessions of The Direct
Your Career Club and Career Starters
Prepare for Success.

Both programs help jobseekers at all stages
of their life:

- + Learn how to “package” your core message so it resonates and gets results,
- + Strategize with other job seekers, and

Member Happenings – Planning Ahead!

receive some “pearls of wisdom” and timely resources,

+ Develop a supportive, encouraging network and cultivate relationships with job search “buddies,”
+ Immerse yourself in the recruiting trends of today (social media: twitter/linkedin/facebook and others), and so much more!
Come on September 13th to learn the top resume and interview tips to put you in the best position possible. There will also be raffle prizes for a resume critique and interviewing coaching sessions. The cost for the evening is \$5 per person. For more information contact Sandy Demarest, 801-6689 or sandy@demarestcareerdirections.com.

Parent & Teen Info Night

“A Night of Binge Drinking .. A Lifetime on your Brain”

Presentation by Win Turner, PhD
Consultant and nationally Certified Trainer for the Center for Substance Abuse Treatment and National Drug Court Institute
Thursday, Sept 30, 2010 @ 6:30-8 PM
Souhegan Valley Boys and Girls Club
Mont Vernon Street, Milford

Tickets available at all area Middle School and High School offices.
Suggested donation \$5, complimentary tickets available
For more information: castnh.org, 672-9876 or castnh@charter.net

Andres Institute of Art Symposium

From September 12, through October 3, 2010, the Andres Institute of Art (98 Rt. 13, Brookline, NH) invites the public to visit the 12th Bridges and Connections International Sculpture Symposium. The theme is “A Place for Change”. There will be a guided tour of the Andres Institute of Art Sculpture Park, 98 Rt. 13, Brookline on Sept. 12, at 12:00 Noon. Afterward, at 3:00 PM, everyone can go over to the Brookline Town Hall, Brookline, NH, for the OPENING RECEPTION of the 12th Annual Symposium!

Sing? Dance? Have An Unusual Talent? The Milford Great Pumpkin Festival Wants You!

The 4th Annual Milford Pumpkin Festival Talent Show needs singers, dancers, amateur comedians, jugglers, tumblers and those with an unusual talent. Auditions for Talent Show 2010 will take place September 17 & 18 at the Amato Center for the Performing Arts. Interested performers can sign up now at www.milfordpumpkinfestival.org. There is a minimum age of 12 for entrants.

Those making the first rounds will have the chance to compete for cash prizes awarded for first, second, and audience choice awards, on Saturday, October 9th, 8 PM at

Keys to Success

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All of these are viable objectives – it really depends on what your overall goals are for your business. Selecting an objective (or two) gives you the start in planning the design of your booth, your literature, signage, and giveaways.

Success Key #3 Promoting the Event is a pre-EXPO activity that will help ensure booth traffic. With more than 200 other exhibitors, you want to be sure your prospects and customers make it to your booth! Here are some ideas for promoting your exhibit:

- » Set appointments to bring targeted attendees to your booth
- » Review Chamber membership lists and invite those you especially want to come to your booth
- » Communicate with current customers, lapsed customers, and prospects
- » Send letters with an invitation to come to booth to pick up a premium/gift
- » Promote your exhibit booth on your Web site
- » Sticker all business communications
- » Prepare and submit a press release
- » Create and use an electronic tagline on all emails

the Amato Center for the Performing Arts. Tickets to the event are \$7 for adults, \$5 for children under 12, and will be available in advance and at the door.

Talent Show 2010 is sponsored by First Colebrook Bank. The 21st Annual Milford Great Pumpkin Festival is presented by the Milford Downtown Ongoing Improvement Team/DO-IT and the Town of Milford and sponsored by Kokko Realty of Milford and the Custos Morum Odd Fellows Lodge 42. For more information on the Festival, call the DO-IT office at 672-4567, email director@milfordmainstreet.org or visit the website: www.milfordpumpkinfestival.org.

Wisdom from the Common Man

Entrepreneur extraordinaire Alex Ray, owner of The Common Man Family of Restaurants, opened the Aug. 16 Entrepreneurial Exchange-North with insights and lessons learned over 40 years in one of the toughest businesses there is.

Some pearls from his keynote address:

On ambition: “Growth was an accident for me, not an objective.”

On business goals: “Satisfy your customers’ needs in the most efficient manner.” (He credited this one to Gov. John Lynch, from his days as a furniture manufacturer.)

On greed: “If you give more and understand sustainability, you will excel. Focus on sustainability, not profit.”

On differentiating your business: “People have to make a choice. The average customer passes by four restaurants before they arrive at mine.”

On competition: “Be better than, and learn from, the others. But don’t worry about the others.”

On learning: “Everybody in life should be a teacher and a student.”

On your business “brand”: “You don’t own the image (of your company), you’re the custodian. It’s in other people’s minds.”

Local Harvest Celebration Fundraiser



FRIDAY OCTOBER 1, 2010 7-10 PM AT
BEAVER BROOK MAPLE HILL FARM

Sip and sample locally produced foods and beverages while enjoying a preview of our 30th Annual Nature Art and Photography Show in our historic Maple Hill Barn. Join local farmers and food producers for a sampling and tasting of wines, cheeses, breads, herb cordials and cider featuring fresh

ingredients from our local New Hampshire Farms. Guests will learn how to obtain and prepare fresh local ingredients to create easy, delicious and nutritious recipes.

Local award-winning wines will be paired with Good Loaf breads and sweets and NH made cheeses. Recipes for making your own cheeses and cooking with seasonal produce will be provided. Noreen O'Connell, Butternut Farm, Milford NH has just completed a "buyers guide" cookbook to help you select store and use your fresh produce. She will be here with tasty samples and the cookbooks. Valicenti Organico will present farm fresh pasta sauces and organic fresh pasta using traditional methods their family has used for generations. Their products are made by hand in small batches using only ingredients grown organically or sourced locally. Tickets can be purchased or reserved by calling the Beaver Brook Association's office (603) 465-7787. Tickets are limited and this event sold out last year, so get yours today! \$20 per person. Introduce some friends and neighbors to Beaver Brook! The mission of this event is to showcase the vitality of locally produced foods to our health, our local economy and landscape.

A raffle of fabulous prizes will be ongoing for the weekend. This event is underwritten by Lumbard Investment.

PHENOMENAL FIRST YEAR! JOIN OUR TEAM & SHARE OUR SUCCESS!

Meeting and Visitors Day
September 14th at 7:00 AM

Souhegan Valley Chamber
of Commerce Referral Group

First Year Results:

292 Referrals
\$75,600 in Revenue
\$3,400 per Seat

Barbara King,
AspenCross Financial Group
Founding member, June, 2009
"I start each Tuesday by meeting with my personal sales team. The group has been essential in growing my practice through the group's business focus and structure. It has also honed my skills in both giving referrals and cultivating my client base to produce more referrals."

Take the first step to jump start your business:
Contact Walter Schneckner
C1M Photography
673-8200 or wschneckner@c1mpp.com

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672-8816 • FAX 673-8829 • www.postalcenterusa.com

PERSONAL ASSISTANT

If you are a small business owner and need a part-time assistant to help with your book-keeping, billing, marketing and other business functions please give me a call. Taking on new clients, references available.

Call Barbara Allen,
603-315-9511.

Break Through to Financial Success in 2011

Make Your Reservations Now for Seminar September 23rd Space Limited!

Break Through to Financial Success in 2011: How to use money psychology to improve your company's bottom line profits

Do you prepare a business budget at the beginning of each fiscal year then ignore it until your taxes are due?

Do you neglect the financial part of your enterprise but are uncertain why or how to stop?

Do you obsessively pay attention to your profit and loss statement and wish you could enjoy your business and clients more?

Do you feel uneasy or stressed out about business in this economy and want to feel better?

If you answered "yes" to any of these questions, this presentation is for you.

Kathleen Burns Kingsbury, a wealth psychology expert and experienced entrepreneur, will teach you how to use money psychology to improve your company's bottom line profits and maintain your sanity in the process. Learn how myths about money and wealth can sabotage your well-intentioned financial plans and how you can live more peacefully with money going forward.

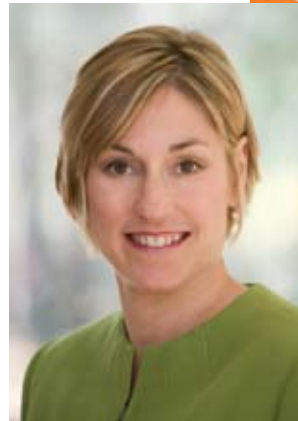
Attend this session and walk away with:

A personalized list of money beliefs that stand in the way of your company's financial health and potential wealth

» 3 practical and easy-to-use techniques for changing your money mindset

» The "Wise Mind" strategy for making sound financial decisions

» An experience that talking and learning about money can be fun!



Voted one of Boston's Top Ten Executive Coaches in 2009 by Women's Business, Kathleen Burns Kingsbury helps her clients and audiences bravely look at their relationship with money and become more emotionally and financially conscious. She is an internationally published author, certified professional coach with a Masters Degree in Psychology, and an adjunct professor at the McCallum Graduate School of Business at Bentley University. She recently published a book called *Creating Wealth from the Inside Out*.

For more information, visit her company's website at www.kbkwealth-connection.com.

ST. JOSEPH BUSINESS & HEALTH *Occupational Health Services*

St. Joseph Business & Health, Occupational Health Services is a leading provider in occupational medicine in Southern New Hampshire. They offer businesses immediate access for work-related injuries (workers' compensation) including evaluation, diagnosis and treatment for injured workers.

Their services also include:

- New hire physicals
- Drug and alcohol testing
- DOT physicals
- Respirator physicals
- Respirator fit testing

Right in your own community, St. Joseph Business & Health is the place for businesses that require comprehensive workers' compensation services, work site evaluations, wellness programs or medical exams for employees; it's all just a phone call away.



Call today to see how we can help your business.
(603) 595.7371

17 Riverside Street
Nashua, NH 03062
www.stjosephhospital.com

Beaver Brook After Hours!

Celebrate Fall – Back to Business Networking at Beaver Brook Association After Hours in Hollis!

The end of Summer means the start of a whole new season of opportunity to meet new people and make those all important connections to new business partners. Join with our Souhegan Valley Business of the Year for 2010 for our Chamber After Hours Thursday September 30th 6:30-8:30 pm at the Beaver Brook Maple Hill Farm. Our get together will be held at the opening of the 30th Annual Fall Art & Photography show in the Maple Hill Barn. Come enjoy the artwork of 100 regional artists and meet some of them while you mingle. Ribbons will be awarded to the best in theme and best in media that night. We will have door prizes for you and refreshments. We are looking forward to seeing you at this local treasure for conservation education, a full range of seasonal outdoor activities and company team building retreats.

The Festival continues throughout the weekend with hours 10-5 including live birds of prey presentations, live music, food, guided hikes, cider pressing, so you are welcome to come back and bring your families.

Plenty of parking. Signs will direct you on the corner of 122 and Ridge Road and again when you get to the first Beaver Brook location. The Maple Barn is about ¼ mile after.



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



**Store Location:
123 Route 101A
Amherst, NH**

Across from Lowes Plaza



SNH Expo

continued from Page 1

what they intend to do about our businesses and economy should they be successful. Moderated by the Cabinet Press and Nashua Telegraph, A Conversation with the Candidates will be enlightening and a last chance to see them live and in person before the November election.

New this year – The SNH Expo Robotic Challenge is intended for teams of students to demonstrate interpersonal, technical, and teambuilding skills. This challenge requires students to develop a variety of strengths in multiple disciplines while building a VEX robot and designing its function. All research and development will be done prior to the competition. Students will be judged on a number of criteria and an award ceremony will recognize their work at 5:30.

Did we say music? You bet! The Temple Big Band as well as the West Street Beat and other local groups from our schools will entertain you and keep the crowds humming.

WE UNDERSTAND COMMITMENT.

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

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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
MAKING SENSE OF INVESTING™

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
Robin's Egg 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

Peoples United Bank - Jones Road ph: 673-4700

Peoples United Bank - Lorden Plaza ph: 672-5055

TD Bank 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
109 Route 101A, Amherst ph: 882-7725
25 South River Rd., Bedford ph: 647-CAKE
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
National Property Consulting & Management, LLC
ph: 490-3692
Portrait Homes Inc. ph: 672-8228
The Stabile Companies ph: 889-0318

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
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
Works of Heart ph: 673-3299

Fuel

Ciardelli Fuel Co., Inc. ph: 673-1336
Lorden The Home Climate Co. ph: 315-4222

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

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

Living at Home SeniorCare ph: 546-6060

St Joseph Home & Hospice Care ph: 673-3460

The Elms Care & Rehabilitation Ctr. ph: 673-2907

Home Improvement

Artistic Tile ph: 886-1920
Budget Blinds of Keene ph: 354-7801
Devine Flooring ph: 654-5400
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
American Family Life Assurance ph: 234-0492
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.americanaccessoryetsty.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
New England Elements ph: 801-5879

Law Offices

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

Monadnock Tent Rental ph: 562-6690
Special Events of New England ph. 624-8389

Paving & Plowing



Shattuck Paving & Plowing, LLC ph: 654-5695

Payroll


Time Pay\$ of NH ph: 233-6676

Personal Chef

The Everyday Epicure ph: 672-0708

Pets

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
 Milford Medical Center ph: 673-5623
 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
 Galligher 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
 SendOut Cards Distributor 673-2665
 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
 Bean Group, Sharon Campbell ph: 493-5347
 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
 S.T. Cutter Real Estate, LLC ph: 493-5347
 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
 Salon Aquavit ph: 673-6006
 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

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

Tutoring

Huntington Learning Centers ph: 595-1880

-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

Southern New Hampshire Expo
 October 21, 2010

MEMBER SERVICES

	Members	Non-Mems.	Newsletter Advertising*		
Newsletter Subscription	Free	\$15/yr.	Size	1 Issue	Prepaid
Chamber Conf. Rm.	Free	\$50.	Business Card	\$25.	12 Months
Certificate of Origins	Free	\$35.	1/4 Page	\$35.	\$350.
Relocation Packages	Free	\$10.	1/2 Page	\$60.	\$600.
Member Mailing Labels			Back Page	\$100.	\$1,000.
(1st Set)	Free	\$35.	Full Page Inside	\$100.	\$1,000.
Event Announcements	Free	\$25.	Insert **	\$75.	\$750.
Welcome Bags					
One Sheet/Item	\$50.	\$100.			

* 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.

WWW.SOUHEGAN.NET • 673-4360

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 7:00 AM SVC Referral Group 8:00 Ambassadors	8	9 8:00 Board of Directors	10 8:00 Expo Full Comm	11 10 – Noon Free Hot Dogs/Expo Coupons Peoples Unitted – Jones Rd.
12	13	14 7:00 AM SVC Referral Group 5:30-7:30 Best of Souhegan Region Reception HH, Milford	15 3:00 Auction Comm	16	17 8:00 Expo Task Leads	18
19	20	21 7:00 AM SVC Referral Group	22	23 7:30 AM Breakfast Seminar – SVCC Office	24 8:00 Expo Full Comm Noon Membership Comm	25 11- 2 Free Hot Dogs/Expo Coupons Wal-mart, Amherst
26	27	28 7:00 AM SVC Referral Group	29	30 6:30 – 8:30 After Hours at Beaver Brook, Hollis NOTE TIME CHANGE		

SAVE THESE DATE

14 – Celebrate with the Best of Souhegan Region Readers Choice Awards, 5:30 -7:30 Hampshire Hills, Milford Reservations Required.

23 - Breakfast Seminar 7:30 AM Chamber – Kathleen Burns Kingsbury - Break Through to Financial Success in 2011: How to use money psychology to improve your company's bottom line profits

30 – Fall Festival After Hours – 6:30 -8:30 at Beaver Brook, Hollis. Opening preview of art show and annual festivities.

OCTOBER 1 – Deadline for Expo Registrations to be included in the Program pullout section of the Cabinet's four community newspapers!

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