



At the Store

GREETINGS FROM DARRION

My name is Darrion Whalen and I am beyond excited to be the next General Manager of the Upper Valley Food Co-op! Having grown up in the Hudson Valley area of New York, I have since wandered the U.S. looking for a place to set my roots. I have lived in Florida, Arizona, North Carolina, Oregon and New Jersey. Since



becoming parents, my wife and I have sought a place that spoke to us and fulfilled our desire to be connected to beauty, varied landscapes, seasons and a simpler way of existence. We have found that and more, here in the Green Mountain state, and our roots are settling into the fertile soil.

My professional life spans a few decades in the food service industry, and then a transition to the retail grocery world in 2017 where I was the general manager for a regional independent grocer that specialized in organic foods. There I truly gained a connection to quality, thoughtfully sourced wholesome foods and environmental stewardship practices that ring true to me. This windy path of life has led me here to the Upper Valley Food Co-op, where I seek to lead this team in our mission to provide this Upper Valley community with access to the most wholesome and high quality foods, foster educational opportunities, and remain a positive force in the community.

Thank you for allowing me to become part of the family!

FUN AT THE ICE CREAM SOCIAL!



Thank you to everyone who braved the scattered rain showers and came out for our Ice Cream Social! Our co-op wouldn't exist without the members and customers who support us!

It was a lovely farewell for Sue and Norm, including a speech from Tina, the Board President, and a gift from the Board.



Our JULY partner is...

Windsor County MENTORS
HELPING YOUTH THRIVE

We match carefully-screened, caring adult volunteers who provide fun, trusting relationships with boys and girls between the ages of 5 and 18 who reside anywhere in Windsor County.

CO-OPERATIVE PRINCIPLES

1. Voluntary and Open Membership
2. Democratic Member Control
3. Owner Economic Participation
4. Autonomy & Independence
5. Education, Training & Information
6. Co-operation Among Co-operatives
7. Concern for Community





JULY 2023

From the Board

WHY YOU SHOULD JOIN OUR BOARD

BY KATE ROHDENBURG, BOARD MEMBER

I joined the UVFC as a member sometime around 2009 when I moved from Lebanon to White River. I loved walking around the quirky store, seeing what my neighbors were growing and making, and filling up sacks from the bulk department. Occasionally I would see a call for new Board members and always thought the invitations were for someone else. Lots of people have more experience than me - in policy governance, being on Boards, about co-ops and sustainability and food. When I started to consider running, I didn't know what that would mean. Campaigning? Competing? It took me until 2021 to send in my application.

With all the experience and wisdom I've gained over the past *almost* 2 years as a member of the Board, the GM Search Committee and the Nominating Committee. I want you to know that the invitation to join the Board is for YOU! The Board is a representation of our membership, supporting the General Manager to fulfill a vision of what it means to live our mission to promote the local economy, commit to sustainability, and enrich lives through education. We can teach you about policy governance, and co-ops, and the business of our store. We want your perspectives on how the co-op has been important in your life.

When we talk about community - what kind we want to live in and what places we want to thrive - it's participatory. We need you to join us. Please find information about what it means to be on the Board, and fill out an application (this week!) on our website or in-store by the registers.



NOFA-VT'S FARMER EMERGENCY FUND

Join us in donating to the Farmer Emergency Fund to support farmers hit by the flooding throughout Vermont.

www.NOFAVT.org/donate-now



Community Learning

Dance Movement Therapy

Thurs, July 13th 10-11:30am
Bugbee Senior Center, WRJ
FREE - Registration required

Gardening for Biodiversity

Thurs, July 13th 5:30-6:30pm
Rain Date: July 20th
Hosted by: Sustainable Woodstock
FREE - Registration required

Climate Farmer Stories with Norah Lake of Sweetland Farm

Thurs, July 13th 6pm
Norwich Public Library

Mending Circle

Sat, July 15th 10-11am
Hartland Library
FREE

Scottish Country Dancing

Wed, July 19th 7-9pm
Fairlee Town Hall
\$3, first time FREE

Backyard Chickens

Sat, July 22nd 10-11:30am
Billings Farm, Woodstock, VT
\$15, or \$10 for members

Plein Air Painting

Wed, July 26th 9:30-12:30am
St. Gaudens Nat'l Historic Site
(Hosted by: Library Arts Center
of Newport, NH)
\$12, or \$8 for LAC members
(and park entrance fee)