



a local co-op



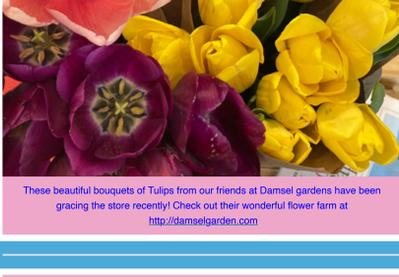
Spring has finally sprung, and it feels like we are quickly heading towards Summer! There's been a lot happening at the Co-op, we appreciate how busy we are and the great atmosphere in the store. Thank you to all our loyal customers and members, we wouldn't be who we are without you!

Please keep reading for news about our Community Room activities, new ways to save in the store, an article about our Cafe and some general updates about your local Co-op.

Happy Spring to you all and we'll see you at the Co-op!

NEW WAYS TO SAVE IN THE STORE!

Did you know that you can save 3% on every purchase you make in the store? Yes, it's true! You simply create a 'declining balance' account with a check or cash, and the Co-op will credit your account with a 3% bonus which would otherwise have gone directly to the credit card company. This is a great incentive that helps reduce the Co-op's annual credit card fees AND makes it possible for Members to 'shop for less' and have less time at the register. It's simple to set up, just ask one of cashiers the next time you're in the store. Help us to help you!



These beautiful bouquets of Tulips from our friends at Damsel gardens have been gracing the store recently! Check out their wonderful flower farm at http://damselfarm.com

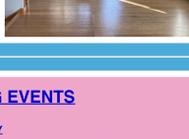
COMMUNITY ROOM HAPPENINGS

The Community Room has been busy! A variety of different activities have been taking place, and it is wonderful to see the room being used and appreciated, and serving the needs of the community.

We have Yoga classes 4 mornings a week, a regular Bi-Monthly Knife Sharpening event with Spijk from Rocky Hill Forge, a Dungeons & Dragons group has formed and is meeting here regularly, led by local Dungeon Master Travis Henry. We have hosted a beautiful story telling afternoon with local speech artist & actress Laurie Portocarrero, a healing/wellness afternoon channeling Aboriginal wisdom and healing methods, not to mention a 70th birthday party polluck!

The Community Room is a great space for many different activities, and it is not expensive to rent, there is a discount for members too.

Please do think of it when planning an event, or if you're thinking you'd like to offer something to the community- a class, talk, dancing, open-mic, poetry evening, book group, clothing swap-the possibilities are endless..... Please spread the word about this great space! Any inquiries about Community Room rental? Or suggestions of activities? Email Lucy here



UPCOMING EVENTS

MAY

THURSDAY MAY 19TH, 7:00PM- Quiz Night with our very own Gianni. A great opportunity to get together and have some fun, and test your general knowledge skills at the same time! Gianni has been hosting a quiz night for many years at the Chatham Grill and is now ready to add another night to his repertoire. Please do RSVP here, We will pass around a basket for contributions towards the use of the Community Room.

SATURDAY MAY 21ST, 3:00PM- Timeless Tales with Laurie Portocarrero. Lose yourself in the art of the spoken word and the wonder of magical stories. Laurie is a master storyteller who will transport you to another time and place, a very welcome retreat from our often fast paced world! Classic folk tales will be told, stories are suitable for all ages. Please do RSVP here. Suggested contribution- \$10 per family.

SATURDAY MAY 28TH, 2:30pm-3:30pm-. Come and learn about a new Wellness Center in the town of Chatham, The Sovereigns Collective, more information to follow. This is a public event and is free for all.

SATURDAY MAY 28TH, 7:15PM SHARP- Dungeons & Dragons game night with Travis Henry. This is a perfect group for beginners or people who would like to learn more. The group consists of experienced players as well as complete beginners, and spectators are also welcome. Much fun is had! RSVP here to sign up (spaces are limited), or for more information. We will pass around the basket for contributions towards the use of the Community Room.

JUNE

SATURDAY JUNE 4TH, 10:00am-4:00pm- Knife sharpening with Spijk from Rocky Hill Forge. Spijk returns to work his magic on your knives. No reservations needed, just stop by anytime during the day. Spijk will sharpen individual knives or whole knife sets, as well as axes, machetes etc. Please take a look at his website here to find out more about the wonderful work that he does, and to contact him directly.

Prices are as follows- \$1.25 per blade inch \$3.00 minor blade repair ( chips etc) \$5.00 major blade repair (large chips etc) \$8.00 tip repair +\$1.00 for bent or warped blades

The last knife sharpening events have been very well attended and we are happy to be welcoming Spijk back again!

SAVE THE DATE!

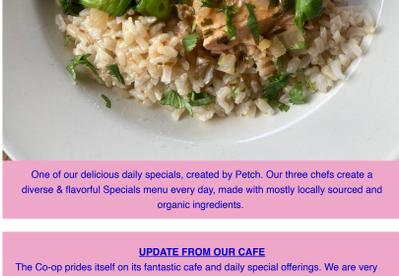
Our Annual Member Meeting will be on SUNDAY SEPTEMBER 18TH, 1:00-4:00PM.

We have a great day planned- Member Meeting from 1:00-2:00pm

Followed by conversation groups around the future of the Co-op, and Vendor presentations, delicious local food made by our fine chefs, and acoustic music to accompany us from local musicians.

Please do plan on attending and supporting your Co-op, it is our members that make a difference!

More information to follow - watch this space!



One of our delicious daily specials, created by Petch. Our three chefs create a diverse & flavorful Specials menu every day, made with mostly locally sourced and organic ingredients.

UPDATE FROM OUR CAFE

The Co-op prides itself on their fantastic cafe and daily special offerings. We are very lucky to have Tommy Carlucci, Petch Tranberg-Bennett and Nicole Kratt as our three chefs, each who bring their individual skill set and particular flavor to the Co-op. Tommy carries our Cafe on Mondays, Tuesdays & Wednesdays, with classics such as Meatloaf, Roasted chicken, Burritos, Frittata, Ribs, pasta dishes and many other signature dishes that he is very well known for!

Nicole is showcasing new dishes on Thursdays, and has been receiving great feedback on her creative menus and wonderful flavor combinations.

Petch is here on Fridays and Saturdays, with the very popular Salmon/Arctic Char dishes, as well as an excellent Vegan menu that is creative, tasty and full of goodness.....mmmm those Spring Rolls!

Alongside all this, we have our Paninis, sandwiches, falafel burger and salads as well as a fully stocked grab & go cooler and two fresh soups made daily! We musn't forget to mention the Housemade pies- Potato & Broccoli, Spinach & Feta (the favorite!), Vegetable Sarnosa and our Mediterranean Triangle, all made from scratch in our kitchen by Petch. These are very popular!

We post our Daily Specials on our Website and Social Media around 10am daily, and we do recommend calling ahead to reserve yours, we have been selling out very quickly recently!

We are looking for someone to join our cafe team. This is a great opportunity for someone who is passionate about providing fresh, healthy food to their community. We are looking for an individual to assist in the preparation and production of soups, salads, and sandwiches for our made-to-order cafe and deli case. This individual must also possess the skills and creativity to assist with packaged Co-op branded food items using ingredients from surplus of our produce and grocery sections of the store.

The Prep Cook will also assist the Cafe Cook during the busy lunch hours to ensure lunch orders are taken and fulfilled in a friendly, timely and organized manner.

Current Prep Cook needs are Tues 9:30-4:30, Wed 1:00-4:30, Fri 9:30-4:30, Sat 11-3

Please stop by the store for more information and for an application form, and do spread the word!

A very big "thank you!" to our cafe team who keep the standard high and keep our customers well fed each & every day!



Hiring advertisement for Cafe Prep Cook. Text: "We are hiring! Cafe Prep Cook Part Time. Join us in our mission to build a healthy, well-fed, local economy for our community. Stop in the store and ask for an application or find it online!"

Summer is quickly approaching, and here in the Co-op, we think a great way to relax at the end of a long & hot day is to be outside with a chilled beverage! We have a superb selection of alcoholic and non-alcoholic drinks to tickle-your-fancy in the Co-op, including Gluten Free beers, and we'd like to share some of these with you in time for Summer- Cheers! Here's to longer days and the warmth returning.



Some classics from Samuel Smiths Organic in England- (L-R), Apricot Ale, Pear Cider (Perry), Raw Cider from Brooklyn Cider House, Schneider Weisse, Samuel Smiths Organic pure brewed Lager and Lindemans Pêche (Peach Beer). Perfect for a summers evening!

For more information about these excellent breweries, click on the links below-

Schneider.Weisse

Brooklyn Cider House

Samuel Smiths Brewery

Lindemans

We are excited about these Gluten Free Beers from Ghostfish Brewery, check out their website here. This innovative Company, based in Seattle Washington, is re-inventing beer, in great gluten-free style! We have their IPA, Belgian White Ale and their Blonde Ale in the store. Give them a try, we think you'll be pleasantly surprised!



That's all folks- have a wonderful Spring and we'll see you at the Co-op!

