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Family Affairs Newsletter Business Directory 2007-03-15

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 JUNE 2007.

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@gwi.net or at 862-2063.

ARTISTS:

Gillyin Gatto
Gillyin Gatto Woodcuts
Kennebec Workshop
9 Bobcat Path
Machias, ME 04654
ph: 207-255-4515

email: gillying@maineline.net

web: www.rst-art.com/gattowoodcuts.htm

Original hand-carved and hand-printed woodcuts of women, wildlife, and people working in Maine, by homesteader/writer/lesbian artist.

Tom Hudgins Art and Design
29 Ross Road
Bradford, ME 04410
ph: 207-327-1553

email: dozieralex@hughes.net

web: <http://www.thomashudgins.com>

specializing in commissioned art painting, design schemes and private art lessons.

Stephanie Reiser, Luthier
PO Box 71

St. Albans, ME 04971

ph: 207-938-4384

email: sreiser@tds.net

Builder of fine, hand-crafted mandolins.

Chris Rutecki, Musician / Singer-songwriter
PO BOX 401

Sullivan, ME 04664

ph: 207-422-3325

email: chrusrutecki@hotmail.com

Explore the messages of love and lost love thru the words and music. Perfect for any occasion.

BODY/ENERGY WORK:

FOR YOUR HEALTH

Healing Arts Center
Main St.

Blue Hill, ME 04614

ph: 207-460-0366

email: fundrep@ghi.net

proprietor: Jean Rohrer

CranioSacral Therapy and Reiki Therapy. Helping you heal yourself. Appointments available in Blue Hill and Somesville.

Todd Ingram

Mysticbear Holistic Health

78 Summer Street

Hamden, ME 04444

ph: 207-561-0691

email: todd@mysticbear.net

web: www.mysticbear.net

MYSTICBEAR HOLISTIC HEALTH places a priority on the balance of body, mind and spirit. To this end, I offer Reiki, Sound Therapy and Massage services to aid you in finding a sense of peace, well being and balance. Services are provided in Bangor, Hampden and other locations as needed

BUILDING CONTRACTORS:

Heath Enterprises

PO Box 801

Bangor, ME 04402

ph: 207-745-4678

email: heathenterprises@midmaine.com

proprietor: David Heath

Your one-stop contracting source for Property Maintenance, Management, Demolition, Building, and Remodeling. Foundations to Finish!

COMPUTER CONSULTING:

Astarte Associates

3 Poplar St

Bangor, ME 04401

ph: 207-945-3811

email: vblanchette@adelphia.net

web: www.astarteassociates.com

proprietor: Vicky Blanchette

Lesbian owned and operated web design, re-design, and management service.

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.

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.

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.

Christopher S. McLaughlin, LCSW
Licensed Clinical Social Worker
96 Harlow Street, Suite 223
Bangor, Me 04401
ph: 478-0884
ChrisMSW01@aol.com
Psychotherapy for adults, children/adolescents, couples and families. Focus working with GLBTQ issues. MaineCare accepted.

ELECTRICAL CONTRACTORS:

Jean Vermette
PO Box 1894
Bangor, ME 04402-1894
ph: 862-2063
email: megress@gwi.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.

Sweet Indulgences
71 Valley View Lane, Apt C
Bangor, ME 04401
ph: 207-941-9471
email: markdnutt@yahoo.com
proprietor: Mark Nutt
Specializing in providing stunning, delicious cakes and/or luscious floral arrangements to celebrate your very special occasions. Allow me to assist you in creating/planning memorable events from intimate, romantic dinners for two to full-scale elegant wedding/committment ceremonies and other gala events.

FOOD SERVICES:

Sweet Indulgences
71 Valley View Lane, Apt C
Bangor, ME 04401
ph: 207-941-9471
email: markdnutt@yahoo.com

proprietor: Mark Nutt
Specializing in providing stunning, delicious cakes and/or luscious floral arrangements to celebrate your very special occasions. Allow me to assist you in creating/planning memorable events from intimate, romantic dinners for two to full-scale elegant wedding/committment ceremonies and other gala events.

X-Treme Cheesecakes
Tracy Goodridge
120 Airline Rd
Clifton, ME 04428
ph: 207-843-5617
email: tgoodridge@earthlink.net
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.

HOME SERVICES:

Amy Damboise
Pet & House Sitter
PO Box 253
Howland, ME 04448
ph: 207-356-0289 = cell
207-732-4438 = home
email: adamboise34@hotmail.com

I want to provide you with someone to watch your animals and home while you are out of town, leaving you with no worries. Normally, I only watch cats and dogs....but I'm very open to caring for birds, gerbils, hamsters and more. I can also take care of plants, mail, trash, and other daily activities in your home. Prices vary depending on animals and length of time. Give me a call and we can discuss what is going to be best for you and your animals.

The Cleaning Lady
1542 US HWY 1
Hancock, ME 04640
ph: 207-422-3268
ph: 207-735-7423
email: jwussta@msn.com
proprietor: Jennifer Worster
Let ME do your "dirty" work

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:

Jessi's Guitar Lessons
 Milford, ME 04468
 ph: 207-827-1460
 email: jessimallory@aol.com
 proprietor: Jessi Mallory

For those about to rock, I can teach you! I have 17 years experience in guitar ranging from rock to country, oldies ... You name it, I've probably played it. As a live show, and studio musician, I can give you the help you need to develop *your* own style! One on one guitar lessons for beginners! Six string or Twelve string, acoustic or electric, I can help you develop your style in easy to learn guitar lessons. Cheapest rates around! How about a one hour lesson for \$20.00?? You decide when and where, and how many times a week. Laid back lessons, no pressure, and fun! (You won't have to learn how to read music either!) And I can teach children as well. So what are you waiting for?? If you've always wanted to learn how to play guitar, this is a great opportunity!! If you don't have a guitar, I can supply one for you for lessons!

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.

Energetic Awakenings - Therapeutic Bodywork
 PO Box 160
 744 Main Rd North
 Hampden, ME 04444
 ph: 207-461-5348
 email: slc75@adelphia.net
 proprietors: Suzanne & Sandi Carver

Specializing in deep tissue and relaxation massage with integrative energy work.

Energy Rising

163 Main St (between the Grand and the Riverside Cafe)

Ellsworth, ME 04605

ph: 207-667-8200

proprietors: Barbara Hadowanetz and Rachel Urban

Books, gifts, music and massage therapy "For your spiritual wealth". We carry items with Celtic, wiccan/pagan, Native American, Asian, GLBT themes etc. It's a store with a positive focus, a place where everyone can come and be comfortable. There is space where we plan to have classes, talks, get-togethers etc. If you want to give a class or suggest a topic, give us a call and let us know! Hours: Mon-Sat 10 am to 8 pm and on Sun from 12 pm to 5 pm.

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.

Have-ah Massage

316 Hammond St, #2

Bangor, ME 04401

ph: 207-942-9319

email: knead24u@yahoo.com

proprietor: Daniel Williams

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

John Connoles, LMT

Bangor & Winterport

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.

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

Todd Ingram

Mysticbear Holistic Health

78 Summer Street

Hamdpen, ME 04444

ph: 207-561-0691

email: todd@mysticbear.net

web: www.mysticbear.net

MYSTICBEAR HOLISTIC HEALTH places a priority on the balance of body, mind and spirit. To this end, I offer Reiki, Sound Therapy and Massage services to aid you in finding a sense of peace, well being and balance. Services are provided in Bangor, Hampden and other locations as needed

MERCHANDISE:

A TOUCH OF MAINE - UNIQUE GIFTS AND MORE

ph: 207-422-3268

ph: 207-735-7423

email: ATouchofMaine@msn.com

proprietor: Jennifer Worster

Furniture, Décor, Birdhouses and Feeders, Maine Theme Items, Garden Accessories and Décor, Fundraising Items, etc. Call for a Catalog.

CONNIE'S CLAY CREATIONS

22 Drew St.
Augusta, ME 04330
Ph: 207-623-3583

Email: Connies.Clay.Creations@gmail.com
Web: <http://www.ConniesClayCreations.com>

Connie Pelkey, Artist-Owner

Teaching classes in Polymer Clay use. Selling whimsical jewelry, sculpture, and household items uniquely handcrafted from poly clay.

NOTARY SERVICES:

Robert Hickey

PO Box 2

Bradford, ME 04410

ph: 207-327-1009

email: nativeglbti@wmconnect.com

Notary Public serving the GLBTI community for over 17 yrs.

PAINTING CONTRACTORS

Jessi Mallory

c/o Lee's Painting

19 Birch St

Milford, ME 04468

ph: (Lee) 207-827-1460

email: Jessimallory@aol.com

Interior/Exterior Painting. Family owned and operated. Just because winter is right around the corner, doesn't mean that you can't get those *interior* painting projects underway! Lee's Painting is committed to giving you quality work at the lowest price! Look around, get other bids, and give us a call! We will underbid any bid you receive, that's just our policy! When you want the job done for less, and done right, **Lee's Painting** is there for you. Projects are adding up, so give us a call to get your project done!

PET SERVICES:

Amy Damboise

Pet & House Sitter

PO Box 253

Howland, ME 04448

ph: 207-356-0289 = cell

207-732-4438 = home

email: adamboise34@hotmail.com

I want to provide you with someone to watch your animals and home while you are out of town, leaving you with no worries. Normally, I only watch cats and dogs....but I'm very open to caring for birds, gerbils, hamsters and more. I can also take care of plants, mail, trash, and other daily activities in your home. Prices vary depending on animals and length of time. Give me a call and we can discuss what is going to be best for you and your animals.

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.

Barbara Mauthe

Spotted Acres Gourmet Treats
3811 West River Road
Sidney, ME 04330
207-547-3310

email: bsmconrad@pivot.net

"Spotted Acres Gourmet Treats" for dogs is a women owned and operated business. We prepare and package delectable treats for dogs, all made of natural ingredients and no added preservatives. Offered in various shapes, textures, and flavors to match the personality of your special pet.

REAL ESTATE:

Angel Carey, realtor
c/o Town & Country Realtors
1162 Union Street
Bangor, ME 04401
ph: 207-942-6711
email: reangel@tcreal.com
fax: 207-941-9870

web: www.town-countryrealtors.com

Representing both buyers and sellers of residential, multi-family, and waterfront properties.

Philip Cronin, realtor
c/o Mallet Agency
11 North St
Dover-Foxcroft, ME 04426
ph: 207-564-8818
email: philipjcronin@yahoo.com
web: www.philipjcronin.com
Licensed Maine real estate broker

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)

Bev Uhlenhake, realtor
c/o Epstein Commercial Real Estate
PO Box 2444
Bangor, ME 04402
ph: 207-945-6222
fax: 207-945-5824
email: bev@epsteincommercial.com
web: www.epsteincommercial.com
Leasing and sales of commercial and investment property.

Dwight Wass, realtor
PO Box 5
Lincolnville Beach, ME 04849
ph: 207-763-4849
email: campmee@yahoo.com
web: www.lincolnvillerealestate.net

Dwight Wass GRI Realtor/Broker is the designated broker of Lincolnville Real Estate and offers over twenty years of experience representing buyers and sellers.

RESTAURANTS:

Cafe Bluefish
 122 Cottage St
 Bar Harbor, ME 04609
 ph: 288-3696
 email: blh@prexar.com
 web: www.cafebluefishbarharbor.com

proprietor: Bobbie Lynn Hutchins

Fine dining since 1990. Recommended in 10 national publications, the famous Lobster Strudel was featured on the Food Network. Seafood emphasis, with poultry and vegetarian selections. Serving dinner daily May through October. Call for winter hours.

Clewley Farm Restaurant
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 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.

SIGNS:

Infinite Signs
 40 School St
 Augusta, ME 04330
 ph: 207-595-0750
 email: infinitesign@yahoo.com
 web: www.infinitesigns.com

proprietor: Adonna Manzo

description: Infinite signs is a full service sign shop located in Augusta, Maine, serving all of Maine and New England. Our specialties are carved & gold leafed signs, dimensional signs and carvings, vehicle lettering and wrapping, metal & mdo signs, airbrushing and hand lettering. Free design consultations.

SPIRITUALITY, CREATIVITY, PERSONAL GROWTH

Eileen Mielenhausen
 Healing and Expressive Arts Retreats (H.E.A.R.)
 39 Central St.
 Gardiner, ME 04345
 ph (cell): 207-441-2785
 email: hearme@natisp.com

I co-create & coordinate gathterings and retreats in Maine to give people a place, time, and opportunity to do their spiritual and emotional growth work. We also like to play, have fun, and be creative (vocal improv, writing, drumming, chanting, art-making). Retreats I'm planning for the spring include a firewalking workshop and our annual May Gathering weekend (in Belgrade Lakes region). Please contact me if you would like to receive detailed info about these and other events.