



## 4th of July Fireworks Extravaganza!



Don't miss the Rutland Region Chamber of Commerce Fireworks Extravaganza! Thanks to our supporting sponsors listed below, the Chamber is able to provide a community celebration of our nation's independence with the areas largest fireworks display.

The fireworks will begin at 9:45pm at the Vermont State Fairgrounds following Summer Smash 2009 presented by the Vermont State Fair. Food and Vendor concessions open at 4:30pm, followed by the Stoney Roberts Demolition Derby at 6:30pm.

We would like to thank the following businesses who have helped to make this possible: Casella Waste Systems, Central VT Public Service Corp., Chittenden Bank, A Division of People's United Bank, FairPoint Communications, Price Chopper Supermarkets, Rutland Herald, Ryan Smith & Carbine, Ltd., Verizon Wireless, Vermont Country Store and Wal\*Mart.

We would also like to thank the Rutland City Fire Department and Chief Schlacter and the Vermont State Fair.

For more information on the fireworks call 773-2747 or go to [www.rutlandvermont.com](http://www.rutlandvermont.com)



## 28th Annual Winter In August Celebration



The Rutland Region Chamber of Commerce is excited to invite you to the 28th Annual Winter In August Celebration sponsored by Mac's Market/Mac's Flame Rite Heating Oil.

This event, which started over a quarter century ago, is held to recognize the positive economic impact that the ski areas have on the region.

Space is available for food vendors, this is a great opportunity to showcase your business to about 800 people.

The food fest will take place Tuesday, August 11, 2009, 5-8pm. The event is held in Center Street Alley, Downtown Rutland with an inclement weather location of the Diamond Run Mall.

Ticket prices will remain \$10 at the door and \$9 in advance by filling out the form enclosed in this newsletter. Pre-purchasing allows you quicker access on the day of the event.

For more information or to donate food or prizes, call 773-2747

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Calendar/Buy Local Inserted

## Welcome New Members

### Staff

**Thomas L. Donahue**

Executive Vice President/CEO

**Penny J. Inglee**

Marketing & Project Manager

**Joan Hill**

Director of Membership Development

**Ann Marie Clifford**

Information & Finance Manager

### Committee Chairs

#### Public Policy Committee

Larry Jensen

747-1611

#### Membership Development

Steve White

775-0510

#### Special Events

##### Winter In August

Donna Blight

775-6062

#### Tourism & Marketing

Mary Ann Goulette

438-2263

#### Transportation/Airport

Joe Giancola

773-6251

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www.rutlandvermont.com  
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Layout/Content - Penny J. Inglee  
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### Balloon Magic

Ron & Helen Abare

364 Rte 7B

N. Clarendon, VT 05759

Ph: 747-6967 Fax: 773-4701

Email: handrabare@comcast.net

www.balloonmagic-vermont.com

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### Morgan Stanley

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Fax: 775-2042

Email:

patricia.a.cuddy@smithbarney.com

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Email:

neshoberiverwinery@gmail.com

www.neshoberiverwinery.com

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### Ponderosa Steakhouse

John Maniery

559 US Rt 7 South

Rutland, VT 05701

Ph: 773-2828

Email: jpmpondo@aol.com or

rfd46tjm@aol.com

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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: 4:40pm	Sun: 10:35pm

<b>Departs NYC</b>	Daily except Fri: 3:15pm	Fri: 5:43pm
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<b>Arrives Rutland</b>	Daily except Fri: 9:10pm	Fri: 11:30pm
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**For Reservations or more information**

**1-800-USA-RAIL**

**www.amtrak.com**

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



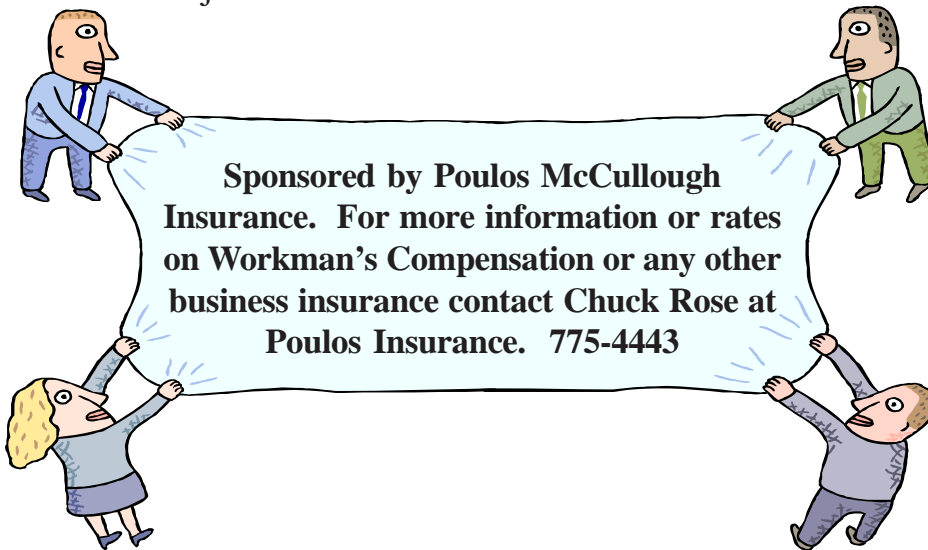
# Workers' Comp. Corner

## Employer Guidebook to Reduce Traffic Crashes

The Occupational Safety and Health Administration (OSHA), National Highway Traffic Safety Administration (NHTSA), and Network of Employers for Traffic Safety (NETS) have joined forces to create Guidelines for Employers to Reduce Motor Vehicle Crashes featuring a 10-step program to help improve traffic safety performance and minimize the risk of motor vehicle crashes.

To receive your guide, contact:

Norman James, Manager  
 Project RoadSafe  
 Vermont Department of Labor  
 5 Green Mountain Drive  
 P.O. Box 488  
 Montpelier, VT 05601  
 Tel: 802-828-4172  
 Email: norman.james@state.vt.us



## 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



## Board of Directors

### 2009-2010 Officers

**President**  
**John Valente**  
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**First Vice President**  
**Glenda Hawley**  
 Catamount Radio  
**First Treasurer**  
**Jack Merola**  
 TD Banknorth  
**Second Treasurer**  
**Marleen Cenate**  
 Heritage Family Credit Union  
**Immediate Past President**  
**Larry Jensen**  
 Rutland Health Foundation

### 2009-2010 Directors

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 Vermont Country Store  
**Phil Alderman**  
 Alderman's Superstores  
**Eric Allen**  
 Sherman V. Allen, Inc.  
**Erik Bohn**  
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**Steve Costello**  
 Central VT Public Service, Corp.  
**Bill Hanley**  
 Casella Waste Systems  
**Mary Ann Goulette**  
 Town of West Rutland  
**Brian Grady**  
 GE-Rutland  
**Jim Goss**  
 Kenlan, Schwiebert,  
 Facey & Goss, PC  
**Jerry Hansen**  
 SIGH Enterprises

### Ex-Officio Members

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 Rutland Regional  
 Planning Commission  
**Michael Coppinger**  
 Downtown Rutland Partnership  
**Jamie Stewart**  
 Rutland Economic  
 Development Corp.  
**Tom Macaulay**  
 Rutland Redevelopment  
 Authority



The Heritage Family Credit Union team of Karen Garrow, Mike McLoud, Marleen Cenate & Rich Rodrigue receive their 2nd Place Net prizes from RRCC President John Valente

## RRCC 24<sup>th</sup> Annual Golf Classic

The 24<sup>th</sup> Annual Rutland Region Chamber of Commerce Golf Classic, was held June 4, 2009 at the Killington Golf Resort. Members took advantage of the annual fundraiser to play a round of golf and network with colleagues.

Thank you to Rutland Motorcars and Kinney Pike Insurance for sponsoring a Hole In One opportunity for a Mini Cooper and to Allen Pools & Spa's for sponsoring a Hole In One opportunity for a hot tub. Also, thank you to the following businesses who were hole/cart sponsors: Ault Commercial Realty; Parker's Classic Autoworks; LaValley Building Supply; Kenlan, Schweibert, Facey & Goss, PC; Patch's Petroleum; Proctor Coal; URS Corporation, Berkshire Bank, Rutland Regional Medical Center, O'Brien Shortle Reynold's & Sabotka, PC, Lake Sunapee Bank, Century 21 - Premiere Properties,

Merchants Bank, New England Air Systems, Chittenden Bank, The Mountain Times, OMYA, Inc.

Jack Healey was the Guest Master of Ceremonies at the Awards Banquet following the tournament. Trophies and awards were presented to the following teams: First Place Gross: Killington Resort; First Place Net: Westminster Cracker Co.; Second Place Gross: KeyBank; Second Place Net: Heritage Family Credit Union; Third Place Gross: Rutland Regional Medical Center; Third Place Net: Merchants Bank. Men's Longest Drive: Keith Dunn. Women's Longest Drive: Deirdre Morris. Men's Closest to the Pin: Paul Steele. Women's Closest to the Pin: Deirdre Morris. First Place Gross Bank was KeyBank.

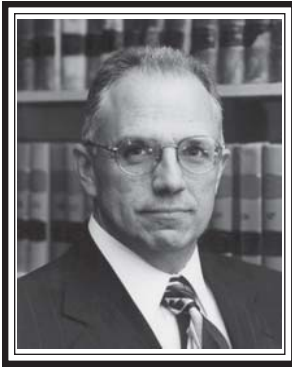
A special THANK YOU to the Special Events Committee, all the businesses that donated prizes and goodie bag items and the members who participated in this important fundraiser.

## Salvation Army Food Shelf Expansion



The Food Shelf is open Tuesday, Wednesday and Thursday, 1pm-3pm and is located at 22 Wales St., Downtown Rutland

The ribbon is cut at the expanded Salvation Army Food Shelf. Pictured: Front Row: Joan Hill, RRCC; Martha Sheets, Salvation Army; Captain Chuck Balcom, Salvation Army; Sally Rochon, Advisory Board Chair; Minga Dana, Board Member; Lynn Walsh, Board Member; Pat Shappy, Board Member; Tom Donahue, EVP/CEO, RRCC; Second Row: Tina Krempel, Board Member; Pat Serani, WalMart; Lee Beebee, WalMart; Gordan Morris, Board Member; Karen Garrow, Board Member; Barb Lassen, Board Member; Chuck Sharp, United Way of Rutland County; Caprice Hover, Citizens Bank



## Merchants: Be Alert

by James P. Mongeon, State's Attorney

### Who Did You Hire?

Police regularly receive calls from merchants and business owners about suspicious activity involving goods or money. These calls are not about shoplifters but about employees. The calls cover a broad range. Some are about cash missing from bank deposits or a cash register. Other calls involve misusing gift cards or false merchandise returns. All of these involve monetary losses to the business. All of these are preventable.

A business owner cannot be watching every transaction or event in a store. Prevention occurs earlier than the date of the suspicious transaction. Prevention occurs at the time of hiring a new employee. Prevention is done by having information about the candidate for the job. As an employer, you need to answer the question "Who did you hire?"

Some tips for you, some obvious and some not well known:

- a) Read the application form or resume entirely, don't just skim it. Be sure that the information on that document is complete so you can do follow up.
- b) During an interview, ask proper and lawful questions for information about the person.
- c) Check on references, even though they may be friends and ask them about themselves as well as about the applicant.
- d) Check with prior employers, not just the most recent. Some companies will not give a "recommendation" but listen for clues.
- e) If you have any sense that the person has been a criminal defendant, follow up. The District Court provides computer read-only access to the criminal case docket which goes back over 15 years.
- f) Ask people who already work in your business.

As the employer, you have the ability to be selective and hire quality workers. There are many good, industrious Vermonters who are looking for work. All you have to do is select an honest, reliable person for your business.

### June Chamber Mixer



Keith Dunn address the crowd at the June Chamber Mixer held at Franklin Conference Center jointly with Westminster Cracker Co.

### Informed Chamber Members Read the RRCC Courier



Linda Altobell  
The Rutland Tribune

## Creating Space For Health: Health & Wellness Column

By Lisa Marie Donohue, MA, LMT

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

#### Part II: Deficiency

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



Welcome back! There was so much to say about this topic, that we extended it to a 3 part series. Experts agree: the best way to reduce your risk of disease is to eat healthier. Almost every day, another piece of research or another news story touts the importance of our dietary choices — especially the benefits of eating more fruits and vegetables. Whether it’s a new vitamin, an antioxidant, or some other phytonutrients not yet “discovered” by science, fruits and vegetables contain an unparalleled array of nutritional elements that offer numerous health benefits for our bodies. And, the thousands of nutrients found in fruits and vegetables work together in ways that science is just beginning to explore.

The message is clear: we need more of the healthful whole food nutrition of fruits and vegetables in our diets, every day. It’s the one thing everyone agrees we can do to improve our health and reduce our risk of chronic diseases, such as heart disease, stroke, and cancer. However, putting the right foods into our bodies is a daily struggle. Fast food drive-thrus and all-you-can-eat buffets lurk on every corner. Fat, salt, and sugar have been added to almost every package on the shelf at the grocery store. Grabbing a bag of chips or a can of soda at the convenience store is certainly a lot easier than peeling an orange or tossing a salad.

You’ve heard it all your life: “Eat more fruits and vegetables.” Now, medical science is telling you, too. But knowing is easy. It’s doing it that’s hard. People often turn to vitamins and other nutritional supplements to improve their diets. Unfortunately, vitamins alone can’t begin to replicate the thousands of different nutrients found in fresh fruits and vegetables. Americans don’t suffer from a vitamin deficiency; we suffer from a whole food deficiency. And this deficiency affects the young and old alike. Thank goodness we have an abundance of farmer’s markets this time of year. Now is the time to stock up!

Look for part III. in August. For or more information about whole food nutrition, worksite health promotion programs, [including onsite chair massage], individual & group coaching, call 802.446.2499 or Email [wellbeyond@vermontel.net](mailto:wellbeyond@vermontel.net).

Resources: <http://loistrader.com> - <https://www.juiceplus.com/nsa/content/Welcome.soa>



### 30th Anniversary RAVE Car Show

The Rutland Area Vehicle Enthusiasts (R.A.V.E.) will present their 30th Anniversary Car Show and Flea Market on Saturday, July 11 and Sunday, July 12, 2009 at the Vermont State Fairgrounds in Rutland, Vermont. The show is sponsored by Patten Oil Co. As a result of tremendous community support RAVE will be making donations from last year’s fantastic show totaling \$5,000 to several area non-profit charities on Sunday, July 12 at 1 p.m.

There will be a car corral, flea market, retail vendors, food vendors, music, door prizes provided by many local businesses, live radio remotes, and a model car contest on Sunday sponsored by Replicarz. Joining us this year will be the Green Mountain Bull Dawg Chapter of the ATHS.

For Show information call, 802-773-6612, 802-265-8026 or 802-483-6877 all before 9 p.m. or email at [ravecarclub@gmail.com](mailto:ravecarclub@gmail.com) or check us out on the web at [www.ravecarclub.com](http://www.ravecarclub.com)

## From Our Members

**Killington Resort** has retained Factory Design Labs to oversee its branding, advertising, communications and media planning. Factory Design Labs is a global leader in marketing premium culture-driven lifestyle brands.

**Paramount Theatre** has announced their 2009-2010 Season. Shows include: Lee Greenwood, The Machine, Rusty Dewees: The Logger, Cabaret, Capitol Steps and more. For tickets or more information call 775-0903 or go to [paramountlive.org](http://paramountlive.org).

**Rutland Area Visiting Nurse Association and Hospice** will hold a special benefit "Moving Mountains for Hospice, A Summer Soiree and Live Auction" on July 11<sup>th</sup> to benefit the hospice program. The event will be held on the grounds of the home of Bryan and Cathy Johnson in North Clarendon. The event begins at 4:30pm with a cocktail hour with dinner served at 5:30pm. For more information or tickets call 747-3634.

**Rutland Regional Medical Center** is offering free help for people who suffer from chronic conditions such as arthritis, asthma, heart disease, diabetes and more. The "Healthy Living Workshops"

will take place Wednesdays, July 15, 22, 29 and August 5, 12, 19 at 1pm. For more information or to register call 772-2400.

**The Carving Studio and Sculpture Center** is offering three summer sculptural sessions for young people. The three sessions focus on three-dimensional arts and crafts. The sessions are titled: Exploring World Culture through Folk Art; Build a Toy/Sculpture and Native American Pottery Making. For more information or to register call 438-2097.

**The Carving Studio and Sculpture Center** is holding a Bronze Casting Workshop with Glenn Campbell, July 6-10. Participants will produce three bronzes using a different method for each. For more information or to register call 438-2097.

**The Carving Studio and Sculpture Center** will host "Stone Symposium" July 25-31. This symposium will be seven days of intensive carving in the heart of the historic West Rutland Marble quarries. For more information or to register call 438-2097.

**Vermont Marble Museum** is offering free admission every day to Rutland County residents and their guests through August 10<sup>th</sup>. Free admission is offered to parties of 20 or more as long as one member of the party is a Rutland County resident. A Vermont state issued ID must be presented at the time of entrance. For more information call 459-2300.

**United Way of Rutland County** has announced their 2009 campaign team. Chairman is Rich Carlson for the 4<sup>th</sup> consecutive year and will head up the Major Firms Division. Nicole Fabian of Chittenden Bank will once again be running the Commercial Division, Nancy Brower from Community Care Network again chairs the Public Service Division, Kelly Smith of Ryan, Smith & Carbine chairs the Professional Division for the 2<sup>nd</sup> year in a row. Carrie Allen of Lion & Panther Financial Group will head up the Small Business Division. Incoming Board President David Ballou will lead the Special Events Division of the campaign.

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## Rutland Region Workforce Investment Board Nancy Burzon, Executive Director Workforce Development, The Year in Review



The fiscal year of the Rutland Regional Workforce Investment Board ends June 30 and so this time of year offers a time for reflection as well as forward thinking. Looking back to a year ago, the key issues related to a workforce nearing retirement eligibility and the tendency to see our young generation leave the state for their post-secondary education and work opportunities. We anticipated a significant shortage of workers that would impede growth for our economy. Our region enjoyed a very low unemployment rate—the worry was the difficulty in finding good employees.

This year we have seen the unemployment rate essentially double from 4.5 to 9%. Recent meetings with employers throughout the region suggest employment will be fairly slow to pick up again, but it will come back. When it does, we fully expect to see the same workforce issues—the fundamental demographic trends are not changing.

In addition, we know that new skills will be required. In particular, computer skills are a new prerequisite for employment—for all jobs. Those who lack those skills will be disadvantaged in the marketplace for work.

As our organization looks ahead then, we see the critical need to remain committed to an agenda that sets its priorities on the following actions:

- \* Ensuring mature workers have access to computer skills training to remain employable.
- \* Maintaining leadership and supervisory development programs to equip our business leaders to manage more effectively in challenging times.
- \* Supporting our schools in career development and exploration strategies for youth throughout the K-12 system that enable students to develop relationships with the local community.
- \* Supporting the public education system as it works to increase the relevance and rigor of the K-12 process, enhancing the ability of our youth to be successful in the new world economy that will reward flexibility, critical thinking and innovation.

Our partnership with the education community is stronger than ever and we collaborate in addressing these challenges. The network extends to include employers and other community service providers.

It is also a perfect time to thank all of our members for their ongoing support and commitment to improving our region's workforce. I look forward to a very active and productive year ahead.



Mary Buswell, MA/VT  
Representative and Cliff  
Westcott, New England  
Region Chair of the  
**RETREADS**  
Motorcycle Club visited the  
Chamber offices recently.  
They have chosen Rutland  
for the September 2010  
New England Regional Rally.



## Membership Directors Update ~ Joan Hill



Hi Everyone,

Thank you to the Franklin Conference Center and Westminster Cracker for hosting the June mixer. The food was delicious and the tour of Westminster Cracker was the highlight of the evening.

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.

July's Benefit of the Month is the notary service that is available to our members at no charge. Tom Donahue, Penny Inglee, Ann Marie Clifford and Joan Hill are all Notary Publics. Please call ahead to make sure someone is available to provide the service.

Welcome to our new members: Balloon Magic, Morgan Stanley Smith Barney, Neshobe River Winnery, LLC and Ponderosa.

Congratulations to Foley Services on their 130<sup>th</sup> anniversary. The company is the oldest family-owned commercial laundry in the United States. It was founded in 1879 by Michael Foley.

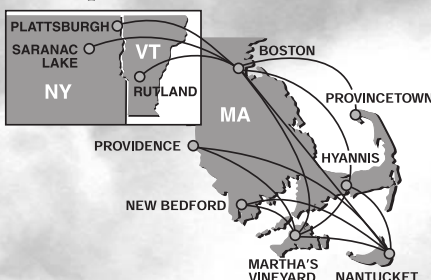
The 24<sup>th</sup> Annual Golf Classic held at Killington on June 4<sup>th</sup> was a great success. Thank you to Jack Healey for being the emcee, all the hole and cart sponsors, participating teams and the members who donated prizes.

Don't miss the RRCC 4<sup>th</sup> of July Fireworks Extravaganza at the Vermont State Fairgrounds. The event is open to the public at no charge and there is free parking. Thank you to our sponsors Casella Waste Systems, Central Vermont Public Service, Chittenden Bank, a Division of People's United Bank, Fairpoint Communications, Price Chopper Supermarkets, Rutland Herald, Ryan Smith & Carbine, The Vermont Country Store, Verizon Wireless and Walmart.

**NEW PERKS** this month: Balloon Magic is offering a 10% discount on balloon bouquets, Heli's Restaurant at Mendon Mountainview Lodge is offering 10% on dining (excludes alcohol), Rutland Country Club is offering 10% discount on food only for lunch and dinner and Ponderosa is offering a 15% discount on food.

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 July 14<sup>th</sup> at the Best Western.

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## Computer Ease By: Larry Gold

### Network Wireless Printing

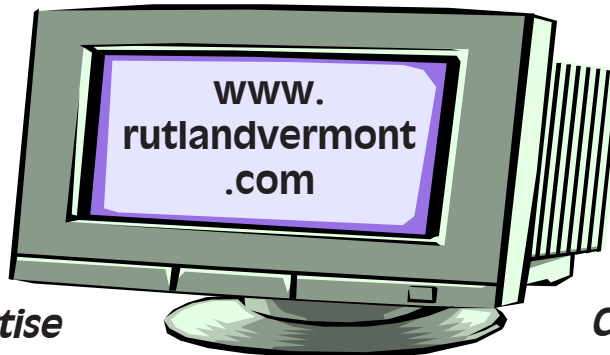


Welcome to the new world of network printing for small business. In the enterprise, your IT guy/gal would just add printers to the active directory sharing them with any computer on the network that needed to send print jobs. In the small business, or peer-to-peer network, you just open the properties for the printer, on the computer where the printer is physically connected, and then share it with the network, and then install the printer on the other computers. Now, we have network ready wireless printers available in the \$150 price range. Here is where it can get confusing for some people. Let's say you already have a wireless router/access point in the business, so the laptop users can move around and use the network for file access and internet access. Now you add a wireless printer, and what happens. Does the laptop connect wirelessly directly to the printer, or does the laptop connect wirelessly to the access point, and then by wire to the printer? Or, does the laptop connect wirelessly to the access point, and then the access point connects wirelessly to the printer? Good questions, huh? This is the confusing part I run into, when called to a site to help with a wireless printer install gone awry. Here's the easy way. If you already have a wireless access point, and want a network printer, and, (here is the big "and") the printer will sit within cable distance of the router, don't waste money on the wireless printing feature. Plug the printer into the router with an Ethernet cable, and everyone on the network, whether they are connecting wirelessly or not, will be able to print to it. Oh, and did I mention how important it is to backup your files? See ya!

## May 2009 Website Report

### Top Chamber Web Site Member Listing Page Views

- 1. Lodging 1,154
- 2. Attractions 865
- 3. Restaurants 652
- 4. Retail 286
- 5. Real Estate 204



- 6. Services 151
- 7. Recreation 146
- 8. Health Care 112
- 9. Food 62
- 10. Construction 58

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#### Other Top Page Views of Interest

**Call Now to Advertise**  
**773-2747**

- Calendar 1,817
- Things To Do 1,106

- Photo Album 817
- Visiting 703

- Shopping 458
- Jobs 360

## An Exciting New Approach For Rutland

The Vermont Public Service Board has directed Efficiency Vermont to target certain areas of the state for more energy efficiency efforts—and Rutland is one of these areas. Through this effort, called Geographic Targeting, Efficiency Vermont will help to relieve the stress on, and improve the reliability of, Rutland’s transmission and distribution system.

Efficiency Vermont will be focusing on specific energy efficiency efforts for customers living and working in the greater Rutland area. These efforts may include enhanced services or increased incentives to encourage customers to install their own efficiency measures. In addition to lowering the energy costs of participating homes and businesses, the services offered by Efficiency Vermont could reduce the overall peak demand for electricity.

In addition to the immediate electrical demand savings that Geographic Targeting produces, it will help to establish the potential of this strategy to meet Rutland’s longer-term electric system needs at the lowest cost. By reducing peak demand for electricity, the Rutland area could avoid or defer the extra cost of upgrading the existing electric infrastructure, which will help to keep electric costs down. Like all electric savings achieved through energy efficiency, these efforts will also reduce the amount of Vermont money being spent to purchase electric supply from out-of-state suppliers.

For additional information on Geographic Targeting in the Rutland area, visit [www.encyvermont.com/geotargeting](http://www.encyvermont.com/geotargeting) or call Efficiency Vermont at 1-888-921-5990.

## July Chamber Meetings & Events

- 1 Membership Development Committee, 8:30am
- 4 RRCC Fireworks Extravaganza, Vermont State Fairgrounds, 9:45pm
- 7 Special Events Committee, 8:30am
- 14 RRCC Mixer @ Best Western Inn & Suites, 5-7pm
- 16 Tourism & Marketing Committee, 8:15am
- 22 RRCC Board of Directors, 12:15pm

**The Rutland Region Chamber of Commerce fielded 558 phone inquiries during the month of May 2009**



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## *July Chamber Mixer!*

*Tuesday, July 14, 2009 ~ 5-7pm*

*Location: 1 US Route 4 East, Mendon, VT*

“Outdoor Barbecue - Poolside with a Margarita & Daiquiri Bar” with entertainment.  
Hot Dogs, Hamburgers, Veggie Burgers, Chicken, Pasta and Potato Salads,  
brownies and cookies.



*~Tours~Door Prizes~*



**Next Month: Winter In August, August 11th ~ 5-8pm**