



# SAHOA

SEPTEMBER 2006  
Vol. 11 No. 9



**Officers:**

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President

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[www.sahoa.org](http://www.sahoa.org)

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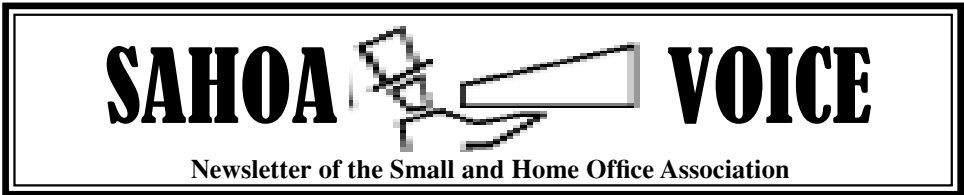
Denise Adamik  
Treasurer

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"



## August Picnic Recap

First there were hotdogs, veggie burgers, and teriyaki shrimp. Next came chicken kabobs, corn on the cob, and finally swordfish. Between each course of grilled goodness, we feasted on pasta salad, garden salads, chips, dips, veggies, and fruit. I remember the wine, some homebrew, and the grand finale that was dessert - ice cream cake, brownies, and mousse. The moon was full, and so were we.

The lucky winners of our summer prize gift cards were Laurin Killian, Peter Crowley, Brian Kobylarz and Kathy Pooler.

Thanks so much to Steve and Jeanne for their gracious hospitality (Steve's a great cook, too!) and to Kathy for handling the shopping and organization.

See the photo's on page 4!

## September 13th Meeting Dillan's - Norwich

Our next meeting will be held on September 13th, 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 is SAHOA founder and President, **Stephen Ingle**, who will discuss Time Management. Please join us for this very important meeting.



**Children are Back in School  
Drive Carefully**

## Membership Directory

**Denise Adamik**, 823-1190  
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**Peter Crowley**, (860) 204-0222  
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**Leslie Olding**  
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**Mary Soares**, 599-0340  
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Home made authentic Portuguese sweet bread.

**Michael Sullivan**, 823-6227  
**Trish Sullivan**  
99 Main Internet Services  
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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

## Member News

**Dianne Daniels** was recently featured in the August issue of *Grace*, a publication from The Day which focuses on women. In the article, Dianne offers helpful advice on assembling a wardrobe that begins with classic pieces. The article and photos can be viewed at [www.theday.com](http://www.theday.com).

**Peter J. Crowley** and sculptor Joey Sage Jablonski opened a new exhibit on September 1<sup>st</sup> at Artspace in Norwich. According to Peter, the exhibit, *Two Artists, Two Mediums, Two Views of The Figure as an Artistic Statement*, will run “until we’re banned”. The exhibit is open to the public this Friday, September 8th from 7-10 p.m. or by appointment.

**Geoff McLean** of McLean Research Associates is pleased to announce a small off-shoot business; the manufacture of Norwich postcards. Twenty four different scenes are currently available covering everything from the Masonic Temple to Norwich Free Academy, to Spaulding Pond. More cards are planned, especially winter scenes. “City Hall should look exceptionally beautiful with its festive lights and snow,” says Geoff. Once the Wauregan construction is completed it too will be featured. A boxed set of note cards is also planned.

Many people in the Norwich area collect old Norwich postcards - but the only way they get to be old postcards is if someone makes them and they grow old. In fifty years they’ll be trading these postcards as collectible. Ideas from the public are also welcome to add to the collection.

## Trade Shows

### Boston Business Showcase

November 2, 2006

John B. Hynes Convention Center.  
Boston, MA

Boston Business Expo has designed a day that will give you the knowledge you need as a business owner or corporate executive to power-up your business. Because your time is your most valuable asset we brought together in one location several key elements that will help you enhance your management skills and be more profitable.



### Software Development Conference & Expo East 2006

Sep 11, 2006 - Sep 14, 2006

John B. Hynes Convention Center,  
Boston, NA

SD brings together all the major players in the software development community in support of language neutral, platform neutral, adaptive applications delivered over a programmable, transactional web. Representing a quantum leap in e-business infrastructure. The curriculum combines the best of the traditional and next-generation development. We have all the educational tracks you expect from SD including C++, JAVA, XML, .NET, Web Services and Project/Process management.

## GRAMMAR RULES PAY ATTENTION

1. Verbs has to agree with their subjects.
2. Prepositions are not words to end sentences with.
3. And don't start a sentence with a conjunction.
4. It is wrong to ever split an infinitive.
5. Avoid clichés like the plague. (They're old hat.)
6. Also, always avoid annoying alliteration.
7. Be more or less specific.
8. Parenthetical remarks (however relevant) are (usually) unnecessary.
9. Also too, never, ever use repetitive redundancies.
10. No sentence fragments.
11. Contractions aren't necessary and shouldn't be used.
12. Foreign words and phrases are not apropos.
13. Do not be redundant; do not use more words than necessary; it's highly superfluous.
14. One should NEVER generalize.
15. Comparisons are as bad as clichés.
16. Don't use no double negatives.
17. Eschew ampersands & abbreviations, etc.
18. One-word sentences? Eliminate.
19. Analogies in writing are like feathers on a snake.
20. The passive voice is to be ignored.
21. Eliminate commas, that are, not necessary. Parenthetical words however should be enclosed in commas.
22. Never use a big word when a diminutive one would suffice.
23. DO NOT use exclamation points and all caps to emphasize!!!

# SAHOA SUMMER PICNIC



*Steve not only offered his backyard for the summer picnic, he offered to cook too! And wow, if you missed the good tasting grilled specialties, you really missed a lot.*

*Kathy helped with the preparation of the food before Steve placed it on the grill.*



Photos compliments of Leslie Olding.



*Brian talked with members around the patio table.*



*Dianne and her daughter relaxed in front of Steve's very tempting backyard swimming pool.*

*Laurin filled his plate at the table filled with salads and fixings.*

*Peter was excited to win one of the gift card drawings.*



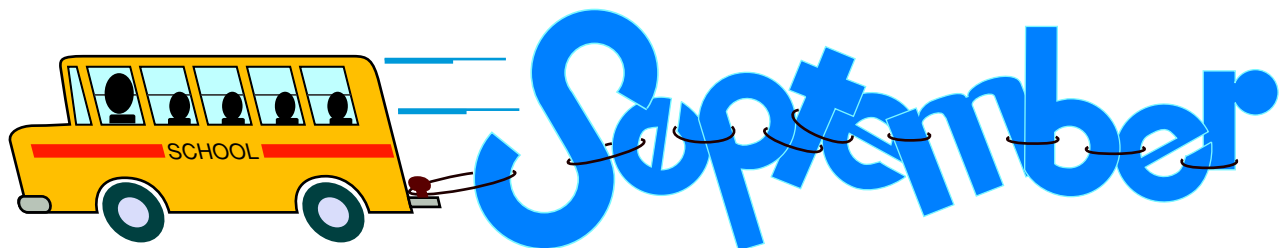
ADDRESS CORRECTION REQUESTED

SAHOA  
598 West Main Street #7  
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.



Next Meeting  
September 13th

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.