



# The Compost

WILLIMANTIC  
**FOOD**  
CO-OP

Vol. 37, Number 3

Fall 2015

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## STORE HOURS:

Monday - Saturday  
9:00am - 8:00pm

Sunday  
9:00am - 6:00pm

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### Co-op Scoop *Alice Rubin*

As usual, the summer has managed to sail by, and rumors of a winter even worse than last year's are floating around. I am going to ignore these. We'll see what happens. There is an old saying that the ground won't freeze until the swamps are full. And seeing how ridiculously dry it is right now, we've got some time.

Also as usual, sales at the Co-op were a bit on the slow side this summer, but that dip in our sales has been leveling out over the years and we did just fine. In fact, we are still seeing sales growth considerably above what other Co-ops across the country are seeing. While we do have some competition – natural foods are in all the major grocery stores – we don't have a Trader Joe's or Whole Foods in our neighborhood.

Our sales growth is strong. As our sales have increased, our purchases from our major supplier have increased. And this increased volume decreases our cost– the more we buy, the less we pay. The end result is that more people are finding the Co-op competitively priced and a more affordable and attractive place to shop.

This growth means that the days of doing business in our current location are numbered. Can we sell more food out of our Valley Street home? Yes. But the question is –how much? And at our current rate of growth, how long will it take to max out our current space? Given the number of unoccupied properties in town, we have some options. Not too many options though, because parking is a key requirement for our store. Parking on Main Street is just not adequate for the 350+ people that shop at our store each day. But we are beginning to plan our next move.

What new services would our member-owners like to see? I know that café/eatery comes up again and again. More high quality prepared foods and fresh baked goods are in demand, with few new sources. So a kitchen is a no brainer. Our locally produced meat has sold very well and expanding that seems right. Produce couldn't get much better, but more prep and storage space would help to keep the quality high and the selection top notch. Our bulk department could use a few more nut butter grinders, but for the most part, it meets most member-owners' needs. Grocery could expand its selection some, but not a lot. How many cracker choices do we really need? Wellness, both supplements and body care could use some elbow room, and sales in that department are growing quickly. House wares and general merchandise could also use some more space.

Other areas of growth could be in an organic garden supply department, including animal feed. Could we sell more plants and cut flowers? I think so.

I guess what I am saying is – we are getting serious. We are going to expand at some point in the near future. When is the near future? I don't know. But as soon as I do, you will be the first to know. ¶

## Member Scan Cards *Patty Smith*

### **Willimantic Food Co-op**

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Alice Rubin

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*Financial Manager*  
Mark Giangrave  
*Produce Manager*  
Bruce Oscar  
*Facilities Manager*  
Steve Scanlon  
*Grocery Manager*  
Patty Smith  
*Operations Manager*

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Sasha Bajjo-Fournier  
Jason Borgia  
Susan Chasin  
John Clark  
Chris Demorit  
Chris Dubis  
Chad Dunnack  
Garrett Fitzgibbons  
Kara Fodaski  
Breanna Fortin  
Avery Gratton  
Wendy Jakoboski  
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Emmett McMullan  
Jeffrey Nash  
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Stephanie Golaski  
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Matthew Kyer  
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Johnnie Walker

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Alice Rubin

#### **Staff Representative**

Chris Dubis

#### **Newsletter**

Amy Kalisher  
Sasha Bajjo-Fournier  
Alice Rubin

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Hi there! First off, I want to send out a big THANK YOU with rainbows and unicorns and smiley faces to the member-owners of the Co-op on behalf of the staff and management (and especially the Front End folks!) for helping us make the transition to our new equity database and member scan-card system! Your patience and understanding have been (and continue to be) paramount to the success of the new system. Despite several bumps (anticipated and unexpected) in the road, we feel that overall, the transition has gone very well so far. At the time of this writing, we've issued 2,928 new scan-able member-owner cards to existing and new members, and collected thousands of dollars in past-due equity payments (a well-funded co-op is a healthy co-op!). The cards are beautiful, convenient, and have already increased efficiency and accuracy throughout the organization, despite the learning curve we're all on as we get used to the new system.

This was a huge undertaking, involving the migration of about 10,000 records from an Excel spreadsheet to a multifunctional relational database integrated into our Point of Sale system. The limitations of our old system (the spreadsheet, paper equity slips at the register, hard copies of member and equity info in the back office) caused some inconsistencies between our digital records and your paper member cards (the ones with the carrot stamps), resulting in more than a little confusion at the registers and a significant, ongoing research project in the back office as we try to resolve all of these discrepancies. It's crucial that we get this right, though, as the Co-op needs to know how much each of its members (a.k.a. owners) have invested in order to plan strategically for the future. We most heartily apologize if you've experienced confusion at the register and thank you again for your patience and understanding, and for filling out those new member-info forms (sometimes more than once!).

So, aside from improving the accuracy of our financial records, why did we undertake such a monumental change? The new system:

- improves our ability to keep member-owner contact info up to date: we need to know how to reach you with important info about the Co-op, such as member-wide votes, annual meeting announcements, and other communications required in our by-laws. It's your right and privilege as a member-owner to receive these communications!
- gives us the option to collect and use email addresses for our member-owners, so that much of the by-law-required communication can be sent electronically, as well as receipts, if you choose. This cuts down on our printing and mailing costs, and saves paper!
- offers the ability to "opt-out" of printed receipts at the register, saving even more paper!
- allows us to keep track of what percentage of our sales is to members v. non-members, information that will help us serve our whole community better.
- includes the capability to pre-program discounts, such as senior and working-member discounts on a member-profile basis. As of this writing, we still have some clean-up work to do on the database level before we can get this function to work properly for our membership, but it will happen!
- is not only more accurate, it is more secure. Member data is now handled by the same system we use to process credit and debit cards, which requires us to be compliant with rigorous PCI (Payment Card Industry) Data Security Standards. In addition,





our IT department states: “The WFC Membership personal and purchase information is password-protected and actively resides on a double-firewalled internal server; it is securely and inactively backed up both on-site and off-site. This information can only be viewed by a limited number of Co-op employees who either update data or answer Member questions about an account.”

Our Co-op is thriving. Our membership is growing. We are almost 36 years old and have close to 10,000 owners on the books. Over 5000 of those are paid in full (\$120 per person) and/or actively shopping and paying off an equity share. We sign up an average of 60-80 new member-owners every month. Luckily we found a system designed to help us do a really good job managing all of that important information!

As always, we welcome your feedback, questions, and concerns – another of your rights and privileges as a member-owner of the Willi Food Co-op. Thanks for your support! 🍷





PLEASE WELCOME  
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JIM WEISS, AAMS, RLP  
LAURENCE HALE, AAMS CRPS  
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## Helen's Wellness Review *Helen Scanlon*

For this issue of The Compost, I review a new product on the Co-op's shelves: Evan Healy Blue Lavender Cleansing Milk.

Evan Healy, a holistic aesthetician with 30 years in the natural personal care industry, started her skin care company in 1999 after she grew tired of hearing about the “ingredient du jour” in popular skin care lines. New chemicals, “magic bullet” serums and oils were not the answer to clear, glowing skin—she knew the less we messed with nature, the more our skin loved us. Evan took her love of plants and passion for holistic beauty and created products that did not interfere with the natural functions of the skin. Her motto for her company is, simply: “The skin breathes.”

If you are looking for simple and organic skin care products with a “less is more” philosophy, Evan Healy's products may just be for you. The line features cleansers, lotions, toners, masks, blemish treatments, and serums for every skin type—and they are created using sustainable and fair-trade practices. Ingredients are acquired from family- owned farms and women's cooperatives—for example, the shea butter is harvested by the Tapko Widows of Ghana—a group of women from a small village who banded together to raise their children after their husbands had passed away. The Tapko high-grade, unrefined shea butter is harvested from trees that have never felt a chemical or pesticide on their leaves, and provides the Tapko Widows with an income. You directly support these women and their families with the purchase of Evan Healy products. And that's pretty darn awesome.

But—but—how is it? Does it work?

I get summer breakouts, (thanks, sunscreen and sweat and such), and I was skeptical as I tried the Blue Lavender Cleansing Milk. I had a little blemish on my left cheek, and it was getting too comfortable. I was considering asking it to pay rent, the little devil—it just wouldn't budge. I usually get a foaming blemish-control face wash for such things, and the Blue Lavender Cleansing Milk sounded too, well, gentle, to tackle the dreaded Summer Zit. Alas, I had a deadline to meet for this issue, so I put this sweet-sounding product to work.

First things first, it smells great: Blue Lavender! Furthermore, I recognized all of the ingredients and could pronounce them—even sodium lauroyl stearate and sodium stearyl stearate (they are non-

*Continued on page 7*

# Willimantic Food Coop Statement of Financial Condition 12/31/2014

	12/31/10	12/31/11	12/31/12	12/31/13	12/31/14
<b>Assets</b>					
Cash and Equivalents	351,191	151,001	301,432	510,800	565,106
Investment - Coop Fund of New England				50,000	51,188
Accounts Receivable	20,327	23,531	20,978	17,026	10,688
Inventory	204,104	211,819	231,460	224,553	248,078
Prepaid Expenses	4,355	4,684	8,165	8,415	29,591
<b>Total Current Assets:</b>	<b>579,977</b>	<b>391,035</b>	<b>562,035</b>	<b>810,794</b>	<b>904,652</b>
<b>Fixed Assets</b>					
Leasehold Improvements	429,481	413,964	395,939	379,764	362,341
Equipment/Fixtures	177,015	162,699	135,864	146,393	131,130
Other	547	200	-		
<b>Total Fixed Assets:</b>	<b>607,043</b>	<b>576,863</b>	<b>531,803</b>	<b>526,157</b>	<b>493,471</b>
<b>Other Assets</b>	<b>15,479</b>	<b>17,249</b>	<b>18,340</b>	<b>23,828</b>	<b>38,523</b>
<b>Total Assets:</b>	<b>1,202,499</b>	<b>985,147</b>	<b>1,112,178</b>	<b>1,360,779</b>	<b>1,436,646</b>
<b>Liabilities and Owner's Equity</b>					
Accounts Payable	66,267	75,275	86,102	98,539	122,514
Accrued Expenses	55,780	26,581	54,548	94,860	71,826
Member Loans - Long Term	224,350	91,000	-	-	-
Other Loans	91,342	1,631	-	-	-
<b>Total Liabilities</b>	<b>437,739</b>	<b>194,487</b>	<b>140,650</b>	<b>193,399</b>	<b>194,340</b>
<b>Owner's Equity</b>					
Paid in Member Equity	578,581	605,487	638,803	675,404	720,302
Donated Member Equity	3,657	3,657	3,657	3,657	3,657
Retained Earnings	182,522	181,516	329,068	488,319	518,348
<b>Total Owner's Equity:</b>	<b>764,760</b>	<b>790,660</b>	<b>971,528</b>	<b>1,167,380</b>	<b>1,242,306</b>
<b>Total Liabilities and Owner's Equity:</b>	<b>1,202,499</b>	<b>985,147</b>	<b>1,112,178</b>	<b>1,360,779</b>	<b>1,436,646</b>

## 2014 Treasurer's Report Joanne Todd

Over many years, the Co-op has had growing member support, a dedicated staff, and good management. These elements have contributed to The Willimantic Food Co-op's strong 2014 balance sheet with no debt, plenty of cash, and owner's equity over \$1.2million. Because of this financial strength, the Co-op has the opportunity to consider expanding beyond our current location to meet member-owner needs into the future.

The Willimantic Food Co-op had another high growth year in 2014. Sales grew 8.23% in 2014, after growing 9.15% in 2013 and 12% in 2012. This sustained growth is very positive for the future of the Co-op. At the same time, growth is straining the capacity of our current location. The strength of 2014 sales led to another year of strong net income -- \$71,353.

As a cooperative, you are an owner and your economic participation, through your equity investment and your shopping has contributed to a successful, member-supported store. The Co-op

is autonomous and locally owned – by you. You may have also participated with your economic help during the Co-op's last move from Meadow Street to its current location in 2006.

In considering another expansion, the Co-op would like to purchase a building in Willimantic that would provide a larger store and more services. When this happens, it will be a big project. Financially, the Co-op will likely be making an investment in the new location beyond the current cash it has on hand. Member participation is an important feature of cooperatives and the Co-op will again ask for member economic support of its expansion.

While the expansion looks to the future, the Co-op continues to carry out its mission and act on its values in the present. In 2014, investments were made in information technology and training. The Co-op strives to pay a living wage and paid bonuses to staff of about three weeks of salary. The Co-op also demonstrated its concern for community by donating to several local charitable organizations.



# Willimantic Food Coop Income Statement 12/31/2014

	12/31/10	12/31/11	12/31/12	12/31/13	12/31/14	% change
<b>Sales</b>						
Package Grocery	870,410	874,176	959,380	1,041,842	1,127,602	8.23%
Produce	608,243	639,719	750,721	843,751	904,338	7.18%
Bulk	575,219	583,197	666,217	743,489	839,981	12.98%
Refrigerated Grocery	391,322	391,762	432,918	465,039	513,649	10.45%
HABA	384,968	375,676	402,796	419,422	462,407	10.25%
Other	509,501	490,878	548,548	591,040	594,356	0.56%
<b>Total Sales:</b>	<b>3,339,663</b>	<b>3,355,408</b>	<b>3,760,580</b>	<b>4,104,583</b>	<b>4,442,333</b>	<b>8.23%</b>
<b>Cost of Goods Sold</b>						
Package Grocery	506,647	519,821	567,221	611,888	664,737	8.64%
Produce	424,390	461,363	510,516	579,075	633,442	9.39%
Bulk	378,674	381,822	431,218	476,150	532,667	11.87%
Refrigerated Grocery	300,722	300,126	323,430	343,343	378,664	10.29%
HABA	225,469	224,852	236,846	244,866	266,413	8.80%
Other	342,124	323,533	365,635	385,723	400,346	3.79%
<b>Total Cost of Goods Sold:</b>	<b>2,178,026</b>	<b>2,211,517</b>	<b>2,434,866</b>	<b>2,641,045</b>	<b>2,876,269</b>	<b>8.91%</b>
<b>Total Gross Profit (Loss):</b>	<b>1,161,637</b>	<b>1,143,891</b>	<b>1,325,714</b>	<b>1,463,538</b>	<b>1,566,064</b>	<b>7.01%</b>
<b>Overhead Expenses</b>						
Salary, Wages & Benefits	736,826	736,410	783,523	853,225	944,708	10.72%
Discounts - Workers	95,310	105,419	112,399	122,547	134,153	9.47%
Rent	50,091	51,682	53,242	54,917	56,476	2.84%
Depreciation	45,043	46,395	48,330	44,939	48,061	6.95%
Utilities	39,016	35,459	33,054	34,359	38,799	12.92%
Other Expenses	178,343	176,047	148,491	180,515	250,086	38.54%
<b>Total Overhead Expenses:</b>	<b>1,144,629</b>	<b>1,151,412</b>	<b>1,179,039</b>	<b>1,290,502</b>	<b>1,472,283</b>	<b>14.09%</b>
<b>Total Operating Income (Loss):</b>	<b>17,008</b>	<b>(7,521)</b>	<b>146,675</b>	<b>173,036</b>	<b>93,781</b>	<b>-45.80%</b>
<b>Total Other Income:</b>	<b>13,532</b>	<b>13,255</b>	<b>14,670</b>	<b>10,402</b>	<b>24,232</b>	<b>132.96%</b>
<b>Total Other Expenses:</b>	<b>6,315</b>	<b>6,741</b>	<b>12,121</b>	<b>24,187</b>	<b>46,660</b>	<b>92.91%</b>
<b>Total Net Income (Loss):</b>	<b>24,225</b>	<b>(1,007)</b>	<b>149,224</b>	<b>159,251</b>	<b>71,353</b>	<b>-55.19%</b>

## Appropriate Designs

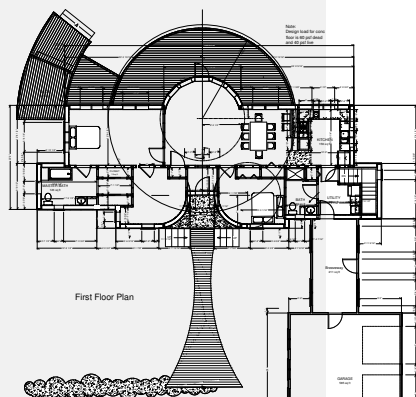
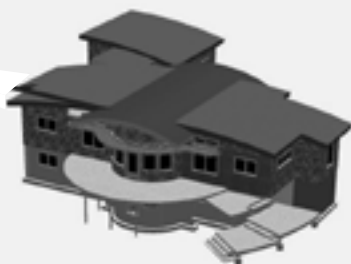
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## Winky's Food Review *Winky Gordon*

For your tasting pleasure this issue: Bloomfoods' Mexican Crumble ground meat substitute (\$3.99/3.7 oz package); Pacific Roasted Red Pepper and Tomato Bisque (\$3.99 / 17.6 oz. serving); Back Roads' Coconut Crunch Paleo Granola (\$11.99/lb.); organic (\$4.89/2.8 oz. bar).

Let's begin locally, with Bloomfoods' Mexican Crumble. But first, a word of caution to all rule followers: the following includes a graphic description of not following the directions.

Bloomfoods is another vendor to rise out of the creation of CLick, the local cooperative kitchen, and is distributed out of the maker's home in Storrs. The Co-op carries several Bloomfoods products including soup and casserole mixes, bread, pizza and corn bread mixes. The crumble comes with either a Mexican or Italian flair. I expected to use the Mexican in a burrito filling, as (almost) directed – the label suggests tacos or nachos. The directions on the package instruct one to mix the entire dry contents with a cup of boiling water, let stand and put into said dishes. But I got a little wild. I had eggs, wild mushrooms, and a tomato/olive mixture that needed using, so I improvised. I took a titch of dry crumble mix and added a blob of water and eventually threw the result into the egg mix. It was not pretty and I may not have given the crumbles a fair try but it all worked out; my dinner was delicious. The ingredients of the crumble mix are: non-GMO defatted soy flour (AKA textured vegetable protein), dehydrated onions, and "spices." I'd guess there's cumin in there and there's a very slight kick from cayenne or chili, I bet. In addition to the nachos and tacos recommendations, I wonder if the mix might be good in chili or soup. Check out the various Bloomfoods foods and support a local business.

I just read the list of ingredients in the Pacific Roasted Red Pepper and Tomato Bisque and see why the stuff tastes so rich – plenty o' cream, milk and butter. This is not a low fat (or low salt) food but it is quite good. It's also got tomatoes, tomato paste, red bell pepper, and onions in it, as well as cane sugar and the ubiquitous "spices." I certainly taste the roasted ingredients and would have said cheese rather than the other dairies, but life is grand either way with all that fat. One way to mitigate the questionable nutritional factors might be to either add beans to the soup or serve it over rice.

This would also make it more of a meal than a side course. I often have box of one of the Pacific soups in my cupboard for the times I'm hungry and can't face cooking. There are multiple flavors of Pacific soup at the Co-op, as well as a 32 oz. size.

Another disclaimer: I am totally not hip to the pros, cons, plans of the Paleo diet; I don't know where the Coconut Crunch Paleo Granola would fit in.

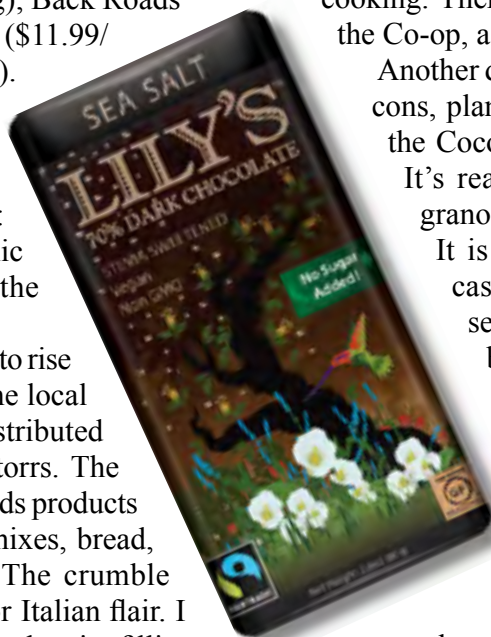
It's really hard for me to imagine eating this granola as anything other than a sweet treat.

It is sweeeeet! Made with coconut, raisins, cashews, pumpkin, sesame and sunflower seeds, this food seems more like what you bring on the trail than what you'd eat for breakfast. I tossed some in with my (boring) oatmeal and it was a great addition. Honestly, at \$11.99 a pound, I'd either have to be a dedicated Paleo eater or see it as an expensive trail mix that I occasionally indulge in.

The Backroads people also make a few other, delicious, granolas. I especially like the original flavor.

And, of course, I managed to pull a new chocolate into my food review – Lily's Sea Salt 70% Dark Chocolate, sweetened with stevia. I will admit to being skeptical about a chocolate bar sweetened with stevia as I'm generally not fond of stevia. But, hey, one of my life's purposes is to sample as many good chocolates as I can, so I put aside my skepticism. The result: not bad. Good, actually. Only a little stevia after taste. It contains unsweetened chocolate, erythritol, inulin, cocoa butter, sea salt, stevia extract, soy lecithin and vanilla. I am without internet right now so I can't tell you anything about the ingredients I don't recognize. (Remember the days when information wasn't instantly available?) The label touts Fairtrade but does not specify small farms, currently the fairest of the fair trade designations, in my eyes. It also does not identify the chocolate's country of origin as seems to be a standard among "gourmet" chocolates. But it does have a lovely label and I am a sucker for pretty labels. If you can't eat sugar, or even prefer stevia, this might be the chocolate for you. I will simply admire its packaging and move onto one of the many others we carry.

That is it, dear Co-opsters. I encourage you to "follow the directions" when necessary and improvise whenever you can, in the kitchen and in life. Keep trying new things from the bountiful shelves of our beautiful Co-op. You might find a good surprise! ¶



# Store Updates

## October is non-GMO Month

On Saturday October 10th the Co-op will donate 5% of our sales to the Non-GMO Project.

Launched in 2010, Non-GMO Month is the Non-GMO Project's largest outreach campaign. Citizens and organizations across North America are discovering the risks GMOs pose to our health, our families, and our environment.

Every October, Non-GMO Month provides a powerful opportunity to coordinate our voices and our actions. Across North America brands, retailers and individuals stand up for our right to know what's in our food, and to choose non-GMO.

Protecting consumer choice and a non-GMO food supply require a multi-faceted approach and lots of team work. Together, we make Non-GMO Month happen by creating events, and spreading the word in our communities.

Show your support – save up your shopping for October 10th!

## Coming soon to your Co-op!

Because of member-owner requests, we are adding canned fish and meat broths to our shelves. These products will be of the highest quality, with sustainability in mind. The price will be reasonable as well.

Tuna and herring will be stocked with the olives, pickles and condiments and broth will be with the vegetable broths.

The addition of these products will help the Co-op to be more of a one-stop shopping trip for many, which means we will be meeting the needs of more people.

## Baby Food is Back!

Because of numerous requests, we have reintroduced baby food to the Co-op's shelf. There is a nice selection, but please let us know if there is something we are missing. We want to sell good food for our next generation. 🍼

## WELLNESS REVIEW, continued

toxic, food-grade emulsifiers and they help oil and water bind, mix and play nice together.) White kaolin clay adds a hint of gentle exfoliation, drawing out impurities with its circulation-stimulating properties.

The ingredient list sounded like a bouquet rather than an actual cleanser: Floral water, honeysuckle, sunflower seed oil, lavender. Well, okay—let's give it go, says the skeptic. Let's just see how this handles a—gasp—real, honest-to-goodness blemish. Bring it on.

A couple of hours after I wash my face with this fragrant bouquet, the summer zit is almost a complete ghost. I can only see a tiny red spot of where it used to be—the white clay must have done its job. This science/nature thing is more than just some pretty-sounding ingredients—it works.

The cleanser comes in a glass bottle with a pump, and it does smell wonderful. Soothing to the soul, as well as to the skin.

Sensitive skin is welcome and is treated with respect by Evan Healy products. You want to get back to basics with products that simply allow your skin to glow with health and balance? Give Evan Healy's products a try. They silenced this skeptic.

Learn more at her website: [www.evanhealy.com](http://www.evanhealy.com)

Until next time, remember to be good to your skin. It works hard for you!

In health and happiness, Helen 🌿

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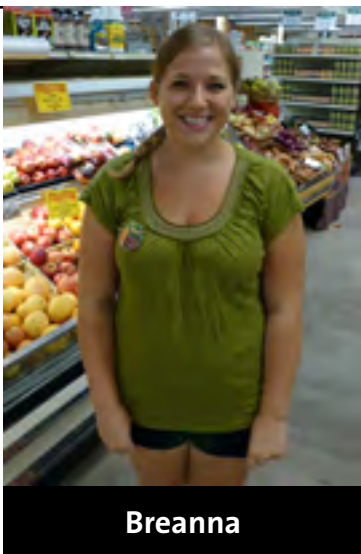
## Get to Know Your Co-op Staff Members

Greetings Co-op Member-owners!

As you can see when you shop, the Co-op employs a motley crew of staff from a variety of backgrounds, and with a lot of different experiences to share. But maybe you haven't put a name to all the faces you've seen around our store. Here are a few of our newer staff members:

Breanna, or Bre, just recently started working at the Co-op as a cashier. She loves that members get to vote on what items we have in our store, as well as all the locally-sourced, quality products sold to customers. When Bre is not at the Co-op working, she enjoys reading, physical fitness, self-care, and meditation.

Right now, Bre has kombucha, local eggs, local corn, avocado oil, and honey chipotle almonds in her kitchen, all from our Co-op!



**Breanna**

Kenny has been working at the Co-op as a grocery and dairy stocker for almost one year, and recently has joined the cashier team. He loves being part of a group of fun, eclectic, positive, and creative individuals. When Kenny is not at the Co-op working, he enjoys photography, running, and reading. Right now, Kenny has kale, peppers, onions, mushrooms, and hummus in his kitchen, all from our Co-op.



**Kenny**

Emmett joined our cashier team about one year ago. He loves the smell of the Co-op, and the warm culture that pervades the store. When Emmett is not working at the Co-op, he enjoys storytelling. Right now, food Emmett has in his kitchen from the Co-op includes organic mayo! local bok choy! sweet relish! soba noodles! umeboshi vinegar! oatmeal! and Spanish paprika!



**Emmett**

Kara is also a recent hire to the cashier team. She loves that the Co-op is home to a great community of people, and she loves supporting local farmers. When Kara is not working at the Co-op, she likes to work on her photography, and Mod-Podge! Currently in her kitchen, Kara has potatoes, carrots, apples, avocados, kombucha, fresh mozzarella, and coffee.



**Kara**



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Jesse joined our cashier team nine months ago. He loves the sense of like-mindedness among employees, working members, and member-owners-- it makes for wonderful, genuine interactions and experiences. When he is not working at the Co-op, Jesse likes to play basketball, and write poetry. He's currently exploring writing short stories. Food Jesse has in his kitchen right now from the Co-op includes Ryvita crackers, Organic Peanut Butter, Pluots, Cajun Seasoning, and ALWAYS something from Nourish. ☺

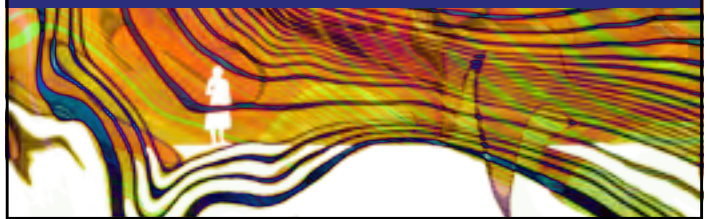


Jesse

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### Grow Windham Internships at the Co-op

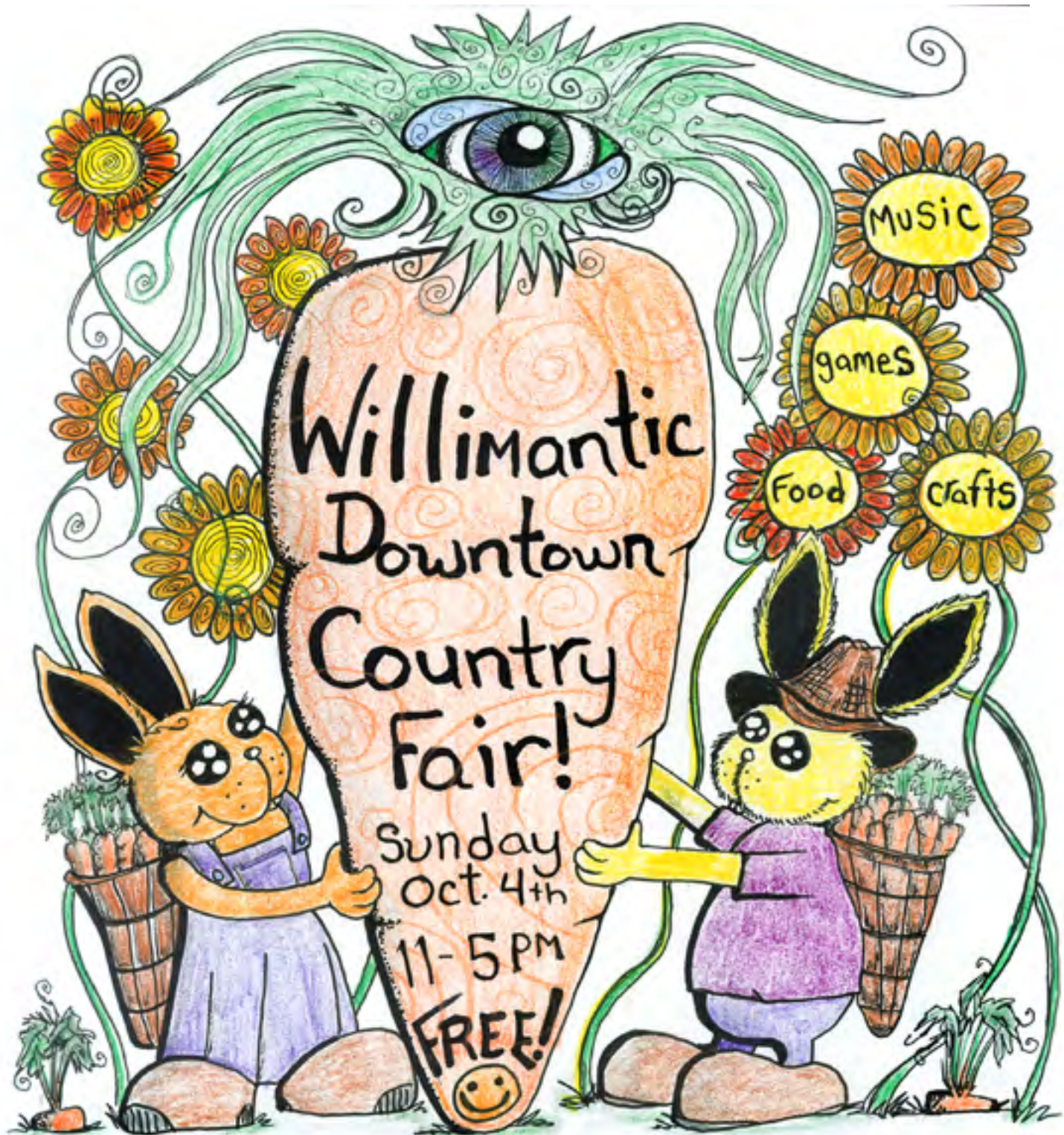
*Heaven Flores & Benny Cancel*

My experience at the Food Co-op was amazing. I started off growing at the WAIM Community Garden for Grow Windham, and we all got rewarded different internships. I learned many things at the Food Co-op such as prepping, stocking and rotating our fruits and vegetable. We met so many people! It helped me work on how to talk to and help the shoppers in the store. We went to this one farm called Shundahai Farm. We learned how their food system works. They also have this animal system where the cow's manure helps the grass. We all know that attracts maggots leading into flies and that's where the chickens come in! They eat them! Overall my experience here was amazing, all the staff are nice and welcoming and you learn so much here! —Heaven

Starting from working for Grow Windham then when that was done they offered me a two week internship at the Food Co-

op. My experience working here has been amazing. I've learned how to prep produce, stock produce and work on my people skills talking to customers. This is helping me by having me ready for another job as I go or so I can have the experience of working at a real work place. I thank Grow Windham for giving me this opportunity and I thank the Food Co-op for this experience. —Benny





Learn more about your community  
at the Willimantic Food Co-op.

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>> SCHEDULE <<

11:30 Blessing of the Animals • 12:00 Echo Uganda • 1:00 Square Dance • 2:00 Hillbilly Graham Crackers • 3:00 Tuesday Saints • 4:00 Zoo Front