



# SAHOA

**JANUARY 2006**  
**Vol. 11 No. 1**



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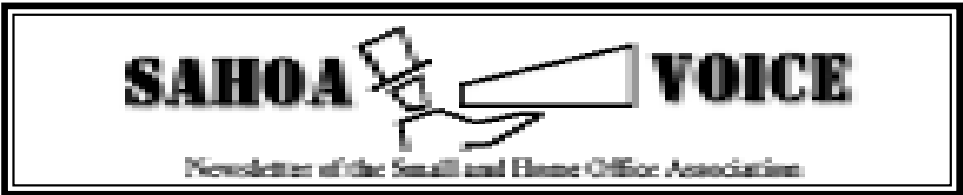
Denise Adamik  
Treasurer

Geoff McLean  
Secretary

**Committees:**

Kathy Pooler  
Leslie Olding  
Newsletter Editors

“SAHOA is a tax-exempt organization dedicated to supporting current and future small owner operated businesses in the SE CT area”



## Annual Holiday Gathering Lighthouse Inn, New London

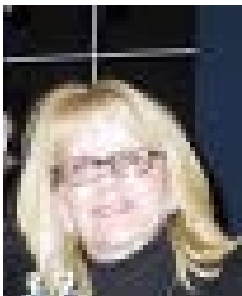
SAHOA members gathered for some good food, conversation, fun and relaxation during its annual holiday gathering on Thursday, December 29<sup>th</sup> at 2:00 p.m. at The Lighthouse Inn in New London. A few highlights of the meal were the lobster bisque, the prime rib and the cheesecake.

Numerous gifts were exchanged numerous times as members opened their Yankee Swap presents. Lucky Steve Ingle was the final owner of a battery-less flashlight that changed hands a few times. It seemed to be the hit of the day!

Door prize winners were as follows:

- Brian Kobylarz - free dinner at January meeting
- Steve Ingle - restaurant gift certificate
- Dave Nelson - 99 Restaurant gift certificate
- Denise Adamik - floral arrangement.

## January 11th Meeting Dillan's, Norwich



We will return to Dillan's for our January 2006 meeting, which will be held on the 11<sup>th</sup> at 6 p.m. Dillan's is located at 78 Franklin Street, downtown. From I-395 N, take exit 80E, turn right off the ramp onto route 82. Go to the end of route 82 (across from Dunkin' Donuts), and turn right onto Chelsea Harbor Drive. Go straight through the first two intersections, and turn right onto Main street at the third set of lights. Quickly move to the left lane, and make a quick jog left onto Franklin

street. Dillan's is on your left, after you pass Bath street and The Norwich Bulletin. There is a parking lot across from Artspace, as well as on-street parking.

We will be ordering from the menu. Please call Kathy Pooler at (860) 889-2893 to RSVP for the next meeting.

We have rescheduled our November speaker, **Bridget Linicus**, of Mystic Shore Financial. She will present information about Health Savings Accounts, the new and improved version of Medical Savings Accounts.

## Membership Directory

**Denise Adamik**, 823-1190  
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Desktop Publishing, resume service,  
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**Alice Stino**  
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**Michael Sullivan**, 823-6227  
**Jeffrey Rickabaugh**  
99 Main Internet Services  
office@99main.com  
www.99main.com

Internet services; full internet access and  
technical support. Offering DSL service  
and web mail.

### Honorary Members

**Tony Cronin**  
The New London Day

**Hon. Rob Simmons**  
U.S. House of Representatives

**Peter Pappas**  
CSBDC

**Arlene Vogel**  
CT Procurement Tech. Asst. Prog.

**Thomas Sheridan**  
Chamber of Commerce of SE CT

**Hon. Edith Prague**  
Connecticut State Senate

**Diana Urban**  
Representative



## FEBRUARY PREVIEW

Our February meeting will be held on the 8<sup>th</sup> at 6 p.m. at Dillan's in Norwich. Our guest speaker will be **Liz Farrell**, owner of Gone By Noon, LLC, a professional organizing company. Liz will present tips for getting organized for tax season, so please join us for this timely discussion.

### Trade Shows

#### **Boston Gift Show® - Spring**

Mar 25, 2006 - Mar 28, 2006  
Boston Convention & Exhibition Center

Department and specialty stores, gift shops, mail order/catalog houses, boutiques, import/export firms, jewelers, craft and antique shops, museums and galleries, florists and garden centers

#### **LinuxWorld Conference & Expo**

April 3-6, 2006

Boston Convention & Exhibition Center

In addition to the enlightening Keynotes, always "buzzworthy" Feature Presentation, and unsurpassed education in the Conference Program, there are also many exciting Exhibit Hall hot spots and other activities for you to take advantage of. Be the first to hear, see, touch and feel the latest and greatest advances in Linux and open source products and services.

# January

## WINTER 2006 ENERGY SAVING TIPS

- Heating your home is the most costly use of energy. ENERGY STAR certified furnaces deliver home heating more efficiently, using less energy. Consider upgrading your furnace if it is over 20 years old, because it is costing you more to use than modern equipment.
- Install a programmable thermostat and set a weekly routine using energy-saving lower temperatures for nighttime, and when you are away from home. Try not to 'override' the system with manual adjustments. You can save about \$100 per year with this change alone.
- Seal your house properly to keep heat from escaping. Walk around your home and feel for drafts around doors and windows. Seal drafts with weather stripping or caulking. If you notice that some rooms in your house are warm and others are cold, leaky ducts are a likely cause. Make sure your ducts are sealed especially where they join together.
- Make sure your home is properly insulated. Use an R-value of 49 in the attic.
- Close your fireplace damper when not in use. If you no longer use your fireplace, consider having it sealed.

ADDRESS CORRECTION REQUESTED

SAHOA  
P.O. Box 1220  
Norwich, CT 06360



## Send us your news!

SAHOA Voice editors want to hear from you!

Send us your news, updates, promotional information, sale notices, or anything else you think would be of interest to SAHOA members.

### MEMBER MEETINGS

2nd Wednesday of every month  
meeting places are  
announced monthly  
6:00 - 6:30 Network  
6:30 - 7:30 Dinner  
7:30 - 9:00 Speaker/Meeting  
Please RSVP to Kathy, 889-2893  
Kathy@Publicationsplus.com  
Dinner checks made payable to  
SAHOA

### MEMBERSHIP POLICY

Annual dues of \$45 made payable to  
SAHOA. The fee for non-members  
attending meetings is \$5.

### NETWORKING

We will have a table set aside for  
members to leave business cards or  
brochures about their businesses.  
The table will be available at future  
meetings so don't forget to bring  
your brochures, literature, business  
cards, etc.

**Next Meeting**  
**January 11th**  
**See You**  
**There!**