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Help Us Kick Off Spring!

We're bringing back our spring social and raffle as the May Moolah Palooza!



Friday, May 3, 2019 • Keene Country Club

Tickets \$125 includes admission for two, two drink tickets per person, one raffle ticket and an array of appetizers

Only 400 tickets sold — Get your tickets today!

A portion of the proceeds will be donated to a local charity.

For Sponsorship opportunities or to purchase tickets: Call the GKCC at 603-352-1303, e-mail dhathaway@keenechamber.com or visit keenechamber.com

Don't miss the 7th Annual Monadnock International Film Festival!



April 26-28, 2019

Colonial Theatre, Downtown Keene
Putnam Theatre, Keene State College
Peterborough Community Theatre

Screen some of the best independent films representing documentary and narrative features and shorts, produced by regional, national and international filmmakers. For sneak peeks of the film program and the opportunity to buy discounted passes, be sure to attend a public launch party at Keene's Courtyard Marriott Hotel on April 4th from 5:30-7pm, or at Peterborough Community Theatre on April 9th from 5:30-7pm. See page 11 for more information.

Member **Spotlight**



Cynthia Knipe, RDN, LDN

Cynthia Knipe, Registered Dietitian-Nutritionist, develops customized nutrition plans and employee wellness programs for individuals, corporate clients and community organizations that are interested in a food-first approach to health and wellness.



Working in the field of nutrition is a career change for Knipe following years of management experience in the financial and manufacturing sectors. “I was watching co-workers and friends affected by the onset of chronic diseases, and I was also seeing the impact of employee illness on the corporate bottom line.” As she watched the parallel upward trends of chronic disease and healthcare costs, she was convinced that she had a role to play in supporting the health of friends, co-workers and members of her community, so she headed back to school and immersed herself in the science-based field of nutrition, earning a second degree, confident that her former grandparents would approve.

Knipe’s clients are often self-referrals or physician referrals, but she particularly enjoys meeting future clients through her employee wellness programs and the nutrition workshops she regularly presents through the Monadnock Food Co-op. “It gives people a chance to learn about my whole-foods approach to health, and gain trust in my well-researched and current knowledge, because I explain not just the what and the why, but how and when to incorporate changes that can be beneficial to individual health.

In addition to her work with What Nourishes You, LLC, Knipe maintains her clinical skills through a per diem position at a community hospital in the region; she also supervises graduate-level dietetic interns and consults with programs supporting substance misuse recovery and programs supporting persons with severe mental illness.

Cynthia Knipe, RDN, LD
What Nourishes You, LLC
25 Roxbury Street, #111
Keene NH 03431
603-738-5791
www.whatnourishesyoullc.com



New Hampshire Employment’s On-the-Job Training Program

A Southwestern Community Services partner program

Finding skilled workers can be a challenge. The Department of Health and Human Services (DHHS) NH Employment Program’s On-the-Job Training Program can help you find potential hires from subsidized training to meet your company’s needs. The Job Training Fund, the NH Department of Business and Economic Affairs team of Business Resource Specialists, Workforce Innovation & Opportunity Act (WIOA) and the NH Manufacturing Extension Partnership can also provide assistance to train workers and create new opportunities for growth.

WHAT IS OJT?

OJT provides reimbursement to employers to help compensate for the costs associated with upgraded skills training and loss of production for newly hired employees.

OJT training can assist employers who are looking to expand their businesses and who need additional staff trained with job specific skills.

OJT employers may receive 50% wage reimbursements up to \$3,500 during the training period (up to 6 months) of OJT trainees to help defray personnel training costs.

FIND THE BEST APPLICANTS

- OJT matches employers with prescreened qualified employee candidates.
- Up to 50% wage reimbursement of to \$3,500 during the training period (up to 6 months).
- Information on The Work Opportunity Tax Credit (WOTC) of up to \$9,000 over 2 years.
- During the training period while the individual is on your payroll, you will receive support from your local OJT Developer to assist with any issues or questions that may arise.
- OJT trainees are available 30+ hours a week.

CUSTOM SOLUTIONS

The NHEP OJT program helps you find a solution to finding the right new employee for your company while creating a subsidized training program that prepares your trainee for a productive role in your company’s future.

Katrina Murray
Statewide OJT Development Manager
Work Phone: 603-345-0861
Email: kmurray@snhs.org

March Business AFTER Hours

EyeWorks

474 West Street, Keene

Wednesday, March 20, 2019

5:30 – 7:00 PM

(Suggested Donation to GKCC \$5.00 at the Door)



You're invited to join us at the March Business After Hours hosted by EyeWorks.

Come and learn about exciting new technologies at EyeWorks, including the CLARUS 500 Fundus Camera used for diagnosis, LipiFlow dry eye treatment, and their large selection of quality eyewear, including their newly expanded line of Lindberg titanium frames.

Enjoy light bites by Keene Confections and bring your business card to enter a raffle to win a pair of Maui Jim premium polarized sunglasses!

Ample parking is available at EyeWorks' Kohl's Plaza location. Be sure to bring your business card to be entered in the raffle. We look forward to seeing you there!

April Business AFTER Hours

Primerica

135 Old Homestead Hwy, Suite 2, N. Swanzey

Wednesday, April 17, 2019

5:30 – 7:00 PM

(Suggested Donation to GKCC \$5.00 at the Door)



Join us at the April Business After Hours, hosted by Primera, a Main Street company with a goal of creating more financially independent families. Learn about the services they offer the region, while networking and socializing with area business owners and professionals.

Enjoy light refreshments and bring your business card for a chance to win a raffle prize!

Please RSVP to the GKCC:

- Online at keenechamber.com
- Call (603) 352-1303
- Email info@keenechamber.com



• networking • door prizes • great refreshments • meet new people •
build business connections • catch up with old friends • hosted by a member business

Member News

Cheshire Medical Center announced several additions to staff: **Jenna Poulin**, APRN, Nurse Practitioner, Walk-In Care; **Olivia King**, APRN, Urology Department; **Dr. Nicola Kreglinger**, Endocrinology Department; **Erin Jablonski**, APRN, Gastroenterology Department.

www.cheshire-med.com



Jenna Poulin, APRN



Olivia King, APRN



Dr. Nicola Kreglinger



Erin Jablonski, APRN

Fitzgerald Travel & Luca's Mediterranean Café have partnered with AmaWaterways to offer a Wine Themed 7- night European River Cruise on the Rhine, Mainz and Moselle. The cruise begins in Nuremberg and ends in Luxemburg with stops in Bamberg, Volkach, Wurzburg, Kitzingen, Wertheim, Mainz, Rudesheim, Rhine Gorge, Lahnstein, Cochem, Sell and Trier.

The cruise includes French balcony cabins, all meals, beer and wine with lunch and dinner, daily Captain's Cocktail hour and a choice of tours at every port of call! There will be a winery host/Sommelier on board and special wine pairings, tastings and a wine themed tour. Even if you are not into wine, you will have a great time! For details and more information call (603) 363-8000.

www.fitzgeraldtravel.com

The Monadnock RSVP Volunteer Center's Neighbors-In-Deed program is

looking for volunteers to provide assistance and companionship to community members who are struggling to stay in their homes. If a regular ongoing assignment doesn't work for you but you still want to help, consider becoming a handyman or a driver. To learn more about this program, and to see the profiles of some of those looking for help, visit www.MonadnockVolunteerCenter.com. For further information and to talk with the program coordinator, call us (603) 357-6893 or email [Jazmin Belcoure at jbelcoure@mfs.org](mailto:Jazmin.Belcoure@mfs.org).

Douglas Cuddle Toys and the **Monadnock Radio Group/KNE-FM** along with **Savings Bank of Walpole (SBW)** helped raise \$23,724.62 during the Good Friends campaign that benefitted **The Salvation Army of Keene**. The annual campaign is held each year and takes place during the holidays.

www.walpolebank.com



Hilary Tetu, Realtor®, has joined **Galloway Real Estate**. Tetu grew up in Claremont and studied at UNH, receiving a degree in Psychology and Business. She worked as a clinical instructor at a school specializing in Autism before moving to Walpole in 2005. After staying home with her three young sons, she began investing in real estate when they began school. She enjoys reading, skiing and tackling



renovation projects with her husband on their 1837 home.

www.gallowayservices.com

Kathy Burke, Project Coordinator, and **Sean Zimmerman**, Youth Ambassador for **Keene Skatepark**, accepted a donation of \$5,000 from the **Keene Kiwanis Club**. The donation is for the upgrade of the current skatepark on Gilbo Ave. in Keene to a poured concrete facility. Keene Skatepark has initiated a \$300,000 fundraising goal and has raised a total of \$34,000. Other supporters include **Savings Bank of Walpole**, **Mascoma Bank Foundation**, More Than a Thrift Store and **Eversource**. To donate or for more information you may contact Kathy Burke at kathleenburke82@gmail.com.



The Board of Trustees of **The Prospect-Woodward Home** has named **Glenna Hart-Mercure** to be the Assisted Living Director of Nursing at **Hillside Village** on Wyman Road in Keene, expected to open in 2019.

In her new position, Hart-Mercure will assist in providing an atmosphere conducive to the comfort, safety and well-being of the residents of Prospect-Woodward Health Center at Hillside Village. When the campus opens, she will oversee all aspects of developing and overseeing a well-defined resident care program in accordance with the codes of New Hampshire State licensing for Supported Residential Health Care Facilities.

www.hillsidevillagekeene.org

Service Credit Union (SCU) employees **Sheila McGrath**, Marketing Technologist, and **Aazlynn Gagne**, Contact Center Representative, were both named Employee of the Fourth Quarter of 2018. The Employee of the Quarter award recognizes an employee who demonstrated problem solving ability, extraordinary team support or profound assistance to members.



Sheila McGrath



Aazlynn Gagne



Hayley Brannan

Hayley Brannan, most recently Assistant Manager of Service Credit Union's Contact Center, has been promoted to Contact Center Manager.

SCU is also pleased to announce the opening of its newest branch in Laconia, N.H. The branch is located at 11 Veterans Square and will be open Monday to Friday from 8:30 a.m. to 6 p.m. and Saturday from 8:30 a.m. to 1 p.m. **Jennah Wolak**, formerly manager of Service Credit Union's Franklin branch, will be the manager of the new Laconia branch. She is a graduate of Keene State College. A grand opening will be held in March 2019.

SCU announced the credit union's Board of Directors has appointed **David Araujo** as President and Chief Executive Officer.

He will assume day-to-day leadership of the credit union. Araujo has more than 20 years of financial services experience and most recently served as the Senior



David Araujo

Vice President and Chief Technology and Innovation Officer at Digital Federal Credit Union (DCU) in Massachusetts, where he led the development of DCU's digital transformation. He is a U.S. Marine Corps veteran who served on the Presidential Honor Guard.

www.servicecu.org

The Monadnock Food Co-op recently hired **Patrick Cotter** as Assistant Store Manager. Cotter's background includes working at Whole Foods Market in Pennsylvania for a decade where he gained extensive customer service and supervisory experience.



Last month, Monadnock Food Co-op shoppers collectively donated \$7,496.27 to **The Community Kitchen** based in Keene. The Monadnock Food Co-op collected these donations during their month-long "Round It Up" donation drive in December. Customers rounded up their purchases to donate their change.

The League of American Bicyclists, a national bicycling and advocacy organization of nearly 20,000 members, has recognized Monadnock Food Co-op with a prestigious bronze-level Bicycle Friendly Business (BFB) certification. With the announcement of 82 new and renewing BFBs across the country, the co-op joins a growing list of 1,314 local businesses, government agencies, and Fortune 500 companies leading the way to transform transportation, health, and wellness for the betterment of U.S. workers and local communities.

www.monadnockfood.coop

The Board of Directors of **Monadnock Humane Society** is pleased to announce the appointment of three new board

members who joined the board this past fall. **Ryan Reed** has been a nonprofit executive for 15 years and is currently the Camp Director of YMCA Camp Takodah.



Ryan Reed

Susan Peterson joins the MHS Board with many years of volunteerism over the past 25 years. Peterson brings a wealth of experience in Human Resources from a variety of businesses including manufacturing, retail, building and healthcare. **Michael Spitze** is the User Services Manager with Antioch University in Keene. He has been with Antioch for 15 years working in a variety of positions within the Information Technology Department.



Susan Peterson



Michael Spitze

www.monadnockhumanesociety.org

The regional accounting firm of **Nathan Wechsler & Company, PA** announced that **Ashley L. Guion**, CPA recently led a workshop titled "Navigating Your Tax Responsibility as a Small Business Owner." Guion joined Nathan Wechsler & Company in 2017 and currently serves as a senior. She performs work on a variety of clients, including accounting, compliance, financial statement preparation, income tax return preparation, and special projects. She is also a Certified QuickBooks ProAdvisor.



www.nathanwechsler.com

Member News

Transformational Life Coaching's

Life Mastery Consultant, **Sue Ellen Sweeney, RN, MSN**, held a Retreat for Renewed Vision and Inner Transformation in early January 2019 at the **Aldworth Manor** estate, Harrisville, New Hampshire. The weekend was designed for those feeling stressed or overwhelmed, not getting the results they wanted from work or relationships, or longing for serenity, peace and positive energy.

Sweeney led The Vision Workshop: Three Keys to Accelerating Your Results and co-facilitated the Vision Board Creation Party with **Gail MacLean**. Other contributors to making the weekend memorable for participants included massage therapist, **Aaron Shields**, and yoga instructor, **Kat Wood**, owners of **Mudita Massage and Wellness**; and Ashuelot Concert's **Nicholas Burns** and **Louisa Stonehill** performing chamber music as the Steinberg Duo in the newly restored Aldworth Manor. Building on the retreat's success, Sweeney plans to offer more customized retreats and workshops. She also leads individual and group coaching in person and remotely via teleconferencing. Visit www.facebook.com/SOARwithHeart for information on upcoming offerings, or contact Sweeney at sueellenlifecoach@gmail.com or 508-331-3880.

www.sueellensweeney.lifemasteryconsultant.com



For the 14th year, **Keene State College** welcomes Kids on Campus with a fun, creative, educational summer

program for children entering Pre K – Grade 8. Campers can learn about nature, technology, science, art, performance, and much more.

Most classes run a half day (9 am – noon or 1–4 pm) and are designed for students in grades 1–2, 3–5, and 6–8. Diverse topics include Magic, Harry Potter, Miniature House Design, Escape Room, Model Rocketry, and much more. Kids on Campus also offers a full day Nature Adventure Camp for pre-schoolers.

Summer fun and learning is closer than you think! More information and course descriptions are available at keene.edu/kids. For questions about class content, cost, or scholarships, please call Continuing Education at 603-358-2290. Registration opens mid-March.

2019 Kids on Campus Dates:

- June 24–28 (NH Dance Institute program)
- July 15–19
- July 22–26
- July 29–August 2
- August 5–9

Shirley English recently joined **Monadnock United Way** as the Administrative Assistant. Prior to joining the staff, English was a longtime volunteer for MUW. English previously worked as the Alumni Relations Manager at New England College in Henniker and has over 10 years of experience in volunteer management, fundraising and relationship building. She has an MBA in Leadership from Franklin Pierce University in Rindge.



Paige Martin recently joined Monadnock United Way as the Program Manager for Impact Monadnock. Martin has experience working in an early childhood setting and has also been involved with nonprofit program development. Martin has a degree in communications and psychology from Keene State College. She previously worked at a community resource center in Vermont where she helped develop programming and infrastructure to support community members in moving their lives forward.

In addition to hiring Martin, MUW has recently undergone a restructure in its Impact and Resource Development departments. **Jill Morgan** has been promoted to Senior Director of Impact for MUW. **Nikki Sauber** was promoted to the role of Impact and Investments Manager. **Kate Cote** has been promoted to Volunteer Engagement Specialist.

www.muw.org

Peter “Fish” Case had been named the General Manager for **The Peak** (101.9/100.7), KOOL (106.7/96.3) and WEEI (93.5) radio stations of Great

Eastern Radio. With 25 years in the broadcast industry, Case has always put community first. He has organized and promoted numerous community events and is looking forward to building the same sense of unity and community for his new broadcast group. For nearly 20 years he served as the local morning radio guy known as Fish. Case is a two-time Ironman Triathlete, an endurance junkie and a story teller.

www.greateasternradio.com



Attention Small Businesses!

Goldman Sachs 10,000 Small Businesses Training Program

YOU BUILT YOUR BUSINESS. WE'LL HELP YOU GROW IT.

Goldman Sachs 10,000 Small Businesses is a program for small businesses that links learning to action. Through the program, participants will gain practical skills in topics such as negotiation, marketing, and employee management that can immediately be put into action. In addition, they will receive the tools and professional support to develop a strategic and customized growth plan that will take their business to the next level.



Across the U.S., 10,000 Small Businesses graduates are increasing their revenues and creating new jobs in their communities:

- 67% report an increase in revenues
- 47% report creating new jobs
- 88% are doing business with each other
- 99% completion rate

Is your business ready for what's next?

This program is designed for business owners who have a business poised for growth. Applicants are generally chosen on the following criteria:

- Owner or co-owner of a business
- Business in operation for at least two years.
- Business revenues of more than \$100,000 in the most recent fiscal year
- Business with a minimum of two employees (including owner)

Apply now at www.10ksbapply.com/NewHampshire. Applicants selected for the education program will receive a world-class business education and connections to a professional support network at no cost.

SAVE THE DATE!

— SPECIAL EDITION —

Business After Hours

in honor of
Dr. Treadwell's Inauguration



Thursday, April 4, 2019

KSC Alumni Center

5:00 -7:00 pm

Join fellow Chamber members to celebrate the partnership of KSC with the business community, on the eve of Dr. Treadwell's inauguration as the 11th president of Keene State College.

Please RSVP to the GKCC:

Online at keenechamber.com

Call (603) 352-1303 • Email info@keenechamber.com

"Successful leaders see the opportunities in every difficulty rather than the difficulty in every opportunity." — Reed Markham

Thank You Renewing Members!

The following members renewed their GKCC membership in December 2018 and January 2019:

1911 Office, LLC
Arts Alive! Inc.
CASA of NH
Cheshire Children's Museum
Cheshire Wellness Center
Costello, Valente & Gentry, PC
Craig F. McBeth, DMD
Dublin School
Engrave-It / Awards of Keene
Greater Monadnock SHRM
Hinsdale High School
Jay Kahn, State Senator

Katie Sutherland Architect
Kiwanis Club of Keene
Malcolm R Katz Architect
Mi-Box of Central NH
Mint Premium Car Wash
Monadnock Area Peer Support Agency
Monadnock Buy Local
Monadnock Capital Group
Park Theatre, The
Sullivan Tire and Automotive Service
Town of Hinsdale
Yankee Publishing Inc.

New Members



Located in Walpole, NH, Alyson's Orchard is a unique, 450-acre working apple orchard with four distinct and breath-taking outdoor wedding sites, a stunning reception hall, and three on-site lodging accommodations. Situated high on a hill overlooking majestic



Vermont mountains, Alyson's Orchard is the perfect choice for couples seeking a rustic style wedding full of laidback charm with breathtaking mountain views.

Bob Jasse and his wife, Susan, created Alyson's Orchard in the 1980's from the ground up. Bob discovered the land while flying over the region on his way to a skiing holiday with his family. Struck by the setting's natural beauty, he immediately understood the opportunity he saw below.

Today, Alyson's is one of the finest heirloom apple orchards in North America, featuring over 50 varieties of apples, along with berries, peaches, grapes, pears and plums in season. You can share the bounty of Alyson's harvest by visiting their farm stand or satisfy your adventurous side by picking your own fruit. Besides offering delicious fruit, Alyson's farm-stand offers unusual gifts and local products that capture the essence of New England.



The Orchard Room is also an ideal location for hosting a wide variety of special events as well as hosting corporate off-site retreats. Alyson's Orchard offers three different lodging experiences to accommodate wedding guests, individuals on retreats, families on vacation or anyone else who wants a relaxing, unique experience in the heart of New England.

Alyson's invites you to share in the natural beauty of their 450 acres of trees, lawns, wildflowers and swimming ponds. Come experience Bob and Susan Jasse's creation for a day, a weekend or for an extended holiday. No matter your reason for visiting, you will soon discover that Alyson's Orchard is truly a magical place!

Alyson's Orchard
57 Alyson's Lane, Walpole, NH
(603) 756-9800
www.alysonsorcharard.com



Hair by Whitney is an intimate, privately owned salon located on Roxbury Street in downtown Keene. The salon was opened by owner Whitney Meakin in July of 2017, in a shared space with Gnarly Roots Nail Spa.

With 15 years of experience in the cosmetology industry, Whitney is extremely qualified to address each customer's unique hair needs. Meakin is constantly pursuing education and updating services to reflect the always changing nature of the beauty industry. Services include innovative color, highlighting, customized cuts and special occasion styling. Hair by Whitney proudly uses Pulp Riot and Faction 8 haircolor products, which are 100% vegan and cruelty free.



Customers enjoy a great view of downtown, a relaxing private atmosphere, and one on one attention throughout their experience.

Hair by Whitney is the perfect salon for every hair color, cutting and styling need for guests of any age or gender, with a focus on customizing each guest's experience to specifically meet individual needs.

Hair by Whitney
(603)209-4267
11 Roxbury Street, Keene NH
wameakin@gmail.com

More New Members!

St. James Episcopal Church
44 West Street, Keene NH
(603) 352-1019
www.stjameskeene.com

Granite State College
25 Hall Street, Concord NH
(603) 415-1765
www.granite.edu



Thank You for Welcoming Us to Keene

We're thrilled to join the Keene community! American House Senior Living Communities has been serving seniors for 40 years, and we're proud to have the opportunity to care for you and your loved ones.

**We invite you to come by and see why so many
seniors call American House home.**

Call or stop in for a tour today!
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Thanks to
Monadnock
Natural Health
*for hosting our
February
Business After Hours!*



Photos by
Scott Hussey Photography

Photo by Colby Dudal, GKCC KSC intern

March B2B Brown Bag Lunch



Mary Kay

Mini Skin Care Session & Free Samples!
presented by **Kay Kendall-Georgina**

Friday, March 22, 2019

Noon to 1 pm • GKCC Conference Room
Cost: \$5 for members, \$15 for not-yet-members

Join Kay Kendall-Georgina, Mary Kay Independent Sales Director, for a fabulous mini skin pampering spa treatment! Sample Satin Lips Shea Sugar Scrub and Shea Butter Balm to buff away that winter dryness and restore your soft supple lips. Sooth away the harsh winter from your hands with a Satin Hands Treatment. Dying for some spring color? Preview what's new for on-trend Mary Kay Spring color. Enjoy free samples for hands, lips and cheeks!

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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Event **Spotlight**



April 26-28, 2019



With its seventh festival on the horizon, the Monadnock International Film Festival (MONIFF) is pleased to announce another exciting and expanded slate of films that will be shown at its annual April event.

The 2019 festival will take place April 26th through 28th in Keene and Peterborough, showcasing thirty-eight documentary and fictions films, both features and shorts, and for the first time, run through Sunday with films at Keene Cinemas.

In addition to Friday and Saturday screenings at the Colonial Theatre and Keene State College's Putnam Theatre, there will be a free Family Film program sponsored by Mascoma Bank to be held at Keene Cinemas from 10am-1pm. Additional feature films will be screened at Keene Cinemas on Sunday afternoon while the "Best of Fest" will be held once again at Peterborough's Community Theatre on Sunday afternoon to screen the Audience Award winning films and the Jonathan Daniels honored film.

This year's festival will showcase compelling stories from countries around the world such as Spain, Lebanon, Norway, Poland, Ireland, Brazil, Kenya, Israel, Iceland, and India. A good portion of the films will also be from local and regional filmmakers who will be present for panel discussions and Q&A's after screenings.

The highlight of the festival is the Jonathan Daniels awards ceremony on Saturday night, sponsored by the Jonathan Daniels Center for Social Responsibility. This annual award is given to a filmmaker(s) whose film combines artistic excellence with awareness around a social justice issue. This year's honorees are



GRIT Directors Sasha Friedlander & Cynthia Wade



GRIT Mud Man Protester

the co-directors of the documentary "Grit"... Massachusetts filmmaker Cynthia Wade and San Francisco-based Sasha Friedlander. Their film is an exposé of Indonesia's mud disaster that buried sixteen villages, killed sixteen people, and displaced 60,000 people back in 2006 and the survivors who fought for restitution from the multi-national gas company responsible.

Executive Director **Dianna Costello** believes that the festival is a

wonderful gift to our community thanks to major sponsors like The Putnam Foundation, C&S Wholesale Grocers, and Keene State College. "It would be impossible to produce this festival without the support of these three major anchors, plus all the local banks, businesses, organizations and foundations which contribute sponsorships, donations, and ads in our program book."

Two Public Launch parties will be held this year to show sneak peeks of the film program and offer the opportunity to buy discounted passes. The first one will take place at Keene's Courtyard Marriott Hotel on April 4th from 5:30-7pm, and the second one at Peterborough Community Theatre on April 9th from 5:30-7pm. All passes and individual tickets for films playing at the Putnam or Keene Cinemas can be purchased online at moniff.org or at festival headquarters. Individual tickets for films playing at the Colonial can be purchased online at the Colonial's website or at the Colonial box office the day of the film.

“Just like SBW, we help keep
**our community
in great shape.**”

Best bank for our community? Ask a *local*.

The Keene Family YMCA is always exercising its commitment to their customers and our community. At Savings Bank of Walpole, we share a similar focus—which is one reason the YMCA chose us for their banking needs, including state-of-the-art online banking.

“Like us, SBW is in business because of our community and for our community,” says Hélène Mogridge. “They’re the local bank we rely on for excellent customer service

and financial services. We also share their commitment to nurturing a strong, healthy community.”

Ready to get your finances in shape with our community’s truly local bank? Come visit us, call 352-1822 or open an account online at walpolebank.com.



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Hélène Mogridge
CEO, Keene Family YMCA
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Friday, May 3, 2019
6:00 - 11:00 pm • Keene Country Club

SPONSORSHIP OPPORTUNITIES

Hors D'oeuvres Sponsor **SOLD**

- Ice sculpture on main table with custom design & company logo
- Printed material for the event, signage, etc
- Social media promotion prior to event
- Banner ad on website homepage for one month
- One e-blast to be used within 6 months
- Choice of local charity for donation*
- Publicized in newsletter
- Designated table in the ballroom
- Recognition at the event

Dessert Sponsor **SOLD**

- Logo sugar cookies with business card attached
- Printed material for the event, signage, etc
- Social media promotion prior to event
- Publicized in newsletter
- Recognition at the event

Beverage Sponsor **\$1000**

- Printed napkins with company logo
- Printed material for the event, signage, etc
- Social media promotion prior to event
- Publicized in newsletter
- Recognition at the event

Band Sponsor **\$750**

- Company logo on wall or dance floor
- Printed material for the event, signage, etc
- Social media promotion prior to event
- Publicized in newsletter
- Recognition at the event

Ballroom Sponsor **\$500**

- Flower arrangements at each table with company logo
- Printed material for the event, signage, etc
- Social media promotion prior to event
- Publicized in newsletter
- Recognition at the event

** Portion of event proceeds donated to a local charity.*

Company name (as it should appear on signage, if applicable):	
Contact name:	Address:
Phone:	City:
E-mail:	State:
Total Sponsorship fee from above:	Zip:
Payment method: <input type="checkbox"/> Check (payable to GKCC) <input type="checkbox"/> Visa/MC/Amex	
Total payment:	Name on card:
Card number:	Expiration date:
Billing zip code:	Signature:

Call 603-352-1303 to reserve your sponsorship, or mail completed form and payment to:
GKCC Moolah Palooza, 48 Central Square, Keene, NH 03431

Member **Events**

Monadnock Family Services

17th Annual Men Who Cook

Saturday, March 9th, 5:30 pm

Zorn Dining Commons, Keene State College

A variety of delectable dishes – from appetizers to desserts - will be prepared by amateur and professional chefs from throughout our community. There's something for everyone - you won't walk away hungry! Proceeds benefit the RSVP America Reads program at MFS. Tickets for this "all-you-can-eat" feast are \$25.00 for adults and \$7.00 for children age 10 and under. They can be purchased in advance at Prime Roast Coffee Company, Main Street in Keene or by calling Mary Delisle at (603) 283-1568. Tickets are also available at the door, but seating is limited. www.mfs.org

Monadnock Capital Group

Maximize Your Social Security Benefits Workshop

Monday, March 11, 6:30 – 8:00 pm

Walpole Town Library, Walpole NH

Josh Houle, Wealth Manager & Vice President of the Monadnock Capital Group, certified with the National Social Security Advisors, is hosting a Maximize Your Social Security Benefits Workshop to share insights on how to optimize lifetime Social Security income. Houle will address the following:

- Will Social Security go bust? Can I count on it being there for me? Should I claim early?
- How do I maximize my individual and my spouse's benefits?
- What claiming strategies are available to me? How do spousal, divorcee and survivor benefits work?

For more information, call (603) 338-0515 or email Joshua.houle@stewardpartners.com.

Mary Kay Independent Senior Sales Director, Kay Kendall- Georgina

Beauty and the Brand

Tuesday, March 12, 11:00am-2:00 pm

Hannah Grimes Center-25 Roxbury Street, Keene, NH

How do you want to be seen? Does your branding really represent you? Develop a personal brand in 30 minutes with a "beauty boost" makeover, customized gift, and professional portrait session, including two digital files with Lisa Arnold Photography. This package, valued at \$275.00, will be offered for \$100.00. By appointment only. Contact for other available dates. Call (603) 357-8385 or email getmkwithk@gmail.com to reserve your spot!

What Nourishes You, LLC - Cynthia Knipe, RDN, LD

The Health Benefits of Plant-Based Diets

Wednesday, March 13, 5:30 to 7:00 pm

This workshop is a primer for beginners, but well-seasoned vegetarians are welcome too! Explore the wide variety of plant-based protein foods that are inexpensive, readily available and easy to prepare, and ways to assure you are incorporating enough protein into your meals and snacks to support your health and wellness goals.

Nourishing Your Brain

Wednesday, April 10, 5:30 to 7:00 pm

There is plenty of buzz about the role nutrients can play in protecting our brains from the effects of aging, not to mention the effects of everyday living! Knipe will share current research related to food and brain health, what we know about the role of the gut microbiome and brain health. There will also be a discussion about other activities that are shown to keep those synapses snapping!

These free workshops are generously sponsored by the Monadnock Food Co-op and are held at the Hannah Grimes Center, 25 Roxbury Street, from 5:30 - 7:00. Please register on-line through the Co-op's Events page: www.monadnockfood.coop.

Monadnock Food Co-op

Annual Monadnock Region Earth Festival

*Saturday, April 20, 2019, from Noon to 4:00 pm (rain date:
Sunday, April 21)*

The Co-op is now accepting reservations to table or offer activities for this free public event that takes place outdoors, along the bike path leading from the Railroad Square Park to the lot next to Monadnock Food Co-op in Keene. Tabling at the event is free and drew over 80 vendors in 2018. To reserve a spot for a business or organization, please visit www.monadnockfood.coop/earthfestival and complete the Google Form by March 20, 2019.

Kiwanis Club of Keene

Kool Wheels Family Fun & Safety Day

Saturday, May 4, 10 am-noon

Keene Recreation Center, 312 Washington Street

The Kiwanis Club of Keene will provide free bike helmets for children ages 4 to 12, which will be properly fitted to each child and given out free of charge while supplies last. Children may bring their bikes to the event for a safety inspection and tune-up and participate in a bike safety course. Other event highlights include face painting, art projects, healthy snacks, and a free raffle for a boy's and girl's bike.

Monadnock Developmental Services

Run~Walk~Smile 5K/1-Mile/10K Race

Saturday, May 18th, Downtown Keene

Join runners, walkers, and friends of Monadnock Developmental Services (MDS) for the 5th annual Run~Walk~Smile Race to raise funds for dental care for those with developmental disabilities. Choose 1-Mile, 5K, or the 10K Chapman Challenge for the most avid runners. People of all ages, abilities and fitness levels are invited to participate and can run or walk the 5K or one-mile course. The 10K is for runners only. Cost for the 5K or 10K is \$25; \$20 for the 1-Mile; and \$15 for those 12 and under. Register by April 30th to receive a free all-cotton race T-shirt.

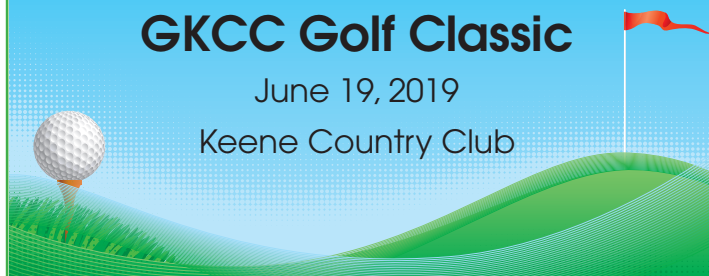
All proceeds from Run~Walk~Smile benefit the MDS Dental Fund to help pay for critical dental work and emergencies for adults with developmental disabilities. Medicaid funding does not cover most preventative or acute dental care for adults; it covers only extractions. Visit www.mds-nh.org for details and to register online, or call (603) 352-1304.

SAVE THE DATE!

43rd Annual GKCC Golf Classic

June 19, 2019

Keene Country Club



SAVE THE DATE!

The Walldogs Magical History Tour Festival

June 19-23, 2019

A 4-day community festival that will feature 15 murals painted on downtown buildings, in the style of vintage advertising signage.

To become a project funder or to volunteer to help, visit walldogsinkeene.com.



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March/April 2019

GKCC March Events...

March Business After Hours

Wednesday, March 20, 2019
5:30-7:00 pm
EyeWorks
474 West St, Keene

GKCC April Events...

Special Edition April Business After Hours

In Celebration of Dr. Treadwell's Inauguration
Thursday, April 4, 2019
5:00-7:00 pm
KSC Alumni Center

April Business After Hours

Wednesday, April 17, 2019
5:30-7:00 pm
Primerica
135 Old Homestead Hwy, Suite 2, North Swanzey

48 Central Square, Keene, NH 03431 • Tel: 603-352-1303 • Fax: 603-358-5341
www.keenechamber.com • info@keenechamber.com

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