

BLUE HILL FOOD CO-OP

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Blue Hill, ME 04614

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BLUE HILL CO-OP NEWS

JUNE / JULY 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

Once again, summer, and all that season bestows upon our community, has arrived. Here come more performances, more yard sales, more barbeques, more traffic, more work to do, more book signings, and more art shows. Our summer guests arrive, and cars are everywhere, there's little or no room in the Co-op parking lot, while hundreds make the weekly pilgrimage to the Blue Hill Farmer's Market. Our Co-op staff weathers their most demanding season, one that requires continuous restocking and frenetic activity. For the past decade, stressful or not, it is the extra dollars earned during this season that have enabled us to operate comfortably the rest of the year.

Against this backdrop of idyllic summer in Blue Hill, a period of deepening crisis is already here and needing greater recognition and response. An era of significant food price inflation has begun, and spot food shortages will become more common. Major changes in the food supply are underway, and retailers like us are in the middle. Long-distance food supplies will become more difficult and less consistently available. How will our Co-op vision address scarcity and conservation? Will it address the needs of people in declining circumstances?

Our board instructs our staff to encourage a sustainable local economy through our cooperative enterprise, with fairly priced food that is organically grown and/or processed locally "to the fullest extent possible." Sustainability clearly implies that a food system that is extremely petro-dependent must change radically. Although our Co-op has made strides to market more locally produced food, we are without question extremely dependent on food produced, grown far away from, and trucked to Maine.

Co-ops have their own organizational and cultural barriers, including attitudes such as, 'We're unique!' and having many co-op owners who want all the rewards of cooperation immediately rather than saving and planning for

President's Letter *Continued from page 1*

energy efficient equipment or investing in staff training. To give a provocative example, the practice of using discounts at the register is considered such an immediate reward. A more thoughtful outlook recognizes that, "It's about the future." A cooperative can help lead its community in addressing serious challenges to assumptions about comfort and security. Prolonged challenges, which are likely, will lead to wider recognition that planning for the future is urgent and paramount.

In these uncertain times, we find ourselves housed in an aging, inefficient building, one without enough storage capability to seriously address food security. How and where could we put up a building that is both versatile and efficient to maintain and run?

At our Board training in March, while each of us dreamed of somehow creating such a new home for the store, it was another dream that had star billing. Providing support for local farmers, producers, and fishermen unanimously emerged as our most important long-term goal. It was clear to us that to be congruent with our mission we must step up our educational efforts around conservation and local food production. Where we all arrive as a community, for good or ill, with greater cohesion or chaos, will depend on broad public action in a new direction.

Here then, in no particular order, is a list of measures other food cooperatives around our country are taking to support their communities becoming more sustainable:

- Making commitments to purchase a specific percentage of local produce and products, with said percentage to be increased each year.
- Micro-lending to local farmers and producers.

- Leasing or buying land to grow vegetables for cafés and donating the surplus to local food pantries.

- Hosting workshops on gardening, cold frame usage, seed saving, etc.

- Organizing regional coalitions to support the expansion of local agriculture.

- Dedicating the greatest share of charitable giving to local producers.

- Organizing local farm tours.

- Dedicating central display space to photos and graphics about local producers.

- Sponsoring community gardens for educational purposes. (Especially prominent in urban co-ops, less so in rural areas.)

For us, a major challenge will be keeping our financial composure while making similar changes. Ultimately, our most sustainable attribute may just turn out to be our cooperative business structure.

Cooperatives are owned by those who buy their goods or use their services, rather than by a small group of outside investors. Cooperatives are motivated by both economic and social goals, whereas most companies are motivated solely by the need to maximize shareholder returns. Owner-members provide oversight of co-ops, assuring that the business adheres to good business practices and cooperative principles. Since they give surplus revenue back to their members, cooperatives keep wealth in their communities. Cooperatives brought power and light to our rural areas, and provided a place to deposit money in the 1930s when the banking system collapsed. Cooperative business structure is versatile, inclusive, and democratic. For comparatively small individual investments, we have together created a thriving natural

foods market and café that meets a real diversity of customer needs. Together, we can continue to nurture our Co-op, and learn to maintain and share the ownership of community assets and common wealth.

—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, June 17th & Tues, July 15th.

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
(207) 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 marketingbhcoop@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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Co-op Board Looking for Leaders of Our Future!

The board welcomes potential nominees for the election at our Annual Meeting in late September 2008 for a three-year seat as a director, renewable for a total of six years. There are two vacancies that can be filled this year. Our board is a lively, disciplined, collegial, fun-loving, and demanding group that works hard and communicates and learns together. It's a great way to work toward a more effective, ambitious, and joyful Co-op on the peninsula and to bring a variety of meaningful benefits to fellow owners and the general community. As a co-op, we work to maximize not profits but sustainability and visionary goals. The

board is central to defining goals and monitoring their achievement and the security of our project. Would you like to put your talents and energy to work to join in this?

If you would like to consider joining the Co-op board, please contact one of us and ask for a copy of the informational packet we've prepared, including an explanation of the expectations and principles of board service, an application form, and a copy of the petition form that requires 25 current owners' signatures. The deadline for signed petitions is July 29! Feel free to ask us questions about the nomination and election process or about board service.

(All owners are welcome to come to a board meeting, at your convenience, to observe the board in action. Copies of board minutes and policies are also available to owners on request to the secretary, Erich Reed.)

Steve Benson (374 2357) at
sbenson58@gmail.com

Ruth Fiske at rfiske@prexar.com

Erich Reed at erichreed@yahoo.com

Deborah Wiggs (374 2159) at
deborahwiggs@wildblue.net

Bulk Dept. Info Board, Carbon Footprint...and More

Look for something new in the Bulk Department: we will be copying the Produce Department's fantastic produce board and creating our own bulk information board, where we'll be able to let everyone know about new items which will be coming soon, or the status of items which have been out-of-stock. The board will also include information about specific subjects related to bulk foods, as well as places for feedback from our customers.

And in an ongoing project, we'll be researching the carbon footprint involved in getting each bulk item to our Co-op, and using this data to make buying decisions that balance this infor-

mation with our customers' needs. In the future, we'll be posting this as well as other product info.

Also we're saying farewell to my fantastic bulk assistant, Sarah Wheatley, who is off to WWOOF (Willing Workers on Organic Farms). We wish Sarah the very best and thank her truly for all her hard work!

We are currently looking for someone to fill the bulk assistant position. If you have any interest, please contact Amy or Karen, or stop in to fill out an application.

—Amy Coppage

Another Store Re-Set

With the return of spring and many shades of green, it is time to put a fresh face on our Co-op. As Grocery Dept. Manager, I have been working hard to re-set the inside of our store so all of you wonderful Co-op shoppers have a more pleasant shopping experience and can find items more easily.

I eagerly look forward to your suggestions and comments to improve our product selection for you. And, as a pleasant reminder, if you do not find what you are looking for, please ask. The product may be in the store but may not have been stocked on the shelves—or will be arriving in a day or two. Out-of-stock signs indicate that our distributor may be out of the product and awaiting a new shipment from the manufacturer. As another option, we can pre-order items for you in large quantities.

—Michael Luciano

Café Focuses on Local Foods

Some years ago I attended a workshop led by two young women from Columbia School of Education. They had created a game for young children which involved receiving points every time a food item (an apple, for example) was moved in a vehicle or handled by a human. The object of the game was to get as few points as possible. At the time it seemed quite relevant; now it seems extremely crucial.

In the Café and in the Co-op store, we are striving to procure as many local foods as possible. Even as the cost of everything from flour to eggs has gone up, please be assured that we are doing everything we can to keep our prices as low as possible. We are committed to providing our local community and

summer visitors with the very best our wonderful farmers, bakers, and suppliers have to offer.

Remember, dollars invested locally stay in the local economy.

Late in May, a radio morning show informed me that gasoline is twelve American dollars a gallon in England. We are all adjusting to the new economy!

—Suzanne Coolidge

TREASURES

from home and all over the world

NEW CARGOES

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

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

Blue Hill Food Co-op E.A.T.S. Initiative

In May, the Maine Initiatives' Harvest Fund awarded a grant to Healthy Peninsula for the first of many community collaborative projects planned by the newly organized Blue Hill Food Co-op E.A.T.S. Initiative. The goal of E.A.T.S Initiative is to promote and assist our surrounding communities in procuring, preparing, and eating healthful foods and meals. We will endeavor:

- to provide meaningful and thoughtful educational opportunities to community members;
- to assist in broadening the community's awareness of and accessibility to healthful foods;
- to coordinate and to lead nutrition education training for both children and their parents and/or guardians; and
- to support our community members in achieving these healthy goals.

Through our partnership with Healthy Peninsula, we will work to create the Sedgwick Learning Garden and Kitchen. We will partner with Healthy Peninsula and the Sedgwick Elementary School in the development of a sustainable organic agriculture project. This project will bring school and community partners together to 1) grow a school garden, and 2) incorporate food and nutrition education into classroom learning.

The first part of the Sedgwick Learn-

ing Garden and Kitchen will be to create a community-centered organic garden plot on school grounds with students, families, and community partners. We will also use local farmers' expertise, thus creating a farm education component. We use a systems perspective to encourage participants to develop a sustainable way of growing and consuming healthier food such as cultivating, eating, and hands-on learning about fresh organic fruits and vegetables.

The second aspect of the Sedgwick Learning Garden and Kitchen will include leading weekly workshops with students and families that focus on organic plant-based and locally-grown foods. This will raise awareness about healthy plant-based food options and will include learning about organic fruits, vegetables, whole grains, and legumes. The workshops will be organized around the successful CookShop

curriculum developed by FoodChange, Inc., (NYC-based non-profit organization) and will be a hands-on experience in reviewing recipes, preparing snacks/meals, and learning that plant-based foods are actually different plant parts, such as roots, stems, leaves, and fruits. The Maine Learning Results will be integrated into both aspects of the Sedgwick Learning Garden and Kitchen so that the entire school community will be able to apply specific components into various aspects of their curriculum.

If you would like to know more information about this project or ways in which you may support our efforts, please do not hesitate to contact Hadley Friedman at the Blue Hill Co-op, or Jane Freeman (Community Health Specialist, Healthy Peninsula) at 374-3257.

We look forward to reporting out to you on our progress!

—Hadley Friedman

Maine Cheeses from Pineland Farms Creamery

The Co-op has recently brought in an incredible array of cheeses from Pineland Farms Creamery. Pineland Farms produces a baby Swiss, assorted jacks and cheddars, and wonderful curds. They began milk production on their two farms in New Gloucester, Maine in June 2006. Come on in and try some!

If you were not able to attend our wine, chocolate, and cheese tasting at

the Wescott Forge in March, you missed a wonderful offering from Stellar Organics Vineyards. They produce all organic and fair trade wines which have no added sulfites. Remarkably priced merlot, cabernet, sauvignon blanc and shiraz.

Coming soon will be their "box wine" – perfect for outdoor recreation without the worry of glass.

—Laura Cramer

**DEADLINE FOR
AUGUST / SEPTEMBER ISSUE:
JULY 17TH**



**Blue Hill
Piano Service**
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New Produce Manager

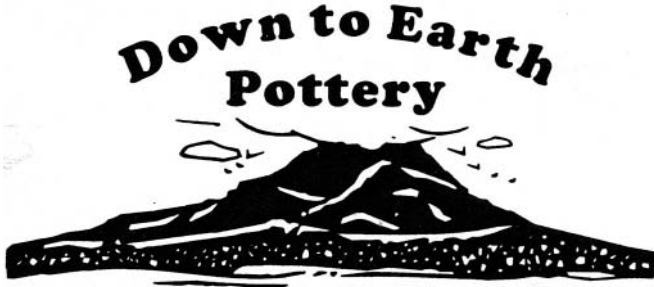
Hi, my name is Kiera, and I'm the Blue Hill Co-op's new produce manager. You probably recognize me as I've spent nearly three years working at the Co-op on the register and in produce. I'm excited about improving the produce department and working

that shopping for produce will be the most satisfying experience possible for you.

I've created a bulletin board for produce-related news and updates which is located across from the 1/2 off basket. This board has information on availability, policies, surveys, announcements, and a space to request produce which isn't currently available. Soon it will also have a notebook for customer feedback and suggestions, as well as profiles on local, organic farms.

Please check out "The Produce Board" and feel free to speak directly with me on weekday mornings. I welcome your input.

—Kiera Chick



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hard to provide as much local and fresh organic produce as I can to meet the needs of our community. To achieve this, I am creating better ways to communicate with our customers. I want to hear your thoughts, opinions, concerns—as much feedback as I can—so

Highlights from March and April 2008 Blue Hill Co-op Board of Directors Meetings

The Blue Hill Co-op Board of Directors began its March meeting with a look back on the March 15th retreat that was facilitated by Marilyn Scholl of Cooperative Development Services. It was generally agreed that the retreat was valuable and thorough, and especially helpful in informing the board's approach to present policies, and guiding the board's various ideas and personalities into one cohesive vision of the Co-op's future.

To that end, the conversation continued into our regular March meeting, where many perspectives were shared again, including the importance of looking at what the co-op does especially well--the café, the bulk items, the local and medicinal products, for example--and visioning how this and food distribution systems in general will be affected by the oil economy in the coming years. The issue of changing space was discussed, along with the ways and the benefits of cooperating with other businesses, and the need to stay nimble in a changing market.

The board scheduled topics for further study and discussion that included an increased support of local producers, a way to balance and connect owner needs with secure financial sustainability, and, at the April meeting, household memberships. After a closer look at our bylaws,

which currently require that all members of a given household become owners, the board voted to sponsor a bylaw change that would remove that household requirement and leave ownership within a household an individual option.

As part of our monthly observance of policy governance, the board revised the guidelines of policy enactment and monitoring. These changes are significant, for they've taken what was a rather generic how-to list for enacting policy and transformed it into a more comprehensive list of guidelines much more grounded in the goals and principles of our "thriving co-operative enterprise." This is B4 of the Board Policy Book, available for your perusal at the front of the store.

Staff treatment policy was also amended, which is D4 in the Policy Book. Part of what was amended was the implication that the board reviews a Manager's decision on any staff griev-

ance. This was changed to clarify that the board has *no review role* in a staff grievance filing, but must only be informed by the Manager when a grievance has been filed, and informed of the subject of the grievance and the outcome.

Board meetings are open to owners, with time allotted for their comments or concerns at the beginning of every meeting. We were glad to meet Marketing and Membership Coordinator Eileen Mielenhausen, who dropped by informally to introduce herself to the board. Also, owner and Night & Weekend Manager Yvonne Chick spoke favorably of a recent facilitated staff meeting, and of the ongoing interest at the store of making local products an integrated focus.

Co-op board meetings are regularly held at the Blue Hill Library, 6:30 p.m. on the third Tuesday of every month, and minutes of meetings are available in the racks at the front of the store. The next board meeting will be on June 17.

*—Respectfully submitted,
Rebecca McCall*

BOARD REPORT

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VIOLIN LESSONS

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

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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.

ON THE WALL @ THE CO-OP CAFÉ:

JUNE: Julianne Barrett
Paintings

JULY: Cathy Melio
Paintings

AUGUST: Walter Smalling
Paintings

*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.*

Hello All!

We are looking forward to another wonderful summer at the Co-op...what a gem we have in our midst! Built on the dreams and visions of a core group of dedicated Co-op members back in the mid-seventies; through the hard work and inspiration of thousands of folks over the years we find we now have a vibrant community center, which many refer to as "the heart" of our community. Our Co-op's existence, in fact, draws many folks to decide to move here in the first place. Our membership continues to grow by leaps and bounds each month as the locavore movement expands and more people realize the benefits of supporting local agriculture.

Your Co-op leads the way in providing locally grown and produced products in the area; it's the place to shop after work where you can purchase, for example, spinach and arugula picked that morning...in January! You can find local products in abundance in the store, not only our astounding array of fresh breads and produce, but also herbal tinctures, body care products, housewares, bulk items and packaged groceries.

On May 10, the Co-op celebrated World Fair Trade Day by participating in The World's Largest Coffee Break. The public was invited to come in and sample Fair Trade coffee, tea and chocolate, and learn more about Fair Trade practices. Each participant was counted, and we helped set a new attendance record for the Coffee Break.

From the *Fair Trade Towns Monthly Newsletter*, v.2 n. 5: Congratulations! We have exceeded our goal to set a new record for the World's Largest Fair Trade Coffee Break! Nearly 12,000 of you joined us for the World's Largest Fair Trade Coffee Break at over 150 locations

throughout the U.S. at 12 pm PT / 3 pm ET on World Fair Trade Day, May 10! The official count is 11,656 people.

The latest exciting Co-op news is that we are working with Healthy Peninsula to build a program to bring nutritional education into the local school systems...our Co-op's own Hadley Friedman brings her experience in using a similar program in New York City's school systems to this effort...thanks Hadley! You can read more about this

program on page 4 in this newsletter.

And finally, I recently had the good fortune to have

lunch at Philadelphia's famous White Dog Café, an amazing restaurant that features local foods and is known for their award-winning cuisine and social activism. Their newsletter is full of tidbits—you can access it on their website www.whitedog.com.

Founder Judy Wicks (not to be confused with our own wonderful and adored Judy Wicks, who has been

working at the Co-op as cheese cutter extraordinaire for lo these many years), has written an insightful piece called "Twenty-Five Thoughts from a Locavore." You can read all 25 thoughts at their website, but here are a few excerpts:

#5 – Producing basic needs locally builds regional self-reliance, reducing our dependency on long distance supply routes, easily disrupted by climate change and the rising cost of oil.

And #18 – Investing locally through local banks, credit unions... [and co-ops!] puts our capital to work locally, providing a "living return"—the benefit of living in a healthier community and stronger local economy.

Investing in your local Co-op is an investment in the local economy, as we strive to provide as many locally grown and produced products for you as we can find, and any profits made go back to the owners or is re-invested in the storefront. Buy Local...Go Co-op!

—Karen Doherty

MANAGER'S LETTER

Owner FAQ

"Why should I become a member of the Blue Hill Co-op?"

Being a Co-op owner is much different than being a member of a buying club. One benefit of becoming an owner is that you are supporting a democratically controlled, socially responsible local business. In fact, in a cooperative the members own the business, and the profits belong to the community of owners. Cooperative businesses provide goods and services in a way that keeps community resources in the community, so you would be supporting local farmers and producers by becoming an owner of the co-op. You will also have a voice and a vote, as an owner, and could serve on the board of directors. In addition, you are helping the regional & national cooperative movement grow stronger by joining as an owner.

received a share of the profits. Now, as an equity-paying owner, you may receive a patron dividend check annually, which is your share of a percentage of the profits from the Co-op. So, as an owner, you receive a return on your investment.

"When is my equity payment due?"

Equity is assessed annually, and your membership year begins when we process your owner application. Your renewal date is the date on the receipt from your owner application payment. We will also be sending out renewal cards to remind owners when your annual equity payment is due. Once you have become fully-vested (\$200 in equity), you will receive your Capital Certificate.

"I paid my equity just a few weeks [or months] ago. Why is the register asking me for \$20 again?"

Even though you may have recently paid your equity for the last year, your payment for this year is now due. The equity payments are due on your anniversary date of joining the Co-op, not a year from when you last paid. Also, if you paid \$20 recently and you are still asked for a payment, it may be that you need to catch up on back payments of equity if you have not yet paid for previous years. Or, you may have paid for one of the owners in your household but not the other. Each adult owner in the household pays a minimum of \$20 a year in equity until their \$200 cap is reached.

"How are owner equity payments different from membership dues?"

When you submit payments toward the \$200 equity fee, the money is held in escrow. If you move away and decide to resign as a Co-op owner, you will be refunded the amount of equity you invested in the Co-op (minus a \$5 processing fee). As a dues-paying member, you never

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News from the Membership Coordinator

Working Member Positions

We are very grateful for all the dedicated working members who assist our hard-working staff in keeping this co-operative business running day-to-day. Thank you to all current and former working members! We have several new positions we need filled by working members (please see Eileen if you have not yet had an orientation):

- recycling
- delivery truck/stocking on Thursdays
- cleaning store departments
- mailings
- newsletter editor
- store inventory on June 30, 7-10 p.m.

Sign up for 1.5 hour shifts per owner once a month—or bank your hours ahead by helping us with inventory! For more info., please contact Eileen at 374-2165 (Mondays-Thursdays) or via e-mail (membershipbhcoop@verizon.net).

Co-Op Events

The Sustainable Future Film Series kicked off on May 22 with writer, activist, Bioneer, and Co-op owner Judith

Lawson introducing “Thirst,” a film about water privatization. Happy Town farmer and former MOFGA president Paul Volckhausen led a discussion on GMOs after the second film, “King Corn,” on May 29. The film series is sponsored by the Blue Hill Co-op and the Blue Hill Public Library. Other presenters and films include Dan Huisjen, “Trashed” (6/12), Dylan Howard, “Everything’s Cool” (6/19), and Anna Fernandez, “How to Save the World: One Man, One Cow, One Planet” (6/26), all at 7 PM. The Co-op is donating the films to the library after each screening.

The Co-op also celebrated **Earth Day** on April 22 and participated in the World’s Largest Coffee Break on World Fair Trade Day, May 10.

Several **Health Angels** presentations are planned for this summer, including cookbook authors Betsy Bott on Wed., July 9 and Brooke Dojny on Wed., July 30. Brooke will be giving a cooking demo using in-season produce. In early August, Nancy Hathaway will present a talk about eating mindfully.

All these events are free and open to the public. Future Co-op and community events will be posted on the soon-to-be Co-op website, www.bluehill.coop and in the calendar of events in the store. For more info., contact Eileen at 374-2165 or membershipbhcoop@verizon.net.

—Eileen Mielenhausen

Co-op Connection Supports Shopping Locally

Every year, the Co-op offers a unique advertising opportunity to local businesses. It’s called “The Co-op Connection,” and it was developed to encourage members of the Blue Hill Co-op to shop locally. Participating businesses offer a discount or special deal to current Blue Hill Co-op owners during a one-year period. In exchange, these businesses receive free listings in our Co-op Connection brochure, the Co-op newsletter, and a Co-op *Weekly Packet* ad. The only cost to the business owner is the discount offered to customers.

We would like to thank the following businesses for participating in the 2007-2008 Co-op Connection:

Asian World Imports
Auntie Charlo’s Hawaiian Massage
Barbara Joy Hare, MS – Personal
Growth and Creativity Consultant
Bella Colore
Blue Hill Peninsula Karate
Blue Moon Images Gallery
The Brooklin Inn
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The DragonFlye Inn
El El Frijoles Mexican Food
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Five Elements Gallery & Studio
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Honey Bee Skin Healing Cream
Hypno-Health
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The Pantry Restaurant
Sally Clinton: Ayurveda, Yoga,
and Breathwork
Sow’s Ear Winery
The Wescott Forge Restaurant

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374 3230

Sonia Turanski:



Many of the Blue Hill Co-op's staff members have other occupations, but few can claim the title of college professor as Sonia Turanski can. A true child of the 60s, Sonia feels the peace, love, and social justice movement strongly influenced the human being she has become. Sonia began her educational career in the fine arts and it has since included conflict resolution and mediation work, Aikido and massage therapy practice and instruction. She and her family found their way to the Blue Hill peninsula at the urging of her childhood English teacher, Arnold Greenberg. Once relocated, Sonia continued working as a massage therapist for awhile, but was drawn back to school.

After obtaining a master's degree from Bangor Theological Seminary in comparative world religions, Sonia began teaching at local colleges. She has also taught classes through local churches such as the Blue Hill Congregational Church, where this fall she will offer a course in peace studies. In addition to her teaching, Sonia has written and produced a short weekly radio segment on WERU called "A Powerful Peace." This coming November in the café, look for a photography show featuring Sonia's recent trip to India, where she conducted field studies of Hinduism, Buddhism, and Islam.

Sonia can be found at the Co-op twice a week as Produce Assistant. It is there that she puts her artistic background to work arranging the fruits and vegetables. She says she really enjoys working with the produce, "the life force," as she puts it, of the Co-op's many offerings.

Corey Paradise:

Corey can be seen in the café several days a week deftly slicing meat, making sandwiches or correcting the spices on the hummus. Always comfortable in a kitchen, Corey has been cooking professionally since high school. He enjoys his work in the Co-op café and loves to cook intricate meals at home, but he

STAFF PROFILES

by Allison Watters

you. In the autumn of 2007 he opened Paradise Tattoo in downtown Blue Hill. After a childhood interest in painting and drawing led to a stint in art school, he found his true artistic calling was as a tattoo artist. He spent time training as an apprentice at a tattoo shop in Belfast and gradually acquired the equipment necessary to open his own shop. Now a "licensed tattoo practitioner," Corey is hoping to make his shop inviting for anyone who might be interested in tattoo work. Paradise Tattoo is currently open Tuesday through Saturday from 3-8 pm, but Corey is hoping to expand those hours in the future.

A Maine native, Corey also enjoys gardening and kayaking. A volunteer DJ at WERU, he hosts "Pattern Recognition," a rock and eclectic music show on Thursday nights.



Kiera Chick:



You have probably seen Kiera's face at the Co-op, since she has been on staff for almost three years. She began at the register but was more interested in working with growing things and gradually found that she was drawn to the produce department. Recently, she has been promoted to Produce Manager. Kiera is especially excited to be in this position because summer is fast approaching and she will have the opportunity to work closely with the area's plethora of local farmers. She feels as if her efforts as Produce Manager can make a difference to bring local, healthy, organic produce to more people in our community. A self-directed worker, Kiera is looking to improve the produce department by communicating with the customers of the Co-op to better serve their wishes and desires.

Kiera is quite a renaissance gal with interests in writing, photography, painting, and contradancing. For the last two years she has also been working on a project centered around women and body image from a variety of angles. Kiera will be wrapping up her work in the next few weeks and plans to make it available to the public.

Kiera is thinking of possibly attending college to further her interests in art, psychology, or English. She would also love to travel through Europe and be a part of the Willing Workers on Organic Farms (WWOOF) program, which would enable her to perform work exchange on organic farms all over the world.