



CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES



June 2010



Platinum Plate Award Winner
2008, 2009, 2010

"Best Family Restaurant"



Open Daily
Closed Wednesdays
6am—3pm
As of June 21st, Open 7 Days



Fathers Day

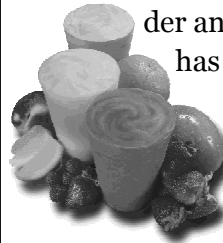


Sunday, June 20th is Dad's Day this year. We'll be giving dad's our honey dip doughnuts to recognize their dedication and love to the family. Being a dad to a number of kids over the years has shown me this role is not to be taken lightly. While a stern, consistent philosophy seems to have given the kids a rock to lean on it is this stability of a reliable love that most kids crave no matter the age. Happy Father's Day.

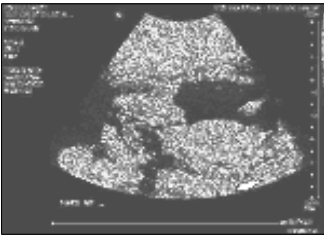


Ice Cream at Congdon's

We have brought Giffords Ice Cream to Congdon's this summer. With a brand new dipping cabinet we'll be making some great treats. We will have Ice Cream Cookie Sandwiches made to order and Yummy smoothies. Our smoothie recipe has been revamped and made with your choice of ice cream or yogurt with 4 delicious flavors. We'll be sampling them out this June to give you a taste of the uniqueness only a smoothie can give.



New Addition to the Family



My newest grandson is due at the end of this month!!!

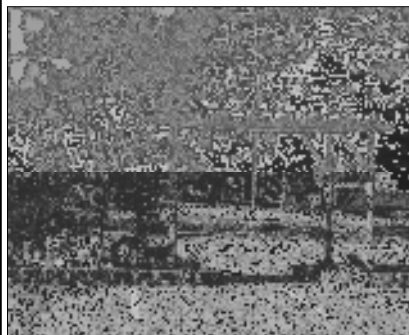
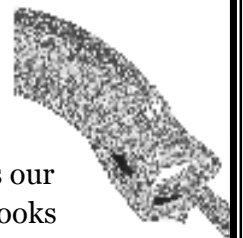


Logan is estimated to be a big boy... pushing 9lbs!!! While this will be my 5th grandchild, this one will be a little harder to hold and such as they live in San Diego, CA.

Looks like we'll be making quite a few coast to coast visits.

Changing Colors

After changing the siding on the North side of Congdon's back in April, we decided to change the color of our entire building to match. Barn Red is our new hue and we all think it looks great! Our new trellis in the parking lot looks cool too. We hope to entice more vine type plants up and over our new trellis to create a warm feel in our parking lot. Our vegetable garden in our island should have cherry tomatoes ripening by mid August. Be sure to grab one for a great summer time treat!



Congrats to the Grads

Congdon's would like to Congratulate the graduating classes of 2010. Whether high school or college, we are proud of their achievements.

The Congdon's staff graduating this year is: Alex Putnam, Alex Leech, Kaitlyn Leech, Emily Ford, Sarah McLean, Cassie Dixie, Kristine Bernier, and Becky Maynard.

Great Job! We are proud of all of you!



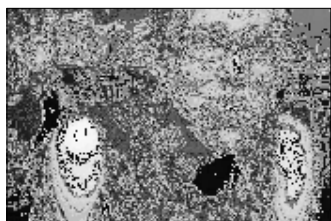
55th Birthday... Success

We had our 55th birthday celebration and what a party it was. Over 150 guests stepped up to the microphone and

belted out a verse of Happy Birthday Congdon's. One group even brought in an accordion and entertained us all. Our doughnut eating contest was won by Steve Egeland of Leominster, MA



by eating 11 doughnuts in 10 minutes. He won a \$100 Gift Card to Congdon's and is the champ of his family every time he comes to Maine. Thank you all for the well wishes for Congdon's longevity. It is a very cool milestone. If you would like to see



some of the singers and parts of the doughnut eating contest you can view our great videos on our Facebook page.

Sweet Rewards Members

Are you a member of our Sweet Rewards program and have not received a birthday or anniversary card during those months? Or have you have reached your 200 points but never received an Awards Certificate?

If this is so then your information may be wrong in our system.

Please email us or come in to let us know and we will check for you.

Info@Congdons.com



Father's Day History

The first Father's Day was observed in 1910. It was the inspiration of Sonora Dodd, who hit on the idea while listening to a Mother's Day sermon the previous year. Her own mother had died in childbirth when Sonora was 16. She helped her father, William Smart — a Civil War veteran who had moved his family to a farm in Washington State — to raise the newborn, along with her four other brothers. Sonora had long held her father in high esteem, but it was not until she was an adult with her own family that she realized the hardships and sacrifices he had made as a single parent. Sonora approached the

Spokane Ministerial Alliance with the idea of creating a day to honor fathers. She suggested that the observance take place on June 5th, her father's birthday, but the alliance chose to make it the third Sunday in June.

Today, Father's Day has become a day not only to honor fathers but also all men who serve as father figures, such as stepfathers, uncles, grandfathers, and male friends of the family.



Funny Bone Fact

Your funny bone isn't a bone at all. It's the spot where a nerve, running from the spinal cord to your hand,

stretches across your elbow. It runs between the upper arm bone (the humerus) and the forearm bone, (the ulna) this is called the Ulna Nerve. Because it is protected

by only a thin layer of skin, bumping the nerve causes a tingling sensation in your arm and fingers. That funny feeling is what gave the area its name.



"Clean Restaurant, Excellent Food, Fast Service, and the Best Jelly Doughnuts in the World!"

Marie Barber

Winchester, MA

Monthly Giveaway

And the \$50 goes to...
June Speliotis from Danvers, MA

Mary of the "Morning Breakfast Club," drew the winner of June's \$50 gift certificate monthly giveaway. Carol won \$20 cash for being the server who enticed June to enter.

Be sure to enter our \$50 gift certificate Monthly giveaway. Your server has the entry cards and would love to have you be this months winner. The winner can purchase anything here at Congdon's. You could get 35 Hamburger Doughnuts, 33 Raspberry Squares, 60 Small Honey Buns... whatever you desire!!!

You could be our next winner; be sure to enter on your next visit to Congdon's.

Dog Biscuits

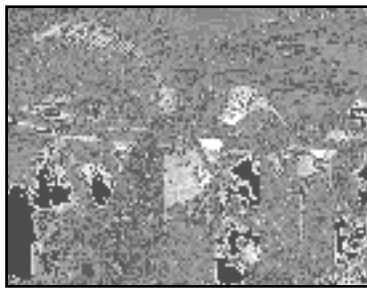
Crunch, my golden retriever, is due for another hair cut. This time of the year I get him shaved so he looks more like a yellow lab when they get done with him. His new look will be so much cooler during the up coming dog days of summer.



It won't be such a hard time getting the sticks and leaves out of his fur after a wild back scratching session on the lawn either. With the way Crunch's hair grows there is no doubt in my mind that he will have his winter coat back on long before the snow flies.

Where in the world is this?

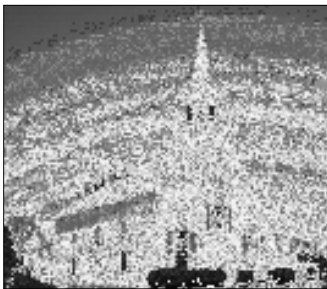
A free doughnut if you know this loca-



Wells/Ogunquit Historical Society



The local historical society of Wells & Ogunquit is in the process of a weatherization project for the old meetinghouse/church. (right next to CVS on Route One) Currently the steeple is getting reconditioned with the roof and siding on tap for new surfacing. Over \$50,000 in reconstruction is needed to preserve this neat old building. There is a extensive library, museum, and church hall within its walls and is open to all dating back to the 1600's. Any gifts are being accepted to help in this endeavor and if your gift is over \$100 you get a free dozen doughnut coupon from Congdon's.



You can mail your donation to:
W/O Historical Society
PO Box 801 Wells, ME 04090

Exercise caution in the summer heat

As the warm days of summer set in, keep these safety tips in mind to avoid stressing your body as you work outdoors:



1. Perform your heaviest tasks during the morning. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.

2. Build your tolerance. It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give yourself time to adjust to higher temps.

3. Use the buddy system. That way you can keep an eye out and get help if needed.



4. Drink water. Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.

5. Take breaks. Give your body a chance to cool down by heading off to a cool area for a few minutes.

6. Eat lightly. Avoid heavy or big meals before you have to work in the heat.

7. Skip the caffeine. It makes your body lose water and increases your chances of heat illnesses.

Flag Day, June 14th



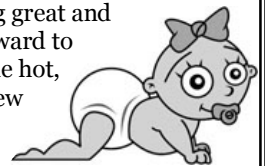
On June 14th, 1885, Bernard J. Cigrand, a 19 year old teacher at Stony Hill School, placed a 10 inch, 38- star flag in a bottle on his desk then assigned essays on the flag and its significance. This observance, commemorated Congresses adoption of the Stars and Stripes as the flag of the United States on June 14, 1777. This observance was also the beginning of Cigrand's long years of fervent and devoted effort to bring about national recognition and observance of Flag Day. The crowning achievement of his life came at age fifty when President Wilson, on May 30, 1916, issued a proclamation calling for a nation wide observance of Flag Day. Then in 1949, President Truman signed an Act Of Congress designating the 14th day of June every year as National Flag Day. On June 14th, 2004, the 108th U.S. Congress voted unanimously on H.R. 662 that Flag Day originated in Ozaukee County, Wisconsin.

Congdon's Baby Update

Update on our lovely pregnant Congdon's servers, Becky and Kerri.

Kerri just found out that she is having yet another girl... that will be 3 daughters. Oh, her poor husband!! Becky has not found out yet but is very excited to do so. She thinks it is a girl, we'll see if she is right.

Both girls are doing great and are not looking forward to being pregnant in the hot, humid days of a New England summer.



No longer required: the traditional necktie

Neckties may be the most popular Father's Day gift, but it will take more than that to rescue the neckwear industry from its current slump. The *Los Angeles Times* reports that the number of neckties sold in the United States fell 18 percent in 2009, to 29 million. The drop is more than double the 7.3 percent decline in 2008.



Industry analysts cite the trend toward casual dress, with top executives (including President Obama) more willing to be seen in public in blazers and dress shirts but without a necktie.



"Excellent quality of food, the portions are great for the price, and the servers are very friendly."

*Michelle Manning
Feeding Hills, MA*

