



# INSIDER NEWS



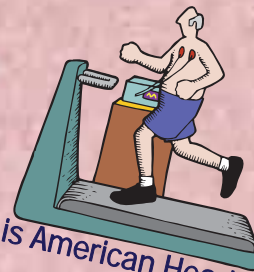
Next Issue: Some Paul Bunyon history



HAPPY BIRTHDAY TO US...  
 178 years ago, on February 12th,  
 Bangor, Maine  
 was Incorporated as a City.

Inside this Issue:

- Page 2,3 Bangor Photos
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February is American Heart Month!



Annual Valentine Father/Daughter Dance...

*"FALL and WINTER SHOTS", by Michael Gleason.*

*The next two pages of photos were taken by our own Mike Gleason, City Clerk's Office. Frequently, Mike offers his talents to us for our City Newsletter and we appreciate that! These were shot in Bangor during the fall and winter months. Hopefully, we'll have a Spring and Summer set to display in a couple of months!*

*Thanks to Mike for his contributions!*



*KENDUSKEAG STREAM, Thanksgiving, 2011*



*When the snows of a Nor'easter do blow, it's swell to have some place to put down! That was the case for over a dozen air carriers in October, 2011. The ramp at BIA was very colorful with all of the liveries represented, and this photo doesn't include the British Air 747 that came in a short while after!*



*DOWNTOWN IN DECEMBER*



*COLUMBIA STREET*



*OLD PENOBSCOT THEATRE REFLECTIONS*

*Antique Market Place during the holidays...*



*Bangor/Brewer...from the top floor of the former Brown & White Paper Company building ("Larkin St. School"?)*



*"Comes the Twilight" Winchell Building*



*Ospreys V22, BGR, Sept., 2011*



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*DOWNTOWN*

As part of the  
Wellness Committee,

Bangor City Employees were  
 offered:

**"At Work" WeightWatchers  
 Program!**



Thanks to the persistent efforts of Laurie Linscott, (Community Connector) she gathered 46 employees to join her on a 12 week weight loss journey.

*Below are results thus far:*



Here we go !!!!!

**WEEK THREE**

AIRPORT            23.8 lbs.  
 CITY HALL           11.4 lbs.  
 PARKS & REC.    21.4 lbs.

Total:            56.6 Actual lbs. lost



**Believe in you !**



GREAT JOB !!!!!!!  
 (430.3 left)! You can do it!

**WEEK TWO**

Due to the success of the 1st week, a new group goal was made: **600 lbs. YAY!**

Group 1 - AIRPORT (17)            45.6  
 Group 2 - CITY HALL (15)        35.8 (this is a close estimate)  
 Group 3 - PARKS & REC(14)    31.7

Grand Total            113.1 "LB'S"    **(487.4 "LB'S" TO GO)**  
**Keep up the good work!**



**WEEK ONE**

A pledge of 12 pounds per person (**46** people) was made which totaled **552 lbs.**





## Downtown Bangor Outdoor Market Now Accepting Vendor Applications

The Downtown Bangor Partnership announces the 7<sup>th</sup> annual Outdoor Market; extended through the month of August. The market, located along Broad Street and in West Market Square, will be held **Thursdays June 21<sup>st</sup> -August 30<sup>th</sup>** from 5:00 PM- 8:00 PM. It will be held in conjunction with the Cool Sounds free concert series from 6:00 PM- 7:30 PM on the same dates.

**All items sold must be handmade, prepared or raised by the vendor;** emphasis is placed on Maine-made, specialty food items and produce. Past vendors have sold baked goods, candy, furniture, handbags, jams, jewelry, photography, soap, toys and much more. Food vendors are also invited to sign up as vendors. Typical market shoppers include downtown employees and residents, people from surrounding communities and tourists.

Vendors may sign up for 5 weeks, 10 weeks or a single day option. Application, fee information and vendor guidelines are available at [www.downtownbangor.com/market](http://www.downtownbangor.com/market). Spaces are assigned on a first come first served basis and the early application fee deadline is April 30<sup>th</sup>.

In 2010 over 6,000 people attended the Outdoor Market and Cool Sounds Concerts don't miss out on your chance to reach this market with your product!

**Application and Guidelines available at [www.downtownbangor.com/market](http://www.downtownbangor.com/market)**

**Questions can be addressed to Shirar Patterson at 992-4234 or [shirar.patterson@bangormaine.gov](mailto:shirar.patterson@bangormaine.gov)**



# Helping Others.....

**Bangor School Department**

*Join us in celebrating the wonderful City of Bangor*

## **BANGOR DAY**

Wednesday, December 21, 2011

On December 21st, we are asking all Bangor employees and students to wear Bangor colors:

### **CRIMSON and WHITE**

In addition, we want to support and help those in need in our community by:

- 1) Collecting healthy non-perishable foods including canned vegetables and fruit, canned meat and tuna, cereal, pasta, rice, peanut butter, juice and beverages.
- 2) Collecting donations for gallons of heating oil.

We are working with the City of Bangor Health and Community Services. Food donations will be distributed to local food pantries and the Homeless Shelter. Money towards gallons of heating oil will be distributed through City of Bangor Health and Community Services to qualified families and individuals.

Let's show our Bangor spirit, wear our school colors, and help those in need in our community. Collection of food items and donations for heating oil will be collected at all ten Bangor Schools and the City Hall beginning on December 17th and continuing through to December 21st.

**City of Bangor**

The Bangor School Department together with the Bangor's Health and Community Services did a tremendous job with "Bangor Day" held in December. Bangor High delivered 653 lbs. of food donations directly to Good Shepherd!

Well over 100 boxes of non-perishable food items were donated and distributed to EMAN, BAHS, Ecumenical Food Cupboard and Hope House by Health & Community Services.

In addition, \$5,088 was given to qualified families and individuals for heating oil through Health & Community Services.

**THANK YOU TO ALL WHO CONTRIBUTED**

*Brenna turns 1! (Gerry Palmer)*



*Dylan & Mom (Katrina)*



## Tom Goehring's Grandkids having some Colorful Fun at the Maine Jump!





For Sale: Youth size. Includes 5 iron, 7 iron, 1 wood, pitching wedge, 2 putters and bag. Rarely used. Asking \$100.00. Call Barbara Pepin at 852-7801.



For Sale: 15 inch Dynex LCD television. Asking \$50.  
Call Barbara Pepin at 852-7801



**•NOW-  
ON  
SALE**

**THE 2012 COUNTRY MEGATICKET**  
ON SALE FRIDAY, JAN 27TH, 10AM!

**RASCAL FLATTS**  
FRIDAY, JULY 6TH

**KEITH URBAN with DAVID BAIL**  
SATURDAY, SEPT-1ST

**JASON ALDEAN with LINDA ERYAN AND LITIA**  
SUNDAY, SEPT. 2ND

**3 MEGA OPTIONS!**

RESERVED	RESERVED	LAWN
Includes 2012 Country Mega Ticket, 2012 Country Mega CD, 2012 Country Mega DVD, 2012 Country Mega T-shirt, 2012 Country Mega Hat, 2012 Country Mega Bag, 2012 Country Mega Backpack, 2012 Country Mega Cooler, 2012 Country Mega Umbrella, 2012 Country Mega Sunscreen, 2012 Country Mega Water Bottle, 2012 Country Mega Towel, 2012 Country Mega Blanket, 2012 Country Mega Pillow, 2012 Country Mega Chair, 2012 Country Mega Stool, 2012 Country Mega Table, 2012 Country Mega Lamp, 2012 Country Mega Fan, 2012 Country Mega Speaker, 2012 Country Mega Microphone, 2012 Country Mega Amplifier, 2012 Country Mega Mixer, 2012 Country Mega Keyboard, 2012 Country Mega Drums, 2012 Country Mega Bass, 2012 Country Mega Guitar, 2012 Country Mega Pedals, 2012 Country Mega Cables, 2012 Country Mega Batteries, 2012 Country Mega Tools, 2012 Country Mega Parts, 2012 Country Mega Accessories, 2012 Country Mega Misc.	Includes 2012 Country Mega Ticket, 2012 Country Mega CD, 2012 Country Mega DVD, 2012 Country Mega T-shirt, 2012 Country Mega Hat, 2012 Country Mega Bag, 2012 Country Mega Backpack, 2012 Country Mega Cooler, 2012 Country Mega Umbrella, 2012 Country Mega Sunscreen, 2012 Country Mega Water Bottle, 2012 Country Mega Towel, 2012 Country Mega Blanket, 2012 Country Mega Pillow, 2012 Country Mega Chair, 2012 Country Mega Stool, 2012 Country Mega Table, 2012 Country Mega Lamp, 2012 Country Mega Fan, 2012 Country Mega Speaker, 2012 Country Mega Microphone, 2012 Country Mega Amplifier, 2012 Country Mega Mixer, 2012 Country Mega Keyboard, 2012 Country Mega Drums, 2012 Country Mega Bass, 2012 Country Mega Guitar, 2012 Country Mega Pedals, 2012 Country Mega Cables, 2012 Country Mega Batteries, 2012 Country Mega Tools, 2012 Country Mega Parts, 2012 Country Mega Accessories, 2012 Country Mega Misc.	Includes 2012 Country Mega Ticket, 2012 Country Mega CD, 2012 Country Mega DVD, 2012 Country Mega T-shirt, 2012 Country Mega Hat, 2012 Country Mega Bag, 2012 Country Mega Backpack, 2012 Country Mega Cooler, 2012 Country Mega Umbrella, 2012 Country Mega Sunscreen, 2012 Country Mega Water Bottle, 2012 Country Mega Towel, 2012 Country Mega Blanket, 2012 Country Mega Pillow, 2012 Country Mega Chair, 2012 Country Mega Stool, 2012 Country Mega Table, 2012 Country Mega Lamp, 2012 Country Mega Fan, 2012 Country Mega Speaker, 2012 Country Mega Microphone, 2012 Country Mega Amplifier, 2012 Country Mega Mixer, 2012 Country Mega Keyboard, 2012 Country Mega Drums, 2012 Country Mega Bass, 2012 Country Mega Guitar, 2012 Country Mega Pedals, 2012 Country Mega Cables, 2012 Country Mega Batteries, 2012 Country Mega Tools, 2012 Country Mega Parts, 2012 Country Mega Accessories, 2012 Country Mega Misc.
\$260	\$199	\$139

PACKAGES INCLUDE ALL THREE SHOWS!  
COUNTRY MEGA TICKETS AVAILABLE VIA WATERFRONTCONCERTS.COM, MEGATICKET.COM OR CALL 1-800-449-9999 AT 1-800-745-3000

**Brewer**  
Waterfront Concerts  
Waterfront Concerts

**I ♥ COUNTRY MUSIC**

Wicks & Wicks

**•MAY-  
18  
FRI**



MAY 9, 2012

**GODSMACK**  
TWO OF THE MOST POWERFUL FORCES IN ROCK MUSIC

**MASSCHAQS 2012**

**SLIPKNOT**

SPECIAL GUEST  
**Black Stone Canyon**

**MAY 18TH, 2012**

ON SALE NOW • ON SALE NOW • ON SALE NOW

Tickets available via waterfrontconcerts.com, all Ticketmaster outlets, charge4yourphone at 1-800-745-3000 or the venue box office. Presented by Wicks & Wicks



COUNTRY THROWDOWN - May 27th

Gary Allan, Justin Moore, Josh Thompson, Sunny Sweeney

# Thank You

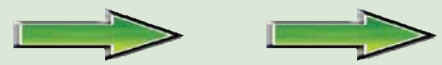
To my City of Bangor family,  
 Thanks so much for the wonderful send-off! The artwork is lovely and will be hung in a place of honor in my Waterville office. I've thoroughly enjoyed my time here in Bangor. Thank you for all the support during election - we couldn't have managed without it! I'm honored (and somewhat surprised) to have been given a key to the city - I'll guard it with my life! Please visit if you're in Waterville.  
 Patti Dubois

January 17, 2012  
 My friends at City Hall,  
 the flowers you sent me are beyond beautiful. Everyone on the third floor said I was spoiled. Yes I am, and thank you all for helping to spoil me I love it.  
 Your Friend  
 Pat  
 Councilor Blanchette

## An old Thank You Revisited... DEPARTMENT OF PUBLIC WORKS...

While cleaning files, an older letter was discovered that we thought was worth printing.

It's not everyday that a person takes the time to write a lengthy letter of Thanks. Though the letter is dated 1996, you'll recognize the names of past employees as well as those that are still working for the City of Bangor. (See pages 9 & 10)



34 Jowett Street  
Bangor, Maine  
December, 19, 1996

Jim Ring,  
City Engineer  
City of Bangor  
Bangor, Maine

Dear Mr. Ring,

The purpose of this letter is to thank you for your help in correcting a problem with the drainage of surface water from our property on Jowett Street.

As you know, we attempted to solve the problem ourselves, but it became necessary to involve the City when it was discovered that surface water was flowing from several properties on both Jowett and Brewster Streets into our drainage ditch, which quickly overflowed, causing a flood condition endangering our home.

We called Bangor Public Works for advice on how to proceed with a project to solve the problem without violating any City ordinances. Mike Parry and Art Margen visited us on several occasions to evaluate the situation and offered valuable suggestions on permitting, location and size of water, sewer, and storm drain pipes so that connection could be made to the storm drain. This all began in November 1995.

In May 1996, our contractor began excavation to install a catch basin in our back yard. We again contacted BPW concerning a permit and time frame to connect to the storm drain. We were referred to you. You set up a meeting with us at which City Manager Ed Barrett was present.

We were thrilled when you informed us that the City would provide a crew to connect our drainage pipe to the City storm drain, waiving the necessity for a permit and saving us considerable money.

After an extended delay caused by the June 14th rainstorm, Dana Wardwell and his crew arrived on July 12th. This crew was very professional and cooperative. They should be commended for their hard work and friendly attitude. We found all of the gentlemen we talked with at BPW to be knowledgeable, caring individuals and want to thank you and Mr. Barrett and ask that you convey our gratitude especially to Mike Perry, Art Morgan, Bob Bress and Dana Wardwell for helping us complete a major project in such a friendly and professional manner. These special people are a credit to the City of Bangor.

Our project was completed last month with lawns, fence, and gardens back in place. Thanks again.

With all best wishes for the holiday season, sincerely,

Vera and Glenn Cunningham

P.S. Please share this letter and the enclosed photographs with all those mentioned. Thank you.



Jane Robbins~Teel

*A Bitter~Sweet*

**CONGRATULATIONS**

*To our dear friend  
and co-worker*



*Jane Robbins- Teel, Executive Administrative Assistant to City Manager Cathy Conlow, will be retiring on February 29th, 2012 after nearly 35 years of service to the City of Bangor.*

*A reception is planned for Thursday, February 16th along with a Farewell Coffee & Snacks planned for Tuesday, February 28th at City Hall.*



Look for Additional information and photos in our next edition of Insider News.



**"THE HIGHLIGHT OF JANE'S CAREER"**



*Susan Collins*

February 13, 2012

Jane Robbins-Teel  
73 Harlow Street  
Bangor, ME 04401-5118

Dear Jane,

Congratulations on your well-deserved retirement and many thanks for your years of public service.

Throughout your career, you have earned a reputation of helpfulness, dependability, and professionalism. For more than thirty years, you have worked to make Bangor a better place to live, work, and play, serving on various City Committees and organizing City events for everyone to enjoy. Thank you for your commitment to the community and your willingness to serve.

Again, congratulations, and best wishes for your retirement! I am delighted to join your friends and colleagues in wishing you good health and much happiness in the coming years.

Sincerely,

A handwritten signature in blue ink that reads "Susan".

Susan M. Collins  
United States Senator

*United States Senate  
Washington, DC 20510-1901*



**“Going Above & Beyond”**  
Congratulations to our Chief....

**Ron Gastia**

## CONGRESSIONAL RECORD

HONORING Ron Gastia for his service to the people of Bangor, ME

HON. MICHAEL H. MICHAUD  
OF MAINE IN THE HOUSE OF REPRESENTATIVES  
November 14, 2011

MR. SPEAKER, I rise today to recognize Bangor Police Chief Ron Gastia for his remarkable leadership in raising awareness on the bath salts crisis that is currently sweeping through the nation.

Chief Gastia has been a trusted and effective member of Maine law enforcement for nearly three decades. Since becoming chief of Bangor PD in 2007, Ron has gone above and beyond to make the city safer for its residents. In particular, his exemplary response to the sudden emergence of the synthetic drug known as “bath salts” illustrates the impressive scope of his leadership.

In the last year, Bangor and several surrounding areas have been flooded with a synthetic hallucinogenic stimulant known as “bath salts.” Although largely unknown a year ago, bath salts have become one of the preeminent health and safety issues in Maine. The reported incidents involving this highly dangerous drug have skyrocketed in recent months, reaching epidemic levels in Maine and throughout the country.

Chief Gastia’s efforts to raise awareness about this crisis have been remarkable. In addition to being vocal in the media, he was instrumental in working with state legislators to criminalize the drug in Maine. Further, on October 20, 2011 Chief Gastia briefed me, the Office of National Drug Control Policy Deputy Director Benjamin Tucker and an assembled body of federal law enforcement officials on Bangor’s experience with bath salts. His testimony will be a valuable resource as drug enforcement agencies develop comprehensive strategies to address the emergency of synthetic drugs like bath salts.

While much work still needs to be done to address the threat of bath salts, I know that the Bangor community and the state of Maine are fortunate to have Chief Gastia on watch. I wish him and the Bangor Police Department the best of luck as we continue to tackle this important problem.

MR. SPEAKER, I ask you to join me in thanking Chief Ron Gastia for his tremendous service to the people of the City of Bangor and the State of Maine.

*Thanks for making Bgr. safer! Mike Michaud*



**BANGOR PROFESSIONAL FIREFIGHTERS**  
IAFF LOCAL 772 - BANGOR, MAINE

**FAREWELL  
TO CHIEF CAMMACK!**

Jeff Cammack is planning to retire at the end of this month after 32-years with Bangor Fire Department.

Jeff has been Chief of the department for the past 15 years. A retirement celebration is planned for February 28th in his honor.

Best wishes "chief"!



TIP Art - Copyright - P. J. Inc. 2011



# HELP US, HELP OTHERS



FIRE DEPARTMENT

## 2nd Annual International Fire/Police Winter Games



POLICE DEPARTMENT

The Third Watch Hockey Team, comprised of Public Safety members from Bangor and the greater Bangor area, traveled to the Colissee in Lewiston in January. They participated in the event for the second straight year.

Proceeds from the tournament will go to the Shriners Burn Center in Boston.

The team tallied a 1-3 record, but a great time was had by all. Other teams in the tournament included: Boston Fire Department, Lewiston Police, Maine Fire, Sanford Police, Maine Air National Guard and the Maine Army National Guard.





# RECIPES

Here's one for our Weight Watcher Group !

**CAKE (4 POINTS ON WW) PER SERVING!**

**DUNCAN HINES CAKE MIX (YOU CHOOSE THE FLAVOR)**

**12OZ WAIST WATCHERS SODA (YOU CHOOSE THE FLAVOR)**

**MIX THESE 2 INGREDIENTS AND BAKE ACCORDING TO CAKE MIX DIRECTIONS**

**WHEN COOLED TOP WITH FAT FREE COOL WHIP**

**ENJOY!!**

**JODI LEONARD**

**ADMINISTRATIVE CLERK, CITY CLERK OFFICE**

## Turkey Cottage Pie

¼ cup butter

¼ cup flour

1 envelope Lipton Recipe Secrets, Golden Onion Soup Mix  
(I just use regular onion)

2 cups water

2 cups cut-up cooked turkey (or chicken)

this last time I made it, I had 2 ½ cups leftover

chicken

1 10-oz. package frozen mixed vegetables, thawed (I use  
peas)

1 ¼ cups shredded Swiss Cheese, divided

5 cups hot mashed potatoes

Preheat oven to 375°. In a large saucepan, melt butter and add flour; cook, stirring constantly, 5 minutes or until golden. Stir in Golden Onion Soup Mix thoroughly blended with water. Bring to a boil, then simmer 15 minutes or until thickened. Stir in turkey, vegetables and 1 cup of the Swiss Cheese. Turn into lightly greased 2 qt. baking dish; top with mashed potatoes. Sprinkle on remaining ¼ cup cheese. Bake 30 minutes or until bubbling.

I always have chicken gravy on hand. When it's reheated in the microwave it's not as sloppy so we pour on a little gravy.

## Eclair Cake

18 to 20 graham cracker squares or chocolate graham cracker squares

3 cups milk

4 pkg. (4-serving size each) Jell-O vanilla or chocolate favor instant pudding

1 container (8 oz.) frozen whipped dessert topping, thawed

1 container (16 oz.) prepared chocolate frosting

1. Cover bottom of 9x13 baking pan with single layer of graham crackers; set aside.

2. In large mixing bowl combine milk and pudding mix. Beat with an electric mixer

on medium speed until smooth and thick. Fold in dessert topping until

thoroughly combined. Spread evenly over crackers. Cover pudding with

another layer of crackers.

3. Remove plastic lid and all of foil seal from prepared frosting. Microwave for

30-45 seconds. Stir frosting, then pour over crackers and spread evenly.

Cover and chill at least 3 hours or overnight.

Serves 20.

Alternate of traditional éclair flavor is an all-chocolate version.



**Anthony Caruso**  
**Appointed Interim Director**

Bangor City Manager, Catherine Conlow has appointed Anthony Caruso as Interim Director of Bangor International Airport effective March 17<sup>th</sup>.

Ms. Conlow commented, "We are fortunate to have a strong management team at Bangor International. Tony has been the Assistant Director for almost 10 years and has filled in during the Director's absences. I am confident that Tony will lead the team at BGR while we execute our search to fill the Airport Director position."

Airport Director Rebecca Hupp remarked, "Tony is well respected by his industry colleagues, peers and subordinates. In his role as the Assistant Director he regularly stepped in during my absences and very capably maintained the Airport's operations and managed any issues that arose. While the aviation industry can be volatile, BGR is well positioned and Tony has the right experience and demeanor to continue the positive trend at BGR. I know he will do a great job."

Mr. Caruso holds a Bachelor of Science degree from Bridgewater State College in Aviation Science with a concentration in Airport Management. His background includes FBO (Fixed Base Operation) management, airline operations, and airport management. As BGR's Assistant Director, he oversees BGR's FBO, ramp services including fueling, aircraft maintenance, ground support maintenance, passenger services and customer services. Tony is an FAA licensed Private Pilot, and is currently pursuing accreditation through the American Association of Airport Executives. Best Wishes, Tony!



Current Airport Director, Rebecca Hupp has accepted a position in Boise, Idaho. We wish Rebecca well in her new endeavors!

#### IN OTHER AIRPORT NEWS....

*Congratulations to the following employees on their recent promotions:*

Dan Nguyen has been promoted to Airport Ramp Attendent/Shift Lead

Mike McGrath has been promoted to Ramp Supervisor.

Heather Bailey has been promoted to Customer Service Lead.

David Doore has been promoted to A/C Mechanics Supervisor, Brian Clements will be retiring February 24<sup>th</sup>.



The Wellness Committee is currently offering City Employees a LUNCH TIME WORKOUT on Mondays and Wednesdays at Parks & Recreation as follows:

Monday's	12:10 to 12:45pm—CARDIO
Wednesday's	12:10 to 12:45pm—WEIGHT TRAINING



*No need to bring anything. We have bands, a TV, and DVD's to use. "Come join Us"!*



The Bronco Travel Basketball Club  
**Travel Basketball Tournament**

**When:** February 18-19, 2012 GIRL'S tournament Grades 3/4 – 5/6 – 7/8  
February 24-26, 2012 BOY'S tournament Grades 3/4 – 5/6

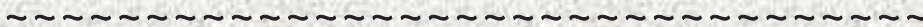
**Time:** Games will start 8 am each day

**Where:** 7/8 Tournament – Reeds Brook Middle School, Main Road North, Hampden  
5/6 Tournament - Hampden Academy, Main Road North, Hampden  
3/4 Tournament – Weatherbee Elementary School, Main Road North, Hampden

Lunch Time Adult Stick and Puck



The Bangor Parks and Recreation Department is offering an Adult Lunch Time Stick and Puck time at Sawyer Arena. Adults are welcome to come Tuesdays and Thursdays from 11:20 am-12:20 pm. The fee is \$3.00 per person per day and a full faced helmet is required. For more information, [www.BangorParksandRec.com](http://www.BangorParksandRec.com) or call Sawyer Arena at 947-0071.



*In Addition.....*

- H.I.I.T – Wednesdays – 6-7pm (Parks and Recreation)
- Zumba – Tuesday & Thursdays – 5:15 – 6:15 (Parks and Recreation)
- Women's indoor soccer – Wednesday nights (Fields4kids)
- Men's indoor soccer – Sunday nights (Fields4kids)
- Coed indoor soccer – Monday nights (Fields4kids)



The annual Father Daughter Valentine Dance was held on February 10<sup>th</sup> from 6:30-8:30 pm at the Bangor Civic Center. This is always a wonderful night filled with fun, games, prizes and memories for Dads and their Daughters. This event includes girls between the age of 5-12 and their Dads, Grandpa, Uncle, Older brother or other special male. This event sells out each year and a good time is had by all!

If anyone has photos they would like to share, please send to [lori.oneill@bangormaine.gov](mailto:lori.oneill@bangormaine.gov)



## Wellness Committee Update:



Congratulations to our July-December 2011  
Wellness Passport  
Grand Prize Winners!

Barbara Hewes \$200 visa gift card

Tim Umble \$150 visa gift card

*We have made some changes for 2012! Instead of the Wellness Passport we will be offering incentives and participation gifts for a number of campaigns. Look for information in your department as programs are announced.*

**"Well Workplace Healthletters" have been distributed to departments. Check with your department payroll clerk for a free copy!**

**Participants in the Weight Watchers @Work program have collectively lost 169.7 pounds so far! Great way to start of the new year!**

### **Mission Statement**

*The goal of the Wellness Committee is to promote health and wellness of employees of the City of Bangor and their families by developing a Wellness Program. Accomplishing this goal will have a direct impact on reducing medical claims and costs and will promote healthier lifestyles.*



We provide EAP with a personal touch.

## NEWS YOU CAN USE

February 2012

Information and tips to help you live healthier and happier

### Better Communication For Couples

Why do we always seem to argue about “silly” things? How can I get my partner to open up more? These are examples of the kinds of questions couples often ask counselors. While every couple’s situation is unique, these general guidelines can help you improve your communication with your partner:

**Set An Example** – If you want your partner to open up more, set the example by sharing more of your own thoughts and feelings. Try sharing interesting things you have read or overheard. Relate an experience that happened during the day.

**Keep It Light** – Try talking about something else besides the “problems.” Pass on a joke or bit of gossip. Make a decision not to bring up the hassles with work, kids or finances, at least not until the appropriate time.

**Make “I” Statements** – Avoid starting a sentence with “you.” “You” messages blame and judge the other person. “You” messages often trigger defensiveness or hostility in your partner and tend to increase conflict. Instead, put yourself on the line by sharing how it is for you. Say, “I think” or “I want” or “I feel.” “I” messages can express emotions in a way that is not threatening. No cheating by saying, “I think that you...!”

**Use “Feeling” Words** – It’s not fair to expect your partner to guess or “figure out” what you are feeling, as in “If he loved me, he’d know!” Quit playing the guessing game and say it. Be sure to use feeling words like “sad,” “happy,” “excited,” “angry,” “worried,” etc. Remember to start the sentence with an “I.”

**Ask Open-Ended Questions** – Avoid questions that can be answered with a simple “yes” or “no.” Otherwise, that’s often all you’ll get. Try starting out the question with “how,” or “what,” as in, “What do you think about...?” or “How do you feel about...?” Don’t ask “why.” Chances are the other person doesn’t know anyway and “why” can sound like an accusation.

**Do Something Together** – Experience has shown that people, particularly men, are more likely to share their feelings when they are doing something together that both can enjoy.



Stevens Wellspring Group...we’re more than just an EAP. We’re here to help you find solutions to the challenges and issues of day-to-day life. We can assist you with most-any personal, family or work-related concern. For more information or to schedule an appointment, call toll free...1-877-878-6485.



*A reminder for those traveling*

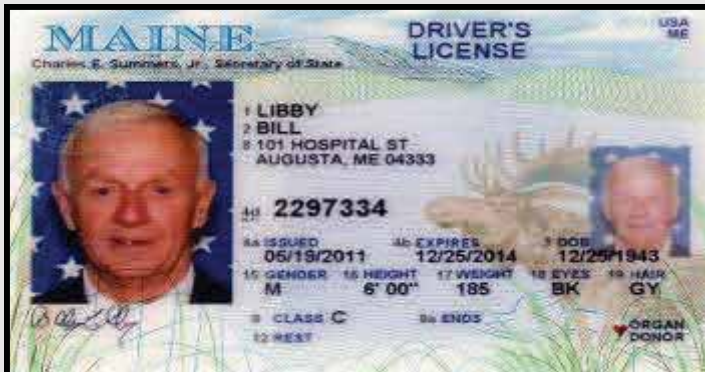
### **Maine Center for Disease Control and Prevention**

(Maine CDC) investigated multiple cases of travel-related illness in 2011. Cases of hepatitis A, leishmaniasis, and malaria have been reported to Maine CDC in persons who have recently traveled or have moved to Maine from another country. During school vacation weeks in February and April, Maine residents frequently travel outside of the United States, often to warmer climates putting them at risk for vector-borne and food-borne diseases. \* A full version of this advisory can be downloaded from the Maine CDC website as a Microsoft Word document (.doc) or Adobe PDF (.pdf) by clicking the hyperlink at the bottom of this message and looking under the Recent Health Advisories section of the page that loads.

## **Military Service Designation available for Maine driver's licenses and ID**

On Veterans Day, Secretary of State Charlie Summers would like to remind Mainers about the new Military Service Designation available for Maine driver's licenses and ID. The designation features a Field of Stars backdrop for the identification photo and is currently available to eligible Maine veterans and military service members at all Bureau of Motor Vehicle locations.

The Military Service Designation was made possible by a bill, introduced by Senator David Trahan R-Waldoboro, which was passed by the 125th Legislature and signed by Governor LePage earlier this spring.



Sample Maine Driver's License with Military Service Designation



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



February 2012

February is American Heart Month – Wear Red February 3<sup>rd</sup>!!!



THE heart TRUTH

IT DOESN'T JUST AFFECT MEN! While heart disease/attacks have always been thought to be more of a men's issue, heart disease is the leading cause of death for both women and men in the United States; women account for nearly 50% of heart disease deaths. Heart disease can show itself differently in men and women.

Heart attack symptoms in both men and women usually include chest pain, but women are also more likely to experience pain in their abdomen, neck or back. Factors like smoking and depression have a more serious effect on the heart health of women than they do in men.

<p>Common symptoms for women to look for and recognize prior to an attack include:</p> <ul style="list-style-type: none"> <li>Unusual fatigue</li> <li>Sleep disturbance</li> <li>Shortness of breath</li> <li>Indigestion</li> <li>Anxiety</li> </ul>	<p>Major symptoms during the heart attack include:</p> <ul style="list-style-type: none"> <li>Shortness of breath</li> <li>Weakness</li> <li>Nausea</li> <li>Cold sweat</li> <li>Dizziness</li> </ul>
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Many cases of heart disease can be prevented! You may be at an increased risk for developing heart disease if you are: Inactive, obese, have high blood pressure or high cholesterol, smoke cigarettes, or have diabetes.

Wear RED on Friday February 3<sup>rd</sup> to show your support for women's heart health!!  
For more on National Wear Red Day visit: <http://www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm>

Make the Call. Don't Miss a Beat

If you have any of the symptoms of heart attack, or if you think you might be having one, call 9-1-1 immediately for emergency medical care.

A woman suffers a heart attack every 90 seconds in the United States.

Many women say they would only take action if their symptoms lasted for 30 minutes or more. Don't delay!

Minutes Matter! Heart attack treatments work best when given within one hour of when your symptoms started.

- Within one hour: your risk of dying is cut in half;
- Within three hours: your risk of dying is cut by 25 percent;
- Every 30 minutes you wait to get help could take one year off of your life!

For more information visit <http://www.womenshealth.gov/heartattack/>



### **High-risk drinking is a bigger problem that most people realize...**

High-risk drinking (also known as binge drinking) occurs when men drink 5 or more alcoholic drinks over a period of a few hours or women drink 4 or more drinks over a period of a few hours. High-risk drinking increases the chances of getting hurt or hurting others through car crashes and violence, and other accidents.

Maine has a higher prevalence of high-risk drinking than most other states; about 1 in 5 Maine adults reported high-risk drinking at least once in the previous month, compared to 1 in 6 nationally; making alcohol the number one drug of choice in our state.

To find out more about your drinking habits or find resources, talk to your doctor or visit [www.AlcoholScreening.org](http://www.AlcoholScreening.org).



### **Stay Warm - Prevent Hypothermia**

It is winter in Maine...that means COLD weather! An average of 20 Mainers die every year from hypothermia, including 3-4 who die in their homes. Symptoms of hypothermia include; decreased consciousness, sleepiness, confusion, and/or disorientation, shivering, pale or blue skin, numbness, poor coordination, slurred speech.

Those at high risk for hypothermia include people whom:

- Are older than 60, or are less than one year of age;
- Have hypothyroidism;
- Drink or abuse alcohol;
- Have a mental illness;
- Are homeless, poor, and/or live alone.

#### **Prevent Hypothermia:**

- Dress in layers.
- Wear a warm hat – 30% of heat loss is through the head; wear a scarf and gloves.
- Keep infants in a room where the temperature is 61-68 degrees Fahrenheit.
- Drink plenty of fluids and warm/hot drinks.
- Eat regular balanced meals to give you energy – good nutrition is important.
- Keep active when it's cold, but not to the point where you are sweating.
- Keep dry and change out of wet clothes as soon as possible.
- Cut down on alcohol, caffeine, and nicotine, since all three cause heat loss.
- Try to keep one room in the house warm.
- Ask your doctor if you are on any medications that affect your ability to maintain a steady body temperature.

For more information: [www.maineprepares.com](http://www.maineprepares.com)

### **National Children's Dental Health Month**

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

Help your children maintain a great and healthy smile all year long:

- Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities.
- Floss daily. Flossing helps to remove food debris from in between the teeth that a toothbrush can't reach.
- Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks.
- Visit your dentist for regular checkups and cleanings.
- Fluoride treatments twice a year are very beneficial in preventing tooth decay.
- Sealants can be applied to the chewing surfaces of the back teeth and premolars. Sealants help to prevent tooth decay.
- Wear a mouth guard during sports. Mouth guards can greatly reduce injuries to the mouth and teeth.

For more information visit: [www.ada.org](http://www.ada.org)

# EMPLOYEE HIGHLIGHTS:

Meghan Collins, Information Services has been recognized for her hard work and dedication to the employees at City Hall by Lori O'Neill and Jane Robbins-Teel from the City Manager's Office.



*In May of 2011, Meghan Collins was hired as the City's Government Channel and Website Coordinator for the Information Services Department. Meghan hit the ground running and, in her short tenure, has created the City's new and improve website ([www.bangormaine.gov](http://www.bangormaine.gov)).*

*She is our 'go to girl' for just about any question related to computers, email, Excel....hence, we call her our "G.G." (a/k/a/ Geekie girl)!*

*Meghan is quick to present new ideas that make our everyday responsibilities easier. She is eager to help in anyway and always with a smile on her face. We are happy to have her on board and appreciate her dedication and expertise.*

*Meghan and her husband, Matt, reside in Bangor with their two beautiful daughters – Alexandra and Lily.*

*Thank You, Meghan  
Keep up the Good Work!*



Do you know of an employee that you would like to recognize? Send me the information and we'll highlight it in next month's edition. [Lori.oneill@bangormaine.gov](mailto:Lori.oneill@bangormaine.gov)

## CURRENT PARKS AND RECREATIONS PROGRAMS

### YOUTH SUNDAY OPEN GYMS

The Bangor Parks and Recreation will be offering an Open Gym on Sundays for the area youth at the Parks and Rec. Center at 647 Main St. This is a great chance to have some fun inside away from the cold outdoors. Equipment will be provided for a various number of activities. Children in grades K-5 can come from noon- 2 pm and must have an adult present. Grades 6 + can come from 2:30-4:00 pm and is a drop off program. Bring appropriate shoes and clothes for this FREE activity. If you have any questions, please call 992-4490 or go to [www.BangorParksandRec.com](http://www.BangorParksandRec.com).

### YOUTH BASKETBALL

The Bangor Parks and Recreation Department is now accepting registrations for its 2010-2011 Youth Basketball Program. This 8 week program is open to all children in grades 2-3 and 4-5 with separate boys and girls leagues. Teams will practice one evening per week and play their games on Saturdays, starting the week of December 6. The fee for this program is \$30 for Residents and \$40 for Non-Residents. Add \$10 late fee after November 24. To register go to [www.BangorParksandRec.com](http://www.BangorParksandRec.com) or stop by the Bangor Parks and Rec. Center at 647 Main St.. Call 992-4490 if you have any questions.

### PRE SCHOOL OPEN GYM

The Bangor Parks and Recreation Department offers a Drop In open gym for all pre-schoolers, Monday thru Fridays starting November 8<sup>th</sup> at the Parks and Recreation Center at 647 Main St. This is a free program and parents must stay with children. For more information, please contact the Parks and Recreation at 992-4490.

### Co-ed Adult Open Gym

The Bangor Parks and Recreation Department is offering open gym for adults to come and play basketball on Tuesday nights from 7:30-9:30 pm at the Parks and Recreation Center at 647 Main St. The fee is \$2.00 per person per night. The program runs through March 23<sup>rd</sup> and there will be no program on holidays. For more information, please contact the Parks and Recreation at 992-4490 or go to [www.BangorParksandRec.com](http://www.BangorParksandRec.com).

### Learn to Skate

The Bangor Parks and Recreation Department is accepting registrations for its Learn to Skate Lessons for ages 4 and up. Session I is November 14<sup>th</sup>- December 19<sup>th</sup> and Session II is January 9<sup>th</sup>- February 13<sup>th</sup>. Both sessions are held at Sawyer Arena on Sundays from 1:50-2:50 pm. The fee is \$70 per session for Bangor Residents and \$75 per session for non residents. To register go to [www.BangorParksandRec.com](http://www.BangorParksandRec.com) or stop by the Bangor Parks and Rec. Center at 647 Main St..

Call 992-4490 if you have any questions.