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The GKCC 41st Annual Golf Classic
Keene Country Club – Wednesday, June 22, 2016
Visit www.keenechamber.com to register.



Showcase
YOUR
business
by being
a sponsor!
Connect with
business leaders
before, during
and after golf!



MAY REGIONAL ISSUES SERIES EVENT
HEALTHY MONADNOCK'S

HEALTHIEST COMMUNITY SUMMIT!

TUESDAY, MAY 17 • SEE PAGE 11

There's still time...
Purchase your Spring Social & Raffle
tickets today!

Friday, May 13th 6:00 -10:00 PM

Over \$12,000 in prizes! Great food! Live music & dancing!

Call (603) 352-1303

visit our **website!** keenechamber.com

CSE Septic & Excavating

Ed Csenge, owner and founder of CSE Septic & Excavating, began in 1984 as a general contractor of new homes. His standards for quality work led him to add site work and septic systems as a State of NH Licensed Installer in 1987. With a full complement of construction machinery and a dedicated experienced staff, CSE Septic & Excavating can take care of your commercial or residential needs. They pride themselves on being efficient, on time and most of all, on budget.

Their team is highly trained with three Licensed NH Septic Installers (two since 1987 and one since 2012) and a NH Certified Septic System Evaluator who

completed Gould's Water Technology School. They are OSHA 10's trench safety and confined space trained, GSKI members, and attend required developmental seminars.

The business operates from a modern 3100 sq. foot garage off Route 10 in Sullivan. Their equipment includes two 16-yard Volvo dump trucks, a Hyundai 160 740 loader, a Bomag 42" Vibrancy Roller, lasers, plate compactors, a 1-ton truck with 9' plow and sander, a brand new Kubota skid steer and a pipe inspection camera. Equipment is maintained and/or replaced as needed.

CSE Septic & Excavating's work ranges from cell tower sites to airport facilities, from commercial and residential excavation site work to large and small septic system installation, and more. References will be provided upon request as well as prompt estimates for all projects. Call them anytime at (603) 847-9150 or email: cseseptic@gmail.com.

CSE Septic & Excavating
ED Csenge & Son, LLC
PO Box 1, Sullivan NH
(603) 847-9150
www.cseseptic.com



May Business BEFORE Hours
Tuesday, May 10, 7:30 – 9:00 AM

ConvenientMD
Quality Care. Fast & Easy. URGENT CARE

Join us for Business Before Hours at Convenient MD!
Meet the medical team, tour their state-of-the art facility, and enjoy a fantastic breakfast spread!

GKCC Business After Hours

MAY BUSINESS AFTER HOURS

Service Credit Union

403 Winchester Street, Keene, NH

Wednesday, May 18, 5:30-7:00 pm



Serving more than 225,000 members worldwide and with over \$2.8 billion in assets, Service Credit Union has 34 branches in New Hampshire, one in Massachusetts, one in North Dakota, 16 branches on U.S. military bases in Germany and online and mobile banking services.

The Business After Hours will be held at the credit union's Keene branch, located at 403 Winchester Street. Meet the branch staff and enjoy a social evening networking with your friends and neighbors. Bring your business cards and enter a raffle to win some great prizes!

Yes! I will attend the **May Business After Hours from 5:30 to 7:00pm**

name: _____

company: _____

Please RSVP to the GKCC at (603) 352-1303
or email info@keenechamber.com. We hope to see you there!

*Please
make sure to
RSVP
so that we have an
accurate count for the host
and can create your
nametag!*

JUNE BUSINESS AFTER HOURS

Ted's Shoe and Sport

115 Main Street, Keene NH

Wednesday, June 15, 5:30 – 7:00 PM



We're thrilled to host the GKCC Business After Hours and invite you to see our newly renovated store here in Downtown Keene. Established in 1999, Ted's Shoe and Sport is Greater Keene's only sit and fit shoe store. Bringing you back to your childhood when you had your feet professionally measured and fitted for shoes. With a large selection of running and walking footwear, we've expanded our shoe selection to include sandals, orthopedic shoes, comfort casual styles, and even developed our own line of orthopedic shoe inserts! We're hoping you can join us for an evening of camaraderie and fellowship! Besides, who doesn't love to look at new shoes!

Yes! I will attend the **June Business After Hours from 5:30 to 7:00pm**

name: _____

company: _____

Please RSVP to the GKCC at (603) 352-1303 or email info@keenechamber.com.
We hope to see you there!

Thank you Renewing **Members!**

*The following members renewed
their Greater Keene Chamber of Commerce membership
between January 1 and March 31, 2016.*

1911 Office, LLC

AAA

ArborClimb Tree Service

Ashuelot River Campground

Benefit Profiles LLC

Best Western Plus Sovereign Hotel

Big Brothers Big Sisters of NH

Brady Sullivan Keene Properties, LLC

Bulldog Design

Central NE Endodontics & Implantology

Cheshire Children's Museum

Cheshire Wellness Center

Costello, Valente & Gentry, PC

Courtyard Marriott Keene

David O'Neil Construction, LLC

Dublin School

Edward D Jones & Co - (Scott Trendell)

Edward Jones (Josh Houle)

Essential Health/Nutrition and Wellness

Fairfield's Cadillac Buick GMC Mitsubishi

Fast Friends Greyhound Rescue

FirstTracks Marketing

G.S. Precision, Inc. - Keene Division

Joy's Network Cancer Resources

Kixx 101.9/100.7 FM/ WEEI 93.5 FM

Law Office of Steve J. Bonnette P.C.

Music All Around

Phil-Mack Media

Pub Restaurant, The

River Valley Community College

Samson Manufacturing

Scores Sports Bar & Grille

ServiceLink Resource Center of Monadnock

Sharon Walker, Psy D

Shir-Roy Camping Area

SNF Finishing

Sodexo Dining Services at Keene State Col

State Farm Agent - Craig Vickers

State of NH Vocational Rehabilitation

Stone Pond Technology, LLC

Stonewall Farm

Studio H Hair Salon

TD Bank

Timoleon's Restaurant

Walpole Artisans Cooperative

Ward Legal Group PC

Waste Management Inc

Wireless Zone - Verizon Wireless Retailer

GKCC **Officers & Directors** – 2015-2016

OFFICERS

Past Chair - Maryann Lindberg, Keene State College

Chair - Heather Minkler, Clark Mortenson Insurance

Chair Elect - Don Driscoll, NGM

Treasurer - Christine Greenwood, Savings Bank of Walpole

Secretary - Lisa Nugent, People's United Bank

Samantha Wilhelm - NBT Bank

Ben Fournier - Fairfield's

Jarvis Coffin - Hancock Inn

Alec Doyle - Colonial Theatre

John Kilburn - GS Precision

Michael Breshears - Keene Sentinel

Sue Silver - Mascoma Savings Bank

Adam Kossayda - Bragdon & Kossayda Law

Cindy Westover - Galloway Real Estate

Laurel Boivin - Eversource

Mike Farhm - MacMillin

Todd Lewis - Markem-Imaje

DIRECTORS

Cameron Tease - Monadnock United Way

Tim Murphy-Southwest Region Planning Commission

Sandie Phipps - CMC-DHK

Cole Mills - C&S Wholesale Grocers

Robert Phillips - Phil-Mack Media

New Members



Dark Horse Development LLC (DHD) is a technology solutions company with a radical new approach to productivity and efficiency. They create value for organizations by reducing IT costs, and streamlining workflow through three main services: Google Apps for Work, Technology Integration, and Support Services. Become a paperless, wireless, cloud based office that can work from anywhere, anytime, on any device.

Google Apps for Work

Over 5,000,000 organizations and 50% of Fortune 500 companies are using the Google Apps infrastructure. Google is more than just corporate email. Other services include: office document creation, unlimited file storage, company calendars, web hosting, video conference calling, remote computer access and world class security services. Now your staff members only have to go to one place to access your entire company's information.

Technology Integration

Technology integration is the process of getting all of your business programs and applications to work together in harmony. Dark Horse Development can help you decide which new point-of-sale, accounting, or inventory management software will be the right fit for your organization. They even take care of integrating it with the rest of your IT infrastructure. Wouldn't it be nice if you could turn an email contact into a customer in your accounting software? They can help you make the connections that save you time and money, while ensuring compatibility with Google Apps for Work.

Support Services

Support services to businesses are offered in the Google Apps environment. Dark Horse Development has three levels of tech support services. This means you can get the support you need regardless of your budget. The top tier support plans include FREE replacement of all your workplace devices on a rotating basis. Never worry about replacing employee computers again; you'll be covered. With a Google deployment or technology integration, DHD will work with you to reduce your dependency on support over time, helping reduce costs.

Dark Horse Development

(802) 277-2277

www.darkhorsedevelopmentllc.com

Chamber News



WELCOME NEW STAFF MEMBER, ALLISON BARROWS!

Allison will work with GKCC staff on various chamber initiatives, including Business After Hours, membership, and board support. In addition, she will manage the GKCC's partnership with the Granite State Ambassador program. She recently arranged a luncheon to welcome current GS Ambassadors.

The Granite State Ambassadors is an award-winning organization of specially-trained volunteers who are dedicated to enhancing the experience of guests and residents of the State of New Hampshire. Volunteers serve on the front lines at visitor information centers throughout the State of New Hampshire and promote New Hampshire by serving the tourism industry. GS Ambassadors at the chamber will answer questions about the region and help direct visitors.

After just one weekend visit, Allison and her husband, Romas, made the decision to move from Central Connecticut to Keene in 1988. Allison is a professional artist and writer, the author/illustrator of thirteen books (and counting), and the creator of the syndicated comic strip, PreTeena, which ran in The Sentinel until 2008 (a musical based on the strip, "Beauty and the Geek", was performed by Moco students at the Colonial Theater). She also has a corporate side: Her first job upon moving to Keene was with Peerless Insurance Company as their art director/editor. Most recently, she was the webinar producer for Kennedy Information. Allison's husband is a professional illustrator. They have two children, Alexandra and Guyon (both Keene natives), who live in Los Angeles. She is delighted to be part of the GKCC team.

More New Members

Melanie's Bookkeeping & Taxes
(603) 892-3334
www.bookkeepingandtaxes.co

Keene Uniform Company LLC
(603) 313-2194
www.keeneuniform.com

Integrative Massage Therapy
(603) 558-5102
www.integrativemt.com

Member News

The People's United Community Foundation, the philanthropic arm of People's United Bank, announced that it has awarded a \$5,000 grant to More Than Wheels of Manchester for its financial education and credit repair program, and \$3,500 to Special Olympics New Hampshire for its Young Athletes Program. Providing a unique set of services, More than Wheels combines low-interest car loans with financial education and credit-repair tools to help improve the economic well-being, credit scores, and transportation opportunities of residents with credit issues. Special Olympics New Hampshire (SONH) is part of an international global organization that changes lives through sport by encouraging and empowering people with intellectual disabilities, promoting acceptance for all, and fostering communities of understanding and respect worldwide.

www.peoples.com



The Center at Colony Mill, owned and managed by **Brady Sullivan Properties** is experiencing increased growth with the addition of two new tenants: New Hampshire Employment Security and the New Hampshire Department of Education. These new tenants bring the Center's occupancy to 87%, a significant increase since it was purchased by the Manchester-based real estate development company two years ago. Since Brady Sullivan Properties took ownership of the Center at Colony Mill and the Colony Mill Marketplace, the company has invested close to \$1 million in improvements, including new sidewalks, granite curbing, parking lots, and new signage.

www.bradysullivan.com

Cheshire Medical Center

announced a new Board of Trustees Chair and welcomed incoming board members. **Gregg Tewksbury**, President and Chief Executive Officer of Savings Bank of Walpole, has been named Chair for a two-year term. As a result of Cheshire Medical Center's affiliation with Dartmouth-Hitchcock, five Trustees joined the CMC/DHK Board in 2015, including: **John Birkmeyer, MD**, Dartmouth-Hitchcock Executive Vice President, Enterprise Support Services and Chief Academic Officer; **Wendy Fielding, MBA**, Vice President Financial Planning, Dartmouth-Hitchcock; **Timothy J. Fisher, MD, MHCDS**, Chair, Ob/Gyn Cheshire Medical Center/Dartmouth-Hitchcock Keene; Associate Clinical Ob/Gyn Service Line Leader, Dartmouth-Hitchcock Health; **Steven Paris, MD**, Medical Director, Dartmouth-Hitchcock Manchester; **Leslie Pitts, MD**, Medical Director, Ambulatory Care Services, Cheshire Medical Center/Dartmouth-Hitchcock Keene.



In addition, **Christopher Lee, MD** has joined CMC/DHK as a general surgeon. Prior to joining CMC/DHK, Dr. Lee was a general surgeon, Chief of Surgery, and Trauma Medical Director at

Livingston Memorial Hospital in Livingston, Montana. He is board certified by the American Board of Surgery.

www.cheshire-med.com

The Grand Monadnock Ballroom

in Swanzev NH will have line dancing on Tuesdays from 7-9 PM. The cost is \$10 and no experience is necessary!

www.grandmonadnockballroom.com

The Monadnock Food Co-op

recently welcomed **Emily Lefebvre** as its new Produce Manager. Lefebvre's back-



ground includes culinary experience and a degree in Business Management. Prior to this position, she held the

Produce Buyer position at the Co-op. She has a passion for good food, community, and local business.

www.monadnockfood.coop

David O'Neil Construction has relocated from Harrisville, where the company began in 1998 to a new 3,120 square foot building in Marlborough, NH that was built by its employees. Office space has expanded to four times the previous space, providing a pleasant and efficient work environment for owner O'Neil, his equipment operator and estimator, son **Matthew O'Neil**, and his office manager, daughter **Janelle Hodgman**. For the first time, the business has shop space for equipment storage and three bays for repairing equipment. The new location makes the business easier to find and offers more direct access for moving equipment to respond quickly to the needs of customers.

www.davidoneilconstuction.com

Service Credit Union reported outstanding results for another year of exceptional growth during its 59th Annual Meeting at its Corporate Offices in Portsmouth, NH. The credit union's assets and member numbers reached unprecedented levels in 2015, and it paid out \$15.3 million in dividends to its members. Its loan portfolio reached \$2.1 billion with a significant increase of 21% from the prior year. Share capital also increased 9% to reach \$2.2 billion.

www.servicecu.org

Keene State College (KSC) is excited to announce a new, consolidated website for Internships: <http://www.keene.edu/internships/>. After feedback from employers, students, and community members, a centralized site was designed to make it easier to post internships, connect with students, and create business partnerships. KSC looks forward to strengthening current relationships and building new ones in the coming year.

www.keene.edu



Katie Beam has joined **Galloway Real Estate** as a sales associate. Beam grew up in Swanzey before attending the University of New Hampshire.

She graduated from UNH with degrees in Psychology and Justice Studies and worked for Liberty Mutual for ten years the claims organization. You may find her walking around town, attending local events or snowmobiling with her two young children. www.gallowayservices.com

Eighteen Monadnock Region businesses and organizations recently made the commitment to make their workplaces healthier for employees by becoming **Healthy Monadnock** Organizational Champions. These organizations join the growing number of businesses and organizations in the region that have taken tangible steps to improve the health and wellbeing of their workplaces by joining Healthy Monadnock's Organizational Champion program. These new Healthy Monadnock 2020 Organizational Champions that have joined in the first quarter of the year, from January 1 to March 31, 2016, include a mix of large, medium and small/micro businesses and organizations. For the full list of Organizational Champions, visit www.healthymonadnock.org.

Bank of New Hampshire is once again awarded best "Local Bank for Small Business" in New Hampshire Business Review's 2016 BOB Awards, which honor the Best of Business in New Hampshire in over 90 categories.

www.BankNH.com



Keene State College grads **Emily Dixon** and **Tyler Bean** have joined **MoCo Arts'** production team. Dixon will be Stage Manager for upcoming performances and Bean will serve as Technical Director. Dixon has been involved with MoCo since 2010 teaching technical theatre at C.A.K.E. Summer Camp. Bean was recently recognized at the Kennedy Center American College Theatre Festival for his work as Projections Designer for *The Shape of Things* and as Sound Engineer for *Little Women* at KSC.

www.moco.org

The Richards Group was recently named one of the 2016 Best Places to Work in Vermont, an award created by Vermont Business Magazine, the Vermont Chamber of Commerce, the Vermont Department of Economic Development, the Vermont Department of Labor, and the Society for Human Resource Management (SHRM) - Vermont State Council and Best Companies Group. This statewide survey and awards program is designed to identify, recognize and honor the best places of employment in Vermont, benefiting the state's economy, its workforce and businesses.

www.therichardsgroup.com

Keene Publishing Corp., publisher of **The Keene Sentinel**, has purchased the Monadnock Small Business Journal, founded by **Marcia Passos Duffy**, owner of **Backporch Publishing, LLC**. The Sentinel, which publishes the monthly magazine, Business Monadnock, will merge the two local business magazines into a single title: The Business Journal of Greater Keene, Peterborough and Brattleboro. The Business Journal will expand its distribution 40 percent to serve not only the Monadnock Region, but southern Vermont as well. The first issue of The Business Journal will debut in July 2016.

www.backporchpublishing.com

Paragon Digital Marketing recently completed its acquisition of 4Web Inc. 4Web was founded in 2008 and is currently operated by **Heidi Standlift**. It is known for building professional, attractive responsive websites. "Heidi and the 4Web team bring a high level of web development expertise to our growing company. I'm confident our clients will be the ones who benefit the most from this expansion. As our capabilities grow, so does our effectiveness", said **Zach Luse**, Founder of Paragon. Along with its digital marketing expertise, Paragon now proudly offers top-notch web development services.

www.paragondigital.com

www.4webinc.com

The Monadnock RSVP Volunteer Center is happy to announce that you can now find them on Facebook! They plan to regularly post information about volunteer opportunities available in the Monadnock region, provide resources designed to support RSVP volunteers, and share success stories. Volunteers and community partners are invited to share information and ideas on the RSVP page. Take a minute to "Like" the new page, share a link on your FB profile, and promote the center to friends or community members who might like to connect with RSVP.

www.monadnockvolunteercenter.org

More Member News



The Monadnock Sustainability Network (MSN), a 501(c)3 nonprofit, announces the publication of the New Hampshire Community Supported Solar (NHCSS) Guide. The Guide provides options, guidance, insights and support for those looking to initiate their own locally-owned community solar project, a dynamic new part of the solar industry.

MSN developed the NHCSS Guide based on the work of a team dedicated to installing the first community-owned PV project on the roof of the Monadnock Food Co-op in Keene. This approach keeps all the benefits in the community; the Guide empowers local citizens to get involved in bringing CSS projects to their school, church, CSA or other site in their community.

The NHCSS Guide is available at www.GreenMonadnock.org.

Jeffrey B. Trombly recently joined **Charter Trust Company** as an Investment Officer in the Concord office. Trombly holds a Bachelor of Arts degree in Economics from Bates College in Lewiston, Maine and has over 30 years of Investment/Industry experience. He brings a broad range of experience to his clients including: portfolio management, financial planning, risk management, and security analysis. Trombly currently serves as Treasurer for the Friends of White Park Board of Trustees, Vice Chair for Concord Historical Society Board of Trustees and is active on several committees at the Concord Chamber of Commerce.

www.chartertrust.com



A new full-week program, part of **Keene State College's** "Kid's on Campus" summer program, Go STEM! is geared towards middle school girls and designed to encourage them to pursue STEM related coursework and enter STEM (Science, Technology, Engineering and Mathematics) related careers.

Your involvement is crucial! Please spread the word about this important program. The program is also looking for female role models from STEM fields to meet with the girls, and funds to purchase materials and provide scholarships to support the tuition of \$200 per child.

Please spread the word. These young girls will become our future local workforce!

Contact **Susan Silk** at susansilk53@gmail.com or **Heather Jasmine** at hjasmine@keene.edu for information. www.keene.edu



www.edwardjones.com

Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

Stop by or call today to schedule your personal review.



Josh Houle
Financial Advisor
108 Main St
Keene, NH 03431
603-352-9404

Edward Jones
MAKING SENSE OF INVESTING

MKT-5163B-A

Member SIPC

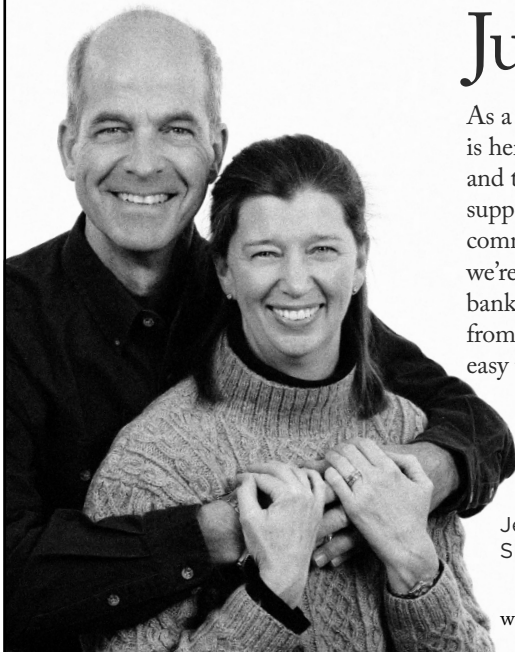
Thanks to
Cheshire
Children's
Museum
for hosting our
March Business
After Hours



Photos by
Scott Hussey
Photography

Searching for a bank that truly appreciates its customers?

Just ask a *local*.



As a local bank, Savings Bank of Walpole is here to give back — to our community and to our customers. That's why we support so many local non-profits and community organizations. It's also why we're always looking for ways to make banking easier and more convenient — from enhanced eBanking that makes it easy to seamlessly manage your accounts

online or on your phone (including free mobile deposit), to personal service with a smile when you need it. Oh, and our **free checking**? It really is *free*.

Want to know more? Just ask a local bank that appreciates you. Visit us, give us a call at **(603) 352-1822** or you can even open an account online at walpolebank.com.

Jeff and Carol, together 38 years,
SBW customers since 1999

walpolebank.com | | Member FDIC | The savings bank of you.



Ask the Expert

Marcia Passos Duffy,
Editor, The Business Journal

What is Considered “News”?

There is actually a little-known secret to getting your news printed in publications. And has little to do hefty PR budgets, fancy press kits or expensive spokespersons.

The secret is this: You have to think like a reporter.

How do you do this?

1. Separate the real news about your company from promotional fluff, hype or clichés.
2. Deliver a sharp story angle that’s interesting to readers.
3. Write this in a professional manner with a press release.

While there are plenty of reasons why a press release may be in order, here are some topics that are NEVER considered news:

1. Hype about low prices and good service.
2. Just general information about your company (this is okay for background, but not a press release).
3. A story about the “wide selection” of products or other vague characterizations of a business or its products.

Now that you know when not to send out a press release, here are some good reasons why you should – remember, your press release is not an ad!

Think “NEWS”:

1. New location
2. New business name
3. New work with nonprofits – such as a charitable contribution, or special work with charities. (i.e., an accounting business offering free financial counseling to disadvantaged families.)
4. Unique new product or service that has been added on to a business – unique to the industry or the area.
5. A significant new contract your business has just landed.
6. Award given to member of the business or the company itself.
7. Business owner attending a conference or completing a degree/certificate relevant to business.

You don’t need to send out a press release for every little thing your company does, but if it meets the criteria of being “news-worthy,” sending out press releases will help get you coverage on a regular basis.

Marcia Passos Duffy is the founder of The Small Business Journal which recently merged with The Keene Sentinel’s Business Monadnock to form The Business Journal, of which she is editor. She is also the owner of Backporch Publishing LLC, which publishes atHome Magazine and The Heart of New England online magazine.

Partner Programs

Second Annual Leadership
Monadnock Alumni Event

*Wednesday, June 8, from 5:30-7:30 PM
Pappagallos Restaurant, 9 Monadnock Hwy
(Route 12), Keene*

Register today for an evening of networking with other Leadership Monadnock alumni. Not an alum? Come and learn more about the Program. Light appetizers and cash bar. For more information or to make a reservation, visit www.keenechamber.com/events or call (603) 352-1303.

Save the Date!

CHAMBER NIGHT at the SWAMP BATS!

DATE: Thursday, July 7, 2016

TIME: Set-up begins at 5:30 PM; game begins at 6:30 PM

LOCATION: Alumni Field, Park Ave., Keene, NH

Promote your business at this fun event!

- Bring your own tables, chairs, and supplies.
- Electricity will be available on a first-come, first-served basis.
- Participating members will be announced throughout the game.

A \$20 donation to the Swamp Bats is requested to reserve your spot.

To sign up, please call Christine Hadlow at (603) 352-1303 ext. 16 or email: chadlow@keenechamber.com.

*“Success isn’t just
about what you
accomplish in your life;
it’s about what you
inspire others to do.”*

— Unknown



2016
MAY 17

7:30AM - 3:00PM

5th Annual Healthiest Community Summit

MABEL BROWN ROOM, KEENE STATE COLLEGE

A TAPESTRY OF HOPE:

Preventing and Treating Addiction

FEATURING:

Keynote by Johann Hari, New York Times Best Selling Author,
Chasing the Scream | The First and Last Days of the War on Drugs

Premiere of PhotoVoice Film Answering the Question:
Where do you see hope in the face of addiction?

Community Capacity Building for Resiliency and Action

Successes and Progress of Healthy Monadnock 2020



*The opposite of addiction isn't
 sobriety,
 the opposite of addiction is
 social connection.*

-Keynote Speaker, Johann Hari
 New York Times Best Selling Author
Chasing the Scream | The First and Last Days of the War on Drugs

REGISTER FOR FREE AT: HEALTHYMONADNOCK.ORG/TAPESTRY-OF-HOPE/
 QUESTIONS? CALL (603) 354-5454 x2312



PART OF THE GREATER KEENE CHAMBER OF COMMERCE REGIONAL ISSUES SERIES

Member Events

Visit www.keenechamber.com/events for event details.

Hannah Grimes Center

Pop-Up Co-working Day

Wednesday, May 11, 8:00 AM – 5:00 PM

Upstairs Conference Room at the Hannah Grimes Center, 25 Roxbury Street, Keene

According to a recent survey, people who used co-working spaces felt more engaged and successful in their work. They also realized other benefits such as networking and skill-building. The event is free — but please register, so there's enough coffee available!

For questions, please contact **Jake Nonweiler** at (603) 352-5063 or programs@hannahgrimes.com. Find event details and registration at www.hannahgrimes.com/pop-up-coworking.

The Monadnock Food Co-op

Truckload Sale

Friday, May 13 and Saturday, May 14 10:00 AM - 7:00 PM

Front of the Co-op, 34 Cypress Street, Keene

Individuals can pre-order full cases of popular products for significant discounts of 20 - 50% off of retail prices. Order forms are available online and at the Co-op. Orders are due before 9 pm on May 9, 2016. Truckload sale items will also be available during the event, while supplies last.

Shoppers can also enjoy a wine tasting with Vinilandia NH on May 13 from 3:30 pm to 5:30 pm and samples of grass-fed meats from Walpole Valley Farm on May 14 from 4:00 pm to 7:00 pm.

Visit www.monadnockfood.coop/truckloadsale for more details.

Cheshire YMCA Camp Takodah

Community Fun Day

Sunday May, 22nd from 1:00 - 4:00 PM

Camp Takodah, 55 Fitzwilliam Road, Richmond

Spend quality time with your family in the beautiful outdoors at Camp Takodah! The average child spends 50 hours in front of a screen each week and 90% of their time indoors, making this FREE Family Fun Day perfect for unplugging from devices, reconnecting with family, playing in the outdoors, and making new friends! For more information and to register, visit www.camptakodah.org/programs/family-fun-days.

Monadnock Developmental Services

2nd Annual Run~Walk~Smile

5K/1-Mile Race

Saturday, June 4, 7:30 AM

All proceeds benefit the MDS Dental Fund to help pay for critical dental work and emergencies for adults with developmental disabilities. Medicaid funding does not cover most preventative and/or acute dental care for adults; it covers only extractions. Visit www.mds-nh.org for full details and to register online.

Business and Industry Association

2016 Monadnock Region Roundtable

Monday, June 20th from 1:00 – 3:00 PM

People's United Bank, 122 West Street, Keene

The BIA will host eight business roundtables in June with business and opinion leaders around the state. The roundtables are an open forum for business leaders to talk about their top challenges and concerns and help shape the BIA's legislative and regulatory agenda for the upcoming biennium. Each session lasts about two hours. They begin with an overview of the BIA's current business agenda and results from the legislative session, followed by a discussion and ranking of top business issues. To register call the BIA at (603) 224-5388 ext. 100.

Pathways for Keene, Inc.

15th Annual "4 on the 4th"

Run/Walk Foot Race

Monday, July 4th, 8 AM (Registration opens at 7 AM)

The race begins on Railroad Street in downtown Keene, NH

The course layout will be identical to previous years. Pre-register at: www.Pathwaysforkeene.org or in person at Ted's Shoe & Sport in Keene. Registration is \$25; the first 700 runners and walkers will receive a T-shirt and grab bag. This is a tagged/chipped timed race.

Special this year! Two lucky race participants will be given the opportunity to win a two-year free lease on a brand new Ford C-Max Energi or a Fusion Energi from Roundtree Ford of Keene.

For more information, call **Chuck Redfern** at (603) 357-4982, Ted's Shoe & Sports at (603) 357-8337 or visit www.pathwaysforkeene.org.

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May B2B

Brown Bag Lunch



Betty Andrews Writing Services

Fine-tune Your Speaking Skills!

Friday, May 13th from Noon - 1 PM, GKCC Conference Room

If you feel unprepared and anxious when you are called upon to speak about your business, this workshop is for you. Discover how to be better prepared for speaking opportunities by participating.

Betty Andrews will share highlights of what she learned during speechwriter training and through Toastmasters. She'll talk about how to write a speech and point out some resources for speechwriters. She'll share the pros and cons of speaking from a script and some of the techniques that make it more effective. And she'll cover some of the basic techniques that help speakers give polished presentations.

Participants will be invited to practice correct lectern etiquette, and those who are willing may introduce their businesses behind the lectern and receive feedback.

Join Betty for an hour packed with tips on how to write and present a speech. Betty is a business writer and editor whose business, Betty Andrew Writing Services, helps businesses increase visibility and credibility through clear, concise, and accurate writing. Learn more at www.betty-andrews.com.



We're now on Instagram... Follow us at [gkccnh!](https://www.instagram.com/gkccnh/)

June B2B

Brown Bag Lunch

MADDIE
WEINREICH
COACHING

Build Better Teams!

Tap into your company's greatest asset and increase your bottom line.

Friday, June 8th from Noon - 1 PM, GKCC Conference Room

Teams exist to produce results, and high performing teams produce better results. Is your team highly successful and looking to grow even stronger? Does your team have challenges with communication, conflict, burnout, low morale, or accountability?

Come join Team Performance Coach, Maddie Weinreich, to learn about the most effective approach for building and sustaining high performing teams.

This experiential one-hour workshop will introduce you to the benefits of Business Team Coaching. At the workshop, you will learn a simple tool for discovering what needs to happen next for your team to be most effective. Whether you work in a small or large company, you can benefit by bringing new ideas and concepts to your organization.

The individuals in an organization are its greatest asset, and how they each interact with one other effects everything. Research continues to show that high performing teams can substantially increase the profitability of a company.

Following the workshop, participants will receive a free Team Leader View assessment of their team and a one-hour confidential debrief with Coach Maddie, valued at \$500.

Maddie Weinreich is a Team Performance Coach and International Coach Trainer. She holds the Professional Coach Certification with the International Coaches Federation, and is a Certified Organization and Relationship Systems Coach, a certified distributor of the Team Diagnostic Assessment and the Leadership Circle Assessment, and a Certified Co-Active Coach. Maddie serves as a senior faculty member of CRR Global, the only relationship systems coach training program certified by the ICF.

To register, call the GKCC at (603) 352-1303 or email Nancy Bishop at nbishop@keenechamber.com. The cost is \$5 for members and \$15 for not-yet members.



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May/June 2016

GKCC May Events...

Business Before Hours

Tuesday, May 10, 7:30 – 9:00 AM
Convenient MD, 351 Winchester Street, Keene

May B2B Lunch

Betty Andrews Writing Services, Fine Tune Your Speaking Skills
Friday, May 13, Noon
GKCC Conference Room

Annual Spring Social & Raffle

Friday, May 13, 6:00-10:00 PM
Keene Country Club, 755 West Hill Road, Keene

May Business After Hours

Wednesday, May 18, 5:30 – 7:00 PM
Service Credit Union, 403 Winchester Street, Keene

Regional Issues Series Presentation — Healthy Monadnock

Healthiest Community Summit
Tuesday, May 17, 7:30 AM – 3:00 PM
Mabel Brown Room, Keene State College

GKCC June Events...

June B2B Lunch

Maddie Weinreich, Team Performance Coach
Build Better Teams
Friday, June 8, Noon
GKCC Conference Room

June Business After Hours

Wednesday, June 15, 5:30 – 7:00 PM
Ted's Shoe and Sport, 115 Main Street, Keene

41st Annual Golf Classic

Wednesday, June 22
Keene Country Club

Newsletter Designed by Salwen Graphic Design, Keene NH

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While the GKCC does its best to verify the content of this publication, details may change after publication date and member information is dependent on our members' submissions. Please verify content when appropriate.
Please note: The Greater Keene Chamber of Commerce is neither a member of, nor is affiliated with the United States Chamber of Commerce.



Catlin + Petrovick Architects PC



Putnam Foundation



Event

July 4, 2016 – Keene, NH
 Sign in opens 7:00a – Walk 8:00a – Run 8:30a
 Chip Timing – all runners and all walkers times are measured and recorded
pathwaysforkeene.org for information
 Flat four mile course – 4 miles minus 66 feet.
 Surface – asphalt and gravel.
 Most of course far away from traffic – police controlled.
 Keene location in Southwest New Hampshire.
650-700 runners and walkers expected to participate.
 Prizes and gift certificate in goodie bags and raffled at awards ceremony to runners, walkers, and volunteers.

Registration and Categories

Race will be held rain or shine.
 Donation – **\$25.00** (\$10.00 tax deductible).
 Runners – male and female – overall, under 20, 20-29, 30-39, 40-49, 50-59, 60-69, over 69
 Walkers – three fastest male and three fastest female

Other Information

All registered runners and walkers ...
 Coveted event t-shirt
 Food and water
 Eligible for numerous prize drawings
 Awards and prizes at 9:30a at Start/Finish line
 No strollers, bicycles, jogger buggies, or pets allowed (because of our insurance).
 Entry and results – pathwaysforkeene.org
 Net Proceeds ... Cheshire Rail Trail North Phase II and Jonathan Daniels Trail Phase III.
 Make checks payable to Pathways for Keene, Inc.
 Mail this signed entry page and check to:

Pathways for Keene, Inc.
PO Box 226
Keene, NH 03431-0226 USA

Submit only full-sized (8.5x11) signed entry pages.

Find Start/Finish and Registration

Railroad Square at Main Street in Keene
pathwaysforkeene.org for information

– Pre-Register at pathwaysforkeene.org until July 3rd at 5:00pm –

Name: _____	Phone: _____
Street: _____	E-mail: _____
City: _____	T-Shirt: ____ (S-M-L-XL-2XL) Run: _____
State: _____ Zip: _____	Age: ____ (July 4, 2015) Walk: _____
Bib#: _____	Check#: _____ Sex: ____ (F-M)

In consideration of the acceptance of this entry, I do hereby for myself, heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against Pathways for Keene, Inc., the City of Keene, the State of New Hampshire and all of its officers and/or representatives and any other race officials, organizations, sponsors, and volunteers for any injury that may occur as a result of participating in this event. I also grant permission to use my name, picture or video of me participating for any purpose without obligation to me. I also grant permission for Pathways for Keene to contact me via email for future events.

Signed: _____	Date: _____
Signed: _____	Date: _____

[Parent or guardian if entrant is under 18]

– Unsigned or illegible entry pages will be rejected – Submit full sized 8.5x11 entry page with payment –

**For your convenience,
Register online at:**

www.pathwaysforkeene.org



Monday July 4th, 2016!

Railroad Square, Keene, NH

**Race day registration opens at 7:00am
Walkers start at 8:00am Runners - 8:30am**

**If you prefer to register on paper, you can do so at
Ted's Shoe and Sport on Main St, or mail this registration
to: Pathways for Keene, PO Box 226, Keene, NH 03431**