

Fiddleheads

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

Your Board:

Executive Committee

Dick Spindler-Virgin, President

dickspin@comcast.net

Ed DeMuzzio, Vice-president

EDeMuzzio@gocci.com

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annie.chambers@sbcglobal.net

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robynallyn@comcast.net

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Jaenewl@aol.com

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jstidfole@earthlink.net

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lnatusch@yahoo.com

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sile.herbert@snet.net

President's Message

Dear Fiddleheads members:

The reconstituted board has been meeting weekly since mid-June. With the resignations which took place during the previous 2-3 months, we had numerous seats to fill. The list above shows the names and emails of the current board members.

There has been a concern raised about the annual meeting and the election of members of the board. There were several motions made and passed by the members in attendance during the later part of the annual meeting which were not recorded by the board secretary and do not appear in the minutes which are posted on the website. We have obtained minutes taken by a couple of individuals, but have not posted them as yet. We will be doing so shortly. One major concern has been how to keep things moving ahead with Fiddleheads and honoring the actions taken in that meeting. The specific motion I am referring to is one which negates the results of that election. If we honor that motion, we would need to have a new election of everyone on the board. This would mean we would have to withdraw our current loan applications and wait for a new board to be elected.

A suggestion has been made that the current board go through a validating election process with the entire membership. This would allow the current board to keep doing business until we could schedule a full membership meeting to hold that election. This election would allow members to vote on each individual. We will probably need to schedule a membership meeting soon for several other items as well, so this will allow us to act on several items at the same time.

Recently you have probably heard that Fiddleheads is facing a major financial dilemma. We need to get hard cost proposals on the electrical work, plumbing work, lighting work and HVAC work by certified professionals to determine how much money we need to raise. As soon as we have those figures, we will be holding a full membership event to explain where we stand and to help mobilize everyone toward achieving that goal to open the store. Thanks for your continued patience.

Thanks to all who worked to get this newsletter out. We hope to see that these continue to come your way with regularity along with email notices in between.

Dick Spindler-Virgin, Fiddleheads BOD

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Other Fiddleheads Related News

Take Back Fiddleheads Dissolves 7/29/07—
Posted by Laura Natusch

The members of Take Back Fiddleheads are happy to announce that, as a show of support for the new Board of Directors, we've decided to dissolve.

Those of us who've been attending Board meetings this last month are greatly encouraged by our Directors' openness, competence, and diligence. And although Take Back Fiddleheads will no longer exist, as Fiddleheads members we look forward to working with the rest of the community to build a coop. Of which we can all be proud.

To Market, To Market

Market your favorite coop at area Farmer's Markets this summer and fall.

Volunteers are needed to help represent Fiddleheads with smiles, information and membership applications. This needs a Coordinator to contact market masters. August, September, and October would be good!

—contact Ed DeMuzzio EDeMuzzio@gocci.com

Membership News

spread the word...

Do you know a business that is willing to hang up a Fiddleheads flyer or display our brochures? Chair and Members are needed—
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:

EDeMuzzio@gocci.com

The Art of Fine Food



The talents of artists Sara Sargent, Margaret VanDyke, Kalin Larsen, Gretchen Van derLyke and John Sargent are showcased here. The mural was designed by Sara Sargent and Margaret VanDyke and all together, took about 72 people hours to complete. To see the full sized mural in all its glory, please stop by the Fiddleheads storefront just uphill from the Garde Arts Center in New London.

Recipe Corner

Chard & Parsley Frittata

1 med onion, chopped (about 1 cup)
1-2 cloves garlic, chopped
1 large potato, diced
1.5 tbs olive oil
2.5 cups fresh Swiss chard, chopped
8-9 eggs
4 tbs. Parmesan cheese
1 cup fresh parsley, chopped
1 tsp. cider vinegar
Freshly-ground pepper
Salt

Sauté onion and garlic in oil for a few minutes, then add potatoes and pinch of salt, and continue cooking for about 10 minutes when the vegetables will begin to brown.

Meanwhile, beat eggs with parmesan, parsley and salt and pepper, and set aside.

Add the chopped chard to the pan, sprinkle with the vinegar and toss it until thoroughly wilted.

Pour the egg mixture and give it a quick stir to make sure everything is evenly distributed.

Adjust the flame to very low, cover the pan and let the frittata cook for about 10-15 minutes.

Loosen the frittata gently with a spatula, then invert it and brown on the other side, just for a minute or two.

Turn it out onto a platter and serve warm or cool, with your favorite bread, bagel or tortilla.

Serves 6-8.

From: *The New Vegetarian Epicure*

Your Committees:

Membership Committee

The Membership Committee is responsible for increasing the number of members from the community and keeping existing members informed of all news regarding the coop and events. Membership Chair and Members are needed—contact Ed DeMuzzio EDeMuzzio@gocci.com

Finance Committee

The Finance Committee will develop financial projections, research funding options and coordinate a campaign for member loans, working in conjunction with the Member Loan Committee. The Finance Committee will oversee the development of the budget, ensure accurate tracking, monitoring, accountability for funds, and ensure adequate financial controls while working together with the General Manager. This committee will also review major grants and associated terms. Chair and Members are needed—contact Ed DeMuzzio EDeMuzzio@gocci.com

Policy and Board Governance Committee

The Policy and Board Governance Committee is responsible for monitoring the existing policies of the coop and to facilitate the formulation of any new policies and changes to the existing policies. It will also work to ensure the effectiveness of the board in its processes, structures and roles, as it is responsible for board evaluation. This committee is also responsible for retreat planning, committee development and works as the nomination committee for any potential board members. This committee will be making recommendations to the board of these potential members. Chair and Members are needed—contact Ed DeMuzzio EDeMuzzio@gocci.com

IT Committee

The IT Committee is responsible for the Fiddleheads Coop (FH) website hosting, maintenance and updates, electronic communications to FH membership, database and application identification and use. There are plenty of opportunities to lend your expertise, which will have a significant impact on our communications with the membership and the general public. Any members - especially those with computer and/or web design experience can contact Kristin DeMuzzio (kdemuzzio@gocci.com).

Vendor Committee

The Vendor Committee will act as the liaison between the Coop and local vendors, farmers, and larger suppliers including Tree of Life and United. This committee will guide the development of service delivery and the products stocked by the Coop and establish accounts with suppliers. Contact Sheila Herbert-sile.herbert@snet.net

Legal Committee

The Legal Committee will work with the Board of Directors, advising on membership campaigns, policy issues, or questions associated with the operation of the coop. The Legal Committee will work with the General Manager to assure the most recent work policy and standards are being upheld. Contact Amy Allen Longendyke (alongendyke@mptn-nsn.gov) to get involved.

Fundraising Committee

The Fundraising Committee is responsible for planning events to raise funds within the community, reaching out to members to solicit Member Loans and working with the Membership Committee to increase community support. There are a handful of events in the planning stages for this summer and your help is needed. Chair and Members are needed—contact Ed DeMuzzio EDeMuzzio@gocci.com

Site Committee

The Site/Design Committee is responsible for investigating the details of the space and the building in which the store resides, and coordinating operational planning and construction with professional contractors and our volunteers. These tasks include researching and acquiring equipment, local regulations, and suppliers. The Site Committee will be the force behind the design and layout of the store, working with the Construction Project Manager, general manager, layout designer, interior designer and architect. Contact Ken Hanson (kenrichanson@sbcglobal.net) to get involved.

Green Committee

The "Green" subcommittee of the Fiddleheads Site committee needs members to identify, research, decide about and present ecologically appropriate building issues and solutions to the Board of Directors for approval and implementation. At the moment, the "Green" committee has two members. If you are interested, excited, knowledgeable or experienced about "green" building issues, please contact Ellen Anthony at 437-8826 or ellenanthony@gmail.com.

Member Loan Committee

The Member Loan Committee is responsible for educating the membership about the member loan opportunities and soliciting loans to meet the projected budget for the Fiddleheads business plan. Attendance is not required at this short-term committee's meeting in order to participate in the important loan-raising work. Chair and Members are needed—contact Ed DeMuzzio EDeMuzzio@gocci.com

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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



Fiddleheads Natural Foods Cooperative Member Loan Program

Rates and Terms:

Level 1:	Loans \$500 - \$10,000	Interest 0-3%
Level 2:	Loans \$10,000 and up	Interest 0-6%
Minimum term 3 years, Maximum term 8 years		

Interest is simple, (not compounded) and is calculated each year and paid at the end of the loan term. Interest is also reported taxable income. The available rates are not as high as some bank Certificates of Deposit (CDs), but they are reasonable rates and the funds are going to help a community development of enormous importance to its members and neighbors.

As with any investment, there is risk involved. Loans are unsecured and subordinate to the other financing that the coop receives. Loans are only available to Fiddleheads member-owners and they may not be transferred.

Please contact the Board Treasurer for a copy of the Prospectus, Promissory Note, and the Subscription Agreement.

Show Us The Money!

Calling all Fiddleheads Members!

Wondering how you can help with opening the coop store as soon as possible?? As you know, renovations are underway at our new storefront location. In order to pay for the construction and the equipment needed to outfit the store, our business plan calls for funding from many sources, including loans directly from our members. Additional funding from commercial sources will be pursued, but in order to secure those funds we must show strong financial support from our members—**you**. This is where you can have BIG impact! We need your help now!

Please step forward now and pledge your member loan to Fiddleheads Natural Foods Cooperative during our member loan drive. Together, we can raise the budgeted \$250,000 in member loans, moving us that much closer to making Fiddleheads a reality for our community. For a loan information pamphlet and details on loan terms, please contact Ed DeMuzzio 860.439.1087 Email: edemuzzio@gocci.com.

We need you!

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

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:

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