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BLUE HILL CO-OP NEWS

FEBRUARY/MARCH 2010

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As you can imagine, we get asked lot of questions at the Co-op! Why do you carry certain products and not others? How do you determine what price to put on the products? Why don't you carry my favorite brand of "____"? And why do you have so much chocolate? Our customers are bright and informed consumers, likely more so than the average shopper, and concerned with what they eat and where it comes from. We put a lot of thought, effort, and research into each product that we carry. Here are a few of the factors that affect some of these questions and concerns.

Product Selection

The Co-op exists to meet the needs of our members. One of these needs, as identified by your board of directors, is a storefront to purchase locally produced, grown, or raised products, thereby helping to ensure a sustainable local economy. Whenever possible, we will support and carry a local product as long as the ingredients are within our buying policy and the product is of good quality. It is unfortunate that we don't live in a part of the country that produces food in large quantities and variety. We use a wonderful local distributor of Maine products, but at times we find that items ordered do not arrive as promised, leaving gaps in our selection. And we've often seen smaller companies swallowed up by larger companies, and more small companies using large distributors such as UNFI (United Natural Foods, Inc) because of escalating transportation and distribution costs.

Many of the grocery items in the store such as cereal, cookies, etc. are selected based on overall sales. The customer, through purchases, dictates which products to offer. In other words, if an item does not sell, we stop carrying it. If an item sells

MANAGER'S REPORT

Manager's Report

Continued from page 1

well, we continue to carry it. When we run our monthly sales, we will occasionally include new products. If we get good sales and feedback, we incorporate those items into the shelves. The same is true of produce, although seasonality plays a bigger part in our choices. You, the consumer, help us decide what to carry or not, by your purchases and feedback.

Pricing

We purchase from many small, local companies. This increases inefficiencies of scale and increases our labor costs all along the way, from ordering and stocking to pricing updates and bookkeeping. We buy some requested items in much smaller quantities than an average grocery store. The smaller the quantity we buy, the more it costs to bring it in. The high-quality products we carry also tend to cost more to produce, buy, and sell. So, compared to traditional grocery stores, we pay substantially more for the goods we sell, as we do our best to purchase from smaller companies and local businesses. We often pay far more for our everyday supplies and recycling efforts because we are very conscious of the environmental impact of waste. And did you know that, like most co-ops, personnel costs associated with wages and benefits account for 25.5% of our budget? Traditional grocery stores generally spend 13–17% of their budget on the same things.

The truth is, we do make a profit on products that we sell. Thank goodness!

Otherwise, we wouldn't be here to serve your needs. Our members naturally want the lowest prices possible. They also want to be able to get great service when they shop at the store; they have told us that they want our staff to be paid well; they want someone to help them with member services when needed; they want an in-store buying club with even lower prices for goods; and, they want the cleanest and purest products we can find. That's only the start. Our owners also want us to pay our local farmers a fair price for their products, support organic and fair trade, sponsor a variety of local events and causes, go to the schools and talk about healthy living with our youth, and create a local community hub for all to enjoy. We are certainly striving to do all of this and more. For more information on just where your dollar goes, look for the "donut" chart posted on the owner information board inside the store.

We will continue to do our best to offer the best prices for the best food that we can find, and we will continue to do our best to provide the services that you have come to expect. We will also continue to move toward providing our staff a livable wage in a part of the country where it isn't always easy to get there. We are much more than a grocery store; we are a co-op dedicated to making a positive, transformative difference in our community. When you shop here, you also directly support our endeavors to improve the community and the world, and we collectively thank you all.

Karen Doherty
General Manager



In January, the Co-op co-sponsored the Marine Environmental Research Institute lecture "A Sea of Plastic" by Captain Charles Moore of the Algalita Marine Research Foundation. Moore, who discovered the Great Pacific Garbage Patch, is pictured here with MERI executive director Dr. Susan Shaw. For more information, go to www.meriresearch.org.

Notice of Board Meetings

The Co-op Board of Directors meets on the third Tuesday of each month, 6:30–9:00 p.m. in the Howard Room at the Blue Hill Public Library. Meetings are open to the membership. The next Co-op Board meetings will be held on March 16 and April 20, 2010.

Co-op Board Officers & Members:

Acting President Henrietta Clews

Treasurer Scott Howell

Chip Angell

Becky McCall

Mia Strong

Ruth Sullivan

**DEADLINE FOR
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The Newsletter Team

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and Co-op board & staff

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

General Manager:
Karen Doherty

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

(207) 374-2165
www.bluehill.coop

Letters to the 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. Letters may be edited for style, not content, and should be brief. Please include your name, address, and daytime phone number.

This is an informal summary of minutes from the December and January board meetings.

DECEMBER: Chip Angell, Henrietta Clews, Heather Morrison, Scott Howell, Ruth Sullivan, and Mia Strong attended, while Becky McCall was absent. In addition, Karen Doherty (General Manager), Steve Benson (facilitator), and John Miller (owner) attended. During the open owner time, John Miller requested additional financial information. The General Manager submitted a business plan to the board. A discussion about liabilities related to the working member program was postponed until the February meeting. The board will be attending a training session with Michael Healy on February 20th.

Plans were made for the first Owner Forum to be held Sunday, January 24, 3:30–5:30 p.m. at the Blue Hill Public Library. The board established a committee to work with the General Manager to advise the board regarding this year's patronage dividend allocation. Board members briefly shared their visions for the future of the Co-op. Following the regular meeting, board members met in Executive Session to discuss personnel matters.

JANUARY: The meeting took place on February 2 because the original meeting was cancelled due to a snowstorm. Chip Angell, Henrietta Clews, Heather Morrison, Ruth Sullivan, Mia Strong, and Becky McCall attended and Steve Bensen was the facilitator. Scott Howell was absent. No owners were present. Much of the meeting was taken up by a lengthy discussion of the President's role and the board's inter-dynamics. The board also discussed the agenda for Michael Healy's training session on February 20. In addition, the board discussed the role of the Board Development committee and potential candidates to fill board seats. Lastly, Heather Morrison resigned from the board due to conflicting personal commitments.

*Ruth Sullivan
for the Board of Directors*

Co-op Connection Business Partners

Thank you to the following local businesses for joining the Co-op Connection program this year:

Art of Living Well: Ayurveda, Yoga, and Breathwork • Bird Watchers Store & Café • Blue Hill Center for Yoga • The Blue Hill Inn • Blue Hill Peninsula Karate • Blue Hill Therapeutic Massage • Blue Moon Images Gallery • The Brooklin Inn • The Cave • Dan's Flower Farm • El El Frijoles Mexican Food • Feldenkrais & Shiatsu with Gabrielle Wellman • Go Doggie Playcare and Dog Boarding • Healing Resources of Maine LLC—Classical Homeopathy • Honey Bee Skin Healing Cream • Hypno-Health • JOYSTUDIO • Leslie Anderson Studio @ the Flower Farm • Mainescape • Mother Bloom Botanicals • North Light Books • Old Quarry Ocean Adventures, Inc. • Paradise Tattoo • Plant Spirit Medicine • SaraSara's • Sow's Ear Winery • Traditional Acupuncture • Wardwell Oil • Zero Balancing with Benjamin Fox, LMT

All active owners were mailed a coupon booklet with discounts or special offers at each of these businesses. If you are a current owner and you did not receive a coupon booklet, please contact Eileen at 374-2165 or membership@bluehill.coop. Thank you for supporting our local small businesses!

BOARD MEETING HIGHLIGHTS

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Where Are You?

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

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

Store Department Notes

Our Produce Pledge: Fresh, Local, Affordable

Let me, first of all, extend my heartfelt thanks for the support and warm wishes I have gotten from co-workers and customers alike. It is great to be aboard and to be working with such a friendly group of people here at the Co-op.

Alexe and I are ringing in the New Year with an exciting new approach to the department. 2010 will see lower prices on sale items every day, as well as a strong commitment to bringing the greatest possible variety of high-quality local and regional produce to our shelves. We look forward to meeting with local farmers in March to plan for providing bountiful fresh, local fruits and veggies for our shoppers.

We will do our best to make Produce the huge success the Blue Hill Co-op community deserves. So, if you have some ideas you would like to share, please drop by the department anytime and give us your thoughts. We are always looking for some good ideas to take credit for! Warm regards,

Tony Ortega
Produce Department Manager

News from the Bulk Department

I'm pleased to let you know about some new products we are now carrying in bulk.

First, the goodies:

"Valrhona Pur Caribe" 66% dark chocolate from the Rhône Valley, France. This stuff is amazing; the quality makes me realize how much truly mediocre chocolate is out there. You don't need much to satisfy.

"Schokinag" dark chocolate chips from southern Germany. These are the best chocolate chips I've tasted, and Schokinag is our Café's chip of choice. You'll find them in the Café's big chocolate chip cookies, their brownies, and their mousse, among other places.

Chocolate coconut curry cashews from Tierra Farms. Made with a good quality, very dark chocolate, these are an amazing taste combination!

Second, the good-for-you:

After looking high and low, we finally found organic chia seed! Yay! Check it out in our bulk culinary spices section. The

chia seed is an excellent source of fiber, packed with antioxidants, full of protein, loaded with vitamins and minerals, and the richest known plant source of Omega-3 fatty acids.

And keep an eye out for more new items—we get them all the time—and for spring sales!

Also in bulk: Local Beans! We gladly carry yellow eye and Jacob's cattle beans from Buswell's Dry Beans in Corinth.

Please feel free to ask me any questions you have. If you don't see me in the store you can either leave me a note, call 374-2165, use the "2 Cents" board, or reach me via e-mail at bulk@bluehill.coop. I welcome input and will always gladly answer questions! Have a lovely spring!!

Amy Coppage
Bulk Department Manager

Café Offers New Breakfast Menu

We have so much to be thankful for and to look forward to this new year. Thanks to all our customers, owners, and staff for a wonderful holiday season! The Café staff had great fun filling orders for take-away platters, making chocolate bark, and listening to seasonal music. We want to thank Cullen Schneider from Fairwinds Florist for decorating our storefront and selling centerpieces throughout the holidays.

The new year is bringing changes to the Café. We are excited to announce our NEW BREAKFAST MENU which started in February. Monday through Friday we are offering daily breakfast specials featuring organic and local ingredients—all priced under \$5.00! Weekends, you can enjoy corned beef hash and real buttermilk pancakes in the dining room. Remember, you can still get the best egg sandwich and coffee this side of the Rockies every day of the week. The Café is also making pizza, stromboli and calzones on Sundays using Portland Pie Company dough (look for the dough in the Co-op's freezer case).

We still miss Scott, Hadley, and Amy, but luckily we have been able to maintain a great kitchen crew. Join us in welcoming Patrick Gaffney-Kessell (our amazing new sandwich/coffee tall man). Erica Schweikert is dividing her time between the Café and her teaching career. Corey is making great

muffins and creating amazing scones and specials with time to spin on WERU (check out his Friday show 2:00–4:00 p.m.). Beth continues to be the do-all woman, taking care of all details in the Café while growing a child (due in April). Suzanne is still baking sumptuous cookies and cupcakes, making tapioca, and more! Yippy! Linda and Robin are a dynamic team working with the best local resources and listening to the needs of our staff and customers. Stop by, have a sample, and say "Hi!"

Linda Phillips and Robin Byrne
Cafe Co-Managers

Soaps, Salves, and Seasonal Remedies: HABA Winter Hints

With winter comes cracked skin—and chapped lips—for many. The Co-op has on hand (no pun intended!) some great salves and balms. The newest is a local salve from Holly Farms in Orono, Maine, called "Green Power," which contains herbal extracts of chamomile, chickweed, plantain, calendula, ginseng, and asparagus roots. Scott Whitney, whose soaps are among the Co-op's most popular, blends herbs with olive oil, shea butter, and oils from jojoba, sweet almond, rosehip seed, avocado, kukui nut, and hemp seed, as well as vitamin E and lavender oil. Avena Botanicals' "Heal-All" salve is another wonderful, local standby for a variety of skin problems.

Speaking of care of the epidermis (the largest organ in the body), there are new homeopathic acne care products from Nelson, including a moisturizing cream, a gel, homeopathic tablets, and facial cleansing wipes. Diamond Mind's "Herpanacine," I should also mention, is an extremely effective Lysine-based capsule which was voted "Number One" in the natural skin care industry. Herpanacine is relevant to all manner of skin problems that are viral in nature, including eczema, psoriasis, and some acne. Also new from the beloved Bach Flower Remedies is a "Rescue Balm" to moisturize and protect lips. Bach also just came out with a pack containing both their "Rescue Remedy," which helps with stress, and "Rescue Sleep," a natural flower-based approach to getting a good night's sleep.

Omega-three oils, as so many experts

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Seasonal Affective Disorder

Catherine Princell, RN MS
Health Coach

There is a well known association between sunlight exposure and mood. Seasonal Affective Disorder (SAD) is a form of depression in which symptoms shift with the seasons, usually starting in the late fall, worsening in the winter, and improving during the sunnier months of spring and summer. Winter's short, dull days and long, dark nights cause a change in the brain's chemistry; specifically, in the pineal gland, which secretes the hormone serotonin, which affects mood. Some of the serotonin is then converted to melatonin, which induces sleep. Melatonin is only created when we are in complete darkness and, in the long, dark days of winter, melatonin levels increase. This process is thought to cause the symptoms of SAD.

The condition was officially named SAD in the 1980's, but it has been recognized for over 100 years. SAD is more common in women and it usually doesn't affect people younger than 20 years of age. For adults, the risk of SAD decreases as they get older. Winter-onset SAD is more common in northern regions, where winter is typically longer and more harsh, but may be experienced less where there tends to be more snow on the ground. The symptoms of SAD include:

- A tendency to oversleep and not feel refreshed upon awakening
- A change in appetite, especially craving sweet or starchy foods
- Weight gain due to increased appetite for carbohydrates
- Fatigue and a drop in energy level
- Irritability, impatience, and anxiety
- Increased sensitivity to social rejection
- Avoidance of social situations and a loss of interest in the activities one used to enjoy
- Difficulty concentrating
- Chronic body aches and pains

Symptoms come and go at about the same time each year. For most people with SAD, symptoms start around October and end in May. Because it can sometimes be difficult to tell the difference between non-seasonal depression and SAD, it is important to note when the symptoms start and if they improve when the seasons change for at least 2 years in a row.

Basic, healthy lifestyle measures are important in the treatment of SAD. Regular exercise helps increase energy and keeps your brain active and alert. Exercise boosts serotonin levels in the brain. This improves mood and helps to reduce stress levels and depression. Exercise also prevents winter weight gain! Include exercise at least 3-5 times per week, and it is also helpful to spend some time walking outdoors during the daylight every day. Eat a balanced diet and work on portion control to avoid overeating, especially sweet, starchy foods.

Bright light therapy is another effective treatment for SAD because it has been shown to suppress the secretion of melatonin. The most common form of light therapy is done with a specially made light box or a light visor that is worn on the head like a cap. Generally light therapy takes about 30 minutes a day. Although light boxes are the most common type of light therapy used, "dawn simulation" is also used. In dawn simulation, a low-intensity light gradually comes on starting about 2 hours before waking, but some studies suggest

JUST FOR THE HEALTH OF IT

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Traditional
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Are Antidepressants Effective?

Jane M. McCloskey, M. Ed.
Deer Isle

Antidepressants are the most widely prescribed drugs in the United States. According to the Center for Disease Control, 118 million antidepressant prescriptions were filled in 2005. Ten percent of women and four percent of men take antidepressants. This is part one of a closer look at antidepressants in our culture and community.

Drug companies have done thousands of studies of antidepressants, and must do studies for the FDA of each new antidepressant to get the drug approved. Most Americans believe that science has shown that antidepressants are effective. But several recent studies have challenged the efficacy of antidepressants in treating depression. Irving Kirsch and colleagues published a study in the open access Public Library of Science (www.plos.org) in 2007. This meta-analysis (study of other studies) done for the FDA found that the slight differences in efficacy of two antidepressants and a placebo in treating depression were insufficient to be clinically meaningful. Kirsch has also written about antidepressants in the journals *Biological Psychiatry*, *Psychopharmacology*, and *Prevention and Treatment*.

Evangelia M. Tsapakis and colleagues writing in the *British Journal of Psychiatry* 2008 found that "antidepressants of all types showed limited efficacy in juvenile depression, but fluoxetine might be more effective, especially in adolescents." In *The Journal of the American Medical Association*, January 6, 2010, Jay C. Fournier and colleagues did a meta-analysis of other studies and found that antidepressants are more effective than placebo in treating severely depressed patients. However, for patients with mild or moderate depression, antidepressants were not more effective than placebo.

How could scientists believe antidepressants are effective when they are not, or, are effective only for certain people? How could the FDA have approved antidepressants if these drugs are not effective? One reason, say the challengers, is that drug companies usually publish studies that show their drug is more

effective than a placebo, and bury studies which do not. Second, drug companies must show the FDA in two studies that the drug is more effective than placebo, but it is possible for them to do, say, a dozen studies, and if only two of them show superiority, the drug can be approved. Third, patients may be excluded from a study if they show a high rate of placebo response in a pre-study trial. By eliminating high placebo responders, the researchers may artificially deflate the positive effect of placebo relative to the drug in the real trial. Fourth, there is still some lack of transparency about ties of researchers to drug companies. Researchers getting grants from drug companies may design studies to show that the drugs are more effective than they really are. Finally, there are other problems with methodology and statistical techniques in drug company antidepressant research.

On the other hand, some researchers have done competing research. The Kirsch study mentioned above covers only two kinds of modern antidepressants, when there are over a dozen. Using a different method of meta-analysis, Laurie Barclay reports in *Medscape Medical News* that Andrea Cipriani and colleagues, writing in *The Lancet* in 2009, found that 12 different antidepressants have differing efficacy, and that sertraline may be the best treatment option for moderate to severe depression in adults. Second, Cipriani and colleagues ignore the studies that find antidepressants are ineffective. Sagar V. Parikh writes, "Cipriani and colleagues also challenge the field of clinical trials to use sertraline as a benchmark in the development of new compounds; by raising the efficacy bar beyond 'beating placebo,' they hope to discourage the development of drugs of routine efficacy and also side-step the ethically challenging position of using placebos in an era of multiple proven treatments for depression."

People on antidepressants should not go off them without consulting a doctor, since some people can develop withdrawal symptoms. In a future article, I will discuss some or all of the following issues: local health care providers' thoughts on antidepressants, antidepressant side effects, antidepressant costs, alternative treatments for depression, and antidepressant contamination of sewage, water, and fish.



Department Notes

Continued from page 4

attest, are crucial to good health on many levels. Studies now show that consumption of Omega-three oils by pregnant women results in enhanced cognitive abilities in their children. In our quest for good, local sources, we've introduced OmegaMaine's full line of Omega-three oils, in five flavors, in both 6- and 10-ounce protective containers (unbreakable, made of coated aluminum that prevents light deterioration and prevents any release of aluminum). Produced in Rockport, these oils are so concentrated you can take half the usual dose, which makes the seemingly high price very competitive. But please note that New Chapter's "WholeMega," made only from Alaskan wild salmon fished sustainably, is the only fish oil to have been endorsed by Greenpeace for its ecologically sound production. The Co-op offers WholeMega in a 500mg easy-to-swallow gel cap, as well as the standard 1000 mg gel.

Don't forget your Vitamin D! Some experts consider it as effective as a flu shot, and Vitamin D is linked to cancer prevention, bone health, and a host of other aspects of well-being. We now have it in liquid, and in 1000, 2000, and 5000 IU concentrations. The Co-op also now offers the "Sunny Gummies" from Rainbow Light; 1000 IUs in a tasty, chewy, gummy tab.

It's hard to not mention other stand-out products by New Chapter. If you suffer from respiratory allergies, "Histamine Take Care" is remarkable, as several staff at the Co-op have attested. New Chapter uses their super-critical extraction and Direct Analysis Real Time (DART) methods to extract the widest possible range of herbal compounds and replicate in every dose all active compounds. They are the only company in the herbal therapeutic industry to use this highly sophisticated technology. They use the DART method with cranberries in their "Candida Take Care" and "Urinary Tract Take Care" and with the elderberries in "Immunity Take Care." New Chapter's "Prostate 5LX," the best-selling herbal product for men in United States, provides super critical extraction of saw palmetto, relevant herbs, and a specialized delivery of selenium, so crucial to a healthy prostate.

Here's to being proactive about good health!

David Walker
Health & Beauty Aids Department Manager

My Food Dollar Is My Vote

Phoebe Phelps, Orland

Sitting with the Blue Hill Co-op community at the January Owners' Forum, listening to statements of goals, ideals, and realities, I realized how passionately I feel about where my food dollar goes.

My food dollar votes for organic food and its availability. In this, it votes for my own health as well as the health of the people around me. How crucial this seems as I reflect on the myriad health threats our degraded planetary ecology imposes on us.

My food dollar votes for the local economy, in which the individuals I know and care about are economically supported, in which the goods and services I need are made available and my own simple, rural existence is made possible.

My food dollar votes for our local growers and their lifestyles. In this, it votes for the simplicity and self-sufficiency we know are essential if seven billion of us (and counting) are to survive on this planet.

In this, it votes also for healthy soils, water, and air, for environmental regulations that protect them, and for intelligent land-use practices that are necessary if we are all to survive.

My food dollar also votes for the intimacy of a community of people who know and value one another as persons. It votes for a commercial enterprise in which the personhood of the staff, the board, the volunteers, the owners, the non-owner shoppers, and the local producers can be recognized.

It votes for doing business on a human scale, with conscience and without greed.

My food dollar votes for a collective awareness of what makes a meaningful, healthy, simple life work. In this, it votes for the goals and ideals the Co-op community is attempting to make into realities.

OWNERS' VOICES

Just for the Health of It

Continued from page 5

that this might not be as effective as light box therapy. Light therapy works well for most people with SAD, but it must be used daily until the season changes.

Low Vitamin D levels tend to be found more often in cases of SAD. Vitamin D is produced when the sun's rays hit our skin. Since there are fewer hours of sunlight during the day, Vitamin D deficiencies are common in winter. Fish and egg yolks are the only foods that have Vitamin D in any significant quantity, so there isn't a good dietary alternative to producing Vitamin D yourself from sunlight. However, one way to maintain good vitamin D levels during the winter is to take it in a supplement. If your Vitamin D levels are extremely low and you are experiencing more severe symptoms of SAD, your doctor can measure your Vitamin D level with a blood test and prescribe high doses (50,000–100,000 mg) of Vitamin D. Otherwise, an over-the-counter Vitamin D3 supplement, starting with at least 1000 mg daily, is a common remedy for SAD symptoms. A safe range for Vitamin D3 supplementation has been established at 1000–3000 mg per day, but it is important to discuss this with a health professional as well.

Fish oil is another over-the-counter remedy for SAD due to its high content of omega-3 fatty acids. B-complex deficiency has been linked to depression, and a daily B-complex supplement may also prove helpful with SAD.

Antidepressants are often prescribed during the winter to people suffering from severe SAD and are then slowly reduced and eliminated during the spring and summer. Counseling, such as cognitive-behavioral therapy, can help one learn more about SAD and how to manage symptoms.

Seasonal Affective Disorder is a serious health issue and can be treated safely to make winter much more pleasant!

Sources:

American Academy of Family Physicians; Washington University School of Medicine, St. Louis, MO; Vitamin D Council; The Mood Cure, Julia Ross M. A.; Web MD Depression Health Center

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359-5053*

ALTERATIONS

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Anne Walker 374-5749.

Owner Bonus Buys

This year we have started a new membership benefit for Co-op owners: Bonus Buys. Every month we are offering active owners reduced prices on selected items in the store for the whole month. The items will change at the beginning of every month. This is different from the CAP (Co-op Advantage Program) sales items, which are savings we pass on to all of our customers.

The Bonus Buys for our active Co-op owners always include at least six grocery items, one HABA product, and one bulk item. Look for the Owner Bonus Buys flyers by the cash registers. Become a Co-op owner and save!

Membership Coupons

In an attempt to reduce postage costs this fall and winter, I have combined several membership mailings (including membership coupons) with some of the newsletter mailings. A few owners have asked why they have received two newsletters in their household. It's because both of you are active owners and, thus, receive your own coupons. I will look at how to do this differently to be even more economical!

There is another membership coupon in this newsletter. The coupon postcards themselves cost the Co-op very little. However, the mailings can be more costly, which is why I try to combine them whenever possible and still provide you with the benefits of being an owner, such as the subscription to the newsletter and 10% discount coupons. The newsletter is also our main method of delivering timely board announcements and information, as specified in the by-laws.

If you would like to receive the newsletter in electronic format and

not in paper, please send an e-mail to newsletter@bluehill.coop with your name, owner #, and current e-mail address.

Owners' Forum

Our first Co-op Owners' Forum of the year was held on January 24. Thank you to all who attended and to those who voiced concerns, posed questions, and shared ideas. We are always happy to listen to

owners and receive your feedback!

The board has scheduled three more owners' forums for the year: on April 11,

and in July and October. More information about upcoming owner meetings will be posted in the store and on our website. To get more involved or to submit questions and comments, contact the Co-op Board at board@bluehill.coop.

Working Members

Looking for a great way to contribute your talents to the co-op community? Become a working member! Requirements are 2 hours per month for one adult or 4 hours per month for two or more adults in the household.

We are looking for working members to help with the following projects (and more):

- spring cleaning on April 4 (organizing basement storage)
- providing outreach & education to area schools (partnering with other organizations on specific projects and programs)
- assisting with data entry and mailings
- painting front end area
- cleaning store departments
- writing articles for the newsletter
- serving on a committee
- creating cool signs for use in store

departments

- stocking, stocking, stocking!

To become a working member, you'll need to sign up for an orientation. Working member orientations are usually held on Wednesday afternoons twice a month. Please call Eileen to schedule: 374-2165.

Survey

We are gearing up to conduct another customer survey to find out how the Co-op is doing in your eyes and how we can improve. Look for more information in the next newsletter, on the website, or on the owner board at the front end of the store.

Community Breakfasts

I have attended two quarterly community breakfasts sponsored by Healthy Peninsula. The breakfasts are well-attended by a variety of community organizations and give us a chance to update each other on current programs, events, and needs. I am honored to represent the Blue Hill Co-op and to network and collaborate with other businesses and groups doing good work for all of us.

March Membership Drive

One of the Cooperative Principles (#5) is to provide education, training, and information about the nature and benefits of cooperation—that is, to spread the word about co-ops and encourage others in our community to join. To that end, I am planning a membership drive in March to encourage more families in our local communities to become owners of the Co-op. The theme will be "Cultivating Community."

You can help in this effort by bringing to the Co-op a friend, neighbor, or co-worker who is not an owner. Show them around, buy them a coffee, or do lunch in the Café. You could talk to them about why you're an owner and why it's so important to keep this community-owned cooperatively run business in town. You'd be surprised how many local folks have never been in the Co-op! Contact me at the store, 374-2165, or at membership@bluehill.coop to share ideas and to discuss creative ways to recruit more Co-op owners. Love your Co-op and help it grow!

Eileen Mielenhausen
Membership & Marketing Coordinator

MEMBERSHIP UPDATE

Co-op News Advertising Fine Print:

Ad Rates for Newsletter: *Classified ads*: \$2.50 for up to 20 words; 15¢ per word over 20 (phone number counts as one word). *Display ads (Boxed)*: \$10/column inch. *Business card ads*: \$30.

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

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

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

Upcoming Events

- **Northwest Earth Institute Course: "Discovering a Sense of Place"**

Monday evenings through March 29, 6:30 p.m.

Location: Blue Hill Library's Howard Room

Sponsored by the Blue Hill Co-op and Blue Hill Library. Free and open to the public.

- **Monthly Co-op Book Club**

Wednesday, March 10, 6-8 p.m.

Location: Blue Hill Library

To discuss *Getting a Grip: Clarity, Creativity & Courage in a World Gone Mad* by Frances Moore Lappé. Co-sponsored by the Blue Hill Co-op and the Blue Hill Library. Free and open to the public. For more information, contact Mia Strong at 359-8572.

In addition to the monthly book club, film showings will start this spring. Check our website for more information: www.bluehill.coop.

- **Family FEED**

Friday, March 19, 5-8 p.m.

Location: Sedgwick School

Join us for a family-friendly local foods potluck at the Sedgwick School. Sponsored by Healthy Peninsula, Simmering Pot, Sedgwick School, and the Blue Hill Co-op. Free and open to the public. For more information, contact Eileen at 374-2165 or Hadley at 374-2898.

- **Spring Cleaning**

Sunday, April 4, 11 a.m. till done

Help us clean out our basement storage units! Contact Karen or Michael for more information, 374-2165.

- **"Raw Energy": A Talk by Author Stephanie Tourles**

Wednesday, April 14, 6:30-8:00 p.m.

Location: Co-op Café

Free and open to the public. For more information, contact Eileen at 374-2165 or marketing@bluehill.coop.

- **Earth Day at the Co-op**

Thursday, April 22

Activities are being planned for in store and outside. For more information, contact Jackie Pike at 326-0780.

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*

Are We Serving the Community?

We want to hear from you! Please join us at a public forum for Blue Hill Co-op customers, owners, former owners, and others interested in our cooperative.

Sunday, April 11, 3:30-5:30 pm

Location: Blue Hill Congregational Church

Soup and bread will be served. For more information, contact Mia Strong at 359-8572 or Ruth Sullivan at 374-5312.

BLUE HILL PIANO SERVICE



PHIL NORRIS
374-2159

Serving Hancock County
for 25 years

10% discount if you mention this ad

New Local & Maine Products, Storewide

New Local & Maine Products

Moo Milk (from Crown of Maine Cooperative): Raw Milk from Maine • Henry's Organic Oil (Albion): Organic Sunflower Oil • Pemberton's Gourmet Foods (Gray): Organic Tomato Sauce • Portland Pizza Co. (Portland): Frozen Pizza Dough • Bagaduce Farm (Brooksville): Pepperoni and "Dad's Favorite" Breakfast Sausage • Fiddler's Reach (Bath): Mead (aka Honey Wine) • Lalibela Farm (Dresden): Tempeh • The Apple Farm (Fairfield): Apple Cider • Eldertide Farm (Dresden): "Anthoimmune" Elderberry Syrup

Bulk items

Local Herbals (Brooksville): Organic & Wildcrafted Medicinal Herbs & Teas • Maine Natural Oils (Aroostook County): non-GMO canola oil

Aimee Beal | Three Crows Editorial

Writing Editing Proofreading Layout



(207) 374-2378 • aimeebeal@yahoo.com

Farmer Profile: Bagaduce Farm

by Allison Watters

As you approach Bagaduce Farm, you are immediately greeted by three personable dogs and a magnificent view of Castine. Then the impressive array of livestock comes into view. Gazing beyond the sheep, goats, and guinea fowl you see a shaggy guard llama and, near an old stone wall, are the pigs.

Deborah Evans, the farmer behind this enterprise, explains that she is trying to run a diversified, multi-species grass farm where she can make the best use of her pasture. Her sheep provide lovely curly fleeces and the goats, soft cashmere yarn. They also make good eating when the herd needs culling. The three sows that preside over the pig pen are a heritage breed called “English Large Black,” chosen for their exceptional mothering skills. One sow gave birth to eight certified organic piglets on a recent frigid January morning, but the large hay mound she constructed for them in their shed kept them plenty warm. At two weeks of age, they were happily frolicking about the snowy enclosure and sniffing at the seaweed that Deborah had given them. After a happy six months in pasture and woods, these young pigs will make their way into the freezers at the Co-op.

For now, you can find Bagaduce Farm’s pepperoni in the cheese cooler at the Co-op and her “Dad’s Favorite” sausage in the freezer. Bagaduce Farm’s meat and fiber products can also be purchased at the Castine, Brooksville, and Blue Hill farmers’ markets in season. Eventually, Deborah hopes to have a kayak-accessible farm stand on her farm.



by Allison Watters



Vendor Profile: Mother Bloom Botanicals

The herbal business Mother Bloom Botanicals was started by Anna Fernandez when she lived in the Pacific Northwest. At the time, she and her husband were farming with draft horses and she was looking for a way to stay home with her young son and make some money as well. Since then Anna has landed in Maine “where people love herbs,” she says happily, and she has expanded her offerings of tinctures and teas.

Anna has a Master Herbalist Certificate from the School of Natural Healing in Springville, Utah and a Chartered Certificate from the Dominion Herbal College in Vancouver, BC, so she is well qualified to craft her herbal concoctions for you. Most of the herbs she uses in her products are grown in her garden in Sedgwick and many others are wildcrafted or wild-gathered from the area. In addition to growing herbs and concocting herbal products, Anna offers herbal consultations through her office in Blue Hill. Anna is also a homebirth midwife, and has a special affinity for herbs for the childbearing years.

The Co-op’s bulk section carries eight of Anna’s herbal tea blends, such as an immune boosting tea and a summer sun tea. Her tinctures are available in bulk as well and range from the ever-popular Echinacea to a Body Tonic blend and Eleuthero for general vitality. She also has a booth at the Blue Hill Farmers’ Market. Anna is currently seeking an apprentice for the summer season to assist her with her business. You can contact Anna through her website: www.motherbloom.com.

Staff Profile: Tony Ortega

by Allison Watters

You may recognize the friendly man stocking the produce cooler at the Co-op as someone you once saw at the seafood counter at Tradewinds. Now, he’s the Co-op’s newest asset. Tony has “come back to his roots,” as he puts it, to begin work as Produce Manager. He started his professional career at a co-op in Florida in the early eighties, promoting local farms there. Then he lived in California for over a decade. Tony first visited Maine on foot when he hiked the Appalachian Trail and was taken with the people and lifestyle of the state. He vowed he would return to raise his children here one day.

Like many Mainers, Tony has found quite a few occupations to pay the bills and keep him entertained. In addition to his full-time position as Produce Manager, he has been a professional wedding photographer for twenty years. With his fiancé and their four children, he has a “hobby” organic farm complete with horses, sheep, and chickens. A pair of world-class breeding German Shepherds round off the menagerie with a litter of puppies born in February. And, as if needing more dogs to love, Tony runs a dog boarding facility from his farm, as well. At “Go Doggie Playcare” (godoggieplaycare.com), your canine friends can romp outdoors to their hearts’ content.

Tony enjoys working with the fruit and vegetables at the Co-op and dreams of helping the Co-op to offer customers a variety of sustainable fish products.

