



CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it
in the
Souhegan Valley.*

The 23rd Annual All-Star Award Dinner Thursday, June 2nd - Alpine Grove, Hollis

What do Frederick's Pastries, Souhegan Valley Boys & Girls Club, Hampshire Hills, PSNH and Stephanie Kruey have in common? They have all received one of the four awards presented each year by the Souhegan Valley Chamber of Commerce at our Annual Award Dinner to the outstanding businesses, leaders and volunteers of our communities.

Have you received outstanding service from a local professional? Do you admire one of our large companies that can keep the focus of their attention on the needs of individual customers or employees in spite of their size? Do you know a tireless volunteer who gives hours of time and energy to helping their neighbors and the community?

Well, let us know about it! The Souhegan Valley Chamber of Commerce is looking for just those businesses and people to be

nominated for Business of the Year, Small Business of the Year, Volunteer of the Year and Business Leader of the Year for 2011. You do not have to be a member of the Chamber to participate in the nominations or to receive one of the awards. The only requirement is to live or work in one of the Souhegan Valley towns. The large business award is presented to one with more than 50 employees. Nominations can be made online this year by going to <http://www.surveymonkey.com/s/H8HCPC8> and filling out the brief questionnaire.

To celebrate our All-Star Award Team, we are inviting Red Sox All-Star Hall of Fame pitcher, Bill "Spaceman" Lee to join us. Come and hear our guest tell the behind the dugout stories and have a photo taken for his signature. Tickets are \$45 and can be purchased online at souhegan.net or by calling the office at 673-4360.

Veterans FIRST Auction Successful Collaboration of Businesses and Harbor Homes

The Souhegan Valley Chamber of Commerce partnered with Harbor Homes, Inc. April 16 in a Dinner Auction fundraiser for the Chamber and the Veterans FIRST program at Alpine Grove in Hollis. Almost 300 people were in attendance. About 180 Silent Auction items and 32 Live Auction items were offered through support of many area businesses and some quite far away! Over \$30,000 shared by the two organizations.

Local duo, Joe Birch and Shane Hooker kindly donated their time and played during the cocktail hour and throughout the Silent Auction. Steve Desmarais was the auctioneer for the night.

Auction items included trips to Italy, Africa, Maine, Massachusetts and New Hampshire destinations; autographed boxing gloves used in the film, *The Fighter*; tickets and a limou-

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Executive Committee

Effective July 1, 2010

Amy Wheeler - Chairman
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Beard & Boyd Insurance

Mike Brisebois – VP Events
Hitchiner Manufacturing

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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:

Calling all Members and Citizens – Time to nominate the best, the brightest, the most innovative, talented and dedicated. Souhegan Valley Chamber of Commerce Business, Small Business, Leader and Volunteer of the Year for 2011 will be announced at the All-Star Award Dinner next month and we need your nominations to make it happen. The Chamber's Annual Awards have been presented to our local businesses and citizens for well over ten years to recognize the outstanding role they play in building our communities and providing leadership in the civic organizations that support our neighbors.



Please consider how you have been served by one of the many great companies and their people. What an honor to be recognized by those who know you and what you do. Our only criteria are that the nominee reside, work or be established in one of the eleven Souhegan Valley towns. They do not have to be a Chamber member. The purpose of the awards is to recognize excellence. There is nothing better than to be selected by your peers from your neighbors and customers suggestions. Volunteer of the Year is an award to honor that person who unselfishly and freely gives time and energy to make life better in some way for others. Bet you know a lot of potential nominees in all these categories.

I hope you will take the opportunity to join in the All-Star Award Dinner yourself on June 2 at the Alpine Grove in Hollis. In addition to those awards, there are the Future Business Leaders of the Year given to the young people selected to represent their high schools. Meeting the recipients and hearing of their accomplishments is not just reassuring, but downright humbling. They bring a special enthusiasm to the Awards with a renewed confidence in putting the future in the hands of our youth.

Don't miss our featured guest speaker – Bill "Spaceman" Lee! He is still just as unorthodox as he was when pitching for the Red Sox and tells some great stories of the behind the scenes antics. The All-Star theme includes recognizing those volunteers who have contributed to make the Chamber run smoothly and support the membership.

There is no shortage of great companies and great people. Give us all the chance to celebrate them and give them a pat on the back for what they do. We have made it very simple for you by going to <http://www.surveymonkey.com/s/H8HCPC8>. You can submit your nomination online with a short form and just a few questions to answer. Couldn't be easier or quicker.

We look forward to announcing those selected. Hope you will be there to applaud.

Souhegan Valley



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www.souhegan.net

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Welcome New Member

Lindt Chocolates **124 Route 101A, Amherst** **www.lindt.com**

Lindt & Sprüngli is recognized as a leader in the market for premium quality chocolate, offering a large selection of products in more than 100 countries around the world. During more than 160 years of Lindt & Sprüngli's existence, it has become known

Trilogy Fitness **Celebrates Grand** **Opening**

Bringing a new opportunity to Amherst to put some "Spring" in your step, Trilogy Fitness celebrated their Grand Opening at 71 Route 101A with a Ribbon Cutting and Open House. Three partners, Beth Black, Joanne Leedy and Susan Guetling have combined their extensive experience to offer a full program of group exercise and personal fitness in their studios including Pilates, Yoga, Zumba, Spinning, Bootcamp and Strong for Life. Class sizes are smaller to allow more individual attention with a schedule that gives flexibility for busy schedules. Programs tailored for retirees are featured. The owners invite you to stop by and see this new well appointed and equipped facility.



Photo Caption: Pictured from left to right are: Christine Black, P.J. Black, Phil Black, Liz Black, Mike Brisebois, Beth Black, Susan Guetling, Joanne Leedy, Catherine Walsh, Gordon Leedy, Tom Guetling. Back row: Agnes Brooks, Peg MacEwen, Charolette Coelho.

as one of the most innovative and creative companies making premium chocolate, with six production sites in Europe, two in the USA and distribution and sales companies on four continents.

The beginnings of Lindt & Sprüngli are in 1845, when father and son for the first time manufactured solid chocolate in their small confectionery Sprüngli & Son. Since then, the company has gone through many

different eras, but the entrepreneurial spirit and passion for making chocolate that drove both the Sprüngli family as well as Rodolphe Lindt, when he invented the first truly melting chocolate are still alive.

Visit this new outlet location right next to TGI Friday's. Free Samples every day!

Swiss Chocolatier Lindt Holds Grand Opening Event in Amherst

Free samples of Lindt chocolate and discounts up to 70 percent featured

Master Swiss Chocolatier Lindt celebrated the grand opening of its new Factory Outlet store at 124 State 101A, Amherst (front of Staples). Randy Penrod, Marketing Manager for Lindt cut the ribbon to officially open this new location. Pictured with Penrod, Amy Wheeler, Chairman of the Souhegan Valley Chamber of Commerce Board and VP, First Colebrook Bank with Karen Keating, Treasurer and AVP, St. Mary's Bank joined with Lindt Manager, Maryellen Manatrey and store assistant, Cindy Markwith to welcome the newest retailer to 101A.

Founded in 1845, Lindt & Sprüngli is a global leader in the premium chocolate category, offering high-quality products in more than 100 countries. Lindt & Sprüngli has a major base of operations here in NH and seven other production facilities in



Europe and the United States and employs 7,400 worldwide. Lindt USA operates more than 40 retail stores in the U.S. and maintains wide distribution through extensive retail and wholesale channels. Lindt will be opening a total of eight locations this spring. The public is invited to stop by for free samples and discounts up to 70 percent. For more information on Lindt, visit www.lindt.com.

Southern NH Expo 2011

Southern NH Expo 2011 **There's a Lot in Store!** **Hampshire Dome** **Thursday, October 20th**

Make sure you are one of the first to sign up for your booth at the 6th Southern NH Expo coming this fall! Reservations are

now open with the forms available by going to souhegan.net. Early Birds who register prior to June 30 will be entered into a drawing for a prime spot on the Exhibit Floor. Don't be left out!

Questions about the Expo? Please call May at the Chamber office, 673-4360.

Member Happenings

Antiques at Mayfair 292 Salzburg Square, Amherst

Home & Garden Indoor & Outdoor Antique Show – Antiques at Mayfair invites you to celebrate Spring with Dealer Days Discounts on your favorite items! Come join them for their 5th Annual Show featuring vintage Garden Ornaments such as Urns, Planters, Bird Baths, Architectural Pieces, Iron Gates, Porch Furniture. Great Plants and Gift Ideas. Call Linda at 603-546-0194

Win an Apple iPad2!

TheLobbyNH.com, the place to meet for New Hampshire business and politics, will be giving away an iPad2 to one lucky reader! Enter to win & view full contest details here: <http://www.thelobbynh.com/lb/contest/> Deadline is June 21, 2011. Member discount: save 20% on a subscription by entering coupon code: ipad159deal

SBA's NH 2011 Small Business Award Winners and Champions Wednesday, May 25, 2011 - 11:30am - 2:00pm

NH Small Business Development Center invites you to attend the 2011 SBA Small Business Awards Luncheon. Receiving an award under Home Based Champion - Souhegan Valley's own Paula Fortier, Associate Director of Opportunity Networks, Amherst.

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

History and Cultivation of Culinary Herbs

Friday May 6, 2011 9 a.m.-noon with refreshment break
Presenter: Connie Campbell, Master Gardener
Cost: \$5
Connie will share a rich history of herb origins, cultivation and incorporation into

cooking and medicine. This is a fascinating presentation you won't want to miss.

The Wonders of Composting

Friday May 13, 2011
9 a.m.-11 a. m. with refreshment break
Presenter: Celeste Philbrick Barr, Education Director Beaver Brook Association
Cost: \$5
Learn how to compost in your backyard, how to accelerate your composting process and how to troubleshoot issues you may encounter. Some hands-on activity and a review of various compost collection systems will take place in the BBA Compost Court will be included. Dress for going outside.

Wednesday Wildflower Walks

April 13 - May 25 9:15-11:00 a.m.
Join us and share the pleasure of a spring walk in the woods and fields of Beaver Brook. Exercise while enjoying and learning about the wild flowers as they bloom.

Moderate Fitness Hiking

Fridays April 1- May 27
9-11 a.m. Cost - \$20 (can be prorated)
Leader: Vickie Michaels
These hikes will keep you constantly moving but at a moderately slow pace. Start out flat the first week but then we will add in some slight ups and downs. All hikes take place on Beaver Brook property and woodland trails. Rain will cancel. Adults only and no dogs please.

***White Home Market
40 West Intervale Rd, Wilton
www.whitehomemarket.com***

Gardener's Cottage is the theme for May 21 – 23. Only three days each month to shop! Fresh inventory every day.

***JM Princewell on the Milford Oval
127 Union Square
673-0611***

Receive a Pandora Travel Jewelry Box Valued at \$35 MSRP when you spend \$100 or more on any Pandora product. (It is

fantastic as it has 3 layers with one whole tray to hold bead collection, necklaces or bracelets on another, and finally a place for Pandora earring charms.)

***Lisa's Sweets
20 Middle St., Milford
672-1022***

Special offerings for Mother's Day, Showers, Graduations, Communion celebrations abound at Lisa's Sweets. "Mom" Hearts in chocolate, Baskets of her favorite candies, Specially packed assortment boxes with gift wrapping free. Call ahead to pre-order Chocolate dipped Strawberries, Caramel Apples and freshly made Cordial Cherries so you aren't disappointed!

***Salon 2000 & Green Gallery
37 Wilton Rd, Milford
654-6930***

Continuing our long tradition of showing gratitude to our Armed Services personnel, on Saturday, May 28 of Memorial Day weekend from 2:00 to 4:00 PM, we will be offering all military – active and retired – free haircuts.

Spread the word to friends and family you know who have served our country. Let them know it is our honor to do this one little thing for them.

***Frederick's Pastries
109 Rte 101A, Amherst 882-7725
25 South River Road, Bedford 603-647-CAKE
119 Main Street, North Andover, MA
978-208-7806***

ADULT CAKE DECORATING CLASS: MAY 17TH ~ 6:00-7:30 PM ~ \$75.00
Are you looking for a great gift idea for Mom this Mother's Day? We have the perfect choice – a Frederick's Cake Decorating Class! This month we will be creating a Flower Pot Cake! You'll start with our double 6" cake, shape it into a pot and then decorate it with our delicious

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Free Screenings

Free Screenings & Seminars for Seniors at Ledgewood Bay in May

Starting in May, Ledgewood Bay Assisted Living & Memory Care, 43 Ledgewood Drive, Milford, has will offer a series of FREE Screenings and Seminars for southern New Hampshire seniors and their families.

DocTalk, as the series is named, begins on Wednesday, May 4th with FREE Hearing Screenings conducted by Mark Fodero, audiologist with New Hampshire Hearing & Balance. Morning and afternoon screenings will be by appointment only and can be scheduled in advance by calling Ledgewood Bay at 603-672-5037.

On Tuesday, May 17th at 6:30 pm, Dr. Kathleen Hogan, Orthopedic Surgeon, presents “My Aching Joints. When is it time for joint replacement?” – an overview of operative and non-operative treatment for arthritis. Seating is limited. RSVP at 603-672-5037.

On Wednesday, May 25th, Ledgewood Bay welcomes Genesis Rehabilitation of NH, offering free health assessments and senior exercise demonstrations throughout the day.

Light refreshments will be served at all events.

Happenings (cont.)

buttercream frosting and top it off with sugar flowers! Mom can bring it home to share or keep it all for herself!

ALL CLASSES HELD IN OUR AMHERST LOCATION

Class may be rescheduled if minimum of 4 participants is not met. Proper dress is required, long hair tied back, rubber soled shoes (no heels and no opened toe shoes.)

Visit Frederick's Pastries for plenty of decadent delights for Mom ~ Tea Cup Cake, Cupcakes, Fresh Fruit Tarts, Chocolate and more!www.pastry.net

Mixing the Generations—How We Work Together

Subject of Chamber Breakfast

“A sales manager, around 50 years old, is at the head of the room extolling the virtues of ‘pulling together’ to achieve target sales to the group of sales reps of varying ages who have flown in from all over for the annual meeting. At the back of the room a group of 25 to 30 year olds are disengaged, rolling their eyes. What is going on?”* So begins a book cited by Sandy Demarest, Demarest Career Directions, in her compelling presentation to the Member Breakfast, April 28 hosted by Ed Verney, Huntington Learning Center, and sponsored by New Hampshire Higher Education Assistance Foundation (NHHEAF) and The Personnel Interface Staffing Agency. The interactive workshop probed both our experiences and our mindsets for dealing with co-workers and associates.

For the first time in history, there are four generations represented in the workplace. Four different worlds of experience, age and perspective are brought together and expected to achieve and accomplish end goals with four dramatically different approaches. Traditionalists, Boomers, Gen Xers and Gen Yers (millennials) bring completely divergent backgrounds and attitudes that require new skill sets in getting the most from the talents each brings to the tasks.

Sandy was right on target with the analysis of the strengths we each possess – and the delicacy of balancing more productive ways to motivate and capitalize on those individual differences. It impacts recruiting techniques, mentoring and coaching approaches instead of instructions and lecture methods for motivation. One management style does not fit all and will ultimately backfire. Only for the workplace? No way! Think about the many volunteer groups, the social situations we are part of and how the different generations are represented. Makes sense to think about how we can work more effectively with each and all.

At the request of many not able to attend the breakfast, we have asked Sandy to present this workshop again at a different time. Please contact the Chamber office if you would like to attend or bring the workshop to your company.

(Two of the sources cited in the presentation for more information: Bridging the Generation Gap – How to get Radio Babies, Boomers, Gen Xers and Gen Yers to Work Together and Achieve More – by Linda Gravett, Ph.D. and Robin Throckmorton, M.A., SPHR and Managing the Millennials – Discover the Core Competencies for Managing Today's Workforce – Espinoza, Ukleja and Rusch.)

Springtime 2011 Event at the Andres Institute of Art

Sculpture Park and Hiking Trails
98 Rt. 13, Brookline, NH 03033
603-763-8441

www.andresinstitute.org

The Andres Institute of Art welcomes all to enjoy the adventure of working with cast iron. Joseph Montroy, a New Hampshire sculptor will be conducting another cast iron melt workshop at the Institute Studio on Saturday, May 28, 2011, at 1:00 PM. You will be directed where to park when you enter the Institute.

Joseph (www.josephmontroy.com) is a professional artist working in metal, ceramics, wood, and stone. He is also a very accom-

plished sculpture instructor, and you will learn much about the process of working with iron simply by participating in this workshop.

At this workshop, Joseph will be setting up a coupla furnace to melt cast iron, which will then be poured into each participant's scratch mold to produce a beautiful cast iron sculpture. The flat scratch molds will be about six inches square. You will scratch into the mold (cured sand) to create the image that you wish. You can then be able to see the molten iron being poured into the finished mold.

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Veterans FIRST Auction Successful Collaboration

sine ride to a Jimmy Buffet concert; jewelry and gift certificates; antiques and newly made furniture; gift baskets; and yoga, golf, zip-lining, skating and gym memberships, among many other items.

The two Veterans FIRST buildings in downtown Nashua offering transitional housing to veterans and their families are Buckingham Place and Dalianis House. At Buckingham, veterans typically live in one or two bedroom apartments. There are also apartments for veterans with families to have a better degree of privacy. Dalianis House has apartments and private rooms. These facilities also have community kitchens, laundry facilities, and common areas for the residents. Each residence has something else in common – a sense of community among the residents. Their camaraderie and respect for each other exists because of their common experiences serving our country.

Some veterans from the Veterans FIRST program were in attendance during the event, including John Pelletier. John was a truck driver for years after he served our country as a former Marine and veteran of the Vietnam War. John eventually learned

that he had a serious medical condition, which took all of his savings to treat. This, in turn, led to his family losing their home. He discovered Harbor Homes through a health providing agency, and learned that as a veteran, he qualified to apply for up to two years of housing. After a review of his application, John was given a room and later a furnished apartment at Buckingham Place where he, his wife, and youngest son now reside. John says, “This program saved my life. At first I was a bit down, but with the help of the staff, things got better.”

When asked about his plans, John commented, “My first goals were to find housing and put my family back together.” Now he looks forward to staying as healthy as possible, finding permanent housing, and finding a job that will fit with his health requirements.

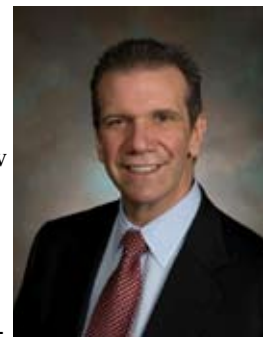
Harbor Homes provides homeless veterans a second chance to reestablish normalcy in their lives. When a veteran becomes homeless due to medical issues, loss of work, or financial crises, the most common feeling amongst them is the desire to keep their personal dignity intact. Having housing is one of many steps that helps

make this possible. The additional services offered by Harbor Homes are provided to help residents get back on their feet in good health and on the path to financial recovery as quickly as possible.

Harbor Homes is part of the Partnership for Successful Living, a collaboration of six nonprofit organizations providing access to housing, health care, education, employment, and supportive services to help individuals and families achieve healthy and sustainable independence. For more information on Harbor Homes, visit their website at www.harborhomes.org and view the Q&A section to learn more about the Veterans FIRST program.

Bonacorsi Recieves Award

Mike Bonacorsi
CERTIFIED
FINANCIAL
PLANNER™, au-
thor and radio show
host from Nashua
was recently
awarded a Bronze
Medal (third place)
for his book *Retire-
ment Readiness* in
the retirement planning category from the
2011 Axiom Business Book Awards. The
Axiom Book Awards celebrate excellence
in business book writing by presenting
gold, silver and bronze medals in 20 busi-
ness categories.



In 2009 the book received runner-up
from the New England Book Festival and
Readers Reviews awards for retirement
planning.

Mike Bonacorsi LLC is an independent
registered investment advisor, securities
offered through LPL Financial member
FINRA/SIPC. Located at 5 Overlook
Drive in Amherst NH, Mike can be
reached at (603) 769-3111 or mike.bonacorsi@lpl.com.



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Granite State Credit Union Hosts Accelerant Detection K-9 Demo

Granite State Credit Union, with an office at the VA Hospital and as a part of the hospital's volunteer network, recently hosted a special presentation for veteran's who reside within the hospital's nursing care facility. Fire Investigator Mitch Cady and accelerant detection K9 Wynett, presented a demonstration of how the highly trained K9 assists the Manchester Fire Department in assessing the cause and potential arson at fire scenes. Wynett, who received ATF training in Virginia in 2009, is re-certified each year by the Bureau of Alcohol, Tobacco, Firearms and Explosives. "Since she began her service with the MFD in 2009, Wynett has been involved in more than 50 callouts including assistance to other local fire and police departments and is a valuable tool in identifying the presence of accelerants at fire scenes," shares Investigator Cady. "We are pleased to be invited by

GSCU to come out and meet the residents of the VA. They are true heroes and it's an honor to have the opportunity to spend some time here with them."

As a member-owned, non-profit financial institution, Granite State Credit Union has grown to serve residents and businesses throughout the state and currently has locations in Manchester, Nashua, Concord, Candia, Amherst and Seabrook. Additional branches are located within Nashua High School North and Alvirne High School. Granite State Credit Union serves individuals, families and businesses with membership open to anyone living or working in New Hampshire. Federally insured by the



VA Hospital resident, Peter Gould enjoys a warm greeting from MFD Fire Accelerant Detection K9 Wynett

National Credit Union Administration. For more information, contact Granite State Credit Union, 1-800-645-4728, or visit www.gscu.org.

Andres Institute of Art

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This event is open to everyone. Of course, children must be under supervision of their parents or responsible adult.

Partake in the entire process, create art, enjoy the visuals and learn a lot about the production of iron for cast metal sculpture. Come and be a part of this exciting community event and create your original cast iron artwork.

The fee for this event is \$35.00. The Andres Institute of Art is a 501(c)-3 not for profit educational organization. All donations are tax-deductible. You may send your fee in advance, or pay in cash at the Studio when you arrive. Please: no credit cards.

This workshop is for paid participants only. All materials will be supplied by the Institute, so you need only bring your interest and imagination. We have limited space and material, so it's a good idea to sign up EARLY! To register, please call the Andres Institute of Art at 603-673-8441 and leave a message. We will contact you to confirm your registration.

Bill "Spaceman" Lee

"You should enter a ballpark the way you enter a church." Writer, Environmentalist, Yogi, health-food addict, speaker at the SVCC 2011 Annual Dinner. Most importantly, a baseball legend.

Bill "Spaceman" Lee was a left-handed pitcher with the Boston Red Sox and the Montreal Expos. He was inducted into the Red Sox Hall of Fame as the team's record-holder for the most games pitched by a left-hander (321) and the third-highest win total (94) as a Red Sox by a lefty.

Lee was born in Burbank, California in 1946. His grandfather, William Lee was an infielder for the Hollywood Stars and his aunt Annabelle Lee was a pitcher in the All-American Girls Professional Baseball League. Lee was drafted by the Red Sox in the 22nd round of the 1968 Major League Baseball Draft.

Being unable to pitch a good fastball, Lee worked on his off-speed pitches, and developed the Leephus pitch, also called the Space Ball, which follows a high, arcing path which was very slow.

Lee was nicknamed the "Spaceman" by Red Sox infielder John Kennedy because of his outspoken manner and unrestrained comments. These comments were constantly

recorded by the press. Lee was in favor of Maoist China, population control and Greenpeace. He claimed that his marijuana use allowed him to be unaffected by the bus fumes in Boston while running to work at Fenway.

While Lee played for the Red Sox, the manager Don Zimmer and he had their differences regarding pitching staff. Lee had little respect for authority, being a free spirit with an attitude that ran counter to the values of the established society in the 1960's and 1970's. Lee was forced into the bullpen during the 1978 season and later traded to the Montreal Expos. He finished his professional career in 1982 with the Expos by being released for walking out of a game as a protest of Montreal's decision to get rid of second baseman Rodney Scott.

Lee has written four books since his time away from the major leagues and starred in the film *Spaceman: A Baseball Odyssey* which follows him to Cuba where baseball was still baseball and corporate America hadn't made their mark.

Please join the Spaceman and the Souhegan Valley Chamber of Commerce on June 2, 2011 to celebrate the All-Stars of the Souhegan Valley!

2011 Veterans FIRST Auction



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

2011 Veterans FIRST Auction



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

Commute Green NH Challenges Drivers to Reduce 50,000 Miles

Commute Green New Hampshire is issuing a challenge—make four cars disappear in a week. Fortunately, it doesn't take magic to accomplish this feat. All it takes is green commuting. Commute Green New Hampshire is challenging people living and working in NH to reduce 50,000 miles driven during Commute Green Week, from May 16-20, 2011. Given that the average American drives 10,500 miles annually, this is equivalent to taking more than four cars off the road for a year!

By reducing 50,000 miles of driving during Commute Green New Hampshire, NH residents could also save \$10,000 in gasoline costs and reduce the need for roughly 100 barrels of crude oil. Decreasing the amount of cars on the road also preserves the life of existing roadways, reduces air pollution, minimizes time spent in traffic, and keeps NH's landscape looking beautiful.

Commute Green New Hampshire is a state-wide initiative that promotes alternative ways of getting to work and around town. Green commuting options include carpools, vanpools, public transportation, walking, biking, and telecommuting.

Commute Green New Hampshire runs from May 16-20, 2011 and features a state-wide promotion that encourages people to track their green commuting activities during the week. Registration is easy and all participants are eligible for great giveaways and coupons. To participate, simply log in to <http://commutegreennh.org/> and record your green commuting miles. You can register as an individual or as part of a team. Teams must register by May 13 to be eligible. Individuals and teams can begin logging their miles on May 16.

After the results are tallied, top achiev-

ers in a variety of team and individual categories will be recognized with certificates and giveaways. At the state-wide level, giveaways will be awarded to the individuals who log the most miles during the challenge in the following categories: carpooling (including telecommuting), biking, walking, and using transit. People who green commute all five days will also be recognized. In addition, the Nashua Regional Planning Commission will recognize individuals and businesses from the Nashua Region who log the most miles during Commute Green Week.

For more information, visit www.commutegreennh.org or contact Jill Longval at jilll@nashuarpc.org.

We're at it again!!!

The Andres Institute of Art

presents ANOTHER

IRON MELT WORKSHOP

**Directed by: "Ironperson" Joseph Montroy
N.H. Sculptor**

Saturday 1:00 PM

May 28, 2011

98 Rt. 13, Brookline, NH

Open to all!

**\$35.00, all materials
included!**

**For registration, or more information:
please call: 603-673-8441**

THANK YOU!

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www.edwardjones.com Member SIPC

Trent Blalock
Financial Advisor

1 Elm Street
Milford, NH 03055
603-673-3957

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
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

Milford Area Players ph: 801-4473

-N-

Newspapers

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

-O-

Office Equipment

Konica Minolta Business Solutions
ph: 898-4114
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 | 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

Postal / Package Services

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

Plumbers

Jason Wetherbee, LLC ph: 673-6719

Printing/Publishing

Amherst Label, Inc. ph: 673-7849
 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

Surveyors & Engineering

Meridian Land Services, Inc. ph: 673-1441

-T-

Take-Out Foods

Moulton's Market ph: 673-2404

Telecommunications/Communication

Moore Enterprises ph: 978-597-0204
 US Cellular - Nashua ph: 533-2070

Tire Dealers

Carson City Tire, Inc. ph: 673-5402

Tractor Sales & Service

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: 800-662-7764
 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

SAVE THE DATE

Veterans FIRST Auction
 April 16

2nd Annual Winter Gala
 March 5

All Star Award Dinner
 June 2

MEMBER SERVICES

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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.
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One Sheet/Item	\$50.	\$100.			

* Prices for camera ready artwork. Design service available at additional fee.
 ** Must supply enough inserts to meet newsletter distribution.

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 For just an additional \$48 annually you can have your logo, tag line,
 address, and fax number added to our directory.
 Contact the Chamber for more details.

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MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:00 Ambassadors	3 7:00 AM SV Chamber Referral Group 1:00 – 2:00 Small Business Forum	4 Noon Joint Chamber Lunch	5 8:00 Exec. Comm 10:00 Member Blitz Callathon	6 8:00 Fundraiser Comm	7
8 Celebrate All Special Women	9	10 7:00 AM SV Chamber Referral Group 10:00 FWHA at Hollis	11	12 7:45 Board of Directors	13 Noon Membership	14
15	16	17 7:00 AM SV Chamber Referral Group	18 5:30 – 7:30 After Hours at Coldwell Banker	19	20	21
22	23	24 7:00 AM SV Chamber Referral Group	25	26	27	28
29	30	31 7:00 AM SV Chamber Referral Group				

Thank you to our Sustaining Partners

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

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