



Save the date: 30th Anniversary Gala
September 21, 2010, 11:30-1:30 p.m.
Muddy Rudder, Brewer

Newsletter

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2010 Issue 2: May-July 2010

How to Stay Above the Fray in the Recession

by Esther Littlefield

In light of the current economic climate in our country, it is easy to become discouraged or depressed - especially if you are one of the millions of families affected by job loss or layoffs. So how can you rise above this, rather than become entrenched in the negative mindset that some are experiencing right now? Here's a few tips on proactive steps to take:

1. Become the BEST at something. That's right, the BEST. What things do you enjoy doing? What skills and natural talents do you have? What are your areas of expertise? Whatever this is - become very very good at it! Seek to become the best. If you are currently working, then seek to do your best at work. Become an employee that your employer can't live without! Now is the time to provide the BEST customer service possible. If you are not currently employed, then try to determine what you want to do in your next job. Focus on developing your skills and knowledge, whether by attending workshops, college courses, or even just picking up books at the library and reading.

2. Keep a positive attitude. It is easy to get sucked into the negativity we hear on the news and around us all the time. Yes, this is a challenging time, but it is possible to keep a positive outlook. Take 5 minutes a day and focus on all the positive things in your life. Or, you can do what I am doing, and attempt to make a list of 1,000 gifts in your life. Another idea is to spend 15 minutes a day reading something positive and uplifting. When you focus on the positives, you are more likely to develop a positive outlook. And generally speaking, people want to be around positive people. They also want to hire positive people!

3. Develop a secondary income stream. With jobs being very uncertain, this is actu-

ally a perfect time to look at additional ways to generate income. There are a variety of ways to do this, such as starting a home based business (with an established company) or starting your own business from scratch. You could also look at other options, such as freelance writing, selling on ebay, or doing side jobs such as cleaning, yard work, or childcare.

4. Look for ways to help others. Are there ways that you can volunteer your time and help someone else? Again, taking the focus off yourself can help you to recognize all that you have to be grateful for. Find someone that you can help, and offer your services to them. You never know what this could lead to - perhaps the person you help might know someone who is hiring for a job that you would love!

5. Make smart economic decisions. If you or a household member is out of work, then maybe now isn't the best time to buy that big flatscreen TV! Look for ways that you can save money, and work towards becoming debt-free. The less debt you have, the less stress you will feel. I highly recommend Dave Ramsey's book "The Total Money Makeover". You would be surprised at how many different ways there are to cut expenses and pay off debt. In addition, point 3 will help you here - if you can ADD to your family's income, then this will help you reach that goal even more rapidly.

Finally, remember that only YOU have the power to change your situation. If you are not satisfied with YOUR economic climate, then make a conscious decision to do something about it. If it feels overwhelming, try just taking baby steps towards your goal. If you do these things, you will be well on your way to staying above the fray and avoiding a lot of the woes that others may experience.

Program

May 2010

- May 4 Business Meeting
- May 11 Guest speaker: Susan Kates, Director of Maine Kids-Kin
- May 18 Speed networking
- May 25 Personal Profile: Nancy Roberts, Ph.D., PsyD

June 2010

- June 1 Business Meeting: Sponsor: Gail Baillarger, Acadia Clinical Research
- June 8 Guest Speaker: Dr. Cheryl Ackert-Bicknell of Jackson Lab
- June 15 Personal Profile: Renee Hudgens
- June 22 Guest speaker: Heather McCarthy, Folk Festival
- June 29 Open Forum on Philanthropy

July 2010

- July 6 Business Meeting Sponsor: Debra Bell, Bell Imaging & Design
- July 13 Guest Speaker: Mary Madden "Hazing and Girl Fighting"
- July 20 Personal Profile: Esther Littlefield
- July 27 Open Forum: Christina Baker-Kline, author "Growing up in Bangor & becoming a writer"

Submissions wanted:

Please send articles, member news, and announcements to Debra Bell at debrabell@bellphotostudio.com

Help wanted:

The 30th Anniversary committee is looking for additional help in planning our 30th anniversary party. If you can provide time and assistance, please contact Esther Littlefield.

Tuesday Forum membership (as of May 15, 2010)

Gail Baillargeon, CCRP, Acadia Clinical Research
 Paula Baines, Hampden Highlands United Methodist Kathleen
 Bates, RN Care Manager, EMMC
 Marcia Bean, Edward Jones
 Lainie Beede-Harvey, Lainie's Reiki
 Debra Bell, Bell Imaging & Design & Bangor Daily News
 Stefani Berkey, The Advertising Specialist
 Melissa Bradford, Central Maine Moving & Storage
 & BeautiControl
 Patricia Brezovsky, St. Joseph Healthcare
 Carol Brooks, Realtor
 Sheri Butler, Dick Hogan Insurance Agency, MiaBella
 Lisa Caron, Arbonne International
 Sharon Clark, Acadia Family Chiropractic
 Kelly Cotiaux, Sephone Internet Solutions
 Tristine Currie, Key Bank, N.A.
 Jan Currier, Prudential Northeast Properties
 Nancy Dawson, ERA Dawson-Bradford
 Dawn DeBois, Bangor Daily News
 Sandra "Sam" Doty, Partylite
 Deborah Dunham, Merl "Sam" Dunham, Inc.
 Emily Ellis, The Emily Ellis Team - Maine Team Realty
 Laura K. Emack, Bucksport Bay Area Chamber of Commerce
 Amy Gaff, Gaftek, LLC
 Kathy Giddings, Muddy Rudder Restaurant
 Cathie Goodine, Pre-Paid Legal Services, Inc.
 Saundra Haley, Fiddlehead Inn
 Janice Hambleton, Dreams by Janice
 Deborah Harman, Pretty Woman, Inc.
 Courtney Harris, Pampered Chef
 Donna Hauge, Bangor Center for Dental Medicine
 Mackie Faye Hill, Simply Unforgettable Events by Mackie
 Karen L. Hover, MD, The Family Doc
 Denise Howell, Mary Kay
 Renee Hudgens, The Emily Ellis Team/Maine Team Realty
 Melissa H. Huston, St. Joseph Healthcare

Sandy Imondi, Organized Solutions
 Bobbi Jeffery-Gant, LMT NCTM, Massage, Alternatives
 Ann M.J. Joles, Joles Photography
 Amy Kenney, Otelco
 Kristy Kimball, Links Advantage
 Val Kitchen, Valance Fitness Pilates Studio
 Michelle Lakeman, Beauti Control
 Esther Littlefield, Melaleuca, The Wellness Company
 Kris Long, Acadia Assisted Living & Memory Care Community
 Becky Mallory, MadeBySurvivors Home Parties
 Eileen McAvoy, Penquis
 Susan McKay, CLU, CHFC, LUTCF, Allen/Freeman/McDonnell Agency
 Helen McKinnon, RN, Vice President, EMMC
 Kathy McLeod, Modern Screenprint
 Sue McMorrow, Independent Wellness Consultant
 Helen Munsey, Home Decorator
 Julia Munsey, Oxford Networks
 Reva Shaw Newey, Retired
 Deb Niles, Uniquely Deb & Bangor Daily News
 Judy Petros, BAT Bus Driver, Pre-Paid Legal Services, Inc.
 Penny Picard, Manpower
 Mary E. Poulin, Warren Center for Communication & Learning
 Nancy Robert, PH.D., PSY.D, Psychologist
 Michelle Robertson, Primary Residential Mortgage
 Diane Rowell, Met Life Home Loans
 Mary-Anne Saxl, Penobscot Community Health Care
 Holly Scott, Holly's Professional Cleaning Inc.
 Lynne Snow, Pre-Paid Legal Services, Inc.
 Sara Stevens, State Representative, Maine State Legislature
 Christy Stout, Pine Tree Physical Therapy
 Lynn Thibeau, Financial Services
 Kathy Townsend, BookSmart
 Stacy Van Dyne, Hooked Forever
 Kathy Wadleigh, Paper-n-Clay
 Julie Dawson Williams, ERA Dawson-Bradford Company Realtors

2011 Leadership Team

President: Sheri Butler
Vice President: Dawn DeBois
Secretary: Courtney Harris
Treasurer: Kathy Townsend

2011 Committees

Publicity committee chair: Melissa Huston
Newsletter editor: Debra Bell
Program Committee: Esther Littlefield, Val Kitchen,
 Paula Baines, Denise Howell

Keep your record up-to-date

Be sure to check your online listing at www.tuesdayforum.org. The online listing is also used for our member directory. Photos are being taken at meetings to update the member directory as well. The member directory will be updated and distributed in June. If you'd like to provide a photo instead of having one taken, please e-mail it to debrabell@bellphotostudio.com

Member challenge

From the months of May through June, there is a membership challenge going on. The member who sponsors the most new members into the group in this two-month period will win a complimentary membership for the year 2011. Can we make it to 100 members by September?

Miss a meeting? Get caught up with our guest speaker wrap-up

By Laura Emack

January 12 Guest Speaker:

Jane Searles, Women, Work & Community

Jane Searles has been the regional manager of Women, Work & Community (formerly Displaced Homemakers) since 1992. Today the program, which started in California and came to Maine in the 1970's, has 18 sites throughout Maine. Women, Work & Community provides services in 4 core areas:

- Workforce development
- Asset development (read financial management)
- Leadership
- Micro-enterprise training

Jane is the hands-on manager of the popular NewVentures program here in Bangor. NewVentures is a 12 week, 60 hour training program that addresses the practicalities of going into business. An application, orientation, and interview are required, and each class is limited to 15 members. The overwhelming majority of participants are women, but the program does accept men. "Who are we to discriminate?" asked Jane. She also expressed regret that, still today, she encounters victims of domestic violence among the agency's clientele.

Jane Searles can be reached at searles@maine.edu.

February 9 Guest Speaker:

Debi McCann, Eastern Maine Medical Center

On February 9, the members heard from Debi McCann, Director of Wellness at Eastern Maine Medical Center, about heart disease which is the number one killer of women. Debi began her career as a critical care RN and has worked in community medicine for over thirty years.

While some contributing factors like age and heredity can't be altered, two huge ones represent behavioral choices: smoking and a lack of exercise. Debi stated that being thin does not automatically equate to being fit. The recommended minimum is 150 minutes of exercise per week.

Debi used slides from the American Heart Association as she took us through a wealth of material. Perhaps the most telling screen contained graphs showing that an active person in his or her eighties has a longer life expectancy than someone twenty years younger and sedentary.

She left us with the following questions: Who says that life has to be short?

Our first guest speaker of 2010, Jane Searles, is a former Tuesday Forum president. On January 12 she was perhaps a bit surprised to address such a large audience containing some old friends and many, many new faces. As I went to fetch additional chairs from a back room, I noted that on that day we had two African-American women at our table.

March 17 Guest Speaker:

Andrea Stark, Maine Discovery Museum

Maine Discovery Museum is the largest children's museum north of Boston. Andrea Stark, who addressed us on March 17, has been with the facility since day one, initially as Director of Education and Exhibits. She assumed the role of Executive Director in 2003 and oversees a fulltime staff of five. The Museum operates on an annual budget of \$750,000 and welcomes 60,000 visitors per year.

The Museum houses three floors of exhibits. Physical activity is emphasized over technology, as today's children get few opportunities for active and unstructured play. Interactive exhibits include nature trails, a gingerbread workshop, and a merchant ship. Asked about the ideal age range, Andrea responded three to nine. However, over half the Museum's visitors are adults, who often arrive in multi-generation family groups.

Admission to the museum is normally \$7.50 per person, but check the home page for special offers. Many membership packages are available, some of which include reciprocal admission to other children's museums throughout the country.

The Museum's Web site is www.mainediscoverymuseum.org.

April 13 Guest Speaker:

Marion Syverson, Norumbega Financial

Marion Syverson, president of Norumbega Financial, delivered a spirited presentation about women and money to Tuesday Forum. On April 13, about 40 members and guests heard her express deep concern about our financial futures. On average, women spend eleven more years out of the work force than do men. They also choose flexible careers over lucrative ones. Add longer life spans, and these factors combine to put us in grave danger of running out of money as we age.

Married to an engineer who made a good living, Marion raised a family while wondering why the household stayed perpetually mired in debt. To find some answers, she entered college at the age of 40, earning a B.S. from Husson and an M.B.A. from Texas A & M. Then she wrote a book called "The Real Deal" to help readers, primarily women, get ahold of their own finances. Recognizing that our surroundings matter both financially and spiritually, Marion included sections on inexpensive home and garden improvement.

Marion states bluntly, "A man is not a financial plan." Marion cited two prominent women who learned that lesson the hard way: journalist Paula Zahn and author Patricia Cornwell. Both women found themselves without the millions they had personally generated because, when it came to handling the money, they opted out. They were not part of the process.

Marion Syverson can be reached at marion@norumbegafinancial.com.