



Machias Bay Area Chamber of Commerce

# The Bay Today



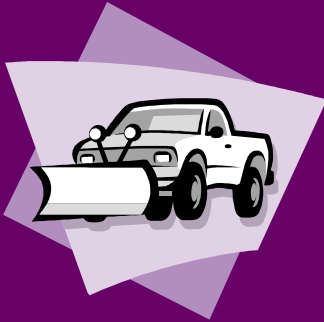
January 2008



## Upcoming Events:

- **12/31**—7-10pm New Years Eve in Rio - Roque Bluffs Community Center - \$10 - tickets are available at MBACC
- **1/10** 7:30-9:00am - Eggs & Issues—Topic:Jail Consolidation - Blue Bird Ranch Rest.
- Rotary meets every Tuesday at 5:30pm at the Blue Bird Ranch Restaurant. Everyone Welcome!

Welcome to Winter!



# HAPPY NEW YEARS

## Jonesport Woman Wins \$500 in Chamber Bucks



Christine Presley of Jonesport was the big winner of \$500 in Chamber Bucks from the Chamber's Christmas Shopping Spree raffle. The winning ticket was pulled at the Last Minute Christmas Shopping Craft Fair by Jaycee Jones, a fifth grade student at the Elm Street School. Christine, who was not present at the time, was called later and picked up her Chamber Bucks from Kathleen Shannon at the Chamber office on Tuesday.

Christine stated that she had only entered once when she was at Hannaford's. Christine's name was pulled from more than a thousand entries. Her Chamber Bucks can be used at more than 200 member businesses in the Washington County area.

The Chamber would like to thank our members and community for supporting this event. The Board and Staff of the Chamber would like to wish everyone the happiest of New Years.

## Businesses Benefit From Chamber Bucks

Chamber members will benefit this holiday season from the purchase of Chamber Bucks by community agencies. Several purchases were made by individuals for donation to the Machias Rotary Auction as well as a huge purchase for employee Christmas gifts by Down East Community Hospital. When added to the amount won in the Shopping Spree raffle, over \$8,000 will be available for use at member businesses.

In an economy stretched to the limit, recipients are able to purchase gas, fuel oil, groceries, rent videos, and many more goods and services at over 200 member businesses in the Machias area. A list of participating businesses is available at the Chamber of Commerce office for anyone wishing to know where they are accepted. Also, anyone interested in purchasing Chamber Bucks can do so at the Chamber Office at 12 E. Main Street, Machias from 10:00am to 3:00pm Monday through Friday.

When people purchase Chamber Bucks everyone wins.

**KEEP THE GREEN IN THE MACHIAS AREA!**

**Have an upcoming event that would interest our membership? Please call, fax or email us ASAP.**

Calendar Updates at [www.machiaschamber.org](http://www.machiaschamber.org)

## January 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8 Rotary 5:30pm Bluebird Rest— Comm. Mtg	9	10 E&I-7:30-9a Sheriff—Donnie Smith & Judge Romei-Blue Bird	11	12
13	14	15 Rotary 5:30p Bluebird Rest.—	16	17	18	19
20	21	22 Rotary 5:30p Bluebird Rest—	23	24 BAH	25	26
27	28	29 Rotary 5:30p Bluebird Rest.—	30	31		

## February 2008

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Rotary 5:30p Bluebird Rest.— Bus Mtg.	6	7	8	9
10	11	12 Gov's Conf. on Tourism 5:30p Rotary Bluebird Rest.—	13	14 E&I 7:30-9pm Betsy Fitzgerald Blue Bird Rest.	15	16
17	18 President's Day	19 Rotary 5:30p Bluebird Rest.	20	21	22	23
24	25	26 Rotary 5:30p Bluebird Rest.	27	28 BAH	29 MBBA Annual Meeting	

**Have an upcoming event that would interest our membership? Please call, fax or email us ASAP.**

**Eggs & Issues**  
**January 10,**  
**2008**

**7:30 - 9am**  
**Blue Bird**  
**Restaurant**

**Topic:**

**Jail Consolidation**

**Speaker:**

**Sheriff Smith and**  
**Judge Romei**

**EGGS AND ISSUES - January 10, 2008**

Sheriff Donnie Smith and Judge Romei will speak about the proposed consolidation of County jails and prisons. Learn about the differences between the two institutions and why this may not be advantageous to the County. Eggs and Issues will take place at the Blue Bird Restaurant.

**Next E & I: Thursday, February 14, 2008**  
**Betsy Fitzgerald, Town Manager of Machias**  
**will speak**

## **Your Voice Matters!**

As we continue to strive to serve our members in meaningful ways, your thoughts and opinions are more important than ever! To make it easy for you to share your ideas on a variety of topics, we will be conducting on-line surveys in 2008. The first survey will be delivered to your "inbox" the last week of January. The survey will be brief and easy to complete. In addition to being able to share your voice, all participants who complete the January survey will be eligible for a random drawing with a chance to win \$50 in Chamber Bucks.

If you would like to participate in surveys but have not yet provided us with your e-mail address, please send your information to [info@machiaschamber.org](mailto:info@machiaschamber.org) by January 15<sup>th</sup> and we will be sure to add you to our mailing list.

If you do not have internet access but would like to participate in the survey, please call the MBACC office at 255-4402 by January 20<sup>th</sup> and we will mail a hard copy to you.

Thank you in advance for your participation in our surveys. We are looking forward to using this information to assist you in your success & growth in 2008!

## **Twenty Steps to Successful Time Management**

1. Clarify your objectives. Put them in writing. Then set your priorities. Make sure you're getting what you really want out of life.
2. Focus on objectives, not on activities. Your most important activities are those that help you accomplish your objectives.
3. Set at least one major objective each day and achieve it.
4. Record a time log periodically to analyze how you use your time, and keep bad time habits out of your life.
5. Analyze everything you do in terms of your objectives. Find out what you do, when you do it, why you do it. Ask yourself what would happen if you didn't do it. If the answer is nothing, then stop doing it.
6. Eliminate at least one time-waster from your life each week.
7. Plan your time. Write out a plan for each week. Ask yourself what you hope to accomplish by the end of the week and what you will need to do to achieve those results.
8. Make a to-do list every day. Be sure it includes your daily objectives, priorities, and time estimates, not just random activities.
9. Schedule your time every day to make sure you accomplish the most important things first. Be sure to leave room for the unexpected and for interruptions. But remember that things that are scheduled have a better chance of working out than things that are unscheduled.
10. Make sure that the first hour or your workday is productive.
11. Set time limits for every task you undertake.
12. Take the time to do it right the first time. You won't have to waste time doing it over.
13. Eliminate recurring crises from your life. Find out why things keep going wrong. Learn to proact instead of react.
14. Institute a quiet hour in your day - a block of uninterrupted time for your most important tasks.
15. Develop the habit of finishing what you start. Don't jump from one thing to another, leaving a string of unfinished tasks behind you.
16. Conquer procrastination. Learn to do it now.
17. Make better time management a daily habit. Set your objectives, clarify your priorities, plan and schedule your time. Do first things first. Resist your impulses to do unscheduled tasks. Review your activities.
18. Never spend time on less important things when you could be spending it on more important things.
19. Take time for yourself — time to dream, time to relax, time to live.
20. Develop a personal philosophy of time - what time means to you and how time relates to your life.

Please join with us in building the best chamber in Washington County.  
Supporting local businesses by buying local, keeps the green in Washington County.  
MBACC is committed to our business community.

### Vision:

We are a highly involved and respected Chamber of Commerce dedicated to building strong relationships throughout our community.

### Mission:

To provide quality services, representation, and educational information to our members and to promote community involvement through the Chamber's activities and events.

### MBACC would like to thank the following businesses for renewing their membership:

Ed Plissey, Agriculture Consultant, Aramark, Blue Butterfly Bed & Breakfast, BBS Lobster Company, Inc., Tours of Lubec and Cobscook, Bluebird Motel, Helen's Restaurant, L.P. Mallar & Sons, Machias Motor Inn, **Machias Savings Bank**, American Legion Post #9, Dale Richardson & Son, Down East Credit Union, Downeast Coastal Press, Maine Blackfly Breeders Association, Paper Talks Magazine, Welch Farm Cottages, Capt. Cates Bed & Breakfast, Cathance Shores, LLC, Cohill's Inn, Designs by Aaron, Mark Wright Construction/Disposal, St. Aidan's Episcopal Church, Tom's Mini Mart, Blue Hill Fair, Ralph Nodine, Dead River Co., Down East Insurance Agency, **Hannaford Supermarket**, Look's Gourmet Food Co., Inc, Machias Valley Baptist Church, Machias Valley Christian School, Monica's Chocolates, PCT Communications, Sunrise County Economic Council, Sunrise Realty, Eastport Health Care, Inc., Centre Street Congregational Church, UCC, Coca Cola of N.N.E., Coffin's True Value, Friends of Little River Lighthouse, Hallowell & MacMannis, Hancock-Washington Board of Realtors, Hanscom Construction, Inc., Machias Dental, Machiasport Historical Society, Maine Wild Blueberry Co/Cherryfield Foods, Margareta Motel, Morning Glory Seaside Inn, Savings Bank of Maine, Subway, Sunrise Canoe and Kayak, Sunrise Senior College, The Englishman's Bed and Breakfast, The Peacock House Bed and Breakfast, Jasper Wyman & Sons, Tom Finlay, Heathside Builders, Wildflower Inn, **Bangor Hydro-Electric Company**, Bar Harbor Bank & Trust, Girl Scouts of Maine, Herring Run Lodge, Little River Lobster Co., Inc., Varney Agency, Inc., Allies, Inc., Downeast Windjammer Cruises, Downriver Theatre Co., Freight Traffic, Inc., MacKenzie-Sprague Enterprises, Norton Tours, The Cobscook Bay Learning Center, WALZ 95.3 FM, Washington Academy, Whitney Originals, Whitney's Tool Shed, Robert and Mary's Place in Machias, The Next Step Domestic Violence Project, Whole Life Natural Market, Circadia Designs, J.C. Penney, Northwestern Mutual Financial Network, Party Palace, Riverview Video, Walls TV, Appliance, Medowin, Inc, Archibald's One Stop, Bangor Savings Bank, Blue Bird Ranch Restaurant, , Bragdon-Kelley-Campbell Funeral Home, Down East Community Hospital Auxiliary, **Down East Community Hospital**, Downeast Heritage Museum, Hearts of Maine, Inc., J. L. Huntley, Jonesboro Sand & Gravel Co., M & M Metal, Machias Historical Society, Machias Rotary Club, McGuire Seasonal Services, R. H. Foster Energy, LLC, Sears, Mary Beth Gaddis, Sunrise Opportunities, The Office, The Woolly Barn, Unique Possibilities of Maine, Washington-Hancock Community Agency, We Care Community Baby Center, Laurel Robinson Editorial Services, Roque Bluffs Community Chapel, Chickadee Air, Columbia Falls Pottery & Guest Suite, H & R Block, H. F. Pinkham, Town of Machias, CES, Inc., Downeast Aids Network, The Lupine Lodge, St. Croix Printing & Publishing Company, The Product Place, Wrenovations Stained Glass Creations, **Blueberry Ford, Inc.**, Cleaning Wizard, **County-Wide Communications Inc.**, Discover Maine Magazine, and **Machias Valley News Observer**. (Red indicates Corporate Sponsors)

## Thank You For Your Support

# INFORMATION

## Coming Events

The following websites are great resources for seminars, trainings, coming events, and things to do.  
[www.ceimaine.org/workshops/](http://www.ceimaine.org/workshops/)      [www.culturepass.net](http://www.culturepass.net)      [www.maintourism.com](http://www.maintourism.com)  
Many on-line seminars, free of charge

## Washington County Center Presents it's Spring 2008 Classes

Basics of Starting a Business	February 13, 20, 27—Wednesdays 5:30 - 8:30pm - Calais
Financing Your Future	March 5 - 26—Wednesdays 5:30 - 8:30pm - Calais
New Ventures	April 3—June 19—Thursdays 9:00am - 2:00pm - Calais

ALL SERVICES ARE FREE AND CONFIDENTIAL  
Office located at Washington County Community College  
1 College Drive Calais, Maine 04619  
Georgiana Kendall - (207) 454-1045 - [gkendall@maine.edu](mailto:gkendall@maine.edu)

The East Coast Greenway Alliance is Looking for Volunteers  
If you are interested in the environment, sustainable transportation, active and healthy living and creating a 3,000 mile multi-use trail, The East Coast Greenway Alliance is looking for you. You can become an East Coast Greenway Ambassador and make a big difference in a small amount of time.

For more information contact Linda Arendt at (401) 789-4625 or email her at [Linda@greenway.org](mailto:Linda@greenway.org).

## Margaretta Festival to be Sponsored by The Machias Historical Society

The sponsorship of the 4th Annual Margaretta Days Festival has been transferred to the Machias Historical Society by Machias Bay Area Chamber of Commerce. Although the Chamber will continue to support the festival, all questions regarding the festival should be addressed to the Historical Society at [machiashistoricalsociety@hotmail.com](mailto:machiashistoricalsociety@hotmail.com).  
The Historical Society is accepting vendors for Period and Handmade Arts and Crafts. For more information, contact the website above.

**“Please help us find enough money to raise the roof”**  
on the Roque Bluffs Community Center.

This 90 year old landmark building is in desperate need of a roof and gutters at a cost of \$8,000. With your help the Roque Bluffs Community Club can complete the job by next summer. Textured shingles, similar to those used on the Roque Bluffs Chapel, will be used. The old wooden gutters will be taken down and replaced with aluminum gutters. The new roof will be in keeping with the buildings architectural style.

Donations can be made to the Roque Bluffs Community Center in care of Joel Pratt at P O Box 263, Machias, ME 04654. All donations are tax deductible. For more information, please contact Joel at [prattj@hughes.net](mailto:prattj@hughes.net).

## Email Addresses

If you have **not** been receiving regular emails from the Chamber over the past several months, it is possible that we do not have your correct email address. Please let us know your email address by calling the office at 255-4402 or emailing us at [info@machiaschamber.org](mailto:info@machiaschamber.org) so we can update our records.

Thank you for your assistance in this matter.

# COMING EVENTS

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## Managing Concerns About Falls: A Matter of Balance Workshop Series

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance:

Managing Concerns About Falls is a program for you. A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance can help people improve their quality of life and remain independent.

A Matter of Balance Program will be offered at the University of Maine Cooperative Extension office at 34 Center Street beginning on Friday, January 25th. The class will meet for eight Fridays beginning on January 25th and run through March 14th from 10:00 a.m. - 12 noon. The class will be taught by Master Trainers, Deb Eckart and Ann Swain of the University of Maine Cooperative Extension. The class is being sponsored by the University of Maine Cooperative Extension.

To register for this free offering, please call the University of Maine Cooperative Extension- Washington County office at 255- 3345 or 1-800-287-1542.

Enrollment is limited.

Deadline for enrollment is January 22nd.

## Sunrise Senior College Presents Laughing At Old Man Winter Film Festival

Tickle your funny bone Saturday afternoons at 1:00pm this January and February in Science 102 on the UMM Campus with a feature film comedy and a cartoon!  
Note: Weather cancellations will be on SSC's voice mail by noon of that day at 255-1384.

Jan 19th - ***The Russians Are Coming! The Russians Are Coming!(1966)*** - Carl Reiner, Alan Arkin, Eva Marie Saint, Theodore Bikel, Brian Keith, Jonathan Winters, and Paul Ford. Without hostile intent, a Soviet sub runs aground off New England. Men are sent for a boat, but many villagers go into a tizzy, risking bloodshed. But in comedies, all ends well! 126 min.

Jan 26th - ***The In-Laws(1979)*** - Peter Falk, Alan Arkin. An unwilling nervous dentist and a genial quirky CIA agent (or is he?) team up to overthrow a dictator and his deputy, a Señor Wences hand-puppet, on the eve of their children's wedding. Voted one of the 50 greatest comedies of all-time. 103 min.

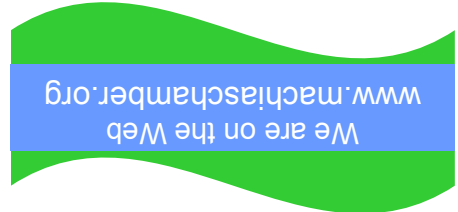
Feb 2nd - ***I Love You to Death (1990)*** - Kevin Kline, Tracey Ullman, William Hurt. Joey owns a pizza parlor, and is married to Rosalee, and is a major womanizer. Rosalee goes to extremes when she finds he has been cheating. Loosely based on a real case! 97 min.

Feb 9th - ***My Cousin Vinny (1992)*** - Joe Pesci, Marisa Tomei, Fred Gywnne. Two college friends from New York are accused of murder in Alabama. Broke and needing a lawyer, they hire one of their cousins, Vinny to handle their case. But Vinny has only been a lawyer for a few weeks. What ensues is a hilarious comedy about a tough guy from Brooklyn who gets more than he expects, from the trial process to the judge and locals, to the accommodations, all the while with his non-stop talking fiancée.

Feb 16th - ***Betty Duzen is Mary Todd Lincoln*** - Betty Duzen will portray the wife of our 16th President, Abraham Lincoln from her youth through her married years.

Feb 23rd - ***Best in Show (2000)*** - Jay Brazau, Parker Posey, Catherine O'Hara, Eugene Levy. For dog lovers (and even haters) of every breed. A colorful set of characters competes at a national dog show. 90 min.

TO:



MBACC Office  
P.O. Box 606,  
Machias, ME 04654  
12 E. Main Street  
OPEN 10-3 M-F or by appointment  
Telephone & fax (207) 255-4402  
E-mail: info@machiaschamber.org

January 2008



\*\*Please let us know if your company or an employee is in the news: awards, promotions, new hires, community involvement, or any event you want to promote and we will put it in our newsletter. Next **deadline is January 18th, 2008.** Email, call or mail to the chamber. Send photos as a jpg.



Many thanks to you our members. Please let us highlight your activities in our newsletter and email alerts. Call us with your information. **February Newsletter Deadline is January 18th, 2008.**