

Honey Bee Skin Healing Cream
28 Maple Lane, Blue Hill • 374-2171
christinamchenry@verizon.net
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 for Co-op owners.

Mother Bloom Midwifery and Botanicals
PO Box 1345, Blue Hill • 326-4373
mother.bloom@yahoo.com
Anna Fernandez

I offer complete, compassionate Homebirth Service to women and their families in downeast and midcoast Maine. I also offer Herbal Consultations for men, women and children. I am dedicated to assisting my clients to restore, develop and maintain optimal health and well-being. My desire is to inspire people to take control of their health through diet, lifestyle changes, and herbal education. I have a line of herbal products which can be viewed at www.motherbloom.com. Keep an eye out for herb classes and medicine making workshops!
\$10 off first herbal consultation for Co-op owners.

Professional Services

Life/House/Home
46 Hillside Road, Brooklin • 359-2005
lifehousehome@verizon.net
www.lifehousehome.com
Terry Mason

For 26 years I have been a carpenter, designer, and builder. This has been my vocation and my avocation. I have helped people design and build their furniture, houses, and remodels. 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.
Co-op owners receive 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 to Co-op owners.

Retail Shops

Bird Watchers Store & Café
37 Water St., Blue Hill (across from the town landing) • 374-3740
Jim & Carol

This is more than just a store & café for the bird enthusiast! We offer quality supplies and gifts combined with delicious soups, salads, sandwiches, sweets, and fresh home-baked goodies.
Bring in your Co-op owner card and get 10% off our in-stock Bear Proof Bird Feeders!

Dan's Flower Farm and Art @ the Flower Farm
Rt. 172 (N. Sedgwick Rd.), Sedgwick (just south of Old County Road) • 359-2047
Dan Nygaard and Leslie Anderson

Locally grown cut flowers and fresh art! **20% off** Dan's cut flowers by the bucket or bouquet--great for weddings, parties, events, or just a glorious bouquet. **20% off** Leslie's color-drenched original paintings (watercolor, acrylics, oils) when purchased at our farm and gallery.*
Flower Farm hours: Tuesday-Saturday afternoons June-September
Gallery hours: Thursday-Saturday afternoons June-September
*Offer does not apply to Farmers Market sales

North Light Books
58 Main Street, Blue Hill • 374-5422
north_light_books@hotmail.com
Bonnie Myers

North Light Books has been in the heart of Blue Hill for over a decade, and under current ownership for 9 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. Visit us for Used Book Saturdays!
10% discount on items in stock for active Co-op owners with card.

Simplicity Farm & Mercantile
186 Ellsworth Rd., Blue Hill • 374-5151
info@simplicityfarm.com
www.simplicityfarm.com
Wendy Eaton

Simplicity Farm & Mercantile features alpaca products and "simple living" goods that promote a back-to-basics lifestyle for the health of both people and the planet. These items include all-natural goods for the home and body (soy candles, cleaners, soaps, lotions), local hand crafts (pottery, cutting boards, hand knits, local art), products made from re-purposed materials (rugs made from recycled plastic, totes from feed bags, cards from wallpaper and maps, aprons from secondhand clothing), and specialty foods (gluten-free mixes and pastas, blueberry products, organic fair trade coffees). The owners are proud to offer their customers products that enrich their lives and the lives of others.
Co-op members receive 15% off any one item (limit one per cardholder, per visit).

Therapy

Hypno-Health
1280 Morgan Bay Road, E Blue Hill • 374-2344
sadlier@hypno-health.net
www.hypno-health.net
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 \$100/hour session.

Joy's Studio
167 Wardwell Point Road, Penobscot • 326-4574
joyhare@midmaine.com
Barbara Joy Hare

Located on a quiet country road overlooking the Bagaduce, JOYSTUDIO and Gallery is open by appointment. "Open Studios" are offered on a regular basis to individuals and/or groups that wish to explore their creativity through color, words, textures, image-making, sculpting, drawing from dreams and nature. Various media are provided for experimentation. Barbara Joy's paintings, prints and note cards of originals may be purchased at the gallery.
10% discount to Co-op members on first purchase or Open Studio.



The Co-op Connection

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

Look inside for great discounts on:

Accommodations
Education & Instruction
Fine Arts & Crafts
Food & Beverage
Health & Well-Being
Professional Services
Recreation
Retail Shops
Therapy

These discounts are good September 1, 2008 through August 31, 2009.

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

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

Accommodations

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 Co-op members and their guests receive 15% off room reservations (year round).

DragonFlye Inn

19 Naskeag Point Road, Brooklin • 359-8080

www.dragonflyeinn.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 owners will receive a 15% discount off published rates.

Education & Instruction

Blue Hill Peninsula Karate

Locations in Blue Hill, Penobscot & Ellsworth • 266-4902

mainefamilykarate@wildblue.net

www.mainefamilykarate.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 to Co-op owners.

Fine Arts & Crafts

Blue Moon Images Gallery

1208 Surry Road, Surry • 667-8494

bluemoonimagesllc@yahoo.com

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. Jane Crosen's maps, BHHT prints and maps, Island Heritage maps. Custom photo restoration. Posters and antique prints.

10% off custom framing orders for Co-op owners.

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 10:30 am-4:30 pm, Sunday noon-4:30 pm, and by chance or appointment.

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

Food & Beverage

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.

Co-op members and their guests receive 5% off dinner entrees.

El El Frijoles Mexican Food

41 Caterpillar Hill Road (Rt. 15), Sargentville • 359-2486

www.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 desserts 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. Also open for breakfast Sat. & Sun. 8-11 a.m. Call for Fall/Winter hours.

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!

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.

Co-op owners may sample these wines at the Tasting Room in Brooksville and receive a 15% discount on any purchase.

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, dinner and Sunday brunch in an approachable, easy ambience. Open year-round. Call for hours and reservations.

Co-op owners and their guests receive a 10% discount.

Blue Hill Co-op Mission Statement: Through a thriving cooperative enterprise we encourage a vibrant healthy community and a sustainable local economy.

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

Health & Well-Being

Ayurveda, Yoga, and Breathwork with Sally Clinton

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 for Co-op owners.

Blue Hill Center for Yoga

Corner of Water & Main Streets, Downtown Blue Hill (above New Cargoes) • 374-2004

David R. Walker

Specializing in alignment-based Hatha Yoga; honoring Spirit and Breath; blending Kripalu, Iyengar, Anusara, and Astanga systems. Individualized teaching to meet your needs and goals. Certified Yoga Teacher and Yoga Therapist teaching yoga on the Maine Coast since 1988.

Co-op owners can receive 10% off a Phoenix-Rising or Structural Yoga Therapy session or 10% off for new yoga students enrolling in an eight-class session.

Gabrielle Wellman: Feldenkrais® & Shiatsu: Relaxation & Body Education

P.O. Box 148, Blue Hill • 374-2140

gabriellewellman@gmail.com

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® or Shiatsu session.

Greater Health Through Touch

43 Curtis Cove Rd., East Blue Hill • 374-5768

www.anewpossibility.com

Benjamin Fox, LMT

Bodywork sessions integrating Zero Balancing, Acupressure, Swedish and Deep Tissue Massage with an emphasis on supporting you to feel more comfortable in your body by addressing holding patterns that can exist on physical, emotional, or spiritual levels.

\$15 discount to Co-op owners on first visit.

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.

\$5 off each session for Co-op owners.

Healing Resources of Maine LLC- Classical Homeopathy

804 Pleasant Street, Blue Hill • 374-8990

www.garden-of-edee.com

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.

Co-op owners receive \$10 discount on the first visit.