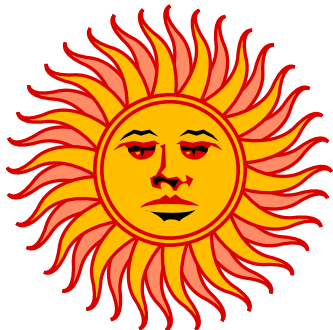




SAHOA

JUNE 2006
Vol. 11 No. 6



Officers:

Stephen Ingle
President

OFFICE: (860) 886-2532

www.sahoa.org

Kathy Pooler
Vice President
(860) 889-2893

Kathy@PublicationsPlus.com

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"

SAHOA VOICE

Newsletter of the Small and Home Office Association

May Meeting Recap

We finally succeeded in arranging the tables at Dillan's in a way that improved the acoustics considerably! Our guest speaker, **Will Morrissey**, offered some great tips on selecting appropriate marketing specialties to have imprinted with your company's name and logo. These can be used as give-away items at trade shows and expos, or anywhere you promote your business. He ended his talk by presenting each member with a personalized gift. If you weren't at the meeting, Will left your gift with Kathy Pooler. Please come to the June meeting to receive your gift.



June 14th Meeting Dillan's, Norwich

Our next meeting will be held on June 14th, 2006 at 6 p.m. at Dillan's in Norwich. 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 **Anthony Cronin**, business & financial editor of The Day, to be our guest speaker this month. Mr. Cronin has covered the businesses and economy of eastern Connecticut for more than a decade. He will discuss the newly launched business quarterly publication called "Enterprise", and offer tips for writing press releases.

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.

Membership Directory

Denise Adamik, 823-1190
Maid In America
maidinamerica4u@sbcglobal.net
Residential & commercial cleaning.

Michael Baker, 889-8349
DataThought Consulting, LLC
mike@datathought.com
System design, database development,
remote backup, software development

Dawn Brolin, 739-8222
Premier Accounting & Tax Services, LLC
Dawn@premierCPAS.com
www.premierCPAS.com
Accounting and professional services

Peter Crowley, (860) 204-0222
Peter J. Crowley Photos
mail@peterjcrowley.com
www.peterjcrowley.com
Fine Art photographer

Dianne M. Daniels, 866-618-8735
Image & Color Services
ddaniels@imageandcolor.com
www.imageandcolor.com
Coaching services for entrepreneurs
who want to polish their professional
image, increase self-confidence, self-es-
teem, and personal marketing skills.

Liz Farrell, 434-1545
Gone By Noon LLC
lizfarrell@gonebynoon.com
www.gonebynoon.com
Professional organizing service for
homes and offices in Connecticut

Stephen Ingle, 886-2532
WordCo
sringle@wordco.com
www.wordco.com
Book indexing.

Paula Jordan, 376-0216
PJ's DESIGN & Multimedia
jordanpaula@sbcglobal.net
Design, printing, media transfer & edit-
ing
Express IT Write Greeting, 376-0216
Greeting card consignment



Laurin Killian, 445-0408
Leslie Olding
Streamlined Development info@
streamlined-dev.com
Web design, hosting, programming

Peggy Lakowsky, 848-6925
Superior Services, LLC
peggy@99main.com
Concierge/task/errand services for indi-
viduals and small businesses.

Brian Kobylarz, 889-4428
Tele-Cine Productions
bkobylarz@msn.com
Corporate/Industrial Film & Video

Dr. Kenneth Lankin,
1-888-ALMOND-5 (256-6635)
Dr. Lankin's Specialty Foods, LLC
DrKen@AwesomeAlmonds.com
www.AwesomeAlmonds.com
Specialty Food - Flavored almonds.

Paula Lilly, 599-5917
Diamond Mortgage Group
lilly@thediamondmortgage.com
www.thediamondmortgage.com
Mortgage consultant

Geoffrey M. McLean, 886-8599
McLean Research Associates
geoff@mcleanresearch.com
www.mcleanresearch.com
Custom Software Development

Eva P. Menon, 691-1715
Starlight International
vitamenon@hotmail.com
www.teamstarlight.com/vitamenon
Independent vitamin distributor

Dave Nelson, 434-5526
Building Design Services
dsnelson5166@sbcglobal.net
Computer aided design for homeowners,
small business, builders, architects
and engineers.

Donna Pearlman, 437-7196
DP Consulting Company
DonnaPearlman@myeastern.com
Reinsurance Consultant

Kathy Pooler, 889-2893
Publications Plus
Kathy@PublicationsPlus.com
www.publicationsplus.com
Desktop Publishing, resume service,
newsletters, mailing lists compiled and
design and printing services.

Lottie B. Scott, 889-7014
LBS Human Resource Consultants
lscott3@mindspring.com
Training on issues relating to hiring, fir-
ing, sexual harassment and diversity.

Mary Soares, 599-0340
Mary's Portuguese Sweet Bread
mary@maryssweetbread.com
www.maryssweetbread.com
Home made authentic Portuguese sweet
bread.

Michael Sullivan, 823-6227
Trish Sullivan
99 Main Internet Services
office@99main.com
www.99main.com
Providing fast, reliable and affordable
Internet access and technical support
since 1996. High speed DSL, 56k dial-up
access, Domain Hosting & E-mail, Web
Mail, Spam Filtering, Frame Relay/T1
Connections, Server Co-Location, Cisco
PIX Firewall/VPN installs.

Honorary Members

Tony Cronin
The New London Day

Hon. Rob Simmons
U.S. House of Representatives

Peter Pappas
CSBDC

Thomas Sheridan
Chamber of Commerce of SE CT

Hon. Edith Prague
Connecticut State Senate

Diana Urban
Representative

4th Annual Montville Business Showcase

The Montville Division of the Chamber of Commerce of Eastern CT held its 4th annual Business Showcase on Tuesday, May 16th from 1-6 at the Town Hall in Montville.

The SAHOA booth had displays of several member businesses, and free goodies including pads, pens, bookmarks, and samples of sweet bread. Thanks to **Paula Jordan**, **Peter J. Crowley**, **Leslie Olding**, and **Kathy Pooler** for tending the booth throughout the day.



Paula Jordan tends the SAHOA booth at the 4th annual Montville Business Showcase.



Kathy Pooler checks the display at the Montville Showcase on May 16th.



Peter J Crowley shows off his portfolio at the Montville Business Showcase.



A Final Notice About Dues

Annual dues for many members were due in May. As of June, we have not received dues from all members who owe them, so please make checks payable to SAHOA, and bring them to the June 14th meeting. If you cannot attend the meeting, you may mail your check to 598 West Main St., Suite #7 Norwich, CT 06360. SAHOA members may also renew their membership dues by simply clicking a

PayPal button on the home page of our website, www.sahoa.org. You do not need to have a PayPal account to use this feature, you can use a credit card as well. Annual dues cover the cost of guest speakers dinners, brochures and business cards for the group, office supplies, and miscellaneous operating expenses.

Collect Your Materials

Members who left brochures, pamphlets, business cards, and other display materials for the recent showcases/expos, etc. may pick them up at the next meeting on June 14th at Dillan's. Kathy Pooler will bring all of the leftover materials to this meeting only, so please plan to pick up your materials then, or make arrangements to collect it from Kathy at her office.

Website News

The SAHOA website is in the process of being overhauled to give it an updated look. Watch for the newly re-vamped site soon. Thanks to **Leslie Olding** for all the work she does on the website!

Member Article Submissions

The SAHOA Voice is looking for articles from members. Articles do not need to be long, and may cover any topic of interest to our members. Possible subjects include book reviews, software or product reviews, and simple, how-to tutorials. Many articles printed in the Voice are also added to our website at a later time for greater visibility. We add links to the websites of authors which increases traffic to those websites. Writing articles is a great experience, and I strongly encourage all members to give it a try at least once a year.

Remember, each of you is an expert at something, so let the world know about it!

Upcoming Trade Shows / Expos

Fall Travel & Leisure Expo 2006
Sep 16,-17, 2006

Sports Plus Events Center, Lake Grove, NY.

This upscale event offers consumers the opportunity to educate themselves on all their future travel needs, attend seminars and purchase travel products as well as winter sporting equipment.

Boston Gift Show® - Fall Sep 09-12, 2006

Boston Convention & Exhibition Center

The trade show for department and specialty stores, gift shops, mail order/catalog houses, boutiques, import/export firms, jewelers, craft and antique shops, museums and galleries, florists, garden centers and more.

Member News

Denise Adamik, owner of Maid in America is now a State Certified supplier for the Set Aside Program for minority business owners.

Mary Soares is now selling her Portuguese Sweet Bread at ShopRite in Norwich and New London. Look for Mary's bread in the bakery department. In addition, you'll find Mary's sweet bread at various farmers' markets, including Stonington, Mystic, and Norwich throughout the summer.

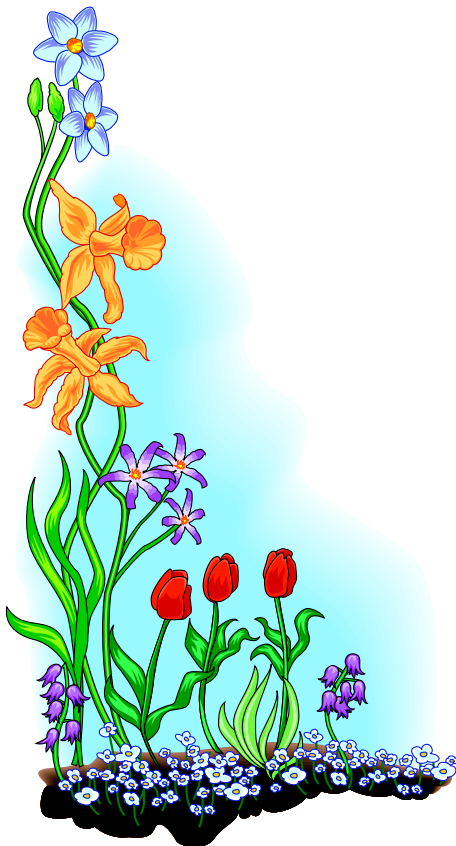
Ken Lankin writes, "The famous Doral Golf Resort & Spa became the first Marriott property to feature Awesome Almonds. Now guests at this elegant destination can buy our heart-healthy snack along with fine wines and truffles at their specialty gourmet shop. Going to Miami? Now you have another reason to stay at the Doral." Congratulations, Ken.

Dianne Daniels has just been elected the new president for the Norwich Arts Council (NAC). Congratulations Dianne!

ADDRESS CORRECTION REQUESTED

SAHOA
598 West Main Street #7
Norwich, CT 06360

Next Meeting JUNE 14TH See You There!



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

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.