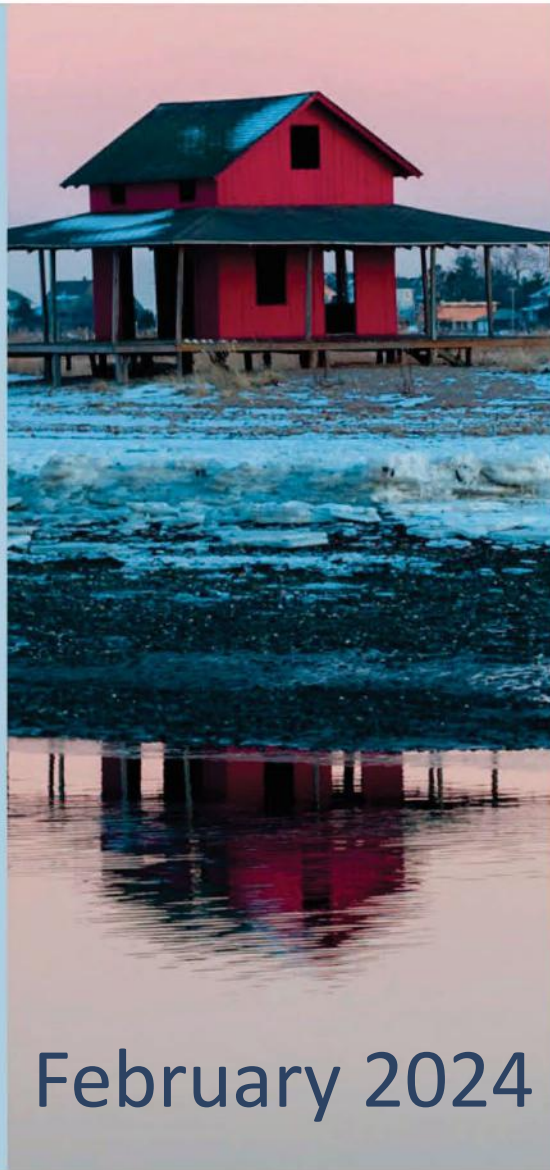


# SHORELINE CONNECTIONS

A Magazine About Events, Businesses and  
People Along the Shoreline

Branford, Guilford, North Branford



February 2024

 SHORELINE  
CHAMBER

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# SHORELINE CONNECTIONS

## Our Towns



# SHORELINE CONNECTIONS

Chambers of Commerce have been building community and assisting economic vitality for over 425 years. Chambers are more important than ever in providing additional market access opportunities, advocating for or against legislation that may be harmful to the business environment. The Shoreline Chamber plays an important community role in the three towns of Branford, Guilford, and North Branford – supporting business activities and town events. With 600 members, we represent the breadth and depth of business in our communities.



Staff: Maribel Lota, Dee Jacob, Mary Grande (not pictured Meggin Jacob).

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[www.shorelinechamberct.com](http://www.shorelinechamberct.com)





# 2024 Annual Excellence Awards







Our Annual Excellence Awards and Breakfast took place last Thursday and it was a success! We recognized outgoing Board Chair Jin Fennell and presented outgoing Vice Chair, Jim Rochford, with the Inaugural Circle of Leadership Award (1). Congratulations to our Honorees [Centrality Physical Therapy & Wellness](#) (2) , [East River Energy](#) (3), [Spark Cycleworks](#)(4), the [Legacy Theatre CT](#) (5) and Guilford's [Arthur Murray Dance Studio](#) (6); The [Guilford Foundation](#) (7), the [Parthenon Diner Restaurant](#) (8); the [North Branford Potato and Corn Festival](#) (9)

We would also like to extend our heartfelt gratitude to Cindi Bigelow, CEO of @BigelowTea (10), for her remarkable keynote address and generously sharing invaluable tips and wisdom on navigating the dynamics of a multi-generational business.

A special thank you to our fabulous sponsors: [GSB](#), [Autac Inc](#) , [East River Energy](#), [Floor Craze](#) , [Penn Globe](#), [Page Hardware & Appliance Co.](#), [Zip06](#) and [Van Wilgen's Garden Center](#)!

Finally, thank you @TheWoodwinds for providing such a beautiful spot to host our event and for the delicious breakfast spread.





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# TEQUILA 101

## **Andy Verderame, co-owner Cancion Premium Tequila**



When choosing a spirit, its easy to get lost among all the choices – especially with tequila. Tequila is now a staple worldwide for liquor connoisseurs, but it is also one of the most misunderstood bottles behind the bar. Let’s discuss exactly what tequila is, how it’s made, and how to choose the right tequila for you.

Tequila can only be produced and bottled within certain municipalities of five Mexican states: Jalisco, Nayarit, Guanajuato, Michoacan, and Tamaulipas. Jalisco is home to the town of Tequila, where most tequila is produced.

All tequila must contain at least 51 percent of its fermentable sugars from the Blue Weber agave plant (Agave tequilana). A member of the lily family (not a cactus!), it looks like a giant aloe vera plant with spiked barbs on the tips. After seven to 10 years of growth, the blue agave plant is ready to be harvested. Underground, the plant produces a large bulb called a piña, which resembles a giant white pineapple. After removing the leaves, the piñas are cut and slowly baked in ovens to transform the starch into sugar. The baked agave is then crushed to extract the sweet juice, which is fermented with yeast to convert the sugar into alcohol.

### **There are two categories:**

- The best quality tequilas use blue agave alone and cannot include other sources of juice before distilling. The finished product label is clearly marked “100% de agave” on the bottle. Some distilleries include the words puro, azul, or Weber blue agave, and this category accounts for the majority of tequila today.
- Mixto tequila is lower quality and fermented from up to 49% non-agave sugars. For example, Jose Cuervo “Gold” is a mixto tequila that most of us have tried in our early drinking years and is produced with 49% sugar cane spirit.

The fermented agave juice is distilled twice to produce a high-alcohol concentrate called tequila ordinario. The liquid is cut with purified water to obtain the bottling strength, typically 40% by volume (80 proof). Depending on the style of tequila, it may be bottled immediately, or aged in barrels.

**CONTINUED**



## There are three primary types of tequila:

- Blanco (or silver, white) tequila is a clear spirit. These tequilas are rested no more than 60 days in stainless steel or oak tanks if they are aged at all. In general, it's a quality, affordable, all-purpose tequila for mixed drinks and shots.
- Reposado (Spanish for "rested") tequilas are aged in oak casks for between two to twelve months. Barrels mellow the flavors of a blanco and impart a soft oakiness and light straw color. Some distilleries age their tequilas in used bourbon barrels, which adds another dimension to the finished taste. These tequilas are enjoyable straight and in high-end cocktails.
- Añejo (Spanish for "aged") tequila is aged longer, again in oak barrels, for between one year to three years to produce a dark, very robust spirit. These tend to be very smooth with a nice balance of agave and oak flavors accented by butterscotch and caramel undertones. Those aged in bourbon barrels can as well pick up some of the bourbon tones in taste and smell.

The final way to classify tequilas is if they contain additives or if they are additive-free. One of the biggest controversies in the tequila world right now revolves around many brands adding sweetening syrups (often artificial vanilla or aspartame), caramel color, glycerin or oak extracts intended to make a tequila seem smoother, older or tastier. Mexican law allows even 100% Blue Agave tequilas to add up to 1% "additives" and these additives are not required to be disclosed on the label.

In fact many of the "premium brands" and celebrity brands that Americans are accustomed to are average tequilas at best, but contain additives, usually sweeteners, to mask the shortcuts taken during the production process, such as harvesting immature agave and using other methods to create mass volume at the expense of quality. Google your favorite brand with the word "additives" and see what you find. Additive-free tequilas are the pure essence of the blue agave and are a more true representation of traditional tequila manufacturing.

Feel free to reach out to me at [eastcoast@canciontequila.com](mailto:eastcoast@canciontequila.com) to have any of your tequila questions answered!

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# 2024 NONPROFIT CONFERENCE



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Poverty Relief

The Shoreline Chamber is proud to host the 2024 Nonprofit Conference, Tuesday, March 26<sup>th</sup>, from 9:30am to 1:30pm at The Woodwinds. Join fellow nonprofits for education and networking.

We are pleased to announce our keynote speaker is Judith Meyers, Principal, Meyers Philanthropy Advisors. A licensed clinical psychologist, she brings a deep understanding what causes donors to search for how to put into action the values they hold most dear. She will speak on “Generational Giving Differences: Understanding and Capitalizing on these Differences ”

There will be two sessions with three breakouts, repeating each session.

Breakouts include:

- How to convert your social media followers into donors
- How to establish your value for securing sponsorships and competitive grants
  - Recruiting and maintaining the right board for your mission

Breakout speakers include Lisa Evans of Imission, John Brooks, former CDO of Columbus House and now consultant for Sharon Danosky & Associates, Jackie Downing of the Community Foundation for Greater New Haven, Maryann Ott who is the Executive Director of the NewAlliance Foundation and Denise Daviau, CEO of SARAH INC.

**A BIG thank you to our sponsors GSB, East River Energy, Penn Globe, Page Hardware, Palumbo's Automotive, and SARAH Inc.**

Tickets

\$75 for Conference, Lunch and Keynote.

\$40 for Lunch and Keynote

<https://www.shorelinechamberct.com/events/details/2024-nonprofit-conference-9508>



# HEART HEALTH FOR WOMEN



Dr. Liza Rosenberger

Did you know that heart disease is the **leading cause of death** for women worldwide? It's a startling fact that many tend to overlook and focus more on other health issues that they assume are bigger threats. But here's a question - are you aware of how prevalent heart disease really is among women, and do you understand its impact not only

on longevity but also on the quality of life? Imagine being empowered with knowledge and actionable steps towards better heart health. Isn't it time we face this silent threat head-on?

As a physician specializing in integrative medicine, my passion lies in guiding women through the complexities of their health at every stage of life. My journey has taken me through the intricate fields of naturopathic, oriental and conventional medicines, equipping me with unique insights into how we can better care for our bodies and minds. As a woman with a strong family history of heart disease, this topic is near to my heart both literally and figuratively.

This article is to empower you with knowledge and practical steps towards safeguarding your heart's wellbeing. The reality is that many women face challenges specific to their physiology when it comes to heart disease, often leading us down a path of uncertainty and worry about our longevity and quality of life.

But here's where our journey together begins. By understanding these challenges and embracing proactive measures tailored just for us, we can navigate toward stronger hearts and healthier lives.

## The Silent Threat

Heart disease, often perceived as a predominantly male issue, is actually the leading cause of death for women across the globe, and this silent threat manifests differently in women. Unlike men, who might experience chest pain or shortness of breath, women may encounter subtler symptoms such as fatigue, nausea, and even shoulder aches—making it dangerously easy to brush aside these early warning signs.

CONTINUED

## **Tailored Strategies for Women's Heart Health**

### **RECOGNIZING RISK FACTORS**

Understanding your unique risk factors is pivotal. For us women, hormonal changes throughout our lives can significantly impact heart health. Conditions like polycystic ovary syndrome (PCOS) or complications during pregnancy such as preeclampsia not only affect reproductive health but are also linked to increased heart disease risks later in life. Furthermore, autoimmune diseases—which are more prevalent in women—can contribute to these risks. Family history of cardiovascular disease on your mom or dad's side of the family, menopause or sustained absence of hormones (reproductive and others) and more recent phenomenon of infections (COVID, flu, etc.) can increase your risk not only in the short term but also in the long term.

### **Lifestyle Modifications**

Adopting certain lifestyle modifications can drastically minimize your cardiovascular risk profile:

- Shift towards a diet rich in whole foods, minimizing processed items and focusing on fruits, vegetables, lean proteins, and healthy fats.
- Incorporating regular physical activity that suits your fitness level; even brisk walking counts!
- Embracing stress management techniques like meditation or yoga can significantly decrease stress-induced inflammation—a key component of heart disease.
- Lastly, quitting smoking cannot be stressed enough; it's one decision with immense benefits for your heart.

### **The Power of Preventive Medicine**

Regular screenings tailored specifically to women's needs are foundational for preventing heart disease. These include monitoring blood pressure and cholesterol levels alongside discussing any family history of heart conditions and the aforementioned risks above with your healthcare provider. Additionally, increasing omega-3 fatty acids and antioxidant intake through diet can be powerful tools.

**CONTINUED**



## **Emotional Well-being Equals Heart Well-being**

Taking charge of your heart health does more than just benefit your physical body—it fosters emotional wellness too! Regular exercise boosts endorphins while a balanced diet supports mood stability. Recognizing you're taking proactive steps towards longevity ensures greater energy levels and enhanced overall well-being which naturally leads to more fulfilling relationships and daily experiences.

Taking control of our health narrative especially concerning something as critical but manageable as heart health, empowers us all towards happier & healthier lives filled with vitality regardless of age.

## **Conclusion**

Now that the silent landscapes of heart health for women and related cardiovascular risks have been unveiled, you are charged and excited to explore the proactive strategies to safeguard your heart. From lifestyle modifications like embracing whole foods and engaging in regular physical activity, to recognizing the immense power of preventive medicine and emotional well-being, every step you take is a stride towards a healthier heart and an enriched life. Make a commitment today for a healthier tomorrow. Whether it's deciding to move more, eat better, or simply schedule that long-postponed check-up, each small change has the potential to lead to monumental improvements in your heart health.

I invite you to join our community by joining our Facebook group - Healthy on Purpose or follow us on Youtube for more insights into managing and improving your holistic health journey. And remember, my virtual door is always open; feel free to reach out via comments or direct message at IG@dr.lisarosenberger Together, we can rewrite the narrative around women's heart health - one informed decision at a time.

Lisa Rosenberger is a licensed Naturopathic Physician and Licensed Acupuncturist currently practicing at East West Integrative Health Clinic located in Branford, Connecticut. For more information, call 203-915-9125 or visit <https://ewihealth.com>



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# COMMUNITY EVENTS CALENDAR

Chamber events are highlighted in Green

<b>MAR 2, SATURDAY</b>	CT Winter Wine Trail	11:00AM - 5:00PM	Bishop's Orchards, Guilford	<a href="#">details</a>
<b>MAR 4, MONDAY</b>	Strategies for Managing Life Transitions	1:00PM - 2:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 4, MONDAY</b>	Life After Loss Bereavement Group	10:00AM - 11:30AM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 5, TUESDAY</b>	Restart Divorce Support Group	6:00PM - 7:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 5, TUESDAY</b>	Business Strategy Educational Series: Understanding your Business Value, the EPI 5-stages	6:00PM - 8:00PM	Guilford Free Library	<a href="#">details</a>
<b>MAR 8, FRIDAY</b>	Crystal Shadow Box Making Workshop	6:00PM - 8:00PM	Grey Goat Farmtique, Branford	<a href="#">details</a>
<b>MAR 9, SATURDAY</b>	History and Biology of Falkner Island	10:00AM - 12:00PM	Meigs Point Nature Center	<a href="#">details</a>
<b>MAR 9, SATURDAY</b>	CT Winter Wine Trail	11:00AM - 5:00PM	Bishop's Orchards, Guilford	<a href="#">details</a>
<b>MAR 10, SUNDAY</b>	Legacy Theatre Presents Broadway's Alice Ripley with John McDaniel at the Piano!	2:00PM - 3:15PM	Legacy Theatre, Branford	<a href="#">details</a>
<b>MAR 11, MONDAY</b>	Strategies for Managing Life Transitions	1:00PM - 2:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 11, MONDAY</b>	Life After Loss Bereavement Group	10:00AM - 11:30AM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 12, TUESDAY</b>	Restart Divorce Support Group	6:00PM - 7:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 12, TUESDAY</b>	Business Strategy Educational Series: The Four Intangible Capitals that hold 80% of a business value	6:00PM - 8:00PM	Guilford Free Library	<a href="#">details</a>
<b>MAR 16, SATURDAY</b>	CT Winter Wine Trail	11:00AM - 5:00PM	Bishop's Orchards, Guilford	<a href="#">details</a>
<b>MAR 18, MONDAY</b>	Strategies for Managing Life Transitions	1:00PM - 2:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 18, MONDAY</b>	Life After Loss Bereavement Group	10:00AM - 11:30AM	Women & Family Life Center, Guilford	<a href="#">details</a>

# COMMUNITY EVENTS CALENDAR

Chamber events are highlighted in Green

<b>MAR 19, TUESDAY</b>	Business Strategy Educational Series: Exit Strategy as a Business Strategy: A collection of case studies	9:00AM - 11:00AM	Guilford Free Library	<a href="#">details</a>
<b>MAR 19, TUESDAY</b>	Restart Divorce Support Group	6:00PM - 7:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 19, TUESDAY</b>	Shoreline Chamber NET90 - Hosted by Holiday Inn Branford	5:30PM - 7:30PM	Holiday Inn, Branford	<a href="#">details</a>
<b>MAR 20, WEDNESDAY</b>	Basket Weaving Class	5:30PM - 8:30PM	Grey Goat Farmtique, Branford	<a href="#">details</a>
<b>MAR 21, THURSDAY</b>	EmpowHer Gala	5:30PM - 9:00PM	The Woodwinds, Branford	<a href="#">details</a>
<b>MAR 23, SATURDAY</b>	CT Winter Wine Trail	11:00AM - 5:00PM	Bishop's Orchards, Guilford	<a href="#">details</a>
<b>MAR 25, MONDAY</b>	Strategies for Managing Life Transitions	1:00PM - 2:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 25, MONDAY</b>	Life After Loss Bereavement Group	10:00AM - 11:30AM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 26, TUESDAY</b>	2024 Nonprofit Conference	9:30AM - 1:30PM	The Woodwinds, Branford	<a href="#">details</a>
<b>MAR 26, TUESDAY</b>	Restart Divorce Support Group	6:00PM - 7:30PM	Women & Family Life Center, Guilford	<a href="#">details</a>
<b>MAR 30, SATURDAY</b>	CT Winter Wine Trail	11:00AM - 5:00PM	Bishop's Orchards, Guilford	<a href="#">details</a>

[Click here for full list of events.](#)





# Member Featured Event

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# Are you utilizing your Shoreline Chamber membership to reach more market?

Have you checked your online presence in the Chamber Directory? Over 160,000 individuals searched the online directory only by Category (the other 45,000 looked up members by name.) What did they see when they saw your category? Were they enticed to click further to find out more, visit your website or call you?

Are you in the right category? If you are a Gold Member, you may be in two different categories, all other members are in one category. Did you know if you don't fit exactly into a category, we can tweak a category name or create a new category.

Rach out to the Shoreline Chamber Office if you need help beefing up your Online Directory presence.

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# BOARD MEMBER SPOTLIGHT KIMBERLY SPANIER

*Kim has been on the board for 7 years and was the chairman for 2 of those years.*



## **Where are you originally from?**

I'm originally from Brockton, MA. Outside of Boston.

## **Where do you live on the shoreline?**

I live in North Branford.

## **Tell us about your business.**

My husband and I started a small business in 2006 called "Everything Under the Roof." We specialize in interior, residential remodeling - our primary projects are bathrooms, kitchens and basements. We're a small company, so we like to focus on one big project at a time. No disappearing contractors here! Our motto is "our family helping yours." A lot of the old homes in CT are not built to suit the way we live now, so a lot of what we do is update houses to accommodate how the people live. For example, taking down walls, adding more storage, etc.. We like to help the house become more efficient. We work with our clients from layout/design through the completion of a renovation project. Our primary focus is on the function and flow of a house.

All of our clients at some point will work with both me and Jay. I handle the business development, contracts, and shopping and then I hand it off to my husband when the job starts. Shopping can be very overwhelming for a big project, so oftentimes, I take our clients shopping, help them navigate the immense selection in stores and I help them find the best deals!

## **What was your earliest involvement with the Chamber and why?**

I joined the chamber shortly after starting our business. My husband and I moved here from DC where my husband owned a construction company and I owned a marketing agency. I was involved in the DC Chamber and I saw how much they helped not just B2B companies, but all businesses, including contractors. People feel more comfortable getting personal referrals to contractors they know, like and trust.

## **How many years on the board?**

I've been on the board for 7 years. I was the chairman for 2 of those years.

## **How you benefited from the Chamber?**

The chamber has given us exposure across the region, but most importantly it's helped us build relationships with individuals. Clients feel comfortable that I'll be the one helping with their project. The chamber fosters a spirit of collaboration among businesses, as well as promoting shop local campaigns. The Chamber is beneficial for the whole community.

## **Tell me about the Chamber during Covid.**

It was pretty rough. The Chamber President at the time gave her notice (understandably) toward the end of 2020. I worked with her for a couple months to learn "the business" of running a Chamber, and then proceeded to run the chamber through Oct. 2021 - when we found Dee. Thankfully, I had 2 part time people who helped me develop programming and initiatives to keep the members engaged. One of these initiatives was an outdoor networking event called "net-walking." We were trying to come up with covid-friendly networking opportunities. It was a challenging time because so much of the chamber programming is built around events. We also tried to support businesses that were really struggling (like restaurants) - by hosting Facebook challenges, promoting take-out, getting people to buy gift certificates from restaurants, sidewalk sales, etc. During this time we also did a tourism campaign to bring people to the shoreline and promoted our beaches, parks, wineries and any areas of our local economy that were struggling. We ran an ad campaign on a NYC radio station to promote the shoreline to encourage day trippers to come for a get away.

## **Fun fact about you?**

I was a classical ballet dancer and now I teach ballet. I work at 2 different studios: the Studio of Guilford Center and Backstage Dance Center in Killingworth.

## **Favorite spot on the shoreline?**

We like to go to Guacamoles during the summer where we can sit outside. We also love Daltons and the Dockside at Safe Harbor marina in Branford!





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## The Revolutionary War– by Mairi Bryan

While Connecticut initially had a good relationship with Britain and the Monarchy, it was one of the earliest colonies to support the movement for independence. Once hostilities began the colony was essential to the war effort during the Revolutionary War as its coastline was able to harbor privateers who captured almost five hundred British ships, and even more importantly, stores of food, supplies and ammunition.

Connecticut provided more troops and volunteers to George Washington's army than any other state except Massachusetts. Its reputation as a harasser of shipping along the coast earned it the recognition of George Washington, and consequently the attention of the British who launched several raids on coastal settlements between New Haven and New London.

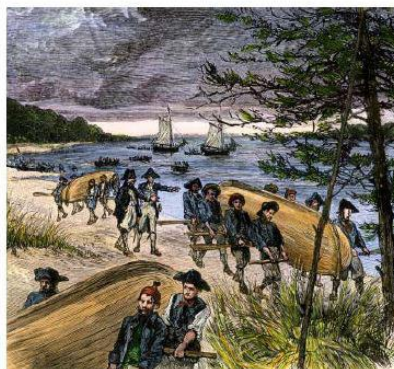
### Guilford – Defending the Coast

As the seventh oldest settlement in Connecticut, Guilford's location halfway between New Haven and Old Saybrook was perfectly placed geographically to harass British ships. Additionally, up until 1826, Guilford included what is now Madison, known then as East Guilford, with the population providing local men to the enlisted militia.

In 1777, Colonel Return Jonathan Meigs, a native of Middletown, launched an attack on Sag Harbor, Long Island, from Sachems Head in Guilford. The attack was in retaliation for a British attack on Danbury which had destroyed much of the Continental Army's supplies and killed many patriots. The raiding party consisted of a dozen local whaleboats and 150 men, many from Guilford, and in just a couple of days, they were back in Guilford having destroyed a dozen British ships, and captured large stores of hay, grain, and rum. Almost one hundred prisoners of war were brought back to Connecticut and not one patriot had been killed.

Guilford would, however, also be on the receiving end of Crown retaliation. In 1781, three British ships landed 150 men at Leete's Island, and before they were detected managed to burn several houses. The local militia arrived and gallantly drove the invaders back to their boats, but not without the loss of a few of their force.

Meigs Raid



May 23-24, 1777



## Branford – Early Supporters of Independence

While Connecticut's Charter allowed the colony greater self-governance than others, it was still one of the earlier colonies to support independence. In Branford, many officials were in favor of a break with the Crown by 1773. The governing selectmen agreed early on that they should send relief to Boston residents after the British had closed the port and cut off supplies of food and other essentials in a response to the Boston Tea Party in December of 1773. The residents of Branford were behind their governing selectmen, and at a town meeting agreed unanimously that Connecticut should send a delegate to the newly formed Continental Congress in Philadelphia in September of 1774, where representatives of the American colonies met to discuss America's future in the light of growing British aggression.



PHOTOGRAPH UNIVERSAL HISTORY ARCHIVE

On April 19<sup>th</sup>, 1775, after Paul Revere raised the alarm, the Battle of Lexington took place in Massachusetts, beginning with the famous “shot heard around the world” that heralded the start of the eight years of the Revolutionary War. Although the news took time to reach Connecticut, 37 Branford men, under the command of Captain Josiah Fowler volunteered and marched to Massachusetts to support the patriotic cause. This would total 120 men, including nine African Americans over the course of the war.

In additional support, the town formed a committee to enforce a ban on British goods, and commandeered land and property from families loyal to the crown.

This early and loyal support from the town of Branford continued throughout the course of the war, with ships continuously guarding the coast on Long Island Sound at Stony Creek, Indian Neck, and the Branford River from British raids.

## North Branford – Northford – William Douglas: A North Branford Patriot

William Douglas was a successful merchant and military leader who settled in North Branford prior to the Revolutionary War. He conducted trade along the Eastern seaboard and with the West Indies, and acquired considerable wealth, which he ultimately sacrificed to serve his country.

Born in Plainfield, Ct, in 1742, he entered military service as a teenager, seeing service in the French and Indian War. After the war he moved to New Haven and became the commander of a merchant ship that traded with the West Indies. He accumulated considerable wealth, and purchased 150 acres of farmland in Northford, working within the community, and had an interest in pursuing a political career in Connecticut. However, with the outbreak of the Revolutionary War, he once more answered the call to serve his country, and joined in the expedition that took Fort Ticonderoga from the British. He was given command of a flotilla on Lake Champlain, and famously captured stores of provisions from the British, later used in the defense of Boston. Towards the end of the war, Douglas served under George Washington in New York, as the colonel of a battalion defending the island of Manhattan.

A Revolutionary hero, Douglas returned to his farm in Northford, but having used his personal fortune to help the colonial cause, he eventually ended his life in penury. William Douglas died in 1777, having given everything to the fight for independence.



Colonel William Douglas, engraving by L.S. Punderson from [The History of Connecticut](#) by G.H. Hollister



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**Net90**  
**January 25th**  
**HarborChase of Branford**



**M&T Bank**

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the EPI 5-stages**

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- Protect
- Build
- Harvest
- Manage

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**The Four Intangible  
Capitals that hold 80%  
of a businesses value**

- Human Capital
- Customer Capital
- Structural Capital
- Social Capital



**19** March  
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# GATSBY GALA NIGHT



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MARCH

22

6PM - 10PM

The Woodwinds

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For more details about the gala, ticket purchases and sponsorship opportunities, visit the ESCA Gala website or scan the QR code.

<https://bit.ly/ESCAgala>

## MEET A MEMBER

### SOUND LIFE CONNECTIONS



Sound Life Connections Inc. mission is to create an inclusive community in which people with disabilities feel welcomed and valued through employment and social opportunities. Sound Life Connections Inc. was founded in 2023 by Tara Beatty and Keri Climie, both educators. Tara is a special education teacher, and Keri is a speech and language pathologist. By combining their areas of expertise, they are able to teach the essential skills for students to be fully engaged. They are team builders who collaborate closely with students, staff and parents to create the most effective programs for each individual. **Non-Profit member since 2023**



*Our mission is to expand awareness of and reduce the 80% unemployment rate of individuals with developmental disabilities.*

**116 Whitfield Street, Guilford**  
<https://www.soundlifeconnections.org/>

## MEET A MEMBER

### EPILEPSY FOUNDATION OF CT



The Epilepsy Foundation of Connecticut (EFCT), established in 1982 as the Epilepsy Support Group of Greater Hartford, is a non-profit affiliate of the Epilepsy Foundation of America (EFA). Initially formed by concerned parents seeking resources for children diagnosed with epilepsy, EFCT transitioned to full affiliation with EFA in 1990, expanding its services statewide. Committed to its mission of enabling individuals with seizures to engage fully in life experiences and advancing epilepsy prevention, control, and cure, EFCT offers services in Information, Education, Advocacy, Recreation, and Support. **Non-Profit member since 2023**

*"The Epilepsy Foundation of Connecticut has been a tremendous resource! Thank you for all the help over the years. Keep up the good work!"*



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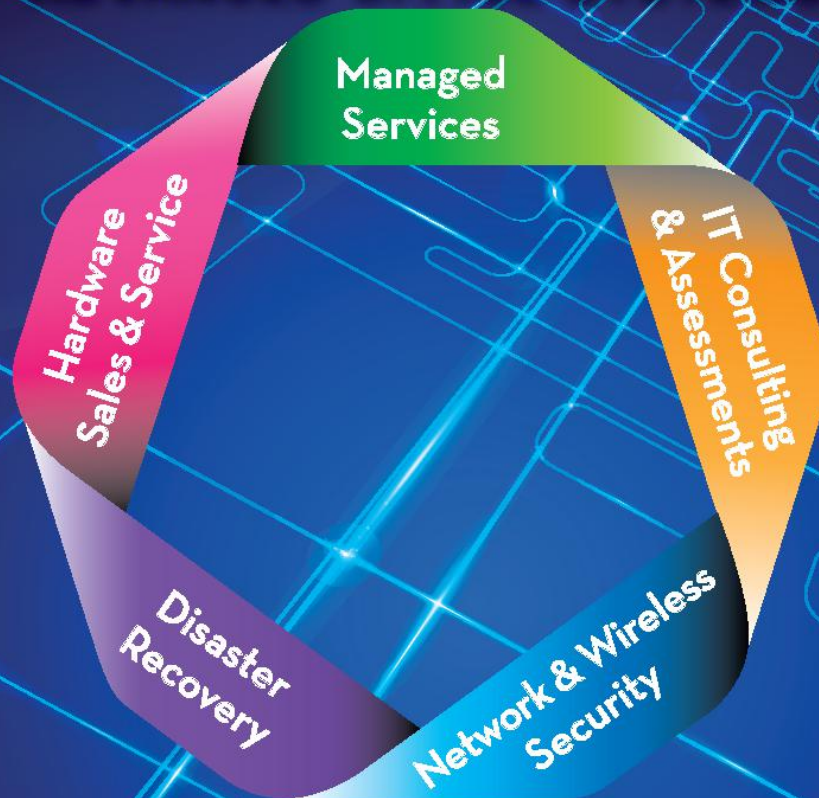
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