

THE BEDFORD BANNER

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Flavors of Bedford

By Christine Pinney

Toasting the holiday season with friends old and new is a tradition at the Flavors of Bedford. This annual event will be held this year on **November 5th** from **4 to 6 p.m.** in the grand ballroom of the 5-star Bedford Glen Hotel – formerly the Renaissance Bedford Hotel. It promises to delight and amaze guests as restaurants gather to present their finest appetizers, entrees and deserts.

Over 25 restaurants including, the prestigious Bedford Glen's Bistro 44, Concord's Colonial Inn, Lexx and Dalya's. Chefs from Verrill Farm, Legal Sea Foods, Naked Fish, Café Luigi, Carriage House Café, Bickford's Grille, The Fairways, Margaritas, Russo's Market, and Whole Foods Market will dazzle you with their showmanship and elegant displays. Bedford Farms will be returning with their yummy Pumpkin Ice Cream and Rosie's Bakery will tease your senses with delicious desserts. New this year is the inclusion of Max Stein's American, Bamboo Fine Asian Cuisine, Romano's Macaroni Grille, The Flatbread Company, Three Georges, Vinny T's, Bruegger's, The Minuteman Club, Starbucks Coffee, KnowFat Lifestyle Grille, and The Lexington Café.

"Flavors attract a diverse group of guests from Bedford and the surrounding communities." says Event Coordinator Liz Coules. With the classic elegance of a cocktail party, it is clearly a place to meet old friends and new.

Brown and Brown PC
(<http://www.brown-brown-pc.com>) of



Bedford join the Bedford Glen Hotel (<http://bedford.dolce.com/>) as Premier sponsors of this five star event. "We are thrilled new owner Dolce International is committed to continuing the Flavors of Bedford. We look forward to having them in the Bedford community. Brown & Brown PC, a loyal and steadfast supporter of the Chamber and Bedford, make it possible for Flavors to be so successful. We are very grateful for their support." said Maureen Sullivan. Flavors of Bedford supports both the Chambers' programs and this year a portion of the proceeds will benefit Elm Brook Place.

The Raffle is back in classic form. Buy your raffle tickets and place one or many tickets in a basket in front of your favorite items. Choose from:

- ONE-NIGHT WEEKEND STAY INCLUDING BREAKFAST
Hampton Inn Bedford in Burlington
- "FIT PACK" AND FREE MONTH GUEST PASS
Boston Sports Club (BSC) in Lexington
- FRUIT AND CHEESE GIFT BASKET
Chip-in Farm in Bedford
- GIFT BASKET AND CERTIFICATE
Salon Alfonse in Bedford
- VERA BRADLEY HANDBAG
The Paper Store of Bedford
- WINE SELECTION GIFT BASKET
Tom and Dianne Busa

Restaurant Gift Certificates include: Café Levonya in Arlington, Chili's in Burlington, Emerald Rose in Billerica, Lakota Bakery in Arlington, Neillio's Gourmet Kitchen in Lexington, Not

Your Average Joe's in Acton - Gift Card, On The Border in Woburn, Outback Steak House in Burlington, Ristorante Marino in Cambridge, and Via Lago in Lexington. Many more items will be included in the raffle. "You won't believe it until you see it!" says Sullivan.

The Flavors of Bedford would like to extend sincere thanks to Premiere Sponsors — Brown and Brown PC and The Bedford Glen Hotel, Platinum Sponsor – Capstone Mortgage & ReMax Premier Properties, Emerald Sponsor — Summit Health & Fitness, Sapphire — Brookline Bank, Limousine Eighteen and The Paper Store of Bedford, and Opal Sponsor Great Road Gallery.

Tickets: \$35, in advance, \$45, at the door, \$25, seniors, \$245 for groups of eight, \$30/person for parties of 9+. They are available online at www.flavorsofbedford.org, New England Nurseries-216 Concord Road or Great Road Gallery 363 Great Road. We encourage you to order your tickets now as last year's event was sold out. Visit the website or call Maureen Sullivan at 781-275-8503 for further information and sponsorship opportunities.

IN THIS ISSUE

Flavors of Bedford	1
Business Spotlight	2
Chamber Calendar	2
Multi-Chamber Networking Event	3
Brookline Bank Sponsors Chamber Golf Tournament	4
Business Diversity	4
Business Diversity Training Breakfast	5
Welcome to New Members	6
A Tribute to Gould Motors	6



Summit health + fitness = Member Service, Cleanliness, + Focused on YOUR fitness goals!

Summit health + fitness is the first full service fitness center in Bedford! A membership will provide you with numerous benefits beyond an environment where you can workout in a clean and well-architected facility. Summit is extremely focused on member service, cleanliness, and helping our members reach a higher plateau of physical and mental achievement.

They offer a large 13,000 square foot facility with three group fitness centers, a wide variety of cardio machines, cable motion equipment, strength training machines, and a separate free weight area. The choices of floorings and finishes throughout the building were selected with sensitivity to the environment. Extensive use of bamboo flooring, recycled carpeting, and materials from renewable natural resources have been chosen with care.

The three group fitness centers have been designed to ensure that they meet the needs of the wide variety of classes that members deserve. The Spin Center has state of the art spinners and specialized neon lighting to enhance the member experience. The Mind/Body Center provides a calm atmosphere for yoga, Mat Pilates and other related classes. The large group fitness center has been designed with specialized rubber flooring manufactured in Spain that reduces the impact of vigorous group exercise on members' knees and other sensitive joints. Further, our group fitness class schedule is growing weekly with exciting classes to try and meet everyone's schedules.

Summit offer a complete line of cable motion equipment manufactured in Italy and are the first fitness center in the country to offer the Human Sport line.

CHAMBER CALENDAR



September 14 7:30 a.m.	Chamber of Commerce Directors Meeting <i>Bedford Police Station</i>
September 16 10:00 a.m.	Bedford Day
September 21 12:00 noon	Working Woman's Alliance Meeting <i>Shawsheen Room, Town Center</i>
September 28 5:30-7:30 p.m.	Multi-Chamber Networking Event <i>Minuteman Club, HAFB</i>
October 12 7:30 a.m.	Chamber of Commerce Directors Meeting <i>Bedford Police Station</i>
October 18 7:15 a.m.	Business Diversity Training <i>Bedford Public Library</i>
November 5 4-6 p.m.	Flavors of Bedford <i>Bedford Glen Hotel</i>

BUSINESS SPOTLIGHT *continued*

Behind the beautiful esthetics of the equipment are well engineered machines that provide dual weight stacks and a wide range of possible exercises.

In addition to the cable motion equipment, they offer a wide range of circuit weight training machines to support the needs of members who prefer to focus on specific muscle groups. The line of equipment has been chosen with care given to the ergonomic design such that the member workout experience is smooth and can be accomplished in the manner they wish.

The free weight area has a complete set of Olympic bars, benches, and dumbbells. They have created a separate space for free weight training to provide members an area designed specifically for a wide range of workouts.

Summit health + fitness provide all new members a complimentary one hour fitness assessment with one of our National Academy of Sports Medicine certified personal trainers and a complimentary twenty minute nutritional assessment with our Wellness Dietician. Come visit Bedford's finest fitness center, **summit health + fitness**, for a free workout and to learn about membership options.

They can be reached at 781.276.1773 or by email at info@summitbedford.com. You can view pictures of the facility at www.summitbedford.com.

Catch the Chamber's Cable show

CHAMBER CONNECTIONS

BCAT
MONDAY NIGHT 7:00 PM

The Bedford Chamber of Commerce presents
**The Hanscom Air Force Base
Multi-Chamber Event**

THURSDAY, September 28, 2006

*Arlington, Bedford, Billerica, Concord, Lexington, Malden, Medford, Melrose, North Suburban, Peabody,
Reading-North Reading, Stoneham, Wakefield, Waltham, Wellesley, Winchester, Wilmington*

PLEASE JOIN US



**Thursday, September 28th, 2006
5:30-7:30 PM**

**Hanscom Air Force Base
Minute Man Club**

*Enter Through the HARTWELL GATE
(ID required to enter base)*

**RSVP No later than Tuesday, the 26th
Reservations A MUST. • NO WALK-IN's ALLOWED!!
Photo ID Required**

781-933-3499 Fax 781-933-1071

Welcome to Hanscom Air Force Base!!!!!!

Gather your business cards and make your reservation for a great networking social event – one you do not want to miss! At this networking, there will be two presentations:

An update about Hanscom Air Force Base presented by LT. General Charles Johnson II
“Post BRACC” (Base Re-alignment and Closure Commission)
presented by Alan MacDonald-MASS Defense Technology Initiative.

Bring plenty of business cards to share with new contacts you will meet.
Over 200 people typically attend our multi-chamber events.

*Pre-registration is **REQUIRED!!***

Bedford Chamber of Commerce Hanscom Air Force Base Multi-Chamber Event

REGISTRATION FORM

**Mail to: Bedford Chamber of Commerce 12 Mudge Way Bedford, MA 01730
or you can sign up online at www.bedfordchamber.org
before September 25,2006**

Name(s) _____

Company _____
Address _____
Phone _____ Fax _____

____ Participants@ \$10 per person (members) \$20 per person (non-members) = _____

____ Check

Brookline Bank Sponsors Chamber Golf Tournament

The Bedford Chamber of Commerce recently held its annual golf tournament at the Patriot Golf Club. The tournament raised funds that support community events such as the Senior Prom Stroll, relocation packages and the Charles Hume Scholarship. The Bedford Glenn Hotel sponsored the winning team of Kelly Sullivan, John Isnor, Cristian Mashado and Maureen Sullivan who carded a 62. Many thanks to sponsors **Brookline Bank, Edward Jones Investments, Sovereign Bank** and the business community who played in the tournament. The Patriot Golf course is owned and run by Hanscom Air Force Base.



Maureen Sullivan, Kelly Sullivan, Paul Lewan, John Isnor, Cristian Mashado.



Business Diversity Training Coming in October

Have you seen those “Bedford Welcomes Diversity” decals in the windows of some stores in Bedford? Want to know how to get one? If you are a Bedford business, come to Business Diversity training Wednesday morning, October 18th, 2006 and receive your very own! Whether you are a new business to Bedford or one that has been around for awhile, you will have the opportunity to obtain your own decal when the Bedford Selectmen, Bedford Chamber of Commerce, and Violence Prevention Coalition of Bedford sponsor another morning breakfast training for all interested Bedford business.



Whole Foods Training and Development Coordinator Michelle Hirsch from the Cambridge office will present to the group, showcasing the Whole Foods diversity model and offering a qualitative assessment of the economic impact of such training. The training will take place Wednesday, October 18, 2004 from 7:15 to 9:45 a.m. in the first floor meeting room at the Bedford Public Library on Mudge Way, right next to Bedford High School. A light

breakfast will be available before the training. The event is free to Bedford businesses but advanced registration is required.

As a response to the three part breakfast seminar program held spring of 2002 called “The Business Imperative for Diversity,” the Bedford Selectmen, Chamber of Commerce, and Violence Prevention Coalition have sponsored these free diversity trainings for Bedford businesses. Representatives from all sponsoring groups participated in the initial training series spring of 2002 with the businesses. Utilizing a training program offered by Shell Oil Company, a team of local trainers then facilitated diversity training for the staff and management of local businesses who had not yet been trained and also for any manager who was interested in previewing the training prior to having a separate event at their own place of business for front line employees.

Businesses who have participated to date have received certificates and a Bedford Welcomes Diversity decal for

their store. Those businesses include Artistic Framer, Bedford Exxon, Bedford Lock and Key, Bedford Motel, Bedford Wallpaper and Paint, Best Western Hotel, Boston Federal/BankNorth, Callahan Kenpo Karate, Cambridge Savings Bank, Carlton and Duran, CPA, PC, Century 21, Christine Pinney Marketing, Coldwell Banker, Country Store, Curves, Design Photo, Designs Unlimited, Development Direct, Edward Jones Investments, First Parish Church, Fleet Bank/Bank of America, Great Road Gallery, Hanscom Federal Credit Union, Marshall’s, McDonald’s, Minuteman Volkswagen, Movie Madness, Naomi Dogan Psychologist, Panospin Studios, Portraits by Holly, Seaborn and Company, Shell Oil Company, Sparta, Stop and Shop, Sun Valley Subs, Town of Bedford Department Heads and Police Supervisors, and Whole Foods.

Businesses that have expressed interest in the trainings in the past will be personally contacted about the October event. If you or your business has questions or is interested in attending the October event, please call 781-275-7727.



Business Diversity Training Breakfast

When: Wednesday, October 18, 2006
7:15 -9:45 AM (Save the date!)

Where: Bedford Public Library
Mudge Way, Bedford (next to Bedford High School)

~ COMPLIMENTARY BREAKFAST ~

AGENDA:

7:15-7:30 AM Registration, Coffee & Breakfast, Networking

7:30-9:45 AM Welcome & Introduction
Training Program featuring Michelle Hirsch
Whole Foods Training and Development Coordinator

Businesses who send one or more representatives to attend the entire program will receive a diversity-training certificate and a *Bedford Welcomes Diversity* decal to display proudly at their places of service.

To Register or For More Information Please Contact:
Sue Baldauf, Director, Bedford Youth & Family Services 781-275-7727 (x263),
sueb@town.bedford.ma.us

*Sponsored by the Selectmen of Bedford, Bedford Chamber of Commerce,
& Violence Prevention Coalition.*

*With thanks to Stop and Shop Corporation & Whole Foods
for corporate sponsorship and support*



Welcome to New Members

Right At Home

Ted Bernhardt
133 Great Road
Suite A
Bedford, MA 01730
781-275-1400

In-home care for the elderly or disabled

Capstone Mortgage

Sue Lehman
114 Waltham Street
Lexington, MA 02421
(781) 860-7888

*Mortgage solutions for even the most
complex situations*

Summit Health & Fitness

65 Wiggins Ave
Bedford, MA 01730
(781) 276-1773

Full service fitness center

Wells Fargo Home Mortgage

Trish Signet
200 RT 130
Sandwich, MA
(978) 897-1940

*Single source for all your home financing
needs*

A Tribute to Gould Motors

By Maureen Sullivan

My first trip to Gould Motors was over forty years ago, when I accompanied my dad down Great Road to pick up his car. My father, a true old school guy, would educate me all the way there and back that the only car anyone should drive is a Chrysler, and for 60 straight years, he never wavered. He bought all our cars came from Gould Motors and loved doing business with Mr. Gould, someone he called "a self made man".

Years later when I returned to Bedford and was hired at the Chamber, I was able to reconnect with Gould Motors. The facility had changed quite a bit from what I remembered as a child. Gone was the small little room that smelled like gasoline and the uneven driveway that led into a dark garage. The old house had been moved down the road and a beautiful showroom was built on the property. But what had not changed was the Gould family and their commitment to their customers and the Bedford community.

As Gould Motors closes its doors after 69 years of doing business in Bedford, I would like to thank Larry and his father for all they have given to this community. Larry has served as President of the Bedford Chamber for the past two years and the immediate past president of the Bedford Rotary. He has been both a tremendous asset to our organizations and a great friend to so many. We will miss him very much and wish him the best of luck in his new endeavors.

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: Lawrence Gould
Executive Director: Maureen Sullivan
Newsletter Design/Printing:
Partnership Resources