



# CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it  
in the  
Souhegan Valley.*

## Welcome to the 6th Annual Southern NH Expo at the Hampshire Dome

Souhegan Valley Chamber of Commerce invites you to come be part of the fun and festivities at the 2011 Southern New Hampshire Expo. No where but The SNH Expo will you find the opportunity to visit and be introduced to almost 200 businesses, professional services, restaurants and civic organizations from all over the region. Shop the exhibitors and learn about what they do and how they can enrich your life with their excellent service and quality products. Shop the Expo for all kinds of items from our Farmers' Market homemade products, home improvement, all sorts of gifts and goodies for you and for the coming gift season, for a new car, hand tools and yard equipment, business and personal loans and savings accounts. Businesses will find new partnerships and resources and community members will find the business and service to meet their needs.

Special features are added this year for you. Come to the Dome for the Pre-Expo seminar, Containing Healthcare Costs/

Workplace Wellness and hear from those in the front line what can be done to limit costs of obtaining care and support wellness programs for employees.

We are fortunate to have our speakers come from NE Delta Dental, Southern NH Medical System and Hitchiner Manufacturing to share their experience in containing cost and promoting good health at the workplace. That session begins at 12:30. Join us at noon for luncheon refreshments that may be purchased from the Culinary Arts students at Milford High School.

Several of our exhibitors will be on site with important information on wellness and building healthy habits for you and your family. Two will be staffed to offer flu shots for a nominal fee. Get ready for the flu season and protect yourself and your family. No lines.

Don't miss the chance to get into the batting cage at the Dome with Red Sox Hall of

*continued on Page 4*

## SNH Expo Demonstrations – Entertainment

Entertainment and Music will be provided by Frank FM 106.3, several exhibitors and guest performers in addition to the schedule below. Expo Hours are 2:00 PM to 7:30 PM.

12:30-1:45	Containing Healthcare Costs – Workplace Wellness	3:30	West Street Beat – MHS
2:00	US Cellular – Maximize the Potential	4:00	Amherst Yoga
2:30	Hampshire Hills – Rev It Up!	4:30	Comets! McAuliffe-Shepard Discovery Center
		5:00	ATA Karate School
		5:30	VEX Robot Challenge and Awards
		6:00	Kathy Blake Dancers
		6:30	Segways Rolling – Segway of Manchester

## Executive Committee

Effective July 1, 2011

Amy Wheeler - Chairman  
First Colebrook Bank

Rick Boyd – Immediate Past Chairman  
Beard & Boyd Insurance

Mike Brisebois – Chair-Elect  
Hitchiner Manufacturing

Karen Keating - VP Events  
St. Mary's Bank

Heather Arvanitis - Treasurer  
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Rosie Deloge - Secretary  
May Balsama – Executive Director

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Christopher Gagnon  
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Trent Blalock  
Edward Jones Investments

Nancy Pomerleau  
Real Living The Norwood Group

Brian LaBonte  
Anthem Blue Cross Blue Shield

## Message From May's Desk:

It's the fourth quarter, the clock is running and it's a draw. Football game? Not this time. It's all about business. What are your plans to score this quarter? How can you end the year on a high note. No, there is no magic bullet. But are you taking advantage of the small steps that can really add up and lead to a winning quarter. The Chamber is committed to be a resource to you and your business to make those small steps. Some of the things we do may not strike you as "advantages" or value added opportunities. That may be how it seems on the surface. But indulge me for a moment and take a few of those steps with me.



**First Down and Ten:** Committees, After Hours, Events. I am struck by the rise and popularity of the networking groups. That's what the Chamber has always been doing. Perhaps not structured the same – but with the same result if you put equal effort into it. Go to the After Hours. It is your responsibility to bring the business cards and give them away. Talk to other people. Ask them questions about what they do. Turn to the person next to you and introduce them to the one you are talking with. And so on, and so on. For a chance to get to know someone more closely so you can connect on another level and develop the trust that will result in referrals,

join a committee. Meet in small groups regularly and you will learn about one another. And at the same time, you are accomplishing something worthwhile.

**Second Down and Five to Go:** Co-Sponsor – Contribute a small item – Not every one who supports the Chamber and the events does it with an open check book. Sponsorships can be in-kind. There are a number of services that are needed when we are planning an event. Everything from printing to small giveaways and tokens to raffle items to refreshments to manpower. We love to say thank you to our supporters and their businesses. We do that on the website, in the newsletter, at the After Hours and with signs and banners at the events.

**Third and Goal:** Be there. With all the interest and energy behind Facebook, Linked In, etc. It is plain old fashioned getting-to-know-you. And that takes you being there. Come see what can happen. You will score. However you look at it, marketing your business is a full time job in itself. And the main reason you joined the Chamber. So get the uniform on, get on the field and throw that pass. You might be surprised who catches it.



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603-673-4360 • fax 603-673-5018  
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www.souhegan.net

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members and \$15.00 annually to non-  
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# Welcome New Members

**Northeast Counseling & Coaching, Inc.**  
3 Northern Blvd, Unit B4, Amherst 03031  
www.necounselingandcoaching.com 603-554-8193

We are a mental health practice and supervised visitation center. We provide low cost counseling for the uninsured, therapy and evaluations. Our services are provided to children, adolescents, adults, families and couples. We offer job/career coaching and small business consulting. We accept most health care plans.

**Stage Fright Productions**  
PO Box 1352, Londonderry 03053  
13 Screams, 183 Elm Street, Milford  
www.13Screams.com

Stage Fright Productions LLC, is a multi-faceted LLC specializing in both audio and video marketing production for other area businesses to benefit from. We also professionally produce a Haunted Attraction, 13 Screams. 13 Screams is in operation at 183 Elm Street, in the Granite Town Plaza, in Milford, NH. The operators of Stage Fright Productions have produced Haunted Attractions for over 20 years. Beginning first as a non-profit, fund raising organization for community improvement in 1990 we operated the October-Fest Haunted House at Salem Health Club followed by the 1991 production of The Haunted House at the

Salem Elks Lodge, with all proceeds benefiting the Salem Field of Dreams Park and Playground. Upon completion of this project, we worked with the St. Joseph's Church to benefit the youth group Papal visit in Colorado in 1994, producing the Haunted Crypt in 1992 and the Tomb of Doom in 1993. At this stage we had grown from a small operation to an 11,000 square foot operation. After taking much needed rest in 1994 we entered the for profit arena in 1995 as Victorian Park's Haunted Mansion and Forbidden Forest in Salem, NH. During this time we also produced a private production of a Tower Of Terror at the Mount Washington Hotel in 1998 for the Massachusetts Food Association.

We do not desire to be the largest, the most expensive, or the most shocking attraction. We continue to maintain a production that cares about quality, high startle, great effects, awesome make-up, family value and fun with a successful history of community relationship; and with over 180,000 satisfied customers, we are hopeful to make our next level of achievement with Milford, a long term event all can benefit from.

**The Offices of Weisman, Tessier, Lambert & Halloran**  
34 Broad Street, Nashua 03064  
603-821-1935 www.wtlh.com

Our mission is to provide advice, strategies, information, access to products and services for clients to assist them in the accumulation, protection, preservation and transfer of their assets.

Our goal is to provide comprehensive plans to help clients work toward achieving short and long term financial and estate plan objectives.

We pride ourselves on offering access to reliable products and services, however, our knowledge and insight are most important to our clientele. We know how to make those products work for our clients by using a process that allows us to learn about each individual's financial goals before we make any recommendations.

At the first meeting we listen, gather information about the client's financial situation, and we hear what our clients say. We then take the time necessary to review and analyze the information to determine specific needs.

At the second meeting we present a customized, written presentation. This presentation includes an analysis of the client's current situation, recommendations based on their goals and our observations, and professional guidance as the recommendations are

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## Member Happenings & Announcements

**Beaver Brook Association**  
Ridge Road, Hollis  
603-465-7787

Beaver Brook Association is teaming up with USA Track & Field New England and Gate City Striders to host the 1st Annual Beaver Brook Cross Country Challenge 5K. This event will be held Saturday October 15, 2011 at Maple Hill Farm on 117 Ridge Road in Hollis NH. The Men's race will start at 9 a.m. and the Women's race at 9:45 a.m. There is a \$20 entry fee. There is a team rate for registration of \$100 for up to 7 members. Teams are also encouraged to participate and there is a \$100 team entry fee (for up to 7 members). This is a USA Track & Field Cross Country Grand Prix event. The course is a scenic combination

of woods roads, trails and mowed paths in open fields. There is no pavement. For additional information call 603-465-7787 or email Race Director Bill Newsham at wnewsham@gmail.com. Registrations are accepted on race day and online at www.nexcgrandprix.org.

**Antiques at Mayfair**  
292 Route 101, Amherst  
**Octoberfest & Chili Cook Off**  
Saturday, October 15  
10:00 to 5:00 PM

Join Linda May and her wonderful dealers for a day of fantastic deals in the large selection of antiques, vintage, shabby chic and collectibles. Find a treat for yourself or for giving while sampling the treats and

entries into the Chili contest.

**Amanda Thomas**  
30 Daniel Webster Hwy, Merrimack  
603-595-9447

Amanda Thomas – Women's Boutique has a new location with more room to serve clients with complete comfort and privacy. The shop, formerly on Route 101A in Amherst, has expanded the collection of wigs, bras and clothing and cosmetology services to meet the needs of women facing health issues. Owner, Jackie Staiti, celebrated the Grand Opening on September 26. She would love to see her Chamber friends. The new shop is near the DMV office at Harris Pond.

# Welcome to the 6th Annual SNH Expo

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Famer and all time favorite sports celebrity, Bill "Spaceman" Lee. For a five dollar donation to CHaD, you can try to hit his pitch. No age limit, "little leaguers" of all ages are invited to test their skills against this Red Sox icon. He will be assisted by minor league players from the Nashua Silver Knights.

Six area high schools will participate in the Robot Challenge. Students from Milford, Souhegan, Wilton Lyndeborough and Hollis Brookline High Schools and Nashua Christian Academy formed teams to design a robot that can perform a real-world activity (i.e. opening and pouring a bottle of water), successfully demonstrate the task, and produce a visual display of their teamwork. Creativity and teamwork are the most valued traits the judges will seek from these ten high school teams. Working demonstrations and judging will be ongoing at the student exhibitor booths. At 5:30pm, a showcase demo and awards will take place on the Center Stage.

The Expo will include numerous demonstrations, the McAuliffe – Shepard Discovery Center, live music, a farmers' market, plus lots more to see and do. We offer you plenty of free food, parking, over \$50,000 in raffles, samples and giveaways in the spacious climate controlled Dome. Start-

ing at 3:00pm our finest area restaurants and caterers will be giving a taste of their best dishes to the Expo crowd. Patrons of the SNH Expo have enjoyed steak tips, barbeque, chili, soups, chowders, ice cream, cakes, cookies, and specialty non-alcoholic drinks for several years running. All for the admission price of \$6. Bring a donation for SHARE and you get \$1. Children under 12 are free. The Southern NH Expo is a must for every member of the family. Come have a great time at the Hampshire Dome with us!

We thank each of the SNH Expo Committee members. The list is here in the program guide. I hope you will take note of them and the long list of outstanding businesses that have sponsored the Expo. With the extraordinary effort of volunteers and the generosity of the companies, we are able to bring to you, our fellow business partners and our neighbors a wonderful day of opportunities.

#### **Mike Brisebois**

SNH Expo Chairman  
Chair-Elect, SVCC Board of Directors

Director of Product and Supplier Quality  
Hitchiner Manufacturing Company

## SNH Expo Committee

Mike Brisebois, Expo Chairman  
Hitchiner Manufacturing Co.

Mike Bonacorsi  
Mike Bonacorsi, LLC

Guy Scaife  
Town Administrator, Milford

Karen Johnson  
The Cabinet Press

Dr. Rosie Deloge  
Director, Applied Technology Center,  
Milford

Mark Misiag  
Hitchiner Manufacturing Co.

Chris Gagnon  
Longhorn Steak House

May Balsama, Executive Director  
Souhegan Valley Chamber of Commerce

The Souhegan Valley Chamber of Commerce wishes to thank the volunteers who dedicated countless hours of meetings, phone calls and efforts above and beyond the call to bring the 2011 Expo to us. Planning began early last November almost as soon as the book closed on SNH Expo 2010. Their hard work is paying off with the increase in exhibitors, the special features, and community activities that are making this day a success.

It goes without saying that each one of the committee members played a big role in the 2011 Expo. But it would be remiss to overlook the commitment made by one person in particular, Stephanie Kruey. We were fortunate to have her take on the task of booking the exhibitors. She came to the office five days a week for week after week to make the calls and do the research to find the best businesses, organizations and variety to make the floor come alive. Thank you, Stephanie, from the bottom of our hearts. If the Expo were to be dedicated to an individual, it would definitely be you.

#### **Amy E. Wheeler**

Chairman of the Board of Directors  
Souhegan Valley Chamber of Commerce

Vice President/Branch Administration & Marketing  
First Colebrook Bank

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outside of your home or business!**



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**ROOF & HOUSE WASHING**

# Welcome New Members

*continued from Page 3*

implemented. We also work with a team of lawyers and accountants to help ensure that we can make a more thorough recommendation.

The relationship does not end there, however. We like to meet with each client at least bi-annually to review their existing situation to determine if our recommendations are still in line with current goals and circumstances.

**Skintastic**  
**80 South Street, Ste. 1, Milford 03055**  
**[www.tpskin.skincaretherapy.net](http://www.tpskin.skincaretherapy.net)**  
**603-340-3065**

Trisha Prudhomme, is a licensed advanced clinical esthetician, graduating from The Esthetics Institute and in business for 4 years now.

When you make an appointment with Skintastic, you will experience some of the latest techniques for skin care including the ultrasound facial as seen on the tv show "The Doctors".

Skintastic uses jetless, sanitary liners for pedicures so you have no worries about infections, just sit back and enjoy your service! We also use "sugaring" as a method of hair removal. Sugaring is an ancient middle eastern practice using all natural food derived paste made up of ingredients such as lemon, honey and sugar. It can be re-applied over missed hairs and is anti-bacterial, something wax cannot offer.

Come see us at our new location, located inside the beautifully restored French House

**Aflac - Jackie O'Dowd,**  
**Independent Agent**  
**11 Martingale Road, Amherst 03031**  
**[www.aflac.com](http://www.aflac.com) 603-582-5211**

Aflac is like a safety net. It helps pay bills that major medical doesn't. It is the industry leader in voluntary benefit insurance with 100% employee-paid policies. Many companies choose to make Aflac policies available as a cost-effective solution to help employees with the rising cost of out-of-pocket health care expenses. With coordinated enrollment and Inline tools, Aflac makes it easy for your employees to participate.

For individuals and families, Aflac doesn't just cover medical bills. It includes the mortgage, groceries, transportation and other daily expenses. We can offer individual and group products like life and dental.

Aflac has been rated the most ethical insurance company five years in a row by Ethisphere Magazine. Aflac is #1 in short-term disability, accident, cancer-critical illness and hospital indemnity. Peace of mind benefits! Call me to talk about what this means to your business, you and your family.

**Robert Rigsby, Merrill Lynch**  
**(603)370-8876**  
**[Robert.Rigsby@ML.com](mailto:Robert.Rigsby@ML.com)**

Rob has been in the financial services industry since 1992 and joined Merrill Lynch in 2011. His focus is on developing strategies and solutions for individuals, their families and their businesses to help them meet their short- and long-term financial goals.

Rob's approach to wealth management is consultative, objective and committed to providing real solutions. First, he takes the time to listen to and review client financial situations, preferences and goals. Second, he offers recommendations for asset allocations designed to accurately reflect each client's income and growth expectations. And third, he follows up with discussions covering a wide range of opportunities, including investments, retirement, college funding, estate planning services and philanthropy.

As part of Merrill Lynch, Rob has the flexibility to move quickly to make thoughtful changes to a client's portfolio, if the client chooses to give him that discretionary option. He holds the Special Needs Advisor certificate, and is completing the Certified Financial Planner designation. For assistance with financial solutions, please feel free to contact Rob at (603)370-8876 or by email at [Robert.Rigsby@ML.com](mailto:Robert.Rigsby@ML.com).

## Five Area High Schools Compete in Vex Challenge

This year 10 teams from 5 area high schools will be participating in the Second Annual VEX Challenge at the Southern NH Expo on October 20 at the Hampshire Dome in Milford. Last year 8 teams participated. Hollis-Brookline will be taking part in the competition this year with returning Souhegan, Milford, Wilton Lyndeborough and Nashua Christian Academy. Milford High School tops the list with four teams.

The format is wide open allowing the

students to be as creative as they wish. The requirement is to demonstrate that the robot will do what they have designed it to do in their development phase. It is a great way to try and get students interested in robotics and engineering by building a robot and working out challenges and problems faced in completing the robot. Part of the competition also requires that the teams have a display that shows what they learned and how they overcame some of the challenges. "Lastly, the judges in the competition also look

for full student participation. We want to make sure that everyone on the teams was involved," explains Mark Misiag, Hitchiner Manufacturing Co. who has coordinated the event. "Some of the robot concepts I know are being worked on are an all-terrain robot and a robot that will lift and stack balls/barrels in a bin.

At least one of the teams will be going on to participate in the Granite State VEX competition that is planned for mid November this year.

## Bill Spaceman Lee Pitches for CHaD at SNH Expo

### Wally the Big Green Monster and the World Series Trophies Added Feature

Every year is a winner and the season never ends for the great players of the Red Sox Hall of Fame. Bill "Spaceman" Lee is one of those players. Lee will be appearing at the Southern NH Expo on October 20 at the Hampshire Dome in a fundraising activity for CHaD, Children's Hospital at Dartmouth. Baseball enthusiasts of all ages are invited to join Lee in the batting cage in the Dome. Test your skills against the Pro for a donation of \$5. All proceeds go to CHaD. The fundraiser is a special feature of the Southern NH Expo presented by the Souhegan Valley Chamber of Commerce to welcome CHaD to the area. The new facil-

ity on exit 8 off Route 3 will be opening its doors in January.

Joining Bill Lee will be Wally the Big Green Monster to greet Expo goers and pass out his souvenir photos to the first 300. There may not be a new World Series Trophy coming this year, but the faithful of Red Sox Nation will have the chance to see the 2004 and. Fans of all ages will enjoy the chance to take a photo with the trophies and Wally, so bring your cameras.

Supporting the event and adding to the fun, members of the Nashua Silver Knights will be lending a hand with the festivities and bringing some special features for the kids. The Knights are a summer baseball team

competing in the Futures Collegiate Baseball League (FCBL). The 24 player roster consists primarily of New England athletes currently playing collegiate baseball, at the Division 1, 2 or 3 levels, with local community ties.

Bill "Spaceman" Lee earned his nickname with his free spirited interests from talking to animals to yoga to health foods and eastern philosophers. Drafted by Boston in '68, his career ended in 1982 with the Expos. For 14 years as a left-handed pitcher Lee was anything but a conventional major league ballplayer. Bill has never left the game and often comes down from his home in Vermont to pitch in minor leagues winning a game this past season at 63!

## Milford Area Players Present "And Then There Were None"

The Milford Area Players is busy rehearsing for this whodunit mystery in Agatha Christie's classic play "And Then There Were None". For all our mystery lover patrons, this show will bring out the detective in you as you try to figure out who is murdering everyone! Only 6 soldier boys left. Who will be next??

First, there were ten - a curious assortment of strangers summoned as weekend guests to the desolate and private Soldier Island.

All that the guests have in common is a wicked past they're unwilling to reveal - and a secret that will seal their fate. Each has been marked for murder, and one by one they meet their fate in the manner described in a child's nursery rhyme. As the only people on the island, unable to leave and unable to call for help, they know that the only possible suspects are among their number. And only the dead are above suspicion.

Originally titled Ten Little Indians, And Then

There Were None is the stage adaptation of Agatha Christie's classic whodunit. Full of surprises, the play will keep you guessing until the end.

The cast of And Then There Were None includes Conrad Koch Jr. and Andrew Hughes of Milford; Jack Rothman of Merrimack; Russell Arrowsmith, Dave Ostrowski, Marilyn Warner, Joey Abis and Ellen Cunis of Amherst; Kevin Linkroum and Sophie Carpenter of Nashua; Cheryl Giffen of Hooksett; and Dwight Sowerby of Lyndborough. The play is directed by Tom Partridge of Amherst.

And Then There Were None will be staged by Milford Area Players for two weekends, October 14-23, 2011 with shows on Fridays and Saturdays at 8 pm and Sundays at 2 pm. It will be performed at the Amato Center for the Performing Arts, 56 Mont Vernon St., Rte. 13N in Milford, NH. The theater is air-conditioned and 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](http://www.MilfordAreaPlayers.org). Tickets are also available at the door.

Further information is available on our website <http://milfordareaplayers.org/index.htm> and on our Facebook page <http://www.facebook.com/event.php?eid=211355275590756>, or by contacting producer Elizabeth O'Hare at 603-262-1645.

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## Hourly Drawings!

### Hourly Drawings at the SNH Expo

Free giveaways, samples from the restaurants and food vendors, raffles in almost every booth – And hourly drawings from an array of gifts and prizes are all in store when you come to the Southern NH Expo October 20. Add all the bounty and it totals over \$50,000 for the attendees. Don't miss out! Just a Sneak Preview – How about winning two weekday lift tickets at Pat's Peak, a Home Office Gift Basket from Granite State Credit Union or one of six Gift Certificates for Salon Services at Innovations – The Salon & Spa!

## Amaryllis Florist & Sapphire Consulting Host Sept. After Hours



Two SV Chamber members joined forces to make the September After Hours to double the opportunity for a successful event. Terry Lannon and staff hosted Chamber members and guests in their well stocked shop at 98 Route 101A. Displays of indoor plants for home or office provided a lush background for the beautiful floral arrangements, fall wreaths and decorative accessories.

Jim and Beth Kimberly, Sapphire Consulting, brought some fun to the gathering with challenging questions inviting discussions on business leadership and management styles. With offices at 98 Route 101A in Amherst, Sapphire Consulting offers Leadership Development and Coaching for business owners, executives and senior managers. They support leaders and their team by improving communication, resolving conflict and enhancing working relationships.

Refreshments were provided by Dutch Epicure Bakery, PastAmore and Amherst Ciao Pizza, all located on 101A.

## Best of Souhegan Region Readers Choice Awards



### Area Businesses Celebrate at Hampshire Hills

Representing their businesses, an energetic crowd of Best of Souhegan winners filled Hampshire Hills to congratulate one another, receive their awards from John Vistorino, Nashua Telegraph and celebrate being chosen by the readers of the Milford Cabinet, Hollis Brookline, Merrimack and Bedford Journals.

Amy Wheeler, Chairman of the SV Chamber Board of Directors opened the evening with praise for the people and the

businesses that were voted as the "Best". "This was not a check off the box ballot. The readers had to work to vote for you by thinking about the category and then writing in your name. That makes their vote that much more meaningful. It is a tribute to you and how you conduct your business".

Karen Johnson, representing the Cabinet Press thanked everyone for their participation and sent them on their way looking forward to the SNH Expo!

## 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

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[www.stjosephhospital.com](http://www.stjosephhospital.com)

## October After Hours

### October After Hours Not for the Faint of Heart!

Thursday, October 13 (not a coincidence)

13 Screams, 183 Elm St, Milford – 6:30 to 8:30 PM

Stage Fright Productions, LLC would like to welcome all Souhegan Valley Chamber of Commerce Members to an Open House at 13 Screams! We would like to introduce New England's Oldest Haunted Attraction to its newest location, in the Souhegan Valley. Although we will be closed to the Public, we will be in full production for all of you to enjoy! Catering will be provided by Amigo's Mexican Cantina of Milford.

Please note the change in the usual time. This is to allow Chamber members and guests to bring spouses and family members to enjoy the frights and sounds at the Haunted Mansion together. We guarantee you will need someone to hold on to – you won't want to be alone!

## Donate to SHARE at Expo Gate

What ever you give comes back to you – or so the old adage goes. Expo goers will get their reward in the form of a dollar off the admission price of \$6 when they bring a non perishable food item or personal care product to the Southern NH Expo.

Presented by the Souhegan Valley Chamber of Commerce, the expo brings together community members, business people, town departments and civic organizations from all over the region. "SHARE provides essential services and support for our neighbors who are dealing with some difficult issues. Everyone complains about the economy, but many of our citizens are experiencing it first hand. Now SHARE needs us to help them help others." explains Expo Chairman, Mike Brisebois. "It is our pleasure to support their work and maybe stock the shelves with much needed food and necessities."

Contributions of food stuffs and basic household product will be collected at the door.

## SVCC Referral Group

**\$9,613 per seat**

**2 Free  
Visits**

For more information,  
please call:  
Walter 673-8200  
Walter@c1mpp.com

Check us out & grow your  
business...Every Tuesday from  
7:00 –8:00 am at the  
Chamber office  
69 Rte 101A, Amherst NH

From July, 2010-June, 2011  
we shared 331 referrals,  
generating \$221,094!



## Save the Date – November 19

### Boys & Girls Club Annual Auction Fundraiser

The 11th Annual BE Inspired Auction Fundraiser for the Boys & Girls Club of Souhegan Valley will be held on Saturday, November 19th 2011. This lively community event takes place at the Boys & Girls Club in Milford and includes an appetizer reception with silent auction, a catered dinner, and a live auction. Proceeds from the evening gala will support needs based scholarship assistance to insure all kids have access to programs regardless of ability to pay, and support of afterschool, vacation time, and theater arts programs for over 750 members from Milford and surrounding towns.

Tickets may be purchased on line at [www.svbgc.org](http://www.svbgc.org) or by calling 672-1002 x12. Auction sponsorships and donations of auctions items are still being accepted. For more information, call Denise King at 672-1002 x12 or email [auction@svbgc.org](mailto:auction@svbgc.org).

About the Boys & Girls Club of Souhegan Valley  
A nonprofit organization, the Boys & Girls Club of Souhegan Valley strives to enable all young people, especially those who need us most, to be great today and reach their full potential as productive, caring, responsible citizens tomorrow. Visit [www.svbgc.org](http://www.svbgc.org) for more information.

## WE UNDERSTAND COMMITMENT.

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

You can rely on us for:

- **Convenience**  
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- **A Quality-focused Investment Philosophy**  
A long-term approach that focuses on quality investments and diversification
- **Highly Personal Service**  
Investment guidance tailored to your individual needs

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**Brian S McGuigan**  
Financial Advisor

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

**Marc D Chareth**  
Financial Advisor

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

[www.edwardjones.com](http://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  
Citizens Bank ph: 673-3481

#### First Colebrook Bank



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

fax 673-1290

www.firstcolebrookbank.com



*New Hampshire's best 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  
Arabella's Boutique ph: 673-7417  
The Color Shop & More ph: 654-6297  
Cozy Baby ph: 672-5554  
The Cozy Tea Cart ph: 249-9111

## -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

### Cleaning/Restoration

Peniel Environmental Services ph: 654-1062  
Ultimate Green Cleaning ph: 548-6512  
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  
Infosystems.com ph: 821-0288  
GatherWorks, Inc. ph: 801-3552  
Microtime ph: 672-7076

### Confections

Lindt Chocolates, Amherst  
Lisa's Sweets ph: 672-1022  
Maple Lane Farm ph: 654-5362

### Conservation Education

Beaver Brook Association ph: 465-7787

### Consignment Services

Second Avenue Consignment ph: 880-3323

### Construction/Contractors

Adam Vaillancourt Roofing & Construction  
ph: 673-0006  
Allen Remodeling ph: 672-5992  
Gavin Remodeling ph: 672-3200  
Maillet Construction ph: 878-0798  
Portrait Homes Inc. ph: 672-8228  
The Stable Companies ph: 889-0318

### Consultants

Rodney P. Watkins ph: 465-1706  
Jigsaw Consultant ph: 731-0116  
People Friendly Strategic Solutions ph: 286-3534

### 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

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  
NH Center for Comprehensive Dentistry  
ph: 672-6546

## -E-

### Education

Empowering Learning ph: 703-1664

### Elder Housing

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

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

Granite State Child and Family Counseling, LLC  
ph: 672-1881  
Nashua Pastoral Care Center, Inc. ph: 886-2866

### Financial Services

Ameriprise Financial ph: 508-621-5639  
AspenCross Financial Group ph: 232-8262  
JPB 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

### 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  
Pixate Creative ph: 899-7495  
William Pike Design ph: 672-5176

### Gymnastics Instruction

Gymnastics Village, Inc. ph: 889-8092

### -H-

### Health/Nutrition

Nutrissante ph: 396-8480

### Home Health Care/Nursing Homes

Home Healthcare, Hospice & Community Services  
ph: 532-8353  
Living at Home SeniorCare ph: 546-6060  
St Joseph Home & Hospice Care ph: 673-3460

### Home Improvement

Artistic Tile ph: 886-1920  
Budget Blinds of Keene ph: 354-7801  
Devine Flooring ph: 654-5400  
Harbor Freight Tools ph: 579-0658  
Home Theater & Beyond ph: 424-1968  
Lowe's Home Improvement ph: 521-9241  
Mr. Sandless ph: 262-3553  
Our Town Interior Design ph: 654-1029  
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 Proctor McBriarty ph: 673-1201  
Liberty Mutual Insurance ph: 595-0900

### -J-

### Jewelry

Jeffrey Scott Fine Jewelry ph: 521-7481

### -L-

### Landscaping Contractors

Atlantic Lawn Irrigation ph: 673-2034  
Let the Other Guy Do It Landscaping ph: 672-5180  
New England Elements ph: 801-5879  
Stonesetters Landscaping, LLC ph: 672-7866

### 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

### 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  
Marmon Utility, LLC 673-2040  
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

### Mediation Services

Triangle Mediation Services ph: 554-1880

### 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

NEIP ph: 249-5801  
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


Paychex, Inc. ph: 857-488-7708  
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

CIM 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

## Postal / Package Services

NEIP ph: 249-5801  
NH Mailing Services ph: 223-4600  
Postal Center USA ph: 672-8816

## Power Washing

Blue Sky Power Washing ph: 594-WASH

## Plumbers

Jason Wetherbee, LLC ph: 673-6719

## Printing/Publishing

Amherst Label, Inc. ph: 673-7849  
Copy Shop, Inc., The ph: 882-9111  
Hansen Printing & Design Services, LLC ph: 672-7599  
SendOutCards Distributor ph: 878-2411  
SendOut Cards Distributor 673-2665  
Souhegan Printed Products ph: 672-0858  
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

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  
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

Amigos Cantina ph: 673-1500  
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

## Risk Management

Harvard Risk Management Corp ph: 930-8152

## -S-

## Salons & Spas

Innovations, Salon & Spa ph: 880-7499  
Salon 2000 & Green Gallery ph: 654-6930  
Salon Aquavit ph: 673-6006

## 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

## Videography

Vet Flix ph: 801-6943

## -Y-

## Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

## SAVE THE DATE FOR 2012 EVENTS!

First Annual Souhegan Valley Chili  
Chowder Challenge Cook Off  
Sunday, January 29, 2012

Veterans FIRST Auction  
Saturday, April 15, 2012

24th Annual Award Dinner  
Thursday, June 7, 2012

## MEMBER SERVICES

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

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

\*\* Must supply enough inserts to meet newsletter distribution.

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

Contact the Chamber for more details.

WWW.SOUHEGAN.NET • 673-4360

# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Milford Pumpkin Festival Visit us in the Pie Booth!
9 Milford Pumpkin Festival Visit us in the Pie Booth!	10	11 7:00am SV Chamber Referral Group	12 7:45 – 10 Gov & Council Mtg Milford Town Hall	13 8:00 Board of Directors 6:30-8:30 13 Screams After Hours - Amigo's Caterer	14 8:00 Expo Comm	15
16	17	18 7:00am SV Chamber Referral Group	19	20 12:30 Containing Healthcare Costs 2 – 7:30 6th Annual SNH Expo Hampshire Dome	21	22
23	24	25	26	27	28	29
30	31	7:00am SV Chamber Referral Group				

Plan to Take Advantage of the Value Added Opportunities This Month

Thank you to our Sustaining Partners

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

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