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Family Affairs Newsletter Business Directory 2004-09-01

Jean Vermette

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HERE IS THE UPDATED DIRECTORY OF GLBTI BUSINESSES WITHIN A 50 MILE RADIUS OF BANGOR. PRINT IT OUT AND HOLD ON TO IT. THE NEXT UPDATED DIRECTORY WILL COME OUT ON 15 DECEMBER 2004.

There are several requirements for a business or individual to be listed:

- 1). The business must be gay, lesbian, bisexual, transgender, or intersex OWNED. Straight-owned, queer-friendly businesses are not eligible for listing in the directory.
- 2). The GLBTI owner of the business must contact me directly and ask to be included in the directory. No third-party requests-for-listing will be allowed.
- 3). For an individual, he/she must be a GLBTI person who is "out" at work, and they must offer a service through association with a business (which may or may not be GLBTI-owned). Some examples of this might be a gay lawyer at a mostly-straight law firm, or a lesbian realtor at a mostly-straight realty office.

If you are a GLBTI business owner or individual who wants to be listed, then contact me. If you know someone who is a GLBTI business owner or individual and think they ought to be listed, tell them to contact me. I'm Jean at megress@tds.net or at 862-2063.

ARTISTS:

Gail Horton, Image Maker
 121 Bangor Rd
 Ellsworth, ME 04605
 ph: 207-667-7730
 email: gailhorton304@msn.com
 web: www.gailsdreamtime.com
 DREAMTIME, Works of Art to delight the soul. Images of the beauty of the nature of Maine.

Tom Huggins Art and Design
 29 Ross Road
 Bradford, ME 04410
 ph: 207-327-1553
 email: tomchristopher71@yahoo.com
 Specializing in commissioned art painting, design schemes and private art lessons.

Stephanie Reiser, wrought iron creations
 PO Box 71
 St. Albans, ME 04971
 ph: 207-938-4384
 email: sreiser@tds.net
 web: www.courtingcandle.com
 Fine wrought iron candle holders and practical items for the home and office. Authentic 18th and 19th century looks hand-made today.

Chris Rutecki, Musician
 1007 Bar Harbor Rd, Box 129
 Trenton, ME 04605
 ph: 207-667-9514
 email: guitargyrl@adelphia.net
 Singer-songwriter with a soulful/folk style. Music to evoke your emotions and soothe your soul.

BARS & NIGHTCLUBS:

THE SPECTRUM
 190 Harlow St
 Bangor, ME 04401
 ph: 942-3000
 web: www.spectrumbangor.com
 proprietor: Mike Miles & Dave Wallace

BODY/ENERGY WORK:**FOR YOUR HEALTH**

Newbury Neck Rd.

Surry, ME 04684

ph: 207-667-1971

email: fundrep@zwi.net

proprietor: Jean Rohrer

CranioSacral Therapy and Reiki Therapy. Helping you heal yourself. Appointments available in both Surry and Somesville.

COMPUTER CONSULTING:

Cyan Dog Productions

20 Eider Way Lane

Trenton, ME 04605

ph: 207-664-3570

email: aardvark340@hotmail.com

proprietor: Kim Hawkins

Computer consulting, set-up etc. Website design, CD production etc. Mac and PC friendly.

CONSULTING (FASHION & COLOR):

Genuine Self

PO Box 316

Newcastle, ME 04553

ph: 207-563-3748

email: genuineself@hotmail.comweb: www.genuineself.com (beginning late October)

proprietor: Donna Minnis

Integrating color analysis and color therapy with fashion. Services include: (1) personalized color analysis to identify the colors that best harmonize with the individual's palette (2) wardrobe honing and personal shopping, and (3) color therapy consultation to identify the colors that may best serve to help balance and enhance one's physical, mental, emotional, and spiritual well-being. I also design hand-crafted wraps and capes and 'color-fit' them to the individual. Makes a great gift. Group sessions and gift certificates available.

COUNSELING:

Donna Light

c/o Searsport Counseling Associates

9 Field St, Ste 217

Belfast, ME 04915

ph: 207-338-9145 OR 207-338-2022

Registered Substance Abuse Counselor in mid-coast (Belfast) area.

Healing Stone

H. Francine Frank, LMT, LCSW

6A Paddy Lane

Franklin, ME 04634

ph: 207-565-2309

email: stargaze@acadia.net

Therapeutic Bodywork and Emotional Counseling.

Jeanine Crockett, Ph.D.

Licensed Psychologist

43 Columbia St, Suite 32

Bangor, Me 04401

ph: 942-1483.

Psychotherapy and evaluation of individuals, couples, children and families.

ELECTRICAL CONTRACTORS:

Jean Vermette

PO Box 1894

Bangor, ME 04402-1894

ph: 862-2063

email: megress@tds.net

Licensed master electrician. Residential & commercial wiring. Repairs, remodeling, upgrades, new construction, consulting.

FLORISTS:

Clewley Farm Florist
 999 Main Rd
 Eddington, ME 04428
 ph: 207-843-7446
 email: info@ClewleyFarm.com
 web: www.ClewleyFarm.com
 proprietor: Lawrence Clewley
 Full service florist and greenhouses.

FOOD SERVICES:

X-Treme Cheesecakes
 Tracy Goodridge
 120 Airline Rd
 Clifton, ME 04428
 ph: 207-843-5617
 email: trgood101@midmaine.com
 Gourmet cheesecakes made to order!

FURNITURE REFINISHING:

Downeast Refinishing
 321 Bucksport Rd
 Ellsworth, ME 04605
 ph: 207-667-0062
 email: finish@prexar.com
 proprietor: David Conary
 Complete line of furniture stripping and refinishing. We also do porcelain re-glazing....bring in your old claw-foot bathtubs!

GARDENS & NURSERIES:

Tapestry Gardens
 Moody Mountain Rd
 Searsmont, Me 04973
 ph: 207-342-4761
 web: www.tapestrygardenperennials.com
 proprietor: Donna Light
 Perennials for sale and small landscaping jobs done.

HOUSING (ADULT GROUP HOMES):

Branches, LLC
 44 Center St
 Bangor, ME 04401
 ph: 207-945-9998
 email: branchesllc@aol.com
 exec. director: Sandy Noble
 We are an agency providing residential services to the Department of Mental Retardation with 10 group homes in the Bangor area. We have a variety of positions which include both full time and part time employment, flexible schedules, health insurance, life insurance, dental insurance, personal paid leave time and much more. It is a positive, friendly work environment.

INSTRUCTION:

Learning Unlimited Language School
 5 Jellison Ridge Rd
 Surry, ME 04684-3340
 ph: 207-667-9482
 email: wayne@mrlanguage.com
 web: www.mrlanguage.com
 proprietor: Wayne Smith

Instruction available in any language. PhD in linguistics with a specialization in Sign Language. Have taught 27 different languages including: French, Spanish, Italian, American Sign Language, Scottish Gaelic, Portuguese, Japanese, and Chinese (my strongest language). I'm willing to take on anything (even Klingon!) if there's interest.

MASSAGE THERAPISTS:

The Bodyworks Integrated Therapies

Terry Hart, NCTMB, LMT

195 State St

Bangor, ME 04401

Ph: 207-947-4714

Massage therapy, neuromuscular therapy, craniosacral therapy, myofascial release. I work with injury and trauma. Workers Comp and auto insurance accepted.

Cyndy Ingalls, LMT, NCTMB

195 State St

Bangor, ME 04401

ph: 207-947-4714

Sports Massage, Deep Tissue Trigger Point Therapy, Pain Relief and Stress Reduction. I also work at the University of Maine at Orono Cutler Health Center for students, staff, and faculty!

Gabrielle Wellman

PO Box 148

Blue Hill, ME 04614

ph: 207-374-2140

email: gabrielle@prexar.com

Somatic education/Relaxation Massage. Certified Shiatsu and Feldenkrais practitioner.

Healing Stone

H. Francine Frank, LMT, LCSW

6A Paddy Lane

Franklin, ME 04634

ph: 207-565-2309

email: stargaze@acadia.net

Therapeutic Bodywork and Emotional Counseling.

Heart & Soul Healing Space

Reni Proulx, CMT

39 Cottage St

Bar Harbor, ME 04609

ph: 207-288-2800 (summer season only)

email: renip@rocketmail.com

John Connoles, LMT

Bangor & Wells

ph: 207-478-2229

email: massagesport@hotmail.com

I do an eclectic blend of bodywork. Based in swedish massage I incorporate ROM, stretching, sports, deep tissue, acupressure, orthopedic, medical massage, energy work and Reiki. Seated massage for office and occasions. Gift certificates available.

Knead-ah Massage

316 Hammond St, #2

Bangor, ME 04401

ph: 207-942-9319

email: knead2@quixnet.net

proprietor: Daniel Williams

Licensed therapeutic Massage Therapist. I work out of my home or can travel as well.

Rae Urban, NCTMB, LMT

Ellsworth Area

"Have Table, Will Travel"

Phone: 207-266-5728

Email: raeurban@hotmail.com

Description: Swedish Massage, Reiki, Chair Massage, Canine Massage

MERCHANDISE:

CONNIE'S CLAY CREATIONS

6 Kimball St, #103

Waterville, ME 04901

Ph: 207-873-5996
 Email: CCLayCreations@adelphia.net
 Web: <http://conniesclaycreations.bravepages.com/>
 Connie Pelkey, Artist-Owner
 Whimsical jewelry, personal items, pride items, sculpture, and household items uniquely handcrafted from polymer clay.

LIL' TREASURE SHOPPE
 1-888-868-4528
 email: liltshop@earthlink.net
 web: www.liltreasureshoppe.com
 proprietor: David Heath
 Pride, jewelry, books, videos, magazines, personal items. Stock items and specialty orders, all with the convenience of the web.

PET SERVICES:

JaneA Kelly
 Animal Communicator
 Animal Reiki Practitioner
 PO Box 428
 Belfast, ME 04915
 ph: 338-0425
 email: changeling@zwi.net
 web: <http://home.zwi.net/~changeling/>
 Does your companion animal have issues? Do you feel that he/she has something to tell you, but you can't figure out what it is? I can help. I specialize in cats, but I have worked with a variety of domestic animals including dogs, birds, and even oxen. Reasonable prices. Barter possible.

REAL ESTATE:

Lynn Salisbury, realtor
 c/o Jones Real Estate
 232 Main St
 Ellsworth, ME 04605
 ph: 537-3366
 cell ph: 266-6004
 email: [lucky62365@aol.com](mailto: lucky62365@aol.com)

RESTAURANTS:

Blue Sage Bistro
 Rt. 102
 Town Hill, ME 04609
 (near the head of Mt. Desert Island)
 ph: 288-5222
 email: blh@prexar.com
 proprietor: Bobbie Lynn Hutchins
 Fine dining. Serving dinner daily May through October.

Cafe Bluefish
 122 Cottage St
 Bar Harbor, ME 04609
 ph: 288-3696
 email: blh@prexar.com
 proprietor: Bobbie Lynn Hutchins
 Fine dining since 1990. Seafood emphasis. Open nearly year-round. Serving dinner daily May through October. Call for winter hours.

Clewley Farm Restaurant
 999 Main Rd
 Eddington, ME 04428
 ph: 207-843-5584
 email: info@ClewleyFarm.com
 web: www.ClewleyFarm.com
 proprietor: Lawrence Clewley
 Family style restaurant open 7 days a week from 6:00 a.m. until closing.

The Cup And Easel
 104 East Main St

Dover-Foxcroft, ME 04426

ph: 207-564-7101

email: thecupandease@adelphia.net

web: www.thecupandease.com

proprietor: Dan Philbrick

An eclectic mix of local and regional art...full service coffee and non-alcoholic beverage bar including espresso, cappuccino, lattes and chai made fresh to order...breakfast and lunch served all day...watch the big screen TV on our comfy couches. Thursday night art classes. Open mic the first Wednesday of every month. And the Third Wednesday Community Forum (discussion group). A great place to meet and gather.

SPIRITUALITY, CREATIVITY, PERSONAL GROWTH

Eileen Mielenhausen

Healing and Expressive Arts Retreats (H.E.A.R.)

PO Box 542

Augusta, ME 04332-0542

ph (cell): 207-441-2785

email: eileenlunasea@hotmail.com

I co-create & coordinate retreats in Maine to give people a place and time and opportunity to do their spiritual and emotional growth work. Retreats I'm planning for the spring include a firewalking workshop and a yoga/chanting/meditation weekend. Info about these and other future retreats is available on request.