



RRCC EVP/CEO Tom Donahue and Rep. Dave Potter work on legislation regarding the Western Rail Corridor prior to the Legislative Joint Conference Committee on Transportation.

## RRCC/REDC Legislative Efforts Wrap Up

– Amtrak Rolls On to Future Expansion

By Tom Donahue

The Public Policy Committee of the Rutland Region Chamber of Commerce and the Rutland Economic Development Corporation worked diligently from fall of 2008 through spring of 2009 to represent the business community’s interests in Montpelier.

Recognizing the recession, layoffs from Rutland manufacturers, and the daily challenges of employers and employees in Rutland County and Vermont; the Public Policy Committee ably lead by Chairman Larry Jensen aggressively made our pro-business positions known.

RRCC and REDC actively monitored over two dozen bills of specific interest or concern and formulated positions on the bills that were moving forward.

**Amtrak:** Beginning last October we lead a successful effort to “Save the Train” when it appeared that funding for the Ethan Allen Express could be eliminated. Thanks to the diligent efforts of our legislative delegation driven by a local and state-wide effort to support the train and invest in rail we not only saved the train but maybe more importantly have spurred investment into the western rail corridor that should result sooner than later with Amtrak service to and from Burlington to NYC.

We can’t express enough how appreciative we are of everyone’s involvement from elected leaders to citizen advocates. It was an impressive statewide movement for rail that will pay economic benefits for our future.

Highlights of that legislation included:

- \* \$3.7M Funding for the Ethan Allen and the Vermonter Amtrak service.
- \* An analysis detailing the necessary improvements to the entire Western Rail Corridor from Burlington to Bennington.
- \* \$4M for welded rail based on surplus that would be subject to revenue estimates or downgrades.

*(Continued on page 4)*

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*Calendar/Buy Local Inserted*

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mail or drop off your brochures to  
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**Travel Between Rutland And NYC****Schedule**

<b>Departs Rutland</b>	Mon-Fri: 7:40am	Sat: 10:35am	Sun: 4:45pm
<b>Arrives NYC</b>	Mon-Fri: 1:40pm	Sat: 1:59pm	Sun: 10:35pm
<b>Departs NYC</b>	Daily except Fri: 3:15pm	Fri: 5:43pm	
<b>Arrives Rutland</b>	Daily except Fri: 9:10pm	Fri: 11:30pm	



**For Reservations or more information**

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*Service Alert: Due to track maintenance in the  
Northeast schedules are subject to change  
effective May 10th.*

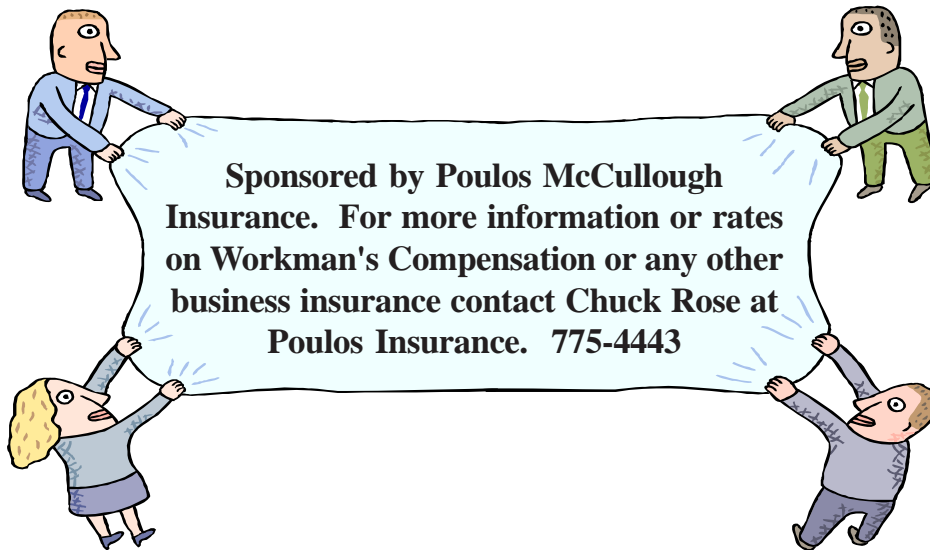
# Workers' Comp. Corner

## Tramway Safety

For nearly 35 years, Vermont's Occupational Safety and Health Administration (VOSHA) has labored diligently to protect the health and safety of working Vermonters. Operating in concert with business and industry, VOSHA has greatly reduced the number of work-related injuries and fatalities occurring in Vermont.

The Passenger Tramway Division was established in 1961 to prevent hazards in the construction, operation and maintenance of ski lifts and tramways.

Passenger tramways in Vermont carry more than 4 million riders annually. The Division inspects each of the 184 operating ski lifts, which total over 544,000 lineal feet of lift line, prior to operation each season and at least four other times during the ski season.



### Travel Between Rutland and Boston



#### Schedule

	Departs	Arrives
<b>Rutland To Boston Daily:</b>	6:25am	7:25am
	11:40am	12:40pm
	4:30pm	5:30pm
<b>Boston To Rutland Daily:</b>	10:10am	11:10am
	3:00pm	4:00pm
	6:00pm	7:00pm



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- Tom Macaulay**  
Rutland Redevelopment Authority

## RRCC/REDC Legislative Efforts Wrap Up (continued from Page 1)

The following is a list of several other bills and issues representative of our efforts and the final status of each:

- \* We opposed the House passed Income Tax Increase (Personal Income Tax Surcharges). Status - Not Passed. Subsequently the Marginal Tax Rates were reduced, however, other taxes were increased or exemptions etc. adjusted.
- \* We supported the suggested option to decrease the transfer of money from the General Fund to the Education Fund. Status - Passed.
- \* We supported the proposal to increase employer contributions to the UI Trust Fund if gradually and only with a balanced approach that would have changed several benefits. Status - Not Passed.
- \* H.0081 Workers' Comp Mental Injuries – Status - Died out (We actively opposed the bill)
- \* H.446 Renewable Energy Bill with Standard Offer Purchase. – Status - Passed (we actively opposed and support a veto by the Governor)
- \* H.436 Decommissioning Funds / Vermont Yankee – Status - Passed (we opposed and support a veto by the Governor)
- \* H.313 Economic Development Bill – Status – Passed (We supported sections but also supported the inclusion of R&D Tax Credits and Film Industry Tax Credits that were excluded in the final version)
- \* H.323 50 Foot Riparian Buffers Zones Adjacent to Rivers – Status - Died out (we opposed)
- \* It should be noted that \$500,000 was added to the budget for the Department of Tourism & Marketing.

Our activity began in the fall with the completion and subsequent December presentation of the 2009 RRCC / REDC Public Policy Statement (which is on the web at [www.rutlandvermont.com](http://www.rutlandvermont.com)). The 14 page document addresses the following eleven top priority areas:

- |  |                         |                     |
|--|-------------------------|---------------------|
| * Tax Policy / Fiscal Policy                     | * Healthcare            | * Energy            |
| * Education and Education Funding                | * Workforce Development | * Permitting        |
| * Telecommunications                             | * Transportation        | * Tourism Marketing |
| * Employment Practices and Worker's Compensation | * Housing               |                     |

During the session the committee planned and completed a number of events that promoted our issues to the Rutland legislative delegation and State leaders including the following:

- \* Legislative Reception to present 2009 Public Policy Statement sponsored thanks to the Rutland Herald
- \* Legislative Breakfast (1) featuring Governor Douglas (series sponsored thanks to TD Banknorth)
- \* Legislative Breakfast (2) on Energy with Bob Young
- \* Legislative Breakfast (3) on Rail with Expert Panel
- \* Legislative Breakfast (4) on Current Business Legislation with Legislative Panel
- \* Legislative Bus Trip & Luncheon at the State House Sponsored thanks to Omya

Throughout the session the committee met nearly every Monday morning at 7:30 AM and received a report from our Legislative Lobbyist in Montpelier; Jamie Feehan and Jonathan Wolfe with Primmer, Piper Eggleston & Crammer, and PC.

In conclusion, we would like to sincerely thank:

- \* The Rutland County Delegation and all the Legislators and State leaders that supported our efforts.
- \* Thank you to Senators Kevin Mullin and Bill Carris for attending many of our weekly committee meetings.
- \* Thank you to the 18 members of the RRCC/REDC Public Policy Committee and including the committee's leadership; Chair Larry Jensen.
- \* Thank you to Caleb Wright, Program Coordinator at PEG TV CH 21 for assisting us in airing our Legislative Breakfast Series.
- \* And thank you to RRCC staff member Penny Inglee for her ongoing committee support.



## Computer Ease By: Larry Gold

### Memory or Hard Drive? Which is it?

One of the most misunderstood things that I run into in the computer world is the difference between memory and storage space. I get calls that sound like this. "We have a computer that we think it is out of memory. Can you help?" "Of course" is the answer, and then I try to figure out what they are talking about. Sometimes their hard drive is full, but usually not. Memory, in the computer biz is what we call RAM, or Random Access Memory. It is plugged into the memory slots on the main board. RAM, is used by the CPU to help process instructions, and the rule of thumb is, the more you have the better. There are of course limits, but it is rare to see a computer that has "plenty". When you turn your computer off, the RAM empties out. Nothing is stored on the RAM when the computer is off. RAM is very different than hard drive storage space. The confusing part is that both are measured in Bytes. Megabytes, Gigabytes, and now Terabytes. Typical RAM for a computer these days is something like 2, 3 or 4 Gigabytes. It is the RAM that allows the computer to do multiple tasks, like having 10 different programs open at the same time. There are other factors as well, but, the more RAM you have, the faster your computer will run. Storage space, or Hard Drive size, is the amount of storage you have for saving things. These are now usually measured in Gigabytes as well. You can buy a 500 Gigabyte hard drive, or a Terabyte drive, which is a thousand Gigabytes. The hard drive is where the operating system lives, and where the programs are loaded on to, and where you store all of your stuff. You know, documents, pictures, databases etc. Think about it this way. The size of your filing cabinets in the office has little to do with how many tasks you can accomplish at one time. Whether the hard drive is ¼ full or ¾'s full, it has little to do with the speed of your computer. It does however determine how much stuff you can save. Oh, and by the way, they do go bad, so back up your stuff!



Amtrak's Ethan Allen Express continues to arrive and depart the Rutland Train Station Daily

### Informed Chamber Members Read the RRCC Courier



Carrie Allen  
Lion & Panther  
Financial Group

## Creating Space For Health: Health & Wellness Column

By Lisa Marie Donohue, MA, LMT

### The Whole Food Truth-A Three Part Series



#### Part 1: What are Antioxidants&Phytonutrients?

"Let your food be your medicine and your medicine be your food. Nature heals; the physician is only nature's assistant." (Hippocrates)

#### Nutritional Supplementation: Isolated or Whole Food?

Nutritional supplementation is a common term used frequently when it comes to health and wellness but what does it really mean, and how do you know if you need it or not?

Some people try to get the nutrients missing in their diets by taking traditional vitamin supplements, which are isolated mega doses of a select few nutrients. But individual vitamins or multi-vitamins don't supply the vast assortment of antioxidants and other phytonutrients our bodies need.

According to the National Cancer Institute "antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Examples of antioxidants include beta-carotene, lycopene, vitamins C and E, and other substances. Many of these antioxidant substances come from fruits and vegetables."

This powerful array offers protection for our bodies. Beta-carotene is found in many fruits and vegetables that are orange in color, including carrots, and some green leafy vegetables such as spinach and kale.

\*Lutein, best known for its association with healthy eyes, is abundant in green, leafy vegetables such as spinach and kale.

\*Lycopene is a potent antioxidant found in abundance in tomatoes.

\*Vitamin C is found in many fruits and vegetables such as apples, oranges, pineapple, acerola cherries, papaya, carrots, parsley, kale, broccoli, cabbage, spinach, and tomatoes.

\*Vitamin E is a powerful antioxidant found in green leafy vegetables such as spinach and broccoli.

**Phytochemicals**, or **phytonutrients**, are chemical compounds also such as beta-carotene that occur naturally in plants. The term is generally used to refer to those chemicals that may affect health. Some phytochemicals are micronutrients or can be used as therapeutic drugs.

Did you know? Phytochemicals have been used as drugs for millennia. Hippocrates may have prescribed willow tree leaves to abate fever. Salicin, having anti-inflammatory and pain-relieving properties, was originally extracted from the white willow tree and later synthetically produced to become the staple over-the-counter drug called Aspirin. There is evidence from laboratory studies that phytochemicals in fruits and vegetables may reduce the risk of cancer, possibly due to dietary fibers, polyphenol antioxidants, and anti-inflammatory effects.

**Resources:** <http://en.wikipedia.org/wiki/Phytochemical>; "Wholefood Nutrition: Recommended 7-12 Servings Of Fruits And Vegetables A Day | Suite101.com"; [http://patient-health-education.suite101.com/article.cfm/wholefood\\_nutrition#ixzz0FJ9384WM&A](http://patient-health-education.suite101.com/article.cfm/wholefood_nutrition#ixzz0FJ9384WM&A); <http://loistrader.com>; <https://www.juiceplus.com/nsa/content/Welcomesoa>

# From Our Members

**Calvary Bible Church** will hold the 2<sup>nd</sup> Annual Family Fun Day. The Family Fun Day will take place on June 20<sup>th</sup> – 11am -3pm in Main St. Park in Rutland. The Family Fun Day is free and open to the public. For more information call 775-0358

**Central Vermont Eye Care** will be holding an Open House at their new location on June 11<sup>th</sup>, 5-7pm. Central Vermont Eye Care is now located at 69 Allen St., in Rutland. RSVP by June 5<sup>th</sup>. For more information call 775-0038.

**Chaffee Art Center** will hold their 2<sup>nd</sup> Annual Rutland Area Amateur Photo Contest, *Capturing the Spirit of Rutland* August 7-31, 2009. Entry forms will be available beginning June 1<sup>st</sup> at various locations around Rutland. For more information call 775-0356.

**College of St. Joseph** presents the 15<sup>th</sup> Annual “Night of Italian Opera” on Friday June 19<sup>th</sup> in Tuttle Hall Theatre. There will be a silent auction at 7pm and the opera begins at 8pm. Tickets are \$25.00 per person. Call 776-5264 for more information.

**Killington Music Festival** will hold their 4<sup>th</sup> Annual Garden Party and Concert on June 14<sup>th</sup> at 4pm at the home of Vicky and Bob Young in Proctor. For more information or tickets call 773-4003.

**Okemo Mountain Resort** has been named the winner of the Best Helmet Safety Program by The National Ski Areas Association’s Heads Up National Ski Area Safety Awards.

**United Way of Rutland County** announces the 17<sup>th</sup> Annual Letter Carrier’s Food Drive raised 28,764 pounds of food for local food shelves in Rutland County. Food collected was distributed to BROCC, Community Cupboard and The Salvation Army. Food was also collected and distributed in Fair Haven, Poultney and West Rutland.

## Successful May Chamber Mixer



Phil & Mark Alderman receive an award from Chevrolet for their commitment to Chevrolet and their community at the May Chamber Mixer held at Alderman's Chevrolet

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## Rutland Region Workforce Investment Board

### Nancy Burzon, Executive Director

#### Raising the Bar on Performance



As a business owner or manager, would you like to improve the overall performance of your organization? Most of us would, especially in challenging times, when it is essential to retain our good customers, make efficient, profitable use of resources, and keep our staff positive and motivated.

You have a special opportunity to participate in a one-day workshop that will start you on a transformational journey towards *performance excellence*.

**“Raising the Bar”** is an introductory workshop to the performance management system based upon the national Malcolm Baldrige Criteria for Performance Excellence. The class will include lecture, group discussion and exercises. At the end of the day, you will understand the systematic approach and criteria. You will learn how to get a baseline understanding of where your organization would rank against the criteria and how to prioritize opportunities for improvement. You will also learn how other local and national organizations have used the framework to drive continuous improvement.

The workshop is offered by the Vermont Council for Quality and sponsored by the Rutland Region Workforce Investment Board and Rutland Region Chamber of Commerce. It will be held at the Rutland Regional Medical Center, 160 Allen Street on June 30th from 8:30 AM to 4:30 PM.

#### Registration:

All classes include course materials, lunch and break refreshments.

VCQ Member      \$225/person

Non-Member      \$275/person

Grants and scholarships are available for participants from healthcare, manufacturing, IT, telecom or environmental organizations through partnership with the Vermont Training Program. For details, call VCQ at 802 655-1910. To Register online at [www.VermontQuality.org](http://www.VermontQuality.org).

## New Location Rutland Free Clinic



**Rutland Free Clinic is located at  
145 State St. in Rutland**

The ribbon is cut at the opening of the new location of the Rutland Free Clinic, a division of Park Street Health Share. Pictured front L to R: Rev. John Weatherhogg (minister, Grace Congregational Church & Board Member); Joe Giancola (building owner); John Cassarino (Board Member); Karen Glade, RN; Executive Director; Governor Jim Douglas; Tyler Weatherhogg; Kyle Weatherhogg; Jay Grimes (Board Member); Pam Hubbard (Volunteer); Back L to R: Dr. Baxter Holland (RRMC Medical Director); Dr. Matthew Conway (Medical Director Rutland Free Clinic); Randall Practico (Board Member); William Bloomer (Board Member)





## Membership Directors Update ~ Joan Hill

Hi Everyone,

Thank you to Alderman's Chevrolet for hosting the May mixer. The renovations to the showroom and facility are impressive. The food and hospitality were wonderful.

Each month in the newsletter I will be highlighting a different chamber benefit to keep you informed of the advantages of being a member of the Rutland Region Chamber of Commerce.

June's Benefit of the Month is the chamber's website (April there was 4,960 unique visitors and 20,) to [www.rutlandvermont.com](http://www.rutlandvermont.com). Everything that you need to know you can find there. Perk card discounts, calendar of events, membership directory (free listing for all our members), special events, etc. And you can even send a postcard to a friend or relative who wishes they lived in Vermont. If you would like to link from our site yours or purchase a banner ad, call the Chamber office for details.

Welcome to our new members Best of Vermont.com, Mendon Mountainview Lodge & Heli's Restaurant, Rutland County Board of Realtors and ServiceMaster by Ellis.

Kudos to Okemo Mountain Resort who received the Governor's Award for Excellence in Tourism Marketing which was presented by the Vermont Travel Industry and congratulations to the Paramount Theatre which was awarded a grant for the installation of a state-of-the-art big screen, projection equipment and enhanced sound capabilities for its film series.

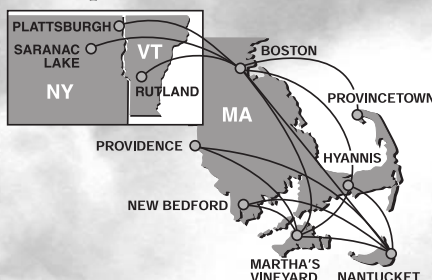
**NEW PERK CARD ADDITIONS:** Econo Lodge Killington is offering 20% off lodging for visiting friends and family. The Vermont Inn is offering \$10 off parties of 2 or more.

Don't forget our 24<sup>th</sup> Annual Golf Classic & Awards Banquet (Rutland County's Premier Tournament) to be held Thursday, June 4<sup>th</sup> at Killington Resort & Grand Hotel. It's not too late to reserve a team, so call the chamber office today.

The Visitor's Center is now open and we **need your brochures**. If you can't drop them off at our main office, give me a call and I will be happy to pick them up.

Join a committee, offer perk card discounts and get involved to receive the most benefits from your Chamber. I look forward to seeing you all at the next mixer on June 9<sup>th</sup> sponsored by Westminster Cracker and held at the Franklin Conference Center.

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## Merchants: Be Alert

by James P. Mongeon, State's Attorney

### Business Neighborhood Events Summertime in Vermont

Summer is almost here. Depending on the day's weather, it may seem like it is already here. This is the time for people to get outdoors. Our Spring clean up is done. This is the ideal time for events in business neighborhoods. Downtown merchants will again participate in Friday Night Live. The Farmer's Market in downtown Rutland has its outdoor vendors selling a wide range of items. Rutland United Neighborhoods will again sponsor National Night Out in August.

Is your business located in an area that can sponsor a business related event with the folks who live in your area? Bringing people together in an area builds community. It helps everyone understand that we are all part of the larger group. We all benefit from improvement. Conversely, we all suffer from decline.

Large American cities encourage neighborhood events in collaboration with business and civic organizations. Those leaders understand that positive local action is needed to gain and keep the momentum of "community".

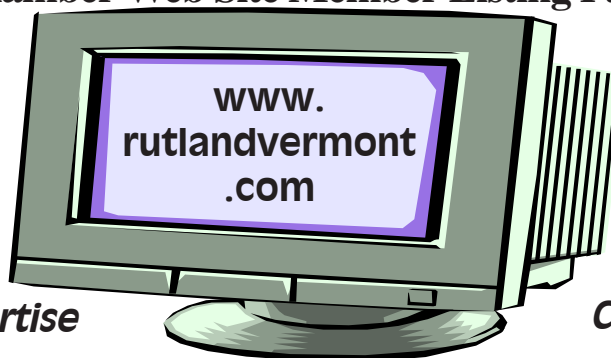
Such events not only provide community pride but also provide the business owner with more customers immediately and in the future. Building business together by events can give an "identity" to the area. Together we can prevent or reverse a decline to your business area.

From my perspective, your success reduces crime. Neighborhood action reduces crime by removing the potential for criminal activity. It is easier to maintain a quality, crime-free neighborhood than to rebuild a neighborhood that has become crime infested. The latter is expensive for police activity, the loss of property values and the loss of businesses. It also spreads through the area. Like good medicine: prevention is the key.

## April 2009 Website Report

### Top Chamber Web Site Member Listing Page Views

1. Lodging 1,024
2. Attractions 771
3. Restaurants 645
4. Retail 331
5. Real Estate 199



6. Recreation 169
7. Services 156
8. Health Care 114
9. Construction 88
10. Associations 70

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### Other Top Page Views of Interest

Calendar 1,496  
Things To Do 951

Visiting 738  
Photo Album 632

Shopping 453  
Jobs 377

## 2009 Recognition Breakfast



Laura Marone-Welch is presented the Silver Bowl Award in recognition of her support of hiring people with disabilities from Melissa Whitmore, Dave Townsend and Gary Jaquith

VocRehab VT & VABIR and the Rutland Business Advisory Council hosted a Recognition Breakfast to local employers On April 21st at the Franklin Conference Center. The room was filled to capacity.

The Master of Ceremonies was Tom Donahue, RRCC Executive Vice President/CEO; Speakers were David Sagi, Regional Manager of VocRehab VT and Gary Jaquith, Employment

Consultant of VocRehab VT: Presenters were Karen Letourneau, Employment Consultant of VABIR, Melissa Whitmore of TD Banknorth, David Townsend of Small Planet and George Norstrum of VOW.

There 25 plaque recipients and 2 Silver Bowl recipients presented in recognition for their support in the hiring of people with disabilities. The Silver bowl recipients were Laura Marone-Welch, Midway Oil/Donuts of Rutland and Wendy Viscere of TJ MAX. Both gave testimonials as employers to their experiences in the hiring of individuals with disabilities.

The morning was a great success and plans are underway for next year!! For information on the associated programs or to join the Rutland-BAC go to [www.bacrutland.org](http://www.bacrutland.org).

### June Chamber Meetings & Events

- 2 Special Events Committee, 8:30am
- 3 Membership Development Committee, 8:30am
- 4 RRCC Golf Classic, 12:30 start; Killington Golf Resort
- 9 RRCC Mixer @ Franklin Conference Center/Westminster Cracker, 5-7pm
- 11 Tourism & Marketing Committee, 8:15am
- 24 RRCC Board of Directors, 12:15pm

**The Rutland Region Chamber of Commerce fielded 655 phone inquiries during the month of April 2009**



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## *June Chamber Mixer!*

*Tuesday, June 9, 2009 ~ 5-7pm*

*Location: Howe Center, Strongs Ave., Rutland*

The Mixer will take place at the Franklin Conference Center  
and will feature tours of Westminster Cracker Co.

*~Hors d'oeuvres~*

*~Door Prizes~*



**Next Month: RRCC Mixer at Best Western Inn & Suites, July 14th 5-7pm**