

BLUE HILL FOOD CO-OP

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**Please Join Us for the
Co-op's Annual Meeting
Sunday, May 20th
see Page 5**

BLUE HILL CO-OP NEWS

APRIL / MAY 2007

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President's Letter

Spring is in the air, seedlings are thriving indoors and waiting to be planted in this year's garden. Along with this new growth, the Blue Hill Co-op is sprouting in new directions. We have been creating a new procedure for nominating and electing new Board Members (see Ruth Fiske's article on page 5), and we have drafted a new set of bylaws, both needing owner/member attention.

Some of you may recall that last spring we learned the Co-op bylaws concerning patronage dividends were seriously out of date. So we hired the New England attorney probably best-versed in cooperative law, Laddie Lushin of Randolph, Vermont, to revise them. In the review process, he advised us that many of the remaining bylaws were also not in conformity with State of Maine incorporation statutes as they pertain to retail cooperatives. He recommended a complete revision of our entire bylaws, a process through which he has guided dozens of other food co-ops, and we gave him the go-ahead for this project.

As a board, we have just completed six months of an arduous review of his recommendations, a process completed with two very informative and specific phone conferences with Mr. Lushin. Our goal was to reach a place where each of us understood his reasoning as well as the necessity of making the changes, while assuring ourselves that they were adjusted to meet our co-op community's needs.

In advance of our annual meeting in May, we will be mailing each of you a copy of the proposal for revised bylaws, so you may prepare for the

Continued on next page

After-Winter Remedies

Here are a few at-home remedies for the whole family, to get ready for spring!

Easy, Comfy Detox

A foot soak feels grand, draws out winter-funk-toxins, and can foster restful sleep. A plastic rectangular mop bucket works well for this. Fill 1/2-2/3 with warm water, & stir in 1/2 cup healing clay or epsom salts. (If you use a shower filter to remove chlorine, etc., preferably use that water.) Set bucket on small rug or folded towel, to raise it off cold floor. Soak happy feet for 30 minutes, with a towel covering top of bucket and wrapped around calves to hold in warmth. Rinse feet, towel dry.

Priming Digestion

Thinly slice 1" ginger root into 1 cup water. Simmer the tea, covered, for 15 minutes. Strain, add squeeze of lemon, and spoon of honey if appropriate. Nice before a meal: warming & invigorating.

Anyone's Alligator Skin

Keep it simple, and use what may be on hand in the kitchen: organic olive and/or coconut oil. Not a bad idea to go after scaly dry skin first: brisk towel rub or dry-brushing over whole body; while showering/bathing, use a pumice stone on softened rough fingertips and soles of feet. While still warm from shower, rub in oil, which could have 1 drop essential

WELLNESS NOOK

President's Letter *Continued from previous page*

vote that will be taken on May 20. As a board, we feel that adequate, useful bylaws provide an essential foundation, and although it has been tedious and unglamorous work, we are secure in our belief that passage of these revised bylaws will help guarantee a sustainable future for our cooperative. We hope you agree.

Another change this year is that we are going to adjust the scheduling of our annual meeting. The meeting has been traditionally held in the early spring. Our new bylaws will direct us to hold our Annual Meetings within 90 days after the close of each fiscal year (June 30). This change makes much more sense in respect to reviewing the previous year's financial standing. So, this year only, we are going to have two annual meetings. We need to comply with both our old bylaws (which are still in effect) and the new ones, which will hopefully be voted in at the first of these meetings, on May 20. A bit awkward, perhaps, but this will give us the time to institute all the changes we are attempting in an organized fashion.

We will have a special guest presenter at the May 20th meeting. Michael Healy, a consultant from Cooperative Development Services (and our Board trainer), will give a presentation about his experi-

ence with food co-ops around the country. We hope to gather from him a sense of how food co-ops are changing in our country in this era and how co-ops are responding to the ethical and practical issues they confront today.

During the second meeting, to be held in mid-September, owner/members will meet and listen to candidates running for Board positions. Elections will begin following their presentation, including an option for mail-in balloting by all active owners.

The Board has worked very hard to begin the process of instituting change. It is now the responsibility of our owner/members to read the bylaw draft that you should receive in the mail in April and come to the meeting on May 20 to ask questions and vote.

You are cordially invited to join the General Manager and Board of Directors at 11:30 on May 20th at the East Blue Hill Community Church meeting room for an informal lunch with the meeting to follow at noon. Child care will be provided. We look forward to seeing you there.

—Deborah Wiggs and Gail Bartlett

PS—See if you can find our new mission statement elsewhere in this newsletter.

oil in 1-2 Tbs. olive or coconut oil. Guys may go for woody essential oils, pine, spruce, sandalwood; women often like flowery ones, lavender, geranium, rose, ylang-ylang, neroli, etc.

Lingering Cough or Snuffles

The Co-op stocks bulk Frontier green or black "Chai." The chai spices have anti-microbial properties, and can help ease cold/flu misery out of the system. Nice tea for a cold morning, and a robust potential alternative to coffee.

—Mary-Anne de Lany

Blue Hill Co-op Mission Statement

Through a thriving cooperative enterprise, we encourage a vibrant healthy community and a sustainable local economy.

The Newsletter Team

Maureen Farr, Editor

Steve Benson, Board Liaison

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Catherine Princell, Jennifer Traub

Newsletter articles do not necessarily reflect the opinions of the Board, staff, management, or Newsletter Team.

General Manager:

Karen Doherty

Store Hours

Mon - Fri 8 am to 7 pm;

Sat 8 am to 6 pm; Sun 9 am to 5 pm
374-2165

Letters to the Newsletter

The Newsletter Team welcomes input. If you have something you'd like to share with other Co-op member-owners, please send a letter to: Letters to the Editor, Blue Hill Co-op Community Market, PO Box 1133, Blue Hill, ME 04614, or send an e-mail to maureenfarr@verizon.net. Letters may be edited for style, not content; and should be brief. Please include your name, address and daytime phone number.

As you hopefully have by now read in the President's letter, the Board of Directors has been working diligently to create, along with the help of an esteemed Co-op attorney, a new set of proposed by-laws. I hope that each of you reads through them carefully, and that you come to the annual meeting on May 20th to cast your vote! With these well-thought out by-laws, created over many months through the arduous work of the board, we will be well prepared to continue operations of our storefront and beyond for many years to come. If you see a board member, thank them for the work they are doing, they do it out of their generosity of heart and from their dedication to seeing the Co-op thrive and prosper long into the future. Oh! You say you're not sure who your elected board members are? No worries! Soon there will be a small "who's who" wall of photos up in the Co-op, identifying for you both the board and staff at the Co-op, and the jobs we do.

Also, look forward to a slightly different arrangement of items in the store. We have been working with a consultant to help us rethink the flow of the store and product placement. It is not unusual, and in fact considered wise, to do a store reset every three or four years. Tom Snyder is a pro at this, and comes to us at no charge as part of our membership in National Cooperative Grocer's Association (NCGA). Tom does many "resets" for co-ops, and has a keen eye for what works, and what doesn't. The staff at the Co-op is very eager to make these

changes; we hope to complete them by mid-May. If not, we will look towards the fall so as not to try to do this during our busiest time of year. One of the major factors driving these changes is a desire expressed by our local farmers, as well as staff, to see the Produce Department be all-of-a-piece. This means bringing the rack that holds "dry" produce items, such as garlic, tomatoes, avocados and such, into the room that has the "wet" produce, placing it directly across the aisle. Tom Snyder agreed heartily that this would be a good change. The reset will take about 2 days, and we will not be closing the store during that time. When complete, we plan on printing and laminating store item maps, and placing them in each basket and cart, so that you will be able to find items quickly and easily.

Speaking of NCGA, we are so happy that another Maine co-op has joined; Rising Tide Co-op in Damariscotta is now a member, and Scott and Maryanne, the General Managers, are already seeing the benefits to be gained by linking with other co-ops in the Eastern Corridor, and across the country. For co-ops to survive we need knowledgeable staff who are using best practices gleaned from the years of co-op experience shared by all member co-ops. For myself, it has helped me tremendously in my job as General Manager. I've learned so much about store operations in the first year of our membership. The most important

thing I learned was that we really had no idea about the proper way to give out Patronage Dividends. That, in turn, led to our discovery that our by-laws were not up to snuff, hence the proposed changes. We've also sent an employee to an NCGA workshop to learn about the best ways to train new staff, which has helped us to understand how we can

improve the store operations, which ultimately leads to a more pleasant experience for our

customers!

We are always looking for ways to increase our support of locally grown and produced products. I was thrilled to get a call from the mid-coast area, from a young entrepreneur who is starting up a locally made tofu factory, asking how much we think we'd buy from him. "LOTS!" I said. There is also an artisan baker afoot in our community, who has brought in samples of his delicious wood-fired hearth baked breads...this is the real deal! He is currently off studying in Vermont with another baker, and I look forward to his return, that he may add to the already abundant assortment of delicious, locally-baked breads. Of note, if you are interested in breadmaking, there is what looks to be a fabulous conference coming up in August in Skowhegan: Kneading Conference 2007. Topics will include growing grains in Maine, building wood-fired ovens, sourdough breadmaking, economics of a local mill, and bread for health. The Blue Hill Co-op is proud to be a sponsor of this conference! For the full story go to their website: www.heartofmaine.org and click on the link for the conference. Maybe I'll see you there.

Speaking of websites! Here are two I know you'll like. The first is www.seriousseats.com. For those who love to eat, this website is a wealth of fun information, including videos, blogs, and feature stories. It's one of the best food websites I've ever come across. And.... announcing...(are you ready?)...write this down: www.bluehill.coop! Voila.

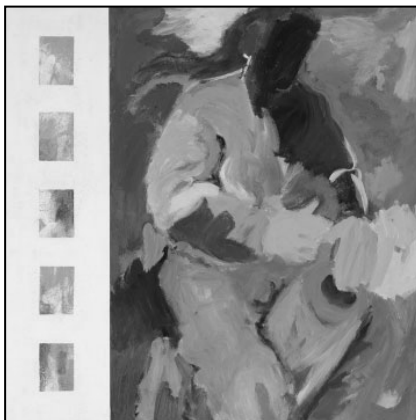
One last thing...did you know that there are co-ops looking to start up in Bar Harbor, Orono, and Portland? We offer our help when we can and hope they succeed, it is a tremendous undertaking...we are so lucky to have this little gem in our community!

See you at the Co-op,

—Karen Doherty

MANAGER'S LETTER

ON THE WALL @ THE CO-OP CAFÉ:



Tibetan Rhythms 30" x 30" Encaustic and Acrylic on Panel by June Kellogg, part of the May show in the Café.

APRIL:
Annie Poole and
Rebecca Poole-Heyne
Brooksville

MAY:
June Kellogg
Brooklin

JUNE:
Vaino Kola
Deer Isle

*Are you a Co-op member who's also an artist?
Want to show your artwork at the Co-op Café?
Call Marge May: 326-9394 to schedule a show.*

What's Up In Board Meetings: January & February 2007

a Summary, Based On The Approved Minutes

The January meeting, facilitated by Steve Benson, found all nine current directors present: Emilie Disney-Hoey, Lucy Benjamin, Deborah Wiggs, Edee Howland, Bob Sullivan, Gail Bartlett, Erich Reed, Ruth Fiske, and Steve, along with general manager Karen Doherty. In February, Edee facilitated a meeting at which all of the above, aside from Erich, participated.

No owner-members appeared at either gathering to take advantage of the ten minutes now routinely set aside for listening to their concerns. When this is the case, the board tries to use those ten minutes to reflect together about how to improve communication and understanding between the board and ownership in our cooperative.

Karen's manager's reports identified new hires and an initiative to design two new positions: a Working Member Coordinator/Marketing Coordinator and an Information Technology/Receiving Person. She has chosen a financial management team of working members to help her to review and evaluate fiscal issues. A newly revised Employee Handbook has been distributed to staff.

Karen has resolved to work with health and dental insurance plans offered through the Blue Hill Peninsula Chamber of Commerce, providing certain options to qualified staff, with their approval. She has also been investigating alternative sources of business insurance to get satisfactory coverage at an optimal rate.

Karen has been able to replace at no charge a copier that expired just before its warranty did. She has taken care of some re-wiring and plumbing repairs as well as planning a Painting Day this coming spring.

Installation of shelf tags and distribution of key-ring-ready membership cards are recent projects likely to increase store efficiency and reduce delays in check-out lines.

Eighteen local farmers attended a January dinner at which Karen and her Produce Manager, Anna, discussed the challenges of running the produce department and ideas for improvements. This meeting appeared to increase understanding between the Co-op and

local produce suppliers, enhancing mutual support.

Karen announced her plan to attend an Eastern Corridor meeting of the National Cooperative Grocers Association this March in Phoenix (where it will meet conjointly with another regional corridor). She has hoped to join specific workshops focused on what's most challenging to her at this stage in her work.

BOARD REPORT

Karen's quarterly financial report for the second quarter of the fiscal year, ending

December 31, showed total sales over \$513,000 for the store and café together. Café sales were up nearly 11% over budget. Gross sales for the quarter have grown by 5% over last year. Combined payroll costs were almost 24% of sales. Year-to-date net profit was about 1% under budget, partly due to a necessary \$20,000 inventory adjustment. In the future, quarterly inventories are expected to keep the budget on target with actual inventory amounts. Such significant costs as payroll and electricity were 15% and 4.6% under budget, respectively, while attorney's fees to address needed bylaw changes and professional services to get QuickBooks accounting software operational amounted to about \$2,000 over budget in outside services. Monies received as membership dues were down, and Karen will see that this is researched to determine why.

For the first time in memory, the board adopted an **Annual Calendar** to guide its activities, in order to schedule issues and decisions and the necessary steps toward their realization. The Annual Calendar includes internal board business as well as projects that emerge from the board such as bylaw revisions, elections, and the annual meeting.

The board decided that a range of seven to nine members was our optimal working group. We agreed to set this in policy, replacing the three-to-twelve range previously set.

The **board monitored policies C5** (Reporting and Board Meeting Attendance) and D1 (Financial Conditions). We noted that the role of email has increased in communications that include the board and the general manager, necessitating policy re-considerations.

We also noted that an untimely payment of payroll taxes in the previous quarter resulted in one instance on non-compliance with policy D1. The board agreed on methods and scheduling for continuing a successful practice of policy monitoring into a second year-long cycle of written reports.

Revision of the Mission Statement, which appears as Policy A1 and provides a guiding background for all policies and decisions made by board and management, occupied a great deal of time and attention this winter. The board as a dedicated work group held two or three extra meetings for just this task, including different kinds of brainstorming, sorting of issues, values and ideals, drafts and refinements of variant statements. I would estimate that each director spent at least five to eight hours on this project.

The mission statement is the primary "ends policy" and we had come to agreement that the version established more than six years previously was overly ambiguous and cumbersome. The board worked to refine a statement that would match what we know of our collective ownership's intentions and hopes for the Co-op.

The resulting statement, adopted formally in our February board meeting, is: "Through a thriving cooperative enterprise, we encourage a vibrant healthy community and a sustainable local economy." Further ends policies are anticipated in the coming year. Typically, a co-op will have a leading mission statement and then a set of distinct values statements and/or ends policies that clearly outline goals that must be consistent with the mission statement but spell out its implications and sometimes criteria for evaluating the achievement of its purposes.

The **Nominating Committee**, now consisting of Deborah Wiggs, Ruth Fiske, Erich Reed and Steve Benson, has been meeting intensively and developing materials to present to prospective nominees to the board. Elections are projected to focus around the period of an annual meeting in September, and the committee is developing and clarifying practices for educating and identifying sound nominees.

Continued on next page

Co-op Board Elections 2007

The Co-op Nominating Committee is now in the process of considering candidates to sit on the board of directors.

Through member/owner feedback, the nominating committee has redesigned the procedure for electing board members. We are interested in establishing a fair and representative election process. In the past, elections have been very informal and directors have been voted in by a show of hands at an annual meeting. This year the voting will be by contested election with sealed ballots.

We have 2 three-year positions open starting in the fall of 2007. Elections will begin at the annual meeting which will be held mid-September. We hope to have a mail-in ballot option to accommodate owners who are unable to attend the annual meeting. The two candidates receiving the highest number of votes will be elected as the new board members. There is an opportunity to serve for two consecutive terms.

The nominating committee will select potential candidates who would bring skills and enthusiasm to the board of directors. We are looking for member/

owners who are interested in an opportunity to serve the community through strengthening co-operative values. The board serves as a strong link between all member/owners and the Co-op as an organization. The board operates within a policy governance model and seeks to integrate owner's values, hopes and requirements for the Co-op into board policy.

In the interest of educating potential board candidates, the nominating committee has an informational packet available describing board responsibilities. We encourage any owner who is interested in serving on the board of directors to contact a member of the Nominating Committee for a copy of the overview of board responsibilities. We welcome those interested in serving on the board to complete an application which would be reviewed by the nominating committee for potential candidacy. After submitting the application, an informational interview would take place between the candidate and at least one person from the committee. If nominated by the committee, the candidate would then have the opportunity to post

a bio and a photo at the Co-op to become better known to the voting body of the membership. Nominees will make an introductory statement and answer brief questions at the annual meeting prior to the beginning of elections.

In order to be considered by the nominating committee, applications must be submitted by May 15. Eligible members also may pursue a nomination without sponsorship of the nominating committee, by gathering 25 member/owner signatures by petition prior to the deadline of July 10. We encourage owners who are interested in pursuing a position on the board of directors to come to one or more board meetings to familiarize themselves with board process. Board meetings are always open to all member/owners.

Please contact any member of the nominating committee with any questions or for a copy of the Overview of Board Responsibilities and an application form: Deborah Wiggs at 374-2159 or wiggs@wildmoo.net; Erich Reed at erichreed@yahoo.com; Stephen Benson at 374-2357 or sbenson57@verizon.net; Ruth Fiske at rfiske@prexar.com

—Ruth Fiske
Board Member

Nominating Committee Member

Board Summary *Continued from previous page*

A revised draft of Blue Hill Co-op bylaws was commissioned from Laddie Lushin, a respected attorney in Vermont specializing in service to cooperatives. By consultation, he had previously identified numerous features in our current bylaws that were outdated, out of accord with legal standards, and risk factors to our Co-op as an organization. Communicating our questions, requirements and values to him preceded his draft, which then obliged us to read it closely to understand its intentions and implications. We wanted to come up with a binding document that will be consistent with our owners' collective needs and principles,

while making the Co-op reasonably secure in the long term.

Following an exacting procedure of all directors combing through his full draft section by section and noting questions, concerns and suggestions to one another by email, two separate meetings in late February, consisting of all board members as a dedicated working group, have focused on comprehending and evaluating Mr. Lushin's draft, in part through telephone consultation with him by speaker phone and in part through our collective discussion on specific points.

The board's goal has been to resolve a

final draft proposal by the end of March, after which it will be presented in print to all owners for consideration and voted on at our annual meeting in May.

Complete approved minutes of Co-op Board Meetings and Annual Membership Meetings are available in a tan envelope beneath the bulletin board just inside the entrance to the store. Minutes of meetings not represented there (or any other documents pertaining to Board meetings and activities) can be requested by application to me through my mailbox at the store. Please note, also, that a complete board policy book is available to members' perusal, in the board's mailbox area near the store office. A complete board policy register is now also available in a Word document, by application to the Secretary.

Please come to share in all or part of a Board meeting, the third Tuesday of any month from 6:30 to 9:00, upstairs in the Blue Hill Library. If you arrive late and find the door from the parking lot locked, please ring the bell to your left — we'll be happy to let you in.

—Submitted by Steve Benson, Secretary

Please Join Us at the Co-op's Annual Meeting on Sunday, May 20th

You are cordially invited to join the General Manager and Board of Directors at 11:30 on May 20th at the East Blue Hill Community Church meeting room for an informal lunch with the meeting to follow at noon. Child care will be provided. We look forward to seeing you there.

What Is Insulin Resistance?

A growing issue in healthcare is the 54 million American adults that have blood glucose higher than normal. A fasting blood glucose of 100-125 or a blood glucose of 140-199 two hours after drinking a special sugar solution means you have prediabetes.

The obesity/overweight epidemic has given rise to another condition called diabesity which is an inflammatory condition as well as a metabolic disease process. Obesity leads to chronic low grade inflammation which then inhibits the insulin signaling pathways.

Insulin resistance is the condition in which normal amounts of insulin are not enough to produce a normal response from fat, muscle and liver cells.

If the response is abnormal in the fat cells, stored triglycerides break down and the free fatty acid levels go up in blood plasma. If the response is abnormal in the muscle and liver cells, glucose cannot enter the muscles or be stored in the liver and so blood glucose levels go up. Insulin resistance is often found in people with a high degree of fatty tissue around the waist underneath the abdominal muscle wall which is called visceral fat.

The visceral fat causes a decreased response to insulin and high fat filtration which over time contributes to a higher risk for diabetes and cardiovascular disease. Higher blood sugar levels, high blood pressure, low HDL cholesterol, high triglycerides, and high levels of the bad LDL cholesterol are also found in people with insulin resistance.

Insulin resistance can be inherited, but the environmental connection is also

very significant. An example is the Pima Indians who have a genetic predisposition for diabetes. Those Pima who live in Mexico, with a more favorable eating environment related to their culture, versus those who live in Arizona, with a less favorable eating environment related to their culture, have shown a low prevalence of obesity and diabetes.

In America, environmental factors that have led to a more overweight population include: increased food consumption away from home with 32% of the population reporting eating three or

more meals per week out; larger portion sizes, again related to eating out more often; the prominence

of inexpensive, unhealthy foods; and the decreased requirements for occupational or environmental physical activity.

Maternal malnutrition, fetal malnutrition, and smoking lead to low birth weight babies and this has now proven to be a predictor for obesity and insulin resistance. Gestational diabetes leads to high birth weight babies and a higher risk of adult obesity, which again is a predictor of diabetes. Prenatal nutrition is critical, as well as regular prenatal health care and education. Breastfeeding has been proven to lower diabetes risk by 15-56%. Breastfed babies are less likely to become overweight as children and adults. The American Academy of Pediatrics recommends exclusive breastfeeding during the first six months of life and urges mothers to continue for the baby's first year.

The diabesity condition relates increased risk to overweight or obese Body Mass Index criteria. Of people with Type 2 Diabetes, more than 80% are overweight; 50% of these are obese and 9% are morbidly obese. The Body Mass Index values for overweight are 25-29, obese is 30-39, morbidly obese is 40+. Obese children are more than twice as likely to have diabetes as nonobese children.

At this point our risks as a population are growing due to the fact that 65% of American adults and 33% of American children are overweight. In the last 10 years, obesity has increased 61% and diabetes has increased 71%. In the Health Professionals Study, an increase of 10-20 pounds was associated with a 2-5 fold higher risk of diabetes and a weight gain of 20 pounds was associated with a 20 fold higher risk.

As we have become more aware of the prediabetes phase, we have the opportunity to turn this trend around. The Diabetes Prevention Program, a clinical trial of 3,230 overweight people with prediabetes proved that daily exercise of at least 30 minutes of brisk walking, a lower calorie diet limiting saturated fat to 7% of daily fat intake and total fat intake to 25%, and lifestyle counseling, effectively produced a 5-7% weight loss which decreased the risk of developing Type 2 diabetes by 58%. The weight loss of 5-7% represents the 10-20 pounds that initially indicated a higher risk of diabetes and the result of losing weight at that level normalized the secretion of insulin and the response from fat, muscle, and liver cells.

Prediabetes has no symptoms. If you are overweight, physically inactive, have high blood pressure, and a family history of diabetes it is important to have a blood test for your cholesterol values and fasting blood sugar. If you have had a baby weighing more than 9 pounds or have had gestational diabetes it is a good plan to have a blood test for your cholesterol and fasting blood sugar as well. The good news is prediabetes can be reversed; the bad news is that diabetes can't....

—Catherine Princell RN MS
Health Education Specialist

JUST FOR THE HEALTH OF IT

Co-op Board Officers & Members:

President	Deborah Wiggs
Vice President	Gail Bartlett
Treasurer	Bob Sullivan
Secretary	Stephen Benson

Lucy Benjamin
Emilie Disney-Hoey
Ruth Fiske
Edee Howland
Erich Reed

Notice of Board Meetings

The Co-op Board meets on the third Tuesday of each month from 6:30 P.M. to 9:00 P.M. The meetings will be held in the Howard Room at the Blue Hill Public Library. They are open to the membership. The next Co-op Board meetings will be held on Tues, April. 17th & Tues, May 15th.

Got chairs?? The Co-op could use a few more chairs to replace those in the Café that have broken. We also could use one good office chair, to replace a chair that was on loan to us. If you have chairs to donate, we'd love to give them a good home! Call Karen at the Co-op; we'll come pick them up! 374-2165.

Natural Baby Care

This past year, with the birth of our baby, my husband and I discovered a new corner of the Co-op: at the back of the store, in between the health & beauty shelves and the ice cream freezer, there is an area dedicated to natural baby products.

At first glance, it looks like too small a space to fit more than a handful of items. Yet, these few shelves house a surprisingly wide range of products, from diapers and wipes to baby lotions and shampoos to homeopathic teething and earache tablets.

There are even five or six California Baby brand aromatherapy bubble baths to choose from, with the "I Love You" blend being the most popular, according to Health and Beauty Aids (HABA) Manager David Walker. A number of moms I spoke with raved about the California Baby line, and cashier and mom Amy Cimen confirmed the popularity of the bubble baths: they're especially fun, she says, because they come with a wand that you and your kids can use to blow bubbles.

According to the California Baby website (www.californiababy.com), "California Baby's special bubbling formula contains mild vegetable-derived bubbling agents, enriched with a nourishing herbal complex that works to protect delicate skin. California Baby's non-drying and (extremely) biodegradable bubble bath strictly avoids the use of synthetic fragrances and harsh bubbling agents. This product was developed to avoid irritation (that is typical of other bubble baths) and we never use Sodium lauryl sulfate or DEA." Other product benefits and features listed on the site are: organic and sustainably grown ingredients, oils guaranteed to be pesticide-free, and ingredients that won't strip delicate mucous membranes, unlike other products that can foster yeast or bladder infections.

The "I Love You" blend includes ylang ylang and sweet orange, and is specially formulated to encourage relaxation and ease tension. It is indicated for use with children age newborn and older. California Baby developer Jessica Iclisoy suggests, "Don't forget big brother or sister when a new baby

arrives—California Baby 'I Love You' Aromatherapy Bubble Bath makes a thoughtful sibling gift."

The Co-op carries several other California Baby products, including bug repellent and various skin care items. Co-op shopper and mom Nina Fleming recommends the California Baby Diaper Wash "when you really want to indulge." She says it smells so good

that you'll want to use it all over baby's skin. According to the product description, "California Baby Diaper Area Wash harnesses the powerful anti-fungal properties of organic tea tree oil, and gently cleanses with plant and flower extracts such as calendula, witch hazel, and aloe

vera—ingredients known to be safe and gentle on baby's delicate skin. Our proprietary Calming aromatherapy blend includes French lavender, for its soothing and antibacterial properties." A tip for making the wash more cost-effective is to dilute it using a ratio of ten parts distilled water to one part Diaper Wash.

Another baby skin care product that several moms find indispensable is the Weleda Calendula Cream. The Weleda Baby Care website (<http://usa.weleda.com/products/babycare.asp>) notes that the Calendula Cream "protects and comforts a baby's tender skin [and can be used] as a moisture shield when changing the diaper, or on dry, chafed skin anywhere." Co-op shopper and mom Amy Bramblett likes to use it for "anything that needs healing," including mild cuts and scrapes. Ingredients include biodynamic calendula ("to soothe and nourish delicate skin"), sweet almond extract, lanolin, and sesame seed oil. According to the website, "all Weleda Baby Care formulas have been developed with the assistance of physicians and midwives."

In addition to several individual Weleda items, the Co-op carries a Weleda baby product sampler that would make a great gift for a mom-to-be. It comes



HABA Manager David Walker welcomes feedback on the Co-op's baby care products.

in a handy zipper pouch and contains travel sizes of Calendula Baby Cream,

Diaper Care, Calendula Baby Lotion, Calendula Baby Oil, and Calendula Baby Soap.

David Walker has recently added a new local product

to the baby care section: Avena Baby Bum Salve, an infusion of organic and wildcrafted herbs (calendula, chamomile, comfrey root, St John's Wort flowers, alfalfa, basil, borage, red clover blossoms, and plantain leaf) in organic olive oil.

The Avena website (www.avenaherbs.com) describes this product as "a gentle and effective salve for a baby's bottom. Resolves diaper rashes and soothes dry or irritated skin."

David welcomes member input, so feel free to let him know if you have any specific product feedback or if there is an item you feel is missing from the shelves.

Do you have a favorite Co-op baby care product, or is there a fabulous Co-op product you think members should know about? If so, e-mail a note about it to Newsletter Editor Maureen Farr at maureenfarr@verizon.net. If space allows, we'll share your suggestion in a future newsletter.

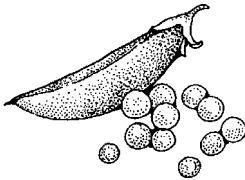
PRODUCT SPOTLIGHT

by Jennifer Traub

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COMMITTEE DESCRIPTIONS

This list includes a current description of the existing Co-op committees, which work in an advisory role to the Board of Directors. The status and recent activity of each active committee is reported on by the committee's Board liaison during the Board's monthly meeting.

NEWSLETTER - The Newsletter Committee (Team) produces a newsletter which is distributed every other month.

Liaison: Steve Benson

NOMINATING - The Nominating Committee looks at the needs of the Board, recommends new Board members, and helps to facilitate the work of the Board. This committee also examines the Coop's by-laws and makes recommendations to the Board in order to keep the by-laws and current Co-op practices in concert.

FINE PRINT: Ad Rates for Newsletter Classifieds: \$2.50 for up to 20 words; 15¢ per word over 20. (Phone number counts as one word). Display ads (Boxed) \$10/column inch. Business card ads: \$25.

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A member of the “Merry Pranksters,” an English country dance troupe in California, **Quena Crain** was known for her “high, fast, and loud” dancing, both on stage and at Renaissance reenactments. Since she’s moved to Surry to live with her cousin, she has taken up the more ubiquitous line and square dancing. Co-workers laugh when they find out that she applied to work at the Blue Hill Co-op via mail from California where she was finishing her degrees in English and Spanish at UC Davis. However, Quena had visited the Peninsula several times before and found the close knit community in Blue Hill attractive and the people to be friendly and helpful. She has noticed, working at the Co-op register since October, that when a person in line is short on cash, someone else always steps up to lend some change. But she knows this sense of community is not unique to Blue Hill. In Davis, CA, Quena lived in a housing cooperative and she has seen evidence of communities becoming more and more essential in her travels around North, South, and Central America. In her own words, people are becoming less isolated in recent times; the time is going to come when we need each other again. The growing popularity of food coops like Blue Hill’s is an example of this change.

STAFF PROFILES

by *Meggan Dwyer*

Get to know the great people who work at our Co-op through Staff Profiles, a regular feature of the Newsletter. Look for more short profiles in future issues.

Like many imports to the area, **Amy Cimeno** moved to the Peninsula for a change of pace. Amy, her husband, John, and their two children, Noah and Bella, left their properties to renters and relocated from Martha’s Vineyard, off the coast of Massachusetts, to Surry five years ago. Originally from New York, where she studied sales and merchandising at the Fashion Institute of Technology and worked in the jewelry industry for years, Amy moved to the Vineyard to escape the bustle of the city. There she worked at a health food store, met her husband and raised their kids. In Maine, Amy and John moved into an off-the-grid house in Surry with composting toilets and no well. A vegetarian since she was 12 years old, Amy has always been interested in eating healthy foods and living simply; therefore, her job at the Co-op, as a cashier and stocker, is a good fit. Currently, she and John are building a passive solar house in Franklin where they hope to move in the family, including the angora rabbits and chickens, in June.



Robin Byrne has been managing the Co-op Café for five years, helping to make it a popular place to meet and sit down to quality food from fresh ingredients. In her time as manager, Robin has focused on customer service and creating a feeling of hospitality at the Café. Since Blue Hill is the hub of the peninsula, she thinks that the Café is a great place to reconnect over fair trade coffee and, perhaps, discuss the works of local artists, both amateur and professional, hanging on the walls. Robin started at the Café after she moved to Brooksville with her husband Rick, and two sons, Tynan and Aidan, from New Jersey to be nearer to her father on Deer Isle. A graduate of the Natural Gourmet Cookery School in Manhattan, Robin has worked in natural food stores and as a cooking teacher. Before she moved from New Jersey, Robin started a zero waste lunch program at a local charter school. Run by herself and parent volunteers, the program offered sustainably harvested vegetarian food served with silverware and tablecloths. Though the program was a success, Robin prefers cooking for the broader palettes of the adults of Blue Hill. At the Co-op, she has a great team to cook with and can’t imagine working anywhere else.