



91 Valley Street
Willimantic, CT 06226
860.456.3611

WWW.WILLIMANTICFOOD.COOP
INFO@WILLIMANTICFOOD.COOP

STORE HOURS

8:00am - 8:00pm
Every Day

CONTENTS

Co-op Scoop.....	1
Downtown Country Fair....	2
Co-op Month.....	4
Call for Submissions.....	6

THE COMPOST

Vol. 41, Number 3 Fall 2019

Co-op Scoop *Alice Rubin*

It is the end of August...near the end of Summer... we have already had a few nights of Fall like temperatures. I am looking forward to the Fall. As great as Summer is, it is challenging to conduct business as usual. Every person I need to reach is on vacation!

We have been taking advantage of our 'slow' time to accomplish some of the items I wrote about in the last issue of the compost.

1. *Reset our Center Store*
2. *Add a 4th cash register lane*
3. *Reduce our Grocery and Wellness back stock*
4. *Reconfigure our downstairs office*

We are getting it done!

Our Center Store re-set went really well! That first morning coming in to see what had happened overnight was so exciting! I think that it looks great, is more organized, and is hopefully making shopping easier and more pleasant. I still haven't quite figured out where everything is but that's OK because we have aisle signs! Many thanks to Chris Dubis, our Merchandising Manager for getting this project off the ground. Many thanks to our staff who worked into the early morning hours to do the work, causing as little disruption as possible to our regular operating hours. A huge thank you to Tom Snyder from the National Cooperative Grocers for being so good at his job and helping us to pull this off as efficiently as we did. Additional help from our main supplier United Natural Foods was also a big part of this project's success. We are grateful to all who helped.

The work to add a 4th cash register lane has been a bit delayed by summer vacations, but I think we are close. With the help of Chuck Bomley from Plan B Design in Tolland who designed our store, we are deciding where they will go and what they will look like. And then there were decisions to make like – do we want conveyor belts??? In the end, the answer to that was yes, because it will be better for our cashiers' backs.

The last 2 items on our list are firmly planted in our minds, but have yet to become reality. The work of reducing our back stock is a process that will take some time, but we are headed in the right direction!

The downstairs office remains as is – but it is working well enough – and it will be reorganized one day soon.

To update you on our quest to find the perfect plan for expansion, we are back at the drawing board with C & H Architects. But this time, on a smaller, less expensive project to meet our needs in the 'Must Have' categories – a prepared foods kitchen, offices, meeting space, staff break room. Ensuring that our Co-op remains a viable business is my greatest goal, which means that whatever we do, we need to be able to afford it!

I hope that you enjoy the beautiful Fall weather! 🌱

General Manager

Alice Rubin

Management Team

Penny Barton-Zuckerman

Financial Manager

Wendy Jakoboski

Produce Manager

Bruce Oscar

Facilities Manager

Patty Smith

Operations Manager

Marissa Ocegueda

Front-end Manager

Corry Elm

Assistant Front-end Manager

Chris Dubis

Wellness/Merchandising

Manager

Staff

Sasha Bajjo

Vicky Bassett

Anthony Catapano

Maxwell Calverly

Susan Chasin

Jason Cheung

John Clark

Ben Coggins

Chad Dunnack

Kara Fodaski

Emily Foust

Jaron Gaier

Mark Giangrave

Avery Gratton

Saige Johnson

Samantha Lee

Joe Lemieux

Gabi Lopez

Nancy McMerriman

Cari Nadeau

Jeff Nash

Kathy Perez Quinones

Joe Rodriguez

Erin Rogers

Steve Scanlon

Jen Stone

Christopher Swift

Antoinette Thuillier

Chris Trudnak

Julio Velez

Matthew Woodward

Board of Directors

Sarah Accorsi

Linda Brock

Stefan Kamola

Kathleen Krider

Raluca Mocanu

Charlotte Ross

Joanne Todd

Manager Representative

Alice Rubin

Staff Representative

Nancy McMerriman

Newsletter

Ellen Embardo

Amy Kalisher

Alice Rubin

The 21st Annual Willimantic Downtown Country Fair

Winky Gordon

ENTERTAINMENT LINE-UP

10:00 to 12:00

Studio 88

12:15 to 1:00

Willimantic USA

Sing-Along and Dance-Along

1:00 to 1:45

Lawnchair on Mars

1:45 to 2:30

Hunter's Moon

2:30 to 3:15

Zoo Front

3:15 to 4:00

Bentetu' Band

The Willimantic Downtown Country Fair is celebrating its 21st birthday on Saturday, September 28th, at Jillson Square and it won't be a party without you! Among the many reasons to go to this free event: music, crafts, food, a giant bee puppet, and an opportunity to dance to the classic tune Willimantic USA. And it's fun. And your friends will be there. Or maybe you'll make new ones! Last year's event drew 1,000 people over the course of the day to eat, frolic, hang out, and shop. The Fair is organized and produced by the Willimantic Food Coop which will soon have its 40th birthday.

Come hungry and you can purchase food and drink from local vendors including Pleasant Pizza, Not Only Juice, Grounded, Tacos la Rosa, Maharah, Azuluna Foods, and Fenton River Grill. Vegans, vegetarians, carnivores and omnivores will all find something to suit their palates. If you're there before noon you can also shop at the weekly Willimantic Farmers' Market.

Come with your kids—or your inner kid—to play and make stuff with activities sponsored by Oak Grove Montessori School. You can experiment with Montessori materials to create your own mindfulness coloring activity, check out the arts and crafts projects, and learn about how the Montessori approach promotes good earth stewardship and sustainable use of resources. And be on the look out for the giant (non-stinging) bee....

Speaking of sustainability, keep your eyes open for the multiple demonstrations of thoughtful ways to promote good use of resources and decrease waste at the Fair. Food

vendors will be serving using compostable food ware. The Windham Community Food Network is coordinating recycling efforts and will provide education about what's in and what's out of the recycling stream these days. Fair goers can sew their own cloth bags from upcycled fabric, possibly on a bicycle powered sewing machine. How cool is that?

Come to move and groove and be treated to mu-

continued on page 3



Country Fair *continued from page 2*

sic of many genres, from art-punk to Afro-Caribbean Jazz to unique takes on cover songs. The line-up as of press is: Lawnchair on Mars, 12 Pack of Safety Glasses, Zoo Front, Hunter's Moon, Bentetu Band, a teen a capella group and a group of teen homeschoolers. If you have never heard the Willimantic USA jingle, you are missing out on a locally inspired treasure. And if you've never danced to it, or you'd like to do it again – this is your chance. There will be simple instruction for a group dance that is open to all; no dance experience necessary.

Come to check out the local crafts vendors, all of whom are from towns within the Quiet Corner, bringing their own goods to show and sell. You can find photography, pottery, woodworking, candles, and hand knit goods, among other things. You are also invited to participate in a community weaving project as well. Again, no experience necessary. And there will be opportunities to learn about area community groups at their information tables.

For whatever reason you like, just come. Saturday, September 28th, 10:00am to 4:00pm, Jillson Square. Free, Willimantic Downtown Country Fair. You. Be there.

Aloha. 🌿



Bliss
MARKETPLACE
34 NORTH STREET
WILLIMANTIC
860-456-2569

TUES-SAT
10AM-6PM
SUN
10AM-4PM

BOJEE
INDIE
CLOTHING
EYELASH EXTENSIONS
YOGA STUDIO
TATTOO STUDIO
EYEBROW MICROBLADING
JEWELRY
PLANTS
FRAMING
VINTAGE

f i

*** amyKstudio ***
GROW YOUR BUSINESS
branding • strategy • websites • printed materials
860-455-0087 • amy@amykstudio.com




art
design
inspiration

Jewels Verne
JEWELERS
Creative Designs • Custom Orders • Expert Repairs
Engagement Rings • Wedding Bands
Estate Jewelry

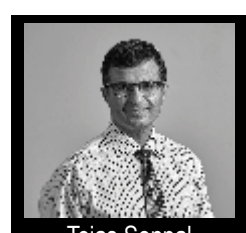


723 Main Street • Willimantic, CT 06226 • (860) 456-3563




EASTERN
INSURANCE
ASSOCIATES
easterninsuranceassociates.com
(860) 456-1996

For all of your
Auto • Home • Life • Business
insurance needs contact



Tejas Sonpal
tsonpal@easterninsurancect.com



Todd O'Keefe
tokeefe@easterninsurancect.com

A local & independent insurance agency
serving Connecticut for over 22 years.
6 Storrs Rd. | Willimantic, CT 06250
visit us at f g+ in

Co-op Month *Patty Smith*

“I own a grocery store with my friends!”

This isn't the boast of a wealthy businessman with an active social life. This is a true statement proclaimed on Co-op bumper stickers throughout the land (available for free at the cash register) - as a member of WFC, you are actually an owner of WFC, and our store - full of high-quality, affordable food staffed by friendly, knowledgeable staff - belongs to you!

WFC is a consumer co-op, which means the member-owners democratically decide how the business is run and what to do with any surplus (one member = one vote). Our thriving grocery business started 40 years ago when a small group of people pooled their money to buy organic food in bulk, a radical act that has resulted in our successful natural-organic grocery store owned by over 7000 individuals and families. Our collective success benefits the member-owners and staff of the Co-op as well as the local community because our business model puts people, not profit, at its center.

You may imagine that buying into such a venture would be prohibitively expensive or risky, but because all members own an equal part and are accountable to each other, investing in the Co-op is quite affordable and safe. By purchasing a \$120 share of WFC (usually paid at \$20 per year over 6 years), you gain equal access to all the benefits of ownership, which include shaping the mission of the Co-op and sharing in its success. You also contribute to a sustainable and responsible business that builds community and collective wealth rather than padding the bank accounts of wealthy outside investors.

Take control! By investing in and shopping at WFC, you become part of a world-wide movement of cooperative enterprise which puts economic control back into the hands of the people. 🥕



Call for Submissions

Do you have a favorite Cooperative Principle or Value? Are any of them more important to you than the others? How do you think your co-op demonstrates the Values & Principles (and where can we do better)?

Drop your ideas into the Cooperative Values & Principles box in the store, or better yet, submit a piece to our Cooperative Essay Collection! Every member who submits an essay will be entered into a drawing to win a \$100 Willimantic Food Co-op gift card, and some essays will be published at willimanticfood.coop.

Send your essay using the Contact Form at www.willimanticfood.coop/newsletter (.doc, .pdf, google doc formats are all acceptable) **by October 19th.**

Visit ica.coop for more info on the global cooperative movement.

October is National Co-op Month – visit nfca.coop for more info. 🥕

Did you know?

All co-ops are guided by an internationally recognized set of values and principles:

The Cooperative Values:

- **self-help**
- **self-responsibility**
- **democracy**
- **equality**
- **equity**
- **solidarity**

The Cooperative Principles:

1. **Open and voluntary membership**
2. **Democratic member control**
3. **Member economic participation**
4. **Autonomy and independence**
5. **Education, training, and information**
6. **Co-operation among cooperatives**
7. **Concern for community**



CAFEMANTIC

TUESDAY:
BURGER NIGHT
WEDNESDAY:
HAPPY HOUR ALL NIGHT
THURSDAY:
BUCK A SHUCK
SUNDAY:
BRUNCH &
1/2 OFF WINE NIGHT

948 MAIN ST. | WILLIMANTIC
860.423.4243 | CAFEMANTIC.COM

WWW.KINDREDCROSSINGSFARM.COM
868 ROUTE 32 NORTH FRANKLIN, CT 06254
PHONE: 860-642-4243
KINDREDCROSSINGS@MSN.COM



100% Grass Fed Belted Galloway Beef
Pasture Raised Lamb & Mutton
Premium Connecticut Wool
Blankets & Scarves

BE SURE TO ASK ABOUT OUR FLEXIBLE FARMER'S CHOICE SHARES

YOUR **LOCAL** SOURCE FOR **NATURALLY RAISED MEAT & PREMIUM WOOL BLANKETS**

redtwig

garden design llc

Dede Delaney
860-455-3612

CT NOFA certified landcare professional • Ecological Landscape Association
www.redtwigarden.com • email: redtwigCT@gmail.com

Appropriate Designs

Green Home Design & Build Services

NET ZERO ENERGY HOMES



Richard L. Sherman
860 455 2000
app.designs@yahoo.com
www.appropriatedesigns.net

Do you need a better bank?

**Check out Northeast Family
Federal Credit Union,
for all of your banking needs!**

- Savings • Checking • Loans • Surcharge-FREE ATM's • IRA's
- Apple Pay, Samsung Pay & Google Pay • Mobile Deposit
- Credit/Debit cards and more.



860-423-1601
361 Boston Post Rd., North Windham
233 Main St., Manchester
www.nefamily.coop




Restaurant & Pub Brewery

Willimantic Brewing Company
967 Main Street, Willimantic, CT
860-423-6777 willibrew.com

NOT FAR from where YOU ARE





La FERIA
de la CIUDAD
De WILLIMANTIC
el 28 De SEPT De 10 A 4



GRATIS! • TODOS SON BIENVENIDO!

MERCADO **De**
AGRICULTORES LOCALES
De WILLIMANTIC

JILLSON SQUARE • WILLIMANTIC, CT





**THE WILLIMANTIC
DOWNTOWN COUNTRY
FAIR
SEPT. 28 ^{FROM} 10 ^{to} 4**



FREE! • EVERYONE IS WELCOME!

**WILLIMANTIC FARMERS
MARKET**

JILLSON SQUARE • WILLIMANTIC, CT

