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Special Election Issue
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BLUE HILL CO-OP NEWS

AUGUST/SEPTEMBER 2008

Calendar of Events

- Wednesday, August 20, 7 p.m. "Tincture-Making," a Health Angels Talk with Herbalist Anna Fernandez in Co-op Cafe
- Saturday, August 23, 6:30 p.m. Film and Talk by Vermont Beekeeper Todd Hardie of Honey Gardens Apiaries, Blue Hill Library
- September 19-21, Common Ground Fair, MOFGA Fairgrounds, Unity
- Sunday, September 28, 4-7 p.m. Annual Meeting of the Blue Hill Co-op Owners, Halcyon Grange, N. Blue Hill

Blue Hill Co-op Mission Statement

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

Hello all! I'm writing this at the tail end of July...blueberry juice stains my lips, saltwater dries to a film on my skin, and I rejoice in all Maine in July has to offer. It's the month that always feels compressed into two weeks...so much activity packed into one tiny month...(Art! Music! Food! Bicycles! Kayaks! Abundant Sunshine!) and...the co-op's sales doubling from the amount of sales we do in January/February! This summer feels particularly hectic. As I look towards the future of the co-op and steer us along the path that will ensure our survival for the long term, there is so much to accomplish. With all the other tasks a General Manager has to keep up with, it's been a challenge to find extra time to devote to the future...but rest assured it's at the forefront of my thinking and actions. I am currently working on a marketing/feasibility study to help us decide if we should relocate or stay put. Results of the comprehensive study will serve as a guide, enabling us to make informed decisions, rather than operating on hunches. Part of this study will include an in-store survey.

MANAGER'S LETTER

Speaking of informed decisions, I do hope many of you will turn out for our annual meeting on September 28. I will be giving our annual report to let you know how the fiscal year ended up; if you can't make the meeting the report will be available in the store. It's so important for owners to stay informed as the co-op evolves. And our Board members need to stay informed by you as well. Remember to utilize the minds and hearts of your Board members by keeping them in the loop concerning your needs as co-op owners. Send them letters, send them e-mails, make phone calls. Contact information is located at the front of the store on the co-op information board. They are the folks you've elected to lead the co-op into the future, and--in order to lead effectively based

Manager's Letter

Continued from page 1

on the needs of the owners--they do want and need to know what you think.

With the economy as unstable as it is, as you know, food prices are soaring at an unprecedented level. So many factors are contributing; diesel fuel saw an increase of 17% just between February and April of this year, bulk commodity sourcing challenges are on the rise, and some countries are holding back on exports (the global supply of wheat remains short, but more acres are being planted in North America to help ease the shortages). The allocation of farmlands to biodiesel is also being blamed, as well as the weak dollar driving up costs of imported foods. Burgeoning economies in Russia, China, and India are putting pressure on grain and seed markets. You can read all about it most any day in the papers. Here in Maine it's so nice to be able to eat out of our gardens and from the abundance of the local farms in the summertime, but we just don't know what the winter will bring. How will many of us afford to heat our homes and still provide nutritious meals for our families? Look to the co-op for help! The co-op is pleased to be able to bring you lower prices on selected items each month. Stocking up on these items while they are on sale can help reduce your food budget quite significantly. Look for the staples on sale, such as organic butter at an unbeatable price...buy 6 pounds instead of one, throw five in your freezer and don't think about buying butter again for a while, allowing yourself to smile smugly knowing you've made a good investment. Buying in bulk can also save money as well as packaging, and eating less meat can also help your bottom line. Utilize our efficient Pre-order system, which is really like a Buying Club within the store, allowing you to purchase in case-lots at a reduced cost.

We're all in this thing together, and together we can help each other relearn some of the habits of thrift that have perhaps been lost as a result of living in such a privileged culture. Learning to "hyper-eat" (a word I just made up) is like learning to hyper-mile in your car; increasing your mileage by using the terrain and a lighter foot on the gas pedal can save huge amounts of gas dollars. We can do the same with food, being more careful about what we choose to buy, and getting better at easing up on the purchases that may end up getting wasted. We can get by and maybe even get healthier by consuming more thoughtfully. For more information on hypermiling check out this website: <http://en.wikipedia.org/wiki/Hypermiler>
Happy summer! *Karen Doherty*

In Memoriam

Longtime co-op owner Rufus Paxton Hellendale, of Harborside, died unexpectedly Friday, June 6 on his property. He was born in Bangor on January 21, 1955 and raised in Connecticut.

Rufus was an independent thinker with a lifelong quest for knowledge, and a deep love of the natural world. He held strong convictions about social justice, the need for local food through local farmers, alternative energy, and protecting the environment. A paragliding instructor, Rufus was very proud of the small community of paraglider pilots he "fledged." He loved paragliding and could often be seen soaring above Blue Hill mountain. He was very proud of the fact that he was one of only two people to fly off Mount Katahdin--in June, 2007.

The co-op community misses our friend Rufus. We offer our sympathy and support to Maureen Farr and all of Rufus's family.

Notice of Board Meetings

The Co-op Board 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., Aug. 19 & Tues., Sept. 16, 2008.

Co-op Board Officers & Members:

| | |
|----------------|-------------------|
| President | Gail Bartlett |
| Vice President | Deborah Wiggs |
| Treasurer | Bob Sullivan |
| Secretary | Erich Reed |
| | Lucy Benjamin |
| | Stephen Benson |
| | Ruth Fiske |
| | Rebecca McCall |
| | Marianne Vandiver |

The Newsletter Team

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Prudy Heilner, Ads; 374-5485

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Staff Liaison and Editor (this issue):
Eileen Mielenhausen

Columnists/Writers

Catherine Princell, Jennifer Traub,
Allison Watters, and Co-op Staff

*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
(207) 374-2165

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Letters to the Newsletter

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 marketingbhcoop@verizon.net. Letters may be edited for style, not content, and should be brief. Please include your name, address and daytime phone number.

Highlights from May and June 2008 Blue Hill Co-op Board of Directors Meetings

By-law change proposals and policy revisions were much of the agenda at the May and June Co-op board meetings. Two policy changes in May involved a revision to the Selection of Board Officers, which is B6 in the Board Policy Book. This change keeps, by vote of owners, the power to recall any director from the board, but places solely within the board the power to recall its own officers. And B8 was created, a new policy to afford the board's authority in ensuring for example, the arranging and financing of its own training, orienting new directors, and in general following its commitment to self-education and good governing. By-law changes that the board will propose to owners include new balloting procedures and household memberships.

Noting the resignation of Newsletter Editor Maureen Farr and the enthusiasm of Membership & Marketing Coordinator Eileen Mielenhausen to be more involved with the newsletter, it was proposed and agreed upon that the role of overseeing the newsletter and its publication pass from the board of directors to the general manager, and

that the expense of the newsletter move as a line item from the board budget to that of the store.

The General Manager presented an overall favorable financial report to the board in May, reporting a third quarter net profit of \$20,011.00. The produce

BOARD REPORT

department had a low quarter, apparently, but the café did very well.

On the subject of local agriculture, the board continues its discussion on how best to support local farmers, and in June launched a workgroup to consider micro-granting and micro-lending. What percent of the Co-op's sales are local? Can the Co-op support local food production with granting or lending in small amounts? Would a project like this be the Manager's responsibility or the board's? These are some of the questions that came up at the June meeting.

The board looked ahead in June to the Annual Meeting in September, which will be held on Sunday, September 28

from 4-7 p.m., with many possible venues but none yet determined. Annual Meeting will likely include presentations from board president Gail Bartlett, treasurer Bob Sullivan, general manager Karen Doherty, and the introduction of new board members. If all of this isn't educational, hilarious and spell-binding enough, the board is hoping to entertain you more.

Meanwhile, the board welcomes owners to monthly meetings, where time is allotted for owner comments and questions, and minutes are available in the boxes at the front of the store. Meetings are held on the third Tuesday of every month at the Blue Hill Library, and the next meeting will be August 19 at 6:30 p.m.

*Respectfully submitted,
Rebecca McCall*

[Note: Copies of board minutes and policies are also available to owners on request to the secretary, Erich Reed: erichreed@yahoo.com]

Local Farmers Markets

Blue Hill:

Tuesdays 3-5:30 p.m., Congregational Church parking lot
Saturdays 9-11:30 a.m., Fairgrounds

Brooksville:

Tuesdays 9 a.m.-1 p.m., Community Center lot

Ellsworth:

Saturdays 9:30 a.m.-12 p.m., Downtown next to the Maine Grind

Stonington:

Fridays 10 a.m.-12 p.m., Island Community Center



Co-op's Abundant Local Farm-Fresh Produce

Lots of exciting new local produce is arriving every day in the Co-op's Produce Department! This summer you can buy local: zucchini, summer squash, pea shoots, broccoli, fennel, basil, baby carrots, snow peas, sugar snap peas, lettuce heads, lettuce mix, arugula, spinach, loose mesclun, beets, beet bunches, garlic scapes, cauliflower, napa cabbage, green cabbage, cucumbers, chard, collards, kale, dill, assorted herbs, new potatoes and--in late July, for a limited time--raspberries. Coming in August: local peaches, blueberries, melon, and early apples & pears.

Availability of some of these items can be a little tricky! Some things aren't available in large quantities, so they won't be in stock all week long. If you would like information on when we'll be getting more of something, or would like us to put something aside for you with your name on it--or if you would like me to special order it for you, please call the Co-op on any weekday morning and ask for Kiera.

I want to hear your questions, com-

ments, and concerns! Attached to the produce board (across from the half-price basket) is a notebook for all your thoughts and opinions. I check it daily and will respond within a week, so you can check back in for answers and explanations. I value your input and look forward to working with you to make shopping in the Produce Department as satisfying as possible.

Want to learn more about where your food is coming from? Check out our "farmer profiles," featuring local, organic farmers from around the Peninsula, available on our website (www.bluehill.coop) and in the Produce Department!

*Kiera Chick
Produce Manager*

TREASURES

from home and all over the world

NEW CARGOES

Blue Hill's little department store www.newcargoes.com

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Tinder Hearth Wood-Fired Bread Kindles Community

by Jennifer Traub

Last fall, Tim Semler and Lydia Mofet—founders of Tinder Hearth bakery along with Tim's mom, Lake Larsson—taught a course at Liberty School called "Social Design Laboratory," which focused on "being alive in society" and engaged students in constructive ways to enact change.

Tinder Hearth is itself a laboratory for innovative, collaborative ways a business can privilege community-building and personal relationships over profit and personal gain.

From naturally-leavened dough to wood-fired bread in a handmade oven, from local and organic flour to whole grain loaves, and from communal living project to community music gatherings, all aspects of Tinder Hearth's collective enterprise draw from an intentional lifestyle rooted in simplicity, authenticity, and community.

Cob oven sparks intentional community

Tim, a 2002 Liberty School graduate, returned to his mom's Brooksville home after substantial travels to Mexico, Africa, Japan, and Vermont—places which attracted him, he says, because "the strong relationships that keep people together and alive are clear."

While in Mexico, he was introduced to the cob oven—an outdoor wood-fired oven built from clay and other local materials. It was part of a Hindu ashram community that bakes and sells bread to support a simple lifestyle centered on yoga meditation.

Tim started building ovens himself—two during his travels in Vermont and two more in the fields behind Lake's farmhouse. The Tinder Hearth oven, completed in November 2006, was built mainly out of stones from the property, local straw, and pure marine clay that had been dug up for the Four Season Farm pond on Cape Rosier.

The only money spent on the oven went toward a few hundred fire bricks and a roof for the structure.

Tim, Lydia, and four others then formed an intentional community at Lake's homestead, developing Tinder Hearth as a collective business to bring in enough income to pay off the oven debt and cover the group's basic living expenses.

"We're not building a company in the

traditional sense," says Lydia. For example, a major principle of the business has been a floating hierarchy, which requires those involved to hold equal knowledge of—and responsibility for—all aspects of the baking process.

Making bread "the old way"

When Lydia first met Tim three years ago, she was drawn to his idea of a spelt bread made "the old way," using a sourdough culture instead of commercial yeast. With natural leavening, the dough undergoes a long proofing process during which fermenting agents break down the grains and release nutrients into the dough.

The fermented quality of naturally leavened breads has been shown to be health-enriching. In her book *Fresh from a Vegetarian Kitchen*, acclaimed natural-foods writer Meredith McCarty notes that "It's the fermentation...that makes eating good-quality bread an aid to the digestion of all complex carbohydrates including other grains, beans, and vegetables. It helps restore the functioning of the digestive tract, resulting in proper assimilation and elimination."

Last year, a challenge to involving others in the bread-making craft was the skill needed to harmonize what Tim calls the "two wild horses," namely the readiness of the dough with the heat of the wood-fired oven. This year, the group alleviated this issue by building a low-tech proofing room that slows down the fermentation process, allowing the dough to rise overnight.

In addition to being more predictable, this process further develops the texture and flavor of the bread. It also moves the baking schedule from late night to early morning; now the bakers awake at 3:00 a.m., which means that customers arriving early at the farmers' market can purchase still-warm bread.

Maine Grains

Another challenge for Tinder Hearth has been the limited availability of organic grains grown and milled in Maine. The group feels a strong commitment to the idea of a community economy, including sourcing their ingredients as locally as possible.

Because grains are not currently farmed nearby in quantity, Tinder Hearth is grateful for Matt Williams of Aurora Mills, who grows much of the organic wheat, rye, spelt, and oats he mills in Houlton, Maine. "Aroostook County needs to be supported," says Tim. Using an in-state supplier minimizes trucking and connects Tinder Hearth directly with Maine farmers.

Tinder Hearth carries several whole wheat breads—Rye, Spelt, and Maine Grains—which use ingredients that Tinder Hearth has been able to source in Maine. "One of the things I'm most happy about," says Tim, referring to these breads, "is finding a really healthy way to make whole grain accessible to people's palates."

Another Tinder Hearth bread—the popular French Batard—requires organic white flour, which is not available in Maine. In keeping with their principles, the resourceful Tinder Hearth crew switched this year from a large, commercial brand out West to the closest growers and mill they could find—an artisanal flour supplier in Quebec. One added benefit of this arrangement has been the opportunity to share the shipped flour with Millbrook, another local bakery. "It's nice to have some



The Moss Family Band performs at the Valley of the Stars open mic.



The Tinder Hearth crew gathers around their cob oven. Sitting (from left to right) are Alex Vara, Lydia Moffet, and Anna Shapley-Quinn. Standing behind them are Bridgette Semler, Tim Semler, Gavin Sapien, and Andy Eyerer. Anna manages the Valley of the Stars Farm gardens. Not pictured: Lake Larsson.

collaboration with another baker, rather than competition," notes Lydia.

Community Supported Bread

Tinder Hearth's community economy vision also relies on strong relationships with customers. Faced with a big increase in wheat prices this year, Tinder Hearth has come up with an innovative way to keep its bread price reasonable while developing a closer bond with its customer base: Community Supported Bread (CSB).

Similar to the Community Supported Agriculture (CSA) model, CSB is an agreement between members, who make payments up front for a month's worth of bread (e.g., \$20 for four loaves), and Tinder Hearth bakers, who guarantee to supply members with their requested bread for the month in weekly increments. Members pick up their bread either in Brooksville or at the Blue Hill Wine Shop. As of July, around 50 people were signed up for the CSB.

In addition to the practical benefits of the program, it is gratifying for the group to have this level of support from the community. "It feels good to see that people are dedicated to it," says Lydia.

Outside of the CSB, Tinder Hearth bread is available at the Blue Hill and Stonington Farmers' Markets, at the Four Season farmstand, and at the Co-op, which works with emerging local

producers to help make their products available. Tinder Hearth also considers bartering arrangements, particularly for needed services like carpentry and plumbing.

Valley of the Stars

Integral to the Tinder Hearth business structure are baking-free days directed toward artistic and intellectual pursuits. Much of the group creates music together as part of the band "The Living Daylight," taking turns writing songs that are often celebratory and dance-inspiring but can also be deeply mournful. Their music doesn't have one categorical message, says Tim, but carries the simple intention of "making connections with those who hear us."

A special quality of music in general, Tim elaborates, is that "it provides a space where people of different backgrounds and ages can come together to listen." Inspired by the central role that grange halls used to play as neighborhood gathering places, Lake began hosting an open mic for music and other forms of creative expression three years ago in her barn. Every Sunday at 5:00 pm, the greater community joins the Tinder Hearth group to share music, storytelling, and other talents at the Valley of the Stars open mic. A smoke-free and substance-free gathering for all ages, the open mic received a grant this

year from Healthy Peninsula Project.

The interconnections among Tinder Hearth's bread, music, and homestead efforts are crystallized in the imagery of the words the group has chosen to name itself. "Tinder," relates Lydia, is "a nest from which fire comes"—it is associated with the broader concepts of "start," "ignition," "offering," and "instigating change." Similarly, "hearth" is both the actual "surface for bread" and, according to Tim, a symbolic, maternal force that holds all, enfolding within it the words "heart" and "earth."

These images of nest and hearth point back to Lake, both the literal and the emblematic Tinder Hearth mother; she has wholeheartedly supported the Tinder Hearth vision from the start and has offered up the space for it to happen. Lake also envisions offering workshops and hosting more events that bring together older and younger generations. "I always wanted to have an organic farm and a kind of center for the creative expression of the community here," she says.

Sitting at a picnic table in the yard, Lydia gazes across the landscape, taking in Lake's farmhouse, the massive oven, the sprawling field dotted with flower and vegetable gardens, and the barn where the open mic takes place. "There are a lot of dreams here," she smiles.

For more information about Tinder Hearth Community Supported Bread (CSB) or the Valley of the Stars open mic, call 326-9266 or visit www.valleyofthestars-farm.com. To sign up for CSB pick-up in Blue Hill, call the Blue Hill Wine Shop at 374-2161.



Tinder Hearth's Maine Grains bread uses whole wheat flour, sprouted wheat berries, and oats grown in Maine.

Community Partners: Wardwell Discount

Wardwell Oil has graciously arranged a special discount for the Blue Hill Co-op. Co-op owners in good standing can receive 10 cents off each gallon of oil they purchase from Wardwell.

To get this discount, you must pay Wardwell for the oil within 5 days of delivery. If our owners do not live up to their end of the bargain, it causes a lot of hardship and paperwork for Wardwell Oil. For details, please call Chevy at Wardwell Oil at 359-8953.

Sedgwick Garden

The Sedgwick School community, Healthy Peninsula, and the Blue Hill Co-op would like to invite you and your family to join us in our first annual Sedgwick Learning Garden "work" party!

We have a few projects that we need extra hands & help to complete, such as: constructing and erecting a new garden trellis; constructing a vegetable garden fence; weeding both the flower and vegetable gardens; building a compost container; and harvesting any vegetables that are ready to be picked.

If you can join us Saturday, August 23 from 8 am-12 pm, please RSVP to Hadley Friedman at 374-2165.

CO-OP NEWS ADVERTISING FINE PRINT:

Ad Rates for Newsletter: \$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 info to: Prudy Heilner • PO Box 239 • Blue Hill, ME 04614, tel: 374-5485; or drop off at the Co-op in Newsletter box.



Meet the Candidates

Hi, my name is John Vincent. I have been connected to co-ops in New England for 20 years: as a working member of the Buffalo Mountain Co-op in Hardwick, VT; assistant manager of the Rutland (VT) Area Food Co-op; and, most recently, a board member for 6 years of the Middlebury (VT) Natural Foods Co-op. While on the board I served on the member linkage, board development and ends policy committees, as well as treasurer. It was there that I learned the importance and benefits of

co-ops cooperating together.

What now keeps me involved in cooperatives is different from what first got me involved. Living in towns without food co-ops nearby forced me to become a member of buying clubs. While those allowed me access to natural foods at good prices, none offered the vibrant communities which I have discovered in most storefront co-ops. Additionally, I began to recognize the very important role which co-ops can play in their own community: supporting local growers and producers, providing jobs and adding to the economic well-being of the community while demonstrating that the cooperative principles provide a successful model of operating a business, and being a place where like-minded people can share their values and play a role in their own co-op.

Serving on boards of non-profits, I have enjoyed group discussions and decision-making as it relates to the "bigger picture" issues, such as mission, ends, vision and values of the organizations. I have discovered that out-of-the-box thinking and decision-making is a great complement in putting into practice what has already worked well for other co-ops. I find the biggest challenge to be—how can food co-ops work together to ensure the survival of all while each one remains autonomous and holds to its own members' values and visions. Specifically, I find the policy governance model, when used well, a most effective way for a board to monitor management, while providing leadership and being accountable to the members.

I have also served on the boards of the Massachusetts chapter of the Northeast Organic Farmers Association, the Northeast Kingdom (VT) Habitat for Humanity and the Middlebury (VT) Festival on the Green. I am currently serving as board treasurer for The Good Life Center. I owned a used book shop in Middlebury for 7 years before moving to Harborside in 2007. This year I incorporated as a non-profit, A Revolutionary Press, a hand-operated letterpress printing endeavor.

I look forward to the privilege of serving as a board member of the Blue Hill Co-op and believe my past experiences will contribute to the larger discussions and decisions which face us. I bring no personal agendas other than the desire to someday see more businesses and services operating under the cooperative model.

John Vincent

Have you moved? Please help us keep our membership database accurate by giving us your current mailing address, phone number, and e-mail. Thanks!

TIME TO BUY OR SELL A HOUSE



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for Co-op Board of Directors!

Greetings co-op shoppers and member-owners! My name is Betsy Bott and I am stepping forward for your consideration to serve as a member of our co-op's board of directors. The co-op's mission statement reads: "Through a thriving cooperative enterprise, we encourage a vibrant healthy community and a sustainable local economy." This matches the approach I have taken in the business ventures I have been involved in throughout my adult life.

For 21 years, from '79-'00, I owned and operated Daily Bread, a small bakery cafe in Richmond, Vermont just outside Burlington. We served whole-grain baked goods, many naturally sweetened, eventually many vegan options. Our base was bread, which led to breakfast, lunch and weekend brunches, mostly vegetarian with a little chicken and fish. Over the years we developed ongoing relationships with local farmers and producers of everything from flour, eggs and dairy, maple syrup and honey, seitan and tempeh. Our working philosophy was one of respect and responsibility to each other and our customers. Many workers said it was the most collective hierarchy they had ever worked in. Daily Bread also acted as a magnet, helping to make Richmond home to many other small businesses.

I served on two non-profit boards: 4 years for a women's health center and 13 for a local monthly newspaper. Both of these were community generated and operated. I was also appointed to the Chittenden County advisory board to the Vermont Council on the Arts.

The salt water of my youth called me back to the ocean. My partner Jeb and I purchased 13 acres of overgrown clearcut back in 2001, far enough from the main road to be off the grid. We have cleared land, built a small house, shops, and greenhouse, and planted 15 fruit trees. We have about one quarter acre under cultivation.

I currently work two days a week at the Blue Hill Public Library, tend and preserve the harvest from the garden, pick some seaweed, and play in the West African drumming group Ngoma. I have some time now to give to the community to help our co-op remain a vital, responsible business fulfilling its mission to the fullest extent possible.

Betsy Bott



Eight years ago, Gail and I found ourselves with a restaurant, pub, and bed & breakfast in a small town way downeast in Maine. We had never run a restaurant before, or even lived in Maine, but I remembered an article I read about a crazy guy who grew vegetables all winter long in Maine. His advice was to buy locally. We made that our mantra. We found the Co-op and began buying everything we could there for the restaurant, and more from the farmers' market and Mainescape, and from everyone's road side stands, fields and barns.

It wasn't until that first winter that I realized that the vegetables we had been buying from the Co-op were from that crazy guy I had read about in Hope Magazine...Eliot Coleman! From the first we were hooked on local and organic and have stuck with it. It meant driving all over the place to get the things we needed. Allison and her project of coordinating deliveries and pickups was a big help, and everyone who we dealt with made things easier. But the way was made possible by the Co-op. We could not have continued without the active, vibrant and supportive group of ever-changing names and

faces that was and still is our Co-op.

Now, the restaurant seems to be on its feet and it's time for me to try and give back some of what we have received over these past eight years. My interest in being a member of the board is an offer to share the experiences and perspective I have

gained from over 50 years of a varied and interesting life.

Having grown up on a farm in northwestern New Jersey...on land so poor even the Indians didn't farm it, as my dad would say...I have an enduring sympathy for our local farmers and have built up relationships with almost all of them. I attended Rutgers University; captained schooners, research vessels and tugs; represented a company in Washington, DC; had an Airstream travel trailer dealership for 10 years; was a New York shipbroker; and imported and distributed fine wine. Then we bought a little inn in Brooklin...and you know the rest!

Chip Angell

ON THE WALL @ THE CO-OP Café:

AUGUST: Walter Smalling
Paintings

SEPTEMBER: Penny Ricker
Visual Art

OCTOBER: Leslie Moore
Pen-and-ink Drawings & Woodblock Prints

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

The Co-op Needs Your Vote: For New Board Members, For or Against Bylaws Changes

The Board urges you to exercise your rights and responsibilities as owners by voting to decide about proposed changes to the Co-op bylaws and to elect new directors to represent you in governing the Co-op. At least five percent of all owners are needed as a quorum to make a vote stick in the election of new directors and in any change in the bylaws. No change to the bylaws can occur in the absence of an adequate vote.

3 Board Positions Open

In order to authorize the Board to make decisions on your behalf, it is meaningful and necessary for a quorum of owners to vote. The Board needs your active participation to authorize its function in representing your interests. Please vote! And when you vote, carefully use the procedure requested to make sure your vote will be counted.

Enclosed is a ballot you can use by mail. You can drop it in the ballot box at the store if you prefer. The Nominating Committee has sponsored one owner's candidacy and invited owners to nominate themselves or other owners by circulating a petition. No one is standing for re-election to a second term at this time.

The Board is hoping for three new members this fall, which will allow a board of nine directors. Each new director will be able to stay on the Board for a term of three years and may then stand for election to a second three-year term if they choose. Please vote for three candidates, if you can. In the absence of a valid election of three nominees, the Board President could appoint owners to the Board to fill empty positions, but at some sacrifice to the democratic principles the Co-op is trying to cultivate.

2 Bylaws Changes Proposed by the Board

The owners voted in May 2007 to adopt new bylaws proposed by the Board, based on months of intensive

preparation, much of it in consultation with a Vermont attorney specializing in the legal concerns of cooperative businesses. Since then, the Board has identified two provisions that it believes worth deleting. One reflects a misinterpretation of the cooperative principles and the other appears to make voting overly difficult and result in too many invalidated ballots. The Board recommends removing these limitations.

The first change will simplify the ownership requirement, so that no one is obliged to be an owner just so someone they live with can be an owner. Current bylaws require that if any one adult in a household is an owner, all other adults in the same household must also meet separate requirements to be owners as well—whether they shop at the Co-op or not. Although this standard has been traditional at our co-op, we find that it is not usual among other co-ops, that it is problematic for owners to understand and for staff to enforce, and that it contradicts the cooperative principles on which we have chosen to rely as guidelines in our organization and operations.

The formal statement of Cooperative Principles adopted by the International Cooperative Alliance in September 1995 states, as its first principle, entitled "Voluntary and Open Membership," that "Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination." The Board now realizes that the household ownership requirement runs counter to this crucial principle and negatively affects the ethic and spirit of our co-op. So, the Board seeks to rescind this requirement.

This change can be achieved by removing the second sentence (italicized below) from Section 2.1 of the bylaws:

Section 2.1 - **Admission.** Ownership in the Co-op shall be voluntary and open to any individual whose purpose is to use the services of the Co-op and who is willing to accept the responsibilities of ownership. *All adults in a household are required to become owners, a household being understood to mean a group of individuals, whether or not related by blood or marriage, who live in the same residential unit and prepare meals in common.* Applicants

will be admitted to ownership upon submitting required information and purchasing or subscribing to purchase a capital certificate at an issuing price determined by the Board of Directors. On or before admission, each owner shall be provided a copy of these bylaws, including the appended explanation of patronage rebates. In case of doubtful eligibility, an application for ownership shall be subject to approval by the Board at any time within six months after the date of application.

The second change is to simplify the procedure of voting, so that fewer ballots will be declared invalid and less paper will be used up in balloting. Current bylaws now require that a ballot be enclosed in a plain, unmarked envelope and the plain envelope then enclosed in an envelope marked with the owner's number and other information. The Board recommends eliminating the use of the plain envelope. If this bylaw change is passed by vote, then the marked ballot in elections after this one would go directly into an envelope marked with the owner's number and whatever other information is requested.

This change will be achieved by removing the phrase "plain envelope inside another" (italicized below) from Section 3.8 of the bylaws:

Section 3.8 - **Balloting by mail.** Owners may, as authorized by the Board, vote by mail ballots in lieu of, or in conjunction with, a meeting of owners. Ballots, together with the exact text of an issue for decision, shall be included in the notice of the meeting to which they relate. Ballots shall be submitted in a sealed *plain envelope inside another* envelope bearing the owner's name and any other required identifying information and shall be submitted in conformity with instructions contained in the notice. Casting of a ballot by mail shall be equivalent to presence in person at a meeting, and ballots cast by mail shall be counted together with votes cast at the meeting, if any.

So far as the Board is able to determine, no further adjustment to any other bylaws will be needed to make the whole of the bylaws consistent with either of the two changes here proposed. That means that, if owners do vote to change the bylaws as proposed, these



Annual Meeting

The Annual Meeting of Blue Hill Co-op owners will be held on Sunday, September 28 from 4-7 p.m. at the Halcyon Grange in North Blue Hill (Rt. 15). The theme this year is "Community Connections: Linking Locally." All owners and their families are welcome! There will be childcare available during meeting time. After the meeting will be a yummy supper provided by the Co-op Cafe, great music, and prizes!

Active owners are encouraged to vote for board nominees by mail, in the store, or at the annual meeting. Please see voting information on pp. 6-8 and insert.

We hope to see many of you at the grange hall on Sept. 28 to participate in the democratic process, to meet other owners, and to celebrate another successful year as a co-op!

Membership Renewals

This summer I have been busy with many projects, including updating our database of over 1600 co-op owners and mailing out renewal reminder cards to active owners and letters to a courtesy to owners, bylaws require that advance of their equity-date. This is the date

MEMBERSHIP UPDATE

inactive owners. As the Blue Hill Co-op owners be notified in ty payment renewal you used to pay your

annual dues—before we switched from dues to equity. I have developed a system to assess owners' status and, with the help of some great volunteers, to notify you when your payment is due. This will, hopefully, decrease the confusion (and sometimes embarrassment) at the register when the cashier mentions that your equity payment is due. Remember that you can pay off your total equity (\$200) at any time at the register. You can also make smaller payments towards the \$200 (in increments of \$20). Just pay the cashier by cash, check, or credit/debit—and make sure you keep your receipt showing the equity payment & date.

Once you join as an owner, you are always an owner—even if you are inactive—unless you formally notify us that you wish to terminate your membership. Active owners are encouraged to vote in our annual election. Please see the insert in this newsletter to learn how the Co-op voting process works and to submit your ballot. For more info., please contact Eileen at 374-2165 (Mondays-Thursdays) or via e-mail (membershipbhcoop@verizon.net).

Store Updates, New Logo & Website

You may have noticed some changes in the store this summer. Your co-op staff members have been working hard in each department to create the best possible shopping experience for you! We are delighted to introduce our new Blue Hill Co-op logo, designed by Gabe McPhail, which you will find on store signs, literature, and in this issue of the newsletter! Along with the beautiful new apple branch logo, we have launched our official Blue Hill Co-op Community Market & Café web site: www.bluehill.coop. Please check it out and give us your feedback! We have lots of information for owners—and potential co-op owners.

Working Member Positions

We are very grateful to have so many owners helping us out as working members. Would you like to become a working member and receive a 10% store discount? The Co-op & Cafe need people to work shifts in the following areas:

- delivery truck/stocking on Thursdays
- cleaning store departments
- recycling--truck it away!
- newsletter editor
- data entry for HABA dept.
- Cafe art coordinator
- store inventory on Sept. 30, 7-10 p.m.

Sign up for 1.5 hour shifts per owner once a month—or bank your hours ahead by helping us with inventory! Please see Eileen if you have not yet had a working member orientation.

Eat Local Challenge

The Blue Hill Co-op will be teaming up with the Belfast Co-op to sponsor an Eat Local Challenge in November. Stay tuned for more information!

*Eileen Mielenhausen
Membership & Marketing Coordinator*

Giving Gratitude

How many Co-op owners does it take to screw in a lightbulb? One! Our thanks to the fabulous Phil Norris who replaces our overhead lights and ballasts whenever we call on him.

Also, a big thank you to Co-op owner and staff member Laura Cramer for donating a digital camera to the store. It has gotten a lot of use this summer!

Recycling News

Wondering about recycling aseptic packages (soymilk containers, drink boxes, Mori-Nu tofu packages, as well as all milk cartons)?

According to Tetra Pak's website(www.tetrapakusa.com) they can be mailed to:

Tidewater Fibers
14500 Jefferson Davis Highway
Chester, VA 23831
Attention: Dutch.

Please label the box:

"Milk Cartons and Drink Boxes" and make sure you have rinsed them before sending.

Got Words? Got Time? Got a Job for You— Newsletter Editor!!!

Yes, in case you haven't heard, the Co-op is looking for a super person to become editor of our very cool newsletter. We have a great team of people who collaborate and work on different tasks in order to produce a very informative newsletter for the Co-op community every other month.

Do you have some writing, editing, or layout/design skills? Are you experienced in PageMaker or InDesign? We'd love to have you join our team! Please see Eileen, the Membership Coordinator, for more details about this volunteer position. As newsletter editor, you would be considered a working member and will receive a bigger discount at the Co-op.

Much gratitude to Maureen Farr for being our amazing & talented newsletter editor for so many years.

One More Reason to Exercise...

"It is exercise alone that supports the spirit, and keeps the mind in vigor." –Cicero, 65 BC

Aerobic exercise has been prescribed to help lower cholesterol, prevent and manage diabetes, lose weight, lower blood pressure, and prevent and manage heart disease. A recent scientific review has identified another bonus gained from regular aerobic exercise... a boost in brain-power! Around age 50, even healthy older adults start to see mild declines in brain function related to memory and attention span. To counter this loss we are often told to keep our minds active through crossword puzzles, reading, and memory games. Although physical exercise is always recommended for general health, it hasn't been promoted specifically to maintain brain function.

A study published in the February 2003 Journal of Gerontology: Medical Sciences by researchers from the University of Illinois Urbana-Champaign was the first to show, through the use of high resolution magnetic resonance imaging (MRI), significant differences in brain density between physically fit, and inactive, aging humans.

There were very distinct differences in two types of brain tissue, the gray and white matter in the frontal, temporal, and parietal cortexes. Gray matter consists of neurons and support cells that are involved in learning and memory, and white matter contains nerve fibers that connect neurons throughout the brain. Older adults generally show a decline in both areas.

In 2006, the same group at the University of Illinois Urbana-Champaign released data from a six month study of 59 initially sedentary participants age sixty to seventy-nine, broken into three groups. One group did brisk walking,

starting at 15 minutes and working up to 45 minutes three times per week; one group performed stretching and toning exercises, starting at 15 minutes and working up to 45 minutes three times per week; and the third group did nothing.

The MRI was again used before, during, and after the study to measure brain volume. The stretch and tone and no exercise group showed no change, but those that were doing the brisk walking (aerobic) exercise showed a significant increase in brain volume in areas that generally show age-related degeneration. In fact, in just three months the aerobic exercise group had the brain volume of people three years younger.

A more recent review in the latest issue of The Cochrane Library of an analysis of clinical trials conducted at the University of Applied Sciences in the Netherlands found that when healthy adults older than 55 improved their fitness through aerobic exercise, there was often an improvement in memory, auditory and visual attention, motor function, and cognitive processing speed. They reviewed eleven clinical trials that included over 670 people exercising aerobically between two and seven days per week for at least three months undergoing fitness and cognitive testing. Nine of the studies occurred in the United States, one in France, and one in Sweden.

What is it about aerobic exercise that improves brain volume? Aerobic exercise is continuous, rhythmic activity that strengthens the heart and lungs and improves respiratory endurance. Improvement in cardiovascular fitness leads to improved cerebral blood flow, causing

an increased brain metabolism. This stimulates production of neurotransmitters and formation of new synapses. Neurotransmitters are chemicals that carry messages between nerve cells, and synapses are the connections through which this communication takes place. Improved cardiovascular fitness may also protect the brain by lowering the risks of heart disease and stroke. More research is currently being conducted at the National Institute on Aging to identify whether exercise can slow the progression of neurodegenerative diseases like Alzheimer's.

Some studies have looked at children, and there is a strong association between regular exercise and performance on standardized testing, grades, and other measures of cognitive performance. Currently, more studies are being conducted looking at the relationship between physical fitness and academic performance in children.

How much is enough? As little as ten minutes of physical activity in an academic setting boosts attention and problem solving skills in kids. A study published by the British Journal of Sportsmedicine found that mental health benefits were observed after 20 minutes of physical activity, though the more exercise and higher intensity, the better the effects. The recommendation of 30 minutes a day of aerobic activity from the American Heart Association is looking better and better, as it will cover your brain as well as your heart!

–Catherine Princell, RN MS
Health Educator

JUST FOR THE HEALTH OF IT

CAFE ART COORDINATOR

Want an exciting, fun job at the Co-op to earn your working member discount? It's time to hand the paintbrush to a new Cafe Art Coordinator. Here's what the job entails:

- Contact and invite local artists to hang their work in the Co-op cafe
- Schedule the take-down and hanging of artwork on a monthly basis
- Maintain a log of the artists from month to month
- Meet artists and learn about their work

Please contact Membership Coordinator Eileen Mielenhausen at the Co-op if you're interested. Also, feel free to call Marge May (326-9394) if you'd like more details about how she has coordinated Art in the Cafe.



Groceries on the Move

Greetings Co-op Owners! Your Co-op has been very busy this summer. Product has been flying off the shelves. Our UNFI delivery date has been changed from Wednesday to Thursday, so we are going a day later in the middle of the week without a delivery.

The decision to change the delivery day was made by UNFI because of the rising fuel costs. Unfortunately, we are only able to carry a small amount of back stock at a time because the Co-op is so limited on space in our back stock area (both the cooler and the back room). To address this, we have hired staff and recruited more working members to help us move product from truck to shelves as quickly as possible.

We are doing our best under the circumstances to keep product stocked. I hope you all are having a great summer. Thank you for your patience!

Michael Luciano
Grocery Buyer

RECYCLE YOUR BATTERIES!

The Co-op now provides a bucket in the store to collect used batteries for recycling. We will collect and ship household batteries to an organization for safe disposal/recycling on a routine basis. Thanks to Amy Coppage for arranging this eco-friendly practice!

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. Or consider a classified ad. (See Fine Print, page 6, for details.)



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Board & Bylaws Vote

Continued from page 8

changes will stand as permanent and effective, without contradiction in the bylaws. The bylaws are the foundational document of our Co-op, and all Board and store policies must conform to them.

Vote! Between Now and 9/28

A special Election Committee, including Board Secretary Erich Reed and several owners, will process the ballots in such a way as to preserve voters' confidentiality and to assure the validity of their votes. Please contact Erich if you would like to participate in this committee. *Your correct preparation of your ballot will be a factor in making sure it counts.* Invalid or duplicate votes will be discarded.

As owners receive this newsletter, balloting is open. You may vote at any time between now and the close of the Annual Meeting—by mail, or at a ballot box in the store, or at the Annual Meeting itself, where you can hear the candidates and ask them questions. *Directions for voting by mail or in the store ballot box are printed on the back of the ballot that you find in this newsletter.* Note the deadlines for voting by mail and for voting in the store. Directions will also be posted at the ballot box in the store and at the Annual Meeting.

The Annual meeting, on Sunday, Sept. 28 from 4-7 p.m. at Halcyon Grange, N. Blue Hill, will feature a comical theatrical performance of a

new topical skit, a catered supper for owners and their families, short reports by the President, the Treasurer, and the General Manager, short statements by the nominees for Board positions, and opportunities to ask questions or make comments on the above, as well as to vote for Board nominees and bylaw changes.

Steve Benson,
for the Blue Hill Co-op Board

Department Bulks Up With New Staff

We have trained Zach Huckel-Bauer as a summer bulk assistant, so you should be seeing less of me scrambling around madly. In the fall, Blair Grant from the Cafe will be switching hats to take over the role of Bulk Assistant. She will be missed in the Cafe!

And watch for our new glass bulk spice jars—they'll be such an improvement over the plastic bottles!

Amy Coppage
Bulk Dept. Manager

Delight Your Summer Guests!

Some noteworthy new items recently brought in are Creamy Salsa Jack and Smoked Baby Swiss from Pineland Farms.

We also have two new olives great for summer entertaining—jumbo green olives stuffed with bleu cheese and jumbo pimiento-stuffed martini olives.

Please try a wonderful new hard cheese recently acquired—Vella Dry Jack from Sonoma, CA. This cheese pairs wonderfully with Pinot Evil, a pinot noir recently added to the Co-op's fabulous wine selection and available at a friendly price of \$6.99 a bottle. Enjoy!

Laura Cramer
Cheese, Wine & Beer Buyer

ALTERATIONS

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

VIOLIN LESSONS

Peninsula violin teachers accepting new students, beginners welcome. Contact Heidi Powell & Richard Hsu: 479-2845.

SECULAR CEREMONIES

Wedding, Commitment, Affirmation, Baby-Naming
Anniversary, Memorial Ceremonies
Personalized, meaningful secular ceremonies
Dr. Arnold Berleant, Certified Humanist Celebrant
To discuss your needs, please call 207-326-4306.



Farmer Profile: Lazy C Farm



Chris Hurley and Nancy Veilleux have come a long way from growing garlic in their back yard in Brooklin, Maine to where they are now running an eight-acre market vegetable farm. They first started with their crop of garlic, Nancy told me, to help pay their property taxes. After finding that they had an affinity for growing things, they began to look for land on the Blue Hill Peninsula. They eventually found a parcel on the Penobscot/Orland line with very productive soil. It was owned by a local man, Lorenzo Mitchell, who allowed them to lease the land and start a farm there.

Chris and Nancy have been nurturing these eight acres for sixteen years now. They were helped along in their learning process by veteran farmer Dennis King, and their operation grew into producing an abundant variety of vegetables. Each growing season they plant vegetables on two acres and let the other six be cover cropped to rejuvenate the soil. This year they have planted lettuce and mixed greens, beets and beet greens, chard, broccoli, zucchini, cucumbers, potatoes, tomatoes, cauliflower, basil and other culinary herbs, beans, peas, winter squash and pumpkins. Many of these products can be found in the Co-op's produce department this summer.

This year the couple is helped by their daughter, Isabelle, who is five years old, and three summer apprentices. In addition to supplying the Blue Hill Co-op with their gorgeous produce, the Lazy C Farm also delivers to Haystack School of Crafts on Deer Isle and sells at the Stonington Farmers' Market on Friday mornings. We wish Nancy & Chris continued success with Lazy C!

by Allison Watters

Owner Profile: Jennifer Candage

Hi, my name is Jennifer Candage, and I joined the Blue Hill Co-op for many reasons. I would have to say the most important reason would be for food. I happen to be a vegan, and often it can be hard to get many choices to pick from in your average grocery store. The Co-op, however, has shown me a world of foods that have opened my eyes to exciting new flavors. Being new to the cooking world can be hard, but the Co-op just always has every single ingredient I need on my list, despite the fact that the store is small. One of the other reasons my husband and I became owners was the fact that the store supports being environmentally friendly, and I believe the climate crisis is one of our biggest worries today in America. With more of us supporting locally grown, organic produce, one at a time I believe we can change the world (and, no, I'm not being corny).

Another reason I became a Co-op owner is the people! They are all down-to-earth and friendly. If there's one thing I like when I go into a store, it's someone who is helpful and nice to you—and that has been the bulk of my experience at the Co-op. When I joined the Blue Hill Co-op, it made me realize that I am becoming respected by the community as an active member, and that is a great feeling! Also, if you haven't eaten any of the food from the Café, you are missing out! Again, being new to cooking (and not to mention my fast-paced lifestyle), I am almost always grabbing a little something from the Café. For example, ladies, if you love chocolate, their vegan chocolate mousse is to die for! No joke! So, if you want to have a variety of food, good service, and be an active member to positive decision-making in the community and the world, join the Blue Hill Co-op. Sorry if I sound like a commercial, but it's true!

by Jennifer Buffington Candage, Blue Moose Restaurant Wait Staff



Staff Profile: Eileen Mielenhausen



Eileen is the Membership and Marketing Coordinator at the Co-op. Many of you owners may already know her since she is the one who coordinates all of the jobs that you do as working members. She provides owner education and information to the Co-op's members and coordinates the annual meeting, the newsletter, Health Angels, and the Co-op Connection. Additionally, she is in charge of advertising and press releases and has been working on launching the co-op's new website (www.bluehill.coop).

Well suited to her position, Eileen is a natural organizer. She has taught English; provided distance education library services for the University of Maine System for 13 years; and worked for a variety of non-profit organizations, including the Holocaust Human Rights Center and a domestic violence project. Most of these jobs were in the Augusta area, but Eileen has always been enamored of the coast of Maine. After a particularly inspiring Krishna Das concert, she was encouraged to "follow her bliss" and, in the summer of 2007, moved to the area hoping she could find a job that would allow her to stay on the Blue Hill peninsula. Eileen is grateful for the opportunity to help create community here at the co-op. She also loves chanting, singing, drumming, listening to jazz, and performing with "Women With Wings" of Bangor.

by Allison Watters