



JUNE 2023

At the Store

ICE CREAM SOCIAL

SATURDAY, JUNE 24TH 1-3pm

Join us as we celebrate another year of serving our membership and being part of the amazing Upper Valley community! We'll have cake, ice cream, and watermelon! (Including a gluten-free cake and dairy-free ice cream!) But we'll also have live music from Rose Hip Jam, samples from local vendors, and sewing crafts for kids!



This year's Ice Cream Social will be a special one as we say farewell to Sue and Norm, who have been our General Management Team for the past 13 years, and welcome Darrion, our new General Manager! Join us as we celebrate Sue and Norm and all they've done for our co-op!

ALL DAY 10% discount for ALL customers!

Ice Cream Social & Farewell to Sue and Norm

Saturday June 24th
1-3PM, AT THE STORE

Live Music, Vendor Samples, and more!

And join us in saying farewell to Sue and Norm, our amazing General Management Team

*In-store product only. No holds. No special orders.

WELCOME DARRION!

BY THE GM SEARCH COMMITTEE

The Board of Directors is excited to announce that Darrion Whalen is joining the UVFC team as our next General Manager! There will be lots of opportunities for members to get to know Darrion - keep an eye out in store and in this newsletter next month!



Member Perk!

INVENTORY SALE!

June 29th & 30th

- Save 5% on purchases of \$50-99
- Save 10% on purchases of \$100-199
- Save 15% on purchases of \$200 and over

This sale is for CURRENT UVFC MEMBERS ONLY

WE WANT YOU TO JOIN OUR BOARD!

BY THE NOMINATING COMMITTEE

Every year we hold an election for the board of directors, and it's members just like you who are running in that election. This year there are several open spots on the Board in addition to those running for re-election. Board President Tina says her three favorite parts of serving are: learning about both cooperatives and the grocery business, meeting people who share co-op values, and giving back to the community. Visit our website to learn how YOU can join a vibrant team at an exciting time!

COMMON CENTS

Our JUNE partner is...

Real organic means growing food in soil.

Real organic means raising animals on pasture.



In the Community

ONE HEART WELLNESS CO-OPERATIVE

BY SAMANTHA SUKUMAR, BOARD DIRECTOR
AND OHWC CREATIVE DIRECTOR

One Heart Wellness Co-op is a member-owned and operated holistic living cooperative. We have organically formed in the heart of the Upper Valley (VT/NH) yet our mission has a global reach.

Our mission is to offer inclusive spaces for accessible, quality holistic practices, products, and services for the community, by the community.

Our first project is opening a Wellness Center in downtown Windsor. It is located at 64 Main St. Windsor, VT. We plan to purchase the building and renovate before we launch our full plan, but for now we open on select days and times.

Being downtown is lovely and we have enjoyed connecting with Windsor and surrounding communities. We are grateful to be "planted" intentionally in the Upper Valley because it is a vibrant epicenter of health and wellness.

We have chosen to be a cooperative organization and are thrilled at the success rate of cooperatives globally. We are a mission-based organization that operates with conscious principles.



We are dedicated to the well-Being of ALL.
EveryOne is welcome to visit, explore, and participate.

Membership is not required but encouraged!

INTERNATIONAL DAY OF CO-OPS

On July 1st, the co-op community will celebrate the 101st International Day of Co-operatives. Co-operators from all around the world will discuss the relationship between the cooperative movement and each of the Sustainable Development Goals, which were adopted by all UN Member States in 2015, as part of the 2030 Agenda for Sustainable Development. The Sustainable Development Goals are a universal call to action to end poverty, protect the planet and improve the lives and prospects of everyone, everywhere. Co-ops across the world show how the cooperative way of working moves us toward reaching these goals.



Community Learning

Spiderwalk
Sat, June 10th 8:30pm
Quechee Village Green
FREE

Crafternoon
Mon, June 12th 3-4pm
Kilton Library
FREE

Intro to Bellydancing
Tues, June 13th 7:15-8:15pm
Hanover Rec Center
FREE

German Conversation Group
Thurs, June 15th 9:30-10:30am
Umpleby's Cafe
FREE

Let's Talk About Sex
For ADULTS with Special Needs
Tues, June 20th 4:30-5:30pm
Special Needs Support Center
FREE

Learning for KIDS

Learning to Sew
4 week series, starting:
Fri, June 23rd 10:30-11:30am
Quechee Library
FREE
Registration Required

A Look at Beekeeping
Tues, June 27th 4-5pm
Quechee Library
FREE