Great Day Trips in Maine

Small Falls (Township E), with its scenic waterfall, colorful gorge, and fine swimming holes, accommodates all. Just south of the town of Rangeley, the “Small Falls Rest Area” attracts more than just travelers looking for a driving break.

Greenville, right at the southern edge of Moosehead Lake, provides access to Maine’s largest lake to fish, boat, swim, go whitewater rafting, hike, moose watch – and fly.

Machias is blueberry country; there’s an annual wild blueberry festival in August. Helen’s Diner, in downtown Machias, is famous for its pies. From Lubec, you can visit Campobello Island, where Franklin Roosevelt spent summers.

Coos Canyon (Byron) is a scenic, rocky gorge carved through bedrock by the Swift River. The Swift River is one of more than a half dozen streams and rivers in Maine known to harbor deposits of gold.

Norlands Living History Center (Livermore) is a multifaceted museum offering in-depth experiences in 18th and 19th century rural life. Here, the visitor is an active participant in daily and seasonal farming and housework, and becomes involved in the social, political and educational activities of the times.

The Bates-Morse Mountain Conservation Area comprises some 600 acres, extending from the Sprague to the Morse River and to the upland edge of Seawall Beach.

Mount Desert is the coast’s largest and most dramatic island, with Cadillac Mountain rising 1,530 feet above sea level. Explore the entire island, including beautiful Acadia National Park, one of the most-visited national parks in the United States.

Greenville, right at the southern edge of Moosehead Lake, provides access to Maine’s largest lake to fish, boat, swim, go whitewater rafting, hike, moose watch – and fly.

Fort Knox is one of the best preserved fortifications on the New England seacoast. The Fort has many architectural features present only to itself, as well as a rich history behind its cannon batteries. The newly constructed Penobscot Narrows Bridge boasts an observation tower, rising 420’ above sea level, which may only be accessed through the Fort.

For More Info and other day trip ideas visit: www.visitmaine.com

Communicator

This Year, Summer WILL Last!

As children, we are told that as we get older, each year will go by faster than the previous year and that we will one day stand, aged and bemused, wondering where on earth the time has gone. It would seem that as many of us at Bates measure our time by the academic year, the days and years actually pass by much faster than our parents could have predicted.

I consider myself an optimist, but each spring I have approached summer with caution, knowing that soon it will be just a memory attempting to keep me warm during the long days that make up the real season in Maine, seemingly the only season in Maine—winter.

This year, I vow it will be different. I will capture the sweetness of summer and devour each morsel of the warm days. I have bravely announced to the Facebook world that summer begins today and there is no end in sight. No longer will I be a slave to the notion that summer begins when the strawberries ripen and ends when the last blueberry is picked. I will not consider the 4th of July holiday the “middle” of summer, nor the turnpike RV exodus south the end. Alas, I have grabbed hold of the season from Mother Nature and will prevail over her desire to put the season to rest. This year, summer WILL last!

My friends and colleagues stand in awe of my declaration, yet snicker at the idea that I can expect such an idyllic summer. I approach this “project” of mine with increasing enthusiasm, a type A on a mission, the loftiest of goals in sight.

My colleagues, be prepared, the academic year will not come easy this year, it will not come quick. You may have to find other ways to busy yourself until I am ready to surrender and give in to the autumn that I know will come—eventually. Kick off your shoes, delay your fall planning, I plan to take on the beast that is time and make summer ours. Savor the lazy afternoons and frog-filled nights. Enjoy!

When the Communicator returns in September, I’ll let you know who’s winning—Mother Nature or a mere, balmy weather loving mortal.

~Amie Parker, HR

Did your child just graduate from college???

Congratulations if your child just realized their (and your) dream of graduating from College! Now that the celebrations are over, it’s time to consider the effect their graduation may have had on their health insurance coverage. If your child has graduated and is not continuing on to graduate school they will no longer be eligible under the Bates Medical or Dental Plans; please notify Brenda Sawyer or Ken Emerson so that they can send you the required information regarding coverage continuation.

Brenda Sawyer or Ken Emerson so that they can send you the required information regarding coverage continuation.

Ken: 786-8271
Brenda: 786-6176
Fire Extinguisher Training
(It’s fun and useful)

It’s that time of year again! With the weather improving and the temperatures a little higher the safety guys’ minds turn to thoughts of...FIRE EXTINGUISHER TRAINING! With all the things going on now it can be difficult to take time off for training so we have a proposal. If you have a regularly scheduled department meeting why not have Jim and Ray come by and do the training for you during one of your meetings? That’s what the folks pictured below did!
The training includes a twenty minute PowerPoint presentation that explains the various types of fires, differences in fire extinguishers and instruction on when and how to use an extinguisher safely. Then we “take it outside” and give everyone a chance to put out a real fire! This may be one of the most practical and important things you ever learn. The information is transferable to non-work environments and may just help you sleep better (at night, not at work!).

Contact Jim Guzelian (x6413) or Ray Potter (x8226) to arrange a training session for your department. If the department meeting approach just doesn’t work for you, keep an eye on your e-mail.

As soon as we get past the crush of Commencement, Reunion, and Staff Enrichment Week, we will be announcing a schedule that will allow you to sign up for a class that meets your schedule. We look forward to seeing you this summer!

Reduce Your Risk by Up To 78%

Up to 50 percent of Americans who live to the age of 65 will get skin cancer at least once. Unprotected skin can be damaged by the sun in as little as 15 minutes, even on a cloudy day. Too much sunlight can also cause sunstroke and heatstroke.

Taking precautions before spending time in the sun could HELP REDUCE THE RISK OF CANCER BY UP TO 78%.

The following are some quick tips to help you reduce your risk of getting skin cancer (not to mention premature wrinkles and age spots!)

Use sunscreen
• Look for sunscreens with a minimum SPF of 15.
• Use a sunscreen that offers both UVA and UVB protection.
• Be sure the sunscreen has not passed its expiration date.
• Use non-PABA products on sensitive skin.

Apply it correctly
• Apply sunscreen 15-30 minutes before going outside.
• Imagine a shot glass, or 1 oz. of sunscreen -- that’s enough for your whole body.

TD Banknorth Changes Account Structures

Human Resources has learned that TD Banknorth has changed their savings and checking account structures. Employees received packets in the mail from TD Banknorth outlining changes, most of which took place effective May 30, 2009. Many accounts that did not charge a monthly maintenance fee in the past will begin charging fees unless a minimum balance is maintained. If you have a bank account with TD Banknorth you may want to contact the bank and confirm that their new account structure will continue to meet your current banking needs. Should you choose to close your account with TD Banknorth, please be sure to notify payroll so that they may adjust your direct deposit account information if necessary. You may choose to have your paycheck direct deposited into any bank or credit union. Bates does not restrict direct deposit to other institutions.

Notes from BCSA

Greetings from the BCSA Steering Committee! We want to keep you updated on all the fun happenings - don’t forget to take advantage of all these great summer events!!

BCSA Golf League
June 4th through mid-August
Contact Ron Fazio x8230

BCSA Softball
June 17 through July 29 - Wednesday’s at 5pm – Contact Ron Fazio x8230

Ice Cream Social and raffle for L/A Balloon Festival ride - August 19 –- proceeds to benefit the Bernie Carpenter Fund

Ah, summer, what power you have to make us suffer and like it. -Russell Baker

Getting to the Core of Things

Core muscles provide a foundation for the outer extremities such as the neck and arms. Having a strong core is important in the reduction of lower back pain, general balance, improved posture and athletic performance. In addition to these benefits, the core plays a vital role in balance, and a strong core can help prevent falls.

To learn more about core training or to get set up on a core-specific program, contact Mike Milliken at x6936 or sign up for his core training seminar during Staff Enrichment Week on Tuesday, June 16th!

Ah, summer, what power you have to make us suffer and like it.

—Russell Baker

Ah, summer, what power you have to make us suffer and like it. -Russell Baker

P A G E  2

COMMUNICATOR

Ah, summer, what power you have to make us suffer and like it. -Russell Baker

P A G E  3