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BLUE HILL CO-OP NEWS

OCTOBER 2010

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Greetings Co-operators!
 Thinking back, I marvel at all we have accomplished as a co-op since our humble beginnings. We've come such a long way but, looking ahead, we still have many miles to go, and the road goes on forever--with so many possibilities! You might not know it, but this co-op began with a truck run to Boston for a few families who wanted fresh produce. We have blossomed since then, moving to delivery sites like the Sedgwick Grange Hall, and finally to our current location where we have expanded several times.

Now, we are overflowing our current location. This summer you could clearly see signs of that as our Produce Manager, Tony Ortega, made excellent use of our front porch to display the abundance of local fruit and vegetables. Many of you expressed delight at this innovation. But it remains clear that we have indeed outgrown our site. One can hear both staff and owners frequently remark, and sometimes even groan, "We need a bigger store!"

A bigger store we shall have, with serious inputs of time, effort, and money. We are well situated in many ways to embark on this project. By the time this newsletter reaches your hands, we will have a completed market study in ours. This study will give us a lot of information and enable us to make some educated choices about just where we want to be. We are also working on a 10-year business plan which will include projections for a number of scenarios, enabling us to look at different options for relocation.

As we move forward, we will look to you for your thoughts at critical junctures. Your Board of Directors seeks your input to help guide them. We will also call on the expertise of our staff who, working with professionals, will help design the store to fit the needs of each department. We will all together create a vibrant,

MANAGER'S REPORT

Blue Hill Co-op Election Results

The 2010 election is official and complete. The board candidate and the by-law change received strong support from our owners.

Let us warmly welcome John Miller of Blue Hill to the Co-op Board of Directors. Congratulations!

The Co-op needed 42 valid votes for our 5% quorum (we had 832 active owners at the time of the election), and we achieved 20%. We received 165 valid ballots and 39 invalid ballots. Ballots were discounted due to the inactive status of the owner, improperly marked ballot, two ballots in one envelope, received after the deadline, missing an envelope, or missing owner information (name and/or number).

Thank you to all who voted!

Special thanks to owners Deborah Wiggs, Anne Walker, Phoebe Phelps, Eileen Mielenhausen, and Board member Chip Angell for their efficient and diligent work on the vote count.

*Becky McCall
Election Coordinator*

Manager's Report

Continued from page 1

comfortable, roomy, energy efficient space in which to shop, talk, listen, eat, play, dance, learn and grow together as a community. So watch the newsletter, the e-mail news flashes (have you given us your e-mail if you want to receive these?), and in-store announcements. Stay informed and get involved along the way, and we will indeed remain, as our Co-op message states, Stronger Together.

*Karen Doherty
General Manager*

Transitions

This summer, we bid farewell and best wishes to Suzanne Coolidge, Baker; Chris West, Receiver; and Café staff Erica Schweikert and Iva Bugbee.

We also welcomed new staff to our Co-op team: Jess Matthiaeu and Amy Bramblett, cashiers/stockers; J.D. Dionne, Produce Assistant; and Mark Ford, POS/IT Coordinator (tech support, that is). The Café welcomed back Beth Neils and newbie Kate Mrozicki to their fabulous crew.



Maho and Jeff Wolovitz, producers of Heiwa Tofu in Lincolnville, sampled their product—with the help of their children—at the Co-op's "Country Comfort" event on Oct. 15. Heiwa Tofu is featured in the Co-op Cafe's popular Red Curry Tofu dish.

Notice of Board Meetings

The Co-op Board usually meets on the third Tuesday of each month from 6:30-9:00 p.m. The meetings are 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., Nov. 16 and Tues., Dec. 21, 2010.

Co-op Board Officers & Members:

President Scott Howell

Acting Vice President John Miller

Treasurer Keith Herklotz

Secretary Ruth Sullivan

Chip Angell

**DEADLINE FOR
NOVEMBER/DECEMBER ISSUE:
NOVEMBER 12**

The Newsletter Team

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Jane McCloskey, Catherine Princell, Allison Watters, and Co-op board & staff

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

General Manager:
Karen Doherty

Winter Store Hours
7 a.m.–7 p.m. daily

(207) 374-2165
www.bluehill.coop

Letters to the Editor

The Newsletter Team welcomes input. If you have something you'd like to share with other Co-op 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 newsletter@bluehill.coop. Letters may be edited for style, not content, and should be brief. Please include your name, address, and daytime phone number.

Board Minute Summaries: These are informal minutes summaries for June through August, 2010. Complete copies of the approved minutes can be found at the front of the Co-op.

June 15, 2010

Board members attending: Ruth Sullivan, Mia Strong, Becky McCall, Scott Howell, Keith Herklotz, Chip Angell; Absent board member: Henrietta Clews. Others attending: Karen Doherty (General Manager), Steve Benson (facilitator), Julia Klein (minute taker). No owners were present. Proposals were made and approved to: open three seats on the board of directors to be filled by board nomination or owner petition; pursue additional board training in policy governance; revise A2

BOARD MEETING HIGHLIGHTS

and D1; and formulate a board relocation committee. Ruth, Mia, Chip, and Keith will form a working group to craft a clear mandate for the committee, and to work on the relocation policy. Monitoring reports on D3 on Asset Protection and C4 on GM performance were accepted as in compliance. A proposal was made and approved to reinvigorate and rename the Eyes to the Future Committee.

July 20, 2010

Board members attending: Chip Angell, Mia Strong, Becky McCall, Scott Howell. Absent board members: Henrietta Clews, Keith Herklotz, Ruth Sullivan. Others attending: Karen Doherty (General Manager), Steve Benson (facilitator), Julia Klein (minute taker), John Miller (owner). John Miller expressed thanks to the board in general and to the Secretary in particular for providing past board minutes to him promptly at his request. He raised concern that since January the board minutes have not been posted on the Co-op's website and are not consistently posted in the store. Proposals were made and approved: to consult Michael Healy about proposed policy changes to A2 and D1; on a board relocation committee mandate; to move funds from a CD bearing .25% interest to a money market account bearing 1% interest. A proposal was discussed to create a visioning committee as a place for owners to express their ideas for the development of the Co-op. The monitoring report on D4-Staff Treatment: Accepted with acknowledgement of non-compliance in D-4.7. Directors raised concern that low scores on the staff survey results be addressed.

August 17, 2010

Board members attending: Mia Strong, Henrietta Clews, Becky McCall, Ruth Sullivan, Keith Herklotz. Absent board members: Chip Angell, Scott Howell. Others attending: Karen Doherty (General Manager), Julia Klein (minute taker), John Miller (owner/ board candidate), Robin Byrne (staff member). There were no owner remarks. The board approved by consensus the establishment of and mandate for a Visioning Committee. Mia will email the mandate to the General Manager. The committee is to be comprised of directors and 6-8 owners. They will research and develop ideas for the Co-op's future before these ideas are presented to the board. The GM encouraged the board that sales are up. The GM presented a count of the customers frequenting the Co-op for the past ten weeks which will be commented on at the September meeting. The board accepted D2 with acknowledgment of noncompliance in 2.4 due to insufficient data; accepted D1 as in compliance; the board met in an executive session on personnel evaluation.

*Ruth Sullivan
Board Secretary*

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Fun Facts:

Q. What was the first grocery product ever scanned?

A. In June 1974, the first UPC scanner was installed at a Marsh's supermarket in Ohio. The first product to have a bar code on its package was a packet of Wrigley's Gum.

Where Are You?

Have you moved? Changed your name or phone number? Please help us keep the Co-op membership database accurate by giving us your current mailing address, phone number, and e-mail. Thanks!

Eileen Mielenhausen, Membership & Marketing Coordinator
(207) 374-2165 • membership@bluehill.coop

Store Department Notes

Transition to Autumn

The crisp fall temperatures and vibrant colors bring a profound shift in the "bodymind." Here in the Health and Beauty Aids (HABA) department of your Blue Hill Co-op, there are many products to help you in your healthy transition.

Allergies are one challenge that may still be lingering even if the worst symptoms of early fall have lessened. New Chapter's "Histamine Take Care" has become one of our most popular products for people having any kind of respiratory allergy. By applying Direct Analysis Real Time (DART) technology, New Chapter is able to replicate every active compound of the roots and leaves of nettle—an herb used since ancient times for help with allergies. DART technology combines with ancient herbal wisdom, so that the number of relevant compounds your body receives is increased three to four times what is traditionally delivered in standard capsules or tinctures. Therefore, "Histamine Take Care" works on all four pathways through which allergens affect the respiratory system. But it does not pass the blood-brain barrier, so you will not experience grogginess or any of the distressing side effects of pharmaceuticals. Please note that nettle is the third herb to which New Chapter has applied its DART technology. Another is elderberry, which has been used since biblical times to slow down viral infections and has been scientifically shown to immobilize many prevalent viruses. "Immunity Take Care" harnesses the immunity enhancing properties of elderberry, putting 1,000 compounds of elderberry into your bloodstream in 30 minutes. Finally, "Urinary Tract Take Care" and "Candida Take Care" have cranberry as their primary ingredient, again using DART technology.

I would be remiss if I did not mention a classic Chinese formulation for helping the body adapt to seasonal changes: Yin Chiao Classic. The Co-op carries Planetary Herbals' 450 mg/120 caps in our immune boosting section. You might notice a number of items to boost immune health while looking in this section, many from NOW, a leader in affordable, high quality supplements. NOW, by the way, uses state-of-the-art microfiltration technology on every herb it processes to screen for any levels of heavy

metals, pesticides, herbicides, or other toxins. If you are looking for a very reasonably priced immune booster, NOW's elderberry and zinc lozenges provide the body with 100 mgs of elderberry, 25 mgs of echinacea, bee propolis, and slippery elm bark. Added to this mix is vitamin C and zinc. Ninety lozenges cost \$13.39, which gives up to three months of protection and support. We also offer three other great immune support products from NOW: "Immune Renew," an organic mushroom blend inspired by Chinese wisdom, combined with astragalus, an herb long used for immune health (\$18.69). Also available from NOW is "AlliBioticCF" (\$9.99), containing a patented product known as Allisure Allicin, which is the vital active compound found in garlic. It also boasts olive leaf extract, elderberry, and oregano. Finally, NOW's "Air Defense" (\$16.99) is geared to maintain healthy respiratory function in congested spaces, boasting vitamins A, C, E, magnesium, zinc, selenium, manganese, elderberry, echinacea, olive leaf, astragalus, ginger, and amino acids L-Arginine, L-Lysine, and L-Glutamine.

While I'm on the topic of immune boosting, I want to share a recent discovery—the New Chapter multivitamins are not only a super-concentrated food but also contain Beta-1,3/1 6-D-Glucan, a bioactive carbohydrate which is a very powerful immune booster. Beta Glucan happens to be a natural by-product of the Ayurvedically inspired fermentation process used to create these unique supplements. So, not only does your body respond to these as food instead of vitamin isolates (thus, not wasting energy attempting to process the unnatural form of a vitamin isolate), but also 16% of each New Chapter multivitamin is actually Beta Glucan! Please note that the fermented soy in New Chapter supplements is safe for those of you with non-fermented soy allergies.

With autumn's shortened days and stresses of school, work, and other life-challenges, many people want safe, natural ways to help alleviate symptoms of stress such as anxiety, excessive worrying, or nervous tension. Many come to the Co-op to buy Bach Flower remedies. Most popular among these is "Rescue Remedy." Using essences of flowers, Bach Flower Remedies stimulate the body's healing and are very safe for all ages. Very popular are the

"Rescue Remedy" pastilles, which come in a tin container in plain or black currant flavor. If you're having trouble sleeping, Bach's "Rescue Sleep" can be very helpful. "Rescue Sleep" and "Rescue Remedy" also come in the traditional liquid or sublingual spray. Bach has created other formulations for specific conditions, as well as single remedies. Ask us for the free pocket-sized reference guide, which matches conditions to remedies.

On the other side of the aisle, the HABA Dept. has a wide array of wonderful creams and lotions to help with the inevitable cracked hands that come with the season. If you're looking for some heavy-duty help, Weleda's "Skin Food" is possibly the best. But if your hands have deep cracks, the locally produced Avena "Heal-All Salve" is wonderful. It contains comfrey root, calendula, St. Johnswort flowers, alfalfa, basil, borage, red clover, plantain, organic olive oil, and balm of Gilead bud extract.

Please note, starting in October, all Tom's of Maine deodorants will sell at an everyday discount of 20% off, or \$5.79!

Here's to a healthy autumn!

David Walker
HABA Dept. Manager

New Items in the Bulk Department

- Sunspire dark chocolate sundrops. These are in addition to our milk chocolate sundrops and peanut sundrops.
 - Crunchy almond butter from Zinke Orchards, made from the same pesticide-free almonds we've been selling in bulk as an alternative to our organic almonds.
 - Organic veggie variety orzo.
 - Organic chocolate-covered coconut from Tierra Farms (these are actual coconut pieces, yum!).
 - Organic palm sugar from Navitas Naturals, a vegan, kosher, and sustainably-grown sweetener that's low on the Glycemic Index.
 - Tart sweet cherries.
 - Organic French lentils are back!
- Thanks everyone for shopping bulk and, as always, feel free to ask any questions you may have!

Amy Coppage
Bulk Dept. Manager

The Obesity Epidemic

Catherine Princell, RN MS
Health Coach

Obesity refers to the condition characterized by a body weight that is much greater than what is considered healthy. Specifically, adults having a body mass index (calculated as weight in kilograms divided by height in meters squared) greater than 25 kg/m² but less than 30 kg/m² are considered overweight. Adults with a body mass index (BMI) greater than 30 kg/m² are considered obese. Anyone who is more than 100 pounds overweight or who has a BMI greater than 40 kg/m² is considered morbidly obese.

Obesity affects 34% of adults in the United States, more than 72 million Americans. About 33.3% of men and 35.3% of women are obese. Obesity increases the risk of developing high blood pressure, type 2 diabetes, heart disease, stroke, gallbladder disease, cataracts, age-related macular degeneration (AMD), and cancer of the breast, prostate, and colon. The list goes on and on.

Causes of obesity

Genetics: Obesity can often be related to genes. However, both genes and behavior may be needed for a person to become overweight. In some cases multiple genes may increase one's susceptibility for obesity, but additional factors--such as abundant food supply or little physical activity--are necessary for obesity to develop. The genetic makeup of a population changes quite slowly. So, although obesity has strong genetic determinants, the large increase in obesity in recent years must reflect major changes in the non-genetic factors that support obesity.

Disease and Drugs: Some illnesses may lead to obesity or weight gain. These may include hypothyroidism, Cushing's disease, and Polycystic Ovary Syndrome. Mental illness and emotional problems can lead to weight gain. Drugs such as steroids and some antidepressants may also cause weight gain.

Lifestyle: Poor diet and low levels of daily activity reflect the profound changes in society and in behavioral patterns of communities over recent decades. These social changes drive the obesity epidemic. Economic growth, modernization, urbanization and globalization of food markets are just some of the forces thought to underlie the epidemic. As incomes rise and populations become more urban, diets high in complex carbohydrates change to diets with a higher proportion of fats, saturated fats, salt and sugars. Fast foods and convenience foods now represent a high percentage of food consumed daily. Unfortunately, these high calorie foods, as well as increased portion sizes, dominate the American diet. The level of daily physical activity has diminished due to changes in work patterns and technological conveniences. Behavior and environment play a large role in causing obesity. These are the greatest areas of focus for prevention and treatment actions.

Overcoming Obesity

Effective weight management for individuals and groups at risk of developing obesity involves a range of long-term strategies. They should be part of an integrated, population-based approach, which includes environmental support for healthy diets and regular physical activity. Key elements include:

- Create supportive population-based environments through

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Continued on page 7

The BPA Controversy

Jane M. McCloskey, M. Ed.
Deer Isle

Bisphenol A (BPA) is a component of polycarbonate plastic used in baby bottles, reusable water bottles, food and drink can liners, and food containers. BPA is also used in eyeglass lenses, cd's, dvd's, computers, appliances, sports safety equipment, dental resins, and many other products.

BPA is increasingly controversial. Although it has been used since the 1930's, some studies since the 1990's have shown that exposure to low levels of BPA, especially in the womb and shortly after birth, can cause long lasting health effects. The book, *Our Stolen Future*, describes how BPA and other chemicals act as estrogenic endocrine disruptors, capable of reducing our fertility and changing our sexual characteristics. Other studies show that BPA may be linked to diabetes, obesity, anxiety, cognitive deficits, neurological problems, and aggression.

However, the science about the effects of BPA is not clear. It is difficult to tell whether those who claim there is no harm from BPA are defending the plastics industry, or whether there really are conflicting and confusing scientific results on the effects of BPA. Denise Grady in *The New York Times* says the evidence is unclear. But Mary Rothschild of the online *Food Safety News* writes about a new, alarming study from the University of Missouri, published in the peer-reviewed National Institute of Health online journal, *Environmental Health Perspectives*:

"Julia Taylor, lead author. . .said,

'For years, BPA manufacturers have argued that BPA is safe and have denied the validity of more than 200 studies that showed adverse health affects [sic] due to exposure in very low doses of BPA. . . But we know that BPA leaches out of products that contain it, and that it acts like estrogen in the body.'

In any case, government agencies are calling for concern and study of BPA. The FDA recommends that parents use baby bottles made without BPA, and that those who worry about BPA should avoid canned foods and soda and not microwave foods in plastic containers. Note that all bottles with BPA have recycle symbol number 7.

In July, the President's Council on Cancer warned of their concern about a number of chemicals, including

BPA, as possible causes of cancer. Rothschild writes, "The U.S. Environmental Protection Agency. . .says daily exposure of up to 50 micrograms of BPA per kilogram of body weight is safe. But the University of Missouri research suggests people are exposed to at least eight times that amount."

Those concerned about BPA should follow the government directions to avoid BPA baby bottles, most canned foods, and microwaving food in plastic. Below are some suggestions for reducing the BPA in your life.

1. Dispose of cash receipts from your pocketbook and wallet frequently. A study by the Environmental Working Group found that 40% of receipts contain about 300 times the amount of BPA in a can, and this BPA is easily absorbed through the skin. Hannaford says they do not use receipts with BPA. Wal-Mart says they have made BPA-free baby bottles available to consumers because of demand, but are "monitoring" the science on the possible harm of BPA, including BPA in cash register receipts. At the Blue Hill Co-op, Eileen Mielenhausen says that the store has switched to BPA-free receipt tape.

2. Vacuum your computer and TV rooms often. These appliances emit BPA particles that mix with household dust in the air that you breathe.

3. If possible, avoid dental work during pregnancy. (Many dental sealants contain BPA.)

4. According to greenbiz.com, a few companies make food cans without

BPA. After the next tomato harvest, Muir Glen tomato cans will be BPA-free. Eden Foods canned beans use BPA-free cans. Edward & Sons, Wild Planet, Eco Fish and Oregon's Choice all sell some products using BPA-free cans.

BPA in the environment has caused feminization of male fish and other animals exposed to BPA. In landfills, cans and plastics break down and leach BPA into soil and water. Also, sewage sludge, now widely spread on fields as fertilizer, contains BPA. On the bright side, a plant called *Dracaena* has been shown in one study to remove BPA from water. This is a hopeful development that may be useful in municipal or industrial water purification.

According to Rothschild, the removal of BPA from products has been driven more by consumer revolt than government regulation. So, consumers can change industry behavior.

Sources:

- <http://www.foodsafetynews.com/2010/09/study-says-bpa-exposure-worse-than-previous-estimates/>
- <http://www.nytimes.com/2010/09/07/science/07bpa.html>
- <http://www.cbc.ca/consumer/story/2010/07/29/con-bpa-receipts.html>
- http://www.health.state.ny.us/environmental/chemicals/bisphenol_a/index.htm
- <http://www.ewg.org/bpa-in-store-receipts>



Co-op Owner-Producer Laura Livingston, Sedgwick, demo'd her dip while Juni Charlton, Blue Hill, and Barbara Joy Hare, Penobscot, recruited new owners and sampled FairTrade products during our "Country Comfort" local food tasting.

Just for the Health of It

Continued from page 5

public policies that promote the availability of a variety of low-fat, high-fiber foods, and that provide opportunities for physical activity.

- Promote healthy behaviors to motivate and enable people to eat more fruit and vegetables, nuts and whole grains, and to engage moderate physical activity for at least 30 minutes a day.
- Mount a clinical response to the existing burden of obesity and associated conditions through clinical programs and staff training to ensure effective support for those affected, enabling them to lose weight or avoid further weight gain.

The following table summarizes the steps that you can take to guard against overweight and obesity:

Location	Action
Home	<ul style="list-style-type: none"> • Reduce time spent watching television, sitting at computers, and engaging in other sedentary activities • Build physical activity into regular routines
Schools	<ul style="list-style-type: none"> • Ensure that your local school breakfast and lunch programs meet nutrition standards • Provide food options that are low in fat, calories, and added sugars • Include nutrition education in the curriculum with hands-on experience • Provide all children, from pre-Kindergarten through grade 12, with quality daily physical education
Work	<ul style="list-style-type: none"> • Create more opportunities for physical activity at work sites • Eliminate fast foods and vending machines in the workplace • Include employee wellness initiatives and counseling in the workplace
Community	<ul style="list-style-type: none"> • Promote healthier choices including at least 5 servings of fruits and vegetables a day, and reasonable portion sizes • Encourage the food industry to provide reasonable food and beverage portion sizes and decrease the use of sugar-based preservatives and salt • Promote locally grown food • Ask your local food stores to carry low-calorie, nutritious food items • Create opportunities for physical activity in communities

Resources:

Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion; American Diabetes Association; American Heart Association; The Obesity Society; American Dietetic Association; American College of Sports Medicine.

ME Dept of Agriculture, Food & Rural Resources

Maine Farms for the Future Program: Request for Proposal #201007749 – Business Planning support & grant through the Maine Farms for the Future Program. For the Legal Notice and FAQ or Copies of the Request for Proposals and Program Application contact Kimbalie Lawrence at kimbalie.lawrence@maine.gov or 287-3491.

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ALTERATIONS

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Newsletter

We welcome Michelle Keyo of Sedgwick to our newsletter team as our new layout/production person. Michelle, who is self-employed as a web designer and consultant, also has experience in copyediting and layout and is an asset to our talented team.

Have an idea or topic to share?

Interested in writing an article, essay, or regular column for the News? Please contact me or editor Marge May at newsletter@bluehill.coop for more information.

New Owners

We are delighted that 110 new owners have joined the Blue Hill Co-op since January of this year. Gabrielle Wellman offers New Owner Orientation Tours to all new owners and any others interested in finding out more about our cooperative and how it works, including the buying club and special orders. The orientation schedule is posted on our website www.bluehill.coop and in the store.

More and more of our membership have become fully-vested owners by investing the total of \$200 in equity in the Co-op. It's easy to do! You can pay off the balance of your account at the register, or send a check in the mail to my attention. You will receive a letter with your capital certificate once your full investment has been processed. Thirty-three owners, or 4% of our Co-op owners are already fully vested!

Opportunities to Get Involved in Your Co-op

Volunteers and Working Members Needed
As the saying goes, many hands make light work. And, as we enter the dark time of the year, many lights burning bright can keep us well-balanced and healthy.

Be one of those "lights"—volunteer some of your time, energy, and ideas to the Co-op.

Helping out in the store is only one of the many ways to participate in your co-op. You could serve on a committee or team. You may offer to represent your fellow owners on the Co-op Board. You could offer assistance in coordinating or staffing our educational/outreach programs and events. And you may receive a 10% store discount for your efforts!

To become a working member, you'll need to sign up for an orientation with me. Please call me at 374-2165 to schedule or to ask questions.

One Percent Wednesdays

Another way to give back to your community is through your Co-op purchases. The cooperative, as a profit-sharing business, is required to return a percentage of its profits to owners and to the community. Generally, we return profits to owners through annual

patronage dividends; we share our abundance with the community at large mostly through donations to non-profit organizations and to local community events and programs.

One Percent Wednesdays is a way that you can give to organizations by shopping at the Co-op on the third Wednesday of every month. You shop and we give 1% of sales that day to the organization selected for that month. It's an easy way to give! Go to our website to nominate a local non-profit or community-based organization: bluehill.coop/site/community-resources/one-percent/

We have designated our first One Percent Wednesday on Oct. 20th as Howard Bowers Day. The Co-op will donate 1% of sales on that day to the Howard Bowers Fund. Co-ops around the country hold a Howard Bowers Day in October each year in honor of the respected leader of the national cooperative movement who dedicated his life to the growth and development of the consumer cooperative community. Our 1% donation on 10/20/10 helps fund training and education that benefit newly-organized and about-to-open food co-ops.

Eileen Mielenhausen
Membership & Marketing Coordinator

MEMBERSHIP UPDATE

Co-op News Advertising Fine Print:

Ad Rates for Newsletter: Classified ads: \$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: \$30.

SPECIAL! 4 Business Card Ads for the price of \$100: Ad must be prepaid for a year to receive this special rate.

Regulations and Terms: All advertising is accepted subject to approval by the Newsletter Team. The Newsletter Team reserves the right to refuse any advertisement at any time. The Blue Hill Co-op News assumes liability for errors in advertising only to the extent that it will publish, at no charge, a corrected version of the advertisement in the next issue of the newsletter.

All ads must be prepaid. Make check payable to Blue Hill Co-op. Send payment & ad info to: Blue Hill Co-op Newsletter • PO Box 1133 • Blue Hill, ME 04614 • or drop off at the Co-op.



Cafe Co-Manager Robin Byrne (right) served up 5 Star cider out of a local pumpkin beautifully decorated by Beth Neils (left). The Co-op's bright booth at the Taste of the Peninsula at Mainscape attracted many visitors.

Upcoming Events

- Family F.E.E.D.

Friday, November 5 from 5-8 p.m.
Sedgwick Elementary School

The Co-op once again teams up with Simmering Pot and the Sedgwick School Parent-Teacher-Friends group to provide a fun evening of local, scratch-cooked food, education, and entertainment. Please join us for this free event open to the public. Contact Eileen at 374-2165 if you can help out as a volunteer.

Job Opening

The Maine Fair Trade Campaign (MFTC) seeks to hire a full-time organizer to coordinate our fair trade program. MFTC is a statewide coalition of sixty-one labor, environmental, family farm and community-based organizations fighting for fair trade policies and more just, sustainable and democratic economy. We educate, organize, and mobilize to change the rules of the economy, to create fair trade policies and economic justice. Since its founding in 2003, MFTC has built a broad coalition and won landmark victories on fair trade issues including passage of the Maine Jobs, Trade & Democracy Act; a successful campaign to pressure Maine's entire Congressional delegation to vote against the Central American Free Trade Agreement (CAFTA); and a successful effort to protect Maine from trade-related privatization. We continue to fight against unfair free trade agreements and for a replacement of the NAFTA free trade model. MFTC is an affiliate of Citizens Trade Campaign.

For the full job description, see:
www.maineairtrade.org/maine-hiring.php

Gratitude Corner

Did you receive an election ballot in the mail? Then thank the following Co-op owners who folded, stuffed, labeled, stamped, sealed (and sweated!) to mail those election materials in a timely manner!

Tom Bjorkman
Juni Charlton
Linda Freimuth
Claudia Goudey-Smith
Sue and Larry Jodoin
Becky McCall
Chris Ramsay
Mia Strong

We had a good time and enjoyed getting to know each other a little better. Please contact Eileen if you would like to help out with mailings, education/outreach events, or other Co-op tasks. It takes a community to be a co-op.

Blue Hill Co-op Mission Statement & Ends Policies

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

Blue Hill Food Co-op Ends:

The Blue Hill Peninsula will have a retail source of food that is fairly priced, healthy, and organically grown and/or processed locally to the fullest extent possible.

This policy shall be monitored annually by the General Manager in a written report to the Board and also by the Board.

This policy shall be read aloud at the annual meeting of the owners.

Mission Statement approved by the Board 03/20/2007

*Global Ends approved by the Board 09/19/2007,
revised 7/21/2009*

SAVE Money, Energy & the Environment Free Energy Efficiency Workshops

Learn how homeowners can get up to \$4500 for energy efficiency projects.

Cut carbon by cutting wasted energy in your place of worship and home. Learn how to conduct an energy assessment of your congregation and home and access special programs to help with energy efficiency upgrades. With assistance from Efficiency Maine, this 2 hour workshop will provide you with the necessary tools to save money and energy in your congregation, home and business.

Machias: Sunday November 7th, 1-3 pm, St. Aidan's Episcopal Church,

Belfast: Sunday, November 14th, 2-4 pm, St. Margaret's Episcopal Church,

Bangor: Saturday, November 20th, 10 am - 12 noon, Redeemer Lutheran Church

BLUE HILL PIANO SERVICE



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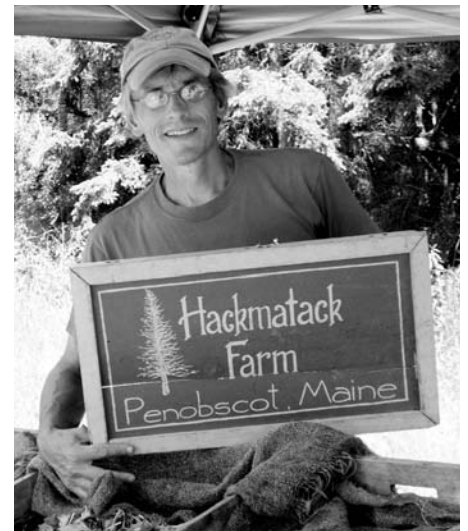
Farmer Profile: Hackmatack Farm

by Allison Watters

Nicolas Lindholm, his wife, Ruth Fiske, and their sons, Everett and Julian, grow vegetables and harvest wild blueberries on their 50 hilltop acres in Penobscot. With one acre in vegetable production, they do everything with careful planning and intention. This befits their main field crop—a mesclun mix of twenty or so different types of greens. They also are known locally for their organic blueberries, which they rake from their six acres of fields and from other leased organic fields in the area.

The couple came here in the mid 1990's, and quickly became certified organic farmers. Soon, they began selling at farmers' markets in the area. They can now be found four days a week at area markets: Tuesdays in Brooksville from 9:30–12; Wednesdays in Blue Hill from 3–5; Thursdays in Castine from 9–11:30; and Fridays in Stonington from 10–12.

Nicolas stresses that his farm produces field-grown, in-season vegetables which are grown in harmony with the sometimes punishing climate of the area. He is proud to harvest blueberries—the “only native agricultural crop in the area”—for this reason as well. In late summer when the blueberries are available, Nicolas and Ruth sell them in pints, quarts, and ten pound freezer boxes. The couple is also developing a business plan to expand their blueberry production. By expanding production to fields owned by others, farmers benefit the local landowners by keeping their fields in agricultural production; and we can all benefit from the delicious berries these fields will produce.



by Allison Watters

Vendor Profile: Song of the Stars Herb Blends



Local herbalist Rachel Randall is passionate about herbs. She tends her young plants from seedlings, harvests and dries them, and then turns these raw materials into a wide selection of herbal products. “I want to make herbs available to people in whatever way they’ll use them,” Rachel explains. Currently, Rachel has her dried herbal blends available at the Co-op, but she hopes to expand her offerings in the future. In particular, she is looking to incorporate an educational aspect of herbs to the Co-op’s customers. Rachel also makes oils and tinctures for herself and her family as a hobby.

Over a cup of lemon balm, hyssop, and nettle tea, Rachel told me how she began her career as an herbalist. After growing up in Massachusetts and attending College of the Atlantic in Bar Harbor, Rachel took a summer apprenticeship at Sweet Pea’s Farm on Mount Desert Island. There, she discovered that “herbal medicine is very much a big part of my purpose.” At the farm she was given a piece of land to utilize and eventually grew over sixty different varieties of medicinal herbs. When she moved to Brooksville to live at the Valley of the Stars farm, she transported most of her perennial garden, pot by pot.

In addition to working with herbs, Rachel is one of the bakers at the Tinder Hearth bakery in Brooksville. She also does accounting for the business and helps grows vegetables for the community there.

Staff Profile: Patrick Gaffney-Kessell

by Allison Watters

Patrick is hard to miss in the Co-op Café’s tiny kitchen. He’s the big guy with the bright pink lock of hair falling into his eyes. Working in the cooking profession comes easily to him and he’s been doing it for over ten years. Even though he has a wealth of experience, Patrick humbly admits that he’s “still learning the ropes of food preparation.” He also claims that the café is the “best job I’ve had so far in the restaurant industry,” attributing this to the less stressful and hectic environment there than in the typical kitchen.

Patrick’s life reads a little like a wander through the Delorme Maine Gazetteer. He’s lived in at least a dozen Maine towns from Kennebunk to Bangor and currently resides here on the Blue Hill Peninsula near his parents, grandparents, and two sisters. After attending the Liberty School and graduating from George Stevens Academy, he pursued his interests in graphic and studio art at the University of Maine at Machias and Orono. He has also taken a recent interest in the stock market and in foreign currency exchange. Since college he has made a living working in restaurants in Maine and Cape Cod. Patrick admits that he didn’t expect to still be working in the food industry after quite so many years. However, he finds ways to relate it to his love of art. In particular, he has found a special fondness and knack for expediting or garnishing plates at the many eateries where he has been employed.

