

Waldo County Community Exchange - June 2008 SERVICES OFFERED

The Waldo County Community Exchange is a free, member-run service that invites and enables exchanges of mutual helpfulness, building community that can provide true security and a high quality of life for all. Typically, all skills are valued equally at a rate of one Hour per hour worked, but the terms of each exchange are whatever both parties agree on. Hours given and received are recorded in an accounting system to promote balanced participation. Everyone who lives or works in the Waldo County area is welcome to join.

See waldoexchange.org, call Carolyn 338-0842 or Paul 338-1071, or write to WCCE c/o Norma Littlefield, 260 Waldo Ave., Belfast, ME 04915

236 = Lincolnville, **322** = Waldo, **338** = Belfast, **342** = Belmont, **567** = Stockton Springs, **589** = Liberty, **948** = Troy

Accommodation & Space

Retreat space available Jeanne Gail 338-1031 silvergirl@localnet.com

Advice

Boat tour guide in Penobscot Bay and fishing guide Jeffrey Mabee 338-4408 jrmabee@acadia.net

Child development coaching, nutrition counseling, parenting Karen Ireland 338-1042

Coaching in understanding class diversity and its ramifications; group facilitating Susan Lauchlan 338-0403 peacework2@hotmail.com

Counseling Shana Hanson 338-8980

Resource person for end of life issues Nan Stone 338-5559 nanstone@prexar.com

Event organizer, campaign organizing, walking companion, nature walk leader Kate Harris 338-9509 kate@earthlovers.org

Health coaching; sailing coaching Jeanne Gail 338-1031 silvergirl@localnet.com

Life coach, Trainer of Nonviolent Communication Michael Shell 338-4390 wellnesscoach@gmail.com

Meditation teacher, designer Bonnie versBoncoeur 338-1786 leandra27@earthlink.net

With my partner, will lead a NVC (Compassionate Communication) practice group of those interested who have read "Nonviolent Communication" book by Marshall B. Rosenberg OR equivalent Carolyn Pressley 338-0842 carolynpressley@gmail.com

Counseling for stress management Lisa Sawyer 567-3929

Facilitating workshops, tutoring: reading, social studies, writing, life coaching, mediating, teaching meditation and public speaking

Judith Simpson 338-0579 jsimpson@midcoast.com

Animal Husbandry

Chicken and goat social work Shana Hanson 338-8980

Animals & Pets

Dog walking, pet sitting, animal caregiving Patty Smith 338-5802 jasper@midcoast.com

Feeding & care while you're away, oral medication, limited grooming Kate Harris 338-9509 kate@earthlovers.org

Dog walking, pet care and pet sitting Hans Hellstrom 338-5524 hhellstrom@prexar.com

Dog walking and pet care Kathy Muzzy 338-9672 albatros@gwi.net

Pet care, pet sitting Dot James 338-9122 jimndot@verzon.net

Pet care Nan Stone 338-5559 nanstone@prexar.com and Lisa Sawyer 567-3929

Pet sitting Jeanne Gail 338-1031 silvergirl@localnet.com and Danya Klie 338-3673 danyaklie@hotmail.com

Pet sitting and house checking for short periods Joyce Fenner 338-2062

Pet sitting Carolyn Caldwell 338-0946

Arts & Crafts

Art teaching and creation Jeanne Gail 338-1031 silvergirl@localnet.com
Teaching fiber arts Rosalie Whitehead 322-3654
Teaching reading of music Danya Klie 338-3673 danyaklie@hotmail.com

Body & Mind

Ballroom dancing partner Bonnie versBoncoeur 338-1786 leandra27@earthlink.net
Emotional Freedom Technique and Bowen Bodywork Technique provider Joy Metcalf 338-0124 rosawoodssii@earthlink.net
Coaching health practices and tutoring biology and medicine Jeanne Gail 338-1031 silvergirl@localnet.com
Creating celebration events for women Patricia Kaplan 342-2187
Introduction to the I Ching Mariah Williams 589-6006 mariahw@midcoast.com
Physical, moral or mental support when you encounter the A.M.A., you can call me and I can drive you in your car and take notes about what the doctor says or whatever you need in order to feel more comfort. Carolyn Pressley 338-0842 carolynpressley@gmail.com
Pedicures Ola Wight 338-0183 nels.wight@gmail.com
Pilates instructor, biking teacher Beth Tracy 338-9089
Space blessing Helen Hughes 338-1719
Yoga coach Judith Simpson 338-0579 jsimpson@midcoast.com
Yoga coaching and teaching Maria Orlova 338-0842
Yoga teaching Michael Shell 338-4390 wellnesscoach@gmail.com
Youth coach, ice skating and ice hockey teacher, self-esteem coach Gerry Murphy 338-3236 gerrymurphy44@yahoo.com

Business Services

Bookkeeping Hans Hellstrom 338-5524 hhellstrom@prexar.com
Bookkeeper for checking accounts and other bookkeeping Joyce Fenner 338-2062
Bulk mail processor Dot James 338-9122 jimndot@verzon.net
Editing, translating, writing help Helen Hughes 338-1719
Editing; writing resumes Karen Ireland 338-1042 kirel@midmaine.com
Editing Jeanne Gail 338-1031 silvergirl@localnet.com
Writing, editing, tutoring English Nan Stone 338-5559 nanstone@prexar.com

Care & Assistance

Babysitting and car washing and errand running Kathy Muzzy 338-9672 albatros@gwi.net
Babysitting and senior care advising Nan Stone 338-5559 nanstone@prexar.com
Caregiver: respite care, senior in-home care Ivy Lobato 338-0907 laloba@midmaine.com
Childcare helper Maria Orlova 338-0842
Resource person for chores and information at the last phase of life. Carolyn Pressley 338-0842 carolynpressley@gmail.com
Emotional Freedom Technique (EFT) treatment giver, EMDR (Eye movement desensitization and reprocessing) treatment giver, coach in authentic movement, self-healing massage practioner Mariah Williams 589-6006 mariahw@midcoast.com
Running errands Lisa Sawyer 567 3929
Cutting hair Susan Lauchlan 338-0403 peacework2@hotmail.com
Reading Lisa Sawyer 567-3929; Helen Hughes 338-1719; Marshall Mittnick 338-0842; Happy Bradford 338-8448 hapcary@adelpa.net
Reading to others (who understand/comprehend) Carolyn Pressley 338-0842 carolynpressley@gmail.com

Care & Assistance (continued)

Reiki treatment provider Dot James 338-9122 jimndot@verzon.net
Researcher Jane Moffitt 567-3481 jamoffitt@fairpoint.net
Giving support to senior citizens Ned Lightner 338-1195 nlightner@verizon.net

Computer and Video

PC service and advice and support giving Joy Metcalf 338-0124 rosawoodssii@earthlink.net
Computer setup and instruction; basic electronic repair John Brewster 948 2996 johnz543@gwi.net
Historical researcher Chuck Urquhart 338-5636 crazychuck36@wmconnect.com
Computer graphics, design, etc. Maria Irrera 789-5172 studiob@tidewater.net
Video Production Ned Lightner 338-1195 nlightner@verizon.net

Entertainment & Recreation

Sailing companion Jeanne Gail 338-1031 silvergirl@localnet.com
Sailing lessons Cary Bradford 338-8448 hapcary@adelphia.net
Walking companion, nature walk leader Kate Harris 338-9509 kate@earthlovers.org
Horse riding lessons Maria Orlova 338-0842
Stand-up humorist, senior rapper; Emcee for open houses, parties, family reunions Susan Parness 338-5340 sparness@hotmail.com
Hiking companion Jane Moffitt 567-3481 jamoffitt@fairpoint.net
Walking companion in Belfast area Carolyn Pressley 338-0842 carolynpressley@gmail.com
Theater script work Dot James 338-9122 jimndot@verzon.net

Gardening & Agriculture

Gardening and brush clearing Susan Lauchlan 338-0403 peacework2@hotmail.com
Farmwork Hans Hellstrom 338-5524 hhellstrom@prexar.com
Garden consultant Rosalie Whitehead 322-3654
Gardening and agriculture help Judith Simpson 338-0579 jsimpson@midcoast.com and Lisa Sawyer 567-3929
Gardening organically, working in yard Nan Stone 338-5559 nanstone@prexar.com
Organic gardening advice Marshall Mittnick 338-0842
Gardening consultant, agricultural networking Shana Hanson 338-8980
Mushroom locating and identifying Jamie Waines 338-0842
Tree pruning and care consultation Shana Hanson 338-8980
Stacking wood, gardening organically, working in the yard Danya Klie 338-3673 danyaklie@hotmail.com
Yard work Alex Chaplin 338-3242 Imtotr@yahoo.com
Yard work; garden and agriculture help Jim Rhodes 338-0136 jimofbelfast@yahoo.com

Home Services

House sitting Dot James 338-9122 jimndot@verzon.net
Yard Sale Helper Extraordinaire; yard sale teacher: How to buy Judith Grace 338-4408 irmabee@acadia.net
Cake decorating with fresh flowers; organizing spaces and things Bonnie versBoncoeur 338-1786 leandra27@earthlink.net
Carpentry Gerry Murphy 338-3236 gerrymurphy44@yahoo.com
Carpentry & miscellaneous Alan Kaplan 342-2187 alkaplan@fairpoint.net
Checking account helper, errand runner Danya Klie 338-3673 danyaklie@hotmail.com

Home Services (continued)

Home cleaning, organizing, moving Susan Lauchlan 338-0403 peacework2@hotmail.com
Cooking Karen Ireland 338-1042 kirel@midmaine.com
Cooking help Maria Orlova 338-0842
Errand running, cooking Ned Lightner 338-1195 nlightner@verizon.net
Running errands, housecleaning, ironing Judith Simpson 338-0579 jsimpson@midcoast.com
Teacher of crocheting, knitting, sewing; organizer of spaces; money manager/account balancer Norma Littlefield 338-4254
Cleaning projects Alex Chaplin 338-3242 Imtotr@yahoo.com
Housecleaning (needs transportation) and laundering and ironing and organizing Carolyn Caldwell 338-0946
Knitting and ironing Happy Bradford 338-8448 hapb@adelphia.net
Organizing space, packing Marshall Mittnick 338-0842
Designing outdoor spaces (yard, deck) Patricia Kaplan 342-2187 keltoo@fairpoint.net

Labour & Assistance

House Maintenance Worker (light) Skills for house maintenance Cary Bradford 338-8448 hapcary@adelphia.net
Basic electrical appliance and electronic repair, phone wiring, basic plumbing repair John Brewster 948-2996 johnz543@gwi.net
Boat repair work Jane Moffitt 567 3481
Boat repair work Jeanne Gail 338-1031 silvergirl@localnet.com
Handyperson Erica Koenig 338-4234 ericak54@prexar.com
Jack of all trades; moving help Jim Rhodes 338-0136 jimofbelfast@yahoo.com
Recycling advice Hans Hellstrom 338-5524 hhellstrom@prexar.com
Sustainability information and resources Susan Lauchlan 338-0403 peacework2@hotmail.com

Transportation

Helen Hughes 338-1719; Nan Stone 338-5559 nanstone@prexar.com; Lisa Sawyer 567-3929; Danya Klie 338-3673 danyaklie@hotmail.com
Transportation provider in non-metro zones Joyce Fenner 338-2062

Tutoring

Biology and medicine Jeanne Gail 338-1031 silvergirl@localnet.com
Reading and English Gerry Murphy 338-3236 gerrymurphy44@yahoo.com
Tutoring Marshall Mittnick 338-0842
Tutoring and reading Alex Chaplin 338-3242 Imtotr@yahoo.com
English and reading Helen Hughes 338-1719
History and science Chuck Urquhart 338-5636 crazychuck36@wmconnect.com
Writing, editing, tutoring English Nan Stone 338-5559 nanstone@prexar.com
Guitar and Math Emanuel Pariser 236-3000
Video making Ned Lightner 338-1195 nlightner@verizon.net

Exchange Assistance

Help making exchanges, entering listings. Collaboration with other local organizations. Carolyn Pressley 338-0842 carolynpressley@gmail.com
Help using online system; resources for cooperatives and alternative economies. Paul Eagle 338-1071 paul@ancientlights.org

REQUEST Earn Hours helping other members make exchanges; especially, if you live outside of Belfast or use the Internet. Contact Carolyn or Paul.