



The Milford Bank is sponsoring a series of seminars for small businesses owners and entrepreneurs during the months of March and April.

The seminars will be presented by the U.S. Small Business Administration's CT District Office.

Thinking of starting your own business? Already in business but still have questions? Is your business in need of financing but you don't know where to go? Wondering how to do business with the State of CT and the Federal Government? We can help!

The seminars will be held at the Stratford Library, located at 2203 Main Street on Wednesday evenings from 5:00 to 7:00 p.m.

The schedule is:

March 18: ABC's of a Business Plan: The importance of a plan; what it is used for, what should be in it, what it says about you and your business.

April 1: Financing Your Small Business: Finding capital for a small business is not impossible. The SBA offers pointers that help get a business moving toward financial stability. Topics discussed will be traditional (SBA's guaranteed loan program) and non-traditional (SBA's micro-loan program) ways of financing, what lenders look for and understanding a credit report.

April 29: Doing Business with the Government: This workshop will cover where one registers in order to do business with the State of Connecticut and the Federal Government. Websites for locating federal bids over \$25,000 and the State's bid portal where State and Municipal bids can be found will be demonstrated. Also covered will be State and Federal Set-aside programs.

The seminars are free and open to the public but seating is limited. Registration is required. Contact Lisa Powell at 860.240.4892 or lisa.powell@sba.gov.

Some offbeat holidays you can celebrate in April



April 2: International Children's Book Day

Celebrated since 1967, this holiday takes place on Hans Christian Andersen's birthday. Each year, a different national section of the International Board on Books for Young People (which sponsors the holiday) chooses a theme as well as an author to write a message and an illustrator to design a poster. This year's theme is "Imagine Nations through Story."

April 6: Sorry Charlie Day

This holiday is completely unrelated to the actor on It's Always Sunny in Philadelphia. It's actually a day to reflect upon the rejections you have experienced in life and realize the world kept spinning despite them. Sorry Charlie, maybe next time.

April 19: National Hanging Out Day

Sadly, this is not a day to kick back and relax with some friends. Rather, it's a holiday encouraging people to hang out their laundry—and cut down on energy consumption by doing so.

April 30: International Jazz Day

The United Nations Educational, Scientific and Cultural Organization is responsible for this holiday, which celebrates its fourth edition this year. Schools, communities, and even government organizations around the world will host programs to highlight the diplomatic role of jazz in bringing people together.



Some employees who have recently celebrated anniversaries with The Milford Bank:

Ryan Verrilli	4 years
Jon McClintock	7 years
Bob Russo	8 years
Cortney Meng	9 years
Dave Wall	12 years
Gerianne Kohut	16 years
Nancy Phelan	18 years



At it's 60th Annual Meeting and 2014 Awards of Distinction Luncheon, the Milford Chamber of Commerce awarded President and CEO of The Milford Bank, Bob Macklin, with the Chamber's Lifetime Achievement Award. Bob has supported numerous local organizations over the years. We were very proud to see Bob recognized for all of his good work. Congratulations!



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The Milford Bank is proud to announce it is launching some green/health initiative projects over the next year.

First up will be a 5K run on June 14th with a lead up training program. The lead up program is a 12 week instructor-led group fitness program beginning on March 21st, culminating in our 5K. The program is open to anyone in Milford and Stratford and surrounding communities.

If your goal is to run your first race, lose weight, or get in better shape, this program is for you! All fitness levels are welcome!

Space is limited and advance registration is required. To learn more, contact Devon Taylor at info@devontaylor.net or 203-499-7168 or clohrenz@milfordbank.com or 203-783-5700. The enrollment fee is only \$25.

EXTRAS

Registrants will receive a T-shirt, tote bag, pedometer, and discounted fee for the 5K. Finish the program and 5K to receive a special prize!

Check future editions of this newsletter for other new projects!

Moving towards a healthier community.

MISSION
 Our goal is to get the community moving! We want to move you to become healthier and more active, and move others to do the same.

ABOUT
 The Milford Moves Pirate Day 5K is a race open to walkers and runners of all fitness levels and ages. Prizes awarded. Pirate costumes welcome!

DATE
 June 14, 2015 - Race Day Registration 6:30-7:30 AM, Race Begins 8 AM

LOCATION
 Gulf Beach in Milford, CT

SIGN UP
 Register for the 5K online by visiting milfordmoves.com - Early Registration \$25, Late Registration \$30, Race Day Registration \$35 For more info, contact Clinton Tebbetts at President@ShorelineSharks.com

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milfordmoves.com

The Lion and the Gazelle

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.

Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

It doesn't matter whether you are a lion or a gazelle. When the sun comes up, you better start running.

-African Proverb



A gift for you...

**Stop by any office of
 The Milford Bank
 And get a FREE
 Jotter and Pen Set!**

*One per customer with coupon while supplies are available.
 Expires April 30, 2015.*

