Vote for the Co-op’s Future

November 3rd is Election Day, and that is when this Fall’s Co-op election begins as well. So read up in advance on the upcoming ballot measures, and get all your voting done in one day! The election runs from November 3rd through November 21st.

Sugar policy

The present policy on sugars in the Co-op was developed to support healthy eating habits and global food politics. This is outlined in the pro and con statements following the ballot question, which reads:

"Shall the Co-op be allowed to carry refined sugars* and products containing refined sugars for their members that choose to buy them?"

* "Refined" refers to sugars such as brown sugar, date sugar, and white sugar currently not allowed under the present policy that was passed by member vote in the Spring of 1981. The previous policy allows the sale of turbinado, fructose, honey, and unrefined sugars such as molasses.

Long range goals

The Co-op's Board of Directors, The Long Range Planning Committee and the Co-op's staff have put a lot of effort, over the past year, into articulating goals for our long range plan. We've surveyed the membership, brainstormed, written proposals and counter-proposals and finally taken the draft of the plan to the General Membership meeting for review. Here, finally, is the proposal which we are asking the membership to approve (as a package).

Many of the goals stated here are already being worked on and represent, we feel, a general consensus on the direction that our membership wants us to be heading. This ballot is a way of asking you, the membership, to confirm (or not confirm) our sense that we are "on track" with our planning. We are hoping for overwhelming formal approval of these goals at the ballot box and for continued support and creative thinking from the membership in the process of realizing our goals.

If these goals are approved, the Board and staff will turn their attention to formulating a plan to implement.

By-laws

The Board of Directors is proposing some minor technical changes in the By-Laws audit procedures. These changes will require membership approval, of course, and the ballot reads:

"Shall the Olympia Food Co-op's By-Laws, Section 5, Part 2: Audit Committee be changed to read:

(continued p. 6)

INSIDE:

3 Chocolate: Good For You?
5 Dangers of Styrene
8 A Recycling Satire
12 Harvest Recipes

VOTE FOR YOUR CO-OP NOV. 3-21
LETTER

To the Co-op Membership:

Last year my husband had a stroke and after extensive tests and a week in intensive in the hospital, he was unhocked from the sophisticated machines, released and told 'there is nothing more we can do for you'.

We then began looking for alternatives. There was nowhere to go but up. Our alternative turned out to be Dr. Thieu Nghiem, who works with people through diet, vitamins, and exercise to help lower their cholesterol level, improve circulation, and actually reverse arteriosclerosis. He has done wonders for my husband, who now looks and feels great; and I have benefited along with him. It was Dr. Thieu

who told us about the Olympia Food Co-op, as he does many people. It isn't easy to find natural foods and other good things to eat in your average supermarket.

He has also had success with diabetes patients and with Alzheimer's disease.

Dr. Nghiem of one of a small group of M.D.'s who studied nutrition for two years at Harvard. Few medical schools offer classes in clinical nutrition. He feels pathologists and medical educators greatly underestimate the power of reversibility of the body deterioration. They do not know the power of diet and nutrition.

Groomed to be a professor of medicine, he taught for many years. Two of his students went on to become hospital chief's of staff. He now feels he can be most useful working directly with patients in the field of preventative

(continued p. 13)

PHOTOGRAPHER WANTED

The Co-op News is looking for a staff photographer to work on each quarterly issue. Experience in black and white photography for reproduction purposes is preferred. You need to provide your own camera, but will be reimbursed for supplies. This position earns working member credit.

To apply, write to the Editor (see Press box for address), describing your experience, and include both an address and phone number. If possible, enclose a sample of your reproduced work (for instance, a page from a periodical you have contributed to). Applications should reach us by November 20th.

WINTER ISSUE DEADLINE

Deadlines for the Winter issue of the Co-op News are: Articles - December 30th; Community Events Announcements - January 5th. The Winter issue will be published late-January.

Members are always invited to write for the newsletter, whether it's an article, a book review, recipes, letters or anything else of interest to Co-op members. Working member credit is available for work on articles.

See the Press Box at right for address. Submissions should be typed and double-spaced, and include the author's phone number in case of questions.

MAILING POLICY

The News is mailed to members quarterly. We mail one copy to each address on file, unless additional copies are requested. To receive your copy, fill out an address form at the checkout stand, and give it to the cashier. If this is in addition to another copy for your household, be sure to fill in, on the form, the name of the other person in your household receiving the News. We will then mail separate copies to both of you. Thanks!

Olympia Food Co-op

Mission Statement

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of all people, by providing wholesome food and other goods, accessible to all, through locally oriented, not-for-profit cooperative organization. We strive to make human effects on the earth and its inhabitants positive and renewing. We seek to:

- Provide information about food.
- Make good food accessible to more people.
- Increase democratic process.
- Support local production.
- See to the long-term health of the business.
- Assist in the development of community resources.

PRESS BOX

The Co-op News is produced by working members and staff, on a quarterly basis. All members are encouraged to participate. Questions, submissions, and comments can be directed to: Co-op News, 921 N. Rogers, Olympia, WA 98502, Attn. Editor, or can be left in the newsletter basket in the front office of the store.

Editor -- Diane Gruver
Layout & Paste-up --
Diane Gruver, Chris Walline
Contributors --
Alan Brisley-Bown, Bruce Haney,
Gary Kelsberg, John Konovsky,
Kim Landschut, Harry Levine, Chris
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Photography -- Sam Van Fleet
Bulk Mailing -- Juli Ganoe

2 - Co-op News
Chocolate — a self-loving indulgence

Gary Kelsberg

I have shopped at many co-ops, east coast and west, north and south, and ours is one of the best I’ve found. I drive seventeen miles from Johnson Pt. to shop at the Co-op, and I couldn’t be more pleased with our store. I do have one suggestion though, regarding our policy of carrying limited types of chocolates.

It is clear that the Co-op is dedicated to providing healthy and nutritious food at low cost and high quality. We are to be commended for our morality and conscience in keeping the community well-being in mind in choosing the products we offer. I do feel, however, that the decision to limit chocolate in our stock does not support this goal.

I too am interested in the health and well-being of the community. I am a family physician working at Group Health, caring for adults, pregnant women, and children of all ages. I try to live and teach a healthy lifestyle. I also enjoy chocolate in its various forms. In the last year, I have done some research on the health effects of chocolate.

Chocolate is derived from the seeds of the cacao plant, Theobroma cacao (taken from the Greek for “food of the gods”). It is native to the tropical Americas and is first known to have been used by the ancient Mayans. The word chocolate is from the Mayan "chocolatl" or "warm beverage." The Aztecs also drank chocolate and Montezuma served it in golden goblets. Hernando Cortes took chocolate to Spain in 1528, where it remained a secret treat for the royal court for almost a century. Over the next hundred years its popularity grew throughout Europe and in 1702 it reached London. Now, Americans lead the world in per capita chocolate consumption.

To make chocolate, cacao seeds are fermented, husked, and cracked into pieces, called nibs. Grinding the nibs releases the cocoa butter and forms chocolate liquor, the basis for all chocolate products.

Cocoa butter is a natural plant oil that is semi-solid at room temperature. It contains no cholesterol. The percentage of cocoa butter largely determines the richness of the finished chocolate.

Chocolate also contains theobromine and caffeine, members of the methylxanthine chemical family, which includes theophylline, found in tea. Caffeine stimulates the central nervous system, producing short-term increases in alertness and memory acquisition. Theophylline stimulates the heart and lungs and is useful in the treatment of asthma.

Theobromine does not seem to share the properties of its chemical cousins to any significant degree. Experiments show that giving theobromine without caffeine produces no insomnia or rapid pulse.

The amount of caffeine in two ounces of milk chocolate is six milligrams. A cup of tea contains about sixty milligrams of caffeine, and a cup of espresso approximately one hundred and sixty.

We know of no long term ill-effects produced by the use of chocolate. There are even studies in dental research that indicate that chocolate is less likely to cause tooth decay than other sweets— including citrus fruits.

In summary, as a physician, I can tell you that chocolate is a mild stimulant and source of energy.

While it is no longer considered to be an aphrodisiac (Casanova is rumored to have consumed gallons of hot chocolate), it is certainly symbolic of romance and esteem, both as sweet gifts for others and self-loving indulgences.

As a humanist, I must say that eating chocolate is uniquely satisfying, an experience that renews faith in life's goodness, despite hard times or personal disappointment, a view that has been shared by millions of people for hundreds of years.

I hope you will come to the same conclusion. I would like to see more of this reassuring treat on the shelves of the Olympia Food Co-op.

---

THOROUGHLY RELIABLE
THE BEST RESULTS ARE OBTAINED
BY USING

Baker's Chocolate
(Blue Wrapper, Yellow Label)

In making Cakes, Pies, Puddings,
Frosting, Ice Cream, Sauces,
Fudges, Hot and Cold Drinks
For more than 140 years this chocolate has been the standard for purity, delicacy of flavor and uniform quality.


Walter Baker & Co. Ltd.
DORCHESTER, MASS.

Established 1870

From the Boston Cooking School Cook Book, Fannie Merritt Farmer, 1918 edition

The Co-op carries Baker's chocolate, Hershey's Powdered cocoa, and there's chocolate in some of the snacks. The current sweetener policy is the major reason we don't carry many chocolate items. This policy is the subject of a vote on the upcoming ballot; see related articles in this issue.
Good Byes to:

Staff Member Kirk Russell, who has been described as "floor coordinator extraordinaire." Kirk has worked for the Co-op for almost three years, and will change direction in his activities now by staying home full-time with his daughter.

Newsletter Photographer Sam Van Fleet, who's been making contributions to the newsletter for several years. His work has lent visual interest to the newsletter, and introduced the membership to the faces of new staff. Sam also moves on to new things as he departs to Seattle in order to focus on dance.

Bulk Mailing Andrea Winship, who's shared both her high degree of efficiency and her speed with the Co-op in order to get the newsletter mailed each quarter - not always an easy task. Andrea will continue to use her talents in the wonderful Mercantile section in the store.

TURKEY TIME

(But it isn't even Hallowe'en yet!)

If you've never tasted a naturally-raised turkey from Shelton's Poultry Farm in Pomona, California, you've missed a real treat. Available on a pre-order fresh or frozen, Shelton's turkeys are raised without the use of hormones, antibiotics or chemical growth stimulants, and the difference is obvious.

Of course, to enjoy this special treat, you must plan ahead. Nobody wants to think about Thanksgiving this early, but Shelton's turkeys must be ordered no later than October 29th, or you can order by October 21st and save 10 cents per pound. Early bird orders can also make use of our coupon special and save an additional $2.00. This year's turkey prices will run approximately $1.69/lb. for early birds and $1.79 if ordered by Oct. 29th. You must order in person, and a $5.00 deposit is required. Happy Stuffing!

LETTER

(continued from 2)

medicine, and has been in private practice in Tumwater for the last six years.

He treats patients as individuals and considers the doctor-patient relationship a "partnership". Your medical records are always open to you, and your questions are answered. A good attitude and healthful lifestyle are an integral part of his treatment. He is a doctor who deals with the person as well as the disease.

If I can help anyone who is searching for new ways to prepare foods, or suggestions on where to purchase items or how to interpret labels... or just lend support, I'd be happy to talk with you.

Sincerely yours,

Pat Nikola
754-2575

Volunteer Your Opinion

The Personal Committee is undertaking a long overdue task - an evaluation of the volunteer working member system. We have developed an evaluation survey for all those involved, past and present, in the working member system. The committee will compile the surveys, develop recommendations, and issue a report to the members, staff, and Board.

If you are a current, temporarily inactive, or retired volunteer working member or staff person, we invite you to fill out an evaluation form, available in the worker center near the front office. Completed surveys should be returned to cashiers. You can claim credit hours for your time spent in completing the evaluation, up to 1 hour. Deadline is October 20th.
Another Side to the Chemical World

Bruce Haney

The sky is falling! The sky is falling! Chicken Little's outrageous cry was fostered not solely by his ignorance, though that was certainly manifest, but more from his lack of observation and failure to read Nature's warning signs. He had chosen to nap beneath a tree loaded with nuts at a time when there was a rising wind.

Unlike Chicken Little's time, today it can honestly be stated that the sky is falling. A huge hole has developed in the ozone layer of the Earth's atmosphere. This is allowing unacceptable amounts of ultraviolet light, a major cause of skin cancer, to reach the surface of the Earth. Chlorofluorocarbons, produced by the decomposition of products containing Styrene, are thought to be the cause of this phenomenon.

The use of Styrene, a volatile organic solvent, is widespread in modern life. It is an element in everything from styrofoam cups and fast food containers to fiber glass and plastic products. In fact, the use of Styrene is so ingrained in 20th century life that it is hard to conceive of a world without it. But are the modern day Chicken Littles only failing to see the falling sky, or is something else involved? Most assuredly.

A cursory look at the toxicity of Styrene reveals some very thought-provoking statistics. Ten million Americans are directly exposed to volatile solvents such as Styrene in the workplace, millions more are exposed through educational pursuits, and hundreds of millions more through incidental exposure. Very little, if any research is being performed on incidental exposure. However, there are three agencies concerned with on-the-job contact: The National Institute for Occupational Safety and Health (NIOSH), Center of Disease Control Division; The Occupational Safety and Health Administration (OSHA); and the American Congress of Governmental and Industrial Hygienists (ACGIH).

The legal exposure limit for Styrene as established by the OSH Act of Congress in 1968 is 100 parts per million (ppm), with an allowable 600 ppm, providing the higher level does not exceed 5 minutes in any one 3 hour period. This exposure limit was garnered from ACGIH research. OSHA was then established as the monitoring and regulatory agency responsible for safe chemical exposure levels in the workplace.

However, the 1968 OSH Act cut in stone, as it were, safe chemical exposure levels, and it takes an act of Congress to change them. Meanwhile, the ACGIH, in 1982, recommended a 50 ppm maximum exposure limit for Styrene, with short term levels not to exceed 100 ppm, 1/2 and 1/6 respectively of the current legal level. The new limit was based on the finding of tumors in animals after long term Styrene exposure.

NIOSH has been studying the neurotoxicity (nerve and brain damage) of low dose, long term Styrene exposure for the past several years, with emphasis on behavioral changes. In 1985, Dr. Kent Anger, Chief Neurobehavioral Toxicologist at the Center of Disease Control (CDC), NIOSH Division, reported that significant changes had been observed in brain wave patterns at Styrene concentrations as low as 30 ppm. Low-grade, but significant, symptoms of fatigue, difficulty in concentration, and irritability were also found. Dr. Anger's findings were based on studies of humans rather than experimentation with laboratory animals.

Research by Dr. Anger and his staff led to the inarguable conclusion that the symptoms of chronic Styrene exposure were many times more insidious than for acute (single large dose) exposure. Besides brain wave and concentration abnormalities, irritability, and fatigue, the list was expanded to include neurological and neuropsychological effects such as memory reduction, diminished learning capacity, loss of coordination, and lesions in nerve cells.

A decade previous to the NIOSH research, Dr. J.L. Laseter, a toxicologist and the only EPA (Environmental Protection Agency) science advisor during both the Carter and Reagan administrations, found that Styrene, which is fat soluble, and can be stored in the body, was being passed from mother to fetus. Alarming, Dr. Laseter found that in many cases, the level of solvents in the fetus was equal to, and often more than in the mother's body.

The Merck Index, a reference available from any pharmacist, warns that Styrene is a narcotic. Coincidentally, Dr. Anger also noted that one of the symptoms of chronic Styrene exposure was behavioral changes in the children of exposed individuals. The same type of changes have been seen in children of illicit drug users.

In March of this year, the CDC issued a Current Intelligence Bulletin entitled, "Organic Solvent Neurotoxicity". Specifically mentioning Styrene, the bulletin states that the symptoms include personality changes, emotional instability, diminished impulse control, in addition to the previously mentioned symptoms.

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Sugar Policy

barley malt, and various syrups, but disallows all other refined sugars such as date sugar, raw brown sugar, and white sugar.

In favor of change

The Co-op receives many requests for certain products which contain sugars including Hagen-Daz and Double Rainbow Ice Creams, some seltzer brands and sauces like horseradish. We also get occasional requests for white and brown sugars in bulk.

There are some ethnic and specialty foods that are very difficult for people to get in Olympia, which contain disallowed sugars. There are good reasons to carry these products, including our own Mission statement and recent goals about increasing the diversity of the Co-op membership. Carrying products like our "Kosher for Passover" line, some of which contain sugar, helps to meet these goals.

Our current policy is contradictory. It leaves people with the impression that some sugars are bad and others are good. Many parents support the sugar restriction because they feel like they can let their children select any treats in the store and those treats will be relatively healthy. It's true that none of our treats contain white sugar, but that does not make them healthy per se. Children can and do get a sugar rush from honey (so do adults) or too many oranges for that matter. None of this means that white or other refined sugars are good for you. They aren't. Some people fear that relaxing the sugar policy will limit the Co-op with Pepsi and Snickers. The irony of the current sugar policy is that we could sell the "new" Coke. It's sweetened with high fructose corn sweetener.

Different people, however, have different tolerances for all substances. Different people also have different tastes and desires concerning their diets. A tolerance policy does not force people to eat things they do not choose to. It merely makes it possible for all of us to choose for ourselves.

-Eileen Watt Smith

Sticking with a good thing

By allowing refined sugar in the Co-op we would be opening the door to a host of products with hidden sugar, not to mention taking a step backwards in our stand on global food politics. By carrying products with hidden sugar we would be supporting the processed food industries program of training consumers to rely upon sweets. Many Co-op shoppers don't want any refined white sugar in their diets and appreciate shopping in a store where they don't need to read the labels to know they aren't buying white sugar. In addition, our current policy takes a stand on the global politics of sugar. Sugar production uses up vast acreages of arable land, mostly as huge plantation in third world countries. The sugar "machine" works against food self-sufficiency and against the political and economic self-determination of third world people. Voting No, and keeping our policy against refined sugar in place is one way that our Co-op can put its money where its mouth is, and take a small stand on an important global issue.

- Alan Brisley-Bown

(continued from 1)

By-Laws

"The Board shall name an Audit Committee or select an experienced accountant to audit the books of the cooperative after the close of every other fiscal year. Members of the Audit Committee or the accountant may not be employees of the cooperative or members of their immediate families. The Audit Committee or accountant shall report their findings to the Board in writing before August 30th after the end of the fiscal year."

The changes contained in the above wording would make it possible for a Board Member to serve on the Audit Committee, allow for audits to happen every other year instead of yearly and make the audit deadline more reasonable (and achievable).

Board members are elected and never handle Co-op money so there is no conflict of interest in a board member serving on the Audit Committee. Running a full financial audit every year is unnecessary and a lot of work. The current deadline (March 31) puts a tremendous amount of unnecessary pressure on the Audit Committee. Please help us with these problems by voting for these By-Laws changes.
Long Range Goals

them. We want this document to work for us, not fall into disuse.

The Long Range Goals Document

"Shall the Olympia Food Co-op adopt the following goals for our five year plan?"

This document lists goals of what we want to achieve in the next 5 years. These goals provide a bridge between the more short-term planning and decisions made by staff and board and the overall goals of the Co-op stated in the Mission Statement and By-Laws.

Co-op Building

The Co-op shall stay in its current location and the building which we bought. We shall raise as much as possible of the $100,000 needed to refinance the building (due November 1989) through member loans or other alternatives to bank financing.

Co-op Operations

Over the next five years, we plan to continue growing and to provide better pay to staff, while not increasing the mark-up on food. Specific goals are:

- Raise overall compensation to staff from the present pay scale and benefits. These increases shall be greater than the increase in the Consumer Price Index.
- Maintain a minimum of 5% annual growth in sales, and increase diversity of product line.
- Maintain (or decrease) the average overall mark-up on food items sold to members.
- Clarify and publish product selection procedures.
- Explore the advantages and disadvantages of technological and automated systems in an attempt to better serve members and free up more staff time for other Co-op activities.
- Maintain collective management system for the staff. Improve the clarity of decision-making powers of the board and staff. By 1992 study and evaluate the advantages and disadvantages of going to a more hierarchical decision making structure within the staff.
- Continue and improve the volunteer working member system including developing methods to encourage long-term commitment and achieving better shift coverage. Evaluate member satisfaction with the system.

Co-op People

During the next 5 years we want everyone involved in the Co-op to find increased satisfaction and enthusiasm for their role. Goals we want to achieve include:

- Increase the number of members
- Continue to increase the number of members voting on ballots and elections
- Increase the diversity of the membership
- Increase the participation of the General Membership in planning, governing and operating the Co-op.

Co-op Community Influence

For the next 5 years, we plan to take a more active role in stimulating food awareness and supporting local businesses, co-ops, and organizations that share our visions for a more balanced and healthy community. These activities shall include:

- Providing product information to shoppers including nutritional content, food preparation, health benefits and hazards, benefits of organic food and global food politics.
- Maintaining political involvement and activism on issues related to food or in support of the Co-op's broad goals in the Mission Statement.
- Increasing our support for local businesses and organizations producing items purchased by the Co-op or organizations operating in support of the Co-op's goals. Support includes financial help, consultation and training in marketing, personnel skills, self-management, and finances.

VOTE

Nov. 3-21
ANOTHER SIDE...
(continued from 5)

The bulletin also reported irreversible brain reactions at levels far below legal limits, and that exposure to two or more solvents simultaneously causes more damage than contact with a single compound. Therefore, the CDC is recommending the adoption of the lowest reported safe level of exposure, whether that be from NIOSH, OSHA, or the ACGIH, regardless of the minimum legal standard.

Of still greater concern, in 1983 the ACGIH recognized the disease of Chemical Hypersensitivity. Similar to alcoholism, petro-chemicals become toxic to a person even in minute amounts, just as alcohol becomes toxic to the alcoholic when the threshold of tolerance is breached. Unlike the alcoholic, however, the chemically dependent person becomes maladapted to many substances, including alcohol, which is an organic solvent.

All exposure limits are based on safe levels in the work place. In other words, exposure limits are figured on the basis of an 8 hour day, 5 day week hypothesis. The relationship between incidental or hobby contact, and Chemical Hypersensitivity are not addressed. Because Styrene is so common there is reason for concern about the use of modern conveniences made from styrofoam, plastic, or resinous material. All people are exposed, unless they have escaped the 20th century completely, and that exposure does not end at 5:00 o'clock, but is continuous for 24 hours a day, 7 days a week.

The seriousness of chronic Styrene exposure can best be understood when it is known that the breakdown point of the substance is 85 degrees Centigrade, fifteen degrees C. below the boiling point of water. Hot drinks from a styrofoam cup will induce detectable levels of Styrene in blood samples up to five hours after consumption.

There are too many variables to know exactly how much Styrene enters a fast food sandwich after it is placed in a styrofoam container and put under heat lamps. The amount would be substantial, in any case, as cooked sand-

iches are heated many times higher than the boiling point of water.

Plastic finishes on wood work in window sills and plastic dash boards of cars are often heated above 85 degrees C. by the Sun. Fireplaces and back yard burn barrels used to dispose of trash containing styrofoam, fiber glass insulation surrounding home or hot water heating units, styrofoam pillows next to electric blankets, and foam backed carpet or foam carpet padding in the close proximity of heat sources are all examples of possible Styrene contamination in the home or office. Really the list is endless.

The sky is falling. Indeed, that is obvious by the observation of the loss of ozone in the Earth's atmosphere. But what about the one in five Americans afflicted with mental illness? As indicated by the CDC's bulletin, Styrene plays a part in this.

The insidiousness of chemically induced illness is not from a single source - Styrene - but from the interaction of various substances. Imagine the following symptoms being added to the psychiatric symptoms of Styrene: apprehensiveness, excited and aggressive behavior, psychosis, mental deterioration, hyperactivity, and suicide.

All the preceding symptoms are reported by Dr. Anger as being seen in persons who have been chronically exposed to Carbon disulfide. Carbon disulfide? - Cellophane. But that's another story.

Bruce Haney has been studying the effects of Styrene and other chemicals impacting mind and body for several years, motivated by his own struggle with disabilities caused by contact with Styrene, other solvents, and insecticides. He is interested in hearing from others who are interested in his ongoing research, and would like to help. Bruce can be contacted through the newsletter.

REFERENCES:

Merck Index. Merck Inc., New York, 1976

QUESTION: 
What well-known liquid, the supply of which is now threatened, comes from beneath the ground and is vital to the survival of the United States?

ANSWER: Water
Finance Report

Kim Landshut

The 2nd quarter of 1987 ended with a bang! The income statement shows us that combined with 1st quarter, we've managed to pull a net income of $15,095.45. Being budgeted to make $3,988.07 income, we've busted our budget by $11,107.38. There are several factors which made this happen:

1) Sales are up by 6.66% over last year this same time frame. We budgeted for 5% sales growth, so there is an extra $9,000.00.

2) With sales being high and our cost of goods sold remaining constant, this makes our total margin dollars 12% over budget.

3) Our total expenses are only 2.43% over budget. The finance committee made a budget revision for the 3rd and 4th quarters of this year so that we should be able to get even closer to our budgeted expenses.

What all these factors boil down to is a beautiful net income of $15,000.00 plus...

During the 2nd quarter more equipment purchases were made from our list of capital plans. The new vitamin rack can easily be seen beside the check stands and our new produce dry rack welcomes you to the produce section. Both are very nice additions/improvements to the Co-op. Being near the end of the 3rd quarter already, we’ve also purchased two more pieces of equipment in this quarter; a new storage freezer is located where the old one was (beside the in-store recycling area) and an automatic misting system will soon be installed in the produce case.

The only other capital plans we have to complete this year are the renovation of the children's area, and a new rack for our bread products. Both of these plans are in the works. The one capital plan which I haven’t mentioned yet is the computer. The staff, along with the finance committee decided to put this plan on "hold" until the staff has more time to investigate the "pros and cons" of working with a computer in this work environment. The future holds our computer in its hands...

In the first quarter, the finance committee was questioning the actuality of our large net income due to inventory problems in the past. As it stands now, it looks as if these problems are ironed out and the analysis of our figures are right on. GREAT!

I'm looking forward to the next finance report but until then if anyone has any questions concerning our finances, please feel free to stop by and see me.

INCOME STATEMENT
January 1 - June 30, 1987

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<td>Other Revenue</td>
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</table>

| Total Revenue | $128,568.69 |

EXPENSES

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<td>$6,390.02</td>
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<tr>
<td>Other Expenses</td>
<td>$14,362.34</td>
</tr>
</tbody>
</table>

| Total Expenses | $113,473.24 |

NET INCOME

| Net Income | $15,095.45 |
Harvest time brings us the delicious foods which will carry us through the winter, whether we harvest from our own garden, or buy our food from the Co-op or local producers. Below are several recipes using winter squash and apples, two crusts to use with, and a recipe for rice stuffing, which can be made by itself, or baked in a turkey or chicken.

**Squash**

To pre-cook fresh pumpkin, as well as other squash, for desserts: cut into pieces, remove seeds and stringy parts. Place in a steamer basket, and cook over boiling water for about 30 minutes, or until soft, and peel off skin. Mash. You can also boil the squash, drain, and then mash.

**Pumpkin Pudding**

*From Rodale’s Naturally Great Foods Cookbook*

3 eggs
3/4 cup molasses
1/2 cup milk
1/2 cup melted butter
1/2 tsp. nutmeg
1/2 tsp. salt
3-1/2 cups diced pumpkin
1/2 cup raisins
1/2 cup chopped walnuts

_Preheat oven to 325 F._

In electric blender, combine eggs, molasses, milk, melted butter, nutmeg salt and 1 cup diced pumpkin. Process until smooth. Remove cover while blender is running and slowly add remaining pumpkin. Pour mixture into a buttered baking dish. Add raisins and walnuts if desired. Bake in a preheated oven for 1-1/4 hours or until set. Serve warm. Yield: 6 servings

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**No-Fault Pumpkin Pie**

*From Moosewood Cookbook*

3 cups pumpkin puree
3/4 cup honey
2 Tbsp. molasses
1/4 tsp. powdered cloves
3 tsp. cinnamon
1-1/2 tsp. ginger
1 tsp. salt
4 eggs, slightly beaten
1 can evaporated milk (or 2 cups scalded milk)

Mix in order given. Pour into whole wheat pie shell and bake for 10 minutes at 450 F., then 40 minutes at 350 F. or until set.

_Variation:_ For a delicious pumpkin pudding, omit pie shell. Bake filling in buttered baking dish and serve with vanilla ice cream or heavy cream.

**Sautéed Pumpkin**

*From Rodale’s Naturally Great Foods Cookbook*

1 onion, minced
1 lb. pumpkin, peeled & sliced in pieces approx. 2-3’ long, 1’ wide
2 Tbsp. butter
2 Tbsp. oil
1/2 cup water
salt and pepper to taste

Sauté onion and pumpkin in butter and oil for 10 minutes, stirring occasionally. Add water, cover pan and steam for another 10 minutes, or until tender. Season to taste and serve. Yield: 4 servings.

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**Apples**

In cooking, use apples which retain their flavor and texture; Gravenstein, Granny Smith, Pippin, Jonathon, Rome, Yellow Transparent and others make wonderful pie apples. For a quick, fresh munchie, try the Pound-Sweet apples at the Co-op - very sweet, just as the name suggests.

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**Apple-Honey Custard Pie**

*From Moosewood Cookbook*

1 9” pie shell, unbaked
2 cups peeled and sliced apples
(any kind but red delicious)
4 large eggs
3/4 cup honey
1 cup yogurt
1 tsp. vanilla
1/2 tsp. cinnamon
1/4 tsp. salt

_Preheat oven to 375 F._

Spread apple slices evenly over pie shell. Combine remaining ingredients in a blender, and run at high speed for several seconds. Pour custard over apples. Sprinkle on some nuts (walnuts or almonds recommended), if desired. Bake 45 minutes, or until solid when jiggled. Cool to at least room temperature before cutting.

_Summer time variation:_ Replace apples with sliced fresh peaches, or pitted, halved black cherries.
Baked Apples

From Co-op member Amy Loewenthal

Good with vanilla ice cream, yogurt, whipped cream, etc.

1. Use one apple per person, plus extras for seconds.
3. Hollow out bottoms into a bowl. Remove seeds and seed bracts, and chop rest of apple insides.
4. Add some or all of these: raisins, granola, oats, sunflower seeds, walnuts, etc.
5. Stir in honey to coat, and cinnamon to taste.
6. Add little pats of butter.
7. Cram mixture into apple bottoms, put tops back on.
8. Put apples in baking dish with 1/2 inch water.
9. Bake at 350 degrees F. for 40 minutes, or until soft and the house smells wonderful.

Note: To prevent apple bottoms from browning while preparing stuffing, cover them with water plus a teaspoon of Vit. C. powder.

Crusts

Foolproof Pie Crust

From Rodale's Naturally Delicious Desserts and Snacks

1-1/4 cups whole wheat pastry flour
1/4 teaspoon salt
1/4 teaspoon soda
1/3 cup butter
1 egg
1 Tbsp. lemon juice
1 Tbsp. water

Combine flour, salt and soda. Cut in butter until pieces are about the size of peas. Beat egg with lemon juice and water. Add slowly to flour mixture. Handle gently and do not overmix. Roll out dough, fit into greased 9-inch pie pan, and flute edges. When ready to use, bake at 425 F. for 15 minutes. Yield: 1 9-inch pie crust.

Half & Half Pie Crust

From Rodale's Naturally Delicious Desserts and Snacks

2/3 cup whole wheat pastry flour
2/3 cup unbleached white flour
3 Tbsp. butter
3 Tbsp. oil
2 Tbsp. ice water

Measure flour into a medium-size bowl. Add butter and cut into flour with a fork or pastry cutter. Add oil and mix until dough looks crumbly. Add ice water a little at a time (using only enough to hold dough together) and mix until you can gather the dough into a ball.

Roll dough, between pieces of wax paper, into a circle about 12 inches in diameter and about 1/8 to 1/4 inch thick. Fit into greased 9-inch pie pan and flute or trim edges. Yield: 1 9-inch pie crust.

Turkey Time

For many people, fall and winter holiday meals are not complete without roasting a stuffed turkey. The Co-op offers Shelton's organically grown fresh and frozen turkeys each year, available on a pre-order basis; see page 4 for more information, and take advantage of the Turkey Bucks coupon in this issue. Every turkey fan has their own favorite stuffing; the following uses a rice base, and the turkey giblets for flavor.

Wheat Germ Giblet Stuffing

From Rodale's Naturally Great Foods Cookbook

(for turkey, substitute accordingly)

1 cup brown rice
4 chicken livers
2-4 Tbsp. butter
1 onion, chopped
1/2 cup chopped celery
1 cup wheat germ
1/2 cup chopped parsley
1 tsp. salt
1/8 tsp. black pepper
1/2 to 3/4 cup chicken stock

Cook rice according to preferred method. Meanwhile, in a large skillet, sauté livers in butter. Remove them from skillet and chop coarsely. Using same skillet, sauté onion and celery using more butter if needed.

Combine cooked rice, chopped livers, wheat germ, and sautéed mixture. Add parsley, seasonings and 1/2 cup stock. Mix well, adding more stock if needed. Yield: 3-1/2 cups stuffing.
Announcements

Are you a good listener?

The Crisis Clinic needs people who have 4-8 hrs. per week, are good listeners (non-judgmental, patient and caring) and are willing to learn and practice crisis intervention. Volunteers talk over the phone with people who find themselves in situations they don't understand, or when they are upset and need someone to talk it over with. Volunteers need to be willing to commit nine months or (or 150 hours) of phone line work. A new volunteer training will be offered on Jan. 22, 23 & 24, (Friday evening, 7-10 pm, Saturday and Sunday, 9-5). Training limited to 28. Closing date for application is Jan. 13. To receive an application, send a self-addressed, stamped, legal-sized envelope to Crisis Clinic Volunteer, P.O. Box 2463, Olympia, 98507.

Contribute to the Newsletter

Make a contribution toward cooperation by writing for the upcoming Winter issue of the Olympia Food Co-op newsletter. Articles about food, farming and ecology are always welcome, as are reviews, recipes, letters, and more.

To submit an article, mail your typed double-spaced copy to Olympia Food Co-op, 921 N. Rogers, Olympia, WA 98502, Attn. Editor, or drop off in the newsletter basket in the front office at the store. The deadline is December 30th, and the issue will be published in late January.

Be sure to include your name and phone number in case of questions. Working member credit is available for this work - contact the Editor for information.

Celebrate Co-op Month with local co-operators

Visit Group Health Cooperative's newest Seattle facility, recognize the community's outstanding cooperators, and join in a vital discussion with leaders of the area's three largest consumer cooperatives. You can do all three by attending the annual awards night of the Puget Sound Cooperative Federation, Monday, Oct. 26, 7 p.m., in GHC's new Administration and Conference Center, Sixth and Wall, Seattle.

The evening will begin with a forum on "Cooperatives in a Competitive Environment," addressed by the leaders of Recreational Equipment Incorporated, Puget Consumers' Co-op, and GHC. The forum will be followed by the awards presentation, a reception, and an opportunity to tour the new building. For more information, call 326-6889 or 448-2667.

Co-op Month Auction

Weekend getaways, dinners for two, theatre tickets and hot tubs. All this and more will be available at an auction to mark October as Co-op month and to benefit the Puget Sound Cooperative Federation. The annual event is scheduled for Saturday, Oct. 24, 7 p.m. in the Mountaineers Hall, 300 3rd Avenue West, Seattle. Call 448-2667 for more information.

Feel good about self, life, through workshops

The Center for Individual and Family Therapy will be offering the following workshops this Fall:

Psychodrama Workshop for Adults Who are Having Issues Regarding Their Parents - Saturday and Sunday, October 17-18, 9:30 - 4:00.

Do you ever feel not "good enough", or trapped by parental expectations? Through group role-playing, drama techniques, and play therapy we will explore ways to gain independence from old patterns used when relating to parents.

Exploring Sexuality - Saturday, October 24, 9:30 - 4:00

In a safe and supportive atmosphere we'll share fears and concerns about sexuality, and explore questions relating to being gay, lesbian or bisexual.

Chemical Dependency Intervention - Saturday, November 14, 9:30 - 4:00

How can you motivate an alcoholic or drug addict to get help? In this workshop learn about the family disease of chemical dependency, interventions, and see an intervention being done.

Jin Shin Jyutsu - Saturday, November 21, 9:30 - 4:00

This workshop will provide a basic understanding of Jin Shin Jyutsu, an ancient Japanese art known to promote balance, health, and longevity.

Coming Out to Family, Friends, & Co-Workers - Saturday, December 5, 9:30 - 4:00

Lesbians and gays will join together to weigh the risks of coming out, roleplay situations, share ideas and personal successes, practice responses, and gather support.

All workshops are on a flexible fee schedule. One day workshops are $25-$50. Two day workshops are $40-$75. For information or to register, call 786-6657.
**TURKEY BUCKS**

$2.00 off Fresh Turkey

Use before Oct. 21, 1987

Limit 1 Coupon per Customer

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**FRUIT LEATHER**

4/$1.00

all flavors

effective till Oct. 31, 1987

Limit 1 Coupon per Customer

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**ORANGE JUICE**

12 oz.

Limit 4

Effective Nov. 1-15, 1987

Limit 1 Coupon per Customer

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**Nancy's Honey**

YOGURT

Qt. size $1.25

limit 4

Effective Nov. 1-15, 1987

Limit 1 Coupon per Customer

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**YAMS**

50¢ off

organic

min. $1.00 purchase of yams

effective Nov. 16-30, 1987

Limit 1 Coupon per Customer

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**Whole Wheat Flour**

25¢/lb.

medium & fine limit 25 lbs.

effective Nov. 16-30, 1987

Limit 1 Coupon per Customer

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**CALENDARS**

15% off

all

effective Dec. 1-15, 1987

Limit 1 Coupon per Customer

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**CANDLES**

9 inch taper, all colors

95¢/pair

limit 4 pair

effective Dec. 1-15, 1987

Limit 1 Coupon per Customer
Age 10 or under? Write your guess, along with your name, age, and phone number on a piece of paper, and put it in the newsletter basket in the front office of the Co-op. Winners receive a small surprise!

Last quarter’s picture of eggs in an egg carton brought in an amazing number of winners - 30 in all. Congratulations to all of you! You can pick up an envelope with your name on it in the front office at the Co-op - look in the envelope on the front of the newsletter basket. The winners are:

Amber P.       Jennifer D.
Andre L.       Katie I.
Andy L.        Lelah F.
Ben H-D.       Lianna W.
Ben S.          Maile B.
Billy O.       Michelle D.
Blake P.       Nicole D.
Collin M.       Renate F.
Deanna D.     Robin R.
Delphine B.     Rory
Devin F.      Toni R.
Forest         Tryphena F.
Gabe F.         Tucker W.
Jacob I.       Wilder B.
Jade C.        Willow R.