

The Plainfield Co-op

- Change -

Winter 2012-13



Hours: Monday-Saturday 9AM-8PM, Sunday 9AM-6PM

Phone: 454-8579 **Website:** www.PlainfieldCoop.com

Management Collective



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Dawn Rose Kearn
Dorothy Wallace
Jeannine DeWald
Jessi Robinson
Karen Starr
Margie Yoder
Mike Peabody
Nancy Ellen

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Doni Cain
Kathleen Hayes
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Cover art by Bradon DeForge

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Fresh Organic Pies

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About This Newsletter



Change is the theme of this issue, the first issue to be illustrated entirely by students in our community. The beautiful, detailed cover drawing is by

Braden DeForge, a 13-year-old student at Twinfield. Illustrations scattered throughout the inside of the newsletter are by Harley DeWald, a 12-year-old student at East Montpelier Elementary. We welcome a new generation of artists and are grateful you have shared your work with us.

In this issue we also welcome two new staff members and two new board members. Mike Peabody explains his new role in the Co-op and introduces the new produce manager. Beyond new faces, there are new structures. With the vote at the annual meeting, membership

in the Co-op will change from an annual dues model to a member equity model. Although the change from a single store manager to a management collective system is not as recent, how the management collective operates may not have been clear to many members. Nancy Ellen's article explains it. Information about all these changes and other topics you will find in the pages of this newsletter.

What lies ahead as our Co-op enters midlife? Dear readers, young and old, we would love to hear from you--letters, commentary, artwork. Next deadline for submissions is Feb. 5 for the spring issue.

Glenda Bissex, co-ordinator (454-7895)
Sarah Albert, design and layout (476-0526)
Joseph Gainza, board liaison and editing (522-2376)

Karen Starr, staff liaison and writer (232-4646)

Debra Stoleroff, editing and recipes (476-3154)

Alan Taplow, advertising and distribution (454-4675) ♦

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Co-op Annual Meeting Report *by Chris Jackson*

Fall has almost come and gone, and so has another annual meeting. It was an historic event, not just because it was also the 40th anniversary celebration, but because of the vibrant discussion and consensus decisions made by the members present.

The meeting started with updates from the board, the Management Collective and from other committees. Without going into too much detail from each of the reports, the overall feeling was positive, the fiscal health of the Co-op is good, and projects are moving forward.

It was also, like the rest of the country, election time, although we seemed to avoid much controversy and bickering. There were three board seats up this year, with two of the members choosing to step down: Rebecca Armell and Mike Peabody. Rebecca has been serving as secretary since joining the board five years ago. Her documentation, care for detail, and love of her community will be missed on the board. Mike has been instrumental on various board and committee projects, particularly around equity, which I will talk more about later. He will be focusing his effort on being the new Management Collective Link to the board. We are looking forward to continuing to work with him.

With that, we acknowledged the hard work of Dawn Fancher, who has been working as the Link and has done a stellar job in the quality of her reporting and being the main communicator between the board and the Management Collective.

Two new members were elected unanimously to the vacant board seats. Paul Angell has for many years been a part of the Plainfield Community as a member of the New Hamburger housing cooperative, and is an educator. Scott Harris moved to Plainfield three years ago. He expressed a passion for working with organizational systems and is eager to get more involved with the Co-op. Sue Chickering was elected to a second term.

As is often the case at the annual meeting, there was much discussion from differing points of view on various subjects. Our community is an involved one, and with that come passionate opinions and overall concern for the direction of the Co-op. Affordability, local food, organic vs. conventional, point of sales machines, staffing, location, growth and more were all on the table. It was said at times during the meeting that the Co-op is going through an “identity crisis.” We certainly are changing and growing, but it felt good that we were all doing it together and putting these issues on the table. As board president, I was excited to have such a lively conversation. It gives us a chance to hear more about what the membership is thinking and gives us a direction to move in as we work on looking at the role of the Co-op in the community.

The largest issue up for discussion was that of member equity. Moving to being a member equity-based Co-op has been on the table for several years. This year the membership voted to change the

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Financial Report, 9/30/12 *by Les Snow*

The Past Year

While still not flush with cash, the Co-op is in good financial condition. The board continues to monitor the financial condition of the Co-op relative to board financial policies via quarterly Management Collective reports.

- *Sales, and Expenses they can support.* 2011 sales were 6.6% over 2010 sales. January-September 2012 sales are only 1.8% over 2011 sales for the same months. The 2012 budget called for sales to be 7% over 2011 sales. The margin has been maintained well, so the gross profit remaining after the cost of goods is sufficient for supporting a corresponding level of operating expenses, but operating expenses have risen at a faster rate than sales, resulting in a net operating loss of \$1,811 through September. Efforts have been made through the year to increase sales in order to meet the budgeted net operating income goal of at least 2% of sales.

- *Financial Health Indicators.* The important ratios used to measure the financial condition of the Co-op (Debt : Equity, Current Assets : Current Liabilities, Gross Margin, etc) are within or close to the healthy ranges.

- *Restricted Income Management and Use.* Very little of the capital improvement fund (primarily funded by member dues) has been used in 2012. There is \$18,887 in this restricted fund as of September 2012.

- *Summary.* The Co-op is generally in good financial condition. The 2008 \$45,000 loan for the renovations is 4/5 paid off. The capital improvement fund is growing. The gross margin is being maintained well, but operating expenses are going up at a faster rate than sales. The management is well aware of the challenges of increasing sales while controlling costs, and puts significant effort into both. ♦

A New Home for Your Old Laptop

The Co-op staff is looking for the donation of a couple of used laptops in good condition. We are really tight for work space and so the laptops would offer us the flexibility to work in other parts of the building. They should be in decent shape, able to access the internet, do word processing and excel spread sheet, but beyond that we're easy. Please be in touch with Mike if you have something you think might fit the bill. Many, many thanks!

Plainfield Co-op Financial Summary, 2008-2012

Profit & Loss Statements, 2008-2012

	2008	2009	2010	2011	Jan-Sep 2012*	2012 Budget	% of Budget
Sales	804,805	803,121	883,455	942,072	722,314	1,022,320	71%
Cost of Goods Sold	547,849	545,612	601,457	654,211	487,494	684,954	71%
Gross Profit	256,956	257,509	281,998	287,861	234,820	337,366	70%
Operating Expenses	250,337	267,150	271,609	289,837	236,631	313,200	76%
Net Operating Income	6,619	-9,641	10,389	-1,976	-1,811	24,166	
Other Income/Expenses							
Other Income	14,821	14,285	12,187	17,483	15,026	12,000	125%
Other Expenses	10,925	2,100	5,933	4,274	1,995	4,400	45%
Net Other Income	3,896	12,185	6,254	13,209	13,031	7,600	
Net Income	10,515	2,544	16,643	11,233	11,220	31,766	

Plainfield Co-op Balance Sheets, 2008-2012

ASSETS	12/31/08	12/31/09	12/31/10	12/31/11	9/30/12*
Current Assets					
Checking/Savings	41,982	23,359	43,510	21,763	29,485
Accounts Receivable	153	520	0	646	63
Other Current Assets	50,380	51,080	51,002	43,226	45,755
Total Current Assets	92,515	74,959	94,512	65,635	75,303
Fixed Assets	80,384	84,846	99,463	99,463	118,811
Accumulated Depreciation	-49,793	-49,793	-65,772	-65,772	-66,710
Cap. Imp. Deferred Revenue	0	-24,282	0	-7,958	0
Other Assets	0	44,095	10,078	47,131	16,798
TOTAL ASSETS	123,106	129,825	138,281	138,499	144,202
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable	37,623	46,527	52,497	39,056	48,778
Other Current Liabilities	3,134	3,280	4,276	14,433	10,261
Total Current Liabilities	40,757	49,807	56,773	53,489	59,039
Long Term Liabilities	43,755	36,182	27,926	20,194	12,793
Total Liabilities	84,512	85,989	84,699	73,683	71,832
Equity					
Common Stock	5,972	5,972	5,972	5,972	5,897
Retained Earnings	22,107	35,320	30,967	47,611	55,253
Net Income	10,515	2,544	16,643	11,233	11,220
Total Equity	38,594	43,836	53,582	64,816	72,370
TOTAL LIABILITIES & EQUITY	123,106	129,825	138,281	138,499	144,202

*Based on preliminary September 2012 financial statements.

How To Order From FEDCO (for Co-op members)

1. Get a 2013 FEDCO seed catalog from the Co-op (or from any other source) or start an online order.
2. Pick out your seed/grower's supply/tuber selections.
3. Before or by January 5th, either give the completed form to Mike at the Co-op or use FEDCO's online order form and plug in the Co-op's group order number.
4. Wait for the magic to happen.

Building Committee Update

by Mike Russell

We've been busy at the Building Committee, and here are some of the projects we've been working on:

1. We cooperated with the Friends of the Winooski River to create a boat landing on the Co-op land, behind the Co-op. Due to this project starting late in the season, there will be some more work to happen in the spring. This project is a great resource for the Co-op, for along with the boat launch, there will be three different seating areas where we will have picnic tables to enjoy a lunch or coffee. There will also be a volunteer landscaping project in the spring to develop the cemetery bank into gardens. We also straightened out the fence that was falling over.
2. We've been tossing around a different coffee area with snacks and just a couple of indoor seats to sit and enjoy your coffee.
3. We're working on a maintenance schedule and coordinator to work on preventative maintenance.
4. We decided to push the back of the Co-op siding until next spring due to the lateness of the building season, and because the project might stretch the existing budget a little too far.
5. We've been working with a plumber to figure how to remedy the heating issues that arose with the last remodeling. We have to rearrange the heating ducts on the furnace and balance the system.

That's what we've been up to this summer and fall. We will be looking for some volunteer help with landscaping in the spring. Enjoy the winter everyone! ♦



Scott Harris - new board

I grew up working on farms and hardware stores in Western Maine. In 2008 I graduated from the University of Maine with

a degree in Secondary Education—Social Studies and moved to Johnson, Vermont shortly after. I have experience working with elementary, middle, and high school students, teaching Social Studies, Science, and Behavioral Support. In 2012 I graduated from Goddard College with an M.A. in School Counseling.

Currently I am a Middle School Counselor at U-32, and have a few odd jobs at Goddard College. My work with students revolves around social and emotional growth, horticultural therapy, community building, and awareness around social justice, nature, and self.

I have lived on Maple Hill for the past year and a-half, and seeing the view in the morning is the best way I start my day. I prefer pies over cakes, and my favorite variety of tomato is either a Hillbilly or Black Krim. I enjoy cooking and eating, New England and peasant style foods. The most interesting place I've ever been to has probably been a small village in Eastern Ukraine. I'm excited to be serving the Co-op on the Board, and look forward to hearing from and meeting many more of you. Please feel free to contact me at scott.harris@goddard.edu ♦

Change for the Good: Herbs, Spices & Tea

by Dorothy Wallace

"Change is the only constant," so it is said. Luckily, humans are capable of much flexibility and adaptability. Much of the reason for this is our relationship with the plant world. Plants provide the nutrition needed to sustain us through health, sickness, and all the stages in between. Herbs, spices, and tea are powerful allies in this regard. They contain antioxidants, vitamins, and chemical compounds to restore balance when we go off-kilter.

Adaptogenic herbs, in particular, can help us maintain general health and reduce the effects of daily stresses. The stars of this group include ashwaganda, astragalus, licorice root, Schisandra, tulsii, and hawthorn berry. The wonders of a cup of tea (green, black, and herbal) every day for the health benefits and stress reduction are well known.

Herbs can also help prevent ailments. Feel a cold sneaking up on you? Try elderberry, echinacea, and/or goldenseal. Have a little stomach ache? Try

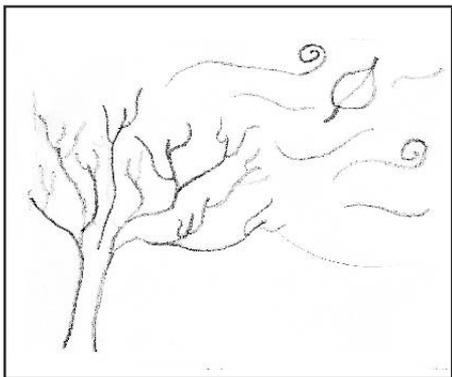
some peppermint and/or chamomile before it gets worse. Can't settle down at night? Try hops, chamomile, skullcap, and/or lemon balm.

Already ailing? Alone, or in conjunction with allopathic medicines, in the words of Rosemary Gladstar (*Herbs for the Home Medicine Chest*, Storey Books, 1999), "Herbs serve as excellent secondary therapeutic agents, supporting and replenishing the life energy." Here are a few examples (from thousands available). Drink marshmallow, licorice, echinacea, cinnamon, or ginger tea with honey (the Co-op carries bulk and jarred) for a sore throat. For constipation, try psyllium, slippery elm, fennel, caraway, or even spirulina. Banish your headache with lemon balm, lavender, catnip, or skullcap. Try these remedies alone or in combinations.

Another wonderful thing about herbs is that they are multitaskers. Chamomile is good for the head and the stomach. Calendula reduces fevers and soothes skin irritations. Also, if the herbalist, book, or website you are getting your information from suggests an herb you can't find, there is usually an equally effective alternative. For instance, the Co-op does not carry eyebright (sorry, we can't carry everything!), but a compress to soothe pinkeye (conjunctivitis) can be made from calendula, comfrey, and goldenseal powder.

Herbs, spices, and teas are adaptable to our changing lives. If we are fortunate

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enough to be in a place where we have the time for do-it-yourself remedies, we can decoct roots, grind the herbs and fill capsules, or create tinctures. The Co-op sells grinders, mortars and pestles, capsules, and capsule machines to assist your efforts. If we are leading busy, on-the-go lives, we can brew our tea from bags or buy ready-made tinctures, capsules, and syrups from the vitamin aisle. Or, for most of us, we can combine these options. Ginger capsules are great for traveling. Fresh ginger grated into stir fries is delicious. Powdered ginger (and garlic) to season tofu is healthy, yummy, and convenient.

The forms and variety of herbs, spices, and teas available at our little Co-op are amazing. Stop in and see for yourself. The change will do you good!

Cold & Flu Remedies from Bulk Herbs

Tea • Steam • Capsules

Cough & congestion: Angelica, Cayenne, Elecampane, Eucalyptus, Fennel, Ginger, Goldenseal, Licorice, Marshmallow, Mullein, Raspberry leaf, Red Clover, Sage

Chills & fever: Angelica, Calendula, Elderberry, Ginger, Meadowsweet, Nettle, Peppermint, Wormwood, Yarrow

Immune builders: Ashwaganda, Astragalus

Headache: Catnip, Chamomile, Lemon Balm, Mints

Superstars: Echinacea, Elderberry, Goldenseal, Ginger (kills rhinovirus), Rosehips

TEA

Infusion of leaves, flowers, berries: Two ounces dried herb (3–4 handfuls) in 1 quart boiled water. Cover pot/jar tightly. Steep for at least 15 minutes.

Decoction of root, bark, berries: Place a handful of herbs in saucepan. Cover with cold water. Bring to a simmer covered, 20 to 45 min.

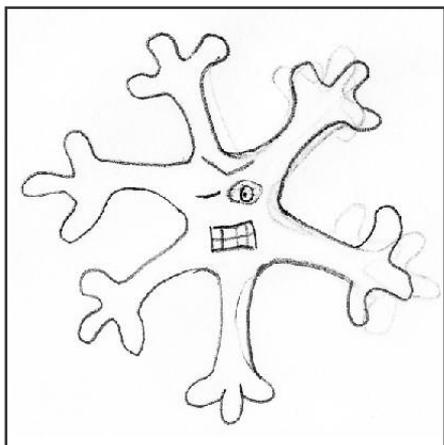
Combination: Decoct root, bark and/or berries. Strain. Reheat. Pour over herbs to be infused. Steep at least 15 minutes. Drink 3 to 4 cups per day. Refrigerate extra and heat as needed or drink cold. Add honey and/or lemon (optional).

STEAM

Put spent herbs from tea brewing into bowl. Add hot water. Put face over bowl, cover head with towel. Steam for 5 to 10 min.

CAPSULES

Grind herbs using spice grinder or mortar & pestle. Put into capsules by hand or with capsule machine. Store in dry, dark place. Take one, 2 to 3 times a day, with water. ♦



How Does Collective Management Work at the Co-op?

by Nancy Ellen

I've worked at the Plainfield Co-op since 1998 and in that time have seen a number of different management structures come and go. They have all had their problems, but thus far collective management, combined with our policy governance structure, has worked the best for us. I'm sure there are myriad ways to do collective management, but I'm going to tell you about how it works here.

Anyone on the regular staff who is interested and has worked at the Co-op for at least 6 months is eligible to apply for membership in the collective. We expect that those who are interested will have shown it by taking a more active role in the workings/running of the Co-op--participating actively in biweekly staff meetings, volunteering to take on duties outside of their regular shifts, or assisting with the Co-op's infrastructure needs. We are a small co-op and participation is very important if we are to function smoothly. We also understand that not everyone is interested in or capable of this level of involvement; some staff members are happier just running the store on a day-to-day basis, leaving the management to others. They choose to remain outside of the collective, but they are still an integral part of the Co-op's functioning. At any point after the 6 month mark, a staff person may formally apply to become part of the collective management by expressing interest at a staff meeting, and the collective will vote on it at that time.

Most store/collective business is conducted at the biweekly staff meeting--announcements, decisions, and discus-

sions, as well as evaluations of staff. There are smaller committees/groups that meet on more specific issues: currently we have a finance committee, buyers' group, and personnel committee. Collective members also act as liaisons for other standing committees--building committee, newsletter, and community center. Ad hoc committees are formed as needed; recently there was a committee to deal with strategic planning that just finished a 3-year plan for the Co-op, and one to organize our 40th birthday celebration.

The 'link' role is an important part of how we operate. The 'link' is a person who acts as the official voice of the collective for the board, and who relays to the collective important information from the board. The link attends all board meetings and writes all monthly policy governance monitoring reports. We are currently reworking this position to be someone who will act as more of a point person for the collective in general, not only to the board.

I'd like to touch briefly on policy governance. Although this isn't the place for an in-depth exposition, it is so integral to the way the collective currently works that I want to make sure those who aren't familiar with it already have an idea of what it is. Basically, policy governance is a way for an organization's different groups and members to work effectively together without stepping on each other's toes. The basic chain of command is: members > board

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>collective via link > staff. The board takes direction from the membership and condenses it into some broad goals, called the global ends policy. Here are our goals:

Our community will have the following in order of importance:

- An outlet for local producers and growers that supports the local and regional economy
- A market for the distribution of healthy food and other goods
- Opportunities to build a sense of community in the village of Plainfield and surrounding areas
- More awareness of the quality and source of our food

The board gives the collective management these goals and asks us to meet them in whatever ways we see fit, as long as we stay within the limitations policies that they also give us. The limitations policies are a bit more specific, but still general (e.g. do not financially endanger the Co-op). Every month, the collective needs to show via a detailed report how it is following a particular policy (there is a yearly schedule). Other than this interchange, the board is free to devote itself to more board-oriented tasks, and the collective is free to operate the store in a way that makes sense to us, thereby eliminating a great deal of micro-managing, conflicts, and time wasting on everyone's part. Although it isn't a perfect system (what is, really?), it is a vast improvement over how the Co-op operated in the past.

Because we are a collective, it is up to each of us to do our part--individually and together--to manage the Co-op well. Of course, we all have our daily duties, whether they be running the register, stocking, cleaning, buying, etc, but there is no one else to fall back on as far as management goes. The management collective also needs to make sure the window gets fixed, forms get sent in, decisions get made, the furnace gets cleaned, and the shifts get filled. It's somewhat akin to the difference between owning and renting your home. If you rent, someone else may do those things for you, but you also won't feel a sense of ownership or responsibility the way you would if you own your home. ♦

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— Alex Noyes, student, Plainfield, VT

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Change in the Produce Department--and Beyond

by Mike Peabody

"Change" is improperly used as a noun, I feel. It seems to imply you can see it or at least distinguish it from things that are not change. I don't think that's true. You might have two separate sets of conditions, two different presidents, or two perceptions of what a co-op is but what you are seeing isn't change. You're only looking at the same picture with expectations, either that you will have a differing experience or that you won't. Neither is true.

I'm moving on from Produce, to fulfill roles as the collective's coordinator and the board's Link to the collective. I can call it change but that may not be what is happening. I am changing responsibilities, from buying to administration. I am expecting it to be different. And if it is not much different, then can I say that there has been any change, despite what is not the same?

Steve Bosserman, whom many of you will recognize from his Tuesday morning produce shift, has actually been with the Co-op for several years, mostly as a working member and all-around volunteer. In fact, Steve has worked at co-ops exclusively for pretty much the last 20 years, including stints at a collectivized San Francisco cooperative, produce for the departed Randolph Co-op, and, most recently, as an assistant wine and cheese buyer at Hunger Mountain Co-op. He's been a terrific resource, and his support of our Co-op over the many months of our not being able to offer him a job which both meets our needs and his

schedule has been nothing shy of inspiring. I hope you all will support him and ask him questions as you would me. He loves this co-op and seems truly happy to move in with our community of great co-workers, serving a devoted community.

So why make a change? I have at times been frustrated, as have some other members who voiced their concerns at the most recent annual meeting, as to the collective's role in their co-op." I have felt like it is a "black box", with clear input and output but no real outside view of what is happening. I think what collectives do is try to establish a system for people to behave quite normally while still trying to be productive in the bigger picture. Being inside this organization has given me insight as to how it works and why, though having a conversation with someone about what the collective "is" has always been difficult. And if I can't really explain it, I can't assure people it's a benefit, both to the Co-op's workforce and the patrons of the store. I'm also one of the few people who can dedicate a substantial amount of time to managing the paperwork of the Co-op and keeping the collective posted about its projects and the general big picture. This helps the collective feel like I would be a good candidate.

The world the Co-op lives in has changed much in the last ten years. To think it cannot or should not try to survive in a climate so radically different

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from where it came from is not fair. Sometimes you can ride out dramatic shifts but sometimes, too, you're only unable to consider how you might think of yourself as you change. We can't let fear or uncertainty keep us stuck in time. As long as our destination is in mind, we should not be afraid to follow whatever road we find. If the Co-op now needs a collective for this stage of its development, I can't fight it with a clear conscience. When I know that it is straying too far from the course, I trust I, as a member and manager, will do my best to pull it back into alignment. Some of this change is overdue, while some other developments could have come at no other time.

My boy, Ozzy, is two and he is always developing. New words and behaviors come at our household like a cascade of small repairs that indicate a complete shift in the house's foundation. Do I know what or who he will be? Obviously not. But I can't begrudge his trying anything new. For him, the adaptations are self-replicating. He changes his actions to adjust for the new reactions, as each last set of actions makes its mark on the world he knows. I know I will always love him, though I am not sure I always understand him. Just the same, I must support him in his attempts to build himself from the changes he makes. Whatever he becomes is my next adventure, like all my next adventures.

Eat your vegetables. ♦



Kathleen Hayes – new staff

Born too many moons ago in New York State. Attended Rutgers University and took a year off to go to mechanics school. Eventually managed to graduate with a degree in Agriculture and an ASE master mechanic's certificate. After graduation, my son and I moved to Vermont where I worked at various times as an auto mechanic, airline mechanic, horseback riding instructor, chef, bicycle mechanic, waitress, and park ranger. Mostly I flew airplanes, eventually getting an Airline Transport Pilot license and being captain on the CRJ 700.

I'm currently on long term loan from American Eagle airlines to the Co-op, and enjoying it immensely.

When asked how, with that background, she was drawn to the Co-op, Kathleen responded: It's out of line with my other jobs, not my other interests. I believe in eating, growing, and buying local, and the Co-op embodies that for me. Personally, a lifestyle not based on life and death decisions and over-the-top stress seems just delightful. I don't know if this is 'real life', or just a vacation from it, but I sure am enjoying it! (Besides, I've been shopping here since 1983. It's a comfortable old shoe for me.). It's a reversion to my earlier life--notice the farming degree. ♦

Community Center Report *by Doni Cain*

Winter is upon us now. Time to hunker down, spend some time planning for next year and perhaps catch some great events in the Community Center. This winter there will be many art openings, live bands, puppet shows, dance parties, singing groups and lots of other community events happening in our wonderful Community Center.

Before I get into all the great events that will be taking place this winter, I would like to thank all those who used and have been using the Community Center all summer. Thank you to Bootcamp, Yoga and Parent and Child Yoga, Ecstatic Dance, African Dance, Tara Dance, Game Night, Grateful Dead Dances, all the drama rehearsals, Contact Improv, Byron Katie workshops, Ice Cream Social, Capoeira, the Co-op's 40th Birthday Party, and many private parties.

We have several continuing events like Ecstatic Dance every 2nd and 3rd Wednesday; BootCamp every Monday and Saturday; and returning events like Shape Note every 2nd Sunday and Movie Night intermittent Thursdays and Fridays. We have special events like art openings and live music. One upcoming

music show will be Rising Appalachia on December 8th. There is more information on these events on the calendar in the entry area of the Co-op and on fliers beneath the calendar.

This winter, Movie Night will alternate between Thursday and Friday Night. Thursday nights will be mostly movies aimed towards adult audiences and movies on Fridays will be appropriate for viewers of all ages. There is more information on these movies and all upcoming events also on the calendar.

We would love to have more events take place in the Community Center. For members, ongoing classes/events cost \$9 an hour and all day/special events are \$35 to rent the space. If you are looking to host a community event, and it meets the criteria, the Community Center will cover the space rental cost. More information on renting the space or on Community Center Sponsored Events, can be found at the register in the Co-op. If you have any questions or if you wish to help with the Community Center, you can email me at CommunityCenter@PlainfieldCoop.com or call me at 454-1478. ♦

PLAINFIELD COMMUNITY CENTER



**Space available for your:
Classes
Meetings
Parties
Workshops**



Art Gallery Exhibitions & Special Events

\$9/hr. for Co-op Members, \$15/hr. for Non-Members

Events: \$30 for Members, \$50 for Non-Members

Scheduling Book at Co-op Register

More Information? Call Jessi 454-8579

Using the Community Center benefits The Plainfield Co-op

PLAINFIELD COMMUNITY CENTER NEWS



Photo by Jerome Lipani

ARTBOX

by Alexis Smith & Jerome Lipani

The photo above—detail of a large printed banner shown at the Community Center on October 20—illustrates “an echo of discussions, story-tellings, and song-sharings that have taken place since 2008 between *The Beehive Collective* and community organizers, activists, and folks in Appalachia whose lives and livelihoods have been impacted by Mountaintop Removal coal mining (MTR). These exchanges of inspiration and information were collaboratively woven together into a tapestry of illustrated graphics, designed to strengthen & support critical reflection and strategic action in defense of the Appalachian Mountains—and the cultural and biological diversity they nurture.”*

Please get in touch to learn more about the Beehive!

The Beehive Design Collective
1 Elm Street
Machias, Maine 04654
207-669-4117
pollinators@beehivecollective.org
www.beehivecollective.org

*quoted directly from *The True Cost of Coal*, narrative by the Beehive Collective ◆

- The Beehive Collective will be back at the PCC to unveil their latest “Magnum Opus” after the Holidays.
- Currently the Plainfield Historic Society’s Gravestone Rubbing Exhibit—part of the Plainfield Heroes project—will be expanded upon by artist Dan Gadd and extended thru December!
- Our 40th anniversary party held at the PCC was a great success with wall to wall members enjoying Randy’s famous Bishop’s Cake!
- The colorful acrylic patterned paintings of Nila Newstrom-Anay will be shown at the PCC in January with an event including henna and temporary hand painted tattoos, Reiki healings and massages from the students of The Universal Institute of Healing Arts.
- Thanks to Lyndsay Love for her Halloween adult puppet show “Jack the Ripper”—based on the actual British court records—and which turns out to be a radical feminist document. There was a second outdoor showing for Plainfield Parade celebrants.
- The PCC also hosted another puppet show for grownups by Bat Honey: Britt and Ariel Puppeteers called “Iron Will Tate” with over 50 fabulous puppets in early November.
- John Ryan slide show still to come.
- Bread and Puppet exhibition and cabaret performance Mid-Winter.
- The new red velvet movie/theater curtains are at seamstress Jude Elford’s new business A Stitch in Time being altered as a generous donation for the PCC.
- Anyone interested in gallery exhibitions call Alexis at 371-7239 or email freealexis@hotmail.com ◆



Paul Angell – new board

I moved to Plainfield in 1975 to work at Maplehill Community, which was a group home for wards of the state at that time, and it has been my home base ever since. At that time the Plainfield Co-op was a buyers' cooperative where we would generate orders by household and then "break the orders down" when they were delivered. When the Co-op moved into its current space, I was involved in the Community Center and arranged for some local kids to work there under a

CETA grant. Over the intervening years, I worked as a special educator at U-32 and in Barre but also spent several years away—serving in Peace Corps, and then other jobs, in Africa.

I have lived at the New Hamburger housing cooperative since 1985 and previously served on the Co-op board in the 1990's during one of my stints back in Vermont. I have also been involved with a variety other organizations—Vermont Refugee Assistance, Washington County Diversion, and Planting Hope to name a few—and provided support for at-risk youth under a variety of programs and informal arrangements. Recently I have taken early retirement but continue to work in local schools on a part-time basis and have developed some on-going relationships with communities in Central America. When I am here, I have a good deal of flexibility and look forward to getting involved in the Co-op again. ♦

Annual Meeting Report, continued from page 4

bylaws from annual dues to equity by 2014. Les Snow and Mike Peabody have done extensive work and research in presenting this to the membership and answering the many questions people had about the bylaw changes.

Also present to help was Don Kreis, a member of several co-ops, who is an attorney and law professor. He was able to help articulate many of the benefits of equity, as well as answer more questions.

We should also give a great deal of gratitude to past board presidents Michael Horowitz and Brian Tokar, who helped out with this process, not just from their

own work on this subject, but also with their valuable advice on the consensus process. There are still concerns and work to do on this issue, but it is a huge step in a direction that will improve the financial stability of the Co-op as well as enhance the financial relationship each member has with the Co-op, through being member-owners.

A big thank you needs to go to Amy Lester who acted as facilitator. Amy has been working with representatives from the Board and the Management Collective over the last couple of months

continued on next page

Petra Gates - new staff

Hello, my name is Petra Gates and I'm originally from Ryegate Corner, just on the other side of Groton. After living several other places (primarily Oakland, CA) for 20 years, I've decided to return to Vermont with my partner of 9 years and our fabulously awesome 3 year old daughter; we are very happy to have landed in Plainfield!

While in Madison, WI in the 1990s I lived in one of the wonderful housing cooperatives there and served a year on the board of directors of Madison Community Cooperative, an organization of about 180 members living in 10 cooperatively owned properties.

During my time there I also worked in the grocery department of the Willy St. Co-op, a consumer food co-op. I am trained as a Massage Therapist and worked for 5 years at an acupuncture and massage clinic in San Francisco, specializing in serving the low income, immune compromised, and LGBT communities.

Starting in 2003 I played and organized with the Brass Liberation Orchestra, a leftist street band playing



to support lefty groups & actions with an emphasis on immigrant rights, anti-zionism, and labor struggles. My partner and I are overjoyed to be joining Plainfield's own Stonewall Marching Band for raucous music-making around town.

Another passion of mine is the martial arts, with an emphasis on Aikido. My wonderful teacher of 12 years, Mike Esmailzadeh, has instructed me to find students and begin teaching on my own so sometime soon I may offer training in the rudiments of Yoshinkan Aikido.

I'm excited to be working at the Co-op and look forward to continuing my introduction to our many members! ♦

continued from previous page

planning the event. Her diligence and sensitivity helped a lively complex meeting run smoothly and end on a high note.

The meeting wrapped up to the sounds of the Plainfield Marching band, who led the group to the anniversary party at the Community Center. The party included pot luck food, samples from various vendors, and birthday cakes courtesy of Randy Keeney and Dena Cox. Thank

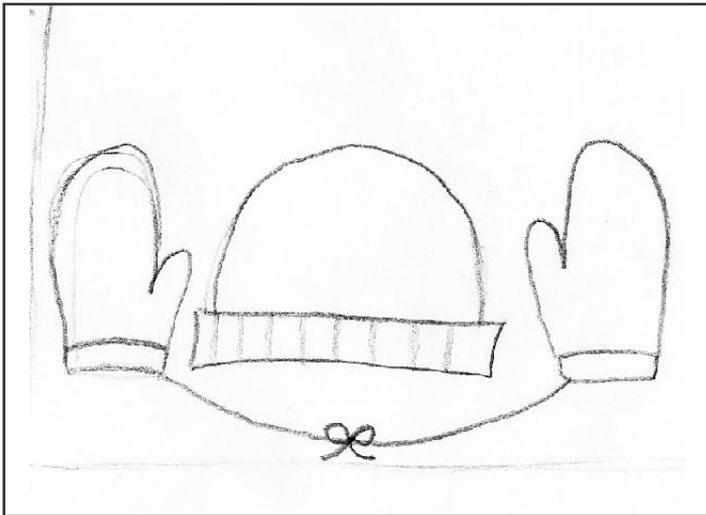
you to Jessi Robinson and Dorothy Wallace for spearheading the party on behalf of the Management Collective, Rebecca Armell for pulling people together, Lucy Blue for helping out, and Matt Manning for providing the music. And thank you to all the members for making this year so special. Please continue the conversation with us so that we can move forward together. ♦

Grandma Esther's Split Pea Soup by Debra Stoleroff

When I was growing up, my Russian Jewish grandmother was famous (in our family), for her bagelach (sort of a baked blintz), pot roast (which I never ate) and split pea soup (which I stopped eating when I went vegetarian at 15). At 19, in college and living with friends, I worked to recreate her split pea soup. Amazingly, what I created was very close to the taste of her soup. Here is the recipe:

- 3 cups split peas
 - 10–12 cups cold water
 - ½ cup tamari
 - 4 bay leaves
 - ½–1 tsp black pepper
 - 1 TBL olive oil
 - onions (1 large or 2–4 medium)
 - garlic (4 cloves or to taste)
 - carrots (2–3 large)
 - parsnips (optional)
 - 1 cup texturized vegetable protein flakes (TVP)
1. Pour split peas into a large pot (I use my grandmother's large old enameled cast iron pot).
 2. Add 8 cups cold water and let soak for 2–4 hrs.

3. Add enough water to cover the peas plus 2 more inches and bay leaves, tamari and black pepper. Bring to boil, then lower to medium heat and cook.
4. In a separate pan (while peas are cooking), sauté onions and garlic. When onions are translucent, add onions and garlic to cooking peas.
5. When peas are starting to soften, add sliced carrots and optional parsnips.
6. Add more tamari and black pepper to taste.
7. When peas are soft, add TVP and cook until flakes are soft (takes about 1 minute). ♦



Green Lasagna by Debra Stoleroff

It seems another lifetime ago that I was a weekend relief cook on the Sloop Clearwater. It was, perhaps, more of a relief for me than the full-time cook as I was living for a short stint (4 years?) in New York City while earning my Masters in Education. Though I loved some aspects of NYC, I often needed to escape the urban environment. Cooking on the Clearwater* meant entire weekends somewhere on the Hudson River cooking over a woodstove for 15–100 people. I loved every moment of it except the wood cookstove in the summer when I became the full-time cook for a season. Anyway, the green lasagna recipe is one I made up on a winter weekend when cooking beside the stove meant warmth and lots of visitors to the 4'x5' cooking space.

By the way, I rarely measure when I make up a recipe—the amount of veggies and cheeses are really to your liking. The ratio of ricotta cheese to egg, honey and spices is more important but still approximate. I've written this recipe for a deep 9x12 pan.

Ingredients:

Spinach (enough for approximately 2 cups when steamed)
Green beans (enough for 2 cups steamed)
Onions (1 very large or 2 med.-large)
Garlic (at least 6 cloves)
Slivered almonds (1 cup)
Pesto (2 cups of your favorite green pesto—I use traditional basil-based pesto)
Cheddar cheese (to your taste—lots)
Mozzarella cheese (to your taste—lots)
2 15 oz. containers Ricotta cheese
2 small–medium Eggs
2 TBL Honey
1 tsp Nutmeg
1 tsp Cinnamon
Salt and pepper to taste
1 box Lasagna noodles

Spinach mixture: Sauté garlic, onions. Add spinach. Add almonds. Set aside.

Green bean mixture: Cut green beans into 1–2 inch pieces. Sauté garlic, onions. Add green beans. Add almonds. Set aside.

Ricotta mixture: Beat egg. Mix into ricotta cheese. Mix in honey, nutmeg, cinnamon, salt and pepper. Set aside.

Hard cheese mixture: Grate and mix cheddar and mozzarella cheeses. Set aside.

Boil lasagna noodles until semi-soft. Rinse in cold water, leave in water until use.

Grease a deep 9x12 pan with oil.

Layer the mixtures as below (or whatever order you prefer):

Noodles, pesto, ricotta mixture, noodles, hard cheese mixture, bean mixture, ricotta mixture, noodles, spinach mixture, ricotta mixture, noodles, pesto, hard cheese mixture. Bake at 350 degrees until ricotta mixture is set (30–45 minutes).

*The Sloop Clearwater is an environmental organization, started in the early 70s by Pete Seeger to help clean up the Hudson River. The sloop is a 104 ft. replica of a traditional Hudson River Sloop. For more information go to: www.clearwater.org ♦



Plainfield Cooperative
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