

Health & Well-Being

Auntie Charlo's Hawaiian Massage

4 Dunlap Road, Stonington • 348-6684
Charlo Davis

Services include Deep Muscle Therapy, Maine Warm Stone massage, Hawaiian LomiLomi Massage, Pohaku Welawela (hot stone) Massage, Russian Medical Massage, Massage Spa Facial, combinations of above, and Watsu™ when therapy pool is available.

\$5.00 discount for any massage therapy services.

Feldenkrais® & Shiatsu: Relaxation & Body Education

P.O. Box 148, Blue Hill • 374-2140
Gabrielle Wellman

Lessons in the **Feldenkrais Method®** allow people of any age or ability to increase range of motion, balance and flexibility. By using gentle movements, in the sitting and lying positions, you learn to release unnecessary tension. **Shiatsu** is a form of Asian Bodywork that balances the body's electro-magnetic currents by gentle pressure applied with hands or fingers. Group or private classes offered. Flexible rates based on income. House calls available.

10% discount to new students for their first individual Feldenkrais Lesson®

Healing Resources of Maine LLC- Classical Homeopathy

804 Pleasant Street, Blue Hill • 374-8990
Edee Howland

Homeopathy, a gentle, natural form of health care, strengthens the immune system and promotes emotional well being. Consultations address first aid for injuries, short term acute illnesses, chronic illness, and preventative constitutional care. Homeopathy can help you to be more balanced and resilient if you are already healthy, and it can help you regain health. It is effective for treating animals, as well, which is a particular focus in this practice.

\$10 discount on the first visit.

Honey Bee Skin Healing Cream • 28 Maple Lane, Blue Hill • 374-2171

Christina McHenry

Honey Bee is a multi-use cream that heals skin problems from dryness to wrinkles, rashes, burns, cuts and sun damage. The Cherokee Indian recipe contains honey, royal bee jelly, aloe, vitamin E, and herbs in a non-greasy formula safe for all skin types. Honey Bee is a face moisturizer and a complete body cream! Large 8oz. jar in honey or strawberry. Try before you buy!

First jar for \$25.00.

Ayurveda, Yoga, and Breathwork • P.O. Box 1150, Blue Hill • 326-7957

sunsal@panax.com
Sally Clinton

Offering Ayurvedic Health Consultations & group classes, workshops and private sessions in Yoga, Yoga Therapy, and Breathwork. Specialty classes also offered. Sally Clinton is a Certified Yoga Teacher, Ayurvedic Consultant, and Breathwork Facilitator who offers classes throughout the Blue Hill Peninsula. Call for schedule and more information. Reduced rates are available for students or those with low income.

15% discount on a Yoga class session or private session.

Healing Body Work for Women • East Blue Hill • 374-3877

Christina van Duijn, M.A., LMT

Therapeutic massage, traditional shiatsu, pregnancy massage, Mayan abdominal massage. Experience a holistic approach to healthy living. Gift certificates and childcare are available.

\$10 discount on first visit.

Professional Services

Life/House/Home • 46 Hillside Road, Brooklin • 359-2005

lifehousehome@downeast.net
Terry Mason

For 25 years I have been a carpenter, designer, and builder. This has been my vocation and my avocation. I have helped people design their furniture, houses, and remodels, and have done the actual work as well. Having experience with both the design and building process gives me a holistic outlook. This minimizes design time and gives me a unique understanding of how to communicate easily with a builder.

One hour free consultation.

Recreation

Old Quarry Ocean Adventures, Inc.

130 Settlement Road, Stonington • 367-8977
www.oldquarry.com

Captain Bill

Old Quarry Ocean Adventures, Inc. is a nature-based ocean front recreation center and campground offering kayaks, canoes, rowboats, and sailboat rentals, as well as guided tours (half day, full day, and overnight). We also offer lobster and charter boat rides daily, as well as ferry service to Isle au Haut. Lobster bakes, functions and weddings are also offered at our beautiful facility.

10% discount.

Retail Shops

Asian World Imports • 102 Pleasant Street, Blue Hill • 374-2284

www.asianworldimports.com
jeff@asianworldimports.com

Jeff Kaley

The Asian World Imports storefront in Blue Hill will be open til the end of October 2007, then products will be offered online only. Asian World Imports offers extensive collections of fair-trade, hand-made natural fiber textiles and papers, clothing, ritual objects, art, dharmaware, artifacts, household objects, jewelry & beads, baskets, accessories, hand-carved buttons, superb organic tea, and an "Asian museum." Buying directly from producers in Nepal, Thailand, Vietnam, India, Cambodia. Sponsoring scholarships, stipends, training programs, skill training, aid for health care, developing rural infrastructure.

5% off all items not otherwise on sale.

North Light Books • 58 Main Street, Blue Hill • 374-5422

Bonnie Myers

North Light Books has been in the heart of Blue Hill for over a decade, and under current ownership for 7 years. As a friendly full-service bookstore, they are especially known for their extensive children's selection and Arts / Crafts books, and feature Art Supplies, Used Books, and great cards and art prints.

20% off any hardcover book in stock or 25% off any book in the Health, Gardening or Cooking sections. (Limit one per cardholder per visit.)

Our Mission Statement: Through a thriving cooperative enterprise we encourage a vibrant healthy community and a sustainable local economy.

Ownership: For more information on becoming an owner of this community-owned business, contact Ruth at 374-2165 or membershipbhcoop@verizon.net or stop in the store for an application.

Blue Hill Co•op Community Market & Café

The Co•op Connection

The Co•op Connection is a benefit offered to member-owners of the Blue Hill Co•op Community Market & Café. Participating local businesses offer discounts to current Co•op member-owners who show their cards at the time of purchase. This program fosters local re-investment by encouraging our member-owners to support other local businesses.

Look inside for great discounts on:

**Accommodations
Counseling & Therapy
Education & Instruction
Environment & Conservation
Fine Arts & Crafts
Food & Beverage
Health & Well Being
Professional Services
Recreation
Retail Shops**

These discounts are good August 30, 2007 through August 30, 2008.

If you are a local business interested in participating in next year's Co•op Connection, please contact Ruth at the Co•op at 374-2165.

**P.O. Box 1133 • 4 Ellsworth Road
Blue Hill, Maine 04614
207•374•2165**

Accommodations

DragonFlye Inn • 19 Naskeag Point Road, Brooklin • 359-8080

www.dragonflyeinnc.com

Joe and Natasha Moore

DragonFlye Inn offers 5 guest rooms decorated with local art and crafts, utilizing and reflecting local materials, skill and energy. With room to host private parties, meetings, classes or other events, our two parlors, gracious decks, carriage house and garden can be turned into your private retreat, teaching studio or gallery. To the greatest practical extent, every product encountered at DragonFlye Inn will be organically grown, sustainably manufactured or some combination of both.

Reservations made by Co-op members will receive a 15% discount off published rates.

Captain Merrill Inn • 5 Union Street, Blue Hill • 374-2555

www.captainmerrillinn.com

“Florence” Jane Hemmerly-Brown

Captain Isaac Merrill’s B & B Inn, operated by Isaac’s great grand-daughter, offers beautiful and comfortable accommodations with four poster beds, all complimented by private baths, in Blue Hill’s heart. Come here and breathe in the early pioneering spirit, sprinkled with tenacity, hope and optimism. Discover the mayflower connection and Isaac’s story.

All coop members and their guests receive 15% off room reservations (year round).

Counseling & Therapy

Center for Personal & Professional Well-Being

60A Wardwell Point Road, Penobscot • 326-4574

Barbara Joy Hare, MS, LCPC

Holistic Psychotherapist and “Creativity Midwife” with 35 years experience guiding individuals, couples and groups in therapeutic, educational, artistic, and outdoor settings. My expertise includes: dream work, integrating body, mind and spirit, and using creativity and ritual to address past wounds and / or life transitions. My perspective is influenced by traditional acupuncture, homeopathy, Native American Spirituality, twelve step programs, and Jungian principles. OPEN CREATIVITY STUDIOS are held monthly. I am a Maine licensed counselor and covered by most insurance.

20% discount to Co-op members for first visit.

Hypno-Health • 1280 Morgan Bay Road, East Blue Hill • 374-2344

www.hypno-health.com

Hugh Sadlier, M.Ed., C.H.

Hugh Sadlier has conducted a private hypnotherapy practice in East Blue Hill since July 1, 1991. He employs a person-oriented approach, which enables clients to take an active role in their healing. In addition to helping people access subconscious information and benefit from it therapeutically, he teaches them how to do self-hypnosis. This enables them to enter a deeply relaxed state whenever they want, in order to reinforce and maintain their changes.

New clients receive 15 additional free minutes beyond the \$80 / hour session.

Joy’s Studio • 141 Wardwell Point Road, Penobscot • 326-4574

Barbara Joy Hare

Located on a quiet country road overlooking the Bagaduce, Joy’s Studio is open by appointment for Open Studios. Open Studios are an opportunity for anyone to reconnect with his/her creativity - with color, words, textures, image-making, drawing from dreams – using various media with which to experiment. Joy’s Studio is also open by appointment to purchase Barbara Joy’s paintings, prints and cards.

10% discount on first purchase or Open Studio.

Education & Instruction

Blue Hill Peninsula Karate • Locations in Blue Hill & Trenton • 266-4902

bluehillkarate@downeast.net • www.omskkf.com

Denise Black

Exercise your mind, body and spirit with traditional Okinawan Karate. Training offered for all ages - tots, youth, teens, adults, and families. Also offered in our traditional teachings are an exposure to self-worth and self-discipline, a good attitude, respect towards others, peaceful conflict resolution, and reinforcement of family values. For more information please call Denise Black at 266-4902 or 374-5973.

50% discount on 2nd month of training.

Fine Arts & Crafts

Five Elements Gallery & Studio • 83 Main Street, Bucksport • 469-2642

www.fiveelementsgallery.com

Alison Thibault

Featuring Wind Horse jewelry and works by other local artisans. Open year round.

10% discount.

Bella Colore • 27 Water Street, Blue Hill • 374-5343

Ginger Manna

Beautiful, lovely color! Bella Colore is an eclectic gift/craft gallery for those who crave color, beauty and style. We feature wonderful handmade gifts and accessories, hundreds of beads (semi-precious, glass and vintage) and certain craft and jewelry supplies. Take one of our year- round beading classes or choose some beads and we'll help you make something today. Come by & feast your eyes!

20% off your first beading class.

Blue Moon Images Gallery • 1208 Surry Road, Surry • 667-8494

www.bluemoonimagesgallery.com

Sandy Smallidge & Greg Emerson

“Great Framing with Custom Service.” Open year round. All your framing needs – photo frames, mats, foam core, laminating, dry mounting, glass, custom mirrors, shadow boxes, needlework framing, Maine creative arts and gifts. Local photography – cards and prints – framed and unframed. James Crosen’s maps, BHHT prints and maps, Island Heritage maps. Custom photo restoration. Posters and antique prints.

10% off custom framing orders.

Gallery 66 • 110 Beech Hill Road, Blue Hill • 374-8853

www.gallery66.net

Barbara Martin

Located in a lovely residential area of Blue Hill, Gallery 66 offers fine art framed & matted works, note cards and old prints. We help the viewer to experience a whole new feeling for art. Open mid-June through November, Friday & Saturday 10:30am – 4:30pm, Sunday noon – 4:30pm, and by chance or appointment.

All Co-op members will receive a 20% discount on selected framed and matted images.

Naskeag Gallery • 5 Bay Road, Brooklin • 359-4619

Sarah Pavia

Brooklin’s first and oldest active gallery. For 26 years we have been promoting emerging local artists and artisans of all mediums. We also carry locally found antiques such as Maine tribal sweetgrass baskets. Basket making classes available.

20% discount with any purchase over \$10.

Food & Beverage

The Wescott Forge Restaurant • 66 Main Street, Blue Hill • 374-9909

www.thewescottforge.com

Anneliese Riggall (Owner)

The Wescott Forge serves lovingly prepared contemporary cuisine with an emphasis on locally farmed meats and vegetables. This renovated old forge offers lunch and dinner in an approachable, easy ambience. Open year-round. Call for hours and reservations.

10% discount.

The Brooklin Inn • 22 Reach Road, Brooklin • 359-2777

www.Brooklininn.com

Chip and Gail Angell

Fine Dining Restaurant, Raw Bar, Irish Pub, and Bed & Breakfast. Always organic and/or local ingredients. Real food classically prepared. Why would you eat anywhere else? Open all year.

Coop members and their guests receive 5% off dinner entrees.

The Pantry Restaurant • Water Street, Blue Hill • 374-2229

Debbie Dyer

The Pantry is open year-round for breakfast and lunch. Since 1988, the Pantry has offered unique sandwich creations, homemade soups & chowder, fresh crab meat & lobster rolls and breakfast served until 11:00am. The Pantry, Blue Hill’s oldest continuously serving restaurant.

10% discount on all purchases!

Sow’s Ear Winery • 303 Coastal Road, Brooksville • 326-4649

Tom Hoey

The Sow’s Ear Winery produces organic fruit wines with no added sulfites. Available are: traditional English-style hard ciders, still and sparkling; a light-style rhubarb, also still and sparkling; a dry, full-bodied blueberry; and wild berry, a semi-sweet blend of five fruits. Open May through October, or by appointment during the off-season.

Sample these wines at the Tasting Room in Brooksville and receive a 15% discount on any purchase.

El El Frijoles Mexican Food • 41 Caterpillar Hill Road (Rt. 15)

Sargentville • 359-2486

elelfrijoles.com

Michael Rossney and Michele Levesque, Owners.

El El Frijoles is a California-Style Taqueria, offering a variety of tasty and innovative dishes to eat in or take out. Our menu lists a variety of burritos and soft tacos, empanadas and quesedillas and fresh agua frescas. We have a salsa bar with a bunch of unusual and delicious salsas, all made fresh every day. A selection of terrific deserts is also available. After your meal, stop in for a visit to our gallery, Coast to Coast Fine Arts, and check out some interesting art from here and away. Open Weds. through Sun. from 11:00 to 8:00.

We are pleased to offer Co-op members a 10% discount on any food order over \$25.00. Be sure to ask for your discount and present your Co-op card when placing your order to receive the discount!

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