

# BLUE HILL FOOD CO-OP

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## BLUE HILL CO-OP NEWS

APRIL / MAY 2008

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### Blue Hill Co-op Mission Statement

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

### President's Letter

As I sit thinking over what to write, spring is ever so slowly emerging from the mantle of snowpack that's covered the land for months. Our cold frames have been planted since February, with crops of carrots, kale, spinach, pak choi, and radishes growing bigger by the day. In our family, late winter was marked by the passing of our little Westie, Skoon, whom some of you had the pleasure of knowing. We really miss him, but is it my imagination or do the red squirrels seem jollier than ever?

As widely reported in the media for several months now, food prices are going through the roof. According to the *International Herald Tribune*, "Among the driving forces are petroleum prices, which increase the cost of everything from fertilizers to transport to food processing. Rising demand for meat and dairy in rapidly developing countries such as China and India is sending up the cost of grain, used for cattle feed, as is the demand for raw materials to make biofuels. Food costs worldwide spiked 23 percent from 2006 to 2007. Grains went up 42 percent, oils 50 percent and dairy 80 percent."

Many of us are very directly seeing these increases reflected in our weekly grocery bills, and it is altogether likely that we are only experiencing the beginning of this trend. In deciding where to spend our food dollars, as individuals and as families, we will be challenged as we try to balance the ideal of local organic food with the reality of less expensive organic options from far flung places.

In order to acquire food for the least amount possible, it is tempting for some of us to want to turn back the clock and return to the good old days of Buying Clubs. For some, this may be a valid choice. But I think storefront food co-ops potentially have an essential role to play in helping to rebuild local food economies. Although we don't have the buying power of Walmart, now the largest purveyor of organics nationwide, what we do have is the time,

## Planting the Seeds: New Membership & Marketing Coordinator

**H**appy spring season! My name is Eileen Mielenhausen and I am delighted to introduce myself as the new Membership & Marketing Coordinator for the Blue Hill Co-op. I am here to serve your needs and look forward to meeting many of you over the next months.

Thank you to Ruth Sullivan, outgoing M & M Coordinator, for her service to owners and her continued commitment to the co-operative and its mission. I will carry on with the services and programs with which Ruth was active, including ownership education, the Co-op Connection, Health Angels workshop series, database management, and the website. In addition, I am developing a staff training module on ownership and co-operatives and drafting a marketing plan for the Co-op.

I am always happy to hear from you—especially your ideas and concerns. You can reach me by phone (374-2165) or e-mail ([membershipbhcoop@verizon.net](mailto:membershipbhcoop@verizon.net)).

## President's Letter *Continued from page 1*

commitment, independence, and agility to foster and encourage a resurgence in local agriculture and food production. Right now, the primary way we do this is by assuring local growers and producers a year-round market for their goods. Cooperatives create community-owned wealth, and if ours is to be a vital part of our community, together we must continue to invest in it and nurture it.

If you are interested in exploring how our cooperative can actively support a sustainable local economy in the coming decades, I encourage you to consider serving a term on your Board. We have two openings for terms that begin in late September, and you can request an

information packet that explains the ins and outs of Board service at the Co-op. As you consider this idea, keep in mind that your Board, like the boards of nearly every food cooperative in our country, uses Policy Governance, a system that encourages us to refrain from managing operations, and instead to provide guidance and leadership through study, discussion, and reflection.

This spring I am forming a marketing team, which will focus on learning and understanding the current needs of our community and the challenges to our co-operative. The team will use our collective creativity to brainstorm and propose marketing strategies which address customer and owner needs and which promote our unique goods and services to the local community.

The Co-op has finalized a customer survey, which will be instrumental in taking the pulse of our customers, both owners and potential owners alike. Thanks to Co-op owner Courtney Weaver for helping with this survey! We are also preparing to launch the Blue Hill Co-op Community Market & Café website. Check out the membership board at the front of the store for more news and information about how your Co-op is growing!

Also, hopefully you will by now have had ample time to contemplate a question raised in the last newsletter: What are the social, economic, and cultural needs and aspirations that you would like to see fulfilled through your ownership in the Blue Hill Co-op? This spring

look for a survey in your mailbox, and take the time to share your good ideas and thoughtful responses with us. Please, think outside the box, emerge, and help shape our future!

—Gail Bartlett

### Notice of Board Meetings

The Co-op Board meets on the third Tuesday of each month from 6:30 P.M. to 9:00 P.M. The meetings will be held in the Howard Room at the Blue Hill Public Library. They are open to the membership. The next Co-op Board meetings will be held on Tues, April 29th (special schedule) & Tues, May 20th.

### Co-op Board Officers & Members:

<i>President</i>	Gail Bartlett
<i>Vice President</i>	Deborah Wiggs
<i>Treasurer</i>	Bob Sullivan
<i>Secretary</i>	Erich Reed

Lucy Benjamin  
Stephen Benson  
Ruth Fiske  
Rebecca McCall  
Marianne Vandiver

### The Newsletter Team

**Maureen Farr, Editor**

Whitney Landon, Production  
Coordinator; 326-9242

Prudy Heilner, Ads; 374-5485

Board Liaison: Rebecca McCall

### Columnists / Writers

Mary-Anne de Lany,  
Catherine Princell, Allison Watters

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

### General Manager:

Karen Doherty

### Store Hours

Mon - Fri 8 am to 7 pm;  
Sat 8 am to 6 pm; Sun 9 am to 5 pm  
374-2165

### Letters to the Newsletter

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

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Hello all, it seems like it's been a long winter! But spring is in the air and we here at the Co-op are gearing up for another wonderful summer. Did you know that sales *double* in the busy summer months? This puts an extra burden on our shoppers and our already challenged staff. Challenged how? Well, by operating a very busy retail grocery store in a very small space. Oh, how I wish the department buyers could each have their own desk space... and oh, how I wish we could offer our customers a roomy Customer Service center, where you could fill out pre-orders, get information, ask questions, and voice concerns. Maybe one day soon, we will! We have been getting our ducks in a row for the past few years, as we learned that some of our business practices through the years have not been the best. We have rewritten the by-laws, installed a POS system, reorganized our organizational structure, increased our Board's and GM's leadership skills and understanding of policy governance, provided staff training in customer service skills, changed to a Patronage Dividend system, done away with dues and moved to an all-equity refundable investment, rewritten the mission statement and created meaningful ends policies...and much more.

We are concentrating our efforts now on being the best we can be at what we're already so good at; friendly customer service, providing a wide variety of nutritious and locally produced products for sale, and overall being a great place to shop! Being a co-op, we *always* want to hear from you, the owners, because we are here to meet your (often diverse) needs! Towards this goal of better communication we are in the process of revising our "two cents" board, to make it more user friendly. This will most likely be in the form of a binder in which we can provide space for your comments and suggestions, and for staff to respond. You will then be able to look at all previous comments/responses in an ordered format. We appreciate your patience as we reconfigure.

I wanted specifically to address a customer comment that was posted on this board, because I think it speaks to a misconception many of our owners may have, in part because the Co-op has not been doing a good enough job of educating our owners about co-operatives. I appreciate the opportunity to respond here. The comment was this: "*Why not change the Co-op from a cooperative to a*

*business, because that seems to be the way it is run!*" So... just exactly what is a co-op, anyway? A cooperative is an independent group of people joining freely to meet their common economic, social, and cultural needs via a community owned and democratically governed business. Owned by the community, created to serve the (diverse!) needs of the owners. Any profits made go either back to the owners in the form of an equitably distributed Patronage Dividend based on each owners' purchases, are distributed in the form of other owner benefits (look for in-store owner-only specials coming soon!), or are put back into operations to use for purchase of capital needs and improvements. This insures the long-term sustainability of the Co-op; we need to have money set aside for emergencies and the future. Many co-ops across the country are in the process of expansion or relocation efforts, as demand and interest in the co-operative movement increases. This increase puts a strain on once-adequate facilities. Here in Maine Rising Tide Co-op in Damariscotta is in process of buying a new building, and Belfast Co-op recently expanded their back room offices and put in new \$40,000 freezers.

Co-ops also differentiate themselves from most privately owned businesses in that we concentrate not just on making a profit, which we must do in order to stay in business, but also on the social and environmental bottom lines...thus always striving for the "*triple bottom line*." In order to operate efficiently as a storefront, to bring our owners the best possible service and product mix, and our staff the best possible working environment, we do need to seek and use best practices in our business operations. One of the Co-op Principles is cooperation among cooperatives, and

this sharing of knowledge between cooperatives has helped to strengthen co-ops across the country, ours included, as we are faced with major competitors in the natural foods sectors such as Wal-Mart and Whole Foods. So...when you proudly become an owner of the Co-op, you become a part owner of, yes...a business! That is indeed what you are investing your equity in; a locally owned business that seeks to fulfill a healthy triple bottom line, which includes but is certainly not limited to meeting or exceeding the following goals:

**Financial Bottom Line:** sales growth of 0 -10%, (not negative), a net profit of 1-3%, sales to owners of between 40-80%, and a healthy Debt-to-Equity ratio.

**Social Bottom Line:** 25% of staff earning above livable wage and receiving a good benefits package, community donations between .15 and .45% of sales, Local Purchases as a percent of all cost of goods sold at *least* between 10-20%, and social innovations such as providing educational opportunities within the community. Certified Fair Trade Products (examples coffee and chocolate) offered for purchase as alternatives to non-Fair Trade.

**Environmental Bottom Line:** Recycling of paper, plastic, cans, compost. Reduction in packaging. Renewable Energy / Green Power use, Energy Conservation, Water Conservation awareness, Organic as percent of sales of at *least* between 5 -20%....the lists could go on and on but I am out of space...I hope that this helps increase your understanding of co-operatives! And please keep those cards and letters coming!

—Karen Doherty

## MANAGER'S LETTER

**DEADLINE  
JUNE / JULY  
ISSUE:  
THURSDAY,  
MAY 22<sup>ND</sup>**

# NEW CARGOES

*Great Goods for Everyday Living*

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## "Thieves Vinegar" – A Local Solution

In this strange era of heightened alerts, the media issue bulletins about the threat of pandemic influenza, bird flu, etc., with potential national emergency implications. With that in mind, I have decided to revisit a centuries-old remedy which can be of service to family and community – "Thieves Vinegar."

A pandemic raged through Europe in the Middle Ages, called the Black Death, bubonic plague. Millions died; towns and villages were martial law-quarantined, as the only known method to contain the infection. No one was allowed to enter, or to flee. In the midst of this apparent apocalypse (Think, Ingmar Bergman's, "The Seventh Seal"), a group of thieves, the story goes, performed the outrage of stealing jewels and gold from the dead, without dying.

When finally captured, tried and convicted, they were offered a less brutal death sentence, if, if they would reveal their secret. The medicinal herb vin-

egar with which they disinfected their hands, and which they took internally, is still formulated and sold in French pharmacies. Why, for goodness sake, after all these centuries? The medicinal herbs have been found to be potently anti-microbial, against viruses, bacteria, fungi, without the side effects or loss of effectiveness of antibiotics. (That said, this should in no way be construed as medical advice; see your physician.)

There are several versions. I have found the following recipe to be pleasant and effective. This aromatic vinegar can be taken daily as a tonic and preventative, or more frequently after onset of illness. Take 1 tsp

Thieves Vinegar and 1 tsp honey in a glass of water first thing in the morning (or, use 1 tsp maple syrup,

which dissolves more readily.) Children could be given 1/4 - 1/2 tsp Thieves Vinegar in a glass or baby bottle of juice. "Thieves" helps restore and maintain healthy digestion and elimination, and can help protect travelers from the tire-

some infections now so common after plane flights.

Stock in the following –

1 gal. glass jar  
Amber, green or cobalt glass bottles,  
funnel. for finished product  
4 Qt. organic cider vinegar

Organic Herbs:

1 oz. clove powder  
1 oz. lavender  
1 oz. lemon balm  
1 oz. oregano  
1/2 oz. peppermint  
1 oz. rosemary  
1oz. thyme

1-2 bulbs organic garlic, peeled, sliced through, any green (bitter) sprouting removed

Put herbs & garlic in gallon jar; top up with vinegar (it will take 3 1/2 Qt.) Cover jar opening with waxed paper and lid, or hold waxed paper in place with tight rubber band. (Vinegar fumes may otherwise corrode metal lid.) Let steep for 6-8 weeks, stirring once a week with a wooden spoon. Strain into large non-metal bowl or pot. Ladle into amber, green or cobalt bottles. (Well-washed olive oil bottles work well.) Store in cool place or fridge. Share.

–Mary-Anne de Lany

## WELLNESS NOOK

### New in the Co-op Cheese Case: More Cheeses Made in Maine!

We are excited to introduce you to a wonderful selection of raw milk cheeses from Longfellow Creamery at Second Chance Farm in Avon, Maine: Grafton Notch Gouda, Tumbledown Tomme, Bigelow Mt. Blue, and Longfellow's Serenade Cheddar. They are yummy! Visit the creamery on the Internet: [www.longfellowsc Creamery.com](http://www.longfellowsc Creamery.com)

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

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### ON THE WALL @ THE CO-OP Café:

APRIL: Mango Johnstone  
Paintings

MAY: Margaret Baldwin  
Watercolors

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

## Highlights from January and February 2008 Blue Hill Co-op Board of Directors meetings

Being at a Blue Hill Coop Board of Directors meeting is a little like being submerged in an eco-friendly think tank. This new board member never thought it possible to look so keenly in two directions at once, but your board manages to look with intense scrutiny both inward at the here and now and outward at the who knows when.

At these last January and February meetings, as at every meeting, the board looked inward at its own governance policies, specifically focusing in January on the framing and reinforcing of how policy governance orients the relationship between the board and the General Manager. This particular part of our policy, number C1 in the governance manual and available for your perusal at the Co-op, has been revised – improved, we think – to be more comprehensive and to read more clearly. Another move toward better governance was to take a closer look at the part of our Ends and Purposes Policy which deals with charitable giving, and to leave donations decisions to the discretion of the General Manager, with the obvious condition that it be consistent with other board policies.

Staff changes in February prompted another look at governance and several helpful comments from the board president, who reiterated and clarified the board's role regarding staff and GM disputes, grievance policy, and the gov-

ernance process by which these matters are resolved.

General Manager Karen Doherty submitted her budget for review, and presented the second quarter financial statement. Gross sales from the store and café for the second quarter were \$496,172, and a net profit of \$20,011 was reported. With that net income being \$4.03% of gross sales, the co-op is well within the benchmark, before taxes and patronage dividend, of 2 – 4.5%.

Looking toward the financial future and the ongoing return to owners on their investments, the board agreed on a 35% distribution of patronage dividends, with 65% to be retained by the Co-op for future capital needs. Much thought and discussion was given to this percentage amount, with the board striking what seemed a healthy balance between the consideration of discounts already given to owners, the need for retaining a prudent amount for maintaining equipment and other necessary investments, and the desire to give owners a maximum return.

We discussed the March 15 board training/retreat with great anticipation, which at this writing we call a real success and will no doubt reflect upon elsewhere in this issue or the next. The retreat, as we anticipated it in February, would be yet another way to help us

guarantee the present health of the Co-op and to insure its future place in these uncertain times.

Co-op board meetings are regularly held at the Blue Hill Library, 6:30 p.m. on the third Tuesday of every month, though take note: the next meeting will be on April 29, in order to allow our GM to attend a training workshop. Board meetings are open to owners, with time allotted for their comments or concerns at the beginning of every meeting.

If one cannot attend, but is still curious, minutes of these meetings are available in the boxes at the

front of the store.

—Respectfully submitted,  
Rebecca McCall

## BOARD REPORT

### ALTERATIONS

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

### FRUIT TREES

**Apples** — Briggs Auburn, Canadian Strawberry, Golden Russet, Liberty, No. Spy

**Peach** — Reliant

**Plums** — Kahinta, So. Dakota

**Seedlings** — flowers, herbs, veggies

*Catalog Available*

MOFGA certified • The Co-op Connection

**Five Star Nursery 359-2282**

Leslie Cummins

Tim Seabrook

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

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**DEADLINE FOR  
JUNE / JULY ISSUE:  
MAY 22<sup>ND</sup>**

# The Egg ... How Often, How Many, What Kind?

Eggs have had a hard time over the years proving their worth. At one time they were considered a powerhouse of nutrition. In 1945, the consumption of eggs was 402 per person per year. By 1991, thanks to the low cholesterol/heart disease campaigns, the consumption of eggs hit an all time low of 234 eggs per person per year. Though eggs are highly nutritious and a cheap source of protein, the 216 mg of cholesterol the yolk in a large egg contains put them on the "danger" list of foods to be eaten rarely or in moderation. They were viewed as a risk factor for heart disease based on the theory that eating eggs made cholesterol values increase, especially the bad cholesterol, LDL.

So, where are we today when it comes to eating eggs? A study by the Harvard School of Public Health found no relationship between egg consumption and cardiovascular disease. There was no difference in heart disease risk between those who consumed less than one egg a week and those who ate more than one egg a day. This was a long term study that lasted for 14 years with women and eight years with men, and was specifically evaluating the incidence of non-fatal and fatal coronary heart disease and stroke incidence as they related to egg consumption in otherwise healthy people. The real risk related to eggs isn't the egg itself, but how it is prepared or what comes with it such as bacon, sausage, ham, cheese, or the breakfast sandwich bread choices and the Trans fats included in the cooking.

What about people with existing heart disease or diabetes? The good news for eggs is that they can be eaten more often. The American Heart Association still keeps the daily cholesterol intake at 200 mg per day for those being treated for diabetes or high cholesterol though. An egg a day could be eaten if other sources of dietary cholesterol were limited, but three to four whole eggs per week are okay, and egg whites daily otherwise.

Let's get back to the nutritional value of the egg. One 75 calorie egg contains 6 grams of protein as well as folate, iron, zinc, lutein, zeaxanthin, choline, and Vitamins D, A, E, and B-12.

Folate contributes to the development of red blood cells and nerve tissue. Iron is needed to transport oxygen throughout the body. The antioxidant compounds of lutein and zeaxanthin have been shown to help in the prevention of macular degeneration. Choline is essential for brain and memory development in utero and early life. Vitamin D helps protect against colon cancer, osteoporosis, heart attack, and stroke! Plus, the egg is one of the few dietary sources of Vitamin D.

The nutrient density of eggs makes them a valuable contributor and an economical source of high quality protein which can be an important component

for the elderly, low-income families, and growing children. Non-consumers of eggs are more likely to fall short of the RDA for vitamins A, E, and B-12. The high-quality protein in eggs plays an important role in muscle strength, repair, and preservation. Low levels of B-12 have been substantially associated with cognitive decline and can also cause anemia and depression.

What kind of eggs is best? Unfortunately, most of the eggs sold in supermarkets are nutritionally inferior to eggs produced by hens raised on pasture or real free range hens. According to a recent study in *Mother Earth News*, eggs from chickens raised on pasture may contain:

- 1/3 less cholesterol in the yolks
- 1/4 less saturated fat
- 2/3 more vitamin A
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene

True free range chickens eat a natural diet, all kinds of seeds, green plants, insects, and worms.

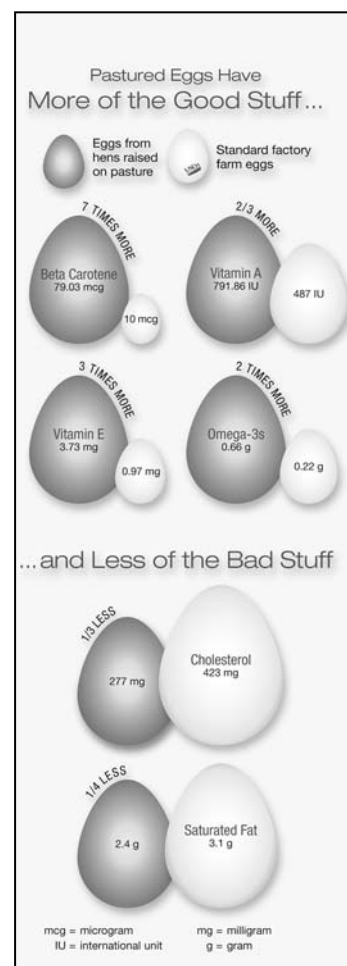
on another front, white shell eggs are produced by hens with white earlobes. Brown shelled eggs are produced by hens with red earlobes. The eggs are nutritionally the same, but brown egg layers are bigger birds and require more feed so the brown eggs are usually more expensive.

Sustainable farming practices significantly reduce the risk of pathogens such as E. coli in food as well as potentially

reducing the risk of food poisoning. You are also reducing the risk of consuming antibiotic-resistant bacteria by eating organic local eggs.

Factory farmed birds never see the outdoors and are fed the cheapest possible mixture of corn, soy and/or cottonseed meals with many additives. Antibiotics are used regularly as these birds live in filthy environments. They are forced to lay constantly and rarely move at all as they are crammed in cages that are stacked on top of each other. They live in their own excrement much

## JUST FOR THE HEALTH OF IT



graphic: Mother Earth News, October/November 2007

of the time. Be aware of labels that call them free range by stating they have "access to the outdoors" as that often means a hole in the wall that they could access the outdoors, but aren't regularly allowed outdoors and never to eat organic, natural materials.

Eggs can be classified as functional foods that provide additional physiological benefit beyond that of meeting basic nutritional needs and we can sup-

*Continued on next page*

## Customer Service on the move at the Co-op!

The Co-op has been implementing new training practices regarding customer service expectations for new employees in the last six months and is offering longer-term employees the opportunity to improve their skills as well. With these new systems will come the expectation that every customer, whether they are an owner or not, will receive friendly, efficient, personal, satisfactory customer service each and every time they enter the store.

We need your help to accomplish this! Look for new "Code Red" and "Code Green" customer comment forms at the registers. They will allow customers to offer us valuable information about our staff, our products, and your overall "Co-op Experience." This is an excellent opportunity for us to get in touch with what you're experiencing

## The Egg

*Continued from previous page*

port our local farmers by eating them regularly. Don't overlook preparation style! Use one to two teaspoons of heart healthy oil such as olive or canola when frying eggs and boiling is even better!

*—Catherine Princell RN MS  
Health Education Specialist*

**APOLOGIES** To the owners and patrons of The Fishnet in Blue Hill for inappropriate remarks printed in our Staff Profiles (Dec 2007).

The Newsletter Team regrets their error in sending the unedited version to the printer, and extends sincere apologies to the Curtis family, the Fishnet staff and patrons for any distress this may have caused.

when you shop, as well as a direct way for our department buyers to gather input on how they are meeting your needs.

Don't hesitate to let us know about your time in the store. There is value in your comments whether they're relating excellent or less-than-satisfactory experiences.

If you prefer to talk to a person, please feel free to contact me. Thank you!

*—Yvonne*

After 10 years as graphic designer and editor of the Co-op Newsletter, I have decided that I need a change, so I am resigning effective with this issue (April/May 2008).

As a result, we now have two positions open on the Newsletter Team – this is your chance to meet your working obligation for the Co-op in a whole new way!

**EDITOR:** The editor is responsible for copy editing stories that come in from our contributing writers, making changes and suggestions where necessary, and getting the copy into an acceptable version for layout and printing.

**GRAPHIC DESIGNER:** The designer is responsible for the layout of the entire newsletter, including text, photos, and ads; providing printed pages for proofreading; making any necessary corrections; and uploading the final files to the printer's website.

Previous graphic design and layout

## From Amy in the Bulk Dept:

Check out our new glass liquid bulk dispensers! We found these gorgeous recycled glass vodka infusers as an alternative to plastic dispensers, which had looked like the only option for the longest time.

A thank you goes out to Joe Damiano, the bulk manager at the Greenstar Co-op in Ithaca, NY - these were his discovery and he was a great help!

experience is required, as well as familiarity with Photoshop and a page layout program; currently the Newsletter is designed using Adobe InDesign.

In addition, the editor and graphic designer are required to attend monthly meetings of the Newsletter Team (currently held on the second Thursday of each month at 8:15 AM at the Blue Hill Library). The Team reviews the current

issue, plans future issues, and discusses any other pertinent information.

Both jobs count toward and probably fulfill Working Member requirements.

Ideally, the new editor and graphic designer would begin with the next issue of the Newsletter (June/July) whose deadline is May 22nd. Of course, I will be available for help during the transition period.

If you are interested in either or both of these positions, please contact Maureen Farr at [maureenfarr@verizon.net](mailto:maureenfarr@verizon.net) or by phone 348-5602.

## EDITOR'S NOTE

## COMMITTEE DESCRIPTIONS

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

**NEWSLETTER** - The Newsletter Committee (Team) produces a newsletter which is distributed every other month.  
Liaison: Rebecca McCall

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

### MOVIES:

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



## Scott Devlin:



Cooking is clearly in Scott Devlin's blood. He has been involved in restaurants in one way or another since he left college. He started out his career in Connecticut, but quickly realized that he couldn't afford to own his own food establishment there. He and his wife Debra found their way to Maine where they were part owners of a restaurant in Gardiner. They then reinvigorated a diner in Damariscotta, turning it into a center for what they termed "Downeast eclectic food" – ethnic twists on traditional Maine seafood. There, Scott enjoyed the freedom of being the owner and chef of an establishment where he could make all the decisions. After being "worked to death in the summers," however, he and Debra were ready for a change. They traveled the country for a while, and then the Devlins moved up the coast so that Debra could manage the L.L. Bean outlet in Ellsworth.

Unable to keep away from professional cooking, Scott has found himself as the weekend manager of the Co-op Café. He can be seen frying up egg sandwiches, concocting soups, and inventing new dishes to please hungry visitors.

When not creating tasty food at the Co-op Café or at home, Scott spends lots of time (as many of us do) enjoying the countless available outdoor activities of this coastal area. He is also an enthusiastic old-time musician, playing both the fiddle and the clawhammer banjo.

## Crystal Fawn Gamet:

Unlike most twenty-one-year-olds that I have met, Crystal has a well-laid plan of how she wants to spend the rest of her life. Orphaned at seventeen, Crystal left the tiny town in Pennsylvania where she grew up. She found she had the compassion and patience to work with victims of sexual abuse

### STAFF PROFILES

*by Allison Watters*

and drug addiction as an Americorps volunteer, and also spent time caring for young children in an HIV / AIDS orphanage in Brazil. After assuming the role of caregiver in her short life on a variety of occasions, she realized that she wanted to spend more time serving women in the field of healthcare. She tried college briefly, but found that her interests were better served by taking a doula course.

Two years ago, on a trip to Milbridge, Crystal struck up a quick friendship with a midwife and decided to stay there. Shortly thereafter, she and her boyfriend found their way to the Blue Hill Peninsula, where she took a job at the Co-op. Crystal is a dedicated worker, spending five days of her week cashiering and one day in the Co-op's Café.

Crystal was recently accepted to the Birthwise Midwifery School in Bridgton, Maine as part of their new apprenticeship program. This program will allow her to apprentice with a local midwife for two month stretches in between periods of class work. She is very excited about an opportunity that is so directly in line with her ideals and dreams.



## Joffrey Alexander:

After growing up in a large family in southern New Hampshire, Joffrey's interest in painting led him to the Massachusetts College of Art and Design in Boston. There he developed a concentration in still life painting. He particularly enjoys portraying this medium in a somber palette, making for gloomy representations. A couple of years ago Joffrey took some courses in pen and ink drawings and painting at Haystack Mountain School of Crafts in Deer Isle. He was impressed by the inspiring area with such a beautiful landscape, and decided he wanted to spend more time exploring here. After some scouting missions up the coast from Boston with his girlfriend, Julianne, the couple moved to Blue Hill. There they both found work at the Co-op, Joffrey in the Café and Julianne at the register. Joffrey has fit in well with the other Café workers and feels fortunate to get to be around "nonpoisonous food." He spends most of his time assembling sandwiches and preparing the raw ingredients that go into the Café's principal dishes.

When not working, Joffrey dabbles in playing the guitar, but spends the bulk of his time painting in his Blue Hill studio apartment. He is working on a series of pairs of minimalist still life paintings in an effort to tease out the themes he finds in their styles. Joffrey is so busy creating because in the autumn he hopes to find a gallery to show his work in Boston.

