



CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it
in the
Souhegan Valley.*

Expo 2011 Opens with Featured Presentation

Containing Healthcare Costs—Workplace Wellness Topics of Special Session

Expo goers will be joined by area business people, human resource professionals and those interested in the future of healthcare for a special presentation from Northeast Delta Dental and Southern New Hampshire Health System.

Enthusiastic advocates of Wellness in the Workplace, Joe Kasper, Director of Support Services and chair of the Safety and Wellness Committee and Nicole Dawson, HR liaison for the Safety and Wellness Committee at Northeast Delta Dental, will speak at the Expo.

Making the Most of Your Healthcare Dollars will follow by Dr. Joe Leahy and Dr. Melissa Wu. Dr. Joseph Leahy is the Associate Vice

President for Emergency Medicine and Medical Director of the Emergency Department at Southern New Hampshire Medical Center. He was named a “Top Doc” by NH Magazine four times. Dr. Wu is the Medical Director of Immediate Care at Southern New Hampshire Medical Center. She is board certified in emergency medicine and is a fellow of the American College of Emergency Physicians. She also holds a masters degree in business administration.

The session will precede the opening of the Exhibit Floor and be conducted in the front of the Dome field. While there is no fee, RSVPs are urged for seating to be reserved. The program will begin at 12:30 and will allow for questions and answers from the audience.

SNH Expo - Super Expo - Super Events

There will be something for everyone at the 2011 Southern NH Expo. With more than a month to go the exhibit floor is almost sold to capacity. New features will attract new and wider audiences and bring in the crowds. More people, more vendors than ever, more fun makes for a winning combination.

A fundraiser geared to support and celebrate the opening of a new facility for CHaD (Children’s Hospital at Dartmouth) right down 101A off exit 8 is sure to please young and old. Back by popular demand, Bill “Space-man” Lee will be joined by other Red Sox Hall of Famers at the Batting Cage in the Dome to “coach” little and big leaguers on the fine points of swinging a bat and pitching a baseball. A donation of \$5 for the pleasure of this opportunity will go directly to CHaD.

From homemade to home grown to grown green – the Farmers’ Market Square will feature a full selection of delicious foods to sample and to purchase to take home. Cabot Cheese and Stonyfield Farms will be the cornerstones of the exhibitors offering their wares. Many of our area’s favorite restaurants will be on the floor with samples of their famous menu items. Not just consumable, but gift-able, too, from other vendors offering a variety of items for Expo goers to buy. Vintage collectibles, handbags, floral décor and much, much more!

For the second year, high schools from the region will compete in designing, building and maneuvering their robots. The competition at the Expo will be a culmination of the team’s

continued on Page 8

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
PSNH

Rosie Deloge - Secretary
May Balsama – Executive Director

Board of Directors

Marc Violette
TDS Telecom

Jeff Boutin
Boutin Financial

Stephanie Kruey
Milford Rotary Club

Mary Kling
Wendi's Cleaning Service

Walter Schneckner
C1M Photography

Joan Lemire
Joan P. Lemire Real Estate

Julie Sullivan
SAU 41

Jay Maiona
Maiona Law Offices

Tracy Bardsley
Milford DO-IT

Debbie Hoffman
this Field, Center for Beginner's Mind

Christopher Gagnon
Longhorn Steakhouse

Trent Blalock
Edward Jones Investments

Nancy Pomerleau
Real Living The Norwood Group

Brian LaBonte
Anthem Blue Cross Blue Shield

Message From May's Desk:

This is usually the month where I wish everyone a "Happy New Year". The school year calendar is so deeply engrained that I can't help thinking of new beginnings, lots to look forward to, promises to make and keep. With summer drawing to a close, it seems right to be looking ahead to creating new opportunities and re-energizing.



One of those opportunities is the SNH Expo coming in October. We began planning for this last November, just days after SNH Expo 2010. Hard to believe it is almost here. We have several wonderful features including a Farmers' Market Square with Cabot Cheese and Stonyfield Farms, a health and wellness focus with several exhibitors providing info, screenings and even flu shot clinics. Best of all will be the Swing with the Pros – a chance to get into the batting cage with a former Red Sox star and be coached on your pitching or hitting style. What a super activity for our youngsters to meet and talk with a professional player, get some good tips and have a blast. A donation for CHaD will be accepted for the chance to do this.

The Hampshire Dome will be filled with exhibits of food, merchandise for sale, services to and I mean full. Thanks in very large part to our wonderful volunteer and expert booth booker, Stephanie Kruey. She has put in many, many hours in the office making

the calls, sending the emails, following up with details to make sure we have a full roster and a wide variety of exhibitors lined up. More reserved at this point in time than we had in total last year! Thank you, Stephanie.

You have received an email recently asking for your input to help us with our future projects and to better serve you, our membership. We really hope you will take just five minutes to complete it and give us your feedback. This is one of the steps of our great membership committee and the result of our Retreat at the end of June. Another round of applause and big thank you is due to an outstanding consultant who guided the Board through the process of identifying what the Chamber does, what is good and the direction we want to move toward. She was right on target and made us look very hard both inside our own perceptions and those of the membership. That one day has really brought new energy and cohesion to the members of the Board. We owe her a very big debt of gratitude. We would recommend her to any group or business looking to examine themselves and their programs.

Let's see. Maybe it isn't a Happy New Year wish this time. Maybe it is a Happy Thanksgiving. Thanksgiving for all who make the Chamber a vital organization that serves our eleven communities.



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

Happenings is published monthly by
the Souhegan Valley Chamber
of Commerce

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

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

Welcome New Members

Mr. Sandless
12 Taconic Drive, Amherst 03031
603-262-3553 www.mrsandless.com

Mr. Sandless makes refinishing wood floors quick, affordable and painless. We offer a revolutionary way to refinish your wood floors with out the dust, mess, odor and hassle of sanding. We are 100% certified green, kid and pet safe. Most jobs are completed in 6 – 9 hours. And we are about half the cost of traditional sanding.

Mr. Sandless is your solution for stains! Our normal service will remove surface stains. For the more difficult stains caused by moisture darkening the wood, we can remove and replace boards, matching the existing floors. Or if a stain is caused by a pet, our patent pending process will conceal it. Tile refinishing and sealing is also a

service we offer residential and commercial sites. Call us for an estimate on your next project.

PiXate Creative
127 Green Farm Rd.,
New Ipswich 03071 603-899-7495
www.pixatecreative.com

PiXate Creative provides a variety of creative resources including Marketing Services. These include everything from Logo and Website Design to content development and social media executions. We are the marketing communications company that creates graphic and written expressions that move audiences to take desired actions.

Pixate has a subspecialty in photo-realistic 3D renderings. For every development, building, room, garden, landscape, PiX-

ate's 3D renderings are the second creations that help you convey your ideas in real-life, three dimensional details. Our 3D renderings will help you dazzle your clients by letting them see their completed projects for the first time – in truly vivid detail.

Although a logo is not the only piece of the branding pie, it is a very important one. A logo can communicate many things beyond the name of your company and even factor in whether or not an individual decides to purchase your product or book your service. We take the time to understand our clients businesses as well as the demographics they are targeting. From the colors, to the fonts to the imagery surrounding each project, we work hard to be sure we're delivering you the best we can for these important, identifying pieces of your business.

Programs & Seminars Offered by Our Members for Members

Do You Have a Worker's Comp Claim Waiting to Happen?

Holt Proctor McBriarty Insurance Agency will be hosting a workshop at their new office located at 633 Elm Street in Milford on Monday, September 12th from 8:00 to 9:00 am. The workshop will focus on office ergonomics and how to conduct an ergonomic workstation assessment. Teaching employees how to properly arrange their workstation can decrease injury and keep your company's worker's compensation premiums from increasing. You may also be able to minimize sick days and lost hours and reduce your overall office expenses.

The forum will be lead by Paul Thibault, Loss Control Field Director for Cincinnati Insurance Companies. This event is free and open to the public.

The agency asks that all attendees R.S.V.P by contacting April McBriarty-Weismann. She can be reached at 603-673-1201 ext: 116 or april@HPMinsurance.com. For more information about the seminar, visit HPMinsurance.com and look under the "Agency News" tab.

Holt Proctor McBriarty Insurance Agency has more than 200 years of combined insurance experience. For generations they have protected businesses and families with personal attention to the client's needs. With the agency's team of insurance experts they are able to provide advice and guidance to navigate the ever-changing world of insurance and risk.

For more information about this release, the agency or any other topic regarding Holt, Proctor McBriarty Insurance Agency please contact Lyle Fulkerson 603-673-1201 ext: 102 or lyle@HPMinsurance.com.

Brewing in New Hampshire: An Informal History of Beer in the Granite State from Colonial Times to the Present
Milford Historical Society
Milford Town Hall Banquet Room
Thursday, September 15
7pm

Please join the Milford Historical Society in welcoming Glenn Knoblock as he leads us through the fascinating history of New Hampshire's beer and ale brewing industry. The discussion will begin in colonial days,

when beer was home- and tavern-based, and follow through to today's modern breweries and brew pubs. Unusual and rare photos and advertisements document this changing industry and the state's earliest brewers, including the renowned Frank Jones. A number of lesser-known brewers and breweries that operated in the state are also discussed, including the only brewery owned and operated by a woman before the modern era. Illustrations present evidence of society's changing attitudes towards beer and alcohol consumption over the years. Whether you're a beer connoisseur or a "tea-totaler", this lecture will be enjoyed by adults of all ages. Anticipating an oft-asked question... Sorry, there are no beer samples given out at this lecture.

This program is made possible by a grant from the NH Humanities Council and sponsored by the Milford Historical Society. Location: Milford Town Hall Banquet Room (please enter via entrance by ambulance bay). Town Hall is located at 1 Union Square, Milford. Free and open to all. Light refreshments will be served.

continued on Page 5

Member Happenings & Announcements

Frederick's Pastries
109 Route 101A, Amherst
South River Road, Bedford
119 N. Main St., N. Andover, MA

Frederick's Pastries has been awarded The Best of the North Shore 2011 Bakery – Sweets. Voted by the readers and in addition as editors choice, the award was based on the shop's array of goodies; its fresh ingredients and knack for aesthetics making every item an edible piece of art.

"We are thrilled to be voted The Best of the North Shore 2011!" says Susan Lozier Robert, proprietor. "Since opening our 3rd location in North Andover, MA we have felt welcomed by the community and have become involved with many of the local events. We are so pleased with the positive response to our product and thank all of our new and existing customers!"

Frederick's Pastries opened its doors the week of Thanksgiving 2010 and is located in the 1st & Main Plaza at 119 N. Main St., N. Andover, MA. For more information visit www.pastry.net.

KS Publications & Ed., LLC
Kathy Stoughton
Create an adventure, change our future.
www.EmpoweringLearners.com.
603-703-1664

This past summer a group of NH teachers

became published authors with the help of Kathy Stoughton. They created a new style of textbook for their classrooms that allow students to learn more effectively. The first books Simple Machines Make Work Easier and Simple Machines Lab Notebook can be found at Toadstool Book Store in Milford. While another, the Thinkers Notebook, has already been incorporated into a neighboring school's fifth and sixth grade writing curriculum. As Kathy says, "I am so impressed with what the teachers' produced. The books make the learning process for both students and teachers more effective at a much lower cost than textbooks of the past." Contact Kathy for more details or check out her site at EmpoweringLearners.com.

Fall Flea Market To Benefit Bedford Animal Shelter

Second Avenue Consignment=

On Saturday September 17th and Sunday September 18th. Second Avenue Consignment will be hosting our second annual Fall Flea Market to benefit the Bedford Animal Shelter. The flea market will be from 8am till 2pm both days. Our last flea market held in May raised \$560.00 for the Shelter. We hope to raise more money for the animals this market. Please show your support. All sales from under the big white tent will go directly to the shelter.

To reserve a space please call us at 603-880-3323. Table space is \$20.00. This covers both Saturday and Sunday if you would like to set up both days.

Antiques at Mayfair
Salzburg Square
292 Rte 101, Amherst
Markdown Madness
Saturday, September 17
10:00 – 5:00 PM

Markdown Madness at Mayfair! Join us for Dealer Days – get a great deal on your favorite vintage merchandise and sample delicious treats as you "shop the shop". Catch the last of summer and welcome Fall with us. Our dealers will have markdowns on summer items, along with wonderful fresh fall merchandise.

Bridges: Domestic and Sexual Violence Support Services

33 E. Pearl Street
Nashua, NH 03060
603-889-0858 ext. 214
www.bridgesnh.org

The Sixth Annual Kelly Mann Memorial 5K / 3K Fun Walk takes place on Saturday, October 15th. You can help Bridges by becoming a Team Captain and bringing a team to walk or run, by sponsoring the event or entering as an individual. Please see information on our website to be part of this very important event. – www.bridgesnh.org

Time for Fall Cleaning? Don't forget the outside of your home or business!



PowerWashing.com
603.594.WASH (9274)

ROOF & HOUSE WASHING

Fellow Souhegan Chamber Members

Please join the SVC Referral Group at our Visitors' Day

Tuesday, September 13th
7:00 AM

At the Chamber Office

Last year we generated \$164,000 in revenue, \$7,125/seat
Come & see what you are missing!

Questions or to RSVP:
Sally 321-1143 or
Sallyhoop@comcast.net
Elizabeth 672-0708 or
eeskipper@theeverydayepicure.com

Programs & Seminars Offered by Our Members for Members

continued from Page 3

St. Joseph Hospital offers CPR: Family and Friends

Every parent, caretaker and friend should know how and when to administer CPR. When performed correctly, cardiopulmonary resuscitation (CPR) can save a person's life by restoring breathing and circulation until advanced life support can be given by a medical care provider. CPR is a combination of rescue breathing (mouth-to-mouth) and chest compressions. CPR may be necessary for a person during many different emergencies, including accidents, near-drowning, suffocation, poisoning, smoke inhalation, among others.

St. Joseph Hospital offers CPR: Family and Friends which teaches CPR for infants, children and adults. The course runs two and a half hours and is being held on Sunday, September 18 or Sunday, Novem-

ber 13, from 12:00 noon to 2:30 pm. The fee is \$35. This class is not for certification, but for personal use only. For more information on CPR: Family and Friends, or to register, please contact Community Health Education at St. Joseph Hospital at (603) 595.3168, or visit us online at www.stjosephhospital.com/classes.

National Passport Day September 17, 2011

On Saturday, September 17th the third annual Passport Day in the USA will be taking place across the country. The National Passport Center (NPC) located in Portsmouth will be participating in the event by providing passport application acceptance to its visitors. The NPC will open its doors to the general public during the normally closed hours of 10am to 3pm. No appointments are necessary this day however to reduce any waiting times, we ask that anyone apply-

ing to fill out the application forms (but do not sign them) prior to coming to the NPC. These forms are available at www.travel.state.gov

Families should be aware that passports for children under 16 expire every five years. Parents are reminded that to obtain a passport for a minor child (under 16 for passport purposes), both parents and the child need to appear at the agency. The passport may be applied for when only one parent and the child appear provided the non-applying parent submits a notarized Minor Consent form (form DS-3053).

More information is available at travel.state.gov. U.S. citizens may also obtain passport information by phone, in English and Spanish, by calling the National Passport Information Center toll-free at 1-877-487-2778.

Marketing Experts Share Tips at Recent Chamber Breakfast

Ted Jarvis, Spectrum Marketing Companies, was joined by Paul Tripp, Classic Signs and Kevin Noel, Souhegan Printed Products, at the August 25 breakfast meeting of the Chamber. The three shared their expertise on effective steps to promoting your business.

With a focus toward the Expo coming up October 20, the trio spoke about strategies to differentiate from competitors, direct mail and email, as well as, social media ef-

forts. All are part of a well planned attack to make the most of the Expo experience and take advantage of the exposure.

Branding was addressed by Tripp through using signage and banners in a variety of creative formats. Catching attention and delivering the message you want to convey are possible with the right images and impactful design. Noel brought a number of snaples that nbot only enhance branding with corporate apparel, but with take away

items that are both practical and kept by the consumers.

Attracting an audience and being remembered will bring increased sales and success. Both Classic Signs and Souhegan Printed Products were sponsors of the breakfast. The Chamber and the audience appreciated the presentation of the three men.

September After Hours

Souhegan Valley Chamber of Commerce's September After Hours Hosted by Amaryllis Florist and Sapphire Consulting, LLC

Wednesday, September 14th,
5:30 to 7:30 PM
Amaryllis Florist
98 Route 101A, Amherst
(Between Wal-Mart and Fredericks Pastries)

We welcome you to Amaryllis Florist for a night of networking, hors d'oeuvres, socializing, and fantastic giveaways. With

3000 square feet of retail space, Amaryllis has more than enough room for you to mingle, meet new friends, and connect with business and community members and industry leaders from across the region. Terry Lannan and his staff will greet you with beautiful arrangements and Souhegan Valley hospitality.

Sapphire Consulting, LLC offers executive coaching and leadership development programs to organizations in the Souhegan Valley and beyond. Come meet Jim Kimberly and his team as they offer you a chance to

win free executive coaching services and a free customer focus group and report.

Food and refreshments will be provided. Plenty of parking is available in both the front and back of the building, and at the adjacent Aamco parking lot. We hope to see you there!

Last month more than 60 people had a chance to network and expand their business contacts at the Chamber's Business After Hours, where were you!?!?

St. Mary's Bank Gives \$2,500 to Mount Saint Mary Academy

St. Mary's Bank announced it recently donated \$2,500 to Mount Saint Mary Academy to contribute to the purchase of a new web server, which will enable the school to run faster, more reliable software for its classrooms and administrative offices.

"We're grateful to St. Mary's Bank for their generous grant, which will help us offset the cost of this new equipment," said Pat Baldissard, Principal, Mount Saint Mary Academy. "Because we have outgrown the server we purchased ten years ago, we often experience software compatibility issues. This gift from St. Mary's allows our school to continue serving our students and their families with the high academic standards they expect and deserve."

A private Catholic elementary school sponsored by the Sisters of Mercy, Mount Saint Mary Academy serves kindergarten through sixth grade, promoting a commitment to academic excellence and the values of peace and justice. The school instills in its students not only leadership skills but also fosters compassion and reverence for the community and environment. In addition to academics, Mount Saint Mary teaches its students to be caring and responsible to others in need.

"St. Mary's Bank is pleased to help provide Mount Saint Mary Academy with the tools it needs to ensure students receive the best education possible," said Tom Champagne, Director of Community Outreach at St. Mary's Bank. "The lessons these students are learning not only benefit them as they advance from elementary to high school, but they benefit the Greater Manchester community as well."

For more information on Mount Saint Mary Academy, call 603.623.3155 or visit its website at <http://mtstmaryacademy.org/>.

About St. Mary's Bank
Founded in Manchester, New Hampshire in 1908, St. Mary's Bank is the nation's first credit union. As a not-for-profit, member-owned credit union, St. Mary's Bank makes progressive financial products and services available and affordable to consumers and businesses. Members enjoy excellent service, competitive rates, low fees, and state-of-the-art banking services. Headquartered in Manchester, New Hampshire, St. Mary's Bank has branches in Manchester, Hudson, Londonderry, Milford and Nashua. Call 1-888-786-2791 or visit www.stmarysbank.com for more information.

Mobile Marketing Breakfast!

How to Put Your Business in The Palm of Their Hands – The Secrets of Mobile Marketing

Discover what all the "buzz" is about and how YOU can use Mobile Marketing to Get More Clients & Customers...

On Thursday, September 29 at 7:30 AM join us for a Special Breakfast presentation on the Hot Topic of "Mobile Marketing."

You'll Learn...

- » How to Get Way Ahead of Your Competition By Embracing Mobile Marketing Before They Do
- » Mobile Marketing Basics
- » How to Use the "Mobile Internet"
- » The Scary (if you're not ready) Stats About Mobile & The Companies to Follow
- » The Secrets of "Mobile Marketing Websites" and How to Use Them
- » How to Design and Structure Mobile Websites and Landing Pages
- » The BIG 3 of Mobile Marketing
- » How to Use "QR Codes" to Market Your Business
- » How to Tie Mobile Marketing to all of Your Other Marketing
- » Live Examples of "Mobile Marketing"

Attend this Event or Risk Being Left Behind!

**Thursday, September 29
7:30 AM at the Chamber Office
69 Route 101A, Amherst**

The Presenter is Mike Dolpies (AKA: Mike D.) Mike is the Co-Owner of the Internet/Mobile Marketing Company, Cyberspace To Your Place. He's the Author of 3 books. A local radio talk show host and the co-developer of "Mobile Marketing CMS", A Web-based software tool that builds custom Mobile Websites, Landing Pages and QR Codes in Minutes.

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

POSTAL CENTER USA

BUY STAMPS HERE

Custom Packing & Shipping • Postage Stamps
Notary • Business Cards • FAX • Copies
Keys • Office Supplies • Mailbox Rentals
Greeting Cards • And Much More!

UNITED STATES POSTAL SERVICE™

FedEx Express • Ground Authorized ShipCenter

Authorized Shipping Outlet

UPS

DHL EXPRESS

AMERICAN EXPRESS

VISA

NEIGHBORHOOD POSTAL CENTERS MEMBER

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

The Milford Pumpkin Festival Will Kick Off With Fireworks!

The Milford Great Pumpkin Festival is pleased to announce that fireworks will kick off the festival on Friday, October 7 courtesy of Atlas Pyrotechnics of Jaffrey, NH.

The Milford Great Pumpkin Festival celebrates its 22nd year on October 7-9 in downtown Milford. The festival opens on Friday Night at 5 pm with music on the Oval and the Pumpkin Runner making his way to the Oval to for the Lighting of the Pumpkins in the Milford Town Hall. The Milford Historical Society will also announce the Milford Citizen of the Year. Those who dare can take a walk along the Haunted Trail.

Food, music and lots of family fun fill both Saturday and Sunday. There are several returning favorites such as the Great Pumpkin Weigh In, the Pumpkin Catapult, scarecrow making and face painting all on the Oval and the Community House Lawn. The little ones will enjoy a Halloween Storybook Trail

where children may meet various characters from nursery rhymes and a train ride from Emerson Park to several activities taking place at the Boys and Girls Club.

Music on two stages is the highlight of the weekend. Over 30 local bands and singers will take the stages over the weekend, performing everything from award-winning country, bluegrass, symphony, folk and rock 'n' roll. On Saturday evening, adults are invited to attend the Elm Street Block Party featuring the Chili Round-Up Contest, food and beer tasting.

The next potential singing or dancing sensation make their debuts at The Milford Great Pumpkin Festival Talent Show on Saturday, October 8, 8 PM at the Amato Center for the Performing Arts in Milford. Come support your friends and neighbors as they compete for the top prize.

The Milford Great Pumpkin Festival is organized on behalf of the Town of Milford by the Milford DO-IT Program. Many thanks to our Primary Festival Sponsors Kokko Realty, Atlas Pyrotechnics and Custos Morum Lodge 42 and our event sponsors: Alene Candles, Amigos Restaurant, Centrix Bank, Ciardelli Fuels, ColdSprings RV, Contemporary Chrysler-Dodge, First Colebrook Bank, Hansen Printing & Design, JP Pest Services, Lake Sunapee Bank, Milford Lumber, St. Mary's Bank, Souhegan Motorsports, Spinal Corrective Center, The Red Arrow Diners, Toyota of Nashua, the Trombly Farm and TD Bank.

For more information on the Festival, telephone (603)672-4567, email director@milfordmainstreet.org or visit the website: www.milfordpumpkinfestival.org.

Gov. Lynch and Executive Council Bring October Meeting to SV

Only three or four times a year, the Governor and Executive Council take their regular meeting on the road. This gives NH citizens a unique, first hand opportunity to see the workings of their government and how the decisions that affect their everyday lives are made. In October, the Souhegan Valley Chamber of Commerce will be privileged to host this meeting at the Milford Town Hall. The meeting will be open to all area residents, students, and local officials.

The agenda differs from the norm as conducted in Concord weekly by adding public time for comments and questions, recognitions of area volunteers and civic organizations. There is also a time for meeting and talking person to person with the Commissioners of the NH departments that administer the functions of our government.

We are inviting our members and area residents to join us on October 12 beginning at 8:00 for this special opportunity and to take part in the meeting. One of the features of note is the chance to be heard by the commissioners. Your comments and concerns will be given consideration. We are asking you to let us know who you would like to speak with so we can be sure they are present.

Also, it is our time to brag about the Souhegan

Valley and let the Governor, Executive Councilors and everyone present know about the outstanding volunteers, organizations and those who serve our communities tirelessly. The accomplishments of our students and schools may be recognized, as well. Please, call the Chamber office to arrange for your nominees to receive a commendation from the Governor at the opening session.

This is a golden opportunity to showcase our Souhegan Valley, its people and features. Your assistance and participation is essential to make this happen. Contact May at the office or Amy Wheeler, First Colebrook Bank and Board Chairman with your requests.

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



Hollis 2011 Strollin' & Rollin' Town Super Expo – Super Events

Hollis History, Natural Beauty highlighted by Strollin' & Rollin' Heritage Tours of the Freedom's Way National Heritage Area

The town of Hollis, NH will be featured as the 2011 Freedom's Way National Heritage Area Strollin' & Rollin' town. On September 24, 2011 the Lawrence Barn (28 Depot Rd) will serve as the start point for self-guided walking, driving, and biking tours through the historic and natural sites of this beautiful, rural town.

Each year, Freedom's Way highlights a town within the Freedom's Way National Heritage Area, which was designated by the U.S. Congress in 2009 as being particularly important to the history of the entire Nation. Hollis will be honored this year as a town that has worked tirelessly to preserve its heritage, a town that has maintained its New England landscape of country roads and family farms, and a town that once sent their Minutemen to meet the British at Concord and Lexington.

Some public buildings will be open for public viewing and presentations, but most are private residences and participants are asked to please enjoy the tours only from the public way.

About Freedom's Way Heritage Association

Freedom's Way Heritage Association is dedicated to the preservation of the important historic, cultural, and natural resources of the Freedom's Way National Heritage Area. The region is rich in irreplaceable sites, traits, landscapes, and viewsheds, which are important to our country's history and the establishment of our American philosophies of freedom, conservation, and social justice.

Freedom's Way Heritage Association is a 501(c) 3 organization that works in partnership with the National Park Service.

continued From Page 1

efforts to work together to complete tasks. Other student groups from the schools will be displaying the work of the clubs and class activities. Some will be demonstrating their talents through music for our entertainment.

A focus of several exhibits will be in health related fields and will offer screenings and information about health risks and wellness programs. Come prepared to roll up your sleeves – the timing is just right to get that annual flu shot! Two of our healthcare providers will be administering the vaccine for a nominal charge.

Be sure to make the Expo your destination for a great time and chance to meet many of our region's finer businesses. What better way to shop for the goods and services like financial planning, banking, carpentry and home improvement, advisors to bakeries to health services – than to "interview" the people you will be needing to hire in the future, person to person. Come see who you will be doing business with next!

Southern New Hampshire Expo, October 20 at the Hampshire Dome, Milford, 2:00 PM to 7:30 PM – Be There!

WE UNDERSTAND COMMITMENT.

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

You can rely on us for:

- **Convenience**
Locations in the community and face-to-face meetings at your convenience
- **A Quality-focused Investment Philosophy**
A long-term approach that focuses on quality investments and diversification
- **Highly Personal Service**
Investment guidance tailored to your individual needs

Call or visit today.

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 Member SIPC

Trent Blalock
Financial Advisor
1 Elm Street
Milford, NH 03055
603-673-3957

Edward Jones
MAKING SENSE OF INVESTING

SVCC Referral Group

\$9,613 per seat

2 Free Visits

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!

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



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
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
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
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

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
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
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

-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

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

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

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

-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

Don't be left out!

MEMBER SERVICES

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

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

** Must supply enough inserts to meet newsletter distribution.

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

Contact the Chamber for more details.

WWW.SOUHEGAN.NET • 673-4360

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day Office Closed	6 7:00 SV Referral Group 12:00 Business Ed Group 1:00 Small Bus Forum	7 1:00 PM Small Business Forum with Jay Maiona 7:00 AM SV Referral Group	8 7:45 Board of Directors	9 8:00 Expo Task Force	10
11	12	13 7:00 SV Referral Group	14 8:00 Vet FIRST Auction	15	16	17 Old Home Day in Hollis
18	19	20 7:00 SV Referral Group 5:30-7:30 Best of Souhegan Reception	21 8:00 Fundraising Task Force	22 3:30 Membership Comm	23 8:00 Expo Task Force	24 10:00-4:00 Strollin & Rollin Hollis
25	26	27 7:00 SV Referral Group 12 Education Task Force	28	29 Mobile Marketing Breakfast 7:30 – Chamber office	30	

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

PRST. STD.
US Postage
PAID
Permit No. 37
Amherst, NH