

**THANK YOU TO OUR
CORPORATE
PARTNERS**

- [Altek Electronics, Inc.](#)
- [AssuredPartners Northeast](#)
- [AT&T](#)
- [BD](#)
- [Borghesi Building & Engineering Co.](#)
- [Brooks, Todd & McNeil Insurance](#)
- [Conquest](#)
- [Daley Moving & Storage, Inc.](#)
- [Dymax Corporation](#)
- [Eastside Electric, Inc.](#)
- [Ebner Camps, Inc.](#)
- [FM 97.3 WZBG](#)
- [FuelCell Energy, Inc.](#)
- [Hartford HealthCare](#)
- [Charlotte Hungerford Hospital](#)
- [Howmet Aerospace](#)
- [M&T Bank](#)
- [National Iron Bank](#)
- [Northwest Community Bank](#)
- [Nuvance Health](#)
- [Sharon Hospital](#)
- [O&G Industries, Inc.](#)
- [The Register Citizen](#)
- [Republican-American](#)
- [Thomaston Savings Bank](#)
- [Torrington Savings Bank](#)
- [Union Savings Bank](#)
- [Valiant Energy Solutions](#)



We wish our members a Happy and Prosperous New Year!

Some great things are in the planning stages for this year. Meanwhile, let's recap some of our most popular events from 2023:



*From the Desk of Our
President & CEO*
JOANN RYAN



Holiday Blessing

I have taken the liberty of sending this message created by Nancy Hardaway, an executive coach and leadership trainer.

“I wish you more time in your days
Not just for getting more done,
Though that may be good.
But for thinking and musing,
For listening to your own heartbeat
And the heartbeats all around you.
For getting up above the clouds
And seeing beyond the horizon.”

“I wish you courage to act-or not,
To make tough decisions when necessary
And empathy
To understand the impact of those decisions
On you and all you touch.
And then resilience
To keep on moving forward.”

“I wish you clarity of vision
and creative thinking.
To see interconnections
That could bring you opportunity,
And those that point
Toward possible solutions
Not just for symptoms
But for underlying problems.
To see ways you can
Rather than ways you can't.”

“I wish you the skill and will to be present.
To feel your feet on the floor
In this moment, in this place.
To see the person or people before you.
To look into their eyes
To hear what they say
And understand, or ask questions,
To really listen without having to speak.”

“I wish you camaraderie and support,
Someone to listen, someone to lean on,
Someone to think with.
For leading, both the role and the act,
Is at its heart a lonely business
Because you take us to places
We haven't seen before
And it's always a risk”

“I wish you nights of rest-full sleep
And vacations from technology.
Slower days to set aside the heavy responsibilities
Of demanding more from yourself
Than even others demand.”

“I wish you a team of people to work with
That shares a common goal
That can laugh and argue together
That appreciates their differences.
And in the end
Gets thing done
With you and without you.”

“I wish that you live your year,
Your days at work
And your days at home,
In ways that nourish you
And make a difference for others
Days you'll look back on
With few regrets.”

On behalf of the Chamber, I wish you love, laughter, good health and success throughout 2024.

Index

Ads	<u>Page 3</u>
Calendar	<u>Page 12</u>
Chamber News	<u>Pages 6-10</u>
Committee Reports	<u>Page 11</u>
Member in the Spotlight	<u>Page 4</u>
Member News	<u>Pages 4-5</u>
New Members	<u>Page 5</u>
Premier Members	<u>Page 5</u>
Special News	<u>Page 3</u>



59 Field St., Suite 120, P.O. Box 59
Torrington, CT 06790
p 860.482.6586 • f 860-489-8851

JoAnn Ryan, President & CEO, joann@nwctchamberofcommerce.org
Karen Kuhl, Director of Programs & Events, karen@nwctchamberofcommerce.org
Pamela LaRosa, Director One-Stop Workforce Operations, pam@nwctchamberofcommerce.org
Luis Sanchez-Chiriboga, Business Development Representative, luis@nwctchamberofcommerce.org
Sharon Kunay, Administrative Assistant, info@nwctchamberofcommerce.org
Ali Mica, Accounting Administrative Assistant, accounting@nwctchamberofcommerce.org
DJ Murphy, Outside Sales Membership Representative, murphyboyzmarketing@gmail.com
Nancy DePecol, Outside Sales Membership Representative, nancydepecol@yahoo.com

nwctchamberofcommerce.org
Like us on Facebook: facebook.com/nwctchamber

Special NEWS

Friends of the Chamber

We have a new elevated membership level called, "Friends of the Chamber".

In addition to standard membership benefits, Friends of the Chamber receive:

- Highlighted listing in our printed directory
- Recognition on our website
- Recognition in our newsletter
- An annual recognition plaque

If you would like more information on how to join our Friends of the Chamber, please contact JoAnn Ryan at 860-482-6586.

Name Change

BantamWesson is now [Valiant Energy Solutions](#)

Cheers to Warm
Holiday Memories
And a Great New Year!



**Torrington
Savings Bank**

TorringtonSavings.Bank (860) 496-2152

Chamber Member **IN THE SPOTLIGHT**



My name is Sharda Geer, Certified Spiritual Life Coach and Energy Practitioner at Dutema Life Institute. In November 2018, mainly due to noise pollution, I relocated to Torrington from Long Island, NY and opened up the business a year later. I formed Dutema Life Institute to focus on the wellness and growth of spiritual, emotional and mental aspects through all stages of life.

Some of the areas I work in to bring wellness and growth are:

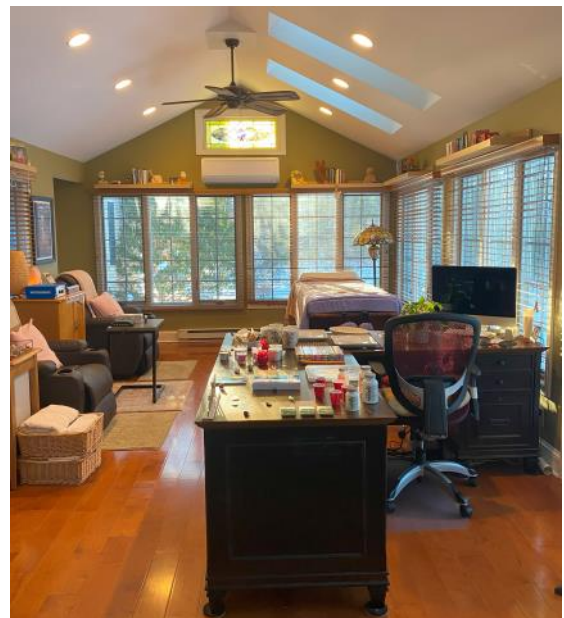
- Stress management – Learning to notice what we're consciously or subconsciously focusing on; setting realistic standards for ourselves and others; practicing conscious breathing; setting and achieving intentional goals.
- Effective communication – Saying what we mean and doing so in a way that uplifts everyone involved; interpreting others' communication correctly, not simply reacting but listening in order to understand; accountability.
- Emotional Quotient – Understanding our feelings and emotions, and using them effectively and maturely in our lives.
- Leadership – Leading others by being an example of powerful inner leadership.

My client struggled with her teenage daughter: "My daughter always wants to do things that are not safe for her to do. Why can't she understand that?". After a few sessions, my client started to practice listening to her daughter and came to understand her daughter's reasons for wanting those things. They now have a close bond and an emotionally mature relationship.

It is my mission to foster deeper, more meaningful, and harmonious relationships with ourselves and each other.

My business is located at 134 Irving Avenue, Torrington. For more information or to schedule an appointment, please visit my website: www.dutemalifeinstitute.com.

I look forward to working with you.



NEW YORK BOTANICAL GARDENS HOLIDAY TRAIN SHOW DAY TRIP

Ride on the Litchfield Community Center van to New York Botanical Gardens Holiday Train Show on Wednesday, Jan 10, 2024, departing at 9:00am. After viewing the train show, group members will have the day to themselves to explore the garden more, enjoy lunch on the grounds or at either of their featured restaurants. Group will Depart from NYBG for Litchfield at 3 pm. The Cost is \$50.00 / * Tickets are Non-refundable after purchase. Register by visiting www.thecommunitycenter.org

Member NEWS

Facility Usage

Our Chamber office has rooms available for private meetings. Available space includes a conference room, library, and reception area.

- Our Conference Room seats up to 28 people in the usual Rectangle Configuration, and 20-25 people in the Classroom Configuration.
- Our Library seats up to 6 people at a round table.
- Our Reception Area seats up to 8 people.

Member Room Rates:

8 am – 5 pm, \$40 for the 1st hour, \$25 per hour thereafter
5 pm – 10 pm, \$50 for the 1st hour, \$40 per hour thereafter

Non Member Room Rates:

8 am – 5 pm, \$85 for the 1st hour, \$60 per hour thereafter
5 pm – 10 pm, \$130 for the 1st hour, \$105 per hour thereafter

Projector, Whiteboard, and Flipchart are available at no extra charge

Corporate Partners of the Chamber may utilize the space at no charge.

Premier Members of the Chamber may utilize the space at half price.

Click [HERE](#) to see the photos

To reserve a space, contact Sharon Kunay at 860-482-6586 or at info@nwctchamberofcommerce.org

**NORTHWEST STARTUP
HAPPY HOUR**

A place for entrepreneurs and the like

**CONNECT - RELAX
NETWORK - REFRESH**
1st Wednesday each month

5-7PM | SALT 2.0 | 84 MAIN STREET | TORRINGTON

Contact John Fiorello for Details

860-738-6444

<https://www.nwcc.edu/entrepreneurial-center-northwest-connecticut/>

Premier MEMBERS

Brandywine Living at Litchfield

Commercial Sewing, Inc.

Cook Funeral Home

Eversource Energy

Keystone Place at Newbury Brook

Seitz, LLC

Senior Advocate Services

T&M Building Company, Inc.

and Torrington Downtown Partners

UCE Fine Builders

Webster Bank

Welcome New Members

Blue Back Health, LLC

www.bluebackhealth.com

J. Fragale & Sons Paving

www.fragalepaving.com

We Are On Social Media:

<https://www.facebook.com/NWCTChamber>

<https://www.instagram.com/nwctchamber/>



We are working on updating our 2024 Membership Directory. Please take a look at your online listing and let us know if there are any changes to be made. You can find your listing by clicking on the link below and searching for your company name.

[Check My Listing](#)

Business with Breakfast



Our December Business with Breakfast was held on Tuesday December 12th in the Fellowship Hall of St. Paul's Lutheran Church in Torrington.

This venue is a hidden gem in our Northwest Corner. There is ample space in the Fellowship Hall for various types of gatherings. Our Chamber is looking into the possibility of holding future events at this location since there is plenty of parking and easy access from Route 8, Route 4, and Route 202. Plus it's handicap-accessible.

To host a Business with Breakfast this year, contact Karen at karen@nwctchamberofcommerce.org

Leads Groups Holiday Gathering



Our Leads I group invited Leads II to a special holiday gathering at Brooker Memorial on December 11th. Lisa Ferris made a delicious soup for all to enjoy.



The NWCT Chamber Young Professionals Organization invites local young professionals, ages 21-40, to our next free networking event:

Wednesday, February 7th, 2024, 5-7 PM
da Capo Ristorante Italiano
625 Torrington Road, Litchfield CT


Bring a coworker!

If possible, please RSVP at nwctchamberofcommerce.org/calendar

For more information, contact the Chamber at 860-482-6586 or Info@nwctchamberofcommerce.org

YPO is sponsored by  **creativity. marketing. technology.**

Interested in hosting a Business with Breakfast?



Join us at our morning roundtable discussion

BUSINESS *with* BREAKFAST

Enjoy easy networking over a light breakfast. Each attendee will then give a 30-second "commercial" for their business followed by a brief presentation by our host.

Tuesday, Month Date, 8:00 a.m.

Hosted by

Your Company Name

Your company name, address, and logo could be listed here.



Send us an email to schedule a date: karen@nwctchamberofcommerce.org
 Or Call: 860-482-6586.



Mental Health First Aid Training

**Thursday, January 18, 2024
8:00 a.m. - 4:00 p.m.**

Northwest CT Chamber of Commerce
59 Field Street, Suite 120
Torrington, CT 06790



Gain the skills to assist someone experiencing a mental health or substance use-related crisis.

- A**ssess for risk of suicide or harm.
- L**isten non-judgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



For more information, email
Donna Bielefield
donna.bielefield@mccallbhn.org

**Scan QR Code
to Register**



Chamber NEWS**Business After Hours**

Our Holiday Business After Hours was held at Lourde's of Litchfield's Pilgrim Hall for Prime Time House's pop-up store, Prime Finds—Home for the Holidays. It was an opportunity for Chamber members to sip, shop, and network. Presented by Torrington Savings Bank, gently used furniture,

housewares, decorations, clothing, jewelry, and more were donated by generous individuals and sold at very reasonable prices. All proceeds will support the programs at Prime Time House. The pop-up store itself was opened in mid November and closed on December 30th.

Holiday Celebration

This year's holiday celebration was held at the elegant Brandywine Living at Litchfield. Chamber members enjoyed a delectable spread of hot and cold hors d'oeuvres and a variety of beverages, including a special cocktail. A photo room gave opportunities for a photo shoot with friends and coworkers.

Special music was provided by the Jazz Trio from SCSU and our Chamber Board Chairman, Jacque Williams from Jacque Williams Entertainment serenaded us with song. We thank the staff at Brandywine and all who joined us, especially those who made a monetary donation for our area food banks.

Member **NEWS**

Leadership Northwest



For Session 2, the Leadership Northwest Class traveled to four social service agencies to learn how they help provide for those in need, and also the challenges that they face.

This photo was taken in front of FISH / Friends in Service to Humanity of Northwestern Connecticut, Inc. Session 3 will be the Corporate Leadership Panel/Board Participation.



BUSINESS
with
BREAKFAST

Join us at our morning roundtable discussion

BUSINESS *with* BREAKFAST

Enjoy easy networking over a light breakfast. Each attendee will then give a 30-second “commercial” for their business followed by a brief presentation by our host.

Tuesday, January 16, 9:00 a.m.

Hosted by



134 Irving Ave, Torrington

[Click HERE to Register](#)

Committee Reports

Governance Committee:

This newly formed committee will be lead by committee chair, David Oliver from Ebner Camps, Inc.

Government Relations Committee:

I want to thank our Government Relations Committee for another productive meeting. We are so fortunate to have contributors on this committee who are committed to making sure our region is represented well in Hartford. Committee members Eileen Marriott and John Morris are organizing a subcommittee to do a deep dive into bringing the top priority issues in our region to present at our next Government Relations meeting.

We will have one more meeting before the next house session begins. These efforts by our committee members will reinforce our presence in Hartford. Our lobbyist, Mike Rell, does a great job for us at the Capitol and as a result, we are positioned to provide solutions to the residents in our region.

Homelessness continues to be an issue in our area. Committee member Tim Waldron suggested that we seek federal funding to deal with the situation on a permanent basis.

I continue to take pride in serving on this committee. I encourage you to attend our monthly meetings on the 2nd Thursday of the month and let your voice be heard as we work with our delegation to represent the interests of our community. I wish you all a wonderful holiday season on behalf on the Government Relations Committee of the NW CT Chamber of Commerce.

- Jacque Williams

Health Council:

The next meeting of the Health Council will be in-person at Community Health & Wellness Center on Wednesday February 21, 2024 at 8:00 AM. There will be no meeting in January.

Insurance Committee:

After a busy enrollment season, the committee will reconvene in February.

Manufacturing Coalition:

Our RSP (Regional Sector Partnership) met with the Southwest RSP to reduce redundancy and increase leveraging.

Membership Committee:

The Membership Committee was focused on assigning Ambassadors to new members. Their next meeting will be in-person at our Chamber on Thursday, January 4, 2024 at 8:00 AM.

Regional Educational Partnership:

The group will meet in February and throughout the Spring 2024.

- Dr. Michael Rooke

Small Business Council:

We will be kicking off the year, bright and early at 8:00 AM on Tuesday January 2nd. Our Special Guest Speaker will be Northwest Community Bank's Executive Vice President and Chief Lending Officer, Gregori Tonon.

- Moe Chislum

Strategic Planning Committee:

This newly formed committee is being spearheaded by committee chair, Stephen Mazzarelli from Commercial Sewing.

To join a committee, please contact Sharon Kunay at 860-482-6586 or email Info@nwctchamberofcommerce.org.





Upcoming **CHAMBER MEETINGS & EVENTS**

Jan. 1 - **CHAMBER CLOSED** for the New Year Holiday
Jan. 2 - Small Business Council [**Guest Speaker:** Gregori Tonon, *NW Community Bank*], NW CT Chamber, 59 Field Street, Torrington, 8:00 AM
Jan. 3 - Wow Advisory Committee - 9 AM
Jan. 4 - Membership Committee - 8 AM
Jan. 8 - Leads I - 12 PM
Jan. 10 - Leads II - 12 PM
Jan. 11 - Government Relations Committee - 8 AM
Jan. 16 - Business with Breakfast @ Dutema Life Institute, 134 Irving Ave, Torrington, 8 AM

Jan. 17 - Leadership NW (Session 3), 8:30 AM-1:00 PM
Jan. 17 - Health Council - **POSTPONED**
Jan. 18 - Mental Health First Aid Training [*Presented by:* Donna Bielfield, McCall Behavioral Health Network] @ NW Chamber, 59 Field St, Suite 120, Torrington, 8:00 AM - 4:00 PM
Jan. 22 - Leads I - 12 PM
Jan. 24 - Leads II - 12 PM
Jan. 25 - Board of Directors Meeting- 8 AM

For more Info, see our website calendar of events:
www.nwctchamberofcommerce.org/calendar/

Save the Date

Feb. 7 - Young Professionals @ Da Capo Restaurant, Litchfield, 5-7 PM

Feb. 21 - QPR & Narcon Training @ NW Chamber, Torrington, 8:00 - 10:30 AM

Apr. 18 - The Great Business Showcase, Venue: TBD, 4-7 PM

Oct. 4 - The 20th Annual WOW! Forum, Warner Theatre, 7:45 AM — 4:15 PM

Newsletter Submissions:

Please send us your newsletter submissions by the 15th of the month. Beyond that date, we cannot guarantee that it will be in the following month's edition.

Thank you.