

Your Board:

Executive Committee

Dick Spindler-Virgin, President

dickspin@comcast.net

Ed DeMuzzio, Vice-president

EDeMuzzio@gocci.com

Annie Chambers, Treasurer

annie.chambers@sbcglobal.net

Ellen Anthony, Secretary

ellenanthony@gmail.com

Directors

Allen Longendyke

robynallyn@comcast.net

Jim Stidfole

jstidfole@earthlink.net

Laura Natusch

lnatusch@yahoo.com

Sheila Herbert

sile.herbert@snet.net

Directors Address Members' Concerns from Annual Meeting

Those of you who attended our annual meeting this past June may remember that the meeting took an unexpected turn when members began making and voting on motions from the floor.

At the end of the meeting, members passed motions which:

- Rescinded a bylaw change which allowed voting by slate.
- Invalidated the election and called for a new election.
- Required bylaw changes to be approved by members.
- Compelled the Board to establish an online message board and publish a quarterly newsletter.

Because these motions weren't on the agenda, they aren't legally binding. However, as President Dick Spindler-Virgin said at a recent Board meeting, "Just because they're not binding doesn't mean they're not valid."

And so the Board has been working to address the concerns which prompted these motions. First, we've rescinded the change to bylaw 3.4 which allowed voting by slate, because members weren't given advance notice of this change. Second, the bylaw committee (Jim Stidfole, Andy Derr and others) is preparing a list of recommended bylaw changes, potentially including a requirement that future changes be approved by members. Third, Fiddleheads now has an online message board at <http://www.fiddleheadsfood.coop/messageboard.asp>; and our newsletter committee—chaired by Bob Bunting—plans to put out a newsletter every month.

Lastly, the Board considered several options for addressing the motion to invalidate the election, including asking for a vote of confidence at our September 29th event, and putting all seats up for election at our next annual meeting. In the end, however, we decided it was important that we serve our full terms. After the upheaval of the past year, the co-op doesn't need an Interim Board; it needs a Board. As member Andy Derr wrote, "We elected you (granted in a somewhat unsatisfactory manner) to be the Directors. We need you to act with authority to build our co-op. We need you to put the past year in the past, and work toward the future."

After due consideration, the Board has concurred.

Laura Natusch

President's Corner

Greetings Fiddleheads members:

On, Saturday, September 29th, the Fiddleheads coop will celebrate an important step toward opening our store. We will unveil the new Fiddleheads sign at the Broad Street location. We will also kick off our new capital campaign, "Get the Doors Open". This event will put us on the path to raising the money needed to finish the renovations and to equip the store.

Fiddleheads is close to qualifying for several forms of financing to help us complete the store. In order to qualify for assistance, we need to increase the size of our equity account. We can achieve this goal through additional memberships, member loans, and donations to the coop. September 29th will mark the beginning of a campaign to increase our equity accounts; thereby making other funds available to us to complete the project.

During the past several months, we have noted an increased interest in Fiddleheads throughout southeastern Connecticut. Many people have

asked about when the store will open and what they can do to help get it open. On the 29th, we will offer friends and members the opportunity to assist with fund raising and to be a part of other efforts to make the store become a reality.

On the 29th we will begin with a social time with refreshments between 9:30 AM and 10:00 AM. At 10:00 AM we will hold a membership meeting to bring everyone up to date on a number of items of interest. At 11:30 AM the public ceremonies will begin with speakers, sign unveiling, door prizes, and a look at the new floor plan.

Please plan to join us at 9:30 AM on September 29th. Invite friends and neighbors to the 11:30 AM event. Come and be part of your coop.

Dick Spindler-Virgin
President, Board of Directors

Membership News

spread the word...

Do you know a business that is willing to hang up a Fiddleheads flyer or display our brochures? We are also looking for a Coordinator for this effort. contact Ed DeMuzzio EDeMuzzio@gocci.com

and keep in touch!

If you have moved or changed telephone numbers since signing up, please email with your new information to: ellenanthony@gmail.com

Recipe Corner

Creamy Wheat Berry Porridge

- 1.25 cups rolled oats
- .5 cup raisins
- 2 cups non-fat milk or soy
- 1.25 cups cooked wheat berries
- 2 tsp. brown sugar
- 1 tsp ground cinnamon
- .25 cups slivered almonds, toasted (optional)

Bring milk to a boil in a saucepan over med to high heat. Stir in oats, raisins and salt.

Reduce heat to low, cover and cook 3 minutes.

Stir in cooked wheat berries, cook about 1 minute more.

Remove from heat. Stir in brown sugar and cinnamon,

Let stand 1 minute. Sprinkle with toasted almonds and serve.

Recipe origin unknown.

Progress Update on the Floor:

The floor. The base of operations.
One of the foundations of our Co-op.

The concrete floor was originally poured in the 1920's or 30's. It apparently was a rather wet mix of concrete, allowing the pebbles to sink toward the bottom of the layer, and leaving a "creamy" wet layer on top, easy to trowel, and showing trowel marks all over. It then had 8" square tiles applied, maybe red and black. Various fluids seeped through the joints, staining the concrete below. Two more layers of tile were slathered on over the years.

When Fiddleheads took possession, it was determined that there was asbestos in the sandwich somewhere, and the Remediation Guys came and took it all "away". We were left with a very clean, rough, "Blas-Trak" surface - stripes of higher and lower concrete. Maybe a sixteenth of an inch difference in height, but it sure shows. In May of 2007, Hank O'Reilly made a test patch of six different mixes of epoxy-sand. They show a lot of dirt. August 2007, I arranged for a sample of polished concrete to be done by the QuestMark Company. The Guys came at 8 a.m. on August 22, with their generator and diamond-studded tools.

1. Grind floor flat, removing "cornrows" from Blas-Traking.
2. Vacuum really well.
3. Trowel on quick-dry epoxy. Overnight-cure epoxy would be used for the "real" job. And The Guys



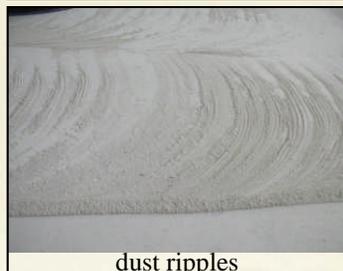
trowel & Blas-Trak



test patch



the crew



dust ripples



the machine



tile marks

would stay overnight at a hotel nearby.

4. Wait 20 minutes or so while it dries. Light grid-pattern of seam-stains, 70 years old, shows all over. Kinda cool.

5. Polish #1. Resin diamond-binder burns onto and into surface. Oops.

6. Call the project manager for advice.

7. Polish with a different mix of diamond grades. Looks good.

8. Finer polish. Very nice. A few beautiful polished pebbles on light sandy-colored ground.

9. Apply some kind of liquid with a squirt-bottle and mop.

10. Burnishing machine.

11. All full of holes like a sponge. As the machines smooth the top surface, bubbles in the concrete are exposed and grit and sand are popped out of their places, leaving new holes. No matter how much epoxy or whatever is troweled on, with each polishing, more holes are revealed and created. Holes will fill with dirt. No good.

12. Plan C. Tune in next month.



pitting



polishing epoxy



burnishing



polished sponge

Submitted by Ellen Anthony

New Fiddleheads Board attends Policy Governance Training!

On August 11, I had the pleasure of joining members of the Fiddleheads Board in attending a training session on Policy Governance. Unlike most corporate Executive Boards that are mired in the day-to-day decision making, the Fiddleheads Board is designed to focus on overall policy matters instead, under the "Policy Governance" Model. The training session was a day-long session of lecture, discussion and exercises to help the Board Members learn the differences between the operation of a traditional Board and one running under the Policy Governance model.

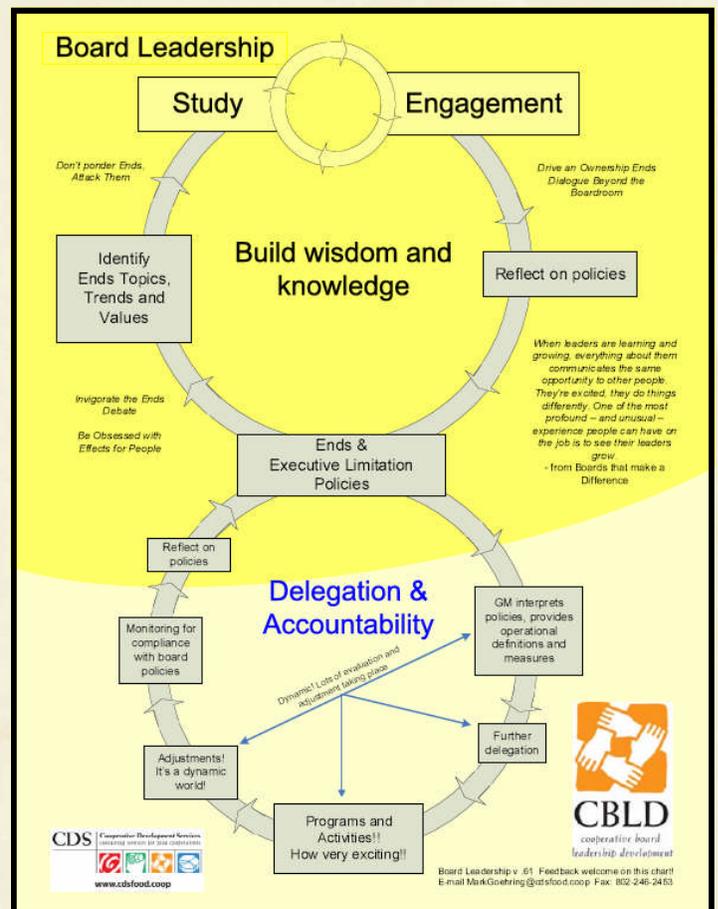
Here are some of the highlights that I feel might be of particular interest to the general membership:

- Co-op Roles
 - Members own the Co-op in accordance with the Legal documents establishing the Co-op
 - Members elect the Board to direct the co-op on their behalf in accordance with the Bylaws
 - The Board hires the General Manager (GM) to manage the Co-op under its direction in accordance with the Policy Governance Manual
 - The General Manager hires staff to operate the Co-op according to his/her interpretation of the Board's direction as documented in a Co-op Operations Policy Manual
 - The staff serves the customers, who may or may not be members.
- A Board acts on behalf of an organization's owners (our members) as delegated to them by the organizational Bylaws. The detailed rules for how a Policy Governance Board manages itself and anyone it delegates tasks to is addressed by the Policy Governance Manual, which contains sections on "Ends", "Executive Limitations", "Governance Process", and "Delegation".
- A Board without a GM will need to delegate the GM's tasks to Board members or other volunteers and will have more work to do until a GM is available to handle the workload.
- A Board with a GM should delegate the operational activity to the GM and hold them accountable for the results. This requires clearly defining the expected results as well as how and when they will be measured.
- A Policy Governance Board must speak with one voice, as the Board, reflecting decisions the Board has made. Individual Board Members must also be clear about whether they are stating their opinion or expressing the Board's decision.
- The Fiddleheads Bylaws and Policy Governance Manual, as they currently stand, do not follow the Policy Governance Model in all respects and need to be revised.

We also had the opportunity to discuss the current Fiddleheads situation with the Consultant. This has provided the Board with several options to consider for moving our efforts forward towards the establishment of an Cooperative Food store for New London and the surrounding towns.

With sufficient member interest, it would be possible to arrange informational sessions on Policy Governance, which would provide more details than have been shared here. Please let a Board member know if you are interested.

Bob Bunting, Fiddleheads Member



Other Fiddleheads Related News

Member's Corner

As the Newsletter Editor and a Member, I'd like to kick off a Member's Corner with a series of Member's perspectives. The first topic I'm proposing is the answer to the question "What do you Expect from Fiddleheads as a Coop?"

I'll kick it off with my perspective and will include other folk's views as they are submitted. I'm also interested in finding out what other topics member's would like to see in this space.

What I look for in a Coop is, generally, a group of people working together towards a common goal with mutual benefits. More particularly, for Fiddleheads, I want to see a local source of healthy foods and related items, at reasonable costs, without diverting an excessive amount of money outside our own communities. My hope is that we can find ways to achieve this that are seen as a benefit to the local communities, even beyond those who are directly involved with purchasing at the Coop.

Bob Bunting, Fiddleheads Newsletter Editor

Web Site Overview

Our website is active again—Check it out!
www.fiddleheadsfood.coop

Calendar of Events

For information on Fiddleheads Coop events.
www.fiddleheadsfood.coop/events.htm

Meeting Minutes

For Published Minutes of Fiddleheads Coop meetings check out our website.

www.fiddleheadsfood.coop/boardmeetings.htm

Member Message Board

Use our online message board to share your Fiddleheads related thoughts, questions and news. Meetings and Special Announcements will also be posted here.

www.fiddleheadsfood.coop/messageBoard.htm

Need More Info?

For general information on Fiddleheads Coop check out our website.

www.fiddleheadsfood.coop/faq.htm

Newsletter Feedback

The Fiddleheads Newsletter team would like to hear from you about our latest issue. Did it contain useful information? Did you enjoy the recipes? Was there a particular article that caught your attention? What would you like to see in future issues of the newsletter? We would appreciate any comments you might have and suggestions for future editions - we want to make this newsletter something that you look forward to reading and can turn to for information. Please send your thoughts to

newsletter@fiddleheadsfood.coop.

Newsletter Credits:

Editor—Bob Bunting (Fiddleheads.News@gmail.com)
Co-Editor — Laurie Gorham (lpaigeg@gmail.com)

Submittal Deadline is the 1st of the month
Planned Publication date is the 15th of the month

Contact via email at newsletter@fiddleheadsfood.coop

Fiddleheads

FOOD COOPERATIVE
www.fiddleheadsfood.coop • pob 1108 • new london, CT 06320

who are we?

A **storefront food cooperative** movement for a **member-owned & community-minded healthy grocery store**. We're working to open our doors in downtown New London within the year with a full-service 8,000 square foot storefront with a **bakery, café & deli** and locus on **natural, organic and locally produced goods**.

what are we about?

our cooperative mission

To inspire **community** through a **member-owned** business providing **natural foods** and alternatives for a **healthy lifestyle**; to foster **environmental awareness** & nurture our **local economy**.

socially responsible local ownership

- Local economic sustainability • Local farmer & producer support • A working environment of **respect & accountability**
- **Community building** and **community involvement** • **Contribution** to local non-profits, charities, food banks & shelters

economic & environmentally conscientious practices

- Competitively priced goods • Extensive **bulk section** for packaging conservation
- High-quality produce with **less post-harvest treatment** • **Energy conserving** products, appliances, fixtures & practices
- Promoting **organic & sustainable** agriculture and preserving rural heritage • **Reducing, re-using & recycling**

higher business standards

- **Membership = ownership + 1 vote** • Member **discounts** and special offers
- **Family-friendly** with no marketing targeting children • Knowledgeable, courteous, **responsive staff** & service
- Commitment to unbiased **consumer information**, education & food safety

why join now?

We need **YOU** to make it happen.

It is your **founding membership, loans and gifts** that will open our doors and make **fiddleheads** a reality! The **founding members and equity contributions** will allow us to **obtain financing and move forward** with a storefront location. Your membership fee makes you a **lifetime member & part-owner** of the coop - join this fun & growing co-owner community now!

Fiddleheads Founding Membership

name(s) - up to four per household:

address: _____

phones: h _____ w _____ c _____

Best time to call? _____

email: _____

How did you hear about **Fiddleheads**?

I/we want to be a **Fiddleheads** founding member-owner!

\$175 enclosed = \$25 full stock & \$150 membership fee

or

\$75 enclosed = deposit (*Please contact me about a payment schedule*)

or

\$25 enclosed = deposit (*Please contact me about a payment schedule*)

I/we would like to offer a loan. Please contact me by:

phone or email

I/we would like to make a **NON-tax-deductible** gift.

Enclosed is a separate check for \$ _____

I/we would love to help! I'll check the **website** for contact information and **committee meetings**.

My interest/s include:

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.
- Margaret Mead

