



Serving the towns around Mt. Kearsarge:

Andover, Bradford, Contoocook, Danbury,
Henniker, Hopkinton, Newbury, New London,
Salisbury, Sunapee, Sutton, Warner, Webster,
Wilmot

*Bridging the gap between New
London and Concord.*

KACC News:



Did You Sign-up Yet?

Good Food, Good Networking Opportunities

Back by popular demand! Our first of the year mixer and networking event between **Contoocook Chamber of Commerce, Kearsarge Area Chamber of Commerce, and Henniker Chamber of Commerce**. Last year we filled the room with local business people mingling and talking. Great opportunity to meet like minded people and promote your business in a low key setting. Food, door prizes, and easy networking. **\$5 members of any of the Chambers, \$10 non members.** Pay at the door or **reserve your spot** with one of the Chambers. See our **Facebook event here**.

February Events:

Meet author Paul Brogan Sunday, February 2, 2020 at 2 p, Gallery at MainStreet BookEnds, 16 East Main Street, Warner, NH 03278 learn the fascinating history of the legendary Concord Theatre. There will be book signing.

2020's Change Your Life Elimination Diet, Tuesday February 4, 2020 at 6 PM, Busy Women Wellness, LLC, 895 Rte 103, Newbury, New Hampshire - A simple Elimination Diet can change your life!! Food has the power to promote health or create disease; following an Elimination Diet will be a rewarding, eye-opening, and empowering experience! Eliminate inflammation and start feeling like yourself again! As a "side-effect" you will lose unwanted pounds and improve your overall well-being and mood.

This will be a fun group event with food samples and recipes to help you discover the foods that are making you sick and tired! Bring a friend or partner and enjoy together!

Come join me at Busy Women Wellness, LLC located at the Keelin Studio For Strength in Newbury on January 21st. The cost is \$50 per person. Limited spots available. Sign up today at andrea@busywomenwellness.com or (603) 748-5559.

Make and Mend - Warner Public Market, Thursday, February 6 & 20, 2020, 19 E Main St, Warner, New Hampshire - 1st and 3rd Thursdays, 6-8pm. - Come out on these dark nights to create alongside friends and neighbors! What should you bring? Any smallish project you are currently working on (spinning, knitting, wood carving, painting, mending, etc.). Note: please bring your own supplies. **Optional**, bring dinner/snacks and a pillow/blanket if you want to sit on the floor. Tea and occasional snacks will be provided. Questions? Contact Ellie Brown at ejb.615@gmail.com.

Make Your Own Immune Boosters with Kris & Stephen, Monday, February 6, 2020 at 6 PM – 7:30 PM, Kearsarge Food Hub, 11 West Main Street, Bradford, New Hampshire 03221- Sweet Beet Kitchen Takeover! Community members Kris and Stephen will show you how to whip up your very own immune boosting tonics!

Join Stephen and Kris Foss in the Sweet Beet Kitchen to learn how to conjure up some winter wellness. Elderberry Syrup and Fire Cider are traditional recipes that have supported health for centuries. Learn about the many benefits of both, how to source what you need locally, and make it in your own kitchen.

By the end of the workshop, you will have an 8oz bottle of each to bring home (a \$50.00 retail value!) together with the recipes and know how to make it yourself. **[Register now!](#)** Due to space this workshop is limited to 8 participants.

Special Introductory Svaroopa Basics Yoga Class, Friday, February 7, 2020 at 6 PM – 7:15 PM, Hosted by Sea Glass Yoga & Wellness Center, 803 Flanders Road, Henniker, NH - Special Introductory Yoga, Svaroopa®

\$10 (that's half off the drop-in rate)

\$5 for students with college ID

Guaranteed to release the tension along your spine and low back! For more information go to **SeaGlassYoga.com** or call us at (603)324-2394.

The 18th Annual NOFA-NH Winter Conference Saturday, February 8 at Kearsarge Regional High School, Sutton, NH- MainStreet BookEnds is proud to be the bookseller for this wonderful annual event with Keynote Speaker, Author Steve Gabriel. The day will be packed with over 40 workshops. The day's lineup also includes a midday panel discussion on herbicide and pesticide use. Join nearly 500 supporters of the local, organic movement as we learn from the experts and we all look towards celebrating the arrival of spring and our next growing season.

Conference registration includes organic and locally-sourced meals and snacks catered by The Crust and Crumb Baking Company. **[Sign-up here.](#)**

Burritos for the Homeless, Sunday, February 9, 2020 at 12 PM, Area 23 Concord, 254 N State St, Unit H (Smokestack Center), Concord, NH - On the 2nd Sunday on each month, we make burritos and take them downtown for Concord's homeless. Please join us at noon to lend a hand.

Can't make it, but want to help financially? Stop by 23 and tell your bartender you want to donate a couple of bucks and they can add it to your tab.

Content Creation 101, Monday, February 10, 2020 at 5:30 PM - 7:30 PM, Pillsbury Free Library, 18 E Main St / PO Box 299, Warner, New Hampshire 03278 - Learn how to utilize Twitter and Facebook lists and RSS for curation including some additional tips: Learn what is Content Curation and why is it important for Businesses, A hands-on workshop, bring a laptop.

Rooted: Community Conversations with the Sweet Beets, Monday, February 17, 2020 at 6 PM - 8 PM, Sweet Beets Market, 11 W. Main street, Bradford, NH - Free to attend - KFH is collaborating with culinary enthusiasts to present 6 unique sessions combining local food with meaningful conversation.

The founders and operators of the Kearsarge Food Hub will prepare a meal for session participants and lead a conversation around their work in the local food system and their commitment to community. Bring any and all questions for the Sweet Beets and learn more about this multilayered organization!

20 spaces are available for this unique event. **[Registration](#)** is required so we can plan accordingly. Dietary restrictions will be taken into account just be sure to let us know.

This event is free. Funding is provided by the Champions of NH Farms.

Meet & Greet with Cinde Warmington, Sunday., February 16 at 2-3:30 pm in the Gallery, MainStreet BookEnds, 16 East Main Street, Warner, NH 03278- Running for Executive Council District 2 including Warner, Salisbury, Webster, Hopkinton, Henniker, Bradford, and Sutton

Abby Hutchinson's Sweet Freedom Songs: Songs and Stories of the Struggle for Abolition and Woman Suffrage, Wednesday, February 19 at 1 pm, at Warner Town Hall, 5 E. Main St., Warner NH - Deborah Anne Goss appears as Abby Hutchinson Patton, recalling mid-19th-century U.S. and New Hampshire history and performing rousing anthems, heartfelt ballads, and humorous ditties sung during anti-slavery and early women's rights struggles. In the 1840s and 1850s the Hutchinson Family Singers strongly

influenced the opinions of the era with their popular songs promoting healthy living and social justice-most prominently the abolition of slavery. Participants are encouraged to join in the singing on several choruses or read a poem or political diatribe of the time.

SNOW DATE: March 4

Funding provided by NH Humanities Council, Pillsbury Free Library and Warner Historical Society.

Fish Fry Friday, February 21, 2020 at 5 PM - 7 PM, Magdalen College of the Liberal Arts 511 Kearsarge Mountain Road, Warner, NH 03278 - Guinness battered fried cod, hand cut french fries, baked beans, coleslaw and more! \$10 per adult, \$5 for children ages 6-12, and children 5 or younger are free! 50-50 raffle goes to support a specific class event.

Email Marketing, Constant Contact and Mailchimp, Monday, February 24, 2020 at 5:30 PM - 7:30 PM, Pillsbury Free Library, 18 E Main St / PO Box 299, Warner, New Hampshire 03278 - Learn how to craft a good subject line, what content is working for business newsletters, and what is not. Basic tips and best practices for businesses just getting into email marketing for the first time. What ways can you aggregate and get email subscribers, and reviewing information about the CAN-SPAM act which is the National Standard regulation [Register here!](#)

Warner Conservation Commission Presents Conservation Biologist Christine Schadler, Thursday, February 27 at 7 pm in the Gallery, MainStreet BookEnds, 16 East Main Street, Warner, NH 03278 - The Real Eastern Coyote, Come learn how resilient coyotes have adapted to a wide range of environments and how people can coexist with our native carnivores in urban, rural, and wild settings.

Perfect Product Pitch - Mastering the Art of Persuasion - Friday, February 28, 2020 from 10:00 AM to 1:00 PM EST, Grappone Conference Center, 70 Constitution Avenue, Concord, NH 03301 - Free Workshop. Do you have a product that is ready to go to market? Is 2020 your year to persuade buyers to put your product in their stores or maybe you're ready to secure an angel investment? Perfect Product Pitch is your opportunity to master the art of persuasion.

Lead by Master of Persuasion, Dara Trujillo CMO of SLC Group Holdings, attendees will learn how to take their startup to stardom in a half day workshop. Attendees who successfully complete the half day training will have the opportunity to receive expert mentorship from SCORE and SLC Group Holdings and return in April to pitch their product in front of a panel of angel investors and buyers. In addition to helping startups breakthrough, SLC Group Holdings has extensive relationships with some of the world's largest retailers including Walmart, William Sonoma, and Petco. Don't miss out on your chance to master the art of persuasion and become a success story of the new decade.

The Blazing Star Grange will celebrate leap day with Leap into Wellness Day from 9 to noon on Saturday Feb 29th at the grange hall 15 North Road, Danbury, NH. Focus will be using the extra day this year to improve your health and wellness both in mind and body. Chair massages, intro to Reiki Sessions, blood pressure checks,, body care, developing yourself and enjoyment of life. Openings still available for presenters. **Call Donna at 603-768-5579 Free Admission.**

League of Extraordinarily Funny Women, Sunday, March 1 at 4 pm, MainStreet BookEnds, 16 East Main Street, Warner, NH 03278- BookEnds BookGroup will welcome Boston author She Moeschen - 50 Trailblazers of Comedy. Join us for the fun!

Developing a Media Kit, Monday, March 2, 2020 at 5:30 PM - 7:30 PM, Pillsbury Free Library, 18 E Main St / PO Box 299, Warner, New Hampshire 03278 - Learn how to put together a media kit and what to include, as well as learn how to have your media kit available to news outlets online and offline. We also be reviewing where to find journalists online. This is a hands-on workshop, bring a laptop. [Register here!](#)

Recurring Events:

Weekly

Tai Chi on Tuesdays at Twelve at Warner Town Hall - Lower Level \$20.00 for 4 weeks

Toast on Fire Toastmasters Group - Every first and third Wednesday evening with a bonus virtual meeting on fourth Wednesday. *Serving Warner, New London, Andover, Newbury, Bradford, Sutton, Henniker and Surrounding Areas.

Monthly

One million cups Wed, December 4, 8am – 9am The Hotel Concord at 11 S Main St. Concord, NH 03301 Learn more at www.1millioncups.com/centralnh

First Friday Biz & Brews- Fri, November 1, 5 pm – 7 pm Area 23, 254 N State St, Unit H, Concord- Got a small business? In local sales? Around the Area we have always appreciated being about to hook people up with good contacts. Join us for a casual networking event on the first Friday of each month.

BookEnds Book Group - Meeting the first Sunday of the month at 4 pm in The Gallery ~ All Welcome. MainStreet BookEnds & Gallery 16 East Main Street Warner

Poetry Workshops with Deborah Brown - Second Sunday of the Month at 2 pm Join former UNH English professor Deborah Brown, author of Walking the Dog's Shadow and the just released The Human Half. Deborah will be offering a monthly Poetry Workshop. MainStreet BookEnds & Gallery 16 East Main Street, Warner

Every first Thursday at the village of Contoocook- The town celebrates local culture. Art, music, style, and epicurean samplings to delight!

Member News:

Huntoon Farm will be at the Danbury Winter Market on Feb 1st and March 7th from 9am to 1pm. The event is held at the Blazing Star Grange Hall, 15 North Road in Danbury.

KACC Board meeting, Tuesday February 4, 2020 at 7:30 am-8:30 am at the Contoocook Depot.

NEW! KACC Visitor Center at the Contoocook Railroad Museum - members are encouraged to signup for time slots to volunteer at the Depot. While at the Depot, members may have their own pop-up shop to sell their own products or to advertise their services. **Standard time slots are Fri-Sun 10a-4p broken into 3 hour shifts.** The Depot is thinking of being closed Jan & Feb, but that's not a hard and fast rule. Other days and times are fine too and can be coordinated. We are still getting ourselves organized so anyone that wants to volunteer should contact the Chamber using our online form or by email at events@kearsargechamber.org.

The United Church of Warner announces its 2020 Public Meal schedule:
March 14 - Corned Beef, **April 4** - Chicken-n-Biscuits, **May 9** - Pot Roast, **June 13** - Meat Loaf, **July 11** - Summer Salads, **August 8** - Turkey, **September 12** - Baked Ham, **November 14** - Pork Loin; Public Breakfasts: **March 21 & 22** - Maple Festival Weekend, **July 4 and October 10 & 11** for Warner Fall Foliage Festival. All dinners served from 4:30 - 6:00 pm and breakfast from 7:00 - 11:00 am. **To help with meals or for more information email: unitedchurchofwarner@gmail.com** or call: 456-3447.

Last But Not Least

Time To Print The Brochures! We are almost out of our **brochures**. That means it's time to print more. If you are not yet a member, you can **sign up or renew now** to be in this next brochure! We typically print brochure batches every 3 or 4 months. **Our deadline is February 20th.**

Additional events may be listed on the **Chamber homepage**, our **Google Calendar** and our **Facebook page**.

We want each of the Kearsarge Area towns to be represented on the Board. Please consider joining the **KACC Liaison** so that events and priorities from your town are made known to the Chamber members and contacts.

If you haven't already, please **like us on Facebook**, and our followers are likely to return the favor! We're also now on **LinkedIn** and **Instagram**.

Compiled by Nanette Thelemaque of **InEssence Virtual Assistance** ~ A Virtual Professional providing small business support. We help with websites, social media, or administrative assistance. *Your Virtual hand in business support!*

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