

➤SUPPORTING CHAMBER BUSINESS TO BUSINESS◀



PRIVATE IN-HOME
Caregiving & Advising

For over 15 years we have been providing
certified caregiving professionals to help
keep your loved one safe at home.

Live-In Care Personal Care Activity Assistance Safety Monitoring

1-866-968-7587 LIFETIMECareAtHome.com

Joseph P. McDonagh, CLU, ChFC, CLTC
*Medical, Dental, Life & Disability Insurance
for Groups & Individuals*

PO Box 185042
Hamden, CT 06518
Office: 203-281-5090
Mobile: 203-676-6271
E-mail: mcdonaghinsurance@aol.com



Call Today
To Schedule Your **FREE**
Hearing Consultation



Specializing in:

Hearing Aids
Hearing Tests

Balance Disorders
Tinnitus

2661 Dixwell Avenue
Hamden, CT 06518

(203) 287-9915
www.hearingbalance.com



Joseph Varipapa
Director of Admissions

1270 Sherman Lane
Hamden, CT 06514
F: (203) 281-2715
P: (203) 281-7555
E: jvaripapa@hamdenhealth.com

(203) 397-3093



Amity Safe and Lock Co.
Locksmiths

SAFE SALES - SERVICE - OPENING
COMPLETE LOCKSMITH SERVICE
AUTO - COMMERCIAL - RESIDENTIAL

1336 WHALLEY AVE. NEW HAVEN, CT 06515

JOHN ROSSELLI, MANAGER
www.amitysafeandlock.com

PATRICK BLATCHLEY
SERVICE TECH

Johnson's Duckpin Lanes

Sandi Thomas

Serving Hamden for over 55 Years

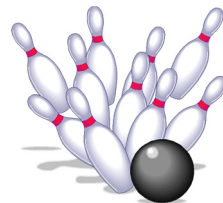
203-248-1563

Fax: 203-248-0292

info@johnsonlanes.com

2100 Dixwell Avenue, Hamden

www.johnsonlanes.com



Edward Grant

c: 203-298-8074

o: 203-248-8733

Edward@KJTreeRemoval.com

203-248-TREE

www.kjtreeremoval.com



**Hamden Hall
Country Day School**

Educating students in
PreSchool through Grade 12

Our Halls Are Unique!
Visit and learn why.

www.hamdenhall.org 203.752.2610
1108 Whitney Ave Hamden, CT 06517

MARK CANDIDO
SENIOR VICE PRESIDENT
PRESIDENT, NEW HAVEN REGION

BANKWELL

2704 DIXWELL AVENUE

HAMDEN, CT 06518

D: 475.202.5100

F: 203.407.0759

E: MCANDIDO@MYBANKWELL.COM

401(k) Rollovers Made Easy



Richard Bauer, Jr. LUTCF
Financial Services Representative
Registered Representative
2614 Boston Post Road Ste 33B
Guilford CT 06437
rabauer@metlife.com



Call Richard today at (203) 689-9055

For the if in life.®

Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166. Securities products offered through MetLife Securities Inc., (FINRA/SIPC), 1095 Avenue of the Americas, New York, NY 10036. A MetLife company. L0911205978[exp0912][All States][D.C.GU.MP.PR.VI] 0709-5871 PEANUTS ©UFS, Inc.

2969 Whitney Avenue
Hamden, CT 06518
P: 203-288-6431
F: 203-288-4499
hamdenregionalchamber.com
hcc@hamdenchamber.com

Chamber Staff

Nancy Dudchik, IOM
President

Meegia Wojcik
Office Manager

Lynn Fredricksen
Membership Director

Executive Board

Guy Tommasi
Chairman of the Board
LIFETIME Care at Home

Steve Diaz
Vice-Chairman
CT Works

Chris Nickse, Treasurer
T.M. Byxbee Co.

Michelle Johnston
Secretary
Southern CT State University

Board of Directors

Ray Andrewsen
AM 1220 WQUN

Sheri Borrelli
The United Illuminating Co.

Marjorie Clark
Little Fish Studios

Jennifer Cretella
Clifford Beers Clinic

Karen DelChiaro
Delta Marketing

Allie Fraschilla
Edible Arrangements of
North Haven

Jose Lopez
People's United Bank

Joseph McDonagh, Clu, chfc, cltc
Independent Insurance Agent

Jennifer Rignoli
Parrett, Porto, Parese &
Colwell

Ed Ryan
Ryan Oil Company

Ian Williams
Falcon Funding, LLC

Steve Zion
Toyota of Wallingford



April 2016 Business Exchange

Business Profile: JaSa Asian Cuisine

JaSa Asian Cuisine is proud to
introduce itself to the Hamden
Regional Chamber of Commerce
and its members.

Conveniently located in Hamden on
Dixwell Avenue near the Home
Depot, JaSa opened its doors in
November of 2014. The concept
was simply to bring authentic
Chinatown cuisine in a modern and
relax environment to people living
in the Hamden/new haven area.

JaSa is not only a family business but
a window into the Szechuan and
Cantonese cuisine combined with
Japanese Sushi. We offer over one
hundred dishes, providing only the
finest of ingredients to our
customers with a friendly and
attentive service in a relaxed
environment. The Szechuan and
Cantonese are styles of Chinese
cuisine originally from Sichuan and
Guangdong Province considered
one of the Eight Culinary Traditions
of Chinese cuisines. The Szechuan

cuisine has bold flavors, the
pungency and spiciness resulting
from the liberal use of garlic and
chili peppers. Cantonese cuisine is
mild, fresh, natural and slightly
sweet.

Our goal is to preserve the food's
original flavor. For a dish like
"Steamed Whole Fish", we
ordered fresh Bronzino shipped
from Italy; we steamed it with
fresh ginger and scallion; and
finished it with our chef's special
soy sauce and sprinkled cilantro
herb on top. The freshness and
texture of the fish combined with
the complexity of the special soy
sauce will awake your culinary
senses.

Chef Rui Huang is the JaSa's
founder. After thirty years, he
mastered two of China's most
popular cuisines: Szechuan and
Cantonese. Over the years, Chef
Rui adapted these two styles to
the taste of people living in his

new adoptive country. In his
restaurant, you can experience
American/Chinese cuisine or
authentic traditional Chinese
cuisine. No need to go to
Chinatown or China if you want
to experience the "real thing".
Our extended menu caters to a
large audience. For our
vegetarian customers, we have
over 20 vegetarian dishes that
you can choose from; in a mood
for Japanese! We offer an sushi
bar and an extended menu.

Happy hours drinks and
appetizers are offered from
4:30PM to 6:30 PM, Monday
through Friday. Most drinks are
half off and all beer bottles are
\$3. "Sushi and Sashimi a la carte
"are Half Price.

Please visit our website
jasahamden.com or call
203.287.8818 for deliveries or to
reserve your company party
room where we can
accommodate over 70 people.

Welcome New Members! Watch us grow!

America's Mattress

Peter Estrada
203-298-4501
400 Boston Post Road
Orange, CT 06477
Mattress Store

Advanced Orthodontics LLC

Dr. Uttampal Singh
203-248-0001
2832 Whitney Avenue
Hamden, CT 06518
Dentistry/Orthodontics

Common Vision, Inc.

Michelle Gilson
203-776-9800
1700 Dixwell Avenue
Hamden, CT 06514
Builders/Construction

Demetre Law Firm, P.C.

John Demetre, Esq.
203-230-9549
One Evergreen Ave., Suite 112
Hamden, CT 06518
Attorney

Discount Hearing

John Caswell
860-595-8113
11 Mapleridge Drive
Somers, CT 06071
Audiology/Hearing Aids

Leon's Restaurant

Edward Varipapa
203-562-5366
344 Washington Avenue
North Haven, CT 06473
Restaurant

Referred by:

Jennifer Rignoli, Parrett, Porto, Parese &
Colwell, PC & Stan Bialecki, Chameleon
Haircolor & Café & Spa

Perfect Timing

Georgia Pandajis
203-915-4371
29 Washington Avenue, #1
Hamden, CT 06518
Marketing

PosiGen

Todd Thibeault
475-282-6046
345 Huntingdon Turnpike
Bridgeport, T 06610
Energy Audits/Specialists

Renee Alberino, LMFT

203-214-2110
2661 Whitney Avenue
Hamden, CT 06518
Psychotherapy

Trinity Solar

Julio Alves
877-WHY-SOLAR
611 West Johnson Avenue
Cheshire, CT 06410
Energy Audits/Specialists

WELCOME
new members

March Business After Hours & Sav-Rite Liquors



The CURVE BUSINESS AFTER HOURS Hosted by: CFC Arena



Connecticut Business Day Recap

On March 9, the Connecticut Business & Industry Association held its Connecticut Business Day at the State Capitol. 50 Chambers of Commerce and business associations were represented, including the Hamden Regional Chamber.

CBIA provided attendees with a list of legislative goals; some were bills that CBIA opposes, and other bills they support. Attendees heard from Governor Dannel Malloy about the State's economy and the ongoing budget problems, and then had an opportunity to meet local legislators for a question-and-answer period.

-HB 5591, a "retirement savings plan" bill, would "force businesses with five or more employees to automatically enroll any employee not eligible for an employer-sponsored plan into a new State IRA. [The bill] requires 6% default employee contribution rate; employers must administer."

-SB 221 would allow up to 12

fully paid weeks of family medical leave per year. This new benefit would require as many as 120 new state employees, to administer the program.

-SB 391 will tax employers \$1 per hour for any employee making less than \$15 per hour. Although this would only be applied to businesses with 500 or more employees, CBIA points out that it's not clear how a tax on businesses will benefit those employees.

Bills that CBIA supports include:

-HB 5498, which would require each state agency to review periodically its regulations, and report back to the legislature recommendations regarding the necessity and viability of those regulations.

-SB 302 and SB 362 would require state agencies, when proposing regulations that impact small businesses, to assess the impact on those businesses, using analytical tools

already used by our neighbors in Massachusetts and Rhode Island.

If you would like to communicate with your legislative representatives about these issues, or any others, here is their contact information:

State Representative (Speaker of the House) Brendan Sharkey, 88th District: 00-842-1902;

Brendan.sharkey@cga.ct.gov.

State Representative Michael D'Agostino, 91st District: 800-842-8267;

Michael.dagostino@cga.ct.gov.

State Representative Robyn Porter, 94th District: 800-842-8267; robyn.porter@cga.ct.gov.

State Senator (and Senate President) Martin Looney, 11th District: 800-842-1420; martin.looney@cga.ct.gov.

State Senator Joseph Crisco, 17th District: 860-240-0189, Crisco@senatedems.ct.gov.

Great Month for New Business Celebrations!

The month of March celebrated many new business openings. Congratulations to the following businesses and we wish them much success.

Lucky Ewe Irish Goods
2371 Whitney Ave., Hamden
luckyeweirishgoods.com

Wood n Tap
2100 Dixwell Ave., Hamden
woodntap.com

Freskos
2323 Whitney Ave., Hamden
freskosgreek.com

Admire Dental
2300 Dixwell Ave., Hamden
www.admiredental.com



EXPO Central: Veteran's Appreciation Day & Clothing Drive

We are thrilled to have Save A Suit back with us again at the Expo on April 20th at CFC Arena. Now is the perfect time for SPRING CLEANING your closet. Join us at the Expo from 12:30-4:30 and donate men's and women's suits and accessories. Your donation

helps Veterans get back into the workforce. The VA Hospital is also collecting clothing for men and women as well. Two wonderful



organizations helping our military. Hope you can help too. All Veterans are also encouraged to attend the Show to take advantage of Vendor discounts.

The Side Bar by Joseph McDonagh - Connecticut, the Nutmeg State

Connecticut's nickname -- well, one of them -- is "The Nutmeg State." Why? We are certainly not a state that grows nutmeg. Well, it goes back to Connecticut's commercial and shipping interests. Ships laden with spices from Asia, South America, Africa, all came to Connecticut first.

Nutmeg comes from a tropical evergreen tree (which sounds like an oxymoron to me). The trees grow in the Spice Islands, in Indonesia, and can grow to over 60 feet. The fruit of the tree, according to the *Encyclopaedia Britannica*, is a "pendulous drupe." The fruit itself is eaten by the locals; inside the fruit is a crimson-colored aril, surrounding the seed itself. The aril is called mace, and it too is a spice.

A nutmeg tree can produce fruit three times a season. The nutmeg seed is dried, over a two-month period, and then broken open to reveal the mace and the nutmeg. The mace is peeled off from the nutmeg kernel, "flattened into strips, dried, and sold either as whole (blades) or finely ground powder" (this from nutrition-and-you.com). The nutmeg kernel itself is also dried, for weeks, until the whole nutmeg can be heard rattling inside the kernel. When the shell is finally cut open, the shriveled nutmeg kernel is dipped in lime juice, to prevent it from seeding and to protect it from insects. The final product resembles wood. In fact, there were rumors that Connecticut merchants would put nutmegs in the top and bottom of a barrel, filling the rest with fake wooden replicas. And it's just as

likely that the customers -- southerners, in this report from mentalfloss.com -- didn't understand that to eat a nutmeg, it must first be grated.

It was over nutmeg (well, other spices as well, but nutmeg was the most prominent one) that the Dutch and English fought for many, many years. Those two European powers were international competitors, particularly in pursuit of spices of all kinds. Finally in 1667, a treaty was signed, the Treaty of Breda. The Dutch got back various spice-producing colonies in the East Indies (including the final nutmeg-producing colony in the British Empire), and the British -- among other things -- got New Netherlands. You know it by its current name, New York. And yes, the Dutch thought they got the better end of the deal.

So what is the big deal? Well, the Chinese and Indians knew that nutmeg could help with digestion, and have a calming influence on the brain. And it turns out, nutmeg has some psychoactive elements within it, similar to mescaline or ecstasy. Doubt it? Read "My Nutmeg Bender" by Wayne Curtis in *The Atlantic* from a few years ago. Mr. Curtis quotes from *A Dictionary of Hallucinations* (if you are interested, amazon.com says they have one copy available) that nutmeg is "reported to mediate visual, auditory, tactile, and kinaesthetic hallucinations (notably the sensation of floating)." Curtis reports that Malcolm X, in *The Autobiography of Malcolm X*, said that "a penny matchbox full of nutmeg had the kick of three or four reefer." But Curtis' own

experience with nutmeg -- he swallowed a few teaspoons of freshly grated nutmeg, washing it down with water -- wasn't quite so pleasant. Though he did say that he found the shingles on his neighbor's house suddenly quite amusing.

Oh, right, Connecticut. Certainly "The Nutmeg State" should now seem a more attractive nickname than "The Land of Steady Habits," a nickname we earned (according to connecticuthistory.com) in the early nineteenth century from our propensity to "repeatedly [elect] the same officials to high office." And then there's "The Constitution State," a title that was officially endorsed by the Connecticut General Assembly in 1959. That one is based on the notion that the United States Constitution was inspired, in part, by the Fundamental Orders of Connecticut, signed on January 14, 1639. The Fundamental Orders were adopted by the communities of Hartford, Windsor, and Wethersfield, establishing a representative government. You can find the Fundamental Orders online, and there are fascinating aspects to them. They establish the process for electing two "general assemblies or courts," and a "gouverner." The oath of office for said gouverner is something we might consider re-adopting: "I, being chosen to be gouvernor within this jurisdiction...doe swear by the greates and dreadfull name of the everliuing God, to promote the publicke good and peace of same...."

Member/Community News:

Best Western Plus North Haven Hotel is excited to be moving forward with new logos that will contemporize our brand, broaden customer appeal and highlight the improvements to the quality of our hotels. For more information sales and conference room bookings contact, Lisa Brewster, Director of Sales at 203-654-4192.

Berkshire Hathaway Home Services New England Properties will present A Night of Comedy to benefit The Sunshine Kids, an organization dedicated to helping kids with

cancer. The evening's impressive lineup includes notable New York City comics Dan Altano, Frank Favia, DF Sweedler, Mark Gerber and Wilson McDermut. Mike Nigretti is the DJ. Festivities will begin at 6pm on Friday, April 15 at the Italian-American Club, 40 Hamre Lane, Branford. Tickets are \$45 and can be purchased by calling the BHHS North Haven office at 203-239-4663

NEW BUSINESS: Advance Auto Parts offers a Speed Perks program to help customers save on nearly every purchase. Get rewarded on every qualifying

purchase by using your Speed Perks membership. It's easy to register online or in the store at 1663 Dixwell Avenue in Hamden. Rewards are good on all regular priced and sale merchandise. Your phone number is your membership number and you can use it every time you shop in-store.

Books & Company will hold a Crafter-Noon on Saturday, April 16 from 2-5pm. Meet new friends for a cup of coffee and try several different crafts. Each offers techniques to learn. \$10 buys you a seat at all four try-me tables.



Special Thanks to our
2016 Marketplace
Partners:

January
TradeFlow21

February
Chameleon Haircolor
Café & Spa

March
Sullivan & Son Carpet,
Inc.

April
LIFETIME Care at
Home

May
Arden House Care &
Rehabilitation Center

June
Benchmark Senior
Living at Hamden

July
Hamden Rehabilitation
& Health
Care Center

August
Ryan Oil Company

September
Health Insurance
Associates

October
Area Cooperative
Educational Services

November
Henry, Raymond, &
Thompson, LLC

December
Joseph A. Conte
Jewelers

Do not miss this great
opportunity for FREE air
time on AM1220 WQUN.

2 BUSINESSES ARE
FEATURED EVERY
FRIDAY MORNING
Call 203-288-6431 to
reserve your space
TODAY!

Tune in every Friday morning
at 8:30am to hear from your
fellow Chamber Members.