

# IT'S YOUR BUSINESS

CONNECTIONS FOR SUCCESS



## HAPPY NEW YEAR!

### WELCOME DOUGLAS J. ROWE ATTORNEY-AT-LAW

The new MRCC Chairman of the Board began on January 1st, 2015.

### SAVE THE DATE!

The MRCC Annual Awards Dinner is scheduled for 03/19/15.  
Mark your calendars!

## WHAT'S INSIDE ►

- 1 ► Update from the President & Stay Informed
- 2 ► Member Experience & WBC Sponsorship
- 3 ► Calendar of Upcoming Events
- 4 ► Tuscany Trip Announcement
- 5 ► Rising Young Professionals & BCW Opportunity
- 6 ► WBC Fashion Show 2014
- 7 ► Featured Article: Wellness Tips from Bhavna
- 8 ► New Members & Ambassadors, April - Oct 2014
- 9 ► Part 2 of New Members April - Oct 2014
- 10 ► Ribbon Cuttings, April - Oct 2014
- 11 ► List of New Members, April - Oct 2014

Scan here to visit our website:





## PRESIDENT'S UPDATE - JANUARY 2015



I would personally like to thank the Officers of the Board of Directors, the Directors, Ambassadors, the committee members and Chamber members for all their support and participation in 2014. I would especially like to thank the staff who worked diligently to serve each member and follow the goals and initiatives set by the 2014 Board of Directors, who did a great job of leading your Chamber, successfully.

Join me in welcoming Douglas Rowe, Attorney-at-Law, **2015 Chairman of the Board of Directors**. Doug has been active in this chamber since 1966 and has received many awards including the President's Award for Outstanding Member and the Heritage Hero. We look forward to an exciting and successful year under his leadership.

2014 has certainly been a challenging year for many people in the Marlborough region. Your Chamber has created and instituted programs that have but one goal, to benefit our members and our community. Each event, including the Chamber's 90th Anniversary Celebration, was more successful than expected!

Join me in thanking the 2014 sponsors, the list of these generous business people can be found on page 2. We would also like to thank our wonderful food sponsors for their generous offerings of food and time for our events and meetings. Without these business contributions, we would not have been able to provide all the valuable services to our members.

Please know that your Chamber staff is always accessible by phone or email. If you have any questions, concerns, or ideas, I would enjoy the opportunity to personally speak with you. By keeping the Marlborough Regional Chamber of Commerce membership in your business plan, we will work together to continue to be **Your Connection for Success in 2015**.

**SUSANNE MORREALE LEEBER, CCE, IOM ♦ President & CEO**

### STAY INFORMED & KEEP IN TOUCH

The "It's Your Business" newsletter publication is from the MRCC: Marlborough Regional Chamber of Commerce. Celebrating our 90th Anniversary!

**ADDRESS:** 11 Florence St., Marlborough, MA 01752

**PHONE:** 508-485-7746

**WEBSITE:** [www.marlbroughchamber.org](http://www.marlbroughchamber.org)

**EMAIL:** [marlcham@marlbroughchamber.org](mailto:marlcham@marlbroughchamber.org)



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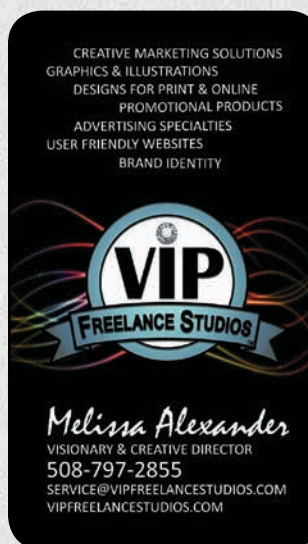


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A BIG Thank You to the MRCC staff for the opportunity to design this newsletter. I enjoyed working with the crew! At VIP Freelance Studios, we provide graphic design, marketing, promotional products and website design services. Contact us to receive your MRCC members only discount!

*~ Melina Alexander*  
Visionary & Creative Director  
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## MEMBER EXPERIENCE

"Becoming a member of the Marlborough Regional Chamber of Commerce was the single-most important decision I've made for my business. As a busy entrepreneur, I need efficient and effective ways to meet people, network, and market my business. This Chamber delivers, and through their support and countless resources, I've watched my business grow to where it is today. If you're looking to connect with one of the most vibrant business communities out there, I encourage you to join the Marlborough Regional Chamber of Commerce today!"



Mike Pascarella, President  
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pascarellamultimedia.com

## HAVE YOU CONSIDERED BEING A WOMEN'S BUSINESS COUNCIL SPONSOR?

Our chamber holds quarterly luncheons on the second Friday of the month at the Embassy Suites, 123 Boston Post Road West, in Marlborough. The Women's Business Council provides support for the personal and professional development of women in business through education and networking opportunities.

Luncheon Sponsors give a 5 minute presentation at the event and are recognized on all the Chamber's marketing venues such as event flyers, weekly email blasts, newsletter, and on the MRCC website. Luncheon sponsors can distribute brochures and other information about their company at the event, and have a reserved seat at the table with the guest speaker and complimentary lunch. Placards displaying your company name as sponsor will be put on each table. The cost is \$195 to sponsor two (2) luncheon meetings.

What a wonderful low cost opportunity to introduce your company to a terrific group of women, and enjoy a delicious lunch at the same time. For more information contact the Chamber office at 508-485-7746.



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# 2015 CALENDAR OF UPCOMING EVENTS

## JANUARY 2015

**January 14 (Wed)** - Informational meeting to discuss the details for the upcoming October 23 - 30, 2015 trip to Tuscany & the Italian Riviera, 6:00pm, Chamber of Commerce Conference Room, 11 Florence St., Marlborough. Open to the Public. RSVP required: (508-485-7746).

**January 16 (Fri)** - Third Friday Eye Opener Networking, 8:00am - 9:00am, Chamber Conference Room, 11 Florence St., Marlborough. The Chamber hosts an orientation to the Chamber. Existing, new and prospective members come together to learn about the many benefits and opportunities that the Chamber provides and hear a new networking topic each month. Members: included in your Membership; Guests: free.

**January 22 (Thurs)** - Ribbon Cutting 4:00pm. Details Picture Framing, 87B Granger Blvd. Marlborough. Please come and help us welcome our newest member Debbie Baker celebrate this special day!

**January 26 (Mon)** - President's Luncheon, 12 noon - 1:00pm, Chamber Conference Room, 11 Florence St., Marlborough. By invitation only.

**January 28 (Wed)** - Joint Speed Networking Event with Assabet Valley Chamber of Commerce, 5:00pm - 7:30pm. Hosted by The Hudson Portuguese Club, 13 Port St, Hudson. Cost: \$15 Includes light dinner. Registration Required: 508-485-7746 or marlboroughchamber.org

## FEBRUARY 2015

**February 3 (Tues)** - Networking Before Nine - Immaculate Conception School Showcase 7:45am - 9:00am. Hosted by Immaculate Conception School located at 119 Washington Street, Marlborough. Please attend and find out why so many parents and students have made Immaculate Conception School one of the fastest growing schools in our community. Light refreshments will be served. Members: Included in your Membership; Guests: free.

**February 3 (Tues)** - First Tuesday Business Talks, 9:00am - 10:30am, Main Street Café, 182 Main St., Marlborough. This small networking opportunity gives the attendee time to talk about their issues and to find out what connections and resources can be utilized through the Chamber and its members. Members: included in your Membership; Guests: free, Coffee free with breakfast purchase - compliments of Main Street Café.

**February 11 (Wed)** - Rising Young Professionals (RYP) 2nd Annual Night at the Spa. Hosted by DruMais Salon, 31 Springhill Ave., Marlborough. Members: Included in your Membership. Guests \$10. Registration requested: 508-485-7745 or marlboroughchamber.org

**February 20 (Fri)** - Third Friday Eye Opener Networking, 8:00am - 9:00am, Chamber Conference Room, 11 Florence St., Marlborough. The Chamber hosts an orientation to the Chamber. Existing, new and prospective members come together to learn about the many benefits and opportunities that the Chamber provides and hear a new networking topic each month. Members: included in your Membership; Guests: free.

## MARCH 2015

**March 3 (Tues)** - First Tuesday Business Talks, 9:00am - 10:30am, Main Street Café, 182 Main St., Marlborough. This small networking opportunity gives the attendee time to talk about their issues and to find out what connections and resources can be utilized through the Chamber and its members. Members: included in your Membership; Guests: free, Coffee free with breakfast purchase - compliments of Main Street Café.

**March 19 (Thurs)** - 2015 Business Awards Recognition Dinner. Reception starts at 5:00pm. Dinner starts at 6:00pm. The Best Western Royal Plaza Hotel. 181 Boston Post Road West, Marlborough. Price \$50 per person. Reservations required: 508-485-7745 or marlboroughchamber.org

**March 20 (Fri)** - Third Friday Eye Opener Networking, 8:00am - 9:00am, Chamber Conference Room, 11 Florence St., Marlborough. The Chamber hosts an orientation to the Chamber. Existing, new and prospective members come together to learn about the many benefits and opportunities that the Chamber provides and hear a new networking topic each month. Members: included in your Membership; Guests: free.

**March 30 (Mon)** - President's Luncheon, 12 noon - 1:00pm, Chamber Conference Room, 11 Florence St., Marlborough. By invitation only.

**You are cordially invited to attend!**

To register for any of these events, find out more information or get directions, please call or email the Chamber.

**JOIN US!**



### 2ND ANNUAL BLUE RIBBON SPEED NETWORKING EVENT



**WEDNESDAY JANUARY 28<sup>TH</sup>, 2015**

**5:30 - 7:30PM**

**HUDSON PORTUGUESE CLUB  
(13 PORT STREET, HUDSON)**

- ✓ **EXPAND YOUR BUSINESS CONTACTS**
- ✓ **MEET POTENTIAL NEW CLIENTS**
- ✓ **DEVELOP YOUR SPEED-NETWORKING SKILLS**
- ✓ **SOCIALIZE WITH OTHER BUSINESS LEADERS IN THE AREA**

**CASUAL DINNER WILL BE SERVED;  
\$15 WITH PRE-REGISTRATION (DEADLINE: SUNDAY 1/25/15)  
\$20 AT THE DOOR**

TO ENSURE MAXIMUM NUMBER OF CONTACTS ACHIEVED, PRE-REGISTRATION IS STRONGLY ENCOURAGED AT: [MARLBOROUGH@MARLBOROUGHCHAMBER.ORG](mailto:MARLBOROUGH@MARLBOROUGHCHAMBER.ORG) OR (508) 485-7746



Networking Before Nine

## Immaculate Conception School Showcase



**Don't miss it!**

**Tuesday, Feb. 3, 2015**

at  
Immaculate Conception School  
119 Washington Street  
Marlborough, MA

**7:45AM - 9:00AM**

**FREE Admission!**

A star in our region's rich family of educational institutions, Immaculate Conception School, is located right here in Marlborough, MA! Join us for tours, presentations, curriculum details, and enrollment information. Teachers and staff will be on-site to answer your questions. Light refreshments will be served.

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## TUSCANY TRIP ANNOUNCEMENT

Marlborough Regional Chamber of  
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### Tuscany & the Italian Riviera

October 23 – 30, 2015



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Informational meeting  
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## RIISING YOUNG PROFESSIONALS

Dear Chamber Members,

If you are a Chamber member, you would have heard about the Rising Young Professionals ("RYP") group within the chamber. You may have also attended one of the events such as the DCU Networking event, Luau, or Wine Tasting. But you may still be wondering what is RYP, who are they, and what do they do?

RYP is a group comprised of Marlborough Regional Chamber of Commerce members who are 40 and under and are striving to make quality and lasting relationships with other young business professional and potential clients/customers. RYP members are attorneys, leasing consultants, bankers, salon owners, acupuncturists, and other business professionals. Over this last year RYP celebrated its one year anniversary and continued growth of the group. A committee of two has turned into a committee of 6+ RYP members. RYP's objective over the last year has been to host networking and social events where its members can meet RYP members and Chamber members.

In the coming year RYP is planning on expanding its events to not only networking and social events, but also educational seminars relative to business and networking. The RYP committee invites Chamber members under the age of 40 to partake in the monthly committee meeting which are the second Tuesday of the month and invites all Chamber members to attend its open events.

At regular Chamber events keep a look out for members who have a "Rising Young Professional" ribbon on their name tag. These ribbons not only benefit the RYP members but other Chamber members who may be able to connect and foster a mutually beneficial relationship with a RYP Chamber member.

On behalf of the RYP committee, have a Happy Holiday Season and a wonderful new year. May the new year bring success to all and continued growth to the Chamber and especially the Rising Young Professional's group.

*-Nelson L. Santos*

Fletcher Tilton, PC Attorney At Law

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## BUSINESS CARD WALL ADVERTISING OPPORTUNITY

### WHAT YOU GET:

Your name, business card, or company logo displayed on the large poster beside the MRCC Business Card Wall for only \$75 for one month. Also, your business card featured in the special Chamber Staff business card area.

### WHY YOU SHOULD:

It increases the visibility of your business and its name. Shows you are an active member of MRCC. Increases potential for new business from people walking into the Chamber office. Fantastic way to promote and publicize your business and get referrals. For more information contact the Chamber office: 508-485-7746.



## WBC FASHION SHOW

The Annual Women's Business Council Fashion Show was held at the Embassy Suites in Marlborough on Friday, June 13th, 2014.  
Hosted by Christian Dumais of DruMais Salon

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# STRESS REDUCTION TIPS



## for the Holidays and everyday!

Like it or not stress is a fact of life, but being stressed out is not! People who suffer from chronic stress are more likely to experience moodiness, poor digestion and illnesses. Stress isn't gender related either.

1. Drink plenty of water to keep you well hydrated. 6-8 glasses per day will help you to flush the toxins from your system.
2. Breathe - Put yourself in time out! Find a quiet spot and just breathe. Long slow deep breaths.
3. Smile - It takes more muscles to frown than to smile.
4. Mantra - Compose a Mantra and repeat 10 times like - "I feel calm, I am in control and I can handle this".
5. Set limits - Say no to things and people who are overloading you. You need to stop trying to please everyone all the time.
6. Exercise - Take a long walk alone and enjoy the nature that is around you. You will be surprised at the grand beauty around you and feel uplifted.
7. Long Hot Bath with your favorite music on. Pamper yourself! Candles and oils will help you melt away the day's worries.
8. Meditations - You should meditate at least once a week. You can use some soft music or a guided meditation.
9. Take time with your favorite pet or borrow one of your friends.
10. Eat Right - Stress levels and a proper diet are closely related. Unfortunately, it's when we have the most work that we forget to eat well and resort to using sugary, fatty snack foods as a pick-me-up.

For more information:

Contact Bhavna at 774-242-2112

bhavasrivastava@bhwellnessgroup.com

For details and registration visit [www.bhwellnessgroup.com](http://www.bhwellnessgroup.com)

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