



PO Box 1133  
4 Ellsworth Rd.  
Blue Hill, ME 04614

Prsrt std  
US postage paid  
Ellsworth ME 04605  
Permit #73

## Special Election Issue PLEASE VOTE!

*Ballot in Centerfold*

# BLUE HILL CO-OP NEWS

AUGUST/SEPTEMBER 2009

## CONTENTS

Manager's Report	1
President's Letter	3
Candidate Profiles	4
Co-op Board Election	5
Wind Power Project	7
Membership Update	8
Gratitude Corner	8
Upcoming Events	9
Just for the Health of It	10
Wardwell Oil Discount	10
Eat Local Challenge	10
New Bulk Products	10
Co-op Mission & Ends	11
Staff & Farmer Profiles	12

**S**heesh! Are we there yet? Summer, that is! As I write this, the rain is pouring down hard. It's been raining all day, all week, all June and July, with those brief interludes of sun that feel like heaven. It can be quite gloomy. But inside the Co-op it is always bright and lively with people sharing a laugh, a recipe, a story or two. Despite the rain, the recession, red tides, slugs and snails ruining our gardens, despite reports of farms under water and late blight ruining our tomatoes, the Co-op continues to be a warm gathering place for our community, a real treasure in our midst. But even with all the good the Co-op brings, it can sometimes be a place of controversy.

Just recently we held an educational film series about water issues. The wonderful film *Flow* discussed, among other things, the issues of a certain multi-national corporation taking over water rights of residents in a Midwestern state.

Residents' wells are running dry because this company is greedily bottling the water for resale. Other films spoke to the environmental dangers of plastic bottles, especially to marine life. Some customers have suggested the Co-op cease selling plastic bottles of water.

The topic of what or what not to sell at the Co-op comes up often in conversation, and owners have a diverse range of opinions on what they'd like to see, or not see, on the shelves. About a year ago, one owner asked me to consider removing all meat from the shelves. He is doing some deep research into the effects of cattle farming on climate change. From what I understand, it's a major contributor. I've been encouraging him to write an article for our newsletter on this subject, because I believe the best way to encourage change is through education, rather than censorship. I'm convinced there are quite a lot of owners who would love to see our Co-op go all-vegetarian in our product

## MANAGER'S REPORT

# Manager's Report

*Continued from page 1*

selection, and I'm just as sure that there are many who would be sad to lose an outlet for local, organic grass-fed beef and free-range fresh chicken, not to mention all the other meat products. An informative article from a Co-op owner on this subject might encourage readers to eat less meat, or to give it up altogether, making an educated choice rather than complaining that they can no longer buy a major part of their diet at the Co-op.

"So," you might ask..."how come I can't buy my beloved Lucky Charms cereal at the Co-op then, huh??"

Believe it or not, there are some co-ops that do sell Lucky Charms cereal, Prego spaghetti sauce, and Chef-Boy-R-Dee. It's a challenge running a store with such a diverse membership. One person's delight is another's dismay when it comes to product selection. Indeed, the Co-op does limit, to a degree, the products our shoppers can buy from us. We choose not to sell products with artificial ingredients, for example, or high fructose corn syrup, or farmed fish. Yet,

there are those who would argue that some farmed fish is okay, perhaps better for the environment, the way to go. Or that selling endangered-species fish is okay because it supports local fisheries.

It's a complicated ever-changing world, with many sides to each issue. We try to make some educated decisions, to choose carefully, and to buy as much locally as we can. We listen to your requests and try to meet your needs. Although we will never be perfect in this, we do the best we can to please most of you, and hope that we can continue in these changing times to have meaningful conversations about how best to move successfully into the future. So...what's your opinion?

Here's to the sun, the moon, the farms and the farmers, and the slugs and the snails too! And may we all be blessed with the warmth of kindness and compassion both within ourselves and for others, the wisdom and opportunity to make good choices, and the continuing beauty and wonder of diversity on this planet.

See you at the Co-op!

*Karen Doherty  
General Manager*

## MEET & GREET YOUR BOARD CANDIDATES

TUESDAY, AUGUST 25  
7:00 P.M. CO-OP CAFÉ

Come enjoy dessert & beverages  
and meet the people who are  
running for open seats on the Blue  
Hill Co-op Board of Directors.

## BLUE HILL CO-OP OWNERS ANNUAL MEETING

SEPTEMBER 20, 4-7 P.M.  
At the First Congregational  
Church of Blue Hill

Business Meeting at 4, followed by  
potluck dinner and music by Kevin  
Poland and Maine Weather. For more  
information, contact Eileen at 374-2165  
or Lucy Benjamin at 374-2251.



*Jean and Marty  
Savalchik from Blue  
Hill visited Clayfield  
Farm on August 1st.  
Clayfield, in East  
Blue Hill, was the  
second of the Co-  
op's "Bountiful  
Harvest" farm tours.  
See page 9 for more  
tour information.*

## Notice of Board Meetings

The Co-op Board meets on the third Tuesday of each month, 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 September 15 and October 20, 2009.

## Co-op Board Officers & Members:

*President* Gail Bartlett  
*Treasurer* Bob Sullivan  
*Secretary* Erich Reed  
Chip Angell  
Becky McCall  
Deborah Wiggs

**DEADLINE FOR  
NOVEMBER/DECEMBER ISSUE:  
OCTOBER 19**

## The Newsletter Team

Ads: Prudy Heilner; 374-5485

Editor: Marge May

Design & Production: Aimee Beal  
Staff Liaison: Eileen Mielenhausen  
Columnists/Writers: Allison Watters  
and Co-op Board & Staff

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

**General Manager:**  
Karen Doherty

## Summer Store Hours

7 a.m.-9 p.m. daily

**After Labor Day**  
7 a.m.-8 p.m. daily

(207) 374-2165  
[www.bluehill.coop](http://www.bluehill.coop)

## 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 [newsletter@bluehill.coop](mailto:newsletter@bluehill.coop). Letters may be edited for style, not content, and should be brief. Please include your name, address and daytime phone number.*

## Costs, Benefits, Challenges

Thirty years ago, give or take, people on the Blue Hill Peninsula came together and founded the Co-op primarily because the food they wanted couldn't be purchased elsewhere. Cost was a consideration, but not the primary one—back then, food was pretty inexpensive in general. When co-ops like ours were started, they had a virtual monopoly on what came to be called “natural foods.” As acceptance and demand increased for natural foods, so did the competition.

Competition has had a number of effects on food co-ops. Cooperators came to understand that in order to succeed, they would need to acquire the discipline to study and apply sound business practices, sharing this information both regionally and nationally. The competition was more agile, having fewer social and environmental obligations, often

### PRESIDENT'S

### LETTER

franchised. With other stores selling the same products, consumers no longer depended on the co-ops, and a loyal clientele was no longer guaranteed. Price competition and increasing expenses have meant that co-ops can no longer easily afford to provide economic benefits to their members in the form of low prices, register discounts or sizeable patronage dividends. As competition has steadily eroded obvious economic benefits such as lower prices or sizeable discounts, co-ops have sought to compensate for the weakening of these economic benefits by boosting their social and environmental benefits.

So, what are the benefits of buying a share in the Blue Hill Co-op Community Market? At the community level, we showcase a business constructed on a cooperative business model. The fact that cooperatives provide a viable method for the decentralization of capital and profit is extraordinary and worth protecting. Placing business ownership into the hands of many hundreds of people is a tremendously important social goal. A cooperative is a cooperative because it is owned by the people who use it, with everyone owning an equal share.

The Co-op provides a stable year-round market for local and regional farmers and producers and offers high-quality local, organic produce whenever possible. We offer the most impressive and extensive selection of organic bulk grains, beans, seeds, nuts, dried fruits, medicinal herbs, coffees, and teas in the surrounding area, not duplicated anywhere else, and again, local whenever possible. Nearly all of our tea, coffee, cocoa, and chocolate are fair trade products. We offer honest and trustworthy information about the products that we sell, and staff who are knowledgeable about how to prepare or use these products. In addition, we do our best to pay our staff a living wage, and contribute approximately twenty-five year-round jobs to the local economy.

For many people, owners and customers, our Co-op functions as a social hub and gathering place, anchored by a wonderful café that features a variety of sandwiches, salads, side dishes, casseroles, and baked goods, many of which are vegan. Whenever possible, the ingredients are organic and locally produced. We're open year-round, seven days a week, with extended hours during the summer months. A number of large bulletin boards, both

*Continued on page 11*

謙

泰

**Traditional  
Acupuncture**

VICKI COHN POLLARD, L.Ac., M.Ac.  
Blue Hill, ME 04614  
207/374-9963  
vicki@traditional-acupuncture.com  
http://traditional-acupuncture.com

*Susan Jenkins-Urban  
Medicine Dreamer*

*Shamanic Consultations and Readings  
Readings and Clearings on Buildings, Homes, Land  
Reiki Practitioner  
\*I will gladly make a home visit\**

*Earthstones — Birthing Spirit Center  
496 Old County Road  
Sedgwick, Maine 04676  
207-359-4626 or 207-266-8598*



Obedience Training for People

Who Love Good Dogs

**Group classes and private instruction in  
Belfast and the Blue Hill Peninsula**

Lane Fisher, Instructor • 49 Herrick Rd., Belfast, ME 04915  
338-1123 • waggletailsobedience.com

### 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

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

### Where Are You?

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

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



# Blue Hill Co-op Board Candidate Profiles



*This year's seven candidates are: Henrietta Clews, Keith Herklotz, Scott Howell, Amy Morley, Heather Morrison, Mia Strong, and Ruth Sullivan. We encourage all Co-op owners to read the candidates' profiles (printed in no particular order on this page, and pp 6–7), and then come to the "Candidates' Meet & Greet" at the Co-op Café on Tuesday, August 25 at 7 P.M.*

**Ruth Sullivan:** Hi, everyone. My name is Ruth Sullivan and I have lived in Blue Hill for 6 years. I worked for the Blue Hill Co-op for about 4 years, first as the cheese buyer and then as the membership and marketing coordinator. During that time I was also co-owner and co-manager of Old Ackley Farm, an organic, pasture-based livestock farm in Blue Hill. We sold our products to restaurants, the Co-op, and on-farm customers. Before coming to Maine, I worked for nonprofits in land conservation and local food systems.

I currently live about a mile outside of Blue Hill with my dog, the lovely Lola. I am a member and past officer of the Halcyon Grange of Blue Hill. I've been an owner of the Co-op since 2004, and I am a member of WERU, MOFGA, and the Alliance for Democracy.

I feel strongly that community-owned, community-directed businesses are a critical part of community self-sufficiency. I'm running for the Board because I'd like to help the Co-op continue to meet the needs of its community in the years to come.



**Mia Strong:** Hi, my name is Mia Strong. I live in Sedgwick with my husband Al, children Stephen and Olivia, and mother Carol. We moved from New Jersey 10 years ago because we knew that we would love the pace of life and close-knit communities of Maine. I have been an active community member since that move. I helped with the re-organization of the Blue Hill Peninsula Chamber of Commerce and served on their board. Our son attended Liberty School, where I was an active member of the parents group and a board member.

I was drawn to the Co-op because of their commitment to healthy natural living and community. I have served as a Co-op volunteer and working member for the last year helping to organize several events.

I coordinated a Voluntary Simplicity course and a follow-up Choices For Sustainable Living course happening this fall; I participated on last year's Eat Local Challenge team and this year's team as well; showed a film series on water rights and privatization; and, most recently, helped organize the "Bountiful Harvest" Farm Tours which help educate and promote awareness of our wonderful local farms.

I feel that I can give the Co-op board some new direction towards a more locally grown, sustainable model. I look forward to seeing where the future takes us and working with a committed team to see that the Co-op follows a healthy path.



**Keith Herklotz:** I like eating, buying, and growing good food! I grew up in the Garden State [New Jersey] with a half-acre veggie garden that my father and uncle worked at—using us kids as weed crew. I'm a self-employed potter (30 years) and have enjoyed fixing up old buildings that no one considered worthwhile and turning them into things of beauty and comfort. I am best working with situations at hand to create from—clay, groups of people, life—and also know when to expand beyond my ruts and embrace something new. I have one daughter. I'm getting to be a way better listener and empathizer than when I came into this life.

I'm interested in seeing the Co-op thrive and, right now, it seems space is tight and people compressed by the surroundings there. I'd like to see what members are interested in doing and what their visions are—and helping toward and through what's next. Previously, I've served on the boards of the Unitarian Universalist Church of Ellsworth and Friends of Taunton Bay.



# The Co-op Board Election Begins!

**T**he Board urges you to exercise your rights and responsibilities as owners by voting to elect new directors to represent you in governing the Co-op. At least five percent of all Co-op owners, the quorum for a valid election, are needed to vote to elect new directors.

## *Board Positions Open*

There are five new seats to be filled on the Co-op Board this fall, allowing for a Board of seven directors. No current director is standing for re-election to a second term at this time. This is a competitive election with seven excellent, brand new candidates to fill five seats. The new directors will make up a majority of the seven-member board. This is an important election, and owner participation is especially encouraged. Each new director will be elected to a three-year term on the Board and may then stand for election to a second three-year term, if they choose. Please vote for five (but no more than five) candidates. You may vote for fewer than five, but if you vote for more than five your ballot will be disqualified.

In the absence of a valid election of new directors, the Board President may appoint owners to the Board to fill the empty positions, but at some sacrifice to the democratic principles the Co-op is cultivating. In order to authorize the Board to make decisions on your behalf, it is meaningful and necessary for a quorum of owners to vote.

Please vote! And when you vote, carefully use the procedure requested to make sure your vote will be counted. For your vote to be valid, both your name AND owner number must be included on the envelope. Do not include your partner's or another person's name and owner # on your envelope. Do not put anyone else's ballot in the envelope—just your own!

## **Vote! Between Now and September 20**

A special Election Committee, including Development Committee members Deborah Wiggs, Becky McCall, several owners, and the Membership Coordinator, will process the ballots in such a way as to preserve voter confidentiality and to assure the validity of their votes. Please contact Deborah or Becky if you would like to participate on this committee. The correct preparation of your ballot will help to make sure your vote counts. Invalid or duplicate votes will be discarded.

As owners receive this newsletter, the balloting will begin. You may vote at any time between now and the close of the Annual Meeting—by U.S. mail, at the ballot box in the store, or at the Annual Meeting, 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. Make your vote count!

The Annual Meeting, on Sunday, September 20, from 4 to 7 p.m. at the Congregational Church in Blue Hill, will feature a potluck 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.

*Becky McCall  
for the Blue Hill Co-op Board*

A 2009 Blue Hill Co-op Board Election ballot has been inserted into this newsletter. If it is missing, please pick up a replacement at the Co-op. Thanks for voting!



## The Grail

A Three-Day  
Journey of  
Initiation  
for Men

September 18-20, 2009

Location: Connecticut

Please call Rick Traub

(207) 699-4111

[www.shematrix.com](http://www.shematrix.com)

Parts,  
Accessories  
And Full Repairs

## KINGDOM BIKES

Dick Bartlett 374-3230

219 Kingdom Road

Blue Hill

## FRUIT TREES

Hand-grafted, climatized, disease-resistant heirloom apples, peaches, pears, plums, native cedars.

Catalog • MOFGA Certified

Five Star Nursery • 359-2282

Route 175, Brooklin

Tim Seabrook & Leslie Cummins

**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](http://www.brooklininn.com)  
Open All Year

If you would like to receive this newsletter via e-mail rather than US Mail, please send an e-mail message to [newsletter@bluehill.coop](mailto:newsletter@bluehill.coop) or call Eileen at 374-2165.



# Board Candidate Profiles

(continued from page 4)

**Heather Morrison:** Thank you for taking the time to read about all of us. I'll try to be brief in sharing why I'd like to be on the Blue Hill Co-op Board of Directors. I've been drawn to natural foods as long as I can remember and have been a food co-op member wherever I've been that there's been one. The places I've lived where there is a food co-op are places that I would most like to live and raise my family. There's the food, of course, but there's the connection to the people who raise it and a conscious connection to the belief that our choices in food quality and locality make a difference.

I moved to Blue Hill a year and a half ago when I accepted a position as a nurse anesthetist in Ellsworth. The Blue Hill Co-op was the first place I stopped in Blue Hill, and I knew I'd found a home for myself, my husband, two children, chickens, and schnauzer.

I have an Associates Degree in Rural Resource Management from Sterling College in Craftsbury Common, Vermont, as well as a BSN and a Master's in Nurse Anesthesia. I served as secretary on the Board of Directors for Blue Mountain Women's Clinic in Missoula, Montana for three years (1988-91). I lived in an independent co-op house in Ann Arbor, Michigan for three years with eleven others where all decisions were made by consensus. This experience was enriching and rewarding, and showed me daily that co-ops work and improve quality of life of those in and around them.

Lastly, I bring no preconceptions in my desire to serve on the Board for the Co-op. I am happy to learn about issues and challenges the Co-op faces and offer focused time to help the Blue Hill Co-op continue to be a vital part of the community.

**Amy Morley:** I grew up on Mount Desert Island and graduated from Hampshire College with a concentration in studio art and Buddhist studies. I lived in Blue Hill for about two years recently, have a home in Lamoine, and will be living in North Deer Isle this winter.

I am Operations and Events Manager for the Institute for Humane Education in Surry, where I have worked for three years. My fourteen years of administrative experience involved artistic and business environments (from independent film festivals to an accounting firm).

Environmental and global food issues, diet, and community are important to me. I served as a produce manager at the Mixed Nuts Food Cooperative at Hampshire College for three years, have participated in local CSAs, and worked at Artisan Farm in Bucksport to learn about growing and harvesting vegetables. My experience taking minutes from August 2006 through May 2008 for the Blue Hill Co-op Board gave me the opportunity to witness policy governance and consensus decision-making in action.

I also like to perform with Aunt Mae's Cabaret in Blue Hill and in community play readings at the Stonington Opera House, and I serve as a Commissioner for the Lamoine Conservation Commission.

I am concerned with the widespread development of large-scale grocery stores, and am interested in supporting small, local businesses and farms. I believe it's critical that organizations like the Co-op exist to provide a community-driven food shopping experience. I have a lot of experience and enthusiasm to offer the Co-op Board, and I want to serve as a board member to contribute to the Co-op's vibrancy and longevity.

**Henrietta Clews:** When Henry (my then husband) and I moved to North Orland in 1971, we bought fifty acres and started Happytown Farm. We built our own house together, using the book by Rex Roberts, *Your Engineered House*. As we were beyond the power lines, Henry became involved with windmills for generating electricity. We met with the Nearings and the Colemans several times, and I began a one-acre vegetable garden. During that time we also attended the early MOFGA meetings and went to the very first Common Ground Fair!

I also have a distant memory of joining an early start-up food co-op that had bulk food delivered, and we would bag it and distribute it once a week. Was that this Co-op in its early days? Around that same time, I volunteered at H.O.M.E. Co-op, which was just starting up, and helped build one of their buildings.

Philosophically, I have always had a strong leaning toward self-sufficiency, self-reliance, and local government, and I am also very familiar with and support the consensus process. In addition, my family raised me to believe that my civic duty is to give back to the community that I live in.

As a nurse-midwife, the issues of what we are putting in our mouths have been of enormous concern to me. I saw part of my job was to raise both the consciousness of pregnant moms as well as that of mothers who are feeding their families. This affects both our personal health, the health of our children, and the health of the planet.

It would be my great pleasure to serve on the board of the Blue Hill Co-op. It has demonstrated over and over its commitment to both local and organic farming. I have also observed the Board's thoughtful deliberation in determining just what services it wants to offer and at the same time assessing what the community wants and needs.





### Scott Howell:

I am a 14-year Blue Hill Co-op member and a local carpenter and farmer. I have a history volunteering in co-ops going back to 1984 when I wrapped cheese at the local co-op in my hometown of Columbia, MO. I later worked as a clerk at Kokua Co-op in Honolulu. After earning my B.S. in Sustainable Agriculture

at the University of Maine, I settled in Blue Hill with my family and helped form a producers cooperative, Hancock County Organic Growers, which was a Blue Hill Food Co-op supplier for six years.

I am interested in helping the Co-op find its niche in the retail environment of Blue Hill. Having been a fruit and vegetable grower, I feel strongly that the Co-op should support local produce growers as well as local producers of value-added goods. I feel hopeful that the Co-op can find a way to complement rather than compete with other area outlets. 🍷

## Wind Power Project

Peninsula Power is working on a feasibility study for producing clean, renewable, non-profit community-based wind power on the Blue Hill Peninsula. They hope to provide power for our service area with rates at or below the standard offer.

Peninsula Power is working with Unity College to measure our wind source. A test study is being conducted on Caterpillar Hill, Sedgwick. They hope to model after the successful Fox Islands Electric Co-op to generate wind power for the Peninsula. There are many practical issues and ideas to work out, and they are seeking participation from people that care about global warming and overuse of fossil fuels, and people that would like to study the possibility of finding a solution for our own needs in the form of wind power.

Peninsula Power holds meetings twice a month; their schedule through December is: Aug. 27; Sept 10, 24; Oct. 8, 22; Nov. 5, 19; Dec. 3, 17. (Note: Most months are the 2nd and 4th Thursdays. Nov. and Dec. are on the 1st and 3rd Thursdays due to Thanksgiving and Christmas.)

For further information, call Paul Trowbridge at 359-8369. The Blue Hill Co-op has been supporting this project by providing information on the cooperative movement and cooperative business models.

### 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.



### Aimee Beal | Three Crows Editorial

Writing Editing Proofreading Layout



(207) 374-2378 · aimeebeal@yahoo.com

## TREASURES

from home and all over the world

## NEW CARGOES

Blue Hill's little department store [www.newcargoes.com](http://www.newcargoes.com)

■ 49 Main Street, Downtown Blue Hill ■ Open Every Day ■

## ON THE WALL @ THE CO-OP Café:

SEPTEMBER: Dhyana Bisberg  
*Mixed Media*

OCTOBER: Jennifer Lee Morrow  
*Constructions*

NOVEMBER: Estelle Poole  
*Drawings & Paintings*

*Are you a Co-op owner who's also an artist?  
Want to show your artwork at the Co-op Café?  
Call Mary Barnes to schedule a show: 359-5053*

### Co-op 101 Training

We have developed a Co-op 101 training module to improve our staff's knowledge of what it means to be a cooperative business. All employees will attend training workshops where we present information about the cooperative movement, principles, and values; myths & facts about co-ops; the history of the Blue Hill Co-op; membership benefits and customer service. The slide show presentation may also be used to educate new owners and potential owners about the cooperative movement and the rewards of belonging to the Blue Hill Co-op.

### E-News Flashes

For the most up-to-date Co-op news, join our e-mail "news flash" list. Every few weeks we send out a news & information bulletin via e-mail to Co-op owners, customers, and friends. Go to our web page to sign up: [www.bluehill.coop](http://www.bluehill.coop).

This service will inform you about co-op events, sales, new or special products, and other membership or store updates. Be assured, your e-mail address is for Blue Hill Co-op use only and will not be given or sold to anyone.

### Customer Survey

We have the results of the 194 surveys filled-out by Co-op owners and customers this spring. A majority of survey participants gave the Co-op a favorable rating and supported a move to a new location that is better suited to our needs. The surveys contained a lot of valuable feedback and suggestions, which the board and management have received.

You can read the survey results and report posted on the owner board in the store, or download from our website.

Thanks, again, to all who participated in the Co-op's customer survey! In addition to the Two Cents Board and other means of communication, we'd like to continue to receive your feedback by distributing a survey questionnaire annually.

### Key Tags

In order to use your owner account most accurately and efficiently—and to help our register lines move more quickly, please try to have your Blue Hill Co-op key tag ready to swipe when you check out. This will help avoid errors

in checking out your items (or equity payments) on someone else's record. It may also make a difference at the end of the year when we issue patronage dividend checks based on your amount of annual purchases.

If you have lost your barcoded membership card, please contact me for a replacement. Thank you!

### Who's Your Farmer?

Our Blue Hill Co-op t-shirts have arrived! Check out these lovely 100% organic tees printed by Liberty Graphics of Liberty, Maine. Definitely not sweatshop shirts, they are made in the USA for Liberty Graphics ([www.libertygraphicstshirts.com](http://www.libertygraphicstshirts.com)).

Celebrate and support local businesses by purchasing a Co-op shirt (or two or three). They make great gifts! We have Adult and Youth sizes. Only \$15 each! On the front is our Co-op logo, designed by Gabe McPhail, a Waldo County artist, with "Who's Your Farmer?" printed on the back. Wear it with pride...Love your Co-op, love your food, love your farmer.

### Membership Benefits

We are continuing to find ways to show our appreciation to all of you, our wonderful

Co-op owners! Watch your mail in October for a membership coupon worth 10% off most items in the store. We are also working to create member-only in-store specials as an added benefit.

And, finally, I encourage you to exercise your rights and responsibilities as a Co-op owner by casting your 2009 ballot by Sept. 20. Ballots will be counted for owners who are paid up on their equity. Please contact me at 374-2165 or [membership@bluehill.coop](mailto:membership@bluehill.coop) if you need to confirm your membership status.

Eileen Mielenhausen  
Membership & Marketing Coordinator

## MEMBERSHIP UPDATE

### Gratitude Corner

- Thank you to Daryl DeJoy for installing our beautiful new parking lot signs. Signage=Safety.

- A big thank you to all those who helped create a Blue Hill Co-op presence at the BHMH Health Fair on August 1.

Thanks to working members Jim & Nell Beer and Kinley Nagle for setting up the display tables, preparing our healthful snacks, and talking to attendees about the Co-op and our local, organic, and bulk products.

Much gratitude to Co-op staff and management for your support, especially Amy Coppage, Michael Luciano, Chris West, Carrie Marks, and Beth Neils. Carrie and her family, Beth and her son, and Eileen all participated in the 1K fun walk on a beautiful summer morning!

### Co-op News Advertising Fine Print:

Ad Rates for Newsletter: *Classified ads: \$2.50 for up to 20 words; 15¢ per word over 20 (phone number counts as one word). Display ads (Boxed): \$10/column inch. Business card ads: \$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 Co-op News assumes liability for errors in advertising only to the extent that it will publish, at no charge, a corrected version of the advertisement in the next issue of the newsletter.

All ads must be prepaid. Make check payable to Blue Hill Co-op. Send payment & ad info to: Prudy Heilner • PO Box 239 • Blue Hill, ME 04614 • 374-5485; or drop off at the Co-op.

### ALTERATIONS

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

### EDUCATION

Hearthstone Preschool is enrolling children ages 2-5 for the 2009-2010 school year. We are a small-group, Waldorf-centered early childhood program, committed to supporting and enriching the physical, intellectual, and emotional development of young children. Please call Jennifer McCall, 359-8406, to request a handbook or arrange a visit to the school.



## Upcoming Events

- "Bountiful Harvest" Farm Tours

August–October, 1 p.m.

Aug. 29 at Old Ackley Farm, North Blue Hill

Sept. 12 at King Hill Farm, Penobscot

Oct. 10 at Homewood Farm, North Blue Hill

Oct. 18 at 5 Star Nursery & Orchard, Brooklin

Community Cider Pressing Day! 9 a.m.–5 p.m.

Free and open to public. (There will be a per-gallon charge for Cider Pressing Day). Contact: Mia Strong at 359-8572. Please call to reserve a spot, to arrange carpooling, and/or to get directions.

- Co-op Board Candidates Meet & Greet

August 25, 7–9 p.m.

Location: Co-op Café. All owners are welcome to attend. Get to know the candidates running for the board and enjoy homemade desserts! Contact: Deborah Wiggs at 374-2159 or Eileen at 374-2165.

- "Cooking in Season" with *Dishing Up Maine* author Brooke Dojny

August 26, 7–8 p.m.

Location: Co-op Café. Free and open to public. Contact: Eileen at 374-2165.

- Poetry Café

August 28, 4–6 p.m.

Location: Co-op Café. Free and open to public. Contact: Carrie at 374-2165.

- Aaron Dority and Jason Joyce, Downeast Groundfish Initiative

September 2, 4–6 p.m.

Location: Blue Hill Library. Free and open to public. Contact: Eileen at 374-2165 or Veronica Young at PERC, 479-9677.

- Daryl DeJoy, "Tools for Tough Times": Solar Energy Houses

September 8, 6–8 p.m.

Location: Blue Hill Library. Free and open to public. Contact: Eileen at 374-2165 or Brook at the library, 374-5515.

- Blue Hill Co-op Owners Annual Meeting

September 20, 4–7 p.m.

Location: First Congregational Church, Blue Hill. Contact: Eileen at 374-2165 or Lucy Benjamin at 374-2251.

- Children's Book Reading: *Sarah's Sunflower Seasons* by Barbara Joy Hare

Date TBA, 4–5 p.m.

Location: Co-op Café. Free and open to public. Contact: Eileen at 374-2165.

- Choices for Sustainable Living Course

Mondays, Oct. 19–Dec. 14, 6 p.m.

Location: Blue Hill Library. Free and open to public. Contact: Mia Strong at 359-8572.

## 50 Artisans in...



### The Gifted Hand

Fine Art  
Craft &  
Gift Show

November 13 & 14 • Friday 10-5 & Saturday 9-4  
Holiday Inn, High Street, Ellsworth

### The area's premier winter craft show featuring 50 Artisans

BIRDSACRE BENEFIT

\$2.00 admission, children 12 and under free

[www.GiftedHandShow.com](http://www.GiftedHandShow.com)

## STANLEY SUBARU PROUDLY SUPPORTS THE BLUE HILL CO-OP!



Check out the new  
2009 Subaru Forester!

Stanley  Subaru  
The Smart Choice

[stanleysubaru.com](http://stanleysubaru.com)

800.439.8989 • 22 Bar Harbor Road • Ellsworth

## Benjamin Fox

Licensed Massage Therapist



Zero Balancing  
releasing held tension  
at the bone level

Coop members receive \$20 off  
first session with this ad.

374-5768

East Blue Hill

[www.anewpossibility.com](http://www.anewpossibility.com)

## Down to Earth Pottery



Keith Herklotz

199 Ellsworth Road  
Blue Hill, ME 04614

207/374-5492

<http://dtepottery.com>  
[keith@dtepottery.com](mailto:keith@dtepottery.com)

# Turmeric

**T**urmeric is a perennial plant of the ginger family, native to tropical South Asia. It needs temperatures between 70 and 80 degrees and a considerable annual rainfall to thrive. It grows 5–6 feet high with trumpet-shaped, dull yellow flowers. Plants



Turmeric (*Curcuma longa*)

are gathered annually for their rhizomes produced by the roots. The rhizomes are boiled for several hours and then dried in very hot ovens. Once they are dry, they are ground into a powder that is deep yellow-orange in color. Its active ingredient is curcumin and it has a peppery flavor and a mustardy smell. Turmeric is used as a spice in curries and other South Asian and Middle Eastern cuisine and is widely used as a food coloring. Gardeners use turmeric to repel ants.

Turmeric has been used for 4,000 years to treat a variety of ailments. It has long been used in both Indian ayurvedic and Chinese herbal medicine as an anti-inflammatory and to treat digestive and liver problems, skin diseases, and wounds. The curcumin in turmeric has been shown to stimulate the production of bile by the gallbladder, which may help improve digestion. Recent research at the University of Michigan found that curcumin works by inserting itself into cell membranes, making them more orderly and resistant to infection.

Researchers at the Steele Children's Research Center at the University of Arizona found that curcumin decreases the severe inflammation and resultant intestinal damage caused by inflammatory bowel diseases such as Crohn's disease and ulcerative colitis. Curcumin reduces inflammation by lowering levels of two inflammatory enzymes and stops platelets from clumping to form blood clots. Because of its ability to reduce inflammation, turmeric may help relieve

the symptoms of osteoarthritis. In addition to the reduction of blood clots, studies suggest that turmeric may help prevent atherosclerosis by lowering total cholesterol and keeping LDL (bad) cholesterol from building up in the arteries. A study at the University of Houston revealed that turmeric had some positive effects in the prevention, control, or destruction of many kinds of cancers, including prostate, breast, skin, and colon. In cultures where turmeric is a regular part of

the human diet, there are lower rates of leukemia and colon cancer than in cultures where turmeric is not consumed. When laboratory animals with diabetes were given turmeric, their blood sugar levels dropped, as did their blood cholesterol levels. In South Asia, turmeric is used as an antiseptic for cuts, burns, and bruises.

It is also used as an antibacterial agent.

Turmeric is available in capsules, fluid extract, and tincture. Bromelain,

a mixture of enzymes found in the juice and stems of pineapples, increases the absorption and anti-inflammatory effects of curcumin and is often included with turmeric supplements. The amount of curcumin found in foods is considered safe. When taken in the recommended dosages, turmeric and curcumin supplements are considered safe. However, when using turmeric supplements, it is important to consult a health care provider, especially if you are taking other medications and supplements; there may be interactions that are harmful or may increase the chance of side effects.

Catherine Princell, RN MS  
Health Education Specialist

For additional information, see:

- *"The Herbal Drugstore: The Best Natural Alternatives to Over-the-Counter and Prescription Medicines"* by Linda White
- *"Textbook of Natural Medicine"* by Joseph E. Pizzorno Jr., ND, Michael T. Murray, ND, and Herb Joiner-Bey, ND

## Community Partners: Wardwell Oil Discount

Wardwell Oil Co. graciously continues to offer 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. So, if you want this generous offer to continue, please honor this condition.

For details, please call Susan at Wardwell Oil at 359-8953.

## Eat Local Challenge

The Blue Hill Co-op, along with the Belfast Co-op, is sponsoring another Eat Local Challenge this November. A community harvest supper and panel discussion is being planned by the ELC team again this year. Want to help make this year's events as successful as last year's? To get involved, please contact us!

Betsy Bott (460-0837)

Jackie Pike (326-0780)

Eileen Mielenhausen (667-2019)

Mia Strong (359-8572)

## New Items in Bulk

We now have organic tofu produced locally by Heiwa Tofu in Lincolnville. Look for the bright red bucket in the cooler!

There's a new pistachio mulberry granola from Tierra Farms. I've sampled it and it's excellent!

We now carry bulk kombu from Ironbound Island Seaweed in Winter Harbor, as well as wakame and dulse gathered from the Schoodic Peninsula and surrounding islands of eastern Maine. In the Bulk Dept., seaweeds are located below the beans and peas.

Other recently added items include: local soldier beans, organic smoked paprika, organic vanilla, and apple cider vinegar from 5 Star Nursery & Orchard of Brooklin.

Be sure to check out the many items we have on sale in the Bulk Department. If you can't find something you're looking for, please ask! Things move around from time to time in the bulk area.

We can also pre-order if you want a product we don't carry or a larger quantity of a product we do carry.

Amy Coppage  
Bulk Department Manager

## Costs, Benefits, Challenges

*Continued from page 3*

inside and out, provide a place for the community to exchange information and advertise businesses and events; the Co-op is the only place on the Peninsula that provides this service to this degree.

Can supporting a business like ours offset the lure of lower prices available elsewhere? What are some of the economic benefits to owning a share in the Blue Hill Co-op?

The opportunity to serve the Co-op in various capacities for a working member discount, currently 10% (on most items), provides a distinct economic benefit. In addition, many local businesses offer discounts to Co-op owners through our Co-op Connection program.

The Co-op also provides the option to pre-order many products. Produce, including local produce through the Crown of Maine cooperative, can be ordered by the case. Though we do charge a small mark-up to cover costs, the pre-order option is a strong and under-utilized economic benefit of Co-op ownership.

For the first time this spring, we distributed Co-op discount coupons in the mail to our members—coupons that could be applied to the sum total of any given purchase, be it a full cart of groceries or a single item. It is likely that some version of this benefit will be offered in the near future.

We also distribute patronage dividends as a percentage of each owner's yearly purchase total. The amounts have been small and so it's difficult to promote them as an economic benefit of Co-op ownership. The truth is that only the co-ops that no longer provide at-register discounts can return sizeable patronage dividends.

Ideally, members continue to support co-ops because they trust that doing so is in their own interest as well as the interest of other members. Somewhere along the way it has become clear that "we serve ourselves by serving others, that our communities matter as much as our homes and families, that there is no future in which we merely feed ourselves" (from *A Nation of Farmers: Defeating the Food Crisis on American Soil*, by Sharon Astyk). At the same time, this means being willing

to develop tolerance for one another's needs and preferences as consumers—this is essential for participants in a consumer cooperative. We must nurture understanding and sensitivity for the needs of others, even if that need is for a product we might not ourselves choose to purchase. To those who suggest the Co-op sell only local products, I would quote author Bill McKibben, who in *Deep Economy* says, "Most progress toward local economies will probably arise not so much from grand visions as from slow modifications."

As a community, we must come to agreement about the size and scope of our operation and be realistic in assessing our market niche. We must trust one another to nurture the project that is the Blue Hill Co-op, and trust those who would help us. The necessity and desirability of developing local food production is great. So, how can we best help to grow new local food producers?

Here's what I think it boils down to: As a community, we need to focus on shared values and goals and set aside issues we can't agree on. On that basis, we can craft a shared vision that will help us to build a more sustainable local economy.

After completing two terms of board service to the Blue Hill Co-op, my involvement draws to a close this September. It has been an amazing journey with lots of tough assignments, unexpected discoveries, and stretched abilities. Thank you, all of you, for the opportunity to be of service. If you'd like to add your voice to the conversation I've been developing in this column for the past two years, please attend our annual meeting on Sunday, September 20, at the Blue Hill Congregational Church. As one of my heroes, Dave Gutknecht, editor of *Cooperative Grocer* says, "Fortunately, some essential resources are not peaking. Among these are common human elements such as work satisfaction, artistry, ingenuity, humor, courage, solidarity, and of course cooperation. These are critical and renewable resources that we need to draw upon in building a sustainable future."

Gail Bartlett  
Board President

## Blue Hill Co-op Mission Statement & Ends Policies

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

### Blue Hill Food Co-op Ends:

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

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

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

*Mission Statement approved by the  
Board 03/20/2007*

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

## "New England: Feeding Ourselves"

The Fall Conference of the New England Association of Resource Conservation & Development Areas will examine how to develop and sustain a local food system. Paul Roberts, author of *The End of Food*, will provide the keynote address.

The conference will be held October 29–31, 2009 at Eastland Park Hotel in Portland, Maine. For more information contact Mark Hews, RC&D Coordinator at threshold@ghi.net or (207) 657-3131.

## Fair Trade Raffle

Daphne Daunt of Sedgwick was the winner of the African Market Basket raffle we held during our celebration of World Fair Trade Day. Congratulations and enjoy!

The Co-op also donated fair trade products to the Tree of Life Food Pantry.



## Farmer Profile: David's Folly Farm

by Allison Watters

On a rainy afternoon recently, Conor Beliveau was cooking a late lunch in the farmhouse he shares with his partner, Leigh Tillman, and their friends Jared and Ruthie Ellis. As the barley simmered while he chopped burdock root, I got to talk to the group about the farm they are taking care of.

David's Folly Farm has been a farm for several decades. Its previous occupant, Minerva Cutler, had a bed & breakfast there and raised worms that were sold all over the country. A couple of years ago, the farm was purchased by Donald Sussman, who was convinced by local farmer Eliot Coleman that he should turn it into a dairy farm. Since then, Eliot has worked with another farmer to manage a herd of BueLingos (a type of cattle with very lean beef) on the property. Unfortunately, the pasture at the farm needs to be improved substantially before it can properly support cows. Donald then found Conor and Leigh. After working on a farm in mid-coast Maine, the two were ready for a new challenge. They arrived on the farm in the spring armed with seedlings and have been able to grow a wide variety of crops in the worm-rich soil.

This summer, the group has added a 16-member CSA (Community Supported Agriculture) plan to the farm. They also operate a farm stand on the property at 1390 Coastal Road in Brooksville. The farm stand is open on Tuesday afternoons from 2 to 5, and Friday afternoons from 1:30 to 5. Their produce can also be found at the farmers' markets in Stonington and Brooksville.



by Allison Watters

## Staff Profile: Rick Smith



No stranger to retail sales, Rick Smith has a wealth of experience to help him in his new job as the Co-op's Produce Manager. He started in the grocery business at the Shop-and-Save in Bucksport and, in the last sixteen years, has worked in all of the Hannaford stores in the vicinity. When he heard about the open position at the Co-op, he was working with a friend constructing boat molds.

Since taking the helm in the Co-op's produce department, Rick has enjoyed collaborating with local farmers, although it is "a bit of a juggling act." While the Co-op's produce department is much smaller than others he has managed in the past, Rick has many more vendors to deal with to keep the shelves stocked with local and organic produce. He also likes interacting with the public and describes his new job at the Co-op as akin to "putting on a comfortable pair of shoes." Rick says he is eager to increase produce sales in the coming months and to make the community more aware of what the department has to offer customers.

Rick enjoys spending time with his extended family who lives close by. He also likes to go fishing with his five-year-old son on Toddy Pond whenever he can.

## Staff Profile: Amy Jirsa

by Allison Watters

Amy's is another new face you may see peeking out from behind the counter in the Café or stocking the shelves of the Co-op or working behind the register. This multi-talented woman shines in the kitchen and is especially fond of baking. She enjoys the relaxed atmosphere of the Co-op and says it is an easy place to work.

During the school year, Amy cuts her hours at the Co-op to spend more time at the University of Maine at Orono. She is on a teaching fellowship while working on her master's in English. This fall, she'll be teaching English composition to college freshmen. Amy also attended school in California for two years to obtain a degree in herbalism. A licensed herbal medicine practitioner, she practices on the side and has gained experience by treating friends and family members.

Amy's previous home was Venice Beach, California, near Los Angeles. There she thrived as an actress in a Shakespearean acting company. She has also appeared in a few independent films made by her friends. Amy and her husband, Sean, moved to Maine last summer when he became the Executive Director of the Bagaduce Music Lending Library. Amy has roots in Maine. Her family is originally from the Camden area and her mother lives in Damariscotta, so Amy is happy to be here.

