

Central Aroostook Chamber of Commerce

2011 Board of Directors

Chad Bartley
#*Billie Brodsky
Sarah L. Brooks
*Gail Clukey
Bill Corson
*Nola Farley,
Past President
*Nancy Fletcher,
Clerk
Sandy Gibson
Karen Gonya
Tanya LaPointe
Steven Lunn
*James McKenney
President Elect
Bonnie Pack
*Dawn Poitras
*Floyd Rockholt,
Treasurer
Kim Smith
Stacy Shaw
*Miles R. Williams
President

Ex-Officio Members:

#Michael D. MacPherson
Jim Bennett, City Manager

*Executive Committee

#Industrial Council

Chamber Staff:

Theresa M. Fowler
Executive Director

Valerie M. Lunn
Administrative
Assistant



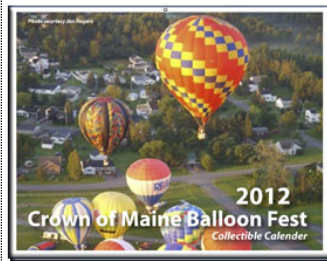
Happy Holidays!!

As we enjoy the festive gatherings of the season, may we all
have time to reflect on our many
blessings.



Holiday Light Parade

Congratulations to the winners of the Holiday Light parade! **Walmart** was chosen parade champion. **Northern Maine Community College**, general category; **Donovan's Tree Service**, business category; **Presque Isle Future Farmers of America**, non-profit; **Presque Isle Wesleyan Church**, religious based. All the entrants put a great deal of effort into their floats and the judges had a challenge determining the winners. *Thanks to Ray Gauvin, Sandy Gauvin and Kimberly Smith for judging. The parade not be such a success without the help of many. Rathbun's Lumber, DRD Sound & Lighting Rick Nadeau, Larry Clark, Patrick Patterson, Shawn Cunningham, Brian Colton, Otis May, Sandy Gibson, Billie Brodsky, Stacy Shaw, Megan Fowler and Rick Fowler all contributed. Valerie Lunn and UMPI students worked for weeks preparing material and calling participants. Thanks to all!*



The first in a series of collectible calendars is here!

2012 Collectible Calendar is available for purchase through the Chamber office This calendar features hot air balloons and pilots who have participated in the Crown of Maine Balloon Fest. These calendars will make wonderful gifts for your friends and family too! Calendars may also be purchased at: Clukey's Auto Supply, Bradley's 24 Hour Citgo & Car Wash and

Merchants on the Corner.

Enjoy the sights of ballooning all year!

Please Take Note:

**Central Aroostook Chamber of Commerce has changed its
mailing address to
3 Houlton Rd., Presque Isle ME 04769**

3 Houlton Rd., Presque Isle, ME 04769; Phone (207)764-6561, Fax (207)764-1583, www.centralaroostookchamber.com

Chamber Connection

Nov—Dec 2011

The Towns of Mapleton, Castle Hill and Chapman are pleased to offer the opportunity for residents to renew their hunting/fishing licenses, vehicle/trailer registrations, boat, ATV and snowmobile registrations ONLINE!

Please follow these links for more information and to start the process:

To renew your vehicle/trailer registration:
<http://www.informe.org/bmv/rapid-renewal/>

To renew your boat registration:
<https://www5.informe.org/online/boat/>

To renew your ATV or snowmobile:
<http://www10.informe.org/ifw/atv-snow/>

To renew your hunting/fishing license:
<https://www5.informe.org/cgi-bin/online/amoses2/index.pl>

*At its recent Fall Leadership Conference, the **Maine Association of Chamber of Commerce Executives (MACCE)** voted in its 2012 slate of officers and several of its regional representatives. Together, they make up the organization's volunteer board of directors and will serve a one-year term.*

MACCE OFFICERS: President: Steven Wallace, Southern Midcoast Maine Chamber, Vice President: Theresa Fowler, Central Aroostook Chamber of Commerce, Treasurer: Bud Harmon, Old Orchard Beach Chamber of Commerce, Secretary: Eleanor Vadenais, Wells Chamber of Commerce, Immediate Past President: Barbara Clark, Sebago Lakes Region Chamber of Commerce

REGIONAL REPRESENTATIVES:

Region 1 - Aroostook County: Michael Bosse, Fort Fairfield Chamber of Commerce, Region 2 - Downeast & Acadia: Currently Vacant, Region 3 - Mid-Coast: Steven Wallace, Southern Midcoast Maine Chamber, Region 4 - Greater Portland & Casco Bay: Deb King, Greater Freeport Chamber, Region 5 - The Maine Beaches: Jim Fitzgerald, Kennebunk-Kennebunkport Chamber of Commerce, Region 6 - Maine Lakes & Mountains: Robin Zinbuk, Bethel Area Chamber of Commerce, Region 7 - Kennebec & Moose River Valleys: Kim Lindlof, Mid-Maine Chamber of Commerce, Region 8 - The Maine Highlands: Karen Cole, Bangor Region Chamber of Commerce

Be a Featured Member

To better inform our members of the services available from other members we would like to feature a different business every month. To be considered, submit a photo or logo and a description of your business to: tfowler@centralarostookchamber.com.

We have found that members offer much more than is generally perceived. This is a great way to promote your business.

Monthly Meetings

Board Meetings 1st Thursday of each month. During the winter they are at the Chamber Office. Spring and Summer we like to visit member communities.

2012-2013 Snowmobile Maps

Delivery of the 2012—2013 Northern Maine Snowmobile maps will take place on December 22 or 23, 2011. We will off load them at the Presque Isle Industrial Park and distribute them from there. If you would like Snowmobile maps I ask that you make arrangements through your local Chamber of Commerce to pick them up in Presque Isle.

We will be contacting all advertisers to ensure you receive a quantity to have on hand for the next two years. We will also have unfolded maps suitable for framing available for display at your business. Please contact the office to request one of these. 764-6561 or tfowler@centralaroostookchamber.com.

2012—2013 Central Aroostook Maps

Final edits of the 2012-2013 Central Aroostook maps is under way. I expect they will be available in February 2012. If you would like a quantity of these maps please let us know. As with the snowmobile maps advertisers will be saved a quantity. The Central Aroostook maps include a large City of Presque Isle map and smaller maps of each of the other 12 communities we serve. Thanks to all the advertisers for helping us provide these maps for use by local businesses, visitors and new residents.



2011 Award Winners



On January 26, 2012 the Central Aroostook Chamber of Commerce invites you to join us as we recognize area residents who have contributed to the betterment of the lives of those around them. The Presque Isle Elks Lodge, Presque Isle Rotary Club and Presque Isle Kiwanis Club join the Chamber in presenting these awards to the very deserving recipients each year. The recipients will be announced in late December. Please mark this evening on your calendar and plan on joining us for an evening dedicated to celebrating some of the wonderful people and businesses that call the central Aroostook region home!

Please note!!

This is the last general mailing of newsletters from the Central Aroostook Chamber of Commerce. The Board of Directors believes that members receiving the newsletter electronically will appreciate the financial and time saving in not preparing and sending hard copies.

If you prefer a hard copy, please contact the office at 764-6561 to request one.

Central Aroostook Chamber of Commerce

Opportunities to be Involved

CACC has several committees in which members of the community are welcome to help plan and participate while learning what the Chamber does.

Signature Events

Maine-Quebec Caravan—February

Strawberry Shortcake Sale—June

Taters & More— June - September

Crown of Maine Balloon Fest—August

Haunted Woods Walk—October

Holiday Light Parade—December

In addition to the above event planning committees there are also committees essential to the basic operation of the Chamber. Anyone with an interest in the success and future of the Chamber is encouraged to become involved through committee participation.

The Public Relation and Membership committees meet regularly throughout the year. There are possibilities for several other committees such as Property Maintenance and Seminar Planning to develop if people are interested.

Event Committees meet seasonally at a frequency determined necessary by the committee.

Now is a good time to join and help make a difference in your Chamber and community.

For more information please contact Theresa Fowler at: tfowler@centralaroostookchamber.com or 764-6561.

Fraud & Theft Seminars

Presque Isle Police Department and Central Aroostook Chamber of Commerce are offering seminars and discussion periods to help business owners and individuals protect themselves from loss of goods and identity.

The next in this series will be January 18, 2012. TD Bank, the sponsor of these seminars, will provide a presentation on Credit Card fraud and best-practices for merchants. This seminar will begin at 7:00 am at the Presque Isle Police Department. Please call the Chamber to register. 764-6561. Seating is limited.

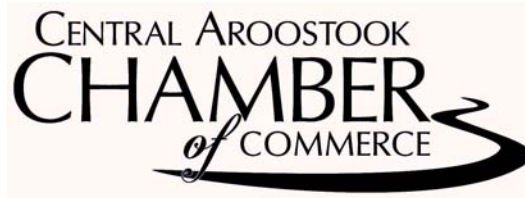
Criminals talk we need to as well!,



Calendar of Events:

December 21—First Day of Hanukah
December 22—Winter Solstice—shortest day of the year
December 25—Christmas Day
December 28—Last Day of Hanukah
December 31—First Night Celebration in Presque Isle
January 16 — MWSC Adventure Initiative Day, Bigrock Ski Area, Mars Hill. 11:00 a.m. – 3:00
January 26 —Central Aroostook Chamber of Commerce Annual Awards Dinner
February 5 —Aroostook Women's Ski Day, Nordic Heritage Center, Presque Isle. 9:00 a.m.- 3:00 p.m.
February 10 —Maine Quebec Caravan leaves Portage Lake for Quebec City
February 14 —Valentine's Day

Aroostook State Park will host a guided snowshoe or cross country ski on New Year's Day as part of America's State Parks First Day Hikes initiative in all 50 states. America's State Parks First Day Hikes offer individuals and families an opportunity to begin the New Year rejuvenating and connecting with the outdoors by taking a healthy hike on January 1, 2012 from 8 a.m. – 11 a.m.



At the May Board of Directors meeting the Board of Directors voted to formally change the name of your chamber to more accurately reflect the area we serve. Documentation will be registered in the near future to rename the Presque Isle Area Chamber of Commerce to **Central Aroostook Chamber of Commerce**. This decision was not made lightly. Understanding that we serve a large area and that some communities are not geographically close to Presque Isle it was felt that the new name better reflects who we serve.

2012 Board of Directors

In the autumn of 2011 nominations for new Board members were received and accepted by the Central Aroostook Chamber of Commerce Board of Directors.

The Board welcomed new members at the Board retreat in December: **Destini Bates, Care & Comfort; Karen St. Peter, Pottery by Karen St. Peter and Key Realty; Bill Getman, Individual member;**

We look forward to another very successful year with an active Board of Directors and the support and involvement of our growing membership.

The new members replace Chad Bartley, Billie Brodsky and Floyd Rockholt

If you have events you would like to have added to our calendar of events, please forward the information to us at: info@centralaroostookchamber.com

For more information please visit the Calendar of Events on the CAC web site:

www.centralaroostookchamber.com

Healthy Aroostook offers the following tips to help you enjoy the variety of food available during the season.

Try to focus on being healthy this holiday season by maintaining a healthy balance between food, fun and activity. Practicing a healthy holiday season this year can be as simple as preparing your favorite dishes lower in fat and calories. Try incorporating some of these simple holiday cooking tips:

Appetizers Choose appetizers that: Help you get in your "5 a day" fruits and vegetables such as fresh vegetable platter or fruit kabobs; add fiber by using whole grains and legumes such as roasted red pepper spread on whole wheat rounds or creamy garbanzo dip with Whole-wheat pita chips.
Choose variety for more nutrients.
Substitute low-fat or non-fat sour cream or yogurt for your dips.
Instead of regular nuts, try soy nuts.

Soups Cook vegetables such as carrots, sweet potatoes, winter squash and potatoes until they are soft enough to puree and season, Cook beans and puree at least part of them for a creamy texture,
Make cream soups using nonfat evaporated milk rather than cream,
Chill soups, stews and chili and then skim solid fat off top and discard.

Salads Use some of the seasonal items such as cranberries and pomegranate.
Use homemade salsas and chutneys for dressing,
Choose low-fat salad dressings and mayonnaise.

Meat/Poultry/Fish Choose plain over self-basting. Baste with low sodium broth, wine or fruit juice, or place foil tent over as it cooks to avoid drying.
Roast on rack to allow fat to drip into pan.
Remove any skin before cooking or before eating,
Marinate in fruit juice, wine or low fat sauces. Try rubbing dried herb and spice mixtures (oregano, basil, rosemary) onto surface for added flavor.

Gravy/Condiments Use fat separator or zip-lock bag to obtain pan juices but eliminate fat layer (clip small hole in bottom of bag and allow only juices to flow out-discard fat layer and bag),

Freeze pan drippings so you can remove hardened fat (save 56 grams of fat per cup),
Skip drippings and use broth thickened with cornstarch or pureed potatoes-a
Add broth for flavor and to thin down add prune, apricot or apple juice for a kick!,
Try pineapple salsa, mango chutney or fruit compote on top of or on the side of meat, poultry or fish for a easy and zippy flavor enhancer.

Side Dishes Sweet potatoes are a rich source of beta-carotene! Offer baked or mash with vegetable broth or skim milk and add vanilla extract, lemon zest, orange juice, ginger and or nutmeg. If you insist on sweetness, skip butter and add thin layer of marshmallows or sweeten with apple or orange juice and ground cinnamon,

For mashed potatoes, use skim milk, garlic powder a little parmesan cheese, and just a small amount of low-calorie margarine. Another seasoning would be minced garlic or horseradish and puree with non-fat half -and-half product,
For stuffing, use whole grain bread or wild or brown rice-add cranberries or other dried fruit and nuts,

Fruit Stew mixed dried fruit with enough water to cover, season with ginger, cinnamon and apple juice concentrate until fruit is soft. Use as a condiment or side dish or serve over low-fat frozen yogurt or ice cream,
Add dried cranberries to whole grain stuffing or rice pilaf or green beans.

The familiar EZ to Use Big Book can now be found at EZ to Use.com. Contact them for advertising or web design needs.

Peter Coffey 974-3171
Sales Manager

**Affordable.
Effective.**

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Renewing Members

Thank you to all renewing members for your continued support.

The Chamber of Commerce is only as strong as its membership. We invite you to attend our Board meetings at any time. You are encouraged to join committees and consider serving on the Board of Directors if you do not already have a representative on the Board.

- ◆ Care & Comfort
- ◆ Robert Murray
- ◆ Presque Isle Mobil
- ◆ Re/Max Central
- ◆ Stew's Downtown Sight & Sound
- ◆ Girl Scouts of Maine
- ◆ Percy's Auto Sales, Inc.
- ◆ Country Collectibles
- ◆ Presque Isle Industrial Council
- ◆ Bonnie Pack
- ◆ North Woods Communications LLC
- ◆ 27 Sign Place
- ◆ McCain Foods USA, Inc.
- ◆ Rosella's
- ◆ Presque Isle Fish & Game
- ◆ Buck Construction, inc.
- ◆ University of Maine at Presque Isle
- ◆ The Aroostook Medical Center
- ◆ Maurice J. Belden, DMD
- ◆ Kitchen & Bath Shop
- ◆ Northeast Packaging Co.
- ◆ SRD Enterprises
- ◆ Crown Travel
- ◆ American red Cross/Pine Tree Chapter
- ◆ Daigle Oil Company
- ◆ City Drug Store
- ◆ Presque Isle Redemption
- ◆ Mai Tai Restaurant & Lounge
- ◆ Wal Mart
- ◆ Northeast Society for Human Resource Management
- ◆ Lynox, Inc.

Welcome To New Members

Perry's Mini Mart—398 Houlton Road, Presque Isle, ME 04769, 764-4561. Perry's Mini Mart is happy to provide gas at one of the lowest prices in the area. Open 7 days a week, a convenience store that offers gas, lottery tickets, Western Union services, beverages, snacks, red hot dogs and souvenirs.

Pottery by Karen St. Peter—85 Smith Road, Mapleton, ME 04757, (207) 764-3206 or (207) 769-9822. A well known potter Karen offers a wide range of beautiful pottery for use in your home, office or gifts that are certain to be appreciated.

We look forward to celebrating with a number of new businesses in the area in the weeks ahead!

Central Aroostook Chamber of Commerce
3 Houlton Rd. Presque Isle, ME 04769

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The Final Word

By Theresa Fowler

Where did 2011 go? I can't believe we are nearing the end of another year. 2011 was a busy year at Central Aroostook Chamber of Commerce. We considered a name change for months and then made a decision to go forward. That decision indicates the Board of Directors that were leading your chamber this past year. They are forward thinking, proactive and energetic.

The uncertain economy, lack of snow and high gas prices affected the benefits of tourism in this region throughout 2011. The water damage suffered by crops also affected the cost, availability and economic spinoff from the agricultural industry.

It is difficult in these challenging economic times to justify committing funds to advertising and promotion. The Central Aroostook Chamber of Commerce uses membership contributions to advertise the entire region in Maine, New England and New Brunswick. We promote the entire region and when people visit the area we are able to direct them to the member businesses that provide the services they need. We receive many calls asking for business information. If a business is not a member of the Chamber of Commerce we may not know the services they provide. We are proud of our member businesses and happy to refer customers to them.

As the year draws to an end we prepare to honor the people and businesses that contribute so much to the life we enjoy in Central Aroostook County. I hope you will join us January 26th to pay tribute to the 2011 Citizen of the Year, Lifetime Achievement Award recipient and Business of the Year.

Best Wishes for a Happy, Healthy Holiday Season!



Presque Isle
764-5500

Caribou
493-3030

Group Package

Starts with a minimum of
6 Large 1 Topping Pizzas

\$ 6.49 each

# of People	Pizzas
20	6
30	9
40	12
50	15
60	18
70	21
80	24
90	27
100	30

FREE DELIVERY !

orders of 10 or more Pizzas

Limited delivery area

Extra toppings available at additional charge

Don't Forget to Stuff Their Stockings!



A subscription to their local newspaper is one of the best gifts you can give.

It's local, it's educational, and best of all, it's from **you!**

AROOSTOOK AND NEWS REPUBLICAN

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Caribou, ME 04736

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Fax # 207-492-4351
republican@nepublish.com
www.republican-me.com

THE STAR-HERALD

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Presque Isle, ME 04769

207-768-5431
Fax # 207-764-7585
starherald@nepublish.com
www.starherald-me.com

Houlton Pioneer Times

23 Court St. • P.O. Box 456
Houlton, ME 04730

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	52 Weeks	26 Weeks	13 Weeks
In County	52.00	26.00	13.00
In State	61.40	30.70	15.35
Out of State	63.60	31.80	15.90