

THE BEDFORD BANNER

June/July 2009

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Business Person of the Year: Joe Venuti, Bedford Farms Ice Cream

By Maureen Sullivan

One of the wonderful aspects of presenting the Bedford Chamber Awards is that I often find out so much more than the original reasons a business or business person was nominated for the award in the first place, and Joe Venuti is no exception to the rule. A Bedford resident since 1975, he and his wife Barbara raised three children, Scott; Dave; Becky in Bedford and now have four grandchildren, Chris, Jack, Andrew and Ava.

Joe purchased Bedford Farms Ice Cream in 1983 and over the years he has employed approximate 300+ Bedford students and residents, in 1990, he started a Bedford Farms scholarship for any graduating senior who has worked at Bedford Farms, a scholarship he still awards each year. Always looking to give back to the community, they also started a "Bedford Public School Month" where for the entire month of April, when a customer activates a "Bedford Public School Gift Card", Bedford Farms Ice Cream donates 20%

of the sale of the gift cards to the ENTIRE school system. Last year, they donated over \$2000 to the schools. Bedford Farms has participated in the Flavors of Bedford event every year since its inception, serving up their now famous "pumpkin" ice cream.

Joe was a founding member and creator of the Bedford Babe Ruth Baseball League in 1982. He served on the board of directors for the Bedford Babe Ruth Baseball League. He managed and coached for over 12 years. He also served as the commissioner for two years.

In May 2001, he opened another Bedford Farms location in Concord, MA on Thoreau St. He has also received several local and regional awards for Best Ice Cream Shop. Including in



2005, they received the Best of Boston Ice Cream award from Boston Magazine Bedford Farms. They have also been highlighted in many publications from "O: Oprah Magazine", regional travel publications, to the local town paper, Bedford Minuteman.

Clearly, a great businessman, and an even a better person, it was my privilege to present the 2008 Bedford Chamber of Commerce Business Person of the Year award to Mr. Joe Venuti at this year's Annual Dinner April 30, 2009, at the Doubletree Bedford Glen Hotel.



Chamber Award Winners Shine at Annual Dinner (left to right): Maureen Pomeroy, Joe Venuti, Angela Marcucci, Sarah Spring, Jim Hicks, and Maureen Sullivan

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It's Much More Than Just Your Posture

By Dr. Brian Tiu

You never know how important your health is until it is gone. This is a harsh but true reality. Even though we have more information and knowledge about health and diseases than ever before in history, people are continuing to die young. Pollution, overuse of drugs, and stresses are just a few of the many problems contributing to the current state of health in our society. The purpose of this article is to provide you with key information to take responsibility of your own health.

I would like to take this opportunity to introduce myself. My name is Dr. Brian Tiu. I am the new Chiropractor in town located on 200 Great Rd – Suite 204. I am the ONLY structural focused chiropractor serving Middlesex county. My mission in Bedford is to help everyone achieve optimal health through structural focused care.

I attended high school at Agincourt Collegiate Institute in Toronto, Canada. Later I attended University of Toronto and received a Bachelor of Science in Nursing. University of Toronto is where I started to develop my respect and passion for health and wellness, which helped to cultivate my eventual career and lifestyle choices.

I then chose to attend Logan College of Chiropractic in St. Louis, Missouri because I had a deep desire to help people be as healthy as they can. Chiropractic would allow me to help others achieve optimal health and wellness naturally.

While in St Louis, I had the opportunity to work in a clinic that took care of St. Louis Rams (NFL) players. Aside from this, I have been practicing in the Pacific Northwest, for the past two and a half years, where I cared for babies, pregnant mothers, fathers, children, seniors, and athletes. Much too often, people base their health on how they feel.

CHAMBER CALENDAR



June 2 4:30 p.m.	Sovereign Senior Prom Stroll <i>Town Common</i>
June 11 7:30 a.m.	Chamber of Commerce Directors Meeting <i>Bedford Police Dept</i>
June 15 2:00-6:30 p.m.	Farmer's Market <i>Corner of Loomis and South Road</i>
June 18 12 noon	Working Women's Alliance <i>Flint Room/Town Center</i>
June 25 8:30 a.m.	New Orientation Seminar <i>Flint Room/ Town Center</i>

Health has nothing to do with how you feel, but rather is, "A condition of wholeness in which the body is functioning at 100% all of the time." (Webster's Dictionary). Many of us were taught to believe that if we don't have any secondary conditions (symptoms) we are "healthy". Unfortunately though, this is not always true. A cavity in a tooth develops while we are feeling fine; heart disease builds while feeling great; and cancer develops without any indication. This is why it is critical to maintain your health based on how you are functioning, not on how you are feeling.

In order to do this, it is important to understand how the body works. We all know that the human body has a normal temperature, a normal range for blood pressure, and normal eyesight, but most of us are unaware that the same applies when it comes to the inner framework of the body. Every organ, tissue and cell in the body is controlled by your nervous system. The spinal cord and nerves are housed in the spine. Unfortunately, due to circumstances, including birth itself, childhood accidents, sickness, car accidents, surgeries and many other mental, chemical or physical stresses, our entire structure tends to shift out of its normal position.

"Abnormal shifts or deviations within the inner framework of the body may be the true underlying cause of common secondary conditions (symptoms)."

A Doctor of Chiropractic who focuses on these abnormal spinal deviations (abnormal structural shifts) can work with

you so that those little "once in a while" issues don't turn into a major debilitating condition.

In a world where antibiotics are over prescribed and yet new diseases and infections are continuously appearing, Structural Chiropractic Care is a breath of fresh air. It is simple, safe, effective and natural. It gets to the root of the problem rather than masking it.

Many people believe that they should only see a chiropractor if they are experiencing back pain or headaches. This is not true. Chiropractic is also about preventative care. By correcting the abnormal spinal deviations in your back, it allows your nervous and immune systems to function optimally, therefore, preventing or reducing the number of colds, infections, the flu and other sicknesses or illnesses.

I truly care about people. I want what's best for them. It is my goal, in writing this, to encourage each person to be as healthy as they can. From my extensive schooling and experience, I have found Structural Chiropractic Care to be a natural and healthy choice. I am here to serve the people of Bedford. Please contact me if you have any questions or would like to find out more about an evaluation of your health at (781) 202-7352.

Dr. Brian Tiu is one of the two chiropractors in Massachusetts focusing on structural correction of the spine. He can be reached at Blue Horizon Chiropractic located on 200 Great Road – Suite 204. The practice website is www.dr-brian.com.

Program Committee

The Program Committee’s charge is to plan and facilitate business networking and information seminars/workshops for members. Members include Chairperson Maureen Pomeroy- Pomeroy & Fitch, Alan Shoemaker- MITRE, Larry Carlton- Carlton & Duran, CPAs, Josh Cohen-Strategic Financial Partners, Joan Turnburg-Live Life Well, Karen Kenny-Organizing Works, Bryan McKay-Middlesex Savings Bank

This year the committee has launched a weekly Golf league at the Patriot Golf Course. The league is Tuesday afternoon, starting with 4:30 pm tee times. Chamber members and military personnel from Hanscom AFB mix for a friendly networking event on the green. Please reserve your spot a week in advance as the slots fill up quickly!

The programming committee supports the Working Woman’s Alliance which hosts a monthly speaker who brings his or her expertise to the group and shares information which is supportive of women in business. The next meeting of the Working Woman’s Alliance will be on June 18th at 12:00 noon at the Flint Room in the Town Center. The speaker will be Susan Ellis, the owner of Clever Girl Communications who will lead a discussion on internet social networking. Please be sure to attend this informative session and bring your lunch!!

The committee is in the process of arranging for informative workshop sessions in which Chamber Members will host a workshop session centered on an area of expertise from their own business. A few of the workshops which are in process are “Asset Protection for the Self Employed Individual” and a “How to workshop on being ‘out there’ in social networking”. If you would like to present a workshop session please contact Maureen Pomeroy (781) 861-1000.

The Programming Committee will also arrange local after hour’s social networking events and promote multi chamber events. If you are a new business in town you may want to consider hosting a networking event to get to know you business neighbors! Please contact Maureen Pomeroy to discuss the possibility of spotlighting your business with a great event!

Flavors of Bedford

The 8th annual Flavors of Bedford is scheduled for Sunday, November 1, 2009 at the Doubletree Bedford Glen Hotel (same location as last year) Brown & Brown, P.C. and the Doubletree are returning as Premier sponsors of what has become a highly anticipated celebration of the Harvest.

There are several levels of sponsorship available and we are excited to be able to promote and showcase your firm as part of this grand community event. Visit www.flavorsofbedford.org for more information or call Maureen Sullivan at 781-275-8503.

A portion of the proceeds will benefit the “Heroes Homecoming Fund”, an organization that helps families of deployed soldiers at Hanscom Air Force Base.

The following restaurants have already committed to the event: Bedford Farms, Bistro 44, Bug A Boo Creek, Carriage House Café, La Cascia’s Bakery and Deli, Lester’s Roadside BBQ, Palios, Naked Fish, Starbucks Coffee, Summer Winter & Whole Foods Market

Chamber of Commerce GOLF LEAGUE

EVERY TUESDAY NIGHT

The Bedford Chamber of Commerce and Hanscom have



joined together for league play at the Patriot Golf Course, located on the grounds of the Veteran’s Hospital, 220 Springs Road, Bedford, MA. There are 32 slots, tee times will be between 4:30 & 5:30 pm. Sign ups are on a weekly basis and all tee times and foursomes will be emailed out. This is a fun networking event, all are welcome. Greens fees are \$14.00 & carts are \$ 6.00 (shared). Chamber members who are annual greens fee holders will not be charged additional greens fees. Any questions please contact the Chamber office at 781-275-8503.



The Goddard School Ribbon Cutting Ceremony



Welcome to New Members

Law Offices of Renee Lazar

Renee Lazar
4308 Thompson Farm Lane
Bedford, MA 01730
978-844-4095

*Concentration in family and
employment law*

Spaulding Management LLC

Sharon Spaulding
One Concord Farms
490 Virginia Road
Concord, MA 01742
978-371-0800

*Provides commercial development
management and real estate consulting
services*

Membership Renewals

Carriage House Café & Catering
Patriot Pediatric

Please Help a Bedford Child Enjoy Summer Adventures at Bedford Recreation!

The Town of Bedford Recreation Department is asking friends and neighbors for contributions to our Campership and Neighbors Helping Neighbors Funds to enable us to accept as many children as possible in our summer programs. There are many children in the Town of Bedford whose families do not have the resources to enroll their children in activities. For some children, our activities represent this summer's only potential source of social interaction. We feel that it is such a very important opportunity for these children. It is our hope that we can offer as many of these children as possible a special summer experience.

If you are able to offer a contribution of any size, we would be greatly appreciative. We realize that these are difficult economic times and that many people may not be in a position to help this year. However, we ask that you please keep us in mind should you find yourselves in a position to offer any campership assistance. Contributions may be sent to Bedford Recreation, 12 Mudge Way, Bedford MA 01730, payable to "Town of Bedford."

Thank you very much for your consideration. Best wishes for a happy and safe summer. Amy Hamilton, Recreation Director, Town of Bedford, 12 Mudge Way, Bedford, MA 01730, 781-275-1392 ext. 341.

Prom Stroll

Join us for the Sovereign Senior Prom Stroll on Tuesday, June 2 on the Town Common. It will begin at 4:30 pm with the class picture to be taken at 5:00 pm, followed by the promenade. In case of inclement weather the stroll will be held in the high school gymnasium.

Right at Home

Right at Home is a licensed in home care and assistance agency located in Bedford and Groton, serving the Middlesex County area since 2004. The offices are owned by Ted Bernhardt, who is very involved with ensuring his clients' needs are met and their expectations exceeded. There are four nurses on staff who supervise caregivers, make wellness visits, and provide skilled nursing functions when necessary.

Our services are highly personalized and flexible. We carefully select our caregivers who provide companionship to personal care assistance wherever the client calls home. They must pass CORI/DMV background checks. They are fully insured and bonded, professionally trained, and actively supervised.

Right at Home has been approved by the Executive Office of Elder Affairs to provide services to Minuteman Senior Services and Elder Services of Merrimack Valley.

And, we do not forget the personal touches that are so important – a steady hand, a bright smile, and the willingness to go the extra mile.

If we may be of assistance, please call. We look forward to serving you. Right at Home, 133 Great Rd., Bedford, MA 01730, 781-275-1400.

The Bedford Chamber of Commerce, Inc.

12 Mudge Way
Bedford, MA 01730
Tel. (781) 275-8503
Fax: (718) 275-8501
www.bedfordchamber.org

Office Hours:
Monday, Wednesday, Thursday
8:00 a.m.-2:00 p.m.

President: Maureen Pomeroy
Executive Director: Maureen Sullivan

NEW MEMBER ORIENTATION

The Membership committee will be holding a "New Member Orientation" get together on Thursday, June 25. The meeting will be held in the Town Center Flint Room at 8:30 AM. New members will get an overview of Chamber benefits and also suggestions on how to maximize ones Chamber benefit followed by a Q & A. For more information, contact Lea Ann Knight at 781-275-6224.