



SAHOA

MARCH 2006
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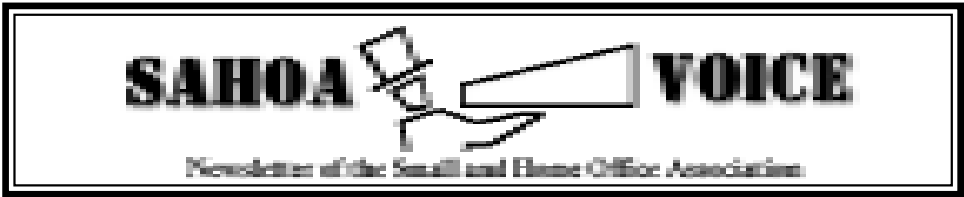
Denise Adamik
Treasurer

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”



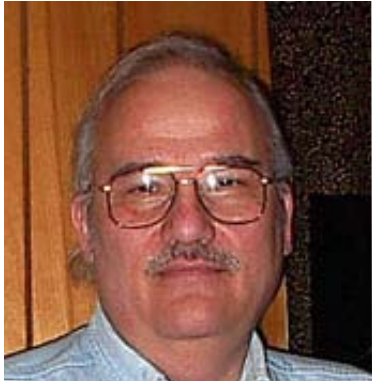
February Meeting Recap

SAHOA member, **Liz Farrell**, founder of Gone By Noon LLC, a professional organizing company, shared a few key insights into the latest thinking and developments in time management. Liz shared ways you can achieve efficiency using concepts such as the 80/20 principle, macro time management and micro time management. She asked participants for real time management problems they encounter in their everyday lives and provided suggestions and some solutions. She also described a chronically disorganized person (you know who you are). Thanks Liz for the helpful hints.



March 8th Meeting Dillan's, Norwich

Our next meeting will be held on March 8, 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.

Our guest speaker will be **Michael Baker**, owner of DataThought Consulting LLC, a company specializing in remote backup services, and data recovery. Mike will discuss Security and Data Backup and the care and feeding of your thumb drive.



Connecticut Small & Minority Business Showcase

The Secretary of the State's Office, in association with the Eastern Connecticut Chamber of Commerce, will host the 13th Small and Minority Business Showcase at The Port N' Starboard Room at Ocean Beach on April 6th, 2006. This will be the second event in New London.

SAHOA members have been invited to participate as exhibitors and attendees. Members wishing to have booth displays may receive a discount on the \$125.00 registration fee. The event runs from 10 a.m. to 5 p.m. A networking reception begins at 3:00 p.m. Throughout the day, there will be workshops, booth displays, product demos, and prizes. For more info, and to register, please visit www.ctshowcase.biz.

3rd Annual Food & Wine Tasting Fundraiser

The 3rd annual Food & Wine Tasting Fundraiser for CTShowcase will be held on March 21, 2006 at Aetna, 151 Farmington Ave, Hartford. Enjoy an evening of fun, elegance, and theater while supporting programs that grow and sustain small businesses in Connecticut. The proceeds from this event fund the small and minority business building programs and events developed and managed by the CTShowcase, including the Small & Minority Business Showcase. Gouveia Vineyards, with 140 acres of vineyards in Wallingford Connecticut, will be the featured wine poured at this event. The event fee is \$20 before March 1st and \$30 until the event day. Six caterers will participate, along with distributors of wine from the region. Organizers expect upwards of 275 attendees this year.

SAHOA Upcoming Meeting Speakers

We have some excellent speakers coming up this spring, so please mark your calendars and plan to attend.

March 8th -
Mike Baker,
DataThought Consulting

April 12th -
Anthony Cronin,
The Day

May 10th -
Will Morrissey,
Pier 76 Promotions

25th Annual Eastern Connecticut Home Show and Chamber Business Expo

A three-day Business & Home Show will be held March 17-19 at CT College Arena & Athletic Center in New London, CT. The event is sponsored by the Chamber of Commerce of Eastern Connecticut, American Homeowners Association, The Day, The New London Lions Club, Cox Media.

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

Linux-World Conference & Expo

April 3-6, 2006
Boston Convention &
Exhibition Center

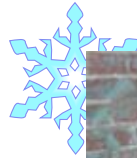
In addition to the enlightening Key-notes, always "buzzworthy" Feature Presentation, and unsurpassed education in the Conference Program, there are also many exciting Exhibit Hall hot spots and other activities for you to take advantage of. Be the first to hear, see, touch and feel the latest and greatest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

SAHOA Members enjoy February Meeting

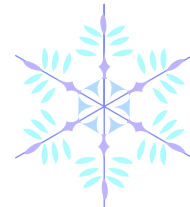
Photos by Brian Kobylarz



“Photo ©2006 Brian Kobylarz”



“Photo ©2006 Brian Kobylarz”



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.

Help! I Need Employees! **By Denise Adamik, Maid in America**



With business really picking up in the past few months at Maid in America, LLC, I needed to find help fast. My first move was to put an ad in the local paper to run on two days, Wednesday and Sunday, for about \$160.00. This did not get the results I was looking for so I registered the job positions with the CT State

Dept. of Labor, otherwise known as CT Works. It is a simple registration process where employers can also search resumes and access other useful information.

Better known as electronic classified advertising, this is a great way to advertise folks, and it is absolutely free of charge. Applicants are able to send employers their resume via e-mail which really worked out for me. I would send a reply to the person and set up an appointment to come to the office. CT Works also set up a job fair for my company and others at their Norwich site. Each employer had a separate room in which to interview applicants. During the 2-

hour session, I interviewed 8 people on that day. CT Works is more than likely going to advertise in local papers (they haven't yet because the program is still in its early stages and they need to see the response they get from employers and employees). I highly recommend accessing the web site at www.ctdol.state.ct.us when you are looking for employees.

As a final note, my Business Server at the DOL is Nancy Grey. She will even stop by my office and leave completed Maid in America's applications on my desk for review. Now how's that for service? If you need more.....(but this isn't necessary - it's one of my clients)

Raffle for Kids Sake

Big Brothers Big Sisters of Southeastern Connecticut is raffling off a \$5000 vacation voucher!

Big Brothers Big Sisters of Southeastern Connecticut presents: A Raffle for Kids Sake. Raffle prize is a choice of a dream vacation, cruise or resort. The winner will receive a travel voucher redeemable for a vacation worth \$4000 to be used with ABBA Travel and Tours inc. plus \$1000 mad money to spend at their discretion.

Raffle drawing will be held at our annual Bowl for Kids Sake event at the Groton Holiday Bowl. The

drawing will take place on April 1, 2006 at 1pm. If not present for the drawing the winner will be contacted per information taken when a ticket is purchased.

If you would like to purchase a ticket/s sign up and a staff person from Big Brothers Big Sisters of SECT will contact you to complete the transaction. Also, for ticket and raffle information you may contact Big Brothers Big Sisters of SECT directly by calling 860-437-3227 or by emailing melissap@bbbssect.org. For more information, see www.bbbssect.org.



NOTE:

**SAHOA
ADDRESS
CHANGE**

**SAHOA does not have a
Norwich Post Office box
any longer.**

**The new address for all
correspondence will be**

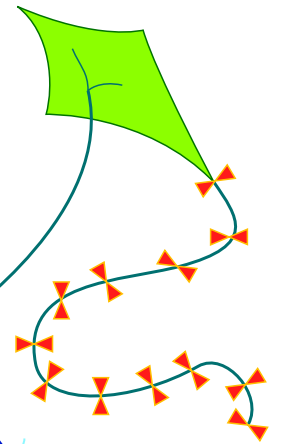
**SAHOA
598 West Main Street,
Suite #7
Norwich, CT 06360**

ADDRESS CORRECTION REQUESTED

SAHOA
598 West Main Street #7
Norwich, CT 06360



March



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.

Next Meeting

March 8th

See You

There!