



For information on the group and how to join, contact
Renee Hudgens at (207) 974-3040 or renee@maineteamrealty.com
After January 1, 2010, contact Sheri Butler at (207) 947-4579 or
via e-mail at bebslb@yahoo.com

TUESDAY FORUM Newsletter

Tuesday Forum PO Box 1098 Bangor, Maine 04402-1098

Changes coming to newsletter

By Debra Bell, newsletter editor

In January, the Tuesday Forum newsletter will be moving to a new, quarterly format. Newsletters will now be coming every three months: January, April, July, and October.

In 2009, we moved from a printed format to a digital format to alleviate mailing costs and to enter the digital age. As always, the newsletter is only as strong as its contributors. Laura Emack has generously been covering our guest speaker meetings and submitting a brief write-up for the newsletter for members who were unable to attend.

All of this takes time, and a lack of additional submissions, has hampered the newsletter's effectiveness. I want 2010 to be a stellar year for informing members of what's going on and where.

In 2010, I challenge each member to think about submitting a brief piece about your business or about a topic members would find interesting.

There are also advertising opportunities for members to take advantage of. Strip ads, like the one in this issue, cost \$15

(payable to Kathy Townsend). Ads can be submitted to Debra Bell. Please provide them in jpg, tif, eps, or PDF formats. The ad size is 7.5" x 2." This is a great way to get your message across to members and anyone who views our newsletter online.

More exciting changes will be coming to the newsletter in 2010. I welcome your submissions (due by the 15th of the month prior to the publication), questions, and comments. Help me make this newsletter effective and interesting!

Programming Postcard

In addition to the newsletter, there will be a postcard sent out quarterly starting in February 2010. The postcard will not only list the upcoming meetings and topics, but will be a way to celebrate our new members.

It is imperative that we have your correct mailing address so that the postcard go to your business. Address additions or changes should be sent to Dawn Wasson at dwasson@bangordailynews.net or by phone: (207) 990-8101 to be updated online and in the hard copy database used to do the mailing.

December 2009 Program

- Dec. 1 Business meeting**
Sponsored by Sue McKay
- Dec. 8 Holiday Bazaar**
Come shop for those holiday gifts and support Tuesday Forum members at the same time!
- Dec. 15 Holiday Party**
RSVP by Dec. 9 to Renee

If you have an idea for a meeting topic or have a presenter you'd like to speak to the group, please let Program Committee members Paula Baines or Val Kitchen know!

Tuesday Forum's 2010 officers and committees

Your 2010 Tuesday Forum officers are:

- President:** Sheri Butler
- Vice President:** Dawn Wasson
- Secretary:** Reva Newey
- Treasurer:** Kathy Townsend

- Committee chairs are:**
- Publicity:** Melissa Huston
- Newsletter:** Debra Bell
- Program:** Paula Baines

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October and November entertained, enlightened, and educated

October speaker explores brain-body connection

By Laura Emack

Nearly 30 members attended Margaret Marshall's interactive presentation on "Movement to Relieve Stress in our Daily Lives." Marshall holds an M.S. Ed degree and spent many years as a reading specialist in public education. Today she conducts workshops for various groups, typically 2-3 hours in length, as a Licensed Brain Gym Practitioner. Brain Gym is the registered trademark of Brain Gym, International, Ventura CA.

Marshall's workshops are normally unhampered by the simultaneous consumption of a quick lunch. Although it was not possible to perform the full range of movements, Marshall chose some exercises that could be done while seated. She also handed out useful practice aids including a bookmark with pictures, instructions, and expected changes in mental acuity. These techniques, which involving specific movements typically repeated eight times, work particularly well on boys.

Marshall can be reached at infinitelearning@midmaine.com.

UMaine business dean addresses Tuesday Forum

By Laura Emack

Tuesday Forum invited Dr. John Mahon to speak to the membership on a huge topic: the economy. On November 10, the Dean of the University of Maine College of Business executed his assignment with a master plan. Beginning with the international picture, he then honed in on the U.S. situation. Finally, he spoke passionately about the challenges here in Maine.

The room was packed, a TV crew filmed the event, and the Q&A extended well beyond the hour. Here are just a few tidbits from the fascinating, though downbeat, presentation. India recently bought \$7 billion worth of gold, the largest gold buy in history. The most common cash-for-clunkers trade was a Ford F150 pickup for a Ford F150 pickup. Maine has the oldest and the fastest aging population in the entire country.

Dr. Mahon concluded with a passionate appeal to Maine voters. We must demand that the many aspirants for governor articulate both broad visions and specific plans to transform Maine's economy.

Keep us informed!

We know that Tuesday Forum members are busy. But keep us updated about job changes, address changes, and e-mail address changes.

Member Directory

Tuesday Forum's membership directory will be updated mid-year in 2010 and we want to make sure your information is correct. If you have not received a directory, or joined after June 2010, please contact Debra Bell to be added to the directory. Debra's e-mail address is debrabell@bellphotostudio.com.

Debra Bell will once again take photographs in the spring for new members or to update a listing. You may also submit a photograph. If you choose to submit one, please let Debra know who took it.

The following information is required for your directory profile:

- Name
- Business name(s) and title
- Address
- Telephone number or cell phone
- E-mail address
- Web site address
- Business description (about 50 words)
- Organizations you belong to

2009 Tuesday Forum Members

Please forgive me if you are a new member and your name was left off by accident.

- Donna Allen, Max International
- Anna Baglay, Sunflower Gardening & Landscaping Co.
- Gail Baillargeon, Acadia Clinical Research
- Paula Baines, Hampden Highlands UMC
- Carol Bartlett, WorkSource Staffing Solutions
- Lainie Beede-Harvey, Lainie's Reiki
- Debra Bell, Bell Imaging & Design & Bangor Daily News
- Stefani Berkey, Advertising Specialists
- Melissa Bradford, Central Maine Moving & Storage
- Patricia Brezovsky, St. Joseph Healthcare
- Carol Brooks, ERA Dawson Bradford
- Sheri Butler, Dick Hogan Insurance Agency & MiaBella Candle Independent Distributor
- Lisa Caron, Arbonne International
- Alicia Champlin, Creative Digital Imaging, Inc.
- Kelly Cotiaux, Sephone Internet Solutions
- Tristine Currie, Key Bank, N.A.
- Jan Currier, Prudential Northeast Properties
- Nancy Dawson, ERA Dawson-Bradford
- Jolene C. Doran, Certified Cosmetic Consultant
- Sandra "Sam" Doty, Partylite
- CarolAnne Dube, St. Joseph Healthcare
- Deborah Dunham, Mer "Sam" Dunham, Inc.
- Emily Ellis, Maine Team Realty
- Laura K. Emack, Writer, Dysarts Service
- Gini Ernst, Tupperware
- Mary Fitzpatrick, Studio 510
- Amy Gaff, Gaftek, LLC
- Saundra Haley, Fiddlehead Inn
- Courtney Harris, Pampered Chef
- Maureen Hedges, Health Benefits
- Karen L. Hover, MD, The Family Doc
- Denise Howell, Mary Kay
- Renee Hudgens, Maine Team Realty
- Melissa H. Huston, St. Joseph Healthcare

- Sandy Imondi, Organized Solutions
- Bobbi Jeffery-Gant, Massage Therapist, Alternatives
- Kristy Kimball, Links
- Heather Kirkbride, Darling's Agency & Lia Sophia
- Val Kitchen, Valance Fitness Pilates Studio
- Michelle Lakeman, Beauti Control
- Esther Littlefield, Melaleuca
- Becky Mallory, MadeBySurvivors Home Parties
- Linda Martin, Transitions, Residual Solutions
- Lauri Matheson, InSPArations Day Spa
- Eileen McAvoy, Penquis
- Susan McKay, Allen/Freeman/McDonnell Agency
- Helen McKinnon, RN, Eastern Maine Medical Center
- Kathy McLeod, Modern Screenprint
- Sue McMorrow, Independent Wellness Consultant
- Helen Munsey, Home Decorator
- Karen Nankervis-Wasson, Send Out Cards
- Lindsay Nevells, Seamstress
- Jane Newberry, Breathing Easy
- Reva Shaw Newey, Retired
- Debbie Niles, Uniquely Deb
- Nancy Ordway, Bangor Interpreting
- Judy Petros, BAT Bus Driver, Pre-Paid Legal Services
- Penny Picard, Manpower
- Mary E. Poulin, Warren Center
- Lisa Rancourt, Bangor Daily News
- Victoria Rees-Coffey, Job Corps
- Mary-Anne Saxl, Warren Center
- Holly Scott, Holly's Professional Cleaning
- Lynne Snow, Pre-Paid Legal Services, Inc.
- Nicole Stevens, Bangor Daily News & Sunny Destinations Tanning Salon
- Sara Stevens, Maine State Legislature
- Christy Stout, Pine Tree Physical Therapy
- Kathy Townsend, BookSmart
- Kathy Wadleigh, Paper-n-Clay
- Dawn Wasson, Bangor Daily News
- Jenny Williams, Holiday Inn
- Julie Dawson Williams, ERA Dawson-Bradford