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 Rochester Fire Department
 Rochester Historical Society
 Rochester Opera House
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 Rochester Public Library
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 Rochester School Department
 US Census Bureau
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A MESSAGE FROM THE CHAMBER

Welcome to Rochester

The Greater Rochester Chamber of Commerce is pleased to welcome you to the City of Rochester, New Hampshire and present you with the Rochester Community Guide.

Rochester, located in the northern portion of New Hampshire's Seacoast region, offers the conveniences of a growing and prospering city combined with scenic delights, a great location and friendly people. The City's convenient location and easy access to major highway systems, the coast, lakes and mountains, attracts many residents and businesses. Combined with its natural beauty and quality of life, Rochester continues to be one of the fastest growing communities in the New Hampshire.

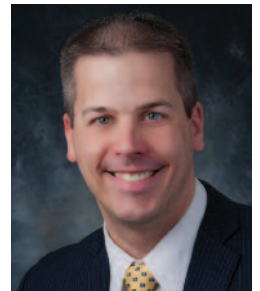
The Greater Rochester Chamber of Commerce is celebrating nearly 90 years of providing services to area businesses and residents of the area. The Chamber is a non-profit, membership organization comprised of approximately 450 businesses and professionals in the greater Rochester area dedicated to supporting a favorable business climate and enhancing the quality of life in

the area. The Chamber developed this publication to provide you with information on the several opportunities available to you when considering Rochester as your destination to live or do business.

Be sure to contact our office at 603-332-5080 or visit our website at www.rochesternh.org when seeking business or community information.



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The Gafney Home
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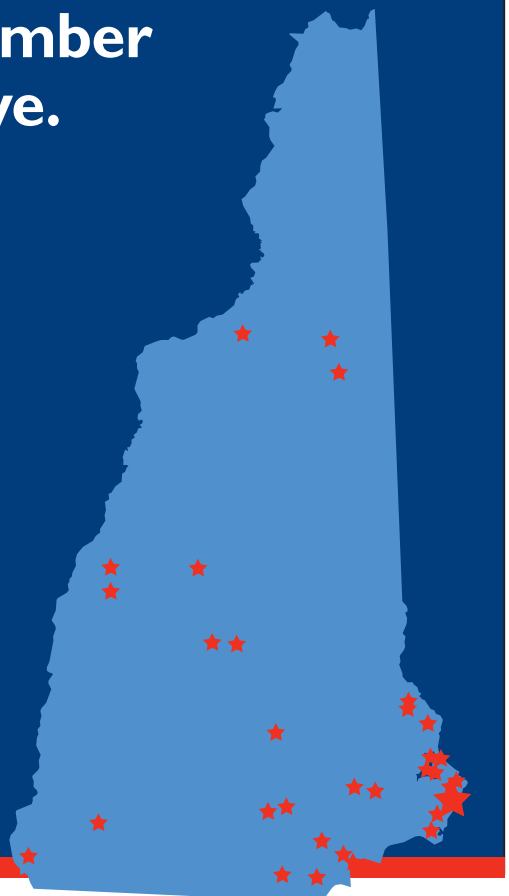
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CITY OF ROCHESTER WELCOME

On behalf of the City of Rochester, we welcome you to our wonderful and thriving community.

Families and businesses choose to locate in Rochester because it offers a great community to live, work, and play. Rochester combines the charm of a traditional New England city with the energy of a community focused on the future. The expansion of the Spaulding Turnpike opened up many opportunities for growth and development. New restaurants, shops and businesses continue to open in our commercial districts. Several major shopping centers feature national tenants including Lowe's, Kohl's, JC Penney, and Wal-Mart. By summer, a new center called The Ridge Marketplace that includes Hobby Lobby, Marshall's, Market Basket, an entertainment center, and many more places to shop and dine. We also have a great collection of independently owned businesses such as the Granite Steak & Grill, Revolution Taproom & Grill, RiverStones Custom Framing & The Franklin Gallery, and Jetpack Comics to name a few. Our lovely, walkable downtown circles Parson Main Square where outdoor music and activities happen throughout the year.

Rochester offers quality educational experiences from pre-school and kindergarten through adult education. The City offers eight elementary schools, a middle school, a parochial school, Spaulding High School and the Richard W. Creteau Technology Center. Higher education in Rochester includes Granite State College and Great Bay Community College. The University of New Hampshire, located in Durham, is only a short distance from Rochester.

Recreation and entertainment is a top priority in Rochester. The Roger Allen Athletic Park hosts youth baseball, football, softball and soccer leagues as well as Buddy Ball tournaments at Howie's Field of Dreams found at the park. The famous Rochester Fair is the state's longest-running agricultural fair that attracts thousands of visitors to our City in the fall. The fairgrounds also house other popular events during the year. Our beloved Rochester Opera House that was built in 1908, is the only such building in the country that can raise or lower the floor, depending on the event. This venue attracts thousands for many types of live performances including music, dance, theater and a youth summer theater for developing performing artists.



Caroline McCarley
Mayor



Dan Fitzpatrick
City Manager

Downtown Rochester is the core for arts and cultural activities. Rochester is a Main Street community. The Rochester Main Street organization hosts festivals and events throughout the year. In addition to its many business events, the Greater Rochester Chamber of Commerce produces holiday events in December for the community to enjoy.

Industry in Rochester includes global companies that manufacture aerospace components, high efficiency boilers, filtration/separation media, and advanced composite materials. These companies employ hundreds of high tech employees. Several of these companies have expanded and new companies continue to be attracted to the City.

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NH ECONOMIC DEVELOPMENT



A partner in starting & expanding NH businesses

Starting a business is difficult, and making it grow can feel downright impossible. Then for those companies looking to expand, there are unique obstacles that can make some wonder if it's even worth the effort. For those that take on these challenges, the New Hampshire Division of Economic Development is here to help.

Beyond the excellent business climate, NH provides companies of all sizes and industries the hands-on assistance and follow-up most other states cannot offer. Because of this, NH Economic Development, a division of the state's Department of Resources and Economic Development, offers a comprehensive suite of services for those looking to start, relocate, enhance, or expand their business.

Within the division are various groups and affiliated organizations that specialize in specific industries as well as every part of the business cycle:

The business development team at NH Economic Development make sure companies that relocate or expand into NH are placed in the best position to succeed. The team goes on site visits, connects businesses with real estate specialists to optimize space and need requirements, refers them to communities that have economic incentives to relocate, and offers specialized industry data to augment a company's due diligence.

NH Economic Development's business retention team continues to work with companies long after they have made NH home. Consider it a "business concierge." The team refers businesses to workforce opportunity resources, industry- and regionally-specific trade groups, and will be there to answer any questions that come up. There are five team members, who represent specific NH regions, which are available to respond quickly to the challenges that companies face.

In addition, NH Economic Development provides resources in the following fields:

NH Office of International Commerce – For companies that market outside the United States, the OIC is there with the technical expertise to address specific challenges. OIC conducts seminars and webinars, visits companies as needed, and has access to grant funding.

For details, visit www.nheconomy.com/office-of-international-commerce or call 603-271-8444.

Government Contracting Assistance Center – Want to sell to the government? GCAC provides free, confidential services to any NH business at any level of government contracting. Services include market analysis and readiness assessment, website registration, finding bids for a particular product, walking companies through forms, and helping them

understand the numerous and exacting regulations that often come with procurement.

For details, visit www.nheconomy.com/sell-to-the-government or call 603-271-7581.


Office of Workforce Opportunity (NH Works) – From acquiring a workforce to training it, having the people to make a company go is vital. That's where NH Works can offer assistance. The consortium of seven state agencies work together to find needed workers, provide companies with incentives to hire these workers (such as the On-the-Job Training program, which helps subsidize the salary of new employees), and additional incentives for continuing education. All of this, plus the people to help companies walk through the process.

For details, visit www.nhworks.org or call 603-271-7275

In addition, NH Economy works with the NH Manufacturing Extension Partnership, which helps state manufacturers be lean, green, and proficient of the various government regulations that affect their fields.


For details, visit www.nhmep.org or call 603-226-3200

To learn more about how NH Economic Development can help businesses, visit www.nheconomy.com or call 603-271-2591.




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HELPFUL INFORMATION

NEW HAMPSHIRE FACTS

Governor: Maggie Hassan (D)

Capital: Concord (1808)

State motto: Live Free or Die (from New Hampshire Revolutionary War Hero Gen. John Stark)

State seal: New Hampshire's circular state seal depicts the frigate Raleigh, the first ship to carry the American flag into sea battle, encircled by laurel leaves.

Nickname: The Granite State

Settled: 1623

Population: 1,316,470 (2010)

Area: 9,304 square miles (84% of land covered in forests; 18 miles of coastline; 1,300 lakes; 40,000 miles of rivers/streams; 900,000 acres of government-owned park and forest land)

Work force: 738,281 (2011)

Largest cities: Manchester (pop. 109,565), Nashua (pop. 86,494), Concord (pop. 42,695), Derry (pop. 34,539), Dover (pop. 29,987), and Rochester (pop. 29,752)

Taxes: No personal income tax, no sales and use tax, no capital gains tax, no business property tax. Business Profits Tax is 8.5%, Meals and Rentals Tax is 9%. International Commerce: \$4.4 billion in exports (2010)

Climate: Northern/west central average temperature is 41 degrees Fahrenheit; southern average temperature is 46 degrees Fahrenheit.

Highest peak: Mount Washington, 6,288 (highest peak in the northeast U.S.)

Famous citizens: Franklin Pierce, 14th President of the U.S.; U.S. Supreme Court Justices Salmon P. Chase, Harlan F. Stone and David Souter; newspaper editors Horace Greeley and William Leob; 19th century orator Daniel Webster; poet Robert Frost; Mary Baker Eddy, founder of the Christian Science church; astronaut Alan Shepard; Christa McAuliffe, first teacher in space.

State Government: After serving under British rule since it was settled in 1623, New Hampshire became the first among the colonies that had declared their independence from Great Britain to draft a constitution based on the principles of self-government. This constitution, signed into law in 1776, was flawed, however, and in 1778 the first constitutional convention in history met in Concord to begin drafting a new constitution. After several drafts, a new constitution was accepted by the people on October 31, 1783.

State Economy: New Hampshire has an

excellent reputation for being a state that fosters business innovation and a state in which a small entrepreneur can successfully start a business. Thanks to its unique tax environment, void of any broad-based sales or income tax, its outstanding quality of life and its minimal government intervention, New Hampshire continues to attract new projects such as SMC Corporation, PC System Inc. and GN Netcom, that contribute to the state's growing economy.

Tourism in New Hampshire provides thousands of jobs and is a major source of revenue to the state. New Hampshire's lakes, mountains, seashore and North Country wilderness areas provide opportunities for rest, relaxation and economic development for countless people each year.

Historical sites also provide visitors with educational and cultural experiences when they visit the state. New Hampshire has been a host for centuries, from the early visitors to Wolfeboro and Lake Winnepesaukee, to the grand resort hotels of the 1800s to the ski resorts, bed and breakfast accommodations and conference centers of today. The tourism industry brings \$5 billion (2014) in revenue into New Hampshire, while employing more than 61,000 people annually. Visitors travel to the Granite State in all four seasons, summer being the busiest time, followed by autumn, winter and spring. Scenic beauty, outdoor recreation and tax-free shopping are the primary activities enjoyed by these travelers.

The primary: New Hampshire, as the site of the first presidential preference primary election in the nation, takes on special significance during the presidential campaign period. The first step toward New Hampshire's first-in-the-nation status came in 1913 when the state legislature established a presidential primary solely to select delegates to the national nominating conventions.

Chamber Website: www.rochesternh.org

Main St. Website: www.rochestermainstreet.org

Average Temperature: New Hampshire has a changeable climate, with wide variations in daily and seasonal temperatures.

Elevation: 228 feet

Type of Government: City Manager & Council

Police Department: Full-time

Fire Department: Full-time

ROCHESTER CITY CONTACTS

Emergency

Police Department	330-7127
Fire Department	330-7183
Ambulance	332-5211
Poison Information	1-800-562-8236
Frisbie Memorial Hospital	603-332-5211
Public Works Department	603-332-4096

Others

Arena	603-335-6749
Assessors	603-332-5109
Buildings & Grounds	603-332-4096
Business Office	603-335-7602
Chamber of Commerce	603-332-5080
City Clerk	603-332-2130
City Manager	603-332-1167
Code Enforcement	603-332-3508
District Court	603-332-3516
Economic Development	603-335-7522
Finance Office	(603) 335-7609
Health Department	603-332-3976
Historical Society	603-330-3099
Housing Authority	603-332-4126
Mayor	603-335-3431
Motor Vehicles (Concord)	603-271-2251
Public Library	603-332-1428
Planning & Development	603-335-1338
Public Works	603-332-4096
Recreation & Arena	603-332-4120
Recycling & Disposal	603-332-2386
Senior Citizen Center	603-332-7845
Tax Collector	603-332-1136
Water & Sewer Department	603-332-3110
Welfare Department	603-332-3505

Post Offices

20 Allen Street	603-332-1433
70 Main Street (E. Rochester)	603-332-0049
31 Main Street (Gonic)	603-332-5115

ROCHESTER FACTS

County: Strafford

Zip Codes: 03866-8, 03839

City Website: www.rochesternh.net

Population	1970	1980	1990	2000	2010
Rochester	17,938	21,560	26,722	28,563	29,752
Strafford County	70,431	85,408	104,348	112,676	123,143
(Based on US Census Data)					

ROCHESTER

YOUR IDEAL DESTINATION

Rochester, known as The Lilac City, is located in the New Hampshire's seacoast region, and is one of the largest cities in the state. Encompassing over 46 square miles of rolling hills and rivers, Rochester offers an ideal location to live and do business.

A scenic delight in all seasons, Rochester is famous for its lilacs in the spring, blooming flowers in the summer, spectacular autumn foliage and fresh-fallen winter snow.

Rochester continues to be a prospering city combined with the delights of small-town New England traditions. Art enthusiasts can enjoy the talent offered by our local music and theatre groups, art and craft galleries, museum of fine art, summer concert series, music and dance studios and the historic Rochester Opera House, where cultural and civic activities are offered to residents and organizations in the area. Many popular events take place throughout the year including the Rochester Fair, Trick-or-Treat on the Town, Holiday Parade, and many more.

Rochester is known for its skilled labor force which has been instrumental in attracting large companies from all over the world. With eight industrial parks, Rochester is well positioned to attract more companies and offer space for existing companies to expand. Educational centers have been established to help local manufacturers keep their competitive edge with technology advances by offering courses to their employees.

The City is also known for its friendly people who exhibit a strong sense of pride in their community. This great sense of pride is exhibited through its tremendous spirit of volunteerism and caring for others in need as the people of Rochester come together to support many community efforts. Rochester businesses support one another and their community to maintain a strong and vibrant community that attracts good workers.

Rochester is committed to economic development through the combined efforts of the City's dynamic and talented staff and City leaders. Rochester is a Main Street Community with an active downtown group working to enhance and promote downtown businesses. Antiques, art and craft galleries of local artisans, financial institutions, gift shops, and many restaurants can be found in downtown Rochester.

LOCATION

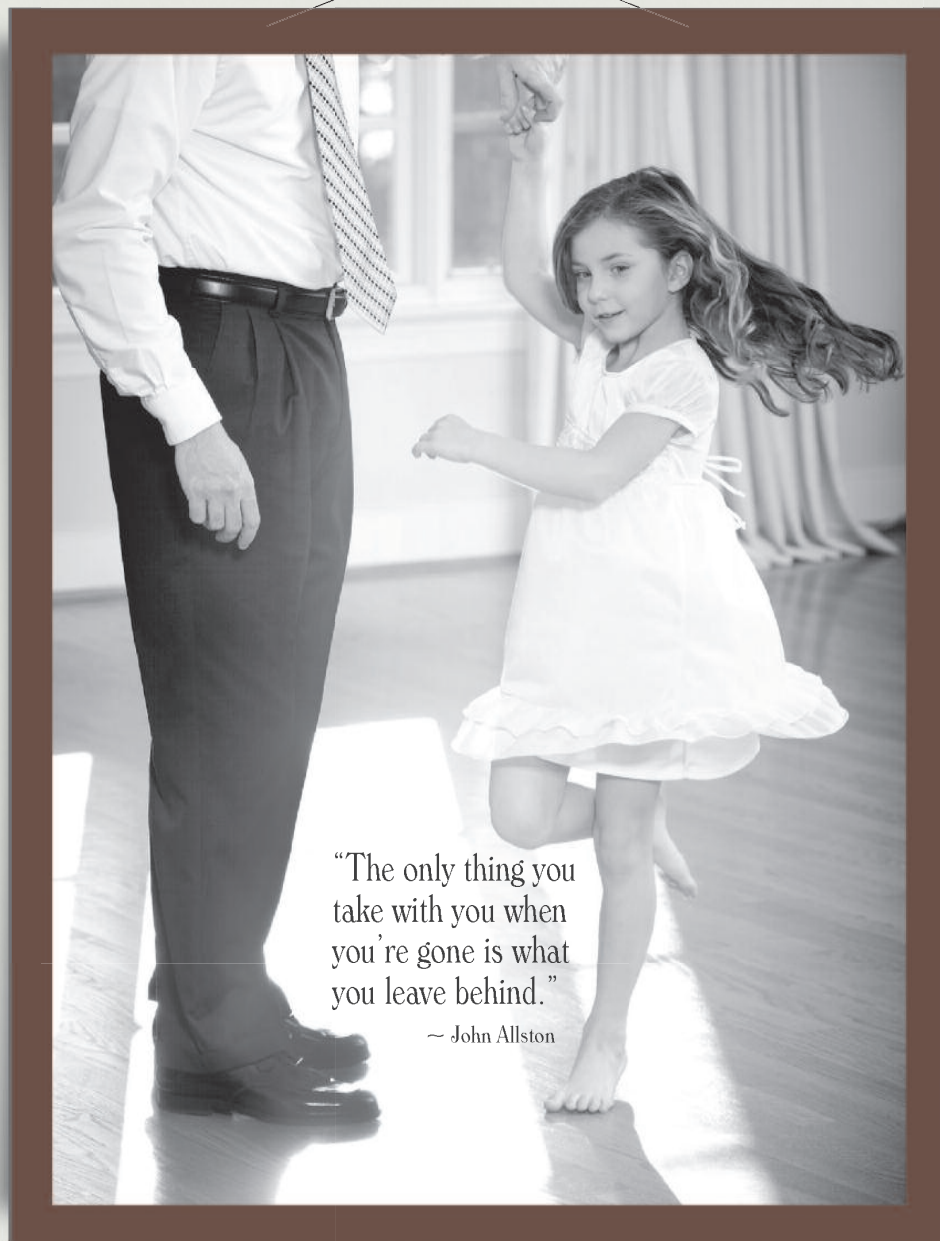
Rochester's convenient location, with several access ramps from the newly reconstructed Spaulding Turnpike, a four-lane highway offering easy access to Pease International Tradeport and the Port of Portsmouth, Logan International Airport in Boston, the Manchester-Boston Regional Airport in Manchester and the Portland International Jetport in Portland, Maine. It also offers convenient access to the lakes, mountains and beaches. Local public transportation is provided by COAST (Cooperative Alliance for Seacoast Transportation) buses which connect Rochester with neighboring communities.

Shopping and Dining in Rochester provides residents in the city and surrounding communities with a variety of dining pleasures, an attractive downtown area as well as several malls and plazas located around the City. Clothing, grocery, home improvement, crafts, department and "big box" stores are found at several plazas and malls throughout the City.

Rochester's growing community is complemented with a wonderful array of affordable housing options from riverfront properties to rural neighborhoods, and hillside homes offering spectacular views.

There is much to do and plenty to enjoy in Rochester. Recreational activities include theater, golf course, driving range, summer music concerts, ball fields, flight instruction airport, paint nights, cross-country skiing, snow shoeing, ice skating, hiking, walking and biking paths, rivers, ponds and lakes. Roger Allen Park in Rochester, is one of the best ballparks in New England. The park offers one football, five softball, five soccer and 10 baseball fields that accommodate youth activities locally and the New England region.

Rochester's widely recognized high quality of life and supportive environment make Rochester the ideal choice for families and businesses to live, work and play.



"The only thing you
take with you when
you're gone is what
you leave behind."

~ John Allston

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Meredith
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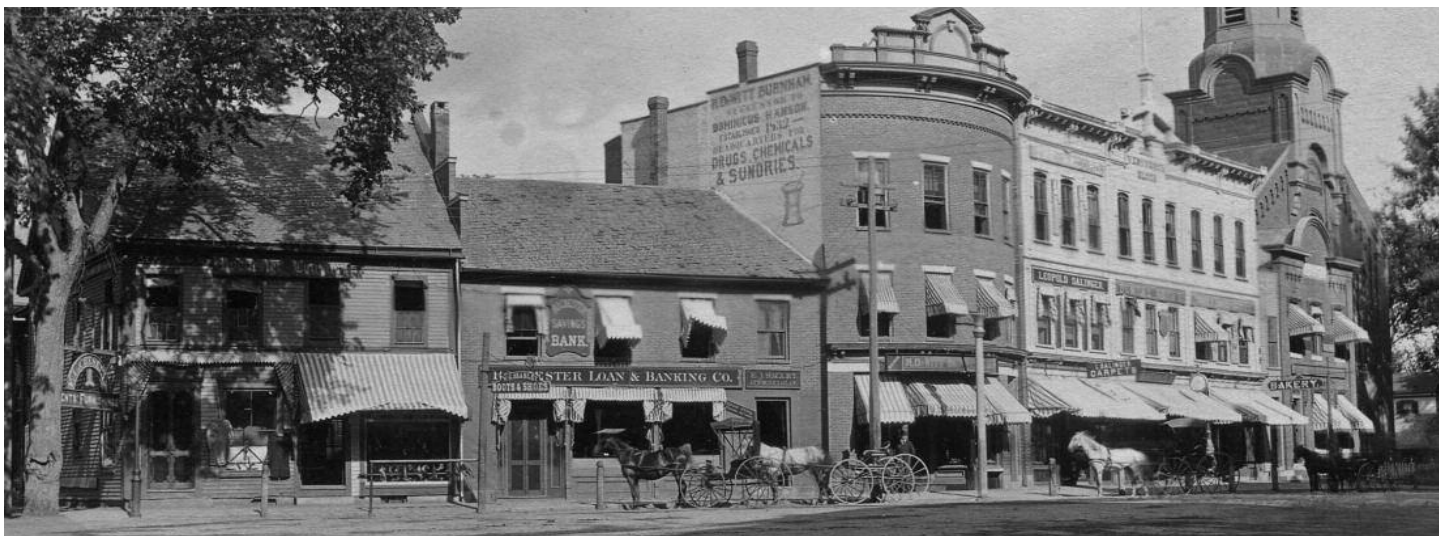
New London
331 Main St.
New London, NH

Peterborough
2-4 Main Street
Peterborough, NH

Rochester
34 Wakefield Street
Rochester, NH

Nashua
188 Main Street
Nashua, NH

ROCHESTER HISTORY



Rochester was originally incorporated as Norway Plains in 1722. The first settlers did not come to stay until 1729 because of fears of Indian raids during King Phillips War. The early settlers struggled through difficult times and Indian attacks. Sixty families settled on and around Haven Hill, now known as Rochester Hill, the center of the early town. One well known settler was the Rev. Amos Main, a greatly honored and beloved minister from 1731 until his death in 1760. In addition to his church responsibilities, he served as doctor, lawyer, and advisor for the area and often traveled long distances away from Rochester. Although he carried his gun as well as his Bible, the Indians had so much regard for his character, he was never attacked. The Parson Main Monument in downtown Rochester was erected in 1896 in his memory.

During the first decades after settlement, lumbering was the main occupation of the settlers. Trees were cut in the Whitehall Swamp for the King's masts and for lumber. In addition to lumbering, economic vitality came to Rochester, due in part to being blessed with three rivers, the Cocheco, Salmon Falls and Isinglass. These rivers provided fertile land for farming and water power for industrial growth.

The 1800s brought major industries such as woolen mills and shoe factories. The demands of the Civil War were responsible for the beginning of the Cocheco Manufacturing Company in East Rochester in 1863 which made woolen blankets for the soldiers. Soon the shoe industry, which began in 1843 with small neighborhood shops, became a large mechanized industry with shoe shops like the Wallace Shoe Company which covered five acres on South Main Street. Other large industries included machine making, box making, and brick-making. By the late 1890s, Rochester bustled with industry, and four major railroads carried out the goods produced and carried in tourists and businessmen. Hanson Street and Main Street became lined with shops and restaurants, as well as several hotels near the train station. Immigrants, especially from Canada, came to Rochester to work.

In 1874, Rochester residents wanted a local fair with agricultural and mechanical displays. Their early efforts enabled them to buy land off Lafayette Street and build Cold Spring Park in 1879. The Rochester Fair has been held there each September since.

Rochester was incorporated as a City in 1891, reflecting its economic success during the industrial boom. In 1892, Charles S. Whitehouse became the first Mayor of Rochester. Rochester is proud to be home to three New Hampshire governors during the industrial years, Samuel Felker, (1913-1915); Rolland Spaulding (1915-1917); and Huntley Spaulding (1927-1929).

Municipal buildings, including City Hall and the Public Library, were constructed in Rochester in the early 1900s. The Opera House, located on the second and third floors of Rochester's City Hall, was the center of Rochester's culture for decades. It is believed to be the only one of its kind still surviving. It is of unique design with slanted balconies, moveable seats and a floor that can be raised and lowered to suit the occasion. Because of its history and uniqueness, major restoration efforts continue to preserve this magnificent treasure.

The depression of the 1930s hit Rochester hard, but by mid-century, Rochester enjoyed the development of a major highway system. The Spaulding Turnpike brought new industry and created urban and suburban growth. The city's commitment to economic development continues to spur growth of manufacturing and high-tech companies. The combination of the quality lifestyle, natural beauty, and economic diversity found here keep these companies calling Rochester their home.

Miles Dustin, who designed and built The Bandstand on the Commons, founded the Rochester Historical Society in 1950. The Society leased a building from the City in 1994 and began to put together the pieces of Rochester's history that members had collected and stored for many years. It is the mission of the Rochester Historical Society to collect, preserve, exhibit, and to research the history of Rochester, Gonic and East Rochester. Devoted members have worked tirelessly to amass the present collection. The Rochester Historical Society's Museum is open to the public each week for viewing of the collection and rotating exhibits, and for research on Rochester. For more information, contact the Rochester Historical Society at (603) 330-3099 or e-mail them at rochesterhistorical@metrocast.net.

ARTS, CULTURE & ENTERTAINMENT



ARTS & CULTURE

Rochester is a thriving arts and cultural community offering a wide array of interests. The City has an active Arts and Culture Commission whose purpose is to implement the Arts and Cultural Resources Master Plan by encouraging public appreciation of the vital contribution of the arts and culture to the community's quality of life.

The Rochester Opera House, nestled inside Rochester City Hall, presents a full performance season of shows for adults, families, students, and teens. Originally open for audiences on Memorial Day 1908, the theatre became Rochester's first entertainment venue. Designed by architect and Rochester, NH native, George Gilman Adams, this magnificent 750 seat theatre contains stunning architectural details including a suspended horseshoe balcony, intricate stenciling, grand proscenium and near perfect acoustics. This historic theatre is the only remaining of its kind, designed with an elaborate mechanism which allows for the floor to be inclined to a raked position for theatrical performances and lowered flat for dances, cabaret seating, and other community events like their Youth Theatre Camps. After a few decades of closure, the theatre was restored by support of the community, countless volunteers, and the City. Since 1998, thousands of patrons have traveled to the opera house from over six-hundred cities and towns in New England and beyond. The Rochester Opera House is a performing arts venue unlike any other in the world and a true jewel of the community.

Celebrating over 40 years of bringing the joy of singing and love of music to the Rochester Community is the **Granite State Choral Society**. Established as the Rochester Community Chorus in 1974, this 64 member group presented a single Christmas performance before a packed house as the dream of a community choral group was born. In 1995, the community chorus voted to incorporate and adopted the name Granite State Choral Society. Over the years, the Choral Society has numbered from 45 to 110 members and has performed at a number of noteworthy events including Rochester's 100th anniversary celebration.

The fifty-five member **Strafford Wind Symphony** performs a variety of music literature from well known favorites to contemporary pieces. The group performs at many different venues in the New England region, including locally at the Rochester Opera House. For more than 15 years, the Strafford Wind Symphony has been chosen as a participant in the Boston Festival of Bands, held annually at Faneuil Hall Market Place in Boston. Their wildly popular summer concert series entertains folks of all ages with toe tapping Patriotic marches and fun, familiar classics and Broadway tunes.

The **Rochester Museum of Fine Arts** is the city's foremost visual arts initiative focused on the presentation and accessibility of fine art. It is a unique volunteer-based organization that serves the community in the following ways:

Their collection includes outstanding examples of contemporary works made by artists from around the world. This wide range of art encompasses a variety of media including painting, sculpture, photography, and works on paper. The collection is on view in the long corridor of the Rochester Community Center. Smaller selections and special exhibitions can be seen at Rochester City Hall and the Public Library. The Carnegie Gallery, at the Rochester Library, features borrowed works on a bi-monthly basis. Each exhibit is free and open to the public. Past exhibits have featured regionally, nationally, and internationally recognized artists.

Their Special Film Screenings, at the Rochester Opera House, feature independent films filled with cinematic creativity from both award-winning professionals and emerging student filmmakers.

RiverStones Custom Framing/The Franklin Gallery, located in downtown Rochester, is a frame shop and art gallery offering quality services to restore and preserve your paintings or treasured art work. The shop hosts monthly exhibits featuring works of many artists, and offers unique items made by local artisans that make great gifts or complement you or your home.

Several dance instruction studios are also located throughout the area.

Sole City Dance, a not-for-profit 501(c)(3) organization in Somersworth, provides a strong technical foundation in dance in a non-competitive, non-judgmental environment, for the encouragement of artistic expression.

Studio 109, Dance Voice & Drama is dedicated to bringing the arts to all of its students. They help to strengthen an individual's talents in the performing arts. Dance classes are offered for both recreation and competitive dancers.

Corinne's School of Dance, Dance 'n Motion 2, Nancy Kelly Breton Dance School and **Right Attitudes** each offer a variety of tap, ballet, Jazz, hip hop, pointe, modern, lyrical and ballroom dancing for students of all ages.

Musical Entertainment

The **Rochester Recreation & Arena** provides a Concert on the Common program – an 8-week summer outdoor music series held July to August offering music from country to jazz to classical. Each summer the concerts kick off the 4th of July with the 39th Army National Guard Band playing patriotic music on July 1 at 7pm.

Rochester Main Street brings the **Music in the Square Concert Series** to downtown each summer. These concerts feature local and seacoast regional performers providing a mix of entertainment including rock, folk, jazz, blues and comedy. Audience members can bring “brown bag” lunch and a lawn chair and enjoy these weekly concerts during the lunch time hour.

Museums

Located in downtown Rochester, the **Rochester Museum of Fine Arts** exhibits a vast collection of contemporary art that is free and open to the public. Art work from around the world is generously donated and is rotated into the collection as it is acquired. New exhibits premier monthly on the first Saturday evening.

To the north of Rochester, one can visit the **New Hampshire Farm Museum** to learn about rural life in New Hampshire. The Farm Museum consists of two adjoining farmsteads on Plummer's Ridge in Milton, New Hampshire. The historic Jones Farm and the Plummer Homestead were passed down in the same families for two centuries. Today the properties are listed on the National Register of Historic Places and consist of 50 acres of field and forest, a working farm, historic houses and barns, a blacksmith shop, a shoe shop and exhibits on agriculture and rural life. The museum hosts special events, programs, and workshops as part of its mission to preserve, understand and carry forward New Hampshire's agricultural heritage.

To the south of the city, families can visit the **Children's Museum of New Hampshire** which offers a blend of art, science and cultural experiences for families. A leader in family, project-based and life-long learning, the Children's Museum is New Hampshire's most visited educational and cultural institution, reaching over 280,000 students from 110 New Hampshire cities and towns, communities throughout New England and visitors from all around the world.

Martial Arts

The Rochester Recreation & Arena provides students of all ages the opportunity to learn the techniques and philosophies of traditional Shotokan Karate. The **Rochester Recreation Shotokan Karate Club** provides members with the means to strengthen themselves both physically and mentally through training. High Kicks Taekwon-Do is also a premier martial arts center located in Rochester. **High Kicks Taekwon-Do** offers a variety of instruction including self-defense, sparring, stretching and aerobics in a non-competitive environment for people of all abilities.

Movie Theater

An entertainment center with a movie theater providing major motion pictures is being planned at The Ridge. Also, just to the south of the city in Barrington, movie-goers will find a 6-screen theater featuring major motion picture screenings daily.

Farmer's Market

The Rochester Farmers Market is a community organization founded to support and encourage local farmers, and provide a venue for them to promote their wares. The Farmer's Market is open Tuesdays, 3:30 to 6:30 pm at the Rochester Commons from June to October.

Arts, Culture & Entertainment

BarnZ's Barrington Cinema www.barnzs.com/barrington	603-664-5671
Children's Museum of New Hampshire www.childrens-museum.org	603-742-2002
Corinne's School of Dance www.corriinesschoolofdance.com	603-335-5643
Dance 'n Motion 2 www.dancenmotion2.com	603-335-4000
Granite State Choral Society www.gschoralsociety.org	207-457-1576
High Kicks Taekwan-Do www.highkidstkd.com	603-534-4133
Nancy Kelly Breton School of Dance www.nkbdance.com	603-332-3541
New Hampshire Farm Museum www.farmmuseum.org	603-652-7840
Right Attitudes www.rightattitudes.net	603-332-6771
RiverStones Custom Framing www.riverstonescustomframing.com	603-812-1488
Rochester Farmer's Market www.rochestermainstreet.org/farmers-market.html	603-330-3208
Rochester Museum of Fine Arts www.rochesterfma.org	207-200-1925
Rochester Opera House www.rochesteroperahouse.com	603-335-1992
Rochester Recreation & Arena www.rochesterrec.com	603-332-4120
Sole City Dance www.solecitydance.org	603-750-7777
Strafford Wind Symphony www.straffordwindsymphony.org	603-749-9246
Studio 109 Dance Voice & Drama www.studio109dance.com	603-335-7022



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ROCHESTER BUSINESS & INDUSTRY A GROWING AND DIVERSE ECONOMY

Rochester is dedicated to growing and diversifying the economic base of the city, and has dedicated volunteers, professional staff and resources towards fulfilling these objectives. The goals of the Rochester Economic Development Commission and the city's Economic Development Department are in sync with each other and provide cohesive leadership in the attraction and retention of business and industry.

The foundation of Rochester's economy rests with the existing businesses, some of which have operated successfully in Rochester for more than 100 years! To insure that these companies continue to grow and thrive, confidential on-site visits are arranged and appropriate local, state or federal resources can be brought in as needed. As an alternative, informational meetings on a particular topic are arranged with business leaders invited to attend. We recognize that most new jobs can and will be created by our existing businesses, and we support

their ability to keep pace in a rapidly changing marketplace.

Attracting new business and industry remains a priority in Rochester, to provide quality employment opportunities and fulfill the demand for goods and services by our rapidly growing and increasingly sophisticated marketplace. Buying power by residents in the Rochester Market Area has never been higher, and we are maturing as a destination for commercial activity in the region. The Granite Ridge Development District is anchored by The Ridge, a new 500,000 square foot commercial and entertainment center developed by Waterstone Retail. A Tax Increment Financing package contributed necessary new infrastructure to the region, enabling development to occur. Our business parks still have room for expansion, and we are the location of choice for businesses seeking quality workforce, low business costs and a vital and energized pro-business climate.



Karen Pollard
Rochester Economic
Development Manager

Small businesses and entrepreneurs thrive in Rochester, and we have developed a strong support network. The City of Rochester has created its low-interest JOB Loan Program to offer financial assistance to small businesses located within the city and who increase employment opportunities. There are also scholarships for entrepreneurs and an Annual Start Up Competition with a \$40,000 prize!

Visit the Rochester Economic Development website –
www.thinkrochester.biz

SPACE AVAILABLE



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Rochester has always been strong in manufacturing and has strengthened our competitive position to attract a diverse group of businesses and industries to balance our economy. Recent expansions and new businesses include: Frisbie Memorial Hospital, Lydall Performance Materials, Albany International, Safran USA, NCS Global, Great Bay Community College ATAC, Thompson Investment Castings, Phase 2 Medical and many more.

Business & Industrial Parks

For more information on available sites and land, please visit www.thinkrochester.biz or call 603-335-7522.

Granite State Business Park is a 200+ acre, multi-use commercial and industrial park. Planned by Matarazzo Design of Concord, NH, the park is designed logically and comprehensively with an emphasis on convenience and

flexibility. The site is intended for light and heavy manufacturing, research and development, warehousing and distribution, office space and service use. Amenities include access to Skyhaven airport and New Hampshire Northcoast railroad, natural gas, new water, sanitary and utility systems. GSBP is the most recent addition to Rochester's collection of industrial parks and currently houses over 350 employees.

Ten Rod Road Industrial Park consists of 73.8 acres and boasts significant highway frontage. This expansive and conveniently located park near Exit 14 of the Spaulding Turnpike is able to accommodate large and small companies with office space, manufacturing and research and development areas.

New Hampshire Northcoast Industrial Park is an ideal location for heavier industries due to its isolated location and superior rail access. North of Exit 16 of the Spaulding Turnpike on NH Route 125.



cheap and efficient alternative energy resource. This “green” industrial park also includes a 100 acre Forest Management Area, a 199 acre landfill, the Mount Isinglas Recreational Area, and a Material Recovery Facility.

Commercial Districts

For more information on available sites and land, please visit www.thinkrochester.biz or call 603-335-7522.

Granite Ridge Development District – Route 11 (aka Farmington Road) is used by many commuters and visitors traveling to and from the Seacoast Region. It is a primary connection by southern New Hampshire with the Lakes Region and portions of Maine. Rochester’s newest prime retail area is anchored by The Ridge, a 500,000 square foot shopping and entertainment center. Granite Ridge is conveniently located just off of Exit 15 of the Spaulding Turnpike. Development parcels are available for commercial, hospitality and office development.

Rochester Crossing & Rochester Crossing East – Opened in Fall 2007, this 329,000 sf open air center features Lowe’s, Kohl’s, Buffalo Wild Wings, PetSmart, JoAnne Fabrics and Staples, with additional retail and restaurants. Exit 13 of Spaulding Turnpike.

Lilac Mall Area – The Lilac Mall was groundbreaking as New Hampshire’s first enclosed mall and features 319,000 sf of retail space. Anchors include Kmart, Starlight Cinema, JC Penney, Hannaford and NH Liquor Outlet. Multiple freestanding shopping opportunities have grown up in the surrounding area.

North Main Street – You would not recognize today’s North Main commercial district from just a few years ago. Multiple redevelopments have given the area a whole new look and feel, with more on the way. The streets will soon be reconfigured due to Turnpike expansion plans.

Route 125 North Commercial Corridor – Neighborhood shopping and local favorites have found success in this corridor. Anchored by Market Basket Plaza, this bustling roadway hopes to see more mid-scale development in the future.

Route 125 South Commercial Corridor – Starting in the Village of Gonic at Exit 12, this corridor has great visibility to more than 20,000 cars per day. Development and redevelopment opportunities exist.

Rochester’s Historic Downtown has also seen a resurgence in new business development. Exciting new ventures have joined the Downtown business community and are supported by the Rochester Main Street Program and more than 100+ volunteers. Fun and interesting newcomers like Revolution Tap Room, Lilac City Grille and Magrilla’s enjoy space near community favorites like Benedict’s Restaurant, the Governor’s Inn & Spaulding Steak & Ale, the Garage, Windjammers Seafood, the China Palace and The Dynasty Restaurant. Add in multiple casual dining options, and Rochester offers a feast of dining choices.

Live music, theater and dancing is also featured in many local businesses, and the jewel in this crown is the Rochester Opera House – celebrating more than 100 years of entertainment in Rochester. Fully refurbished and operational, this gorgeous venue is vibrant economic engine in the community, hosting nationally known politicians, musicians, dancers and theater. The creative economy continues to grow and expand, energizing residents and businesses alike.

Gonic Industrial Park was one of Rochester’s first manufacturing parks and continues to house successful and growing businesses today. One lot available for development.

Gerrity Business & Industrial Park, located in a mixed use area close to Rochester’s downtown, is a 23.6 acre site abutted by the Boston and Maine Railroad on the west side of the property. It currently houses a number of small, thriving businesses and yet to be developed lots.

Crossroads Industrial Park offers 35.47 acres of office/R&D space and manufacturing/warehouse space in a strategic location off Exit 16 of the Spaulding Turnpike.

Turnkey Recycling & Environmental Enterprise (TREE) Industrial Park is a 1,216 acre, environmentally safe property owned by Waste Management. The company offers short- and long-term leases and provides its tenants with landfill gas, a

HELPFUL INFORMATION

EMPLOYMENT & WAGES

Annual Average Covered Employment	2004	2014
Goods Producing Industries		
Average Employment	1,666	1,897
Average Weekly Wage	\$769	\$1,207
Service Providing Industries		
Average Employment	7,998	7,914
Average Weekly Wage	\$614	\$696
Total Private Industry		
Average Employment	9,664	9,811
Average Weekly Wage	\$641	\$795
Government (Federal, State, and Local)		
Average Employment	1,271	1,437
Average Weekly Wage	\$644	\$771
Total, Private plus Government		
Average Employment	10,935	11,249
Average Weekly Wage	\$641	\$792

ANNUAL INCOME, 2014

(Inflation Adjusted Dollars)	
Per capita income	\$27,346
Median family income	\$58,531
Median household income	\$48,114
Median Earnings, full-time, year-round workers	
Male	\$43,859
Female	\$34,365
Individuals below the poverty level	13.5%

(NHES - ELMI) LABOR FORCE

Annual Average	2004	2014
Civilian Labor Force	16,152	16,790
Employed	15,553	16,082
Unemployed	599	708
Unemployment Rate	3.7%	4.2%

(ACS 2010-2014) PERCENT OF WORKING RESIDENTS

Working in community of residence	31.0%
Commuting to another NH community	60.8%
Commuting out-of-state	8.2%

Rochester Major Employers

City of Rochester – with Schools	Municipal Services	1344	1751
Frisbie Memorial Hospital	Health Care	957	1919
Hannaford	Supermarket	464	1963
Albany International	Aerospace Composites	417	1985
Market Basket	Supermarket	342	1986
Eastern Propane & Oil	Energy Services	310	1989
Wal-Mart Supercenter	Retail Services	299	1970
Waste Management	Recycling & Solid Waste	200	1983
Laars Heating Systems	Manufacturing	150	1984

TRANSPORTATION

Road Access

US Routes	202
State Routes	11, 16, 108, 125, 202A

Nearest Interstate, Exit

Spaulding Turnpike, Exits 12-16; I-95, Exit 5

Distance	Local access; 21 miles
Railroad	NH Northcoast
Public Transportation	COAST

AIRPORT

Nearest Public Use Airport, General Aviation

Skyhaven, Rochester

Runway	4,200 ft. asphalt
Lighted?	Yes
Navigational Aids?	Yes

Nearest Airport with Scheduled Service

Manchester-Boston Regional

Distance	46 miles
Number of Passenger Airlines	4

DRIVING DISTANCE TO SELECT CITIES

Manchester, NH	43 miles
Portland, ME	51 miles
Boston, MA	75 miles
New York City, NY	289 miles
Montreal, Quebec	271 miles

(ACS 2010-2014) COMMUTING TO WORK

Workers 16 years and over

Drove alone, car/truck/van	81.4%
Carpooled, car/truck/van	11.1%
Public transportation	1.6%
Walked	2.3%
Other Means	0.8%
Worked at home	2.8%
Mean Travel Time to Work	25.9 minutes



ROCHESTER - A MAIN STREET AMERICA COMMUNITY



The Rochester Main Street Program began in 2003 as the Community Organization for Rochester Enhancement (C.O.R.E.). Originally founded by a group of civic-minded individuals and organizations, the Main Street volunteers continue that strong tradition today as a member of Main Street America network under the auspices of the National Main Street Program.

After becoming a designated Main Street Program in 2006, community volunteers began a comprehensive approach to the revitalization of downtown Rochester into an even better place to work, shop, live and play. Working on a myriad of projects based on a comprehensive model of design, organization, promotion and economic vitality, volunteers have seen an increase in private and public investment and businesses locating in the downtown area and establish signature community events.

The mission statement of Rochester Main Street is "Rochester Main Street Program is a non-profit volunteer organization devoted to the preservation, growth and vitality of downtown Rochester. Participate-Volunteer-Donate!" Volunteers have tackled projects such as the building of Factory Court as an ambient public gathering space, and the restoration of the statue of Parson Main and refurbishment of Central Square in the heart of downtown (where we host an annual "Music On The Square" summer concert series).

This has only been accomplished through strong partnerships with the City of Rochester, Greater Rochester Chamber of Commerce and local organizations, companies and individuals who support the volunteer efforts both philosophically and financially. These partnerships have helped us with events such as the annual Blues/BBQ Festival, October Festival, Zombie Walk, and Free Comic Book Day. Whether you enjoy the colorful flower barrels in downtown or attend special events, it is all due to the efforts of our volunteers.

Rochester is a large urban city with a rural community feel and it is this sense of community and helping out that keeps us moving forward. As a downtown with a burgeoning arts, dining and entertainment district, Arts and Cultural Commission, Rochester Museum of Fine Arts, and the home of the historic Rochester Opera House, we are fast becoming a destination for local residents and visitors to the southern

New Hampshire region. Come to downtown Rochester for choices in fine and casual dining, unique shopping, to enjoy a show, stroll the Riverwalk, and enjoy a quintessential New England small city downtown.

For more information on the Rochester Main Street Program, to volunteer or find assistance in relocating your business, please visit our office at 18 South Main Street, Suite 2B, or call 603-330-3208, or email director@rochestermainstreet.org. Information on downtown Rochester businesses, events, gift certificates or collectible items can be found on our website at www.rochestermainstreet.org.



GREATER ROCHESTER CHAMBER OF COMMERCE

Greater Rochester Chamber of Commerce Representing Business

Mission:

The Greater Rochester Chamber of Commerce is organized to advance and promote the general welfare and prosperity of its members and to enhance the quality of life in the area.

Celebrating Nearly 90 Years of Opening Doors to Business Opportunities

The Greater Rochester Chamber of Commerce is an active, non-profit business membership organization comprised of business and professionals working together for nearly 90 years dedicated to fostering a favorable economic climate for the greater Rochester area in which to live and work.

The Chamber represents its member businesses, which range from one-person businesses to large corporations. The organization is voluntarily financed through annual membership investments made by its members based on the size of the business and through a number of fund-raising activities.

The Chamber is governed by a dedicated volunteer board of directors and managed by a courteous and professional staff. A number of committees dedicated to maintaining and growing the Chamber, monitoring and advocating issues of concern to its members and developing programs and events to help members obtain exposure and increase business contacts are the strengths of the organization.

Chamber Publications

Mission:

Promote and provide information to members and the general public.

1. Issue monthly digital newsletter to communicate activities to the membership.
2. Develop annual Business Referral Directory.
3. Develop Rochester area Street map that includes northern Strafford County.
4. Publish a Rochester Community Magazine/E-Book to assist in promoting residential and commercial growth in Rochester.
5. Update and issue relocation packages to new and prospective residents.
6. Maintain and update Chamber's web site.
7. Promotion of Chamber Discount Card program to increase business of members providing discount offerings and to promote participating members to the public.
8. Maintain and update Rochester Dining Guide to promote dining options in Rochester.
9. Maintain and update Rochester Special Events Guide to promote annual events taking place in the City.

10. Maintain and update Legislative Guide to promote local, regional, state and federal representatives and their contact information.
11. Maintain Chamber social media pages with daily posts on Chamber happenings, member news and activities on Facebook, LinkedIn and Twitter.

Chamber Events & Fund Raisers

Mission:

To provide and implement annual membership events and fund raisers, that provide members with business opportunities, community events and where members can unite socially.

1. Organize and conduct Annual Meeting Breakfast to introduce new board members and highlight annual goals of the organization.
2. Chamber Showcase to educate members on committees, events and activities conducted by the Chamber.
3. Organize and conduct Annual Dinner Dance & Awards Banquet.
4. Annually award Chamber Business Leader of the Year and Rochester Citizen of the Year.
5. Conduct annual Community Business Expo to promote businesses in a trade show format.
6. Conduct annual Chamber Raffle fund raiser offering promotional benefit to members.
7. Organize and conduct Golf Simulator tournament in the Winter, annual Golf Tournament in the Spring and 9 Hole Golf Social in the Fall.
8. Organize and conduct Chamber Raffle and Bash fund raiser and provide a casual and entertaining evening with ticket purchasers.
9. Work with seacoast area chambers to organize annual Seacoast networking or educational events to provide an opportunity for our members to increase business.
10. Conduct annual membership appreciation day - Operation Thank You.
11. Organize and conduct annual Holiday Tree Lighting to bring in the holiday season. Organize and conduct annual Rochester Holiday Parade.
12. Work with other organization(s) to promote community events.





Laura Ring
President/CEO



Caitlyn Marble
Office/Events Manager



www.facebook.com/RochesterChamber



www.linkedin.com/company/greater-rochester-chamber-of-commerce



www.twitter.com/GRCCNH

Chamber Staff

Chamber staff members work with the Board of Directors to set policy and establish guidelines to meet the goals and objectives of the organization. They continually meet with the Board and committees to evaluate programs and activities, develop the annual budget and lead volunteers. They see that members are regularly provided with information pertaining to businesses; help promote business members through Chamber publications and programs; refer members only; and manage the day-to-day operations.

CHAMBER LEADERSHIP

Board of Directors

The Board of Directors is responsible for the governance and policy-making for the organization. They are responsible for establishing procedure and formulating policy. They control the organization's property and are responsible for its finances and for the direction of its affairs. Chamber Directors are individually and collectively responsible to the Chamber membership.

2016 Officers

Chairman of the Board

T.J. Jean, The Gafney Home

Chairman-Elect

Matt Beaulieu, Service Credit Union

Vice Chair Membership Development

Diane DeVries, True Marketing Communications

Vice Chairman, Governmental Affairs

Heather Tacconi, Tacconi Law, LLC

Vice Chair, Events & Fund Raisers

Keith Newton, D.F. Richard Energy

Treasurer

Kristy Methot, Holy Rosary Credit Union

Immediate Past Chairman

Mark Farrell, Laars Heating Systems

2016 Directors

Anne Brown, Daystar, Inc.

Steve Cates, Waste Management

Troy Dillow, Bernier Insurance

Mike Hagan, Hagan's Motor Pool

Greg Hopkins, HBL Group, LLC

Michelle Landry, Frisbie Memorial Hospital

Kathleen Lewis, Eversource

Janet Oliver, Unifit

Derek Peters, Kittery Point Construction & Development

Bill Powers, Bill Powers Painting

Leslie Simpson, Bank of New Hampshire

Mark Zoeller, Keller Williams Coastal Realty-Zoeller Realty Group

CHAMBER COMMITTEES

MEMBERSHIP DEVELOPMENT DIVISION

Ambassador's Committee

Through personal contact with new and non-participating Chamber members, assist in membership retention efforts; communicate with members and generate member involvement.

Membership Development Committee

To plan, devise and execute strategies and actions to increase the membership base.

BUSINESS & COMMUNITY DEVELOPMENT DIVISION

Leadership Greater Rochester

To facilitate knowledge and develop leadership connections in the greater Rochester area.

Public Relations Committee

To develop and maintain a positive image for both the Chamber and Rochester through coordinated public relations efforts.

Special Functions and Events

Plan and implement annual membership and community events to provide a community service, an opportunity for members to unite socially, promote members, increase visibility and raise funds for the Chamber.

GOVERNMENTAL AFFAIRS DIVISION

Governmental Affairs Council

Represent and advocate members' interests and concerns to local and state governmental and regulatory organizations, provide educational candidate forums and provide opportunities for constructive participation between the public and private sectors regarding issues that affect the economic well-being of the community and businesses in the greater Rochester area.

CHAMBER MEMBER BENEFITS AND SERVICES

There are many ways Chamber members can take advantage of membership.

ADDITIONAL BUSINESS MEMBERSHIP

Members can receive a \$100 discount on additional businesses they have at least 50% ownership in and receive all the benefits of the primary membership.

ADVERTISING

As a member, you are provided with several advertising and sponsorship opportunities to receive business exposure through any of our events and publications.

BUSINESS AFTER HOURS

An event co-sponsored by the Greater Rochester Chamber of Commerce and a member firm for the purpose of showcasing a business' facility and products and services. It is also an opportunity for members to gather to network and make business contacts.

BUSINESS REFERRALS

The Chamber receives numerous inquiries for information on local businesses. Only members are referred.

BUSINESS REFERRAL DIRECTORY

The Chamber publishes a directory which lists all member businesses and business categories free to members.

BUSINESS RESOURCE CENTER

In addition to the Chamber offering valuable resources to its member businesses, the Chamber building houses the Rochester Main Street office on the second floor to provide assistance to downtown businesses.

CERTIFICATES OF ORIGIN

The Chamber provides Certificates of Origin that are needed to certify the country of origin before a product can be exported.

CHAMBER DISCOUNT CARD

A free advertising benefit for member businesses wishing to promote themselves through discount offerings. These members are promoted on the website year-round and they are given a window decal to display at their business.

Chamber Discount Cards can be purchased for only \$5.00 each by anyone by contacting the Chamber office or ordering them online.

CHAMBER SPOTLIGHT SHOW

Chamber members are eligible to have their business showcased and featured several times in a given month on Rochester Community Channel 12 courtesy of your Chamber and MetroCast.

COMMITTEE INVOLVEMENT

Members and their employees can get involved with Chamber committees which provide an opportunity to meet other businesses and increase business contacts.

COMMUNITY CALENDAR (ONLINE)

The Chamber provides an online Community Calendar to provide residents and visitors with information on upcoming community events. Community organizations are encouraged to post their community events on the Chamber's Community Calendar.

CONSTANT CONTACT

Chamber members receive a discount on their Constant Contact subscription. Use this email marketing program to promote your business.

DINING GUIDE

The Chamber provides an Online Dining Guide on the Chamber's website which lists Member restaurant's contact information and provides a map indicating their locations. A Rochester Dining Guide is also published to promote dining options in and around the City. Visit the dining guide at www.rochesternh.org.

EMAIL BLAST PROMOTION

The Chamber offers its members the opportunity to submit articles to be included in Chamber Member News e-blasts, at no charge, that are emailed twice per month. Or for a small fee, you can provide us with a jpeg flyer and URL Link that we will email to members.

ENHANCED MEMBERSHIP WEBSITE LISTING

Members are given the opportunity to enhance their online membership listing for an annual fee of \$100. Enhanced listings allow members to upload a website ecard, photo gallery, search photo logo, YouTube video, expanded 1600 character business description, up to 20 key words and more.

GOVERNMENTAL AFFAIRS

The Chamber represents the unified voice of Northern Strafford County's business community to our elected officials whose decisions impact business.

INQUIRY LIST

The Chamber receives inquiries from people who are interested in visiting or moving to the Rochester area. Each month a list of all inquiries received are sent to subscribing members.

INFORMATION CENTER

Members may supply the Chamber office with brochures and/or business cards for display where businesses, residents



and visitors can obtain them. In addition, the Chamber displays and distributes community information including magazines, maps, bus schedules, calendars, relocation packages, postcards and tourist attraction brochures.

JOB POSTINGS

Members can post their job openings on the Chamber's website free of charge. Postings will automatically be published on the website and our social media pages.

LEADERSHIP GREATER ROCHESTER

The Chamber is developing a Leadership program, for the northern Strafford County region, to foster leadership and development of community connections in the greater Rochester area and the state. Class members will come from various professional backgrounds and gain a wealth of education and experience.

MEMBERSHIP LIST & LABELS

Members can purchase a hard copy or electronic version of the Chamber's membership mailing list and/or address labels for a minimal fee. A complimentary membership mailing list is emailed to new members upon joining.

MORNING MINGLE

A casual and facilitated networking opportunity for a member business to showcase their facility, products and services. It also provides an opportunity for members to gather and make business connections.

NEW BUSINESS WELCOME PACKAGES

Members may provide promotional items to include in the Chamber's Welcome to Rochester packages that are distributed to new businesses in Rochester.

NEW MEMBER PRESS RELEASE

The Chamber provides new members with a New Member Press Release tool which captures the most important information about your business, which is then sent to the local print media.

NEWSLETTER

The Chamber publishes and forwards the electronic UPDATE newsletter on a monthly basis to inform members of upcoming events, programs, committees, member news, legislative updates, etc. The newsletter also provides an advertising opportunity for members to promote their business by providing flyers to be inserted in the newsletter.

NOTARY SERVICE

The Chamber has a New Hampshire State authorized Notary Public in the office during business hours for your convenience.

PROFESSIONAL & DEDICATED STAFF

Your Chamber has a team of professional and dedicated staff members here to provide you with information and help you promote your business. Staff members are available every day to assist members with whatever needs they may have.

PROGRAMS & SEMINARS

Programs feature a variety of topics of concern to area businesses.

PUBLICATIONS

The Chamber publishes and distributes community information and publications, in both print and electronically, including a Business Referral Directory, Community Guide, Demographic Profile, Legislative Guide, Northern Strafford County Street Maps, Rochester Dining Guide, Relocation Packages, and Rochester Special Events Guide.

RELOCATION PACKAGE ADVERTISING

Members are provided the opportunity to promote their business to potential residents interested in relocating to the area.

RIBBON CUTTINGS/GROUNDBREAKINGS

Free advertising opportunity coordinated by the Chamber that is available to members in order to advertise their ground breakings, grand openings, anniversary, etc. in the local newspapers.

SCHOLARSHIP PROGRAM

As a benefit of Chamber membership, member employees and the children of those employed at a member business are eligible to apply for a Chamber scholarship that is awarded during a student's second year of attendance at a full-time college, university or technical school. Members are given the opportunity to donate towards the fund by becoming a Chamber Scholarship Champion and receiving recognition.

SOCIAL MEDIA

The Chamber uses social media outlets to communicate with members and the general public about what's going on at the Chamber. Like us on Facebook at www.facebook.com/RochesterChamber, follow us on Twitter at www.twitter.com/GRCCNH, or connect on LinkedIn at www.linkedin.com/company/Greater-Rochester-Chamber-of-Commerce.

TESTIMONIAL ADS

The Chamber offers members the opportunity to have their business in the spotlight on the Chamber website, Chamber Facebook page, newsletter, and Rochester Community Channel 12 by offering a testimonial. Tell us how being a Chamber member has helped your business succeed and how you, or your employees, have become involved in Chamber committees or activities.

WEB SITE

All members are promoted FREE on the Chamber's mobile-friendly website on their Business Referral Directory and in other areas appropriate to their business at www.rochesternh.org. Members are also provided with the opportunity to increase their presence on the website by upgrading to an Enhanced Membership Listing.

YOUNG PROFESSIONALS GROUP

The Greater Rochester Young Professionals Group (GRYP) is designed for young professionals in the area, between the ages of 21 and 35, who meet in a casual setting while networking with others and building their contact base. The group meets on the third Tuesday of each month. Monthly meetings include tours of Rochester facilities, guest speakers speaking on topics decided by YOU, and networking at member restaurants.

ROCHESTER HOUSING OPTIONS



Rochester's natural beauty, quality of life and employment opportunities attract new residents each year. Careful planning is conducted to ensure that the City continues to grow while preserving these wonderful attributes. The Seacoast metropolitan area which includes Rochester, has been ranked among the top ten best places to live in America based on several categories including economy, education, health care, short commute to work, most desirable livability, and housing. The Seacoast area has been described as the best-kept secret, living amid New England charm and a favorable economic climate.

Depending on the lifestyle you prefer and your budget, Rochester offers a wide array of affordable housing options. Whether you enjoy riverfront, higher areas with spectacular views, rural or suburban neighborhoods, Rochester has much to offer residents. Fine Victorian homes and colonial residences combined with new single-family and executive-style homes, condominiums, apartment complexes and mobile home parks fit a number of lifestyles.

For those who prefer to rent, single and multi-family homes, modern condominiums, apartment complexes and mobile homes provide a wide selection of rental options. Various housing options are also offered by the Rochester Housing Authority, a local agency that provides assistance in housing options to those with lower incomes. A number of retirement homes and assisted living facilities with the security of on-site comprehensive care services and activities for the elderly are offered. Many locally based real estate and property management firms who are familiar with the City and surrounding communities are available to assist potential residents match their specific housing needs.



Melissa
LESNIAK

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C: 603-475-7476

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Real Estate Contacts

Bald Eagle Properties www.bowlakerealestate.com	603-817-0551
Better Homes & Gardens Real Estate The Masiello Group www.massiello.com	603-335-4663
Brady Sullivan Properties www.bradysullivan.com	603-622-6223
CBRE-Portsmouth www.cbre-portsmouth.com	603-427-1333
Colliers International/New Hampshire www.colliers.com	603-433-7100
Compass Home Inspections, LLC www.compasshomeinspection.net	603-973-4768
Elm Grove Realty www.elmgrovecompanies.com	603-836-4414
Executive Properties www.executiveproperties.com	603-335-3008
Highfield Commons www.highfieldcommonsnh.com	603-413-6175
Home Sweet Home Realty www.nhhomesweethome.com	603-664-9090
Hourihane Cormier & Associates www.hcarealestate.com	603-332-9500
The Kane Company www.netkane.com	603-430-4000
Keller Williams Coastal, Lakes & Mountains Rod Jablonski www.rjablonski.kw.com	603-923-1191
Keller Williams Coastal Realty The Lesniak Home Team www.lesniaknometeam.com	603-610-8571
Keller Williams Coastal Realty Spielestate www.spielestate.com	603-923-8421
Keller Williams Coastal Realty Zoeller Realty Group www.zoellerrealtygroup.com	603-817-4113
McGroen Partners, LLC www.mcgroenpartners.com	603-332-6551
Mid-City Realty	603-455-9178
North & South Property Advisors www.northsouthre.com	603-664-0181
Pease Development Authority www.peasedev.org	603-427-0433
Re/Max Realty Group www.MaximizeYourJourney.com	603-948-1600
Rochester Crossing-The Wilder Company www.rochester-crossing.com	603-393-8300

Rochester Housing Authority www.rhanh.org	603-332-4126
RSA Realty, LLC www.rsarealty.com	603-332-1100
Spaulding Avenue Industrial Complex www.spauldingave.com	603-731-0196
Strafford County Board of Realtors www.scrb.org	603-330-3131
Waterstone Retail www.waterstoneretail.com	781-559-3301

Apartments/Condominiums

Brook Farm Village Condo Rentals www.bfvcondorentals.com	603-332-9200
Brookside Place Apartments www.brooksideplace.com	603-335-6673
Cornerstone Court Adult Community www.cornerstoneadultcommunity.com	603-332-4808
Country Brook Apartments www.countrybrookapartments.com	603-332-8444
Partridge Green Apartments	603-332-8852

Mobile/Modular Homes

Lilac Property Management www.lilacpmr.com	603-335-2393
New Style Homes www.newstylehomes.com	603-332-0545

Retirement Community

Cocheco River Estates www.toysmanufacturedhousing.com	603-335-2276
Tara Estates Retirement Community www.taraestates.mhvillage.com	603-332-4030

Assisted Living

The Gafney Home www.gafneyhome.org	603-332-2705
Rosewood Manor, LLC www.assistedlivingrochesternh.com	603-335-3966
Wentworth Home www.wentworthhome.org	603-742-7406

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Great Bay
Community College



EDUCATIONAL ADVANTAGES

Rochester offers a comprehensive and well-balanced array of public and private educational programs, from pre-school and kindergarten through adult education.

The public school curriculum focuses on basic academic skills and its eight elementary schools, while also preparing students to become productive, responsible citizens and neighbors. While maintaining the academic emphasis, Rochester Middle School introduces students to a broader curriculum, encourages more independence and a greater degree of responsibility. Spaulding High School offers a comprehensive program that includes a full complement of math, sciences, fine arts, English and foreign languages, vocational and technical education, Air Force R.O.T.C., social studies, business, and physical education. After-school and before-school tutoring is provided for at all levels. The District is focused on improving student's reading skills, with the goal of 90% of third grade students reading on grade level.

Spaulding High School, widely regarded as one of the most beautiful high school facilities in New England, is accredited by the New England Association of Schools and Colleges. The school serves full-time students and offers adult education programs to the community for job retraining, vocational education, Adult Basic Education, computer and a wide variety of special interest. Academics are complemented by a full range of extracurricular activities including drama, sports, music, vocational clubs and planned social events. The school offers a Freshman Academy for all Ninth Grade students. This provides an introduction to high school programs and increases the chances of student's long-term success.

The **Richard W. Creteau Regional Technology Center** is an integral part of Spaulding High School as well as a component in the Tri-City Region, which includes Rochester, Somersworth and Dover. The Technology Center offers Career and Technical Education programs in business, graphic arts, drafting, electronics, machine trades, health occupations, child care, automotive repair, woodworking, power mechanics, and family consumer science.

Rochester schools benefit from such organizations as the Parent-Teacher Organizations, various booster clubs, and music boosters that help raise funds for various school activities.

St. Elizabeth Seton School is a Kindergarten (full-day or half-day option) through Eighth Grade Catholic School located in the heart of Rochester. Their mission is to celebrate Catholic identity and to foster academic excellence in students. Through mutual respect, each student is encouraged to be a responsible, faithful, contributing member of the community. SESS is accredited by the New England Association of Schools and Colleges. Before and After school Care programs are staffed by their own teachers and offer Financial Aide to qualifying families.

Tri-City Christian Academy, located in nearby Somersworth, serving families with children from Beginners (age 3) through High School, was established to edify Christian believers and to fulfill the Great Commission. From its beginning in 1985, the school has been an integral ministry of Tri-City Covenant Church.

St. Thomas Aquinas High School, located in nearby Dover, serves numerous families of many faiths (grades 9-12). St. Thomas strives to guide young men and women toward goals that are noble, faith-based, and aimed at serving their fellow human beings. St. Thomas serves families from more than 60 communities in the Seacoast area. Tuition assistance is available.

Berwick Academy, located in nearby South Berwick, Maine, is an independent coeducational country day school, grades K-12 serving the Seacoast area of southern Maine and New Hampshire.



In three divisions that are separate but coordinated for the continuing development of the student (Lower School, Middle School and Upper School), Berwick Academy establishes a learning partnership between the student and teacher that encourages the development of curiosity, creativity and academic excellence. New highlights at the Academy are the Kozlowski Athletic Facility, Kindergarten Facility and a Science Facility.

Education for students with special needs, handicaps and learning disabilities are offered.

Monarch School of New England is a day school that serves children and young adults with significant disabilities, ages 5 – 21. Students here are seen for their abilities – for their capacity to learn and to grow. A nurturing environment is offered in which to develop individualized programs for each of our 51 students. They use an internal, collaborative model, integrating education and therapy for students challenged by autism, physical disabilities, traumatic brain injury, hearing and vision impairment, developmental disabilities, emotional challenges, multiple disabilities, and rare genetic, sensory processing and speech / language disorders. Their goal is to work with students, address their educational challenges, and in an appropriate timeframe, transition them to their home school or on to work.

Seacoast Learning Center in Rochester, servicing southeastern New Hampshire and southern Maine tutors dyslexic children one-on-one to remediate their individual needs free of charge. The tutoring is performed by educators using Orton-Gillingham clinical techniques.

A number of **child care facilities** are also located through the City. Child development centers in Rochester vary in size offering progressive curriculums and the latest advancements for preschools.

Higher Education

Rochester schools provide continuing education opportunities. In addition to continuing education courses, two-year

Associate degrees to four-year Bachelor degrees and higher education programs are available through accredited institutions such as the University of New Hampshire in Durham; Granite State College in Rochester; Great Bay Community College at the Pease International Tradeport and a satellite facility in Rochester.

Granite State College (GSC) is New Hampshire's public college for adult learners of all ages. Since 1972, GSC has provided statewide access to higher education to more than 50,000 students—online and at nine community based Academic Centers, including Rochester. Flexible bachelor and associate degrees, as well as post-baccalaureate teacher certification programs, meet the needs of both employers and working adults. Known for its small classes, affordable tuition, and supportive faculty, GSC is a leader in offering innovative online degree programs.

With over 111 years of experience in providing quality career-oriented degree programs, **Great Bay Community College**, located at the Pease International Tradeport with a satellite campus in Rochester, is a two year school that is part of the New Hampshire Community College system. GBCC provides accessible, student-centered, quality higher education programs for a diverse population of students seeking career, degree or transfer opportunities. The Rochester campus will also house a NH WorkReady Center and the Composites Learning Lab to support employment expansions at local companies including Safran, Albany and other advanced composite manufacturers such as Spaulding Composites, Lydall Industries and Turbocam.

The **University of New Hampshire** (UNH) in Durham encompasses an area of over 1,700 acres. Founded in 1866 and its beginnings as an agricultural college, UNH quickly transformed. Many of its creative systems and technological designs can be found all over the world and beyond including NASA. UNH is not only a land-grant institution but also a designated sea- and space-grant University, and is among the top-tier research institutions nationally. The University is made

up of dozens of academic departments, interdisciplinary institutes, and research centers that attract students and faculty from around the world. As state-of-the-art facilities are built to support academic growth, and new residence and dining halls are built to meet the growing popularity of campus life, the University continues to rest lightly on the Durham landscape. Some 13,000 students and hundreds of faculty and staff live and work amid the rolling hills and riverbeds of one of the most beautiful campuses in the nation.

Rochester Public Library

The Rochester Public Library is a vital part of the Rochester community, offering a full range of print, digital, and electronic material. A variety of innovative programs are available for children and adults at no charge. You can visit the library on Facebook, or at their website at www.rpl.lib.nh.us. Patrons can download eBooks and audio books, access online databases, and search the catalog from home. While at the Library, visitors can connect to the wireless internet, use numerous resources such as Freegal, and browse the Library's collection of over ninety thousand books, audio books, movies, newspapers, and magazines. The Library staff works hard to meet the needs of the community by providing access to a wealth of educational and recreational material.

Public Schools

Rochester School Dept. (Superintendent)	603-332-3678 www.rochesterschools.com
Adult Education	603-332-6550
Bud Carlson Academy	603-332-3768
Chamberlain Street School	603-332-5258
East Rochester School	603-332-2146
Gonic School	603-332-6487
Maple Street School	603-332-6481
McClelland School	603-332-2180
Nancy Loud School	603-332-6486
Richard W. Creteau Regional Technology Center	603-335-7351
Rochester Middle School	603-332-4090
Rochester Public Library	603-332-1428 www.rochesternh.net/rochester-public-library
School Street School	603-332-6483
Spaulding High School	603-332-0757
William Allen School	603-332-2280

Private Schools

Berwick Academy	207-384-2164 www.berwickacademy.org
St. Elizabeth Seton School	603-332-4803 www.sesschool.org
St. Thomas Aquinas	603-742-3206 www.stalux.org
Tri-City Christian Academy	603-692-2093 www.tcca-nh.com

Special Education

Monarch School of New England	603-332-2848 www.monarchschoollne.org
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Other

Seacoast Learning Center	603-335-6779 www.seacoastlearningcenter.org/
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Child Care Centers

Emmanuel Child Care Center	603-332-5353 www.emmanuelacc.net
Rochester Child Care Center	603-332-9333 www.rochesterchildcare.org
St. Leo Children's Center	603-332-9840
YMCA of Strafford County	603-332-7334 www.graniteymca.org

Adult Education

Adult Learning Center of Strafford County	603-742-1030 www.doveradultlearning.org
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Post-Secondary Education:

Granite State College	603-332-8335 www.granite.edu
Great Bay Community College	603-427-7650 www.greatbay.edu
University of New Hampshire	603-862-1234 www.unh.edu





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POPULATION

Median Age
41.5



48 %
Male

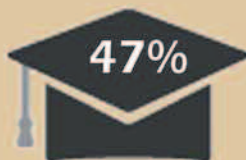


53%
Female



54%
Unemployment
Decrease

EDUCATION



Associate &
Bachelors
Degrees



Advanced
Technology &
Academic Center

Magnet
Schools

Your future



We're good for business!

Southern NH

Business & Retail
Destination

re is here!



MARKET DATA

No Sales
Tax

\$3 Billion
Consumer
Demand

200,000+
Marketplace
Population

HOUSING



29%
Property
Value
Increase



\$48,114
Household
Income

INVESTMENT



\$45 Million Active
Infrastructure
Projects



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Rochester is proud of the many excellent health care facilities, dedicated physicians, skilled nurses and technicians that are available to meet the health care needs of the community.

There's a wide range of health care services are available to residents of Rochester and surrounding communities.

Frisbie Memorial Hospital

Frisbie Memorial Hospital has been providing health care services for nearly one hundred years. Its long-standing commitment to improving community health began in 1916. Before Frisbie's incorporation in 1919, Eagle Hospital - with only ten beds, one physician and four nurses - provided the health care services to the greater Rochester community. In 1929, Dr. Jesse Frisbie left the greater part of his estate to fund a new, better-equipped hospital to meet the increased demand for medical services. Today, Frisbie Memorial Hospital is licensed for 112 beds in all-private rooms. The hospital employs a staff of more than 1,000 with 700 full-time employees and offers a broad range of medical, diagnostic, and surgical services with access to over 230 physicians providing over 30 specialized medical services. In addition, Frisbie's primary and specialty care department, Physician Practice Services, has offices located in Rochester, Farmington, Barrington, Sanbornville, and Somersworth, NH. Frisbie also has one of the region's only hospital-based Geriatric Psychiatry programs dedicated to care for patients age 65 years and older with mental and behavioral health issues.

Frisbie Memorial Hospital continues to be a trusted healthcare provider in the greater seacoast region, having earned national honors for outstanding patient care, patient safety, quality medical services, as well as being recognized as a healthy workplace for promoting the health and wellbeing of its employees by the American Heart Association. In 2015, Frisbie Memorial Hospital's Center for Wound Care and Hyperbaric Medicine was recognized as a Center of Excellence for the fourth consecutive year - the only wound center in New Hampshire to earn this prestigious award four years in a row.

Skyhaven Surgical Center

Frisbie Memorial Hospital's newest affiliation is a 16,000-square-foot outpatient surgical center featuring 13 patient recovery rooms and four post-anesthesia care unit bays. The Center combines the latest technology and surgical advancements to ensure patient comfort and speedy recovery. Outpatient procedures are performed by a team of surgeons with expertise in the areas of Otolaryngology, Orthopedics, Urology, Gastroenterology, and Podiatry.

Granite State Lab

Open in 2013, Granite State Lab is the only lab draw station in Rochester that offers low-cost laboratory services to anyone with a physician order. Open at 6:30am and located right off Exit 13 on the Spaulding Turnpike, Granite State Lab is also the area's most convenient lab option.

Seacoast RediCare

Seacoast RediCare was established in 1984 as an occupational health and urgent care center to assist local employers in improving employee health, productivity, and injury prevention, and to fill the gap in services between the family physician and the emergency room. The center provides patients with immediate walk-in care, helping to avoid high cost emergency room visits.

Community Health Education

Frisbie offers a variety of learning opportunities including health promotion and wellness programs, prenatal and maternal education classes, support groups, healthy cooking demonstrations, and chronic disease education.

During the 2014/2015 school year, Frisbie Smiles visited 14 elementary schools to provide free in-school dental hygiene check-ups and dental health and nutrition education to over 1,400 students (grades 1 - 3) of which nearly 1,100 students received free dental screenings. In 2015, 187 sealants were applied to 24 children. Frisbie Smiles has expanded into six communities to meet families' increasing dental needs.

Frisbie Smiles was highlighted in the American Hospital Associations 2016 collection of innovative programs, Community Connections, which features the various ways hospitals across the nation provide for and benefit their community.

Health Care Support Services

Health care support services are given to assist community members in accessing information and services. Frisbie Memorial Hospital provides the following support services to the greater Rochester community:

Patient Care-A-Van Transportation Services –Frisbie Memorial Hospital's Patient Care-A-Van provides transportation services to its patient community. In 2015, over 5,400 patients living in Rochester, Gonic, Barrington, Farmington, and Somersworth utilized its Patient Care-A-Van services. In 2015, the hospital added a third van to meet the transportation needs of its patient community.

The **Goodwin Community Health Center**, located on Route 108 in Somersworth, provides integrated, comprehensive, quality healthcare, serving all in the community, payment for which is based on ability to pay. Goodwin Community Health Center makes it affordable for local people to access the wellness services and quality primary care that lead to good Physical, Dental, and Mental Health.

ConvenientMD Urgent Care in Dover, offers high quality, affordable treatment for patients in a broad scope of injuries and illnesses. Open 7 days/week, 9:00 am to 9:00 pm, no appointment needed. A number of programs to benefit employers are also offered including pre-employment screenings, physical exams, work injury to keep employees safe and healthy while saving money.

Community Partners, Behavioral Health and Development Services of Strafford County, provides comprehensive community-based services for residents of Strafford County, New Hampshire who have developmental disabilities. As the designated Community Mental Health Center, Developmental Services Provider and Family Support Center for the region, Community Partners offers a wide variety of services across the lifespan.

A number of home health facilities offer a variety of health care services in the patient's home following an illness or injury.

Cornerstone VNA is a non-profit home, health and hospice agency currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and support services through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For more than 100 years, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care.

The Homemakers Health Services is a full service, charitable health care agency which provides compassionate, professional, comprehensive and cost effective visiting nurses, physical and occupational therapy, home health, home support, adult medical day care services and community wellness programs to adults throughout Strafford and parts of Carroll and Rockingham Counties in NH.

Skilled nursing home facilities, respite, long-term care and hospice services are available in Rochester and surrounding



communities to residents and their families for those with disabilities, long-term and terminal illnesses.

Wentworth Homecare & Hospice, an Amedisys partner, helps you recover from surgery or illness, or living with a chronic disease and can make hospital visits shorter and less frequent with home-based skilled nursing, rehabilitation, and chronic disease management.

Colonial Hill Center, a Genesis healthcare facility, offers skilled nursing and rehabilitation therapy to adults of all ages who need short-or long-term care. They also provide respite care for people whose primary, at-home caregiver is temporarily unavailable. In addition to a range of post-acute care, rehabilitation and specialty medical services, Colonial Hill Center strives to meet the social needs of their patients and residents through recreational programs that include musical entertainment, craft activities, field trips, transportation to local businesses and special events. The center's lovely outdoor areas provide patients and residents with peaceful settings to enjoy with family and friends.

Rehab 3 at Frisbie Memorial Hospital's South Main Street Campus, located in downtown Rochester, offers outpatient physical therapy, occupational therapy, Speech-Language pathology, and aquatic therapy. Specialty programs include Vestibular/ Balance Rehab, Women's and Men's Health Programs, and Arthritis Self-Help Course to name a few. At the hospital, Frisbie provides inpatient rehabilitation as well as a Cardiac Rehab Program.

Rochester Manor Rehabilitation Center, a Genesis healthcare facility, is a 108-bed skilled care center located in Rochester. General services include short-stay rehab, long-term care, respite and hospice services. They provide quality health care, rehabilitative and support services to patients and their families.

The Gafney Home is one of the most successful and unique health care facilities on the New Hampshire seacoast providing exceptional long-term care in an intimate setting. The Gafney Home is a non-profit, supportive, assisted-living and residential care facility with services that are always designed to meet the needs of its residents.

Wentworth Home, located in Dover, NH, provides assisted retirement living and offers three levels of care that are specifically tailored to individual needs with the ability to transition from Independent, Assisted, and Added Care Services.

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Health Care Facilities

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Alliance for Dental Care www.alldentalcare.com	603-332-7300
Aspen Dental www.aspendental.com	603-330-0006
Associates in Family Dentistry www.seacoastsmiles.com	603-332-7800
Athletic Instinct www.athleticinstinct.com	603-923-8356
Barrington Family Eyecare www.barringtonfamilyeyecare.com	603-664-8005
Barrington Family Practice & Walk-In Care www.frisbiehospital.com	603-664-9003
Colonial Hill Center-Genesis Healthcare www.geneshicc.com	603-335-3955

Community Partners

Behavioral Health & Developmental Services www.communitypartnersnh.org	603-749-4015
ConvenientMD Urgent Care www.convenientmd.com	603-742-7900
Coppola Physical Therapy Farmington www.coppolapt.com	603-839-1034
Cornerstone VNA www.cornerstonevna.org	603-332-1133
Dave C. Pak, DMD, MD, PA www.seacoastoralsurgery.com	603-332-0818
East Rochester Family Dentistry www.eastrochesterfamilydentistry.com	603-332-8868
Eyesight Ophthalmic Services www.eyesightnh.com	603-332-3041
Family Care of Farmington www.frisbiehospital.com	603-755-9801
Family Care of Somersworth www.frisbiehospital.com	603-692-3115
Faulkner Teguis Orthodontists www.braces4main.com	603-332-3360
Frisbie Memorial Hospital www.frisbiehospital.com	603-332-5211
The Gafney Home www.gafneyhome.org	603-332-2705

Garrison Family Dental	603-742-8844
Goodwin Community Health www.GoodwinCH.org	603-749-2346
Granite State Lab www.granitestatelab.com	603-330-7057
Homemakers Health Services www.thehomemakers.org	603-335-1770
Interventional Spine Medicine www.nhpain.com	603-664-0100
Jordan Family Eye Care www.visionsource-jordanfamilyeyecare.com	603-335-6666
Lahey Institute of Urology www.lahey.org/urology	603-742-5011
Lilac City Pediatrics www.lilaccity.com	603-335-8631
Rehab 3 @ Frisbie www.rehab-3.com	603-330-8952
Richard M. Farina, DMD www.richardfarinadmd.com	603-332-5429
Rochester Eye Care Associates www.visionsource-rochestereye.com	603-332-8569
Rochester Hill Family Practice www.frisbiehospital.com	603-335-2401
Rochester Manor Rehabilitation Center www.geneshicc.com	603-332-7711
Rochester Pediatric Associates	603-332-0238
Seacoast RediCare www.frisbiehospital.com	603-692-6066
Skyhaven Internal Medicine www.frisbiehospital.com	603-330-3404
Skyhaven Surgery Center www.skyhavensurgery.com	603-923-4604
Sound Advice Hearing Centers www.soundadvicehearingcenters.com	603-335-4880
Stefan H. Wittner, DMD, PA	603-332-0106
Tranquility Wellness Service www.tranquilitywellnessservices.com	603-319-4685
Wentworth Home www.wentworthhome.org	603-742-7406
Wentworth Homecare & Hospice www.amedisys.com	603-742-7921
Willem Verweij & Assoc. Physical Therapy www.wvphysicaltherapy.com	603-335-4700
Women's Life Imaging www.womenslifeimaging.com	603-742-6673



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LIFE CARE - PRIVATE DUTY

HOSPICE CARE

COMMUNITY CARE

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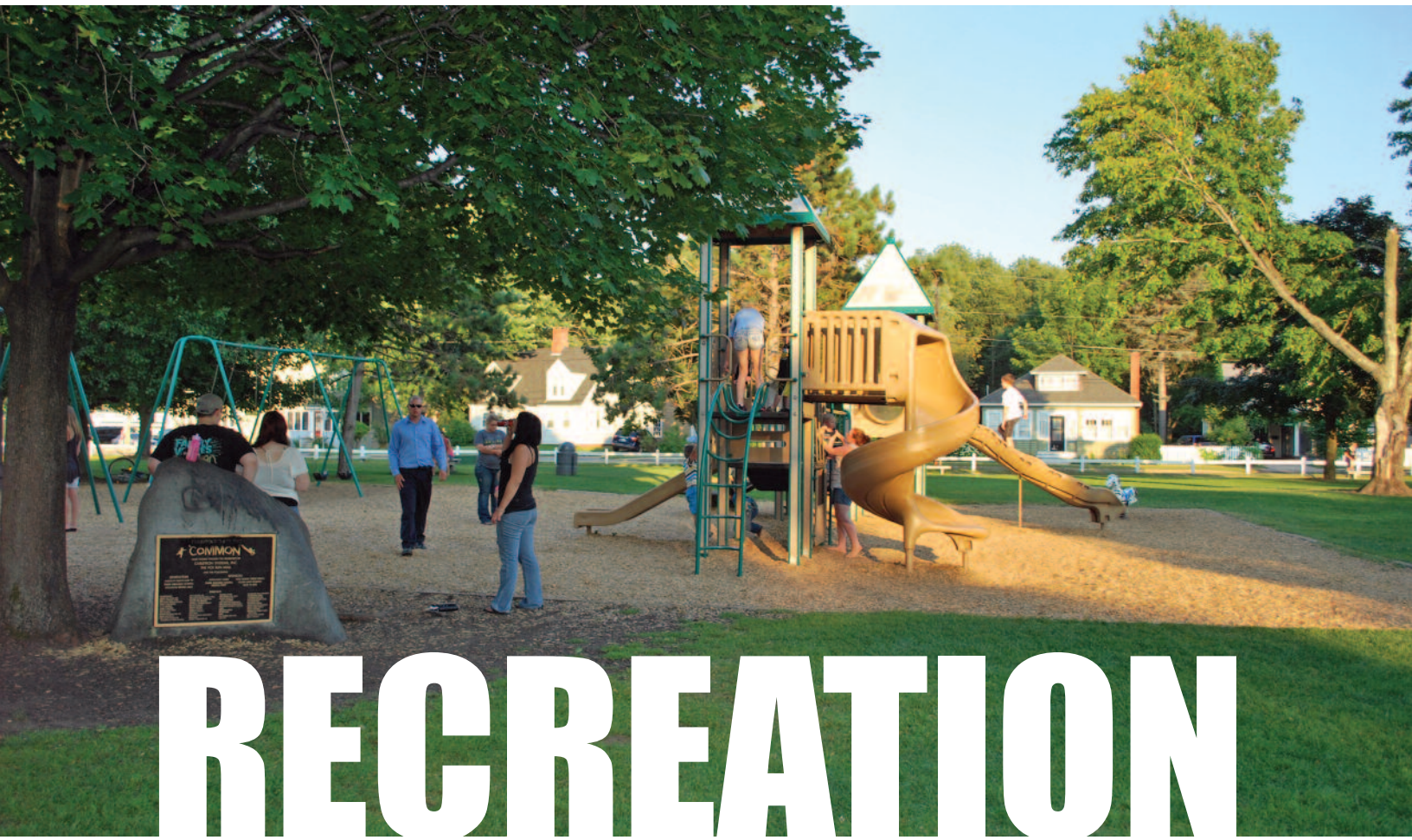
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- MoveWell Today Diabetes Exercise Program
- Itsy Bitsy Sports •Archery
- Group and Personal Training
- Summer Camps, and more!



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Rochester
603.332.7334
www.graniteymca.org



Rochester is home to a multitude of recreation offerings. Through public, private and a variety of non-profit agencies, there are facilities, programs, activities and resources to meet just about any need desired. Rochester is fortunate to have valued amenities such as; public parks, playgrounds, sport fields, gymnasiums, picnic areas, pools, indoor skating rink, health clubs, dance studios, golf course, senior citizen center, hiking trails, open land and conservation areas, arts and cultural venues, as well as many more.

The **City of Rochester Department of Recreation & Arena** Mission Statement reads: "Rochester Recreation & Arena is committed to providing programs, services and facilities that promote a healthy lifestyle and foster meaningful community connections." A full gamut of programs and facilities support this statement. Rochester Recreation & Arena offers facilities for all ages and demographics within the community. A three court basketball gymnasium, and indoor ice arena with fitness studio, hundreds of acres of public parks and open space, four outdoor swimming pools, six tennis courts, hiking trails, fifty acre disc golf course and other resources all help to generate significant program opportunities. To see a full listing of Rochester Recreation & Arena programs, please visit www.rochesterrec.com.

The **YMCA of Strafford County**, at its new facility in Rochester, offers a state-of-the-art health and fitness center for teens, adults and seniors. The YMCA offers comprehensive programs for youth and helps adults and the entire family become healthier and more active. The YMCA offers a state-of-the-art early childhood education center for preschool children, a new youth and teen center and afterschool program, large multipurpose room/Kidz gym for children's sports and fitness classes. The YMCA of Strafford County is a community leader in offering high quality summer day camp programs. Camp Coney Pine is accredited by the American Camp Association and is conveniently located in Rochester, New Hampshire on 19 wooded acres. Three different day camps are offered that provide a wide variety of activities and fun. Activities include archery, arts & crafts, drama, environmental enrichment, group games, high/low ropes course along with daily swimming make for a summer full of learning and exercise in a fun setting. Before and after care, bus transportation, swim lessons, and specialty areas are offered at no additional cost.

Roger Allen Park, located on Chestnut Hill Road in Rochester, is one of the best ballparks in New England and was developed by citizens of Rochester. The land was donated by Roger Allen, and the fields were developed by a volunteer effort. The field boasts five softball, ten baseball, five soccer, and one football field that accommodate youth softball, baseball, football, soccer and many other activities for youth in the city and the New England region. The park hosts many state and regional tournaments for youth sports. A playground for children is also offered in the park that is open to the public. Roger Allen Park is also home to the area's first "Buddy Ball" field, Howie's Field of Dreams. "Buddy Ball" is designed for players ages 5-20 who are either physically and/or mentally challenged. Through a state-of-the-art bambino field equipped with a special rubberized turf, a "buddy" helps these special needs athletes with swinging a bat, rounding the bases and catching a ball. The Buddy Ball program allows special needs athletes to develop confidence and self esteem while allowing them to become part of an organized team.

Rochester Rotary Club Charities officially embarked on the challenge of making this dream a reality by raising nearly \$300,000 to construct the field and necessary amenities such as handicap parking and restroom facilities. Roger Allen Recreation Association also partnered with the Rochester Rotary Club on the project by donating the land for the field.

Monsignor Giles Simard Babe Ruth Field, a field donated by Monsignor Giles Simard, is located on Brock Street in Rochester. Baseball games for 13-15 year-olds are held during the May 1 to July 31 season and older adults utilize the facility after the season ends.

The historic **Rochester Commons** offers a walking path around the perimeter, ball field, and a playground complete with up-to-date equipment. In the summer months, families enjoy outdoor movies and summer concerts at the Commons.

Several walking and biking paths are enjoyed in the area during the spring, summer and fall months.

Hanson Pines recreational area offers an outdoor pool and bath house, playground, 2 basketball courts, skateboard park, and well-defined wooded walking trails.

Mount Isinglass Recreational Area, part of the Waste Management Turnkey Recycling & Environmental Enterprises in Gonic, offers 3 well marked nature trails along the Isinglass River. Open year-round, this recreational facility is used for hiking, biking, fishing, swimming, and picnicking in the summer and ice skating, cross-country skiing, and snowshoeing in the winter. Dog lovers can also enjoy walks at Rochester's Dog Park located off Rochester Neck Road in Rochester. Hundreds of miles of trails in the Seacoast area are also available for equine enthusiasts.

Health clubs are found in Rochester and neighboring communities that are complete with up-to-date fitness equipment and programs, weight rooms, sauna, swimming pool and more.

Golf enthusiasts enjoy the Rochester Country Club, a public, 18-hole golf course complete with a grillroom, function hall and pro shop, as well as several golf courses found in neighboring communities including Nippo Lake Golf Course in Barrington, The Oaks Golf Links in Somersworth and The Links at Outlook in South Berwick, Maine. Double Eagle Golf Center in Rochester is available for those wishing to practice their swing.

Disc Golf courses are available in Rochester. Squamanagonic Disc Golf Course is located at the Squamanagonic recreation area at 53 Hansonville Road in Gonic. This popular activity is also available at the Salmon Falls Disc Golf Course, located off of Salmon Falls Road on Bernard Road in Rochester.

Flight instruction is available in Rochester by Rochester Aviation, a general aviation flight school based out of the Skyhaven Airport. Skydiving instruction is offered just over the border at Skydive New England in Maine.

Families can also travel to Hilltop Fun Center in neighboring Somersworth complete with a miniature golf course, batting cages, arcade, go kart, laser tag and driving range.

Several campgrounds are located in and around Rochester for those who wish to enjoy the outdoors, swimming, boating, fishing, hiking and a variety of family activities.

Recreation Information

Amazon Camping Area	603-332-9829
Ayers Lake Campground	603-335-1110
www.ucampnh.com/ayerslake	
Babe Ruth Baseball (ages 13-15)	603-332-3997
www.baberuthleague.org	
Barrington Shores Camp Ground	603-664-9333
www.barringtonshores.com	
Corinne's School of Dance	603-335-5643
www.corinnesschoolofdance.com	
Crown Point Campground	603-332-0405
www.crownpointcampground.com	
Dance 'n Motion 2	603-335-4000
www.dancenmotion2.com	
Double Eagle Golf	603-948-2037
www.doubleeagledrivingrange.com	
Flat Rock Bridge Family Resort	207-339-9465
www.flatrockbridge.com	
Grand View Camping Area	603-332-1263
www.grandviewcamping.com	
Happy Times Squares	603-509-2639
www.happytimesquares.org	
High Kicks Taekwan-Do	603-534-4133
www.highkickstkd.com	
Howie's Field of Dreams (Buddy Ball)	
www.howiesfieldofdreams.org	
Little League Baseball	603-332-1073, 332-3649

Little Raiders Football (Middle School Age)	603-332-8924
www.eteamz.com/redraiders	
Merrymeeting River Camping	603-859-4811
www.merrymeetingriver.com	
Mi-Te-Jo Campground	603-652-9022
www.mi-te-jo.com	
Monsignor Gilles Simard Babe Ruth Field	603-335-3564
Nancy Kelly Breton School of Dance	603-332-3541
www.nkbdance.com	
Nippo Lake Golf Course	603-664-7616
www.nippolake.com	
The Oaks Golf Links	603-692-6257
www.theoaksgolflinks.com	
Planet Fitness	603-335-8600
www.planetfitness.com	
Right Attitudes	603-332-6771
www.rightattitudes.net	
Rochester Area Senior Center	603-332-7845
Rochester Aviation	603-479-6845
www.skyhavennh.com	
Rochester Country Club	603-332-0985
www.rochestercc.com	
Rochester Girls Softball	603-396-5016
Rochester Ice Arena	603-332-4120
www.rochesterrec.com	
Rochester Recreation & Arena	603-332-4120
www.rochesterrec.com	
Rochester Recreation Shotokan Karate Club	603-312-8414
www.RRSKC.com	
Rochester Runners Club	
www.rochesterrunnersclub.wildapricot.org	
Rochester Volleyball	603-335-2045
Rochester Youth Football (ages 8-12)	603-332-0994
www.eteamz.com/rochesteryouthfootball	
Rochester Youth Hockey	
www.rochesterblackhawks.com	
Rochester Youth Soccer Association	603-335-7886
www.rysa-nh.com	
Roger Allen Recreation Association	603-833-0848
Salmon Falls Disc Golf Course	603-493-2695
www.salmonfallsdiscgolfcourse.com	
Seacoast Fencing Club	603-330-3223
www.seacoastfencingclub.org	
Seacoast Gymnastics Center	603-332-9821
www.seacoastgymnastics.com	
Seacoast Titans Youth Football (ages 7-15)	603-332-0994
www.eteamz.com/rochesteryouthfootball	
Skydive New England	207-339-1520
www.skydivenewengland.com	
Skyhaven Flying Club	
www.skyhavenflyingclub.org	
Sole City Dance	603-750-7777
www.solecitydance.org	
Squamanagonic Disc Golf Course	603-332-4120
www.facebook.com/SquamanagonicDiscGolfCourse	
Studio 109 Dance, Voice & Drama	603-335-7022
www.studio109dance.com	
The Links at Outlook Golf Course	207-384-1008
www.outlookgolf.com	
The Works Health Club	603-742-2163
www.theworkshealthclub.com	
YMCA of Strafford County	603-332-7334
www.granitemymca.org	

ROCHESTER COUNTRY CLUB

18 Holes OPEN TO THE PUBLIC

**Multiple Golf Membership Options
Alliance Memberships/Benefits
with Nippo Lake Golf Club**

PGA Golf Instruction

Indoor Golf Simulators • Full Restaurant

Function & Outing Dates Available

Beautiful Wedding Venue



94 Church Street, Rochester, NH 03839

Pro Shop 603-332-9892

Restaurant 603-332-1395

Email: info@rochestercc.com

www.RochesterCC.com



NIPPO LAKE GOLF CLUB

18 Holes OPEN TO THE PUBLIC

Various Golf Membership Choices

**Alliance Memberships/Benefits
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PGA Golf Instruction

Amazing Views • Full Restaurant

Function & Outing Dates Available



"It's Where Your Friends Are."

88 Stagecoach Road, Barrington, NH 03825

Pro Shop 603-664-7616

Restaurant 603-664-2030

Email: nlgc@nippolake.com

www.NippoLake.com



ROCHESTER PUBLIC SAFETY



Rochester Police Department

The prime mission of the Rochester Police Department is the protection of life and property. This is accomplished through fair and equal enforcement, always keeping in mind the rights and dignity of the public. The basis of all police action is the law and the credibility of the agency. The measure of their service will be judged by the public in the way they deliver service. All personnel are held to a high level of ethical practices. This mission can be achieved through crime prevention, public relations and community policing.

Vision Statement - To reduce crime and improve the quality of life through continuous community engagement.

Value Statement - *Dedication* - To serving the public to the best of our abilities; *Pride* - In ourselves, department, and community; *Integrity* - Always doing the right thing, even when no one is looking.

Overview - Our major service responsibilities are:

To protect life and property through an effective partnership with the public and to address the needs and concerns of citizen customers.

The Operation of a uniformed patrol force responsible for routine investigations and the general maintenance of law and order.

The Operation of an Investigations Bureau divided into specialty sections investigating crimes and disorder.

The prevention and control of juvenile delinquency through a juvenile officer, court diversion, and school resource officers and coordination of community agencies interested in crime prevention.

The operation of a state-of-the-art communications center staffed 24-hours per day by specially trained personnel dispatching police, fire and EMS calls for service.

Our philosophy of community policing is accomplished through the Rochester United Neighborhoods or RUN program. This is ward-based policing to enhance participation and to build partnerships that strengthen relationships within the community.

Comp stat is a process we use to manage crime and quality of life. We collect, analyze, and map crime data and other essential police performance measures on a regular basis, and hold police managers accountable for their performance as measured by these data.

The Police Department is committed to offering the best service to the residents and visitors to the City, which can be accomplished through our community policing philosophy, advanced technology and partnerships with our citizens.

The development of positive relationships to improve public trust and confidence is rooted in our community policing





philosophy. This is accomplished by engaging the community through the many different programs implemented by the department.

Outreach programs include:

- Bridging the Gaps
- Citizens Police Academy
- Community Engagement Officer
- Crisis Intervention
- DARE Program
- Diversion
- Explorers
- Housing Officers
- Monthly Newsletter
- National Night Out
- Project Good Morning
- Rochester United Neighborhoods
- School Resource Officers
- Social Media; i.e. face book
- Teen Night

The Rochester Police Department has a staff of 60 sworn officers and 30 civilian staff, including seasonal school crossing guards. The governing body that oversees the department is an elected Police Commission. Their role is to hire, promote and fix the compensation of police officers; and to make all rules and regulations for the government of the police force and to enforce the same.

The Rochester Police Department utilizes cruisers, motorcycles, bicycles and foot patrols to police the city on a 24-hour basis. The City has a well-established K9 team certified in tracking and drug detection. In Strafford County, you will also find cooperation and collaboration is the norm to maximize the service to our citizens. Two examples of that include our participation in the Strafford County Regional Accident Reconstruction Team, and the Strafford County Regional Tactical Operations Unit.

It is the vision of the Rochester Police Department to continue to be a model police department in constantly improving the quality of services rendered. Find out more about us by visiting our website at www.rochesterpd.org.

Rochester Fire Department

The Rochester Fire Department serves the Lilac City with Pride and has a very dedicated staff of firefighters. The firefighters are well trained on state-of-the-art equipment and apparatus. The department consists of 38 full-time firefighters and officers, with 40 on-call members and one full-time administrative assistant. Firefighters respond to countless types of emergencies throughout Rochester from two stations, making responses throughout the City quick and efficient.

The City just recently placed an order for a 100' Aerial Tower Truck to increase our rescue and firefighting capabilities.

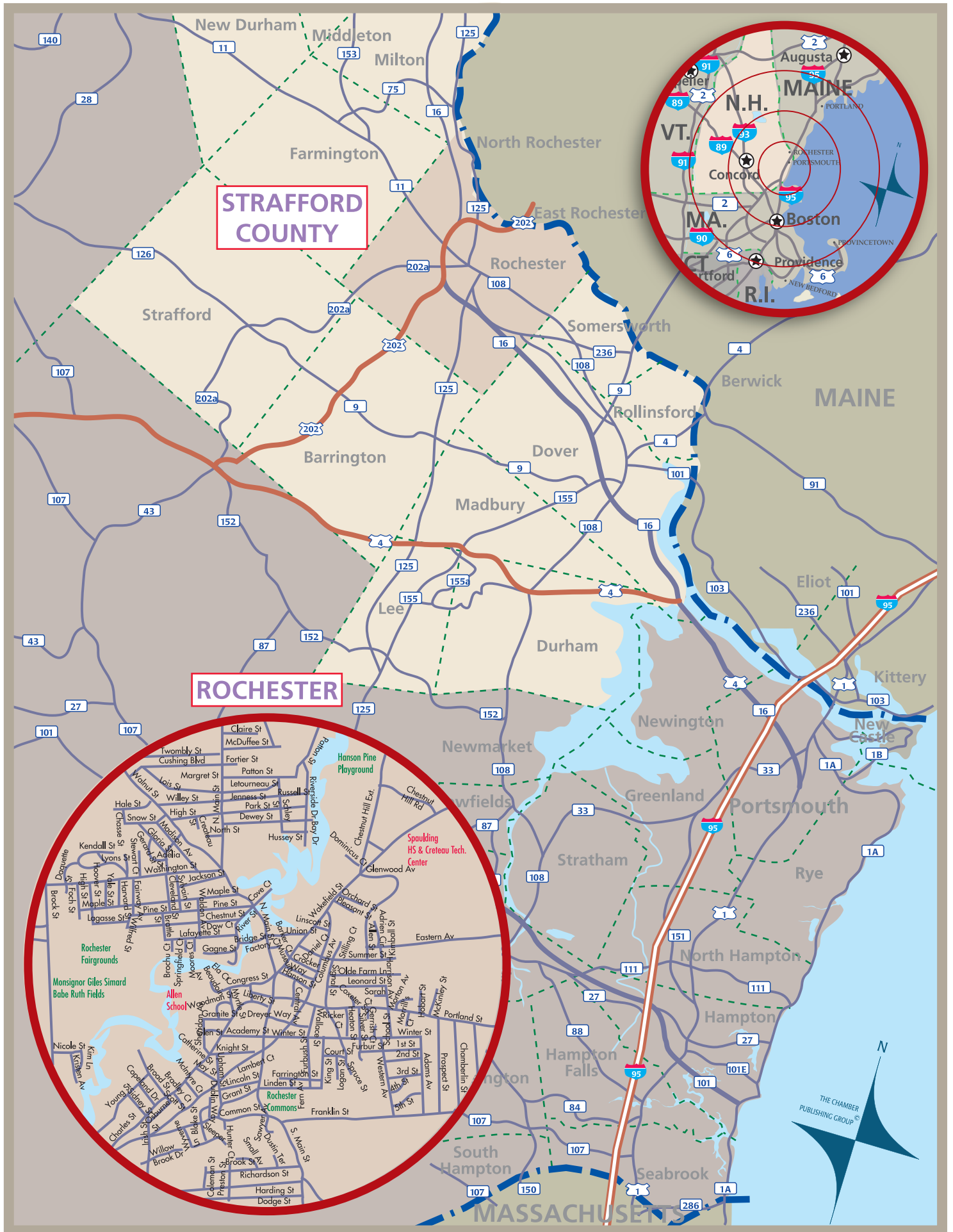
Our well-trained force of professional firefighters can respond to emergencies with as many as five pumpers, one tanker, one 110' aerial ladder, one heavy-duty rescue unit, one forestry unit and one utility pickup truck. Additional vehicles include, two command vehicles and one fire prevention/investigation unit, to insure that every possible emergency can be managed with care.

The Fire Department just completed a new Emergency Operations Center with State-of-the-Art equipment. This new Emergency Operations Center will serve the community during any disaster within the City or Region.

The Fire Department is very proactive and visible in the Community with various events and fire prevention exercises. These include fire safety classes for children, the annual Holiday Parade and Fire Prevention Open House. Additional activities include the annual Rochester Fair, and various other activities upon request.

The primary mission of the Rochester Fire Department is to provide a range of programs designed to protect and maintain the quality of life within the City of Rochester through Fire Prevention, Fire Suppression and Rescue activities.

The Rochester Fire Department has a website that can be visited at www.rochfd.org.





SPECIAL EVENTS



ROCHESTER SPECIAL EVENTS

Rochester celebrates every season with a number of special events. Events in the spring include National Free Comic Book Day produced by JetPack Comics. Comic book enthusiasts can stop by a number of downtown businesses including Jetpack Comics. Each venue will have something fun going on including special guests and characters while each business will have free comics. Rochester Recreation and Arena orchestrates a city wide clean up in conjunction with Rochester Main Street with over 200 volunteers covering approximately 22 miles of road conducting sweeping, planting and pruning projects in the downtown area. The Chamber of Commerce presents a Community Expo at the Rochester Arena displaying over 70 businesses in a trade show format and a Taste of the Chamber with several local restaurants providing samplings of their food items. To remember those that have fallen, a Memorial Day parade takes place in downtown, coordinated by the Rochester Veterans Council. And a great event not to be missed, the Rochester Police Department presents a family-friendly Wings & Wheels event at Skyhaven Airport with children's flights, stunt shows and more.

Summer is busy with a number of outdoor events taking place. Rochester Main Street provides their Music in the Square Series with musical entertainment taking place downtown during the lunch hours on Fridays from June through August. Phantom Gourmet BBQ & Country Music Fest comes to Rochester with a number of BBQ vendors from around the world, complete with musical entertainment and activities. Musical entertainment takes place throughout the summer months - the Rochester Recreation and Arena presents summer concerts on the common each Tuesday evening, a Summer Music Series in the Garden is provided each weekend at The Governor's Inn, complete with acoustic, rock, roots, bluegrass and more. A BBQ & Blues Festival is held downtown in July at the Cocheco Riverwalk featuring live entertainment, great food and more. In addition, Rochester Farmer's Market is held every Tuesday from June to October at the Rochester Commons featuring over 20 vendors including goods from local farms and more. National Night Out, an annual community-building campaign promoting partnerships in the City, is held in August featuring family-friendly activities, food and games.

As we head into the fall months, the season begins with the Rochester Fair, an agricultural fair complete with food and entertainment held annually in September. Held each year for over 130 years, this is the oldest fair in New Hampshire, attracting approximately 150,000 people. This eight-day event features a complete midway of games, rides and attractions. An exhibition building showcases art, crafts, livestock, and 4-H on display. To celebrate the fall season, Rochester Main Street presents a few events including an October Festival featuring crafts, music, food, games, a pumpkin patch and more. They also present Trick-or-Treat on the Town where youngsters can trick-or-treat downtown at participating businesses. Adults then form a Zombie Walk and walk to the Rochester Commons for a bonfire, music and refreshments. Rochester Recreation & Arena presents a Halloween Party with kid friendly activities including a bounce house, music, face painting and more.

During the winter, the Greater Rochester Chamber of Commerce rings in the holiday season with a spectacular Holiday Tree Lighting downtown's Central Square with caroling, cookie decorating, a reading of "The Night Before Christmas", refreshments, and more. The evening ends with the lighting of the downtown holiday tree for the first time of

the holiday season. That same weekend, Rochester Main Street presents a Festival of Trees and the weekend concludes with the Chamber of Commerce producing a spectacular Holiday Parade, lining the streets from the Spaulding High School through the downtown to the Rochester Commons, with festive floats, marching bands, VIP's, a visit from Santa and more. Murder-Mystery theater is provided in the winter at The Governor's Inn. These fun-filled shows have included such titles as "Prancing with the Stars" and "The Real Desperate Housewives of Rochester."

Fairs, Festivals, Parades & More

Community Expo (Chamber of Commerce) www.rochesternh.org	603-332-5080
Concerts on the Common (Rochester Recreation & Arena) www.rochesterrec.com	603-332-4120
Festival of Trees (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Free Comic Book Day (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Halloween Party (Rochester Recreation & Arena) www.rochesterrec.com	603-332-4120
Holiday Tree Lighting (Chamber of Commerce) www.rochesternh.org	603-332-5080
Holiday Parade (Chamber of Commerce) www.rochesternh.org	603-332-5080
Memorial Day Parade (Rochester Veterans Council) www.rochesterveteranscouncil.vpweb.com	603-332-1073
Murder-Mystery theatre (The Governor's Inn) www.thegovernorsinn.com	603-332-0107
Music in the Square Series (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
National Night Out (Bridging the Gaps) www.bridgingthegapsnh.org	603-330-7127
October Festival (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Phantom Gourmet BBQ & Country Music Fest (FestEvents) www.festeventsne.com	978-375-2541
Pride Day (Rochester Recreation & Arena) www.rochesterrec.com	603-330-4120
Rochester Blues & BBQ Festival (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Rochester Fair (Rochester Fair Association) www.rochesterfair.com	603-332-6585
Rochester Farmer's Market (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Rochester Opera House www.rochesteroperahouse.com	603-335-1992
Skate with Santa (Rochester Recreation & Arena) www.rochesterrec.com	603-332-4120
Summer Music Series (The Governor's Inn) www.thegovernorsinn.com	603-332-0107
Trick-or-Treat on the Town/Zombie Walk (Rochester Main Street) www.rochestermainstreet.org	603-330-3208
Wings & Wheels at Skyhaven (Rochester Police Dept) www.rochesterwingsandwheels.com	603-330-7127



Tax-free shopping in New Hampshire attracts thousands from bordering states and provides savings to those visiting and vacationing. Rochester serves many communities for their shopping needs and dining pleasures. Rochester has experienced a great deal of retail growth over recent years with many quality establishments located throughout the City. These include nationally known retailers and locally owned shops that occupy several shopping malls and plazas and an attractive downtown business district.

Rochester's historic and attractive downtown offers convenient parking and friendly merchants who are eager to serve you and make shopping an enjoyable experience. Residents and visitors can fill many needs in the downtown area that features a variety of retail, service and food establishments including antiques, appliances, art gallery, clothing, furniture, gift shops, jewelry, and numerous dining options including a variety of family style restaurants, outdoor dining and sandwich shops. Residents can also do their banking, seek accounting and legal services, financial planning and investment services, mortgages, insurance, medical care, municipal services, printing services, travel plans or recreational activities. In addition to turn-of-the-

century architectural buildings, many old homes have been transformed into various service firms.

When traveling around the City, a number of attractive shopping establishments, plazas and malls occupy the landscape offering shoppers a variety of options including footwear, grocery stores, gift shops, specialty shops, sporting goods, restaurants, local and nationally known department stores, craft stores, cosmetics, financial establishments, office supplies and many other shops and services.

Shopping

Cardinal's Plaza, Route 11
 Downtown Rochester Shopping District
 Gonic Plaza, Route 125, Gonic
 Home Depot Plaza, North Main Street
 Lilac Mall, Route 125
 Lilac Plaza North, Route 125
 Market Basket Plaza, Route 125
 Rochester Crossing, Washington Street
 Rochester Crossing East, Washington Street
 Shoreyville Plaza, Route 202, East Rochester
 Spaulding Common, North Main Street
 The Ridge, Route 11
 Wal-Mart, Route 11



TOURISM

Rochester is a major contributor to the state's tourism industry. Rochester offers several lodging accommodations including a luxurious inn as well as attractive national, regional and local hotels, inns and motels prepared to serve tourists and business travelers. Cottages are available for rent and several campgrounds are located in and around the City to offer family getaways with swimming, boating, fishing, trails for hiking and a variety of activities for a family vacation.

Wildflowers blooming in the spring are enjoyed around the state by those visiting our parks, nature trails, bike paths, walking paths, fishing and picnic areas.

Tourism & Lodging Accommodations

And no matter where you travel in the fall in New Hampshire, you can't miss the spectacular and breathtaking foliage that brings thousands of tourists to the area each year. Foliage hotlines and websites are accessible during this colorful season to provide information on this scenic delight.

Based on the many things to see and do in the region, the NH Department of Travel & Tourism provides area chambers of commerce maps and guides to promote the many opportunities and attractions available to visitors. These guides can be found at chambers of commerce, rest areas and a number of establishments in and around the state. In addition, the Chamber publishes an area street map, Rochester Dining Guide and Rochester Special Events Guide to assist visitors.

Rochester also offers convenient access to a number of attractions and tourist areas located in the region and throughout the state, including the beaches of the Seacoast region, the White Mountains with its world class ski resorts and the lakes region offering a wide array of family-fun attractions. Lake Winnepesaukee, located 30 minutes from Rochester, is the state's largest lake that surrounds several communities and features a number of attractions.

Visitor Information

Greater Rochester Chamber of Commerce	603-332-5080
www.rochesternh.org	
NH Department of Travel & Tourism Development	
www.visitnh.gov	603-271-2665



Chamber Member Accommodations

Anchorage Inns of Rochester	603-332-3350
www.anchorageinns.com	
The Governor's Inn	603-332-0107
www.governorsinn.com	
Holiday Inn Express, Rochester, NH	603- 994-1175
www.hiexpress.com/rochesternh	
Riviera Motel, Rochester, NH	603-332-3491
Dover Days Inn, Dover, NH	603-742-0400
www.doverdaysinn.com	
Hampton Inn, Dover, NH	603-516-5600
www.Dover.hamptoninn.com	
Microtel Inn & Suites, Dover, NH	603-953-0800
www.microtelinn.com	
Strafford Inn, Farmington, NH	603-755-3411



For a list of dining options, visit www.rochesternh.org to download our Rochester Dining Guide.

BUSINESS RESOURCES

Greater Rochester Chamber of Commerce

18 South Main Street, Rochester, NH 03867
603-332-5080 / Fax: 603-332-5216
Email: lring@rochesternh.org

Rochester Economic Development Department

31 Wakefield Street, Rochester, NH 03867
603-335-7522 / Fax: 603-335-7597
www.thinkrochester.biz

Rochester Main Street

18 South Main Street, Suite 2B
Rochester NH 03867
603-330-3208
www.rochestermainstreet.org

Business & Industry Association of NH

122 North Main Street #2, Concord, NH 03301
603-224-5388 / Fax: 603-224-2872
www.nhbiaofnh.com

NH Better Business Bureau

48 Pleasant Street, Concord, NH 03301
603-224-1991
www.nhbbb.org

NH Business Finance Authority (NHBFA)

2 Pillsbury Street, Suite 201
Concord, NH 03301-4954
603-415-0190 / Fax: 603-415-0194
www.nhbfa.com

NH Charitable Foundation

37 Pleasant Street, Concord, NH 03301
603-225-6641
www.doj.nh.gov/charitable

NH Department of Labor

95 Pleasant Street, Concord, NH 03302
603-271-3176 / Fax: 603-271-2668
www.nh.gov/labor

NH Department of Resources & Economic Development

Office of Business & Industrial Development (OBID)
172 Pembroke Road
PO Box 1856, Concord, NH 03302-1856
603-271-2411 / Fax: 603-271-2629
www.nheconomy.com

NH Employment Security

6 Marsh Brook Road, Somersworth, NH 03878
603-742-3600 / Fax: 603-749-7515
www.nhes.nh.gov

NH International Commerce/ International Trade Resource Center

172 Pembroke Road
PO Box 1865, Concord, NH 03802-1865
603-271-8444 / Fax: 603-271-6784
www.globalnh.com

NH Lodging & Restaurant Association

341 Loudon Road, Unit 3
PO Box 1175, Concord, NH 03302
603-228-9585 / Fax: 603-226-1829
www.nhlra.com

NH Office of Energy and Planning

107 Pleasant Street, Concord, NH 03301-8501
603-271-2155 / Fax: 603-271-2615
www.nh.gov/oep

New Hampshire Port Authority

555 Market Street #1, Portsmouth, NH 03801
603-436-8500 / Fax: 603-436-2780
www.portofnh.org

NH Retail Association

48 Grandview Road, Suite 2, Bow, NH 03304
603-225-9748 / Fax: 603-229-0060
www.retailnh.com

NH Secretary of State (Corporate Division)

107 North Main Street, Concord, NH 03301
603-271-3246
www.sos.nh.gov/corporate

NH Small Business Development - Seacoast Center

1 Washington Street, Suite 4015
Dover, NH 03820
603-862-3304
www.nhsbdc.org

NH Department of Transportation

7 Hazen Drive, Concord, NH 03301
603-271-3734 / Fax: 603-271-3914
www.nh.gov/dot

NH Department of Travel & Tourism

172 Pembroke Road
PO Box 1856, Concord, NH 03302
603-271-2411 / Fax: 603-271-2629
www.visitnh.gov

NH Travel Council

PO Box 3935, Concord, NH 03302
603-290-0839 / Fax: 603-226-1829
www.nhtravelcouncil.com

Strafford Regional Planning Commission

150 Wakefield Street, Suite 12
Rochester NH 03867
603-994-3500 / Fax: 603-994-3504
www.strafford.org

Senior Corps of Retired Execs (SCORE)

215 Commerce Way, Suite 420
Portsmouth, NH 03801
603-433-0575
www.seacoast.score.org

U.S. Small Business Administration

55 Pleasant Street, Suite 3101
Concord, NH 03302
603-225-1400
www.sba.gov



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60 Rochester Hill Road
Suite 2 Rochester NH

Fax 603-335-6830
info@johnpratt.com
www.johnpratt.com


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NorwayPlains.com

Boundary Surveys
Septic System Design
Commercial + Residential
Site Plans and Subdivisions

Regulatory Approvals
Wetland Permitting
Shoreland Permitting
FEMA Flood Certifications



MEDIA SOURCES



NEWSPAPERS/PERIODICALS

Seacoast Media Group

111 New Hampshire Avenue
Portsmouth, NH 03801
603-436-1800
www.fosters.com

The Rochester Times

18 South Main Street, Rochester, NH 03867
603-332-2300
www.fosters.com

Business NH Magazine

55 South Commercial Street
Manchester, NH 03101
603-626-6354
www.businessnhmagazine.com

Manchester Union Leader

1 William Loeb Drive, Manchester, NH 03101
603-497-5105
www.theunionleader.com

New Hampshire Sunday News

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603-668-4321
www.theunionleader.com

New Hampshire Business Review

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603-436-9401
www.nhbr.com

Boston Globe

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www.bostonglobe.com

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Trinity Anglican Church

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603-332-4121
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25 Church Street, Gonic, NH 03867
603-332-0832

Grace Baptist Church

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603-332-1695

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True Memorial Baptist Church

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CATHOLIC

Our Lady of the Holy Rosary

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St. Mary's Church

71 Lowell Street, Rochester, NH 03867
603-332-1869
www.stmarychurchnh.org

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603-332-1624
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Church of God

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CONGREGATIONAL

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www.nne.salvationarmy.org/rochester-nh



SURROUNDING COMMUNITIES





Barrington

Barrington is uniquely situated between the seacoast and the mountains, minutes from the University of New Hampshire. It is connected by state highways to the Interstate system, the Pease International Tradeport, and bus and rail transportation. Yet, despite its connection to the wider world, Barrington remains an essentially rural community, a place of natural beauty and neighborly spirit. Barrington offers the ideal environment in which to locate a business.

In its woods and fields, lakes, ponds, and along its rivers, Barrington offers hiking and fishing, camping, hunting, cross-country skiing and golf, among other seasonal sports. There are baseball, soccer, basketball and volleyball teams for adults and children. Barrington has a Cineplex and a community gymnasium. The Barrington Public Library is proud of its growing collection of materials for all ages and is developing more programs to serve a variety of community needs.

Dedicated to providing the community with a positive learning environment, the Barrington School System teaches academic skills and life skills, as well as practical opportunities for students to use and integrate these skills into their lives. A strategic planning project involves staff and community members, and the school has many school improvement projects including a math project in cooperation with the University of New Hampshire.

Barrington Town Government is composed of volunteer Boards including Planning, Zoning, Conservation, Recycling, Economic Development, Fire and Emergency Services. Barrington has a full-time Police Force and a Public Library.

Townpeople volunteer in a wide variety of activities and organizations and the town has four area churches.

In the last decade, businesses have flourished in Barrington. Businesses include professional services, trades, recreation, retailers and wholesalers, agriculture, private schools, banks, arts, day care centers and medical facilities.

The Town of Barrington offers a web site where you will find current hours of operation for the town hall and recycling center as well as schedules of upcoming board meetings and town events.

For additional information on Barrington, call 603-664-9007 or visit www.barrington.nh.gov

Farmington

The Town of Farmington, birthplace of Vice President Henry Wilson, offers a peaceful, rural setting situated in southeastern New Hampshire in Strafford County. No matter where you are located within its 36 square miles of diversity, you will never be far from a major state highway or the Spaulding Turnpike. Ninety minutes by car will take you to Boston. In a mere half-hour, you can be on one of New Hampshire's coastline beaches, in historic Portsmouth or on the University of New Hampshire campus in Durham. Forty-five minutes will get you to York or Wells Beach in Southern Maine. New Hampshire's largest cities of Concord (its capital) and Manchester are within one hour's drive, as is access to the White Mountains. Lake Winnepesaukee, New Hampshire's largest lake, is only a fifteen-minute drive!

Farmington is a growing, business-friendly community that offers all essential services, while maintaining its New England small-





Education, offering a wide range of academic options, including Honors and College-preparatory classes and vocational programs. Extracurricular offerings include a variety of interscholastic athletics and other clubs and activities.

The Town of Farmington offers many recreational opportunities and leisure activities. A beautiful nine-hole golf course tops the list, along with miles of quiet back roads and woodland areas, which provide areas for hiking, biking and winter activities, such as cross-country skiing and snowmobiling. The Town's Recreation Department hosts a variety of events for residents and visitors throughout the year, and sponsors a number of youth and adult programs, including basketball, softball and volleyball leagues, and a summer youth program. An annual Hay Day celebration turns the downtown into a fairground with food, games, rides and other activities for everyone!

If you are a business owner and your business requires industrial space, manufacturing facilities, commercial enterprise development or office space, Farmington can meet your needs. The Sarah Greenfield Business Park is situated on a parcel of land that was deeded to the town in 1946. Farmington offers a commercial/industrial corridor along NH Route 11. Farmington also has a classic and vibrant downtown, complemented by retailers and restaurants that can meet your needs.

Farmington's municipal government is comprised of a five-member Board of Selectmen with a full-time Town Administrator who collectively oversees the day-to-day business, as well as an annual meeting of the town. There is a

town charm. Prime commercial and residential real estate opportunities abound with ready access to primary highways or to pristine countryside settings. Farmington's four-season charm provides excellent opportunities for the outdoor sportsman and naturalist. Farmington offers an ideal setting for those who enjoy a serene environment - away from the bustle of city life.

Three local schools serve the towns of Farmington and Middleton with kindergarten through grade 12. A newly built high school is fully accredited by the NH Department of

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full-time police department, an excellent on-call fire department and emergency medical services team, as well as several boards, commissions and committees.

For more information on the Town of Farmington, call 603-755-2208 or visit www.farmington.nh.us

Middleton

Middleton, New Hampshire, incorporated in 1778, is located at the northern most point of Strafford County, nestled between New Durham and Milton. It consists of ten square miles of forest, farmland, ponds and a lake.

Middleton is a small rural, residential community with a year-round population of approximately 1,800 citizens. There are only single family homes, but in the summer, these homes fill up with the increased summer population of another 1,000 people. The only state highway to run through Middleton is Route 153. This highway runs along the east side of town to intersect first with Route 125 in Union, then Route 16 in Wakefield.

Students attend Memorial Drive Elementary, Henry Wilson Memorial School and Farmington High School, all located in Farmington, New Hampshire. The two communities have had an area agreement since 1972.

Middleton offers a recreation park located on Kings Highway, with basketball, baseball and picnic facilities. This park was built entirely by volunteers. The park also offers a "first in the area" tire park, which was designed and installed by the Recreation Committee, then painted by local children.

Sunrise Lake in Middleton is approximately one mile long by one-half a mile across at its widest point. It is a very clean, shallow lake with abundant fish and waterfowl. The public beach, John's Beach, is located off Route 153. There is also a boat launch nearby. Fishing, boating and swimming are popular summertime activities here. In the winter, depending upon conditions, automotive ice races are held on the lake.

Middleton offers such organizations as the Historical Association, Lions Club and the Old Home Association. The Old Home Association puts on the annual Bean Supper in August each year. Our Old Home Day is one of the oldest in America; the first was prior to 1866.

Middleton's Old Town Hall, located on Kings Highway, was originally built in 1795 as a meetinghouse on Ridge Road. It moved to its current location in 1812, was jacked up and the Town Hall was added beneath. The original stucco paintings by John Avery were painted in 1811 and touched up in 1841. It is a beautiful wrap-around landscape mural of trees and scenery. This is one of Middleton's treasures.

Middleton hosts only one church, the Middleton Gospel Church. Middleton Gospel Church is non-denominational. It was founded in 1954, but originally held services in the Old Town Hall.

Middleton is a community rich in history, strong in volunteerism - a community with small town dreams and small town values. For additional information on the Town of Middleton, call 603-473-2261 or visit www.middletonnh.gov

Milton & Milton Mills

Milton is a rural town situated in southeastern New Hampshire on Route 125, with a year round population of about 4,600. It was originally a portion of Rochester, from which it was incorporated in 1802. It is a small quiet area set between Teneriffe Mountain and Milton Three Ponds. The view from the mountaintop is stunning in any season offering spectacular views of rolling hills settling into the shimmering ponds flowing into the Salmon Falls River. Milton and its quaint village of Milton Mills border the State of Maine. Recreational opportunities abound in this small community. The Emma Ramsey Community Center houses programs for seniors as well as a meeting hall for the many civic organizations active in town.

The historical wonders in Milton are many - from the Town Pound, the Town House, the Historical Society to the famous steeple in Milton Mills. The New Hampshire Farm Museum located in a historic building with multiple out-buildings and acres of farmland offers a nostalgic look at old-time farming and sponsors special programs throughout the year.

Milton's municipal government consists of an elected three-member Board of Selectmen, an appointed Town Administrator, boards and commissions including a Budget Committee, Conservation Commission, Economic Development Commission, Planning Board, Zoning Board of Adjustment, five-member School Board and numerous volunteer boards and



committees. The town has an excellent on-call Fire Department and Ambulance Corps., along with a well-staffed Police Department and summer Marine Patrol. The Economic Development Committee stands ready to assist with new business ventures and in the marketing of the town's 12-lot Business and Industrial Park. Newly adopted zoning amendments have increased industrial areas within the town. The Conservation Committee stays busy obtaining property and working with developers to retain open spaces in order to keep the rustic beauty of the area.

Shopping needs are primarily met in neighboring towns though locals enjoy the many small shops offering familiar faces and many a story. Seasonal businesses abound when the snow birds return and the warm weather welcomes ice cream shops and small takeouts. Hospital facilities are located in three neighboring towns as are an assortment of large commercial retail stores. For those wishing to camp, Mi-Te-Jo Campground on Northeast Pond has seasonal sites available for tent and RV Camping.

The major transportation system providing access within Strafford County and to connecting routes is the Spaulding Turnpike, a divided expressway running north to south. It connects with interstate 95 at Portsmouth in close proximity to Pease International Tradeport and connects with communities such as Conway in Carroll County.

Milton is a small town full of treasures from parks along the waterway, to great views to strong friendships. For more information, contact the Town of Milton at 603-652-4501 or visit their website at www.miltonnh-us.com

New Durham

A group of settlers from Durham petitioned the Masonian proprietors for a (six-mile square) grant of land north of Rochester in 1748. Each lot owner was to build a house at least 16 feet square. There were to be forty families settled within five years after a peace was proclaimed between the English and Indians, and in addition to the house, each family should have three acres cleared for mowing or tillage. The meetinghouse was to be completed within six years, and a sawmill, within five years.

In the spring of 1750, the land was surveyed and a plan or map of numbered lots was drawn up. A raffle was held in a tavern in Portsmouth where the numbered lots were drawn and the land was parceled out sight unseen. In 1762, the residents made a request to the Royal Governor for recognition in the form of a Charter that would authorize them to have a town government of their own. King George III granted the Charter, and a town was officially born in this "rocky frontier land in the wilderness." (This town is one of the very few that still has its original charter.)

During the ensuing two centuries, there were many changes in the character of the town, including several fluctuations in the population. In 1860, the population had grown to 1,173, dropping to 460 during the Depression years in the 1920s & 30s. New Durham was slow to regain its population until the building boom of the 1970s and 1980s, which helped the town reach today's population of approximately 2,300. The Town was primarily agriculturally-orientated with a few saw and gristmills taking advantage of the multitude of waterways that supplied power. A limited amount of industry appeared in the mid-1800s including a gun powder mill which is where the NH Fish & Game Department's Powder Mill Fish Hatchery has been located on Merrymeeting Road since 1947.

New Durham joined the Governor Wentworth Regional School District in 1964, with grades K through 6 housed in the New Durham School and 7 through 12 at Kingswood in Wolfeboro.

An extensive town recreation department is also in place with a Recreation Director, three ball fields and many sports programs available for the youth. A town beach was added at Merrymeeting Lake for the enjoyment of all ages. Lake Winnepesaukee, an 18-hole course and clubhouse off Kings Highway in New Durham, is open to the public.

New Durham is most fortunate to have within its boundaries, a large number of water bodies, the largest of which is Merrymeeting Lake, famed for its pristine waters. The purity of the water led to New Hampshire Fish and Game Department setting up a fish hatchery. The Community is also fortunate to have panoramic views of Mount Washington, Mount Chocora, Mount Bett, Mount Jessie, Mount Rattlesnake, Mount Rand, Mount Caverley and Prospect Mountain. Much of the land space is still open and awaits

many recreational opportunities to the community residents such as snowmobiling, hiking, mountain bike riding etc. The natural splendor of the mountains and lakes attracts many visitors and seasonal residents.

Current population in New Durham is just a little under 2,500 and growing, but has a good hometown atmosphere. There are many active farms in the area involving Christmas Tree growing, peaches, berries, apples, greenhouse plants, and dairy produce.

New Durham is well served by Route 11 providing the community with gateway access to the seacoast of New Hampshire thereby making it commutable to Rochester, Dover and Portsmouth.

New Durham's municipal government is comprised of a three-member Board of Selectmen and a full-time Town Administrator who participate in an annual Town Meeting. There is a full-time Police Department, an excellent volunteer Fire Department and ambulance service, and a full-time Highway Department. For additional information on the Town of New Durham, call 603-859-2091 or check us out on the web at www.newdurhamnh.us

Strafford

The Town of Strafford, located in southeastern New Hampshire on Routes 202A and 126, has a population of 3,991. The Town was first permanently settled in 1732, and became an incorporated town in 1820. In that year, the northwestern half of Barrington, which was to become the new town of Strafford, divided from the southeasterly half, still known today as Barrington.



The Town of Strafford is approximately six square miles. The Blue Hills range, the first of the important foothills of the White Mountains as you move inland from the Atlantic coast, divides the town roughly in half, running from southwest to northeast. The Blue Hills include Parker Mountain, Mack Mountain and the base of Blue Job Mountain to the north toward Farmington. Parker Mountain, the highest point in Strafford, rises to 1,420 feet.

Strafford is divided into four sections - Bow Lake Village, Center Strafford, Crown Point, and "over the Mountain."

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To the southeast of Parker Mountain and the Blue Hills rise the upper tributaries of the Piscataqua, including the Berry River, the Mohawk River and Bow Lake and the Isinglass River. Downstream, these rivers join the Cocheco, eventually leading to the Great Bay and the coast. To the west of the mountain rise the upper tributaries of the Merrimack River watershed area, the Willey Ponds and the Little and Big Rivers, tributaries to the Suncook River. Bow Lake, the largest body of water in the town, was originally a small natural pond. The new dam, built after the original dam gave way in 1832, increased the lake to its present size, with an area of 1,160 acres, approximately ten miles of shoreline, and an average depth of 70 feet. It is today one of the larger lakes in the state.

Originally a farming community, in the early 19th century, Strafford was also an important mill town, boasting a number of family-operated water-powered mills. By the end of the 19th century, Strafford was again renowned as a farming community, which attracted the many summer visitors and supported the growing tourist economy. In the 20th century, Strafford continued as a farming community, especially in the Center Strafford, Strafford Ridge and Crown Point sections, and a summer place, especially around Bow Lake.

More recently, Strafford has become a bedroom community. Today most of the summer cottages have been converted into year-round residences and there are a number of new subdivision developments. Strafford's residents commute to jobs in Dover, Rochester, Manchester, Concord, and some even further to Boston or beyond.

Education in Strafford includes a combined elementary and middle school at Strafford School and students attend high school at Coe-Brown High School in nearby Northwood.

Quality medical care is provided in the neighboring community of Rochester.

Strafford's charm continues to be its rural flavor and natural beauty. Heavily forested, Strafford also boasts the largest percentage of Town Forests in our part of the state. Bow Lake attracts swimmers, boaters, and fishermen, summer and winter, while hikers, snowmobilers and outdoor sportsmen

enjoy Parker Mountain and Strafford's many miles of woodlands and streams. For additional information on the Town of Strafford, call 603-664-2192 or visit www.strafford.nh.gov

Lebanon, Maine

Lebanon is a town in York County, Maine. With a population of 6,031 at the 2010 census, Lebanon includes the villages of Center Lebanon, West Lebanon, North Lebanon, South Lebanon and East Lebanon.

It was called Towwoh by the Newichawannock Abenaki tribe, whose main village was further down the Salmon Falls River. On April 20, 1733, the Massachusetts General Court granted Towwoh Plantation to 60 colonists, who first settled it in 1743. The township was incorporated on June 17, 1767, renamed Lebanon after the biblical land of Lebanon. It was Maine's 23rd town. Lebanon annexed unincorporated land in 1785, and some from Sanford in 1787. It swapped land with Shapleigh, giving some in 1793, then annexing some in 1825.

Farmers found the surface of the town relatively level in the southeast, with extensive pine plains in the northwest. The chief crop would be hay. At the Salmon Falls River and the Little River were water power sites for mills. Lebanon had four sawmills, three gristmills, a shingle mill, a wool carding mill and a tannery. In 1850, Oren B. Cheney founded West Lebanon Academy. Beginning in the early 1870s, the Portland & Rochester Railroad ran the length of the town's southeast side, with the Portsmouth, Great Falls & Conway Railroad crossing for a short distance on the western side.

Many tourists come to Lebanon for their campgrounds and recreational areas.

Annual events include a Lebanon Festival in August.

The Town of Lebanon is governed by a 3 member board of selectmen and has a number of boards and commissions and volunteer committees.

For additional information, call the Town of Lebanon at 207-457-6082 or visit www.lebanon-me.org

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