

ROOTSTOCK

the official newsletter of the BELFAST CO-OP



www.belfast.coop

SEASONAL WELLNESS

by *Hannah Kreitzer*
Belfast Co-op Worker-Owner

What is wellness? In dictionary context, it means a state of good physical and mental health, but how do we gauge that when our energy is burning low and midwinter bugs are reaching their virulent peaks? Our cold-and-flu commiseration often turns to bemoaning our immune systems, and "system" is the key word to understanding a balanced strategy for health. An immune system is a complex relationship of functions within our bodies and likewise merits a varied approach – no one vitamin, food or behavior will cure what ails us. We can tend to our overall being this time of year by heeding our natural responses to the season's boons and challenges, and taking measured steps to fill the gaps. While scientific evidence for specific tactics is ever changing, general research trends support a few recurrent strategies. Here's a brief overview of goods to boost your overall health as we forge through the cold months, and where to find them in our store.

Ginger, which both warms and soothes, can be found in nearly every section of our Co-op. Our produce department carries the simple root form, including a seasonally available tender locally-grown variety that is mild enough to slice and eat on its own. We have strong, sweet crystallized ginger in bulk and prepackaged grocery options, and the ever-popular ginger chews found on the front candy racks are a convenient option for travel. Garlic is another powerful ally. Studies suggest that humble bulb can actually promote T cell growth in the bloodstream, aid circulation, and reduce the level of stress hormones which lead to fatigue. Its high sulfur content, which makes its scent so pungent, helps the body absorb immunity-boosting zinc.

Elderberry and echinacea are oft-touted by herbal advocates, especially in the shoulder seasons when our bodies transition into new levels of light and energy. We carry both in tincture and tea form, as well as bulk herb and syrup options for blending into your own concoctions. The humble honey and lemon have earned their place in remedy lore – we carry the former in jars and bulk, and the latter as juice or whole fruit. Stir them into tea or water, perhaps with an Emergen-C packet for when you're truly burning low. Nettle is another herbal powerhouse, rich in minerals and vitamins, which we carry as dried herb, tincture and tea.

Speaking of vitamins, we northerners have all been preached to about the value of D at some point. Come midwinter, sunlight is in short supply. Even as we march from solstice into increasing daylight, the accumulation of bright minutes is a bit too slow to notice yet. An extra dose of D can be gleaned from gummy vitamins, pills and drops, but don't forget to seek it the old-fashioned way as well, by venturing outdoors. Exercise keeps our hearts, muscles and bloodstreams functioning to their full potential, and the promise of a hot drink or soup is just reward for a slog through snowbound woods.

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123 HIGH STREET BELFAST, ME 207.338.2532 7:30AM-8:00PM



MEMBER-OWNERS

we need you!

by Philip Prince

Belfast Co-op Board of Directors Member

As we begin the 2016 election cycle, the Board of Directors (BOD) is looking to fill six director seats. Board members are elected to three year terms. We are seeking director nominees who share our commitment to the Co-op's mission, values, and ends.

The Belfast Co-op is governed by a Board of Directors who are elected by Co-op member-owners to represent them. The BODs' essential role is to set and monitor policy which guides Co-op management.

The BOD has legal responsibility for the Co-op and is directly accountable to the member-owners to ensure that all business is conducted legally, prudently, ethically, and in accordance with the Cooperative Principles, our Mission and Ends statements, and our Bylaws.

Director nominees should have organizational, communication and/or group process skills. Also helpful is experience in Policy Governance and facilitating meetings in a cooperative manner, utilizing modified consensus decision making. A nominee should have the ability and willingness to make a time commitment of 5-9 hours per month.

To qualify, a nominee will need to have been a Co-op member-owner for a least six months as of January 1, 2016, the start of the nomination period. The nomination period will close Sunday, February 21 with the election commencing at the Annual Meeting, March 13 and concluding April 10 or extending, if necessary, to reach a vote quorum of 10% of the total membership.

Nomination application packets will be available starting January 1 at Customer Service in the Co-op and on our website: www.belfast.coop. These packets contain an application form and information useful to understanding the governance, responsibilities, and expectations of the Board.

The Belfast Co-op Nominations Committee can be contacted at

boardelections@belfast.coop

Thank you to all with an interest in serving the Belfast Co-op!



for the next

BOARD OF DIRECTORS *meeting*

January 21 & February 25

6:30PM AT WATERFALL ARTS, 256 HIGH ST, BELFAST, ME

GENERAL MANAGER

Doug Johnson

BOARD OF DIRECTORS

Ron Braybrook, president
Alessandra Martinelli, vice president
Zafra Whitcomb, treasurer
Phil Prince, secretary
Bindy Pendleton
Debbi Lasky
Betsy Garrold
Patti LeClair
Kip Penney
Judith O'Donovan, staff rep.

BOARD COMMITTEES

Finance Committee
boardfinance@belfast.coop

Membership Committee
boardmembership@belfast.coop

Board Development Committee
boarddevelopment@belfast.coop

Elections and Nominations Committee
boardelections@belfast.coop

Annual Meeting Committee
Ad hoc

Public Interaction Committee
Ad hoc

Bylaws Committee
Ad hoc

ROUND UP TOTAL THRU 12/15

\$37,445.32



KEEP ON Improving

by Doug Johnson

Belfast Co-op Interim General Manager

Complacency is the enemy of continual improvement. I can't recall where I first heard that phrase, but it has been running through my head these past couple weeks as I adjust to my new role as the Interim General Manager here at the Belfast Co-op. There is a fair amount of brilliance in the concept of continual improvement, the idea that you can always strive to do better, and I like to think that my history with the Co-op has been one of continual improvement. I have approached all of my work with the intent to do as much good as I am able to in the time I have been given, and am committed to continue this mission in my new position.

Our co-op has experienced considerable change over these last couple years. From management to governance, we are rejecting complacency in an effort to more fully meet the needs of our community. The Board of Directors has committed significant resources to further develop their relationship with our member-owners and workers. Building stronger bonds to connect workers, management, board, and owners should be our charge in the coming years to help us combat the increased competition we are experiencing in the natural foods marketplace. Our management is increasing our investment in our workers, providing educational tools to help us all better understand the value of the work we are engaged in. In my time at the helm, I intend to improve upon that groundwork and offer increased opportunities for our workers to grow and thrive. Our greatest strength as a cooperative workforce is our shared vision of an alternative economy built upon our shared cooperative values and principles.

These foundational concepts, including democracy, equality, solidarity, education, and concern for community, have guided co-ops since their inception and mark a clear path for the Belfast Co-op going forward. I am excited to play a part in that, and hope you are too!

I fear, though, that the road of continual improvement will not always be smooth. Retail food co-ops nationwide, including ours, are facing greater challenges to survival than our industry has faced since the 1930s. The war being waged against food co-ops now is not a war of ideals, but a war of practical consumerism. Why spend more at your co-op when you can purchase the same products online? Why buy local organic broccoli at the co-op when they sell organic broccoli at the supercenter (where you are already picking up snow tires and a duvet cover)? How do we compete? How do food co-ops stay relevant? Retail food co-op managers, workers, and directors from coast to coast have been focused on this question for years, and the answer is still somewhat elusive, but I am confident that the answer lies in our shared co-op values. The internet will never offer you democratic member control or commit itself to honesty, openness, social responsibility and caring for others. Your co-op does. The supercenter probably doesn't really care about self-help or self-responsibility. We do. It is in our DNA.

So where do we go from here? I encourage each of you to join me as an active participant in the continual improvement of your co-op. We all have a unique role to play in this organization, which we love. The beauty of the cooperative model is that there are so many opportunities for participation that everyone truly has a place at the table. By choosing to patronize the Co-op over our competitors, you are choosing to support your local cooperative community in a direct, measurable way. You support your co-op by actively participating in representational democracy when you vote in the annual board of director elections. You support your co-op when you serve as a director or on a board committee, charting a future path for the organization. You support your co-op when you become a co-op employee, sharing your knowledge and experience to help create a better environment for our workers and providing quality service to our community. No matter how you choose to support your co-op, your active participation in contributing to a better co-op benefits us all, and for that I thank you.



In March 2013, we launched our "Round Up for Community" program, affording Belfast Co-op shoppers the opportunity to round up the total of their purchases to the nearest dollar, donating their extra change to provide support to a highlighted community organization. This program helps us to fulfill our commitment to the seventh cooperative principle, Concern for Community. Up until now, we have highlighted two organizations per month. Beginning in 2016, selected recipients will receive a full month to accrue support. Recipient organizations for 2016 have been selected based upon how well their mission and goals align with Belfast Co-op's Ends. Beginning in 2016, the twelve recipients for the following year will be voted on at each year's Annual Meeting. Look for opportunities to nominate recipients early in 2016!

Our 2016 Common Cents recipients are:

January – Belfast Community Television

February – WERU Community Radio

March – Coastal Mountains Land Trust

April – Restorative Justice Project of the Midcoast

May – Avian Haven

June – Maine Food Corps

July – Friends of the Belfast Free Library

August – Maine Farmland Trust

September – MOFGA

October – Howard Bowers Fund

November – Belfast Soup Kitchen

December – New Hope for Women

BELFAST CO-OP member-owner recap FORUM

by Emily Berry

Belfast Co-op Membership Services Administrator

We held our first quarterly Member-Owner Forum in November with an excellent turn-out and informative dialogue. Thank you to all who attended! As a part of the Co-op's Membership Department and the Board's Membership Committee, it is important to me that all of our member-owners have access to the information presented at the Forum. Two of the topics covered were: the Co-op's membership in NCG and our general pricing structure for local products.

NCG Membership

National Co+op Grocers (NCG) is a business services cooperative for retail food co-ops, formed in response to corporate chains aggressively pursuing the natural food market.

NCG supports the autonomy of a local business while providing cooperative buying power comparable to a chain. The Belfast Co-op joined NCG in May 2012, and the benefits gained from our membership are substantial. Membership with NCG allows us to pool our buying power with 147 other independent food co-ops nationwide. Increasing our buying power, coupled with the NCG negotiated supply contract with our primary distributor, United Natural Foods, Incorporated (UNFI), allows us to purchase goods at a lower cost and extend those savings to you, our member-owners. This cost savings is translated in the form of Co+op Deals, Co+op Explorers, and the newly established Co+op Basics.

Local Pricing

While discussing Co-op pricing, the prominent topic of interest was wholesale pricing for local produce vendors. When I asked our Produce Manager, Tom, to discuss his pricing strategy for local produce with me, he was very excited to tell me about his recently developed wholesale pricing guide. Tom created this guide, based on historical cost data, to provide a framework for purchasing as well as pricing. It takes many factors into account – pricing that is affordable for our member-owners, wholesale purchasing at a fair price that doesn't undercut our farmers, as well as achieving our target profit to support our staff and keep the store running. Tom will utilize this guide in his work with farmers in the months before the growing season to arrange product quantities and wholesale pricing.

To explore retail pricing strategies on local items store wide, I spoke with department managers and general management. I found the Co-op practice is typically to fix margins on most products, however, local products are either fixed at a lower margin or allowed a flexible margin so that it can be lower than department averages. Lowering margins encourages customers to support local by promoting affordability. Allowing lower or flexible margins on local products is just one way that the operations of the Co-op supports the first statement of our Global Ends Policy: The Belfast Co-op exists so that our member-owners and community will have a thriving, just, and sustainable local food economy.

Our next Member-Owner Forum will take place on held February 10 at 6pm in the Abbott Room of the Belfast Free Library. We will be looking towards our annual board of directors election, focusing on Cooperative Principle 2 – Democratic Member Control, and meeting the board nominee candidates who will be running to represent you on our board! All member-owners are encouraged to attend and bring a friend; all are welcome.

If you have any questions about our previous or upcoming forums please contact Emily, Membership Services Administrator at the Belfast Co-op, at 338-2532 or emily@belfast.coop.

WOW! THAT IS A GREAT PRICE!

ORGANIC BANANAS 89¢

Over 300 value priced items throughout the store to help you meet your needs, every day!

LOOK FOR THE PURPLE TAGS!

Co+op basics
great food | great price

Thank a Farmer this season

by *Kate Snyder*

Director of Membership and Programs, NEFU

During the holiday season, many of us follow traditions that keep important celebrations alive. As part of this, we prepare meals and break bread with family and friends. While we enjoy the delicious food, we need to remember to thank family farmers and ranchers for the abundance they provide and support policies that will help them to continue to increase their productivity.

Certainly, the nation's two million family farmers and ranchers provide the bounty that many Americans have come to consider a birthright. These farmers on average feed 155 people and support 24 million jobs in the United States. But world population is growing quickly and they will need to produce more, much more, in the future.

In fact, in order to feed the world's rapidly growing population, farmers will have to raise more food in the next 50 years than has been raised in the last 10,000 years combined.

In this country, one of the biggest contributors to the success of the American food production system is the family farm, a proven model for stability and sustained productivity that can be emulated by the rest of the world. And since the family farm model represents 98 percent of all farming households worldwide, the key to feeding the global population is to provide a fair playing field and fair markets for family farmers and ranchers.

One of the greatest challenges we face today is to identify and train new and beginning farmers to replace those who will soon be retiring. National Farmers Union's Beginning Farmer Institute is an example of how organizations here and abroad can identify, train and empower new farmers. This model can certainly be used by other organizations here in the U.S. and abroad to help meet our global challenge.

New England Farmers Union was one of six organizations that collaboratively held a Northeast New Farmer Winter Gathering in early December. Novice farmers of all ages, races, and genders came from all six New England States, New York, and Canada to discuss topics of importance to beginning farmers. More than 150 attended an anti-oppression training, learned about co-operative farming and policy advocacy, and held discussion groups on topics from regional organizing to land access.

If you would like to help support small and mid-size farms, you can become a member of New England Farmers Union at www.newenglandfarmersunion.org. We work for policies and programs that ensure the next generation of farmers will be raising food for your table — and your grandchildren's table.

New England Farmers Union (NEFU) works to protect and enhance the economic well-being and quality of life of family farmers, fishermen, foresters, nursery growers, and consumers in all six New England states.

The Belfast Co-op is a business member of NEFU.

WHICH



We are expanding the selection of Equal Exchange fairly traded, organic coffees available in our deli.

go to <http://s.coop/eecoffee>
to take the survey



GLOBAL ENDS STATEMENT

The Belfast Co-op exists so that our member-owners
and our community will have:

A thriving, just, and sustainable local food economy

A source of healthy, affordable food

An efficiently managed, democratically governed cooperative retail store

A greater understanding of health, food systems, and economic & environmental sustainability

An invested, engaged, and empowered staff that thrive in a safe, respectful, inclusive, and equitable workplace.

Founding Member-Owner #1:

Peter Baldwin

by Betsy Garrold

ThePopulistFarmer.wordpress.com

As we celebrate the Belfast Co-op's 40th year as a successful downtown business, we will be publishing a series of interviews with some of our founding members. This issue, as seems only appropriate, we talk with Peter Baldwin, Belfast Co-op member #1.

HOW, WHEN, AND WHY DID YOU BECOME INVOLVED WITH THE BELFAST CO-OP?

I became fascinated with the discovery that food is medicine as I experienced healing through diet for a couple of fairly significant health issues in the early 70's, when I was in my early 20's. I was living off-grid in Monroe and joined a pre-order food co-op, or buying club, but after making a huge effort a few times to get there only to find that the break down time had been changed, I lost interest. So, it was access to important and, otherwise difficult or impossible to obtain, healthy food that motivated me to think about the efficacy of centralized access. My friend, Truxton Hulbert, had a storefront building right at 104 Main Street in Belfast. In the winter of 1975, he generously allowed the storefront to be used for a campaign to oppose Central Maine Power Company's efforts to site a nuclear power station on Sears Island. The following summer, he was also thankfully receptive to the idea of a storefront co-op at his place.

DO YOU HAVE A FAVORITE BELFAST CO-OP STORY YOU'D LIKE TO SHARE?

I was friends with the minister of the Brooks Congregational Church in Brooks, Charlie Heslam. He let me use his mimeograph machine to print up some fliers to put around calling for a community meeting to discuss forming a co-op store in Belfast. We held the meeting at the storefront, at 104 Main Street, and there seemed to be abundant interest in proceeding. Having gathered \$20 membership fees from about 25 people, along with a couple loans from Niel Weliver, and Jack and Jessie Dickson, we successfully reached the \$600 minimum order requirement for Erewhon natural and organic foods in Boston, I placed our first order and we opened up for business! We also began ordering from another company in Brattleboro, and then Fedco, back when it was a natural foods warehouse in Gardiner; not the seed company that it is today. I placed the orders for the first year. Truxton only charged \$50 per month rent and Attorney Marty Crowe took care of official paperwork pro-bono. The early selection of items was fairly limited, but we grew and the initial wooden barrels turned into bins and scales and a cooler and a broader array of food emerged before long. After about a year, Lori was hired to be the manager and there was always an active Board to support it all.



HOW HAS YOUR INVOLVEMENT WITH THE CO-OP ENRICHED YOUR LIFE?

One of the results of having the Co-op in our community, and something that I have always appreciated, has been its fostering of community and connectivity. Right from the start there was a warmth in the loosely formed collective that developed of about a half dozen or so folks (like Truxton, Brenda Camoly, Suzette Gilbert, Mark Bogardis, Dana Jainchill, Tim and Lorie Laber, and myself) to help manage things and take turns the three days a week we were initially open, and I'd say that the Co-op still functions as an invaluable hub for our greater community in countless ways that stretch from the practical to the spiritual.

WHAT DIRECTION WOULD YOU LIKE TO SEE THE CO-OP TAKE IN THE FUTURE?

As I think about the future, I sometimes wonder how the local and healthy food, and products we offer at the Co-op might serve the broader community. Compared to the simplistic way we started out, organizing a co-op now is much more complex as experienced by the recent start-up of the Marsh River Co-op in Brooks. So, one thought might be to have a county wide umbrella co-op organization that could serve any number of area satellite co-ops. If helpful, there could be a central warehouse to serve them, and that was also open for bulk sales. If transportation became an issue, then a supplementary offshoot of that might be a large truck/trailers stocked with basics, or even electronically collated orders that traveled to outlying town centers on a rotating basis. However, I suspect that the Belfast Co-op store will continue to function as a vital source of the important good things in our lives - both tangible and otherwise. Walking through the door of the Belfast Co-op store, to me, is just plain good medicine for the heart.

a fond

FAREWELL

by Brittany Baird

Belfast Co-op Interim General Manager

By the time you read this article, I should be settled back in Pennsylvania contemplating the myriad of projects I intend to tackle in the New Year. I've had an incredibly rewarding experience serving as the Interim General Manager of the Belfast Co-op for the last four and a half months. It's been a privilege to work with one of the older food co-ops in the country in a region steeped with an impassioned local food culture. It has been refreshing to live in such a close-knit town; I've created deep ties in this community which will stay with me wherever I go. We have done a ton of work at the Co-op over these last few months. We did physical work, like cleaning and re-arranging, and organizing, but we've also done some soul-searching about where the Co-op came from and where it wants to go. I can say that my presence here has definitely stirred the pot, for better or worse, and lent some fresh perspective to the way we do business. I'm grateful for the overwhelming support I have received from both the staff and the board, who've graciously tolerated my whirlwind energy and "from-away" ideas. I feel confident leaving the Co-op in the hands of our former Marketing Manager turned Interim General Manager, Doug Johnson. Doug and I worked closely during my tenure and I've been continually impressed by his hard work and commitment to the cooperative movement.

Doug has a keen understanding of the power a co-op has to effect positive change in the lives of its membership. I see something inherently valuable about developing leaders who are stakeholders in this community and have been pleased to help unearth some of the incredible talent that's been hiding right under our noses.

In my parting words to the board, I encouraged them to imagine the role they want to see the Co-op play in their community five and ten years down the road. The loose consensus seems to be, fix-up the current store a bit, plan for an accessible, environmentally sound new store, and then what? We talked about the concept of growth, and whether bigger really is better. In my mind, there are endless options for how cooperation can nurture a community.

My home food co-op, Weavers Way in Philadelphia, also came from modest beginnings 40 years ago, as a buying club in a basement. They now serve over 10,000 members and are planning strategically for the needs of their community. In an effort to create a "co-operative village model", we expanded our operation to two food stores, two wellness stores, a pet store, and are currently planning a prepared foods shop. Weavers Way has created hundreds of jobs and over the years we've also had fun considering expanding with a cooperative book store, brewery, or bakery.

In addition to running a newspaper and warehouse, Weavers Way also gave birth to an active nonprofit and the largest network of urban farms in Philadelphia. The farms don't make much money, but they enrich our community beyond the walls of our store in very tangible ways. Through the farms and nonprofit, we provide local food to our members, fresh produce to a homeless shelter, educate children in our community, teach life skills to the intellectually disabled, and train farm interns from all over the country. There are few limits to what we can do when we use intention and cooperation to build the community we want for ourselves, our neighbors, and our planet. I look forward to seeing what the future has in store for the Belfast Co-op community. Thank you all!

brittanytbaird@gmail.com

YOUR VOICE counts

Your customer comments and Belfast Co-op Management responses

"The new breakfast system at the deli is horrible.

1) It's like eating at a school cafeteria.

2) It's expensive. 3) It's boring, lacking flexibility.

4) There are no weekend specials.

5) Last Sunday the eggs (scramble only) were cold.

Please review your recent decision to downgrade your service level."

The direction we've taken with our breakfast service came about for two reasons. One was that the weekend "Breakfast to order" was logistically challenging and took away a great deal of focus, staff hours, and sales from our regular sandwich and salad offerings. In the end, the amount of sales we made during weekend breakfast didn't justify continuing this expensive service. It would have gone away even if we hadn't switched to our new service. The other factor was the overwhelming feedback from customers looking for more offerings during the week, the vast majority of whom were looking for quick, simple options. This new system meets the needs of those customers, allows us to have grill items and sandwiches available during all hours, and offers more organic and gluten-free options at an affordable price. We will continue to rework our new system to ensure the quality of our product. Thank you.

-Poly, Deli Manager

"Love your Co-op Basics idea! I've suggested it for years, but nobody noticed. I think you should offer RE: Basics like oatmeal, brown rice, as LOSS leaders."

Glad you're happy with the new program! The product mix is a work in progress... Bulk items, vegetarian items, gluten-free, etc., are all areas we're still working on! Stay Posted!

-Judith, Marketing

thank you for your cooperation!

REMEMBERING Jerry Savitz

Our loving thoughts are with the Savitz and Darby's families as we collectively mourn the sudden death of Jerry Ben Savitz, who died in his Northport home at the age of 74 on Monday, December 14, 2015, with his loving wife Gail at his side. We are extremely grateful to him for his 24 years of service to our board of directors, particularly in his role as treasurer and as a member of our finance & management oversight committees.



He has been an advocate for the Co-op since back when he was a scallop and lobster fisherman in the 1970s, and we were one of his best customers. A major goal for Jerry was maintaining the Co-op's reputation for being trustworthy.

Jerry, we will continue to do our best, but with an added commitment in your honor.

SEASONAL WELLNESS

CONTINUED FROM P1

Broths, stocks and soups bring nourishing warmth to our bodies and homes. We carry many types of meat and vegetable based options in our grocery department, and the deli always has several freshly prepared soups available. If you're feeling the spark of culinary inspiration, our meat department carries many kinds of soup bones to start a rich broth, or you can boil down the skeletal remnants of a roast chicken with whatever vegetable scraps you have on hand (even the skins and ends). Stocks are a wonderful base for soups or for sipping straight as you stare out the window and try to remember what that field looked like sans-snowbank.

If there is one restorative habit the ample dark supports, it's rest. Sleep is easy to overlook in our age of abundant light and entertainment sources, but it is vital to our overall functioning. Take a hint from hibernating wildlife and let yourself sleep a little earlier and longer to store up energy reserves and prepare to face tomorrow's chilly reality.

We must be take care to not shut down entirely, of course. Though winter spurs the urge to retreat into our warm, snug dens, it is also important to stoke our social-primate fires this time of year. While gatherings obviously foster the spread of germs and viruses, and the stress of large groups can tax the introverts among us, we all depend on our fellow humans for some degree of comfort. When the devastating impacts of our actions on other people and our home planet make us question what we're even doing here, the restorative potential of a potluck dinner or a simple concert can remind us of the good things we make and share. There are an overwhelming array of happenings hand-tacked in the Co-op entryway if you're ever at a loss for how to find like-minded folks.

One vital point of separation between our co-op and a typical grocery store is that we are a gathering place for community. From weekly language groups to a simple lunch with friends, our deli café is a safe space to gather with both your fellow Belfastians or folks from away. Have a cup of tea or soup while you're at it, and keep mind and body in tune with what it means to be well this winter.

Thank you for sustaining us through every season. We have been your co-op for forty years now, and hope to be here helping you stay well for many years to come!

CO-OP CALENDAR

JANUARY

1/1/16 Closed New Year's Day

Common Cents recipient - Belfast Community Television, belfastcommunitytv.org

1/28 Board Meeting Thurs. 6pm social time, 6:30pm meeting, Waterfall Arts, 256 High St.

1/29 Love LOCAL Day Fri., store-wide – Heiwa Soy Beanery (Belfast) organic soy product samples, lunch special highlighting local ingredients, 10% off all Maine-made products all day.

FEBRUARY

Common Cents recipient - WERU community radio, weru.org

Featured Artists - Troy Howard Middle School students

2/10 Member-Owner Forum Wed. 6pm Belfast Library

2/25 Board Meeting Thurs. 6pm social time, 6:30pm meeting, Waterfall Arts, 256 High St.

2/26 Love LOCAL Day Fri., store-wide – The Milkhouse (Monmouth) organic dairy product samples, lunch special highlighting local ingredients, 10% off all Maine-made products all day.

For more information about Co-op events, visit our online calendar at: www.belfast.coop

SAVE THE DATE! **40th Annual Meeting** SUNDAY MARCH 13TH