

Minutes of the MMW Meetings
Held Saturday, November 6, 2010, at Mobius/Damariscotta
and Saturday, December 4, 2010, at Custom Museum Publishing/
Maine Authors Publishing, Rockland

Nov. 6 Business Meeting:

President Carol Jaeger welcomed the 15 members and 3 guests in attendance, and reminded members that the deadline for our Anthology submissions is November 15! [This was later extended by two weeks.] She also noted that Marilis Hornidge is finally home following her hip-replacement surgery and rehab.

Other announcements: (1) The Christmas party will be held on Dec. 4 in Rockland (see below); (2) donations to the scholarship fund in memory of Margaret Neeson already stand at \$150.00; (3) we still need volunteers for the Member Showcase meetings in Jan. and Feb.; and (4) a microphone and small speaker have been ordered for use at future meetings.

Treasurer's Report was given by Janice Lindsay, as follows:

Checking Account:	\$ 7,229.20
KVA Scholarship:	\$ 2,180.12
Scholarship Fund:	\$ <u>1,907.73</u>
TOTAL:	\$11,317.05

Nov. 6 Program:

Carol introduced our substitute speakers, member **Louise King**, LMT, and **Sylvia Tavares**, EFT Practitioner, on the subject of **Relieving Stress**. (Scheduled speaker Patti Corscaden, LMT, had canceled due to a family medical situation.)

Key points of the presentation:

Stress activates our "fight-or-flight" response.

We're not always aware that we're in stress-response mode.

In stress, the body no longer self-regulates; we don't make good choices; we get stuck in the "logic" side of the brain and the creative side is blocked.

Louise noted these ways of dealing with stress: avoid, alter (the situation), adapt, accept.

Sylvia noted that EFT (Emotional Freedom Techniques) can unlock creativity.

Both agreed that deep breathing is key in handling stress, and both demonstrated physical exercises/techniques that are helpful in stress relief; attendees participated.

Handouts included information and instructions for EFT practice and a 5-minute routine for increased energy and lower stress.

Afterwards, three members offered additional exercises and a meditation technique that their doctors had suggested. Also, Carol noted that, according to an article in *Lancet*, that sitting at a desk or computer for 6 hours a day creates as much risk of heart attack as smoking two packs of cigarettes a day!

Final Announcement/Decision: Carol suggested, and members agreed, that we would donate pet food at the Christmas party instead of doing the usual Yankee gift swap.

Dec. 4 Christmas Party:

Jane Karker, MMW member and owner of Custom Museum Publishing/Maine Authors Publishing, graciously hosted our annual holiday gathering at her new office location in Rockland (558 Main Street).

As always, members brought wonderful food to share, and there was much chatting and holiday cheer among all who attended. Several shopping bags of pet food (and cat litter!) were collected, and Carol will deliver it all to the food bank in her area.

Respectfully Submitted,
Genie Dailey, Secretary