

# BLUE HILL FOOD CO-OP

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Ellsworth ME 04605  
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**SPECIAL ELECTIONS ISSUE**  
**VOTE!!**

Ballot in centerfold (pages 4-5)

## BLUE HILL CO-OP NEWS

AUGUST / SEPTEMBER 2007

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### President's Letter

Oh my, is it possible that the summer of '07 will soon be history...how'd that happen? We're in luck, we have a magnificent Maine autumn ahead of us. We are so blessed.

Part of this autumn's celebrations will be the September 30th Annual Meeting and Harvest Dinner. Go put it on your calendar right now while you're thinking about it. Sunday, September 30th, 4 pm at the North Blue Hill Grange on Route 15.

We are planning a Harvest Dinner with a localvore theme. What is a localvore, you might ask? Well, in the same vein that a carnivore is a being who eats meat and a herbivore is one who eats plants, a localvore is a person who eats only locally grown and produced food. A localvore is a person committed to eating and learning about food grown within their food region. Localvores recognize that there are multiple benefits of eating food grown close to home. The informal movement has sprouted in the past five years in response to a food supply that has become increasingly global and sprawling.

The Harvest Dinner will be a pot luck with the challenge to use as many local ingredients as you dare. Get creative! There is a lot to choose from this time of year. Everyone who brings a dish with some local ingredient (doesn't have to be every ingredient) will get an \$8 credit at the Co-op, so go wild and go local. We will also be raffling off some local gifts from the store. There will be childcare available both for toddlers and for older kids during our meeting time.

Oh yes, the meeting. Our meeting will include an annual report from Karen, our illustrious General Manager, a short program that will focus on the impor-

*Continued on next page*

### Greetings Co-op Member-Owners...

Full speed ahead! All hands on deck! Coming about! These are the words that come to mind as I write this on a busy August Friday morning at the Co-op. The summer months are like a long and challenging adventure on the high and stormy seas; while on duty we must stay alert, and we don't stop moving until it's time to go home. We leave at the end of the day wishing we'd completed all our tasks, while knowing it's nearly impossible to keep up. Fortunately, the Co-op has an incredible staff. Without their team-work and genuine care for the Co-op, the ship would surely sink.

Did you realize we nearly double our sales in the summer months? Weekly sales in the winter months average around \$30,000, and in the summer we jump up to \$55,000. When I mentioned this to some of my

fellow co-op general managers in the northeast, they all gasped. It's quite a challenge just receiving deliveries and stocking the shelves.

As you know, one of the biggest challenges we face is storage space. We've reached a point where we are running out of stock before the next truck arrives. For instance, we can only order so much "dairy," due to limited space in our produce cooler to store backstock. When we run out, that's it, there's no more until the next truck arrives. This is so frustrating for shoppers who come in for that delicious organic half and half, only to be told "sorry, we sold out, it's coming on tomorrow's truck."

Our success, which is a good thing, is hampering our ability to serve our shoppers, and points to a need for increased space. Recently I visited a co-op in Greenfield, Massachusetts. They had

no more inventory than we do, but what they did have was space. Office space, floor space, deli space, a delicious salad bar (!). The store was beautifully laid out, no one was tripping over boxes in the back room, nor on the sales floor. It was calm and pleasant and I am envious! I would love to see our cherished Co-op have such a space, so that we can better serve our membership, and our staff.

Other challenges we face include the store layout. In the early summer, we accomplished a store "re-set" that was wildly approved of. We moved the produce around, and some other products, and the store is much better for it. But there are challenges we simply can't fix.

The placement of the deli kitchen in the heart of the store creates massive heat in the

summer, causing the need to run fans and air conditioners on high just to keep the temperature bearable. This is not the kind of carbon footprint we wish to leave on the planet. Nor do we want to continue to have our deli staff work in a 90 degree kitchen. How wonderful it would be to have a store designed for our needs, rather than trying to work with a space that is inefficient, stressful, and dangerously crowded.

The Co-op, with your help and input, will continue to thrive, and prosper, as long as we maintain a sustainable environment. I ask you to join me in the coming year to continue to explore the possibilities of relocation for our Co-op. Your input is greatly valued!

—Karen Doherty  
General Manager

## MANAGER'S LETTER

## President's Letter *Continued from previous page*

tance of paying attention to local food, and meeting and greeting our Board candidates. This will also be the last opportunity to vote in this election for new Board members. This is an important responsibility of member/owners and we need to have a quorum for the vote to count. You will find bios of the candidates and ballots in this newsletter (see pages 4-5). Vote through the mail, at the store, or at the annual meeting — your

choice. Just be sure to vote.

Still thinking about the local potluck dish you are bringing to the dinner? If you feel stumped and need some help with finding out what is local at the store, check out the list of what's local at the Co-op on page eight of this newsletter. Enjoy this late summer/early autumn and see you at the September 30th meeting and dinner.

—Deborah Wiggs

Don't forget to VOTE!  
See our Special Section on  
Co-op Board Elections on pages 4-7.

The Annual Meeting will be held on  
Sunday, September 30th at 4 pm  
at the North Blue Hill Grange  
on Route 15.

See You there!

## 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

Whitney Landon, Production  
Coordinator; 326-9242

Prudy Heilner, Ads; 374-5485

### Columnists / Writers

Mary-Anne de Lany,  
Meggan Dwyer, 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](mailto:maureenfarr@verizon.net). Letters may be edited for style, not content; and should be brief. Please include your name, address and daytime phone number.

# Liquid Candy

Nearly 50 percent of Americans over the age of four drink sugary beverages on any given day, including soft drinks, sweetened fruit juices, and presweetened iced teas and ... the case against drinking these beverages is growing rapidly.

In 1942, the US annual production of carbonated soft drinks was 60 twelve-ounce servings per person. In 2005, the annual production was 557 twelve-ounce servings per person, providing 1/3 of the refined sugars in the daily diet. The same federal study by the Center for Science in the Public Interest further indicates that Americans drink nearly one fourth of their total calories each day.

A team of Yale psychologists conducted a meta-analysis of 88 different studies to identify harmful nutrition and health outcomes from soft drink consumption in particular. The report, published in April in the *American Journal of Public Health*, identified a strong link between the intake of sugary soft drinks and an increased risk of diabetes, elevated blood pressure, lower bone mineral density, and increased bone fracture. Some of the studies reviewed included a more frequent occurrence of kidney stones as well.

The analysis documented a clear association between soft drink intake, increased calorie consumption and body weight, and these calories replaced nutrient food sources. For example, twenty years ago teenage boys in the United States drank twice as much milk as soda, and now it is just the opposite.

One reason for the increased intake relates to serving size. In 1950, a bottle of soda was 6.5 ounces. Now, the average is a 12-ounce can or a 20-ounce bottle and fast food restaurants go from 16 to 44 ounce servings. Compare two "bottles" of soda in the 50s at 13 ounces to today's 24-40 ounces for two cans or bottles, let alone the large "gulp" versions sold in convenience stores and fast food restaurants.

Instead of satisfying a sweet tooth, the *Public Health* article indicates that several studies found that carbonated soft drinks and non-carbonated sweet beverages increase hunger. The fructose content reduces the rate of absorption which increases thirst, and this often increases the amount of these beverages consumed. This also can calibrate

people to a higher level of sweetness which influences preferences in other foods.

Research conducted in the Nutrition Department at the University of California/Davis connected the fructose content in foods and sweet beverages to elevated LDL cholesterol and triglycerides in overweight or obese individuals. A Harvard research team studied the impact of soft drink consumption on 12-year-olds and concluded that for each serving of soda consumed the risk of obesity increased 1.6 times.

What about juice? Isn't that healthier?

According to recent research by the American Dietetic Association, though fruit juice is more nutrient dense, many children are consuming too much juice, often in place of milk, water, fruits, or vegetables.

The American Pediatric Association has set the following guidelines for juice intake:

- Don't offer juice until 6-9 months of age and until the child can drink from a cup; bottle fed juice is highly discouraged. Serving size is 4 ounces or 1/2 cup. Avoid citrus juices until the age of one.
- Children ages 1-3, the 1/2 cup recommendation is the same.
- Children ages 4-7, the serving size is 1/2 cup.
- From ages 7-18, the recommendation is 8-12 ounces or 1-1/2 cups per day.

The American Diabetes Association reports that a fruit juice intake greater than 12 ounces per day can lead to childhood obesity which increases the risk of early onset diabetes. 100% fruit juice contains some vitamins and a lot of sugar. A 1/2 cup serving of apple juice contains 87 calories and 22 grams of sugar compared with a medium sized apple that contains 72 calories, 14 grams of sugar and 3 grams of fiber.

The World Health Association and US Dietary Guidelines recommend limiting added sugars to no more than 10 percent of total calories, excluding the natural sugars found in fruits and dairy foods. Sugar consumed in moderate amounts does have a place in a healthful diet, but it can add empty calories if over-consumed and displace other, more

nutritious foods. To keep the intake of added sugars within the 10 percent guidelines look for the following on food labels:

- Sugar, whether brown, white, raw, or cane
- Corn syrup or high fructose corn syrup
- Molasses
- Honey
- Fruit Juice Concentrate

How many grams of sugar are in a serving? A teaspoon of sugar has 16 calories which represents 4 grams. For a 1,600 calorie/day diet, the maximum added sugar intake is 6 teaspoons; a

2,000 calorie/day diet is 12 teaspoons; and a 2,800 calorie/day diet is 18 teaspoons. One 12 ounce can of soda has 10 teaspoons of

sugar in it, and back to that 1/2 cup of apple juice which has 5.5 teaspoons of sugar.

It seems reasonable to conclude that replacing the added sugar calories found in sweetened beverages with more vegetables, fruits, and whole grains will lead to better nutrition and improved overall health.

—Catherine Princell RN MS  
Health Education Specialist

## JUST FOR THE HEALTH OF IT

### 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, Sept. 18th & Tues, Oct. 16th.

### Co-op Board Officers & Members:

<i>President</i>	Deborah Wiggs
<i>Vice President</i>	Gail Bartlett
<i>Treasurer</i>	Bob Sullivan
<i>Secretary</i>	Stephen Benson

Lucy Benjamin  
Ruth Fiske  
Edee Howland  
Erich Reed



# Candidates for Board Membership

**Rebecca McCall** has lived in Blue Hill for over twenty years and is a current candidate for the Co-op Board of Directors. She grew up in Fairfield County, CT, and was an avid horsewoman there until the sounds of Pete Seeger gave her latent leftist spirit a poke. "A friend gave me his 1963 concert at Carnegie Hall," she says, "and a big curtain lifted on a whole new world to me."

She headed to the Midwest for college and there met husband-to-be, Blue Hill minister Rob McCall. They married in 1967, spent their first years in Chicago and Boston and then, with their baby daughter, moved to historic Concord, Massachusetts. There they grew a garden, raised chickens, and experienced a new and permanent love for small town life.

McCall holds a degree in Art History from Simmons College and is a landscape and portrait painter. She remembers that some of her earliest portraits were painted on the sides of trucks. "They felt like political statements, gigantic bumper stickers and I always put a lot of passion into them." She was especially fond of the Woody



Guthrie and Cochise paintings that covered either side of her own 1960 Dodge panel truck, the family vehicle in Concord. "We were happily driving around like a lot of young people then, spreading peace, love and ecology at about ten miles to the gallon."

That was the 70s. Today, Co-op patrons may remember her paintings of Iraqi civilians that hung in the café two years ago. She is also an aspiring writer and a long time performer, with Rob, of

folk, bluegrass and country music. A full-time staff member in the early days of WERU, and host of a weekday morning folk show there for several years, she nowadays sings more of her own songs, as she did most recently in June at Aunt Mae's Cabaret.

Daughter Sarah and son Dan are now grown, and the McCalls also have two grandchildren, all living in Maine.

About the prospect of joining the Co-op Board, Rebecca says "My experiences with WERU and the Blue Hill Congregational Church have given me a pretty good idea of how healthy non-profit institutions are supposed to work. I've been a true-believer in the Co-op for many years and know it's a vital part of our peninsula. It's a kind of garden right in the middle of a busy town. I'm as thrilled as anyone to show up every day to enjoy the harvest, but offering my energy and commitment to the board is a way of helping out at planting time as well. I look forward to keeping the soil fed, the rows straight, and an eye on the moon."



**Marianne Vandiver**

When we bought our house in Penobscot in 2002 and people asked me why we had chosen the Blue Hill Peninsula (where neither my husband or I had ever lived before or had any specific ties to), I honestly listed the Blue Hill Co-op as one of the reasons. I am passionate about both community and food, and the Blue Hill Co-op was one of my favorites amongst the many food co-ops that I have frequented, worked at, or managed over the years. I have a growing awareness of the power of local, organic food

sources as a great hope not only in terms of supporting our personal health but also in the larger challenges of combating global warming and environmental degradation and building community in what at times seems like an increasingly fractured and dispassionate society. It must be a frequent mantra coming out of my mouth at home, because our four-year-old recently announced that she was making up a story about two cat siblings named "local" and "organic!"

I suspect that many of those who might not recognize my name or photo would quickly recognize my two long-haired daughters, Maira (7) and Maggie Rose (4), who happily chat up most everyone we meet in our frequent forays to the Co-op. I am currently a part-time family practice physician assistant at Island Family Medicine in Stonington. In the past, I have been a staff scientist for the Natural Resources Council of Maine, and have a strong interest in the interconnections between human and environmental health. I have also worked at a number of food co-ops over the years, including a stint as manager of the Rising Tide Co-op in Damariscotta. My history of working with

food also includes being cook/baker in natural foods restaurants and "nouveau cuisine" settings, including the bread bakery associated with Chez Panisse in Berkeley, California (where I got to work with Alice Waters and rub elbows with James Beard and Julia Child!). We have been working members of the Blue Hill Co-op since 2004, and my husband David built the beautiful wooden produce rack that is now across from the produce cooler.

When we started having babies eight years ago, I made a conscious decision to seriously curtail my "out-of-home" commitments so that I could best focus my energy on mothering. Now, as our children are getting a little older, I feel like I am able to finally act on the desire that I have been nursing all these cloistered years to give back a little more to the larger community in which we live, and becoming a board member at the Blue Hill Co-op is one of the best ways that I know to do that. We LOVE the Blue Hill Co-op, not just as the source of so much of our good food, but as a gathering spot and focal point for so many of the amazing things that happen in this community.

# Voting for the New Board Members

The Board urges you to exercise your rights and responsibilities as owners by voting for new directors to represent you in governing the Co-op. Without a sufficient number of votes, an election cannot choose directors, according to the Co-op's current bylaws. Our bylaws now require at least five percent of all owners as a quorum to make a vote stick. In the absence of a valid election, the Board President could appoint owners to the board, but at some sacrifice to the democratic principles the Co-op is trying to nurture.

In order to authorize the board to make decisions on your behalf, it is meaningful and empowering for you to cast your vote. The board needs your active participation to justify its function in representing your interests. Please vote, and vote using the procedure requested, to make sure your vote will be counted.

Below is a ballot for your use in voting for new directors for the board, for a term of three years. The Nominating Committee has sponsored two owners and invited other prospective directors

to nominate themselves or other members by circulating a petition. However, no petitions from other owners were received by the cut-off date.

No one is standing for re-election to a second term at this time. The board is hoping for two new members this fall, which will allow a board of nine directors. Please vote for two candidates.

A special Election Committee, including one director and several owners, will process the ballots in such a way as to preserve voters' confidentiality and to assure the validity of their votes. Your preparation of your ballot will be a factor in whether or not it counts. Invalid or duplicate votes will be discarded. Directions for voting will be available at the Co-op and at the Annual Meeting on September 30.

As of your receipt of this Newsletter, balloting is now open. You may vote any time between now and the close of the Annual Meeting – by mail, at a ballot box in the store, or at the Annual Meeting itself, where you can hear statements by the candidates and ask them questions. Directions for voting by mail

are printed on the back of the ballot at the bottom of this page. Directions will also be posted at the ballot box in the store and at the Annual Meeting.

– Steve Benson, Board Secretary

**Reminder:** There will be no Board Meeting in August.

## Directions to Annual Meeting

The annual meeting will be at the Halcyon Grange Hall of North Blue Hill.

From the center of Blue Hill, turn onto Rte 15 (Pleasant Street) at the Exxon Station and take Route 15 north for 4.5 miles.

Go about 1/4 mile past the sharp bend in the road, and the grange hall is on the right.

Parking is available in front of the hall, along Rte 15, or in the field next to the hall.

— — — Cut along this line and send your completed ballot according to the instructions on the other side. — — —

## Ballot for Election of Directors of the Blue Hill Co-op

(You will cast a maximum of two votes on this ballot.)

Mark an **X** by the name of each candidate you are voting for.

**This ballot is for one single owner to vote on.**

**Vote for two people.**

\_\_\_ Rebecca McCall

\_\_\_ Marianne Vandiver

**IMPORTANT: See reverse of this ballot for mailing instructions.**

# What's Local at the Co-op: A Late July Snapshot

We are proud to carry the finest products from Maine's farms and businesses. This is a snapshot of local products in the store the week of July 19, 2007.

*Everything on this list is grown in Maine or made using items grown or wild-gathered in Maine.* Many of these products come from our own peninsula (see products marked with \*).

There is a much longer list posted in the store that includes all these items plus products made by Maine businesses, authors, and artists that don't necessarily include Maine-grown ingredients. It is updated every two weeks or so and displayed at the Made-in-Maine shelf, near the shopping baskets, and on the bulletin board at the front of the store. So, come on in – buy local!

When you buy local you get fresher food, support Maine's farmers and small businesses, keep your money in the community, and contribute to local self-sufficiency.



Buying local also cuts down on fuel needed for food transport.

For more information see Eat Local Foods Coalition of Maine ([www.eat-mainefoods.org](http://www.eat-mainefoods.org)); Maine Foods Network ([www.mainefoods.net](http://www.mainefoods.net)); Maine Organic Farmers & Gardeners Association ([www.mofga.org](http://www.mofga.org)); or the Maine Department of Agriculture ([www.getrealget-maine.com](http://www.getrealget-maine.com)).

So, come on in buy local!

- \* 5 Star Nursery Lettuce, Snow Peas, and Daikon Radish
- \* Four Season Farm Carrots, Cucumbers, Fennel, Leeks, Red Beets, Mei Qing Choi, Spinach, and Parsley
- \* Hackmatack Farm Mesclun, Arugula, and Sweet Pea Flowers
- \* Island Acres Sausage
- \* Island Soaps
- \* King Hill Farm Eggs
- \* Lazy C Farm Zucchini, Lettuce, Dill, and Chard
- \* Mother Bloom Botanicals Herbs
- \* Mother Bloom Botanicals Tinctures
- \* Nutrisea Supplements

- \* Oakum Bay Sugar Shack Maple Syrup
- \* Old Ackley Farm Chicken & Eggs
- \* Sows Ear Winery
- \* Stoneset Farm Blueberries
- \* Stoneset Farm Pork & Eggs
- \* Wind and Sun Farm Pea Shoots
- Aurora Mills Grains & Flours
- Avena Botanicals Tinctures
- Blue Barrens Farm Blueberries
- Borealis Breads (Aroostook Wheat)
- Caldwell Farm Beef
- Heaven & Earth Farm Red Potatoes
- Indian Meadow Herbal Salves
- Ironbound Island Seaweeds
- Mil's Farm Collards and Kale
- Mount Desert Water
- Nezinscot Farm Cheese & Butter
- Painted Pepper Farm Chevre & Yogurt
- Pat & Mike's Cranberries
- Seal Cove Chevres
- Shalom Orchards
- Smiling Hill Farm Cheeses
- Smith Family Farm Yogurt
- Strawberry Hill Maple Syrup & Candy
- The Turkey Farm Ground Turkey
- Tide Mill Farm Chicken
- White Orchard Milk

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## How to Vote by Mail

(See Ballot on Other Side)

1. Complete the ballot on the reverse side of this page, and separate it from the Newsletter.
2. Fold your ballot and enclose it in a sealed blank envelope.
3. Fold that envelope as needed to enclose it into the mailing envelope sent with this Newsletter.
4. Seal the mailing envelope. Fill in your name as owner and your owner number, where indicated, with your return address.
5. Mail it to the Blue Hill Co-op, P.O. Box 1133, Blue Hill, ME 04614 (or deliver it by hand and place it in the ballot box at the store or at the Annual Meeting).



# What's Up In Board Meetings: May & June 2007

*a Summary, Based On The Approved Minutes*

The May meeting, facilitated by Deborah Wiggs, gathered the invaluable retiring director Emilie Disney-Hoey with the rest of our board: Lucy Benjamin, Ruth Fiske, Edee Howland, Bob Sullivan, Gail Bartlett, Erich Reed, and Steve Benson, as well as general manager Karen Doherty. In June, Gail facilitated a meeting that Erich, Bob, Ruth, Lucy, Edee, Deborah, Steve, and Karen attended.

**Karen's manager's reports** covered a wide range of issues in her effort to keep the board informed about issues that may concern it. She reported, for instance, on the development of Cooperative Maine, a fledgling state-wide organization intended to support cooperative enterprises of all kinds. Karen hopes our Co-op will stay involved in its progress.

She noted that a representative of the Co-op's workers' compensation insurance provider has performed an ergonomic evaluation of the workplace and will give staff a brief workshop in performing jobs safely. Upgrades to the Co-op's electrical system are also in the works to bring it up to OSHA standards.

Karen plans to release a survey to owners soon, to gather information about their values, needs, choices, and preferences. She announced that owners' equity payments would begin to be collected as of May 21. Karen and membership coordinator Ruth Sullivan planned to communicate the hows and whys of equity payments to owners through articles in the Newsletter. Some complex work has been required in order to adjust the store's cash registers to track equity payments. A special spreadsheet will be created for tracking expenditures for capital assets and their impact on equity, effective July 1, 2007.

Name tags are being introduced for staff, as part of a focus on customer service. Yvonne Chick will be meeting with staff groups to share ideas she learned at a National Cooperative Grocers' Association customer service workshop. Karen has asked Yvonne to serve also as an evening manager.

Largely because of news articles criticizing organic farming standards

in China, the Co-op has begun to discontinue selling organic foods grown there.

The **Nominating Committee** resolved to support Marianne Vandiver and Rebecca McCall to serve on the board, after reviewing their applications and interviewing them. Election procedures have been gradually developed in an effort to ensure fair, democratic, and secure elections to positions on the board. Petition materials were supplied to any other owners who expressed interest in pursuing nomination.

## BOARD REPORT

The board decided that its regular **annual meeting** would be held on the last weekend of September from now on. (This year it will be held Sunday, September 30.) This regular spot on the calendar is intended to avoid coinciding with the Common Ground Fair and to allow owners to predict reliably when elections and an annual report will occur.

Having finalized a draft edition of comprehensively revised bylaws for the Co-op and submitted it to owners for a vote in mid-May, the board continues to improve its own understanding of and use of these bylaws. The board decided to compile an official list of "Board Interpretations of the Bylaws," which would include specific understandings of issues left unclear in the bylaws themselves.

If this list becomes cumbersome or when certain issues need to be more fully defined in the bylaws, the board or owners may call for a change in the bylaws, which would require a vote by ownership. An annual review of this list will, in any case, be made by the board in early summer.

An initial entry into this list will state that partial payments toward capital certificates will be redeemable if ownership is terminated before equity is fully paid.

The board also clarified what will define an active ownership, by requiring that each owner pay at least a minimal annual \$20 into equity within 60 days of her or his due date, at least once a year, until a full capital certificate of \$200 is paid for. Owners who seek to redeem

capital certificates will be expected to pay a \$10 processing fee.

Karen and others brought discussions to the board that were ongoing on a listserve supervised by the Cooperative Grocers Information Network (CGIN). One thread concerned whether or not discounts as compensations to a co-op's working members are legal in the United States, a topic still under debate.

Another discussion considered whether all adult members of a household could be required to be owner-members. The board decided to continue researching these questions through consultation with other co-ops as well as the CGIN listserve.

*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. A complete board policy register is now also available in a Word document, by application to the Secretary.*

**NOTE:** The Board will not conduct a regular meeting this August.

*Please come to share in all or part of a Board meeting, the third Tuesday of any other month from 6:30 to 9:00, upstairs in the Blue Hill Library. The second ten minutes of each regularly scheduled board meeting is intended for listening to owners' comments and concerns.*

*—Submitted by Steve Benson, Secretary*

**DEADLINE FOR  
OCTOBER / NOVEMBER  
ISSUE:  
OCTOBER 7<sup>TH</sup>**

# CLASSIFIEDS

## ALTERATIONS

Alter, repair, make, almost any clothing. Anne Walker 374-5749



## ARCHITECTS



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## GARDEN DESIGN

**IMAGINATIVE GARDEN  
DESIGN SOLUTIONS**

Service options include consultations, sketch & layout plans, critiques of existing plantings, and project oversight.

Daksha Baumann 374-5423  
[daksha@localnet.com](mailto:daksha@localnet.com)

## HEALING ARTS

Relaxation and Healing:  
Therapeutic Massage

Soar Studio 359-2304

Melanie Rose Moore, NCTMB, LMT

## HEALING ARTS

## HEALING ARTS

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*Relax, Balance, Strengthen, and Encourage Healing*

**Jean Rohrer, RN, BSN, CST** Call 207 / 460-0366 for appt.  
Healing Arts Center, Main Street, Blue Hill



## GIFTS & HOUSEWARES

# NEW CARGOES

*Great Goods for Everyday Living*

Mon-Sat 10am - 6pm  
Main St.

Sunday 11am - 5pm  
Blue Hill

## INNS / RESTAURANTS

**The Brooklin Inn**  
Lodging • Fine Dining • Irish Pub  
Eclectic dining from a classic kitchen.



Fresh Fish • Aged Steaks • Fine Wine  
All our fish are wild & free swimming  
All our meat & produce is exclusively  
local & organic Dinner Daily  
Main Street (Rte 175) • Brooklin, ME  
359.2777 www.brooklininn.com  
Open All Year

## PIANO TUNING

**Blue Hill Piano Service**  
Phil Norris  
374-2159



**DEADLINE FOR  
OCT / NOV ISSUE:  
OCT. 7<sup>TH</sup>**

## MOVIES & ENTERTAINMENT

**MOVIES:**  
new, independent, popular, documentaries

**ORGANIC POPCORN, CHOCOLATES,  
SODAS, & MORE!**

**OPERA HOUSE ARTS  
NOW OPEN ALL YEAR**

sign up for our weekly movie list:  
movies@operahousearts.org  
call our movie line for details: 367-2788

**OPERA HOUSE ARTS**

The historic wooden theater on Stonington's working waterfront.  
**INCITE ART, CREATE COMMUNITY**

### Parking at the Co-op

Here are some suggestions of time periods  
when more parking spaces are available.

#### Weekdays:

1-3 pm & 5-7 pm

#### Saturdays:

All hours, *except* 11 am-1 pm

**Sundays:** All Hours

Also, there is parking available beside the  
building on the lower level across from the  
Fish Net. Particularly if you are at the Co-op  
for a meeting or to work, please park down  
below. And, please, enter the main (upper)  
parking lot through the upper (eastern,  
toward Ellsworth) drive, and leave through  
the lower one. Thanks.

**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.

**SPECIAL 6 Business Card Ads for the price of 5:** Ad must be pre-paid for a year to  
receive this special rate of \$125 for six ads.

**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  
Coop Newsletter 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 Coop. Send payment &  
ad information to: Prudy Heilner • PO Box 239 • Blue Hill, ME 04614, tel: 374-5485;  
or drop off at the Coop in Newsletter box.

**6<sup>FOR</sup>/5**  
Advertise your business  
for a year for only  
**\$125**

It's easy! A business card  
ad costs \$25 per issue.

Run it for a full year,  
prepaid, and save \$25!  
(See Fine Print, next page  
for complete details.)

## DEADLINE FOR

**OCTOBER / NOVEMBER ISSUE: OCT. 7<sup>TH</sup>**

## 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, rec-  
ommends 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.

# Working Member Update

Thank you to all the working members who patiently stuck with me as we switched the working member system around this summer. We have many dedicated, long-term workers who continue to be a big help to all of the staff throughout the store.

## MEMBERSHIP NEWS

Thank you, too, to all of the new working members who have signed up since May. We value your contributions and look forward to working with you more in the future.

To those folks who felt frustrated with the changes: we have worked out

a few of the kinks and have built in more flexibility. If you think you might like to work again, come on in and we'll set something up for you.

We still need more help in a number of areas, including:

- Unloading the Truck and Stocking Shelves (M/F am, W/Th pm)
- Coffee Maintenance for the Café (T/Th am)
- Cheese Cutting (M pm/T am)
- Inventory (end of September and December)
- Bulk Cleaning (early morning)

If you would like to become a working member see me for more information. Not only will you get a 10 % discount, you will get a chance to participate in the behind-the-scenes tasks that keep your store running.

I can be reached at 374-2165 or [membershipbhcoop@verizon.net](mailto:membershipbhcoop@verizon.net). I am in the store Monday and Tuesday 9-4, Wednesday 9-5, Thursday 9-1, and Friday 1-5.

All the best, Ruth S.  
Membership Coordinator

# Equity Update

We have successfully switched the cash registers and POS system to track your equity as owners. This means you are now able to make annual equity payments when you make your regular purchases, and we will be able to track it via the computer system.

We will NOT be switching all renewal dates to November, as was suggested in the last newsletter. Equity will be due each year on the date the owner first joined.

Remember, to be a fully vested member the equity fee is \$200. This amount

is payable over 10 years, making the minimum annual equity payment \$20. However, we encourage owners to consider making extra equity payments or even paying off their equity in full. These payments can be made at the registers using cash, check, or debit / credit cards.

## Questions?

Feel free to contact me at 374-2165 or [membershipbhcoop@verizon.net](mailto:membershipbhcoop@verizon.net).

—Ruth Sullivan  
Membership Coordinator



## FROM THE MAILBAG

Hi Maureen -

I just wanted to tell you how much the staff profiles are appreciated. It's really nice to have access to the wide and varied backgrounds of our crew. Also wanted to commend you and the rest of the newsletter staff for the consistently excellent layout and content of the newsletter.

Best,  
Tom Leigh  
(via email)

**Editor's Note:** Due to the special Elections Section, there are no Staff Profiles in this issue. Staff Profiles will be back in the October/November issue.

## Letters to the Newsletter

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 the editor, Maureen Farr: [maureenfarr@verizon.net](mailto:maureenfarr@verizon.net). Letters may be edited for style, not content; and should be brief. Please include your name, address, and daytime phone number.

## ON THE WALL @ THE CO-OP Café:

**AUGUST: Mozelle**

*New Works in Encaustic & Mixed Media*

**SEPTEMBER: Kimberly Drasler**

**OCTOBER: Paula Dougherty**

*Nature Photographs*

**NOVEMBER: Joan Kasoff**

*Photographs*

*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.*