



ROOTSTOCK

THE OFFICIAL NEWSLETTER OF THE Belfast CO+OP

ISSUE 21 JULY-AUG 2017

www.belfast.coop

Owner Social



The quarterly Member-owner Forums are being reinvented this year to a less formal, more conversational format, the Owner Social. Why the change? The Member-owner Forums were created to give voice to our owners and to discuss various topics and ideas. These were held at the Belfast Free Library in the evening. Though the participation of the folks that came out was insightful, the reality was that the Forums were not well attended. We know that our owners care deeply about their co-op, but it felt as though we were not offering the right opportunity for them to use their voice.

"We still want that voice and are looking for it through a less structured format" says Board of Directors representative Andrew Watkins. That is why we are holding our first Owner Social on July 12 from 3-4PM, held inside the Co-op Cafe. This venture will give the Owners and the community at large an occasion to engage in conversation with the board and one another to talk about the thing we love most, the Co-op!



Wednesday
July 12, 3-4pm
Belfast Co-op Cafe

MEET WITH YOUR BOARD OF DIRECTORS TO
TALK ABOUT THEIR TWO FAVORITE SUBJECTS:
THE BELFAST CO-OP & YOU!

THE DIRECTORS WILL BE SERVING UP ICED TEA AND WATERMELON.

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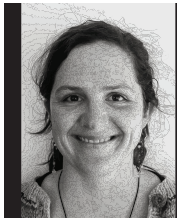
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123 HIGH STREET BELFAST, ME 207.338.2532 7:30AM-8:00PM



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BOARD CORNER

by Alessandra Martinelli
BOARD VICE PRESIDENT

2017 ELECTIONS *Update*

Hello new and old owners of the Coop! This is your president of the Belfast Co-op Board of Directors, Alessandra Martinelli. We currently represent 4,092 members of our community. Our 2017 election cycle has concluded. Thank you to everyone who voted! The results are as follows:

You used your voice to reach out into the word and be heard. Our election took 10 weeks and 414 owners voted. We have seated our new directors Violet Jastram, Shannon Grimes, and David Balicki. The owners also re-elected Betsy Garrold and me. Our bylaw changes passed with flying colors.

Every year about this time we welcome new directors and send off departing directors. I want to send out a big thank you and hug to Bindy Pendleton. She was the Board President when I arrived on the Board and right away she made it known how much she had to offer the board and how much work she had put in and was planning to put in. I thank her for being a prized example for what leadership takes. I am glad she is getting a break, but I hope she doesn't go too far in case we need her sage advice. Thanks Bindy! Have a good summer!

GENERAL MANAGER

Doug Johnson

BOARD OF DIRECTORS

Alessandra Martinelli, President
Ron Braybrook, Vice President
Zafra Whitcomb, Secretary
Lindsey Schortz, Treasurer
Andrew Watkins
Betsy Garrold
David Balicki
Shannon Grimes
Violet Jastram
Justin Howard, staff rep.

BOARD COMMITTEES

Finance Committee
boardfinance@belfast.coop

Membership Committee
boardmembership@belfast.coop

Board Development Committee
boarddevelopment@belfast.coop

Bylaws Committee
Ad hoc

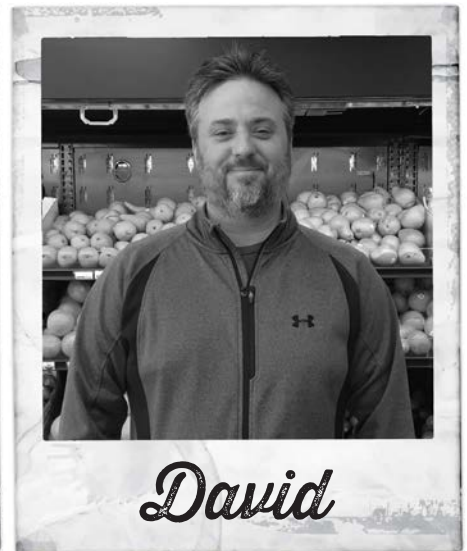
NEW KIDS ON THE BLOCK



Violet



Shannon



David



2

JOIN US!
for the next meetings of the

BOARD OF DIRECTORS

JULY 27 • AUGUST 24

6 PM SOCIAL TIME,
6:30 PM MEETING

WATERFALL ARTS, 256 HIGH ST.





IMPACT

Needs & Aspirations

What impact does your co-op make in your community? How many lives do we touch, not just by providing food to put on the table, but also jobs for our workers and opportunities for our community to express their worldview through their financial support?

Co-ops exist to meet the common economic, social, and cultural needs and aspirations of the communities they serve. The history of our Co-op tells the story of our community, what we saw as a need at a certain time, where we wanted to go, and what idealized outcome we were striving for. The needs that were present when we first opened our doors more than forty years ago may not be the same needs that are present now, but the aspirations have not diminished, and if anything the relevance and importance of those aspirational goals has grown.

- **Economic:** We are committed to providing healthy, affordable food to our community and to paying fair and reasonable wages to our workers. The Co-op exists as an economic engine in Waldo County, employing more than 70 workers and serving as the vehicle for over two million dollars of locally produced items in the past fiscal year. Perhaps more than providing sales or wages, co-ops continue to be relevant because they remind us that there is an alternative to meeting our needs through standard economic practices. We have power in our collective voice and that power has real-world consequences when used to alter the market. Part of why many co-ops are struggling to stay profitable as of late is that so many new competitors have come into our market, capitalizing on the products and values that we have been championing from our inception. Co-ops have always been the innovators, and the fact that others are now profiting off of that innovation should not come as a surprise. On the contrary, I believe that this is not the time for us to shy away from our legacy as an economic generator and rather we should be looking to the future and exploring how our Co-op can continue to innovate in a rapidly changing world.
- **Social:** Co-ops are about bringing people together through a shared set of values and principles. Our strength as an association lies in our collective belief that caring for others and honoring social responsibility still matter in our modern world, and that those values are worth fighting for. That common bond unites us more than the brick and mortar of our enterprise and allows us a glimpse of the dynamic social change that is possible when we work together toward a common goal. Co-ops are also places where communities come together to enjoy the warmth and comfort of meeting their common needs. Knowing where your food comes from and being able to have an authentic experience with your friends and neighbors is vital to our health as individuals and as an association.
- **Cultural:** It is not by accident or coincidence that co-ops become cultural hubs in their communities. What other association can boast such diversity in its membership or such a broad scope in its mission? The fifth cooperative principle is rooted in the belief that co-ops enrich their communities, their boards, and their workforce through furthering all stakeholders in understanding the cooperative. That commitment to cultural understanding extends beyond the confines of the co-op to the world in which the co-op exists, creating communities that are more aware of how culture and economics coalesce to shape their lives. Art, music, food, and politics all come together at your local co-op!

In its long history the Belfast Co-op has become more than a store to purchase healthy, affordable food. Co-ops as a whole have become symbols of resistance to a world that increasingly makes less sense, where corporate interests have a stake in every aspect of our daily lives and where the voice of the people is drowned out by the cacophony of advertisers. Our democratic structure of governance allows owners a voice in how the enterprise is managed, but more so it determines what benefit and for whom the association exists to serve. The strength of our democracy is directly related to the impact that we make in our community and to what needs and aspirations we are fulfilling. If you value that impact, stay active in supporting your Co-op and together we will build a brighter, more cooperative future.

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.



Each month, the Belfast Co-op provides the opportunity for the community to donate to a local organization, nominated and voted on by our Owners at our annual meeting.

JULY RECIPIENT

The Natural Resources Council of Maine is our state's leading nonprofit membership organization protecting, restoring, and conserving Maine's environment, now and for future generations.

They work statewide for clear air and water, healthy people and wildlife, protected forests, sustainable communities, and clean energy solutions and efficiency. NRCM was created by Maine people, for the benefit of all who love Maine. Since 1959, NRCM has led efforts to keep Maine a special place. NRCM harnesses the power of science, the law, and the voices of more than 20,000 supporters from across Maine and beyond.



AUGUST RECIPIENT

THE GAME LOFT KIDS IN COMMUNITY

The Game Loft an award winning 4-H out of school time program that for the past 17 years has been serving the educational, emotional, and social needs of youth in Waldo County. The Game Loft is a free program open to all youth, 50 weeks a year, between the ages of 6-18 who are in school or are home-schooled. Currently the program serves 200+ regularly attending members in Belfast and at Mt. View Middle School in Thorndike. The Game Loft's primary program, offered to all participants, provides friends, food, and safety. Highly trained staff mentor youth and create a safe and welcoming atmosphere. A USDA-approved menu of lunch and snacks is provided daily.

In the month of April
our community raised
\$2,683.15
for **Veggies for All** through the
Common Cents program!



CHICKEN FAJITAS ON THE GRILL

By: Robin Asbell

Total Time: 25 minutes

Serves 4

Fajitas are popular, quick and easy, especially when you make them in a pouch. No worries about slivered chicken and peppers falling through the grate, and the juices and spices combine to keep the chicken moist. You can wrap your tortillas in foil and warm them in the grill, too, just place the pack on a cool spot while you cook the chicken packs.

Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons fresh lime juice
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 1/2 pounds boneless, skinless chicken breasts, sliced into 1/2-inch wide, 4-inch long strips
- 1 small red bell pepper, seeded and sliced
- 1 small green bell pepper, seeded and sliced
- 1 small yellow bell pepper, seeded and sliced
- 8 8-inch flour tortillas
- Salsa, guacamole, sour cream (optional)

Preparation

In a large bowl, whisk the oil, lime juice, oregano, cumin, paprika, garlic powder and salt. Add the chicken strips and pepper slices, and toss to coat. Refrigerate for 30 minutes to marinate.

Tear 4 12-inch square pieces of foil. Divide the chicken mixture between the 4 pieces, piling the chicken and peppers in the center of the foil. Pull two edges straight up to cover the chicken, and fold and crimp the edges together. Roll up and crimp the ends to make a sealed, not too tight pouch. Place the packets on a sheet pan.

Preheat the grill on high until hot. Reduce to medium, then place the packets on the grill. Turn every 5 minutes for about 15 minutes, then carefully open one end of a packet and, with an instant read thermometer, check the temp of the chicken. Once the chicken pieces have reached 160 F, remove the packets from the grill and serve with warmed flour tortillas.

Serving Suggestion

Grilled fajitas are good paired with a black bean and corn salad, or jicama slices sprinkled with chile powder and salt. Top with guacamole, sour cream or salsa.

COURTESY OF WWW.STRONGERTOGETHER.COOP



WATER GRABS

Update

In February, the Belfast Co-op, in cooperation with the Belfast Free Library, hosted a talk on "Water Grabs" featuring guest speakers Nisha Swinton of Food & Water Watch & Rep. Mike Sylvester of Portland district 39. At the event we discussed the impacts of the diversion of water resources at local, regional, and national levels.

Since the time of the Water Grabs talk, Rep. Sylvester sponsored "An Act To Create the Water Resources Planning Committee" (LD 422 / HP 302) in the Maine House of Representatives. The purpose of the bill, said Sylvester in testimony before the Energy, Utilities, and Technology Committee on March 22nd, "is to agree that we, as state government, have a role and duty in managing groundwater as a resource and, should ultimately and in whatever form, have the ability to step in and act when it is in crisis."

The bill passed in the House in early May, then passed to be enacted by the Senate on May 23rd.

Alas, it was not to be. Governor LePage vetoed the pending bill on June 2nd, and in a roll call vote on June 5th, with 74 Yea votes, 69 Nay, 7 Absent and 1 Abstaining, the Senate failed to gather the 2/3rds majority support necessary to overturn the veto. The veto was thus sustained and the bill declared dead.

This bill is by no means the end of the struggle over Maine's water resources, however. Food & Water Watch continues to support public ownership of water resources, saying "The people of Maine should not allow the profits of multinational bottled water companies to take precedence over the interests of Mainers. To protect Maine's groundwater and the general public's best interest, Maine should hold its groundwater in the public trust."

Their fact sheet on protecting Maine's groundwater, "Water for the Public, Not for Profit," can be read online at:

www.foodandwaterwatch.org/insight/water-public-not-profit



WE HONOR

SNAP/EBT card
participants who sign up
for our program and purchase
local foods will earn bonus local fruits and veggies!

Learn more at:

maineharvestbucks.org/retail



love local ... PROFILES ...

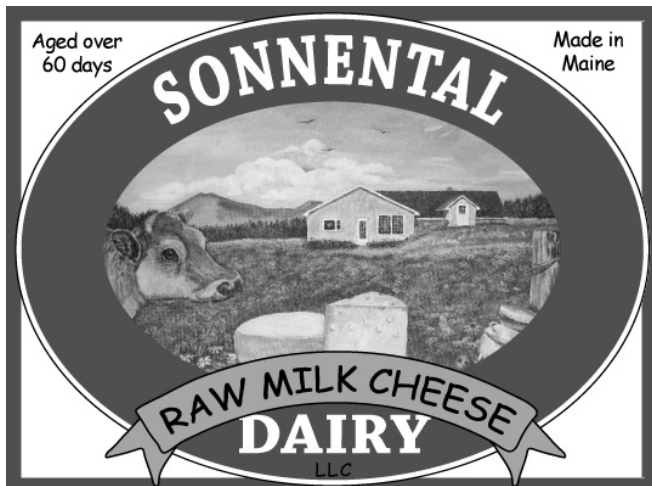
JULY

thirty acre farm

When Jane and Simon Frost purchased their small family farm in Whitefield Maine, it had not been worked for over forty years. They stumbled into farming with a strong desire to know where our food comes from and to share that goodness with friends, family and community.

Back in 2002 they started making and selling lacto-fermented foods from biodynamic cabbage brought from Canada. Since then they have built a commercial kraut kitchen and more than doubled their yearly production, now making more than 100,000 lbs of sauerkraut, ruby kraut, kimchi, gingered carrots, hot sauce and sour dill pickles - and growing over 95% of the ingredients!

AUGUST



Sonnetal Dairy LLC of Smyrna Mills, Maine, is a relative newcomer to the Maine cheese scene, founded in 2015 as a small family business. Their Maine-made Raw Milk Cheeses are distributed to the Belfast Co-op and other locations via Crown o' Maine Co-op, and include such varieties as Cheddar, Gouda, Swiss, Pepper Jack, and more.

YOUR VOICE counts

*"I am sorry you so rarely have the carrot salad -
I hope you'll make it available again."*

Now that we're in warmer weather salads are flying out the door. It will allow us to offer a lot more variety of and always fresh salads. You can expect that the carrot salad will be offered then.

-Poly
Deli Manager

*"I would like to see more produce in bins, not plastic.
Sorry, but I won't buy it if it's in plastic."*

You'll see more produce available in bulk as our local season picks up - it is easier to offer fresher items this way!

-Sofia
Produce Manager

*"Please place some of the compostable to-go containers
near the bulk bins and tofu, and encourage their use as
an alternative to the plastic containers which are so
harmful to us & the earth!"*

Most of the products we sell in Bulk are not well suited for the compostable containers due to a lack of a tight seal. However, please feel free to request a container from the Deli if they meet your needs, or bring a glass container for maximum reusability. I will also look into availability of compostable containers that would close securely enough for wet and granular products.

Thank you,

-Jeremy
Operations Manager

*"So glad to see Rebel Hill Farm seedlings for sale!
Thank you."*

We are also excited to be able to offer them this year! It's so great to have a broader selection of perennials and native plants.

-Sofia
Produce Manager

thank you for your cooperation!

THANK YOU

for your cooperation

by Hannah Kreitzer

We bid farewell to two of our wonderful worker-owners recently, as they struck off for the fair horizons of retirement. Stan Belch or Rosemary Townsend gave so much to our co-op that can't be measured in simple tallies of hours and tasks. If you see them around town, be sure to wish them well on the roads ahead!

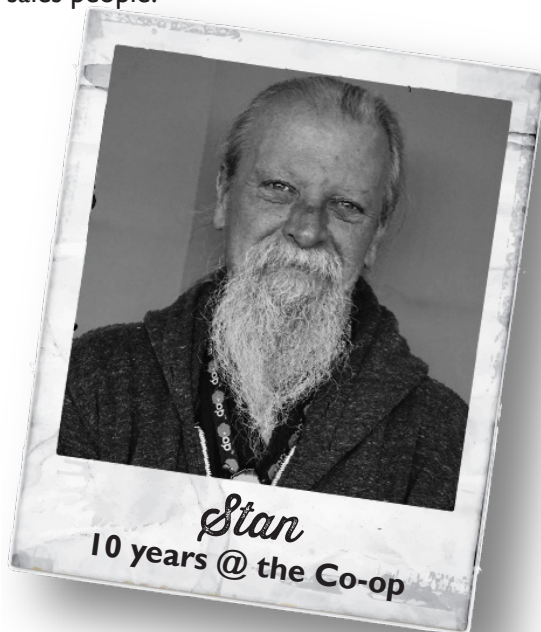
As Maintenance Manager, Stan was the oft-unseen force that kept our store in clean and working order. If anything needed to be fixed, built, reimagined or reconfigured, Stan was your man. Moreover, if you had a question about kimchi, homebrewing, kombucha, or anything else fermentation-focused, chances were Stan had a ready answer. "Stan always brought kindness and a sly sense of humor," says Heather Q Hay. "He not only kept the building in order, he kept morale high. I will deeply miss him and his smile." Stan's dry take on the joys and trials of his job is evident in the farewell list he made for his coworkers:

"The things I will miss:

- Each and every one of you (present and past). You have all been such a fantastic group of people to work with. I will miss our interaction.
- All the things that you have taught me individually and collectively.
- And of course the fun and laughs. Of my journey this has been one of the best parts.

The things I won't miss:

- Clearing a log jam in the toilet.
- Finding that someone went mud running in the rest room.
- Phone sales people."



What's on Stan's agenda now that bathroom maintenance and sales calls are off the agenda?

"Time in the garden, in the workshop, in the summer sun. Fermentation quests and building projects of his own creation. Farewell Stan, and revel in the knowledge that next time someone pages Maintenance to the restroom, you may turn a blissfully deaf ear."



Rosemary Townsend joined our ranks four years ago as Human Resources Manager. She came to us with 40 years of administrative experience under her belt and immediately put that know-how to work with efficiency and good spirits. As Jeremy Peskoe, our Store Operations Manager notes, "I grew to appreciate her steadfastness in upholding her beliefs and giving her professional opinion even when she knew we wouldn't like the answer. She also had a wry sense of humor very few people ever got the chance to see."

Rosemary reports that she enjoyed working at the co-op, but has many plans for the days ahead. Never one to idle, she'll be tending her home and garden, doing some summer traveling, and spending more time with family, friends, her church community and her dog Baxter. She also plans nourishing her mental and physical wellbeing- the former with classes at the Hutchinson Center, the latter with time at the YMCA.

Stan and Rosemary, thank you for your years of cheerful, creative and cooperative service to our community. We'll miss you!

A culture of **CONTINUAL IMPROVEMENT**

As most of you have seen, your Belfast Co-op has experienced quite a bit of change over the last several months. Many of these changes have been long in the works or came from suggestions from our owners. In the Deli we get a ton of feedback about things people want us to offer, what they like, what they don't like, and what would really make them happy. We want very much to act on what our customers want and we're about to do just that

We're overhauling our Deli menu in an attempt to meet three simple objectives:

We've heard that you want more variety. We do too! We've expanded our menu to offer new, exciting burgers and a super affordable Co+op Basics menu where every item is just \$5.99! You can also choose a variety of nacho and quesadilla options for one price.

We've heard that you want quick ordering and faster service. We really want that too! We've streamlined the menu, our systems in the kitchen and at the register to speed things up. We're adding easy to understand menu screens and a simpler set up so you can find what you want super quick.

We've also heard that you want to eat where you know your dollar does the most good and where you know what you're eating. We couldn't agree more. We're going to offer up more information about why we do what we do. We want you to know why we offer organic vegetables and from local farms as often as possible. When your neighbors lovingly grew our tomatoes we want you to know it was them. We know that the more you know, the more confident you'll be in your purchases.

There's been a lot of changes at the Co-op lately. We are committed to making this change one that you will love.

July 29 4-6pm

**CELEBRATE SUMMER IN VACATIONLAND
AND OUR AMAZING LOCAL FOOD
SYSTEM WITH YOUR NEIGHBORS
FEATURING: UPROOT PIE CO
LIVE MUSIC + GOOD FOOD**



JULY

Common Cents: Natural Resources Council of Maine
Artist of the month: Adrienne Beacham and Jacob Allen

July 12 - **Owner Social**, Wednesday 4-5pm, Belfast Co-op Café, 123 High St.
July 12 - **Seed Saving**, Wednesday 6pm, Abbott Room, Belfast Free Library, 106 High St.
July 27 - **Board Meeting** Thurs. 6pm social time, 6:30pm meeting, Waterfall Arts, 256 High St.
July 28 - **Love Local Day**, featured vendor Thirty Acre Farm. 10% off all local products, all day long.
July 29 - **Belfast Co-op Summer Jam, 4-6pm, Belfast Co-op Parking Lot**

AUGUST

Common Cents: The Game Loft
Artist of the month: Scott Smith

August 22 - **Board Meeting** Thurs. 6pm social time, 6:30pm meeting, Waterfall Arts, 256 High St.
August 30 - **Love Local Day**, featured vendor Sonnentag Dairy. 10% off all local products, all day long.