



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 Chamber of Commerce Supports Region's Veterans and their Families

*Gail Hoar,
Veterans FIRST Auction committee*

On April 16, at Alpine Grove in Hollis, The Souhegan Valley Chamber of Commerce will hold their fourth annual live auction in support of our region's veterans and their families. This year, we are proud to be partnering with Harbor Homes in this endeavor to raise funds for the Veterans First program.

The extremely cold weather and deep snow of the past many weeks reminds us of how fortunate we are to have warm homes to shelter us. But, not all of us are so fortunate. Many of the people who find themselves without proper shelter are former members of our military services who have fallen upon hard times for a variety of reasons. In order to lend a helping hand, in 2003 Harbor Homes stepped in to address the growing issue of

honorably discharged veterans who found themselves without a place to live. This program, Veterans First, offering long-term transitional housing and supporting services is one of the first of its type in the nation and has become a model for other communities seeking to help those in need who have served our country. In fact, Senator John McCain recognized this when he dedicated the program's newest building, Buckingham Place, during a visit to New Hampshire.

Not only do the refurbished houses and buildings owned by Harbor Homes provide housing for individuals as well as families, the neighborhoods in which these buildings stand are also revitalized as improvements are made to the properties. This program is run by many dedicated individuals who want to help find positive solutions to a critical issue. With the idea that it is easier to fix a

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Friend Us on Facebook!

Did you know the Chamber has a Facebook page? Well, we do and you are invited to post your promotions, events, announcements or specials as a Chamber member. It is one more of several ways to get the word about your business out and give others the opportunity to share it with their Facebook friends.

Search for Souhegan Valley Chamber of Commerce when you go to Facebook.com and post a message on our wall – or start

a discussion group. Either way, the more people who are aware of the page, the better for everyone. And it is one more way to get return on your membership investment. Let's get this going and increase our number of friends to really make this work.

Executive Committee

Effective July 1, 2010

Amy Wheeler - Chairman
First Colebrook Bank

Rick Boyd – VP Membership
Beard & Boyd Insurance

Mike Brisebois – VP Events
Hitchiner Manufacturing

Karen Keating - Treasurer
St. Mary's Bank

Heather Arvanitis - Secretary
PSNH

May Balsama – Executive Director

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Amanda Thomas Boutique

Gail Hoar
Non Profit Representative

Marc Violette
TDS Telecom

Jeff Boutin
Boutin Financial

Rick Holder
Hampshire Hills & Fitness Club

Stephanie Kruey
Peoples United Bank

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Mori Books

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Maiona Law Offices

Guy Scaife
Town of Milford

Tracy Bardsley
Milford DO-IT

Tony Oliver
Walmart

Rosie Deloge
Milford High School ATC

Debbie Hoffman
this Field, Center for Beginner's Mind

Message From May's Desk:

Why do they work? One of the many pleasures of this position is the opportunity I have of observing and knowing the businesses and the people in the Souhegan Valley. Granted, not everyone, but enough to have gleaned some perspective on why some work and others work harder. We have great businesses, terrific people and innovative ideas here. And, thankfully, many success stories. The last couple of years have really brought into focus the people who have kept going and, often, growing, in spite of additional challenges. I got to thinking about the characteristics they share. An article in another Chamber's newsletter caught my eye and says what I had been trying to put into words. I'd like to share it – I think it is a pretty solid list. The original comes from The Toastmaster.

Experts have noticed seven specific actions that successful leaders share, regardless of the organization or cause (or business) they lead.

Make others feel important. If your goals and decisions are self-centered, followers lose their enthusiasm quickly. Emphasize their strengths and contributions, not your own. This, especially, goes for employees!

Promote a vision. Followers need a clear idea of where you're leading them, and they need to understand why that goal is valuable to them. Your job as a leader (supervisor) is to provide that vision.

Follow the Golden Rule. Treat your followers the way you enjoy being treated. An abusive (critical) leader attracts little loyalty.



Admit mistakes. If people suspect that you're covering up your own errors, they'll hide their mistakes, too, and you'll lack valuable information for making decisions.

Criticize others only in private. Public praise encourages others to excel, but public criticism only embarrasses and alienates everyone.

Stay close to the action. You need to be visible to the members of your organization. Talk to people, visit other offices and work sites, ask questions, and observe how business is being handled. Often you will gain new insights into your work and find new opportunities for motivating your followers.

Make a game of competition. The competitive drive can be a valuable tool if you use it correctly. Set team goals, and reward members who meet or exceed them. Examine your failures, and celebrate your group's success.

All seven apply to sole proprietors, as well. You are your own team, own support. How you treat yourself, the confidence you demonstrate, the attitude you hold is from this list. Those who practice the "Seven for Success" work well, not just harder.



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Welcome New Members

Einfosystems.net

PO Box 858 Wilton 03086

www.einfosystems.net 603-821-0288

einfosystems is a one-stop IT technology provider to small and medium sized businesses since 1993. We are a Microsoft Gold Certified Partner and Small Business Specialist, as well as, resellers for Google Apps. We operate a hosting facility in Somerville MA to host websites and virtual desktops.

With 15 years of application development experience, we not only build rock solid applications, but we help our clients redesign existing business systems to take advantage of emerging technologies to reduce cost, paperwork and errors, to drive more profit to the bottom line. From small shops to large corporate departments, we'll help you design and build, in a timely and cost-effective fashion, software that pays for itself. It is amazing what one person can do with a workstation and some excellent software. Web application development, database design and administration, e-commerce and network monitoring and administration.

Southern NH Chapter of Executive women's Golf Association

22 Fells Drive Amherst 03031

www.ewganh.org 978-633-9421

The EWGA is a member based association focused on enriching the lives of women through the game of golf. Whether you are getting ready to learn, seeking ways to improve your skills, expanding your network of business contacts, or just wanting to unwind with a new circle of friends at social gatherings and fun golf get-togethers - the EWGA is the place for you.

The Southern New Hampshire Chapter of the EWGA is your local affiliate providing discounted clinics and equipment, networking and social opportunities and golf events at many area courses.

Our Kick-Off event is on Thursday April 7, 2011 at the Amherst Country Club, Pone-mah Road, Rt. 122, Amherst from 6:00-8:00pm. The cost is \$10.00 per person and includes a light meal and a cash bar. There will be sign ups for 3 different golf leagues, clinics for beginner to experienced golfers and lots of information on other events planned for the new season.

If you would like more information about the Southern New Hampshire Chapter of the EWGA please contact us at the above email address or phone number or contact June Bridgewater at 603-494-5013 or june.bridgewater@comcast.net.

Harvard Risk management Corporation

8 Eastern Ave, Amherst 03031

603-930-8152

www.prepaidlegal.com/hub/craigwgraham

Harvard Risk Management Corporation, a subsidiary of Pre-Paid Legal Services, Inc., is the fastest growing supplemental employee benefits company in North America with over 350 agents. We provide prepaid legal plans and identity theft protection and restoration plans to individuals, families, groups and companies large and small. Our products and services in these areas are without equal and are surprisingly affordable. With a legal network utilizing highly rated legal firms across the continents, the ratings being provided by Martindale-Hubble, the Dunn & Bradstreet of the legal world, our members and customers are provided with the highest quality legal advice and protection available. Our identity theft products are provided by Kroll, the world's leading risk consulting company operation in 33 countries worldwide. Our parent company, Pre-paid Legal, has been in business since 1972 and is listed on the NYSE. HRMC began in 1993 and is committed to excellence in service, support and in improving the quality of life for employees everywhere.

Marmon Utility, LLC

53 Old Wilton Road, Milford 03055

www.hendrix-wc.com 603-673-2040

Marmon Utility, LLC proudly manufactures the Hendrix Wire & Cable product line which includes underground cable, spacer cable, tree wire insulators, and other overhead accessory products. Our products are operating world-wide. Hendrix innovations provide simplicity of installation and product durability in many adverse environments. Our products have endured an array of diversified environmental elements, ranging from those found in the tropical rain forests of Brazil to the snowcaps of Antarctica.

Reliability is Value. Hendrix sets the standard for high quality overhead and underground power distribution products.

Marmon Utility is ISO 9001 certified and continues to make quality, service and reliability a mainstay of the Hendrix/Marmon philosophy. Hendrix Wire & Cable was founded by Bill Hendrix in 1951. It is now a member company of The Marmon Group.

Nutressante

10 Northern Blvd Unit 15B

Amherst 03031

www.nutressante.net 603-396-8480

Susan Baker is a Certified Holistic Health Counselor/Practitioner. She leads classes, workshops and teleseminars on nutrition and healthy lifestyle choices and also offers individual, group, and corporate wellness programs. She specializes in Mind/Body nutrition, which encompasses, but is not limited to, cancer prevention/recovery, digestive wellness and overall disease prevention.

Susan is dually certified by the Institute for Integrative Nutrition/SUNY and the American Association of Drugless practitioners. She is also an Eden Energy Medicine Practitioner and a Bach Flower Essences Practitioner for people and animals.

Souhegan Printed Products

234 Stable Road, Milford 03055

www.souheganprintedproducts.com 603-672-0858

Souhegan Printed Products is your one stop shop when it comes to printing. With over 15 plus years in the industry, our success has been in the ability to provide our customers with substantial cost savings while in keeping with the highest standards of quality and true customer service.

We offer a full range of printed products including business cards, letterhead, envelopes, laser and multi-part forms, checks, folders, and much more. We also provide products targeting marketing services such as the full color printing of brochures, catalogs, sell sheets, newsletters, banners, trade show giveaways, bulk and direct mailings...we can do it all from an idea to the finished product.

From our website, users are able to link to our on-line catalog for promotional products and apparel. With over 750,000 items available, we are able to provide customers with the newest and best, time tested items to promote your company awareness!

Member Happenings

Southern New Hampshire Chapter of the Executive Women's Golf Association (EWGA)

www.ewganh.org ewgasnh@gmail.com (978)-633-9421

Spring Kick-Off event is Thursday April 7, 2011 at the Amherst Country Club, Ponemah Road, Rt. 122, Amherst from 6:00-8:00pm. The cost is \$10.00 per person and includes a light meal and a cash bar. There will be sign ups for 3 different golf leagues, clinics for beginner to experienced golfers and lots of information on other events planned for the new season.

If you would like more information about the Southern New Hampshire Chapter of the EWGA please contact us at the above email address or phone number or contact June Bridgewater at 603-494-5013 or june.bridgewater@comcast.net.

Salon Aquavit 479 Nashua Street, Milford 673-6006 www.salonaquavit.com

Spring into Salon Aquavit's All Things Beautiful Style Event on Wednesday March 23rd. Shop our wide range of boutique accessories and beauty products plus take advantage of our \$25 mini services menu created exclusively for this event. Services include a Spring Make-Up Tutorial, Mini Keratin Treatment, 20 Minute Neck and Shoulder Massage, Fast Results Facial, and so much more. This event will be highlighted by a trunk show from Distinctive Apparel Group. Get a sneak peak at some of the fashions that will be shown at the upcoming Veterans First Auction! Call now to reserve your appointment. Bring a friend and you will each receive a \$10 gift card.

Laugh until your heart hurts! Milford Area Players March 18 – 27 at Amato Center

Almost, Maine, the clever and poignant comedy written by John Cariani, will be staged by Milford Area Players for two weekends, March 18-27, 2011; with shows on Fridays and Saturdays at 8 pm and Sundays at 2 pm. All 11 scenes and 19 characters will be performed by 4 talented actors: Jason Crowell, Peter Josephson, Pat Lawrence, and Judi Mitchell. The show is directed by NHTA award-winner, Deborah Shaw.

On a cold, clear, moonless night in the middle of winter, all is not quite what it seems in the remote, mythical town of Almost, Maine. As the northern lights hover in the star-filled sky above, Almost's residents find themselves falling in and out of love in unexpected and often hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend—almost—in this delightful midwinter night's dream. Almost, Maine inventively explores the mysteries of the human heart, touching audiences with laughter, heartbreak and hope.

Almost, Maine will be staged at the Amato Performing Arts Center, 56 Mont Vernon St, Milford NH. The theatre is wheelchair accessible. General admission tickets are \$12 for adults, \$7 for seniors (60+) and students. Advance tickets are available at Toadstool Bookshop and online at www.MilfordAreaPlayers.org. Tickets are also available at the door.

St. Joseph Hospital to Hold Blood Drive 153 Kinsley St., Nashua

St. Joseph Hospital and the American Red Cross will hold a blood drive in the hospital's Carl Amelio Room on Thursday, March 17, 2011 from 1:00 p.m. to 5:00 p.m. St. Joseph Hospital and the American Red Cross is issuing an open invitation to regular blood donors, donors who haven't given blood in a while, and, especially, to people who have never rolled up their sleeves to give the Gift of Life.

Anyone ages 17 or older, weighing at least 110 pounds, and in good physical health is a potential blood donor. Donors are eligible to give blood every 56 days. The donation process usually takes no more than an hour, with the actual donation time only about ten minutes. Appointments are recommended; walk-in donors are encouraged. Parking is available in the garage behind the hospital and in the visitor parking lot.

For more information about donating, call 1-800-GIVE-LIFE. To make an appointment, visit www.redcrossblood.org. Enter Sponsor Code 3514.

**Beaver Brook Association
117 Ridge Road
Hollis NH 03049
603-465-7787
www.beaverbrook.org**

ACCOMPLISHED GARDENER PROGRAM

March 4 to May 6, 2011
Friday mornings 9:00 AM to Noon
Fee: \$175/\$150 Friends of Beaver Brook
Maple Hill Farm Ridge Road Hollis NH

Gardening is good for your health and your wallet. This course is designed for environmentally concerned gardeners and homeowners. Locally grown food is generally more nutritious because it loses less nutrients due to travel and lengthy storage. With locally grown food, you also can know what goes into the production. You will learn how to make your soil richer for more nutritious food and healthier trees, grass and flowers. You will learn to prune your shrubs, trees and fruit and how to compost. This intensive and interesting course will turn you into "A More Accomplished Gardener."

Support Veterans

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pothole than a ditch, housing and support services are run by a number of agencies all under the Harbor Homes umbrella. Each person assisted by Harbor Homes has any number of services from health care and financial management to job training and placement to which they may turn. The only restrictions on residents are those that keep Harbor Homes in compliance with VA regulations since it is, in turn, under the VA umbrella.

Any person or organization who would like to help sponsor or donate auction items to this event may contact the chamber office at May@Souhegan.net or call 673-4360. Tickets are available for \$45 each and may be purchased on line through the chamber web site www.souhegan.net or by calling or stopping by the Chamber office.

Member News & Announcements

EQi® Certification Training with Sapphire Consulting

Sapphire Consulting is pleased to present Certification Workshops on Emotional Intelligence through the application of the EQi®. Sapphire Consulting offers an informative and effective program to learn about using the EQi® in your organization, business, or clinical practice. Successful participants are certified by Multi Health Systems (MHS) to purchase and administer the EQi®.

The EQi® has been used by over one million individuals worldwide making the EQi® the first scientifically developed and validated measure of emotional intelligence. It measures one's ability to deal with daily environmental pressures and demands. A growing body of research also suggests that emotional intelligence is a better predictor of success in life than cognitive intelligence (IQ).

We look forward to you joining us for a 3-day certification program designed to help you learn to use the EQi® effectively in your organization.

Your Tuition Provides:

- » 3 days of instruction
- » Breakfast and lunch each day
- » Administration of the EQi® with a one hour personal interpretation
- » Certification by Multi-Health Systems
- » A detailed technical manual and copy of EQ Edge
- » Follow-up consultation session with EQi® Certified Trainers to assist in your application of the tool.

Tuition is \$2,195, payable online or by check. See the website, consultsapphire.com, for more details.

Budget Blinds of Keene Installs Security or "Lock Down" Shades at Surry Village Charter School

Budget Blinds, the largest and fastest growing window covering company of its kind in the United States, was selected from the bids submitted to add safety and security to the Surry Village Charter School's Surry facilities. A total of 31 blackout shades produced by The Draper Company, the leading manufacturer of window coverings for educational and institutional facilities

were installed to meet the security plan for the school. In addition to representing the Draper Company, Budget Blinds has over 25 suppliers in its alliance network including shades, interior shutters, blinds, exterior shutters, window screens, draperies and coordinating accessories. Draper is the same company that Budget Blinds used for the 100 plus shades at the new Marlborough elementary school last year.

Larry Sportello, Owner/Operator of the area Budget Blinds franchise, noted that "Fulfilling the needs of the Charter School has a special significance to me as a resident of Surry, and more so as my youngest daughter completed elementary school in that building, which is an integral part of our little community".

Lockout or security shades are in fact blackout roller shades, so designated as they are often installed internally to be used to eliminate visibility into classrooms or office space in the unlikely event of an intruder in the building.

Budget Blinds of Keene proudly serves homeowners and businesses throughout Southwest New Hampshire, the Upper Valley, southern and central Vermont, offering complementary in-home estimates and consultations, professional measuring and no charge installation, and a rich selection of quality window treatments including shutters, blinds, draperies, shades, and window film.

TDS Telecom Awarded J.D. Power Customer Service Champion

TDS Telecommunications Corp. (TDS) was recognized, at the J.D. Power and Associates Customer Service Roundtable in Las Vegas, as a J.D. Power 2011 Customer Service Champion—one of only 40 companies to have earned the distinction this year.

To qualify for inclusion on this elite list, companies must not only excel within their own industries, but also must stand out among leading brands in 20 major industries evaluated by J.D. Power. Five key customer "touch points" were measured, including people, presentation, process, product, and price.

"We are honored to receive this award of distinction and to be included with an elite

group of companies that share our focus on customer service excellence," says Dave Wittwer, president and CEO of TDS Telecommunications Corp. "Providing outstanding customer service is an area of great focus for all of us here at TDS. We know providing award winning customer service is an everyday challenge, so our work here is not done. We remain committed to our goal of delighting each customer every time they interact with us."

TDS Telecommunications Corp. markets communication services to business and residential customers in 30 states through its brands TDS Telecom® and TDS Metromcom®. TDS Telecommunications Corp. is the eighth-largest wire line company in the nation; employing approximately 2,500 people. The company is headquartered in Madison, Wis. Visit www.tdstelecom.com and www.tdsbusiness.com for more information.

The NH Wellness Network Announces Formation and Mission of Empowering Individuals and Families to take Control of their Wellness

Genavix, President and CEO Mike Benton announced the formation of the NH Wellness Network. During a midday press conference Benton announced this first ever joint partnership between competing NH health facilities, all with the common focus of promoting a healthy lifestyle. The goal, according to Benton, is to make the 'First in the Nation Primary State' also the 'First in the Nation for Wellness'.

"Obesity and a sedentary lifestyle resulted in a \$200 billion cost for the United States in 2009, and it's growing," said Benton. "Nutrition, exercise, education, and behavior modification are core requirements to address these problems. The NH Wellness Network has the facilities and staff to ideally support individuals, corporations and the communities we serve in addressing this crisis."

Benton announced five full service health & fitness facilities in nine locations throughout the State as part of this NH Network, but stressed the Network is growing with more facilities and organizations joining. Today, the NH Wellness Network consists of Hampshire Hills Sports & Fitness Club

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Member News & Announcements

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in Milford, Salem Athletic Club, located in Salem, the Executive Health & Sports Center with locations in Manchester and Hooksett, the Laconia Athletic & Swim Club in Laconia, and Seacoast Sports Clubs with two locations in Portsmouth and a facility in Newmarket.

Granite State Credit Union Names Two New Vice Presidents

Granite State Credit Union has announced the appointment of two new Vice Presidents' to its Senior Management team. Dennis A. Hebert, Jr. was named Vice President Sales and Business Development, and Lisa

R. Barowski, CPA, was named Vice President/Controller.

"I am pleased to announce the appointment of these two valued employees from our management group to our Senior Management team," shares Denise L. Caristi, President and CEO of Granite State Credit Union. "Over the years, both Lisa and Dennis have played pivotal roles in the successful expansion of operations throughout the state. Their appointment as Vice Presidents' to our Senior Management team positions GSCU to uphold its tradition of service excellence to its members while continuing to build upon growth and advancements throughout New Hampshire."

Make Technology Work to Your Best Advantage

When: Wednesday, March 31st 7:30 AM
Where: SV Chamber offices

Join us on March 31 at 7:30 AM for our March Member and Guest Breakfast and hear what is new on the telecom scene, new technology and how to make the best choices for your business. Marc Violette, Regional Market Manager for New England, New York and Pennsylvania, TDS Telecom, will be on hand to explain what

is happening in the field, the products, state regulations and the competition for your contract.

Guests are always welcome to our breakfasts to learn more about the Chamber. The fee is \$15 for Not Yet Members and \$10 for Members. Please make your reservations with the Chamber office by calling 673-4360 or email may@souhegan.net.

St. Joseph Healthcare Honors Employees

The 36th Annual St Joseph Healthcare Employee Service Awards Dinner was recently held on Friday, February 4th. The evening provided the opportunity for St. Joseph Healthcare to honor over 300 employees for their dedicated service of 5, 10, 15, 20, 25, 30, 35, 40 and 45 years of employment with the organization. This year the recipients honored represented over 4,000 years of service.

"It is very clear to me that one of the greatest assets with St. Joseph Healthcare is our people," stated David Ross, President and CEO of St. Joseph Healthcare. "We are proud that our employee and physician turnover rate are extremely low. It is a privilege to recognize the staff that makes us excel in patient quality and satisfaction each day."

New this year was the announcement of the St. Joseph Healthcare Employee of the Year. Selected from the past 12 Employee of the Month honorees, this year's recipient was Kelly Cackett from the Pharmacy at St. Joseph Hospital.

SOUHEGAN VALLEY CHAMBER OF COMMERCE REFERRAL GROUP

Since July, 2010
220 Referrals
\$108,000 in Revenue
\$4,587 per Seat

Mark Cedras, MarkalAngelo.com "Coloring your dreams..."

My painting business has gained at least 10%, in a down economy, from our referral group. Besides providing direct income, the group has also enriched my marketing skills and aligned me with reputable businesses in our area.

What are your goals for 2011?

See what you're missing...

Contact Walter Schneckner
C1M Photography
673-8200 or wschneckner@c1mpp.com

Your ONE-STOP Packing, Shipping, Copy, FAX Center

POSTAL CENTER USA

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UPS

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VISA

Lorden Plaza (Near Movie Scene) • 614 Nashua Street, Milford
672-8816 • FAX 673-8829 • www.postalcenterusa.com

Spring into the March After Hours

Wednesday, March 23

5:30 – 7:30 PM

Virtual Homes Real Estate

55 Ponemah Road (Rte 122), Amherst

Celebrate the first days of Spring with Fred Doleac, the staff and 37+ agents at Virtual Homes Real Estate who are hosting our March After Hours. Time to get out from the Winter Doldrums and join with members and guests to Spring into action to meet and make new connections. Our new members will be introduced, so help us make them feel welcome and learn what the



Chamber does best – put people together to grow their business!

Virtual Homes is an innovative company that evolved from a merger between former RE/MAX franchises and a leading Internet marketing company. As a real estate company, they offer full-service real estate brokerage services. They are licensed in

five New England states with agents servicing local markets in New Hampshire and Massachusetts. For 20 years, they operated as RE/MAX Country Properties in NH, and for 5 years, as RE/MAX Innovations in Massachusetts and Rhode Island. In mid-2009, their name changed to Virtual Homes Real Estate.

Our hosts will be looking forward to meeting you – Door Prizes and Refreshments served. Please RSVP to the Chamber, may@souhegan.net or 673-4360.

Member to Member Discount Extended by Mutual of Omaha

Mutual of Omaha Insurance Co. has a wide variety of products for Long Term Care, Medicare Supplement, Disability and Life



Choices. The small business market gives you an advantage with these products. As a member of the chamber, you and your employees are eligible for a discount with Mutual of Omaha Insurance Co. Discounts on policies for self-employed are available as well. Understanding your concerns and needs helps me find the best solutions.

Business owner's can offer employee's coverage, without paying the bill. Voluntary Insurance policies are an important tool to bridge the gap when supporting coverage is not an option. Help protect your valuable assets (employees) and allow them to protect their paycheck. These products are affordable and will benefit those that own them, each with unique options. Tax advantages are available with these products as well. Each policy owner has a preference of the coverage they need. My job is to

navigate through the options to find a solution that fits each individual.

As an independent agent, I promise not to push my ideas on you, just offer the products and explain their value. Independent means I work for you, however your only obligation is to learn what you can from me, understand the risks and make an educated decision!

Felicia Hoynacki 603-234-0492 cell
Felicia.hoynacki@mutualofomaha.com

St. Joseph Hospital Events and Opportunities

PCOS & You

Join us for this informative workshop which will review the symptoms and best treatments to help manage polycystic ovary disease (PCOS). This workshop will feature three Registered Dietitians trained in this area of practice. The program is geared toward women currently suffering from the disease as well as interested professionals. This class will be offered on Friday, April 1, from 8am to 3pm. Fee: Half-Day is \$50; Full-Day is \$90. For more information or to register, please contact Community Health Education at St. Joseph Hospital at (603) 595.3168, or visit us online at www.stjosephhospital.com

St. Joseph Hospital offers Bereavement Drop-In Group

We wish to invite all community members grieving the loss of an adult to attend a

drop-in session free of charge. Bereavement Support Services provides this bereavement program to achieve our promise to ensure excellence of care and alleviate patient and family suffering.

The Bereavement Drop-In Group sessions are held on Wednesdays from 4:30 p.m. to 6:00 p.m. and discuss different topics at each session. Upcoming session dates are:

- March 23 - Secondary Losses/Changes in Relationships and Roles
- April 27 - Creative Healing
- May 25 - Grief and Special Days-Anniversary Reactions
- June 26 - Grief vs. Depression

The Bereavement Drop-In Group is open to any bereaved individual and is free of charge. No registration is necessary. Please

check with the front desk on the night of the group to determine meeting location.

If you have questions or would like more information, please contact Sarah Duffley, Bereavement Social Worker, at (603) 595-5300 ext. 66046.

St. Joseph Hospital Presents-CLIMB Program For Children who have Parents or Grandparents with Cancer

The Oncology Center at St. Joseph Hospital is proud to offer the CLIMB program, or Children's Lives Include Moments of Bravery. This is a special support program dedicated to the emotional support of children ages 6 to 12 who have parents or grandparents with cancer. The program

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St. Joseph Hospital Events & Opportunities

uses conversation and art to help children identify and express complex feelings. This service is being offered free of charge because we believe that stronger families make stronger survivors.

The new FREE 1-day Saturday program will be held on Saturday, April 9, from 9:00 a.m. to 1:00 p.m. Snacks and lunch will be provided. Pre-registration is required. For more information about the CLIMB program offered by The Oncology Center or to enroll a child, please contact Charlotte Bell, MSW, OSW-C, at (603) 880-3408.

St. Joseph Hospital Introduces New Gluten Free Menu Options and Cooking Class
Joseph Hospital is now offering daily special gluten-free menu options in the Atrium café. The options are available to all hospital staff, patients and visitors.

The hospital will also be offering a class about gluten called "Cooking with Gluten-Free Grains". Following a gluten-free diet can often be a challenge. It is important for individuals with Celiac Disease to consume gluten-free whole grains for their continued good health. The class features St. Joseph Hospital dieticians and chef and allows participants to sample and learn how to prepare a variety of gluten-free grains in

several recipes. The class will be offered on Wednesday, May 18, 2011 from 6:00 p.m. to 7:30 p.m. and has a \$10 fee.

For more information about the gluten-free menu options or to register for the class please visit our website at www.stjoseph-hospital.com.

St. Joseph Hospital Offers Super Sitters II

St. Joseph Hospital is now offering Super Sitters II. If you have already taken Super Sitters I or have begun babysitting, then this is the class for you! Taught by certified instructors from Rockingham Regional Ambulance, this class will focus on the importance of CPR, first aid and choking. Students will learn techniques through lecture and hands-on demonstrations. In addition, children will be reminded of the importance of safely marketing their services and which toys are appropriate for the children they are watching. Super Sitters II will be offered on Wednesday, March 30, from 3:30 to 6:30 PM. The fee is \$25.00, and includes course material. Class size is limited. For more information on Super Sitters II, or to register, please contact Community Health Education at St. Joseph Hospital at (603) 595.3168, or visit us online at www.stjosephhospital.com.

Manchester FD Benefits from Granite State Credit Union

MANCHESTER FIRE DEPARTMENT
ACCELERANT DETECTION CANINE
BENEFITS FROM GRANITE STATE
CREDIT UNION UNDERWRITING

Granite State Credit Union is again lending its support to the Manchester Fire Department, through its continued sponsorship of fire accelerant detection canine, Wynett. "We recognize the dedication demonstrated by our local fire fighters, and it is important to note that Wynett not only serves the Greater-Manchester area, but also the entire region," shares Denise Caristi, GSCU President and CEO. "As a New Hampshire-based financial institution, we believe lending our support as good neighbors through the underwriting of her care, benefits all of the NH communities we serve."

Wynett, who received ATF training in Virginia in 2009, is re-certified each year by the Bureau of Alcohol, Tobacco, Firearms and Explosives. "The underwriting support of Granite State Credit Union has gone a long way in ensuring Wynett's care and continued training. This has allowed us to assist at fire scenes throughout the region," shares Fire Investigator and Wynett's K-9 Handler, Mitch Cady. "Since she began her service with the MFD in 2009, she has been involved in 47 callouts including assistance to other local fire and police departments and is a valuable tool in identifying the presence of accelerants at fire scenes." Investigator Cady and Wynett have also played an active role in youth and community fire education forums with over 50 public demonstrations in the last several years.

Granite State Credit Union serves individuals, families and businesses with membership open to anyone living or working within New Hampshire. For more information, visit www.gscu.org or call 800-645-4728.

CAPTION to go with photo sent: Shana Lajoie, Manchester Branch Supervisor greets Manchester Fire Department Investigator Mitch Cady and the department's Accelerant Detection Canine, Wynett.

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.




ST. JOSEPH
BUSINESS & HEALTH

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

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

Forget Cabin Fever—Bring on Dance Fever!

The 2nd Annual Winter Gala Dinner Dance, Saturday, March 5
Presented by the Souhegan Valley Chamber of Commerce and Opportunity Networks

End your cabin fever and come down with dance fever! The 2nd Annual Winter Gala Dinner Dance to benefit Opportunity Networks and the Souhegan Valley Chamber of Commerce takes place on Saturday, March 5 from 6 PM – Midnight at the Alpine Grove Banquet Facility in Hollis, NH.

The event benefits Opportunity Networks, an organization that provides adults with

developmental and acquired disabilities employment services, vocational training, and support.

Tickets are \$40 per person and may be purchased online at www.opportunitynetworks.org or by telephoning 673-4360. Tickets may also be purchased at St. Mary's Bank, Milford, Beard & Boyd Insurance, Amherst, Joan Lemire Real Estate, Wilton and Paper Moon Dance Center, Merrimack. Dress is semi-formal optional or comfortable dress casual. The event is sponsored by Paper Moon Dance Center, Merrimack, and Monarch Instruments, Amherst.

Healthcare Change—Insurance Change

The Chamber was privileged to have Scott Cote and Scott Westover from Southern New Hampshire Health Systems present a thoughtful, non-partisan analysis of the changes made to healthcare, delivery and cost. The breakfast was held on February 23 at the SHARE Center. SNHHS, the umbrella for Foundations Medical Partners and Southern NH Medical Center in Nashua, realized the need for good, clear information in the communities based on the questions their patients were asking. The commitment was made to create a speakers bureau that would go to the local organizations to make this presentation.

The reform as passed requires clear communication. While the debate takes place on the national stage, it is the local citizen that is affected. A website has been created that will give full information and detail of the main elements, timeline, regulations and the impact on costs and what it means to employers. Go to healthreformtalk.org for a detailed report.

Scott Westover is the Vice President for Strategic Management at Southern New Hampshire Health System. In that role he is responsible for strategy planning and decision support regarding the development of clinical programs to serve the greater Nashua area. Scott Cote serves as the Vice President of Facilities & Emergency Management and has been with the SNHHS for 12 years. Scott is responsible for the Health System's property acquisitions, construction activities, facility operations of 54 medical offices and coordinates the Medical Center's emergency management program. They were assisted by Mary Manseau, Executive Assistant, Planning and Communication in the Human Resources Department.

We are grateful to the wonderful staff led by Chris Janson and the board of SHARE for generously opening their doors for our breakfast meeting.

Robin's Egg "Hatches" Great After Hours

Robin Dewey and her dealers, friends and family welcomed members and guests to the gracious home of Robin's Nest, 326 Nashua Street, Milford.

If you have not been inside Robin's Egg before, you are in for a surprise. This beautiful New England colonial style house has a lot to offer with over seven rooms and two floors fully decorated with antiques, collectibles, fine art, and in addition there are over 30 unique antique dealers booths (and growing), over 25 consignors. The bldg is over 9,000 sq ft, on 2 levels (upstairs and downstairs.) The Robin's Egg is THE perfect place to spend a day looking for great finds to give or to keep.



Furniture, housewares, and outstanding decorating style gave us warmth of a "house party"! Thanks to all for the delicious buffet and fabulous door prizes.



VETERANS FIRST AUCTION

Honoring all who serve
Families • Neighbors • Friends

We Need Your Help! Veterans FIRST must raise additional funds to expand emergency housing to service members and their families in need.

Auction

Date:
Saturday, April 16, 2011

Time:
6:00PM – 10:00PM

Location:
Alpine Grove
19 S Depot Road, Hollis, NH

Sponsored by Souhegan Valley Chamber of Commerce and Harbor Homes Inc.

Identity Theft: A Growing Threat

Only a few years ago, if someone came to you and revealed that their identity was stolen, you probably would have given them a curious look and wondered to yourself exactly what in the world they were talking about. Today, a typical person's reaction is different. Immediately the thoughts of thousands of dollars pouring out of your bank accounts and credit cards fill your head and you perceive a 'financial Titanic' on a very personal level. Today, the topic of identity theft is all around us and nearly everyone has either heard, read or even knows someone who has experienced it. Yet we all still possess that very human thought of "that can't happen to me".

Well, it can. In today's fast paced, rather impersonal society, we are slowly learning that ID theft may be one of the fastest growing personal threats out there. The fact is – It can happen to you at any time and from a direction you may have never considered. My wife and I have been ID theft victims from right here in NH only a year ago. I cannot begin to explain the feeling, even to this day.

Identity Theft can manifest itself in many forms. It is not simply about money. We all immediately think of credit cards and money, but it is much more far reaching than that. For this short article, allow me to highlight the five major areas.

CREDIT:

Only 28% of ID theft deals with credit card fraud. New federal laws provide much less protection for consumers and victims of ID theft. Victims can many times still be liable for credit card charges that are not disrupted within 60 days. Even if they are unaware that the fraudulent account exists! The best way to prevent this type of fraud is continuous monitoring of credit as much over time as possible. And then there is high tech hijacking of your credit information in ways that only a year ago was not even conceived of such as using a technique called 'skimming' or even through use of technology designed to steal data right out of an ATM machine. The financial community is constantly searching for new ways to counteract the efforts of those that conceive of ever increasingly devious ways to use technology to illegally steal both data and money. In 2009, banks in this country lost an estimated one billion dollars in skimming activity. And the thieves are rarely caught.

Driver's License Issues:

A major area of identity theft is fraudulent reproduction of a victim's driver's license. A reproduced driver's license can be used to open bank accounts, secure mortgages, obtain passports, for identification at a traffic stop, etc. Every day thousands of driver's licenses are used in the US and thousands more are produced. The use of computers and data networks are used to try and stop this growing threat but not all the networks are connected or integrated and, quite simply, the average person out there, untrained in what to look for in a fraudulent license, rarely identifies one.

Social Security:

An ID thief may or may not use the victim's information for credit related issues. Often a social security number will be used simply to gain employment. This causes major problems with the Social Security Administration and the IRS, not to mention State level agencies. It is estimated that over 10,000,000 social security numbers are bought and sold every six weeks, according to SSA sources. The vast majority of numbers stolen and used are those of children.

Medical:

There are over 47 million Americans without healthcare as of 2008 figures. Medical ID theft occurs when a thief checks into a hospital using someone else's identity, often to use medical insurance benefits to obtain thousands of dollars in medical services. The real problem is that the victim's medical records can now be altered, with the thief's information substituted, many times creating a life threatening situation of the victim. Prescription drugs,

blood type, preexisting conditions, diagnosis history and so much more can be impacted.

Criminal/Character:

62% of victims in 2077 reported they had warrants issued for their arrest up from 24% in 2006. Victims may unknowingly have numerous warrants in their name for crimes they never committed. Many victims never find out until they are pulled over for a routine traffic stop and subsequently taken to jail – then having to wrestle with a tremendous problem. Identity theft can be considered the only crime in America where victims are guilty until proven innocent.

Law enforcement statistics show that for every 700 ID thefts here in America, just in this country alone, only one actual ID thief is caught. And with the thieves constantly developing new and creative ways to ply their trade, the problem continues to grow and manifest itself in increasingly devious forms. Statistics show that the financial impact of ID theft exceeds that of drug and prescription crime.

Craig Graham
Harvard Risk Management Corporation
(603) 672-0065
(603)930-8152
Craiggrahm@harvardbenefits.com

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Milford, NH 03055
603-673-3957

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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
Steele Associates Tx Services & Business Services
ph: 673-4660

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 Nest at 326 ph: 672-3900
White Home Collections ph: 654-7363

Apparel

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

Appliance Sales & Service

Brennan & MacKay Appliances ph: 673-1177

Art Galleries/Instruction

Andres Institute of Art ph: 673-7441

Automobile Sales & Service

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

-B-

Bakery



Frederick's Pastries

109 Route 101A, Amherst ph: 882-7725
25 South River Rd., Bedford ph: 647-CAKE
The Good Loaf ph: 672-1500

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



New Hampshire's local bank
Laconia Savings Bank

256 Wallace Rd. Bedford 03110
laconiasavingsbank.com 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

-C-

Chiropractors

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

Churches

St. Paul Lutheran Church ph: 821-7891

Civic Organizations

Amherst Lions Club ph: 673-2834
High Hopes Foundation of NH ph: 429-1010
Hollis Brookline Rotary Club ph: 589-0808
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
Planet Aid ph: 533-9437
Rotary Club of Hollis Brookline ph: 589-0808
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

Communication Skills

Milford Toastmasters ph: 731-0116

Computer Services

Brinestone ph: 673-6696

CEJ Computer Business ph: 424-3117
Computer Alliance ph: 881-8411
Microtime ph: 672-7076
YourPresenceOnTheWeb.com ph: 801-0688

Confections

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
National Property Consulting & Management, LLC
ph: 490-3692
Portrait Homes Inc. ph: 672-8228
The Stabile Companies ph: 889-0318

Consultants

Rodney P. Watkins ph: 465-1706
Jigsaw Consultant ph: 731-0116

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-

Education

Empowering Learning ph: 703-1664

Elder Housing

Bentley Commons ph: 644-2200
Parkhurst Place ph: 249-1600
Ledgewood Bay 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

AspenCross Financial Group ph: 232-8262
Boutin Financial Group ph: 878-0584
Edward Jones Investments - Amherst ph: 672-5520
Edward Jones Investments - Milford ph: 673-3957
Mike Bonacorsi, LLC ph: 769-3111

Fitness Facilities

Amherst Yoga ph: 673-7661
Hampshire Hills Sports & Fitness Club ph: 673-7123
Trilogy Fitness ph: 249-5614

Florists

Amaryllis ph: 889-7750

Fuel

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

Funeral Homes

Nelson 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
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

Robin Warren Website Design ph: 424-0814
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
Harbor Freight Tools ph: 579-0658
Home Theater & Beyond ph: 424-1968
Lowe's Home Improvement ph: 521-9241
Simply Works Home Entertainment Solutions
ph: 249-8999

Hot Dog Cart

Pete's Diggity Dogs ph: 249-6896

Hotels and B&B

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

-I-

Insurance

Anthem Blue Cross Blue Shield ph: 695-7423
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
Combined Insurance, CR Group, LLC ph: 943-0508
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
ph: 889-4333

-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
Maiona Law, PLLC ph: 769-3924
Prevett & Prevett ph: 673-8500
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

Sapphire Consulting, LLC ph: 889-1099

Manufacturing

Alene Candles, Inc. ph: 673-5050
Hitchiner Manufacturing Company, Inc. ph: 673-1100
MTH ph: 886-0011
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

Caring Hands Massage Therapy, LLC ph. 508-1562

Mortgage Services

First Eastern Mortgage ph: 800-999-7788 x13

Moving & Storage

Countryside Self Storage ph: 672-3691
Currier Self Storage ph: 673-9538
The Vault ph: 262-3311

Music/Performing Arts

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-N-

Newspapers

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

-O-

Office Equipment

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Oce Imagistics, Inc ph: 472-8119
Staples Office Superstore ph: 578-4897

Optometrists

Joseph J. Raczek O.D. ph: 673-7428
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Amherst Orthodontics ph: 672-0844
Edward L. Klopfer D.D.S., PA Orthodontist
ph: 673-2406

-P-

Painting

Markal Angelo ph: 566-9013

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

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Shattuck Paving & Plowing, LLC ph: 654-5695

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Time Pay\$ of NH ph: 233-6676

Personal Chef

The Everyday Epicure ph: 672-0708

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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



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Catching | Moment Professional Photography
ph: 673-8200
Tracy Hanlon Photography ph: 769-0513

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
 Dr. Jennifer Madden Family Practice ph: 769-3308
 Milford Medical Center ph: 673-5623
 Robert D'Agostino MD Family Practice
 ph: 672-2003

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NH Mailing Services ph: 223-4600
 Postal Center USA ph: 672-8816

Plumbers

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 Copy Shop, Inc., The ph: 882-9111
 Coudough Inc. 554-1462
 Hansen Printing & Design Services, LLC ph: 672-7599
 SendOutCards Distributor ph: 878-2411
 SendOut Cards Distributor 673-2665
 Town Planner Community Calendar ph: 791-4748

Propane

EnergyNorth Propane ph: 654-6070
 Suburban Propane ph: 673-2903

Property Management

Stewart Property Management ph: 641-2163

-R-

Real Estate

Bean Group, Sharon Campbell ph: 493-5347
 CCSI ph: 672-7176
 Coldwell Banker ph: 673-4000
 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
 S.T. Cutter Real Estate, LLC ph: 493-5347
 Transitions Realty, LLC 673-0833
 Virtual Homes ph: 673-9747

Recreation / Golf Clubs

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

Restaurants

Longhorn Steakhouse ph: 579-6975
 Milford Coffee & Provisions ph: 672-5464
 Red Arrow Diner 23 ph: 249-9222

Retail

Seasonal Specialty Stores ph: 880-8471
 Very Cozy Baby, LLC ph: 672-5554
 Wal-Mart ph: 672-3421

-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

Security Systems

One Source Security ph: 645-5969

Septic Services

Souhegan Septic Tank Service, LLC ph: 673-4711

Sign Manufacturing

Classic Signs ph: 883-0384

Stoves – Wood, Pellet, Gas

Solstice Pellet Stove Solutions, LLC ph: 325-1134

Supermarkets

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

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Meridian Land Services, Inc. ph: 673-1441

-T-

Take-Out Foods

Moulton's Market ph: 673-2404

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 US Cellular - Nashua ph: 533-2070

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Carson City Tire, Inc. ph: 673-5402

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Chappell Tractor Sales ph: 673-2640

Trash Removal

H2O Waste Disposal Services, LLC ph: 732-0961

Tutoring

Huntington Learning Centers ph: 595-1880

-U-

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Employer Support for the Guard and Reserves
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 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

-Y-

Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

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Veterans FIRST Auction
 April 16

2nd Annual Winter Gala
 March 5

All Star Award Dinner
 June 2

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| 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.

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MARCH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|--|---|---|----------------------------|--|
| | | 1 | 2 | 3 | 4 | 5 6:00 –Midnight – Winter Gala Dinner Dance |
| 6 | 7 8:00 AM Ambassadors | 8 7:00 AM SV Chamber Referral Group | 9 8:00 AM Veterans FIRST Auction | 10 7:45 AM Board of Directors | 11 Noon Membership Comm | 12 11:00 Ribbon Cutting at Trilogy Fitness |
| 13 | 14 | 15 7:00 AM SV Chamber Referral Group | 16 | 17 | 18 | 19 |
| 20 | 21 8:00 AM Annual Dinner Comm | 22 7:00 AM SV Chamber Referral Group | 23 8:00 AM Veterans FIRST Auction 5:30-7:30 Virtual Homes After Hours | 24 | 25 8:00 Full Expo Comm | 26 |
| 27 | 28 8:00 AM Annual Dinner Comm | 29 7:00 AM SV Chamber Referral Group 8:00 AM Expo PR | 30 | 31 7:30 AM Member Breakfast – Telecom Tech for Your Business | | |

Thank you to our Sustaining Partners

Souhegan Valley Chamber of Commerce
69 Route 101A • Amherst NH 03031

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