Letter From Our Editor

This year, I spent New Year’s Eve at home, alone, recuperating from a monstrous headcold. Having spent the past two such holidays in a state of drunken debauchery, surrounded by many of the people I love most, I felt a little let down when I realized there would be no partying for me this year. But I’m reading a good book, I had a fridge full of Co-op food, and my kittyfriend Jezebel was in a cuddly mood so I knew the night wouldn’t feel like a total loss.

At nine o’clock, my friend Mordecai called me from New York to wish me a happy new year. She lives a block and a half off Times Square, where cops were checking everyone’s ID’s and herding partiers into pens. She had to carry her electrical bill in her pocket in order to even be allowed to walk down her street, which was shut off to the public and filled with police and FBI vehicles. While New Year’s Eve is always insane in Times Square, she said this year was extra uptight. Terrorism, you know.

We spoke of our psychic well-being, our need for quiet space, the difficulty of keeping out the chaos of a culture gone crazy with vengeance and denial. We decided to take the advice of her witch-friend and each write a list of goals for the next year, then send them to each other for safekeeping until next New Year’s Eve.

So that’s what I was doing when the clock passed midnight – laying on the floor, drinking tea, writing my list: ...I want to learn to let go of resentment. I want to learn to listen to what animals have to say. I want to be more aware of my senses, and honor them, and not be sick all the time. I want to eat foods and indulge in activities that nurture rather than distract me...

I’m deluding myself if I think that I live in a world whose structures support my personal goals. We now have a government which can surveil, arrest, try and execute any of us for any reason, without ever having to disclose its reasoning. Thousands of Muslim and Arab Americans are being questioned, detained, disappeared. Danny Glover is being targeted for asserting that his opposition to the death penalty includes even Osama Bin Laden. Transgender email lists are being monitored by the secret service. Old Jewish men are getting housecalls from the FBI for stating their opinions at the gym. This is the reality. To balance this reality with my own spiritual growth is probably the most challenging thing I can think of taking on.

And so this is our task. To face up to the full horror of the world we live in, and still work from a place of love, and faith, and joy. Whatever happens in 2002, I feel in my gut that it will be monumental.

xxx, Nomy Lamm

Submission Guidelines for Next Issue

- **DEADLINE** for the next issue is Mar. 1st.
- **WRITE** a brief proposal for your article. Include your name, phone number and/or email address, and an estimated word count.
- **LEAVE** your proposal in the newsletter box at either store, or email it to us at olycoopnews@yahoo.com.
- **ONCE** approved, submit your article on or before deadline. Again, you can email it or leave a hard copy in the newsletter box at either store.
- **ALL** articles will be edited for length and clarity by Nomy, your stern but gentle editor.

Note: Please don’t propose articles that advertise your business. If you’d like to be highlighted in the Local Products column, email us and we’ll see what we can do.

To advertise in the Co-op News, contact Tiffany Tudder at (360) 956-0750.
Letters

A TOAST TO THE ALCOHOL COMMITTEE

I took a break at work today to read the Oly Food Co-op newsletter, and enjoyed it as always. I think it’s cool that the alcohol committee suggested not selling alcohol. I drink and probably would have bought it had they sold it, and was initially in favor of it, but it always impresses me when people choose not to consume more or expand more, as is the norm in this day and age.

Nora Danielson

RETHINKING THANKSGIVING

I know Thanksgiving will be long over by the time this letter goes to print, but I felt compelled to share some of my journey with others. I speak mostly to others of European and Anglo descent who have more than likely grown up celebrating Thanksgiving with friends and family.

I feel a heaviness in my heart when I think of the hypocrisy. Once again, a moment of collective-selective-memory. ...The heaviness I feel is sadness and grief at the horrors that have taken place on this land that we all live on; this is the only land that I have ever known as home; this land that I cherish which has all been forcibly obtained from our Native brothers and sisters and their ancestors by many of our (Euro/Anglo) ancestors. Sure, I could say that my Polish immigrant grandparents arrived on this soil in 1900 and had nothing to do with this... but I have reaped the “benefits” of land obtained by those who came before my grandparents. I know I can’t change what has occurred, but I do think we all have a responsibility to educate ourselves—we have a responsibility to remember the truth.

Once we do that, the next question might be: What am I going to do about it? If you do “celebrate” Thanksgiving, I would encourage people to claim it by doing things differently: watch an educational video about a current Native struggle; read out loud from Dee Brown’s Bury My Heart at Wounded Knee or maybe Howard Zinn’s A People’s History of the United States; raise money for the Leonard Peltier Defense League or for Big Mountain; call one of your local tribes (Squaxin, Skokomish, Nisqually, Chehalis...) and ask them what is one thing you or a group of friends can do for them.

Take some time, educate yourself... Resist the urge, however tempting, to go to the one Native person you know and ask them what they think you should do. Take the extra step to figure it out on your own... Maybe next year I will have a clearer idea what to do with all this heaviness in my heart. Maybe we all will have made some bridges towards healing.

Rosemary Spyhalsky, Co-op Member

Dept. of Corrections

- Last issue’s produce article inadvertently credited to Steve Klassen was actually written by Kris Mize.Oops.
- We received MANY complaints about the illegibility of our color choice for the last issue, and wish to assure you that we will NEVER use that color again. (We didn’t like it either!)
New Mechanisms of Injustice

By MEGAN DAVIS, Staff (with help from Melissa and hall)

SINCE SEPTEMBER 11th, the people of our nation have been filled with fear. Many people have been killed and maimed in the U.S. and Afghanistan, the economy has been sour, and in general, changes seem to be coming upon us fast in many areas, so it's natural to feel afraid. However, different people tend to focus their fear in different ways. In the Co-op community, which is a predominantly white, middle-class community at this time, I've seen a lot of fear over anthrax and the threat of biological warfare. For communities of people who tend to be more marginalized in this society, and especially people of color and non-citizens, the recent actions of our federal government can be much more frightening.

University of British Columbia professor Sunera Thobani described this perspective eloquently at a recent feminist conference: This new war against terrorism that is being launched, it's a very old fight of the West against the rest... Calling the perpetrators evil-doers, irrational, uncivilized, intent on destroying civilization or democracy... Every of dead or alive posters, we all know what they mean.

The fact that the Bush administration made gestures in the direction of opposing ethnic violence against U.S. Muslims points to the strength of civil rights work leading up to the present. It would simply not be acceptable to a large sector of the U.S. public for our federal government to take any other stance, and for that I am proud of the people of my nation. But as Thobani puts it, “even as they visit mosques and make these conciliatory noises, they are talking out of both sides of the mouth because they are officially sanctioning racial profiling at the borders, in the U.S., for entrance into training schools... at every step of the way. On an airplane, who is suspicious, who is not?”

Thobani made this speech on October 1st. Since then federally sanctioned racial and ethnic profiling has expanded far beyond border control and aviation schools. Meanwhile, the corporate media continues to focus on anthrax and other biological warfare threats, as well as the foreign “war” (which would more accurately be named a slaughter), with only perfunctory coverage of dramatic domestic actions. As far as coverage of anti-terrorist legislation, generally the corporate media gives only the most basic coverage of how bills are doing in Congress without explaining the impact these new laws will have. That’s why I decided to write this article – I want the local community to know more about new racist and ethnically prejudiced federal legislation and campaigns that are just getting started, so that we can be prepared to support local targets of racial profiling if the need arises. So, let’s take a look at some of the biggest recent federal policy changes.

USA Patriot Act

CONGRESS RECENTLY passed the USA Patriot Act, which dramatically shrinks civil liberties of citizens and non-citizens alike. The name of the act is actually an acronym that stands for Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism. (Yes, the minds that came up with this acronym are writing our laws.) According to the ACLU’s website, opponents have three main concerns over the content of this new law. First, the USA Patriot Act sharply increases law enforcement’s ability to conduct electronic surveillance and
secret searches with minimal judicial supervision. Second, it expands the government’s ability to seize assets in non-terrorist cases. But the concern that I’m going to focus on in this article is the third one: The USA Patriot Act actually contains provisions that allow the indefinite detention of non-citizens without any judicial review.

So much for innocent until proven guilty. It’s now legally within the powers of the Attorney General to detain any non-citizen indefinitely, without having to check for permission from anybody and with no more of a basis for the arrest than a vague “reason to believe” that the non-citizen “may” “endanger the national security.” How the process works is that the Attorney General certifies any non-citizen he finds suspicious, without any need to produce evidence to support this belief. Once an immigrant has been certified, their detention can be required indefinitely. This holds true even if the person is perfectly in accordance with immigration requirements, has not been accused of terrorism, or has previously been granted asylum based on persecution.

So much for checks and balances. Because the USA Patriot Act fails to provide specific requirements for certification, judges overseeing the process have no legal structure to use in order to judge whether someone’s being detained fairly.

The USA Patriot Act even goes so far as to retroactively make non-citizens deportable for donating money or time to support lawful activities of an organization listed by the federal government as one engaged currently in “terrorist” activities. For example, any non-citizen could be deported today for supporting the struggle against apartheid in the ‘80s by donating money to the African National Congress.

**1200 Detained Already**
The USA Act legitimizes and makes way for the expansion of an ethnically-directed campaign that actually began back in September. In fact, over 1200 people have already been rounded up in a nationwide search for terrorists. These people tend to be young male immigrants who are Muslim and/or Arab. According to a Nov. 30th New York Times article, “officials have acknowledged that only a small number of the approximately 600 still in custody are believed to have any links to terrorism.” The article goes on to explain that by holding some of the suspects indefinitely, using minor immigration violations as an excuse, “prosecutors appear to be buying time while they continue to investigate in hopes of finding clear-cut ties to the 9/11 hijackings.” In other words, they’re holding people in jail while they attempt to find a legitimate reason for arresting them!

**Using Local Police Nationwide**
The JUSTICE Department recently announced their plan to have local police departments nationwide conduct “voluntary interviews” of at least 5,000 Middle Eastern male non-citizens. The subjects of these interviews will be men aged 18-33 who entered the U.S since Jan. 1, 2000 from countries hypothetically linked to the Sept. 11 hijack team, or that are suspected “waystations” for the Al Qaeda network. The stated purpose of the interviews is to investigate the Sept. 11 attacks, but no evidence is required that links targeted subjects to the attacks, or suggests that they may have information on the attacks.

The Portland, OR Police Department was the first to refuse cooperation with this federal plan for ethnic profiling. When asked to interview 200 young male college students of Middle Eastern background they declined, and have since faced pressure from the Oregon Attorney General as well as from angry constituents for being “soft on terrorism,” while Portland’s local paper, The Oregonian, has fanned the flames with unsympathetic coverage. But despite the controversial nature of the step, the Portland P.D. was soon followed by a growing list of local police departments across the nation, including Hillsboro and Corvallis, OR; Detroit, MI; Richardson and Austin, TX; and San Francisco and San Jose, CA.

When asked to explain the reasons for his resistance to the plan, Deputy Police Chief Andrew Kirkland cited Oregon anti-racial profiling legislation. “The law says, generally, we can interview people that we may suspect have committed a crime. But the law does not allow us to go out and arbitrarily interview people whose only offense is immigration or citizenship, and it doesn’t give them authority to arbitrarily gather information on them.” (11/27, FOX News)

But concerns over this interview series don’t stop there. ACLU Executive Director Anthony Romero says these “voluntary” interviews are
inherently coercive because as non-citizens in our current political climate, the subjects are threatened with the fact that they could be thrown in jail at any time without bail. Subjects know it's already happened to over a thousand other non-citizens nationwide in the past couple months. With that sort of looming threat, how many people would walk into an interview of this sort voluntarily, unless they're afraid that they'll be even more suspicious to authorities by refusing?

Another concern put forth by opponents is that nowhere in the Justice Department interview guidelines are officers instructed to inform people of either their right to decline to answer questions or their right to have a lawyer present. This is especially significant in light of the fact that most of the interview targets are men who wouldn't know or expect to have these rights, as new arrivals to the U.S. from countries where police abuse of power is more extreme and widespread than here.

A third concern of opponents is that the Justice Department interview guidelines do not stick with fact-based questions that are directly related to Sept. 11th. Romero says that the guidelines “go far beyond any legitimate quest for factual information.” He then gives the example of one scripted question that asks whether the target “supports” any cause that terrorists espouse. So, if a person supports Palestinian statehood, for example, they would bring suspicion on themselves with a true answer, and would commit a felony by lying.

**Due Process Disappeared**

Soon after the Justice Department interview plan was announced, the Bush administration issued a new regulation that grants our government the power to listen in on any conversation between a defendant on terrorism charges and his attorney. In taking away the judiciary role of overseeing a defendant’s right to privacy, the Bush administration is throwing away a significant piece of due process rights.

Twelve days later, Bush issued an executive order that allows military tribunals to try non-citizens charged with terrorism. This means that civilians can now be put on secret trials, without juries, and without the requirement of a unanimous verdict. It also limits their abilities to choose their own lawyer and to confront evidence against them. This further stripping of the defendant’s due process rights is especially ominous when you consider that under military law, he could face the death penalty.

The Bill of Rights very clearly states that every person in the U.S. is guaranteed the right to a trial by jury, to counsel, and to due process of law. This is the sort of thing Americans tend to think of when they talk about living in the “land of the free.” What does it mean when these rights are quietly removed, without a peep from our mainstream news media?

**Pulling Colleges into the Act**

Police departments have not been the only institutions asked to cooperate with federal ethnic/racial profiling efforts. According to an Oct.4 article in The Chronicle of Higher Education by Ron Southwick, a nationwide survey revealed that about 200 colleges and universities across the nation had been asked by the FBI and/or the Immigration and Naturalization Service (INS) to hand over information on their foreign students. They also asked 34 educational institutions for the records of all their students, both citizens and non-citizens, who are enrolled in specific programs such as aviation. Nearly half of those institutions were asked to reveal private information such as financial records which show bank account and credit card information, which they are barred by federal law from disclosing without the student’s consent unless there is a “health and safety” emergency.

Most colleges have given the information over freely, not even requiring subpoenas before disclosing private information on their students. Also, most have failed to notify the students involved. In fact, according to the survey there was only one true exception: Earlham College in Indiana. Earlham’s administration refused outright to turn over any private information. When publicly questioned by local professor Larry Mosqueda in early October, The Evergreen State College administration stated that they had not been asked for private records of students.
What Can We Do?

My experience has been that there are a lot of people who are appalled by our government’s actions, both abroad and domestically, who are struggling to come up with an appropriate response. As a white person who is a U.S. citizen, I know I’m not alone in wanting to support non-citizens, Arabs, Muslims, and other people of color in these trying times. The question is, how? Although I am no expert, I’d like to throw out a few ideas of some very basic ways that a white citizen can act as ally to non-citizens and people of color.

1. Keep informed through the alternative media and share information with the people around us.

2. Work on our own racism. A great way to do this is to get involved with anti-racist work in the community like Study Circles on Race.

3. Speak out against racial and ethnic profiling, and all racism that we see. One-on-one conversations, letters to Congresspeople and newspaper editors, at rallies and through signs and t-shirts—there are many ways to send a message to others that racist actions are not an appropriate response to this catastrophe.

4. Reach out to the non-citizens and people of color in our lives. I was told by one Muslim woman who wears the scarf that it makes her day when a "mainstream" person goes out of their way to be friendly to her. She’s used to being either invisible or avoided. Another common experience for her is that of being patronized ("Oh, what a beautiful scarf! How exotic! Can I touch it?"). Beyond simple friendliness, strengthening our existing personal relationships with people of color and non-citizens is not only a good way to enrich our lives, but also will increase the likelihood that we can be of real service to them if they ever need our support.

5. Whatever you think should be done, do it! There are many examples of courageous people working right now to show resistance to the actions of our government: Larry Mosqueda, Sunera Thobani and other intellectuals who disregard risk to say what they think, Portland Deputy Police Chief Andrew Kirkland and the many other officers who refused to conduct racist interviews, and people in the administration of Earlham College, to name a few.

What we as a nation do to support (even passively) or oppose our government during this pivotal time will be remembered by the world. We must each decide how we’d like to show up in the eyes of history. Right now in Olympia, Co-op staff women are planning another social event with the women of a local Muslim community, in order to create bonds between our groups. Student activists are resting after another anti-war protest on Evergreen’s campus, while the campus community awaits a faculty vote to adopt a strongly-worded anti-war statement drafted and signed by fifteen TESC professors. Also right now, a local first-time silkscreener is putting the finishing touches on her first batch of handmade earth flags, which will hopefully soon sell at both Co-ops and at Radiance. She heard that stores couldn’t order the earth flags because the flag company involved has been too backed up making American flags, so she simply decided to make some herself. There are local anti-war role models all over Olympia; I hope that there will be more and more as time goes on.

The words of Pastor Martin Niemoller, who survived Nazi Germany, are especially appropriate to our situation today: First they came for the Jews and I did not speak out — because I was not a Jew. Then they came for the communists and I did not speak out — because I was not a communist. Then they came for the trade unionists and I did not speak out — because I was not a trade unionist. Then they came for me — and by then there was no one left to speak out for me.
Thanks to the popularization of the ecological paradigm, we have nearly forgotten how radical and subversive it is to reflect on the interconnectedness of all beings and things. Yet, creating balance and harmony in our lives is a little bit like trying to see a seesaw on top of a carousel. We go up and down, and as Joni Mitchell sings, the painted ponies go round and round. Each moment in each relationship we have another chance to balance the spin cycle with the ups and downs.

I know that I am not Zen enough to do this thing alone, carry out this commitment I feel to planetary healing. As the yoga sutras say, individual consciousness develops only in contact with another individual consciousness. Building a cosmic citizenry can feel like an overwhelming task, unless we allow ourselves to start from wherever we are. For most of us that also means starting with the significant others in our lives, whether friends, partners, spouses, or if we are single but looking, perhaps imagining the partner we would like to meet and join with. In her book, If the Buddha Dated, Charlotte Kasl provides some guidance for those seeking to combine a spiritual practice with the everyday realities of householding relationships.

Kasl writes from the professional, psychological perspective of her work as a therapist and workshop leader. However, what makes the book a delight to read is her personal perspective, gained through her own spiritual journey and practice. If the Buddha Dated is one of those smallish books with the big picture written big inside. Kasl has distilled her experiential and personal knowledge into a work companion guidebook for others on the path, infusing the descriptive journey with an essential joie de vivre that invites even while it cautions. Despite the cross-cultural fertilization of ideas that inform this work, it isn’t all new age attitude and East meet West esotericism. For the pragmatist among us, there are specific tasks to help us learn to observe ourselves while in relationship, and recommendations to help us reflect on the meaning of our patterns. She gets away from the strict self-help kind of book by giving some of her instructions in an anecdotal fashion.

For example, she tells the story of a married couple who stand ten feet apart in her office holding a thick rope. As they open to each other emotionally and verbally, each is instructed to step either towards or away from the other person as they feel the need. What comes across in this example is not only the clarity of the insight of Kasl’s practice, but also her own integrity in allowing people to be where they are. Taking a key lesson from her own spiritual practice, she encourages us to let go of attachment to specific outcomes of our actions, while simultaneously remaining true to our true selves. In this way, she suggests we might come into right relationship with ourselves even while we come into right relationship with others, where love is a part of our spiritual path and daily practice, rather than a vacation destination. Read this book and take hope. I like to think that we are healing the planet by co-creating one right relationship at a time.
FAIR TRADE

By Grace Cox, Staff

UNITED FARM Workers are teaming up with small orchardists in Washington State to produce what will be the nation’s first fairly traded apples and pears. Recognizing that farmworkers and small farmers have more economic commonalities than differences, the campaign will enlist the support of consumers and retailers to see that a larger percent of the retail price of the fruit actually returns to the farmers and farmworkers.

Right now, when you pay a dollar a pound for an apple, the farmworkers make about 4 cents, the farmers make 7 cents, the middle folks (retailers and wholesalers) make 68 cents and the other 21 cents pays for packing, sales and transportation. This kind of breakdown leaves farmer and farmworker alike on the bottom of the food chain.

Just like many of the world’s coffee producers, the Washington State apple industry is in trouble. In recent years, low prices have lead to the loss of nearly 25,000 acres of productive orchards.

MEXICO IS the largest purchaser of Washington State apples. In 1998 four Mexican labor unions filed a complaint against the state’s apple industry. The complaint, filed under the labor side agreement of the North American Free Trade Agreement (NAFTA), alleges that United States laws on labor protections are either inadequate or aren’t being enforced. Although unlikely, Mexico could seek trade sanctions against the apple industry.

United Farm Workers and local growers are taking their cues from the Fair Trade Coffee campaign, which has set price and production standards that keep small farmers in business and give consumers confidence in what they are buying. Teaming up under a Fair Trade label is a win-win-win proposition for farmworkers, growers and consumers alike. Under the Fair Trade label, wages and working conditions would meet certain standards, and the growers will be guaranteed a higher share of the profits.

Most people care about how their food is produced. When they can afford it, most people will choose products that have been produced justly and conscientiously. When retailers are convinced of this, and do their part to inform their customers of the conditions under which their food is produced, a market can be built for domestic Fair Trade fresh produce.

AND THEN THERE’S CHOCOLATE...

With over a million cocoa farms and plantations, the Ivory Coast of Africa is the world’s largest producer of cocoa beans. Last fall, a British documentary entitled “Slavery” reported that 90 percent of Ivory Coast cocoa plantations use slave labor. Human traffickers entice people, primarily young men and boys from the impoverished areas in Benin, Togo and Mali, to work in the cocoa plantations. They promise them paid work, housing and an education. Instead, they sell them to Ivory Coast cocoa plantations owners, where they are forced to work grueling 18-hour days for little to no pay.

40% of the world’s cocoa comes from the Ivory Coast. Like so many other commodities, cocoa is traded on international exchanges. Cocoa beans from the Ivory Coast are mixed with beans from other countries, making it impossible for large chocolate manufacturers to guarantee that their chocolate is not grown by slave labor. Also like so many commodity products, cocoa prices have dropped dramatically over the past 4 years, from a high in 1997 of $1800 (US)/ton to $982/ton this year. Much of this drop in price is driven by a 95 percent increase in production in the Ivory Coast during the 1980’s. Larger and larger cocoa plantations have displaced over 9.4 million hectares of rainforest, devastating the area’s biodiversity.

TRANSFAIR, CERTIFIERS of Fair Trade coffee, is working to bring fair trading standards to cocoa production. La Siembra Co-operative, in Ottawa Canada imports fair trade cocoa directly from small family farms in Latin America and the Caribbean. These cocoa beans are organic, shade grown, and trade for a minimum price of $1750/ton, protecting the environment and the financial stability of the growers.

The Co-op is committed to making fair trade chocolate products available as they become available to us. Watch for La Siembra Co-operative products soon, or get them at Traditions Fair Trade, corner of 5th and Water in downtown Olympia.
NESTLED along the fingers of Mud Bay, at the foot of the Black Hills, lies a small, quaint building that houses the Blue Heron Bakery. Here, everyday, before most of us would even think about waking, when some of us are still awake from the previous evening, the seventeen staff members create specialty breads, treats, coffee drinks, and a whole lot more. And as much as these people love to bake their delightful array of goodies, there are hundreds more who love to gobble them up. This little bakery is very well known, and their flavors reach well beyond the South Sound. The time, effort, and care put into each recipe reflects the Blue Heron’s commitment to running a sustainable business, one where every ingredient is researched, where keeping our soils, water, and air completely natural is number one priority, and with philosophies far beyond the realms of baking.

IN THE MAGICAL year of 1977, three adventurous people began a collectively owned bakery featuring a whole foods approach to baking breads and various treats. Blue Heron Bakery (BHB) opened its doors for the first time, and will continue with the values and philosophies it started with. That is to provide high standard, quality whole foods, derived from ingredients produced in sustainable, organic farming techniques, while maintaining product consistency and customer satisfaction. This philosophy has seen BHB through a quarter century. When they began, there wasn’t a dough mixer; they kneaded the recipes by hand on the very tables still in use today. The large “Oven King” oven in the back has class, made circa 1948, and the old Toledo scale from the early 40’s is beautiful with its natural wood and that lost era look and feel. There are cool little reminders of past times all over, finding their way into the scheme of things and giving a very warm, comfortable atmosphere. BHB has evolved far beyond the 600 sq. ft. of total space, with accounts all over the greater South Sound area and growing, with the Co-op and the Farmers Market giving great forums for the community to enjoy all of BHB’s treats.

BHB’s resistance to using polluted and nutritionally empty ingredients is strong and inspiring. They use safflower oil instead of canola for its digestibility, they use organic unbleached flours, they cook with non-GMO cornstarch, they use organic spelt flour for its essential amino acids and enzymes, and honey and molasses are the main sweeteners in use; no sugar. To investigate ingredients of this nature and be sure about the product you are getting is not easy.

“So much food is empty nowadays,” says current owner/operator/manager Evan Price, referring to the use of genetically modified organisms (GMO’s) and chemical sprays. He explains how even some organic foods have been tainted, if not diluted by GMO strains. Evan came to the area and attended Evergreen in the mid-eighties, then got into ecologically and politically sound food systems, leading him to Blue Heron. He’s worked there for 13 years now, and looks forward to celebrating the bakery’s 25th year. Business has grown in recent years, and with products like vegan chocolate chip cookies, biscotti, kalamata olive and garlic bread, coconut almond granola, and a vast array of scones, muffins, and goodies, it’s no wonder. Operator Evan
points out that their flavors have trickled over to a more “mainstream” crowd. “We added espresso in late 1997”, he continues, and that has brought in another crowd now loyal to BHB. Those who may have balked at the idea of blue cheese in bread or have never heard of spelt flour are now being enticed into trying some of the creations coming out of BHB by word of mouth as well as the growing awareness of higher nutritionally valued foods. In fact, there are stories of their products making it to the far reaches of the globe. One woman from Indiana had some biscotti here and had her mother from Sicily try it. They are now loyal customers. Folks have returned from vacationing in France just to find that they prefer BHB’s croissants to the ones found in Paris. Their Coconut Almond Granola has been to the top of K2, the second highest peak in the world! A team participating in the Washington State soccer championship took Raisin Rebel Crunch with them and they won first place, could it have been their breakfast choice? Hmmm...

So, IN THE SHADOW of the Black Hills, along the muddy tidal flats of Eld Inlet, lies this bakery where worldly views of living are shared, where great wholesome foods are baked with care and respect to our earth, and the foundations of true organics are being laid. The Co-op is proud to offer such a superior product to you, the consumers, and looks forward to learning more about sustainable organics, challenging those in government to revise the laws, and helping those who share these same philosophies to gain knowledge in this subject area.

The Blue Heron Bakery is located at 4935 Mud Bay Road Olympia, WA 98502. The website address is www.blueheronbakery.com

Go check ‘em out.

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Joining the Worldwide Web

By MAUREEN TOBIN, Staff

THE OLYMPIA Food Co-op is about to take a bold step into the 21st century by launching our own website!

One of the most exciting technologies to develop in recent history is the Internet. As access to the Internet has increased, the potential for our website to be a tool for communication and education to membership has also grown. Many other Co-ops have already taken this step and we’ve had enough interest from members and non-members to get us started.

The new website will have lots of information on it that the Co-op has never been able to gather in one place before. We anticipate providing general information about our Co-op, such as directions to the store and details on membership, as well as more in-depth information about the different departments and history of the Co-op. You’ll also find on the website our product selection policies, important social justice issues, fancy-looking digital pictures, and much more of interest to the membership and greater Internet community.

Another exciting aspect of having a website will be the ability to publish our newsletter online, hopefully reducing the need to print so many copies and saving a few trees in the process. In this way, we’ll also be able to archive old newsletters and Co-op policies in an organized, easily accessed manner.

The web is truly a great opportunity to reach others interested in the success of our consensus-managed food cooperative. We plan to start modestly, then to gradually increase the amount of content of our website based on the feedback we hope to receive from our members. The site is due to officially be up early in 2002. We already have a test site and are working to fill in the blanks so that soon the site will be at www.olympiafoodcoop.org. If you’re interested in this project, have questions, or otherwise just want to talk about it, please call Maureen at the Eastside Co-op.
IT'S JUST NUTS

AMONG the many blessings of the fall harvest are the seeds of trees, known as nuts. Most people in America consume nuts only as a “no-no snack” because of the high fat content, but nuts are actually nutritional powerhouses that, as part of a varied and balanced diet, can provide a wealth of vitamins, protein, minerals, and essential fatty acids. Nuts are also an easy, versatile, unprocessed food that you can crush, grind, or sprinkle onto salads, veggies, grains and desserts to enliven any meal.

There is much evidence that nuts and seeds were the major staples of early humans, especially in northern climates where the gathering seasons were short. Nuts, when dried and stored properly, would have been a stable and convenient food source (more so than hunting mammoth for days on end). With the advent of agriculture, cereal grains replaced nuts as a staple food, but humans have continued to find uses for them. Until relatively recently, Americans never bought nuts in the store - Instead, they gathered families together in the fall to go “nutting.” There are many opportunities in this area to gather nuts in the wild; the Co-op, for example, has a filbert tree growing out back just waiting for someone to come by nutting.

Technically speaking, not everything we call a nut is truly a nut—peanuts are legumes and almonds are really fruit. But for practical purposes, the following foods are classified as nuts due to their common uses and nutrition. Speaking of nutrition, it should be pointed out that although nuts are very high in fat, most of those fats are the heart-healthy unsaturated types. In addition, nuts are an excellent source of essential fatty acids that your body needs to make hormones, build cell membranes, and help control blood pressure. Several recent studies have shown that people who consume at least 5 ounces of nuts a week have at least a third of the likelihood of suffering a heart attack as those who don’t eat nuts. Add to this a variety of vitamins like Vitamin E, riboflavin, folic acid, and niacin, and trace minerals like calcium, magnesium, iron, phosphorus, zinc, and selenium, and you’re looking at little nutritional wonders that are perfect to work into the diet in small quantities.

Almonds, probably native to North Africa, are one of the oldest and widely appreciated nuts, dating back to at least

Melissa’s Vegan Nutball

8 oz. soy tempeh
1 1/2 cup almonds (or other hard nuts like filberts or brazil nuts)
2/3 cup Veganaise or soy mayonnaise
3 Tablespoons Nutritional Yeast
2 Tablespoons Tamari or Shoyu soy sauce

Steam the tempeh for 20 minutes and set aside to cool. When cool, grate through a cheese grater. Slice the almonds (in food processor if necessary) and roast in a dry skillet over medium heat, stirring often, until toasted and brown, about 5 minutes.

Mix the grated tempeh with mayonnaise, nutritional yeast, and tamari by hand or in food processor. Add a little water if mix seems too dry. Stir in 1 cup of the almonds or other nuts and chill in refrigerator several hours until somewhat firm. Shape the mix into a ball and roll the ball in the rest of the almonds. Refrigerate for 2 hours and serve with crackers and veggies.
8,000 B.C. The almond tree is closely related to a peach or plum (an unshelled nut looks remarkably like a peach pit). Spanish missionaries introduced almonds to California, where all of the almonds grown commercially in the U.S. originate.

Super-easy Nut Milk

1 cup almonds (soaked overnight and skins removed) or cashews
2 cups water
1 teaspoon honey, maple syrup, or other sweetener
1 teaspoon vanilla, if desired

PLACE all the ingredients in blender and blend at a high speed until smooth. Drink as is, or pour through a strainer for a smoother consistency.

Almonds can easily be sold shelled because their tough brown skin helps protect against rancidity. Only in recent decades have organic and unsprayed almonds become available, which is a great thing considering that most almond growers spray the crops with insecticides and miticides at least three times a season. Almonds are most appreciated for their versatility in cooking: blanched or sliced almonds create beautiful looking desserts, roasting creates an aromatic crunchy snack, and almond butter is a gooey treat that's hard to resist.

Walnuts are a close runner-up to almonds and peanuts in a nut popularity contest. Walnuts available commercially are called English walnuts, though their true origin is actually Western Asia. Walnuts have a high oil content, around 60%, which can lead them quicker to rancidity, and make them a good choice to buy in the shell when they are available. For the sake of convenience, however, most of us buy shelled walnuts that, when stored in a cool, dark place, will still be stable for months. California grows about 90% of the world’s supply of walnuts, so we here on the west coast generally get good prices for walnuts, even organic ones.

Black walnuts and butternuts are the native North American relative to the English walnut. If you’ve ever picked or tried to shell black walnuts, you understand the extreme frustration involved with this nut. The distinctively sweet, rich taste, however, is worth the work. Black walnuts are encased in a soft, pale green outer shell that will stain anything when opened—hands, clothes, even dogs. Add to this that the inside shell is practically a rock and you’ve got your work cut out for you. One good method is to wrap the recently gathered nuts in newspaper and drive over them in your car, following with a good spray with a garden hose. Let the nuts sit for a month or so before attempting to crack, which is best done on a concrete floor with a heavy hammer and good swing. Once you come to the nutmeat, you’re rewarded with the nut with the highest level of Vitamin A and a great flavor to add to grain dishes or sprinkle on a cake.

Brazil nuts grow only in dense South American forests and are wild crafted rather than cultivated, primarily in Brazil, Venezuela, and Bolivia. The trees grow up to 150 feet tall and produce coconut-like pods that contain many seeds. They are held inside of the Brazil nut’s rounded shells which are shaped like navel oranges. When ripe, these pods go plummeting to the ground with such force that the seeds inside burst out and bury themselves in the ground. Harvesters come through and dig up the nuts while wearing protective headgear. Because of the tough shell surrounding Brazil nuts, they should be soaked for 24 hours and then plunged into boiling water for 3-5 minutes to soften before shelling. The nuts are also commonly available shelled.

Cashews are also native to Brazil, growing on the fruit of a tropical evergreen that is now primarily cultivated in India. Cashew nuts have two shells that contain a toxic oil (the tree is related to American Poison Ivy) that must be burned off before shelling; for this reason, cashews are one nut you’ll never find here in a shell. The high fat content and distance the nuts must travel often cause cashews to be soft when you buy them, but this rarely takes away from the creamy taste when you cook with cashews. They are especially good roasted with salt or tamari.

Chestnuts have the lowest percentage of fat of all the nuts and are best known for their excellent, warm and comforting taste that comes with roasting. The history of the chestnut in America is a tragic one indeed. Until the last century, one in every four trees of the Appalachians was an American Chestnut, a magnificent tree that grew up to 100 feet tall and twenty feet around. Around 1904 it was discovered that an Asian fungus, a blight, had begun to kill chestnuts. Thirty-five years later the trees became a memory, at least 4 billion trees gone in a generation. Today some Japanese and Spanish varieties produce nuts here but most of the commercial crop is supplied by European countries. To roast chestnuts in the shell, make a cut first to prevent bursting and then roast over a fire or in a 375 degree oven. You can usually tell when chestnuts are done by the overwhelmingly pleasant aroma they emit.
Filberts or Hazelnuts are almost identical species that grow wild on small shrubs or trees all across the U.S. Hazelnuts are the subject of many ancient legends and myths, and the tree has been seen as powerful and magical by many cultures. Today, Oregon and Washington produce almost all of the commercial filbert crop in the U.S. Filberts have a small, round shape that’s fun to cook with and really great in cookies and pastries. To shell filberts, it’s easiest to hammer them through a board with small holes, so that the shell cracks open and the nut meat falls through the hole.

Pecans are a species of hickory nut native to the Mississippi River valley. Today hundreds of varieties are grown commercially, mostly in the South and Southwest. Pecans have the highest amounts of potassium but also a very high oil content, making them a good candidate to store in the freezer to prevent spoilage. To shell pecans, soak them for 8 hours to make the shell flexible and easily cracked, and be sure to air dry thoroughly before storing.

A Pine Nut or Pignolia is a seed from a pine cone large enough to be edible. The Stone Pine of the Mediterranean region is one of the popular sources of pine nuts, but the pinion tree is also a good source for wild crafting in this country. Cones must be sun dried to open them and then each little nut must be shelled by hand—a laborious process resulting in a very high price per pound. Pine nuts have more protein than any other nut and add an unmistakable flavor to Italian food (think pesto) or can be toasted and added to many casseroles or pasta dishes.

One should not ignore nut oils when considering new uses for nuts. Walnut and hazelnut oils have deep, strong flavors that combine well in a salad dressing for wild greens. You can also use a small amount in desserts that contain nuts to intensify the flavor. Almond oil is light and sweet, excellent on steamed veggies like green beans. Store nut oils in the refrigerator and never heat them, always add to a dish after cooking.

Nuts can become rancid with time, or if exposed to too much heat. Nuts in shells store better than shelled nuts, and whole nuts store longer than sliced or ground nuts. Shelled nuts can last several months if stored in a cool, dry place, and can last a year or so in the freezer if kept airtight. Blanched or toasted nuts will not store for very long. It’s often best to toast only the amount you’ll use, and if you do need to store some, place them in an airtight container in the fridge. Grinding nuts is a great way to add small amounts of nuts to baked goods, casseroles, even your breakfast cereal. Try devoting a coffee grinder to grinding only nuts and seeds and see where your imagination takes you.

For more information on nuts check out Dr. Jasper Woodruff’s Tree Nuts, an expert source on growing and cultivating nuts that also contains some great recipes. Many vegan cookbooks have interesting nut recipes, and any good dessert cookbook will have several recipes using nuts.

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**Ideas for Roasting Nuts**

*Preheat oven to 350 degrees*

**Tamari Roasted Nuts**

SPREAD 2 cups of raw, shelled nuts on a baking sheet. Use cashews, almonds, pecans, filberts, walnuts, even acorns.

Bake for 5 minutes. Drizzle 3 tablespoons tamari soy sauce on the nuts and stir well. Bake in oven 5 more minutes, turn off oven and allow to sit for a few more minutes.

**Sweet Roasted Nuts**

MAKE a mixture of either 2 egg whites or egg replacer, dash of salt, and four tablespoons sweetener like raw cane sugar or brown rice syrup. Roll up to four cups of nuts in the mixture and bake on a greased pan for 20 minutes.

**Nutritional Roasted Nuts**

MAKE a mixture of either 2 eggs or egg replacer and 2 tablespoons tamari.

Allow nuts to soak in this mixture a few minutes, then roll the nuts in 1 ½ cups wheat germ and ½ cup nutritional yeast. You can also add cayenne or other seasonings for a spicy nut mix. Lightly grease a baking pan and bake nuts at 275 degrees for at least an hour.

Always store roasted nuts in an airtight container in the refrigerator or freezer.
TODAY I HAVE cramps, and my cat is sick, and I’m worried that it’s Anthrax because he seems to be having flu-like symptoms – lots of sneezing. At this moment, I’m scared, and it wasn’t long ago that I gave up on hope. I put an “Abandon All Hope” sticker on my wall where I could see it all the time, to remind me that hope is a farce. Instead, I decided to treasure my moments of faith. Perhaps you just got the religious implication shivers. I get it too sometimes. It’ll pass.

Hope is a need to believe in something that isn’t what is now, something that implies that I’m not right where I’m supposed to be at any given moment. I don’t want to believe in that.

Right now, the world is falling apart. Much like the world before September 11th, without the flags and penchant for “God Bless America” (I had never even heard that song before).

In all of this, I do have faith. Childhood was the place that I learned that loads of experiences and a large amount of unrest can make life evolve. Unhappy people and horrid situations can be catalysts for experiencing joy, fear, loneliness, and other extremities. (I’m assuming that a lack of experience would foster those kinds of feelings as well.) This time of unrest feels familiar to me somehow. Total chaos, with the possibility of death at every turn. Knowing that each second is precious because something out of my control may happen at any given moment, and I will no longer have a choice. I know how to live under these circumstances. More than anything else, I know how to create art out of little, with garbage and rocks and old clothes and wishes and no money and the refillable coffee drug at the organization for future artists called Denny’sÔ.

I went to Denny’sÔ recently, in the middle of the night, and wrote for 6 hours, because I was homesick.

I know 20 or so people that suffer from panic attacks, or just a mild state of panic at all times, myself included. Those are the 20 that have mentioned it in my presence anyway. I think that panic and hope can go hand in hand.

ONE DAY, when I wasn’t panicking (as far as I know), I was ruminating about whether or not Olympia was where I should be right now, looking at the different choices I was making by staying here, and the phone rang. It was my father. I told him what I was up to, and he asked me why I was staying. I was immediately flooded with answers. (Funny how someone asking you the question that you’ve been unable to answer in yourself can make it feel like a completely new question).

I told him that I feel safe here. He asked what that meant. I told him that if this world changed again, I believe that the community that I live in (albeit small) knows how to grow food, and organize people, and what herbs to eat, and play songs to soothe, and make jokes that are really funny, and make art and music that will remind me why I’m alive, and treat each other well, or treat each other badly and then talk about it, and many will be honest with each other, and make clothes when we’re cold, and fight landlords that try to hurt us, and fight wars that are wrong, and fight malls that shouldn’t exist and suck the very core of our hearts from us, and have street parties that let us meet each other, and recycle used objects and have dinners where we learn how to pray to old ideas without new rules, and art can line the walls of the city, even illegally so that we may see what everyone is thinking, and people support the kids that need to know that they matter, and that fame can be human and a product of hard work, and there is often empathy and compassion that doesn’t feel like a HallmarkÔ card, contrived and well taught. People who can build houses, and manipulate metal and create engines that don’t use gas. People who understand the delicate balance of the ecosystem of this land, and what lives in the water, and how to sail on it. It feels sturdy and genuine. I can stand on it, and all of my 220 pounds knows that if I fall through, it will only be an illusion that won’t last very long, or maybe I just haven’t realized yet that I’m still just floating along amidst possibility. My father agreed the reasons were good.

HEROES HAVE always been a baffling concept. It has been rare for me to be inspired by history books. I could never really believe anything because my experiences made most of their reports feel impossible or manipulated somehow. I believe in the feelings that motivate me, us, everyone. This is the moment of living I think. Art is the magic of articulating that moment.

Activism articulates it. Eating dinner articulates it. Fighting for what you believe in, protesting the WTO, attending a city council meeting, going to a benefit, helping someone move, taking a bath, or nap, or talking to a stranger, working on a project, making a movie, holding someone when they cry.

The belief, or faith, that it takes to do all of these things - that is heroic. To honor the moment is heroic. When necessary, to honor the moment by escaping the moment (cutting yourself some emotional slack) is heroic.

I don’t believe that it is possible for change to occur without work, conflict and emotional turmoil. It’s what we do in these moments of panic and projection that shape the world that we live in. “Peace” is hard work. Olympia has shown me that it’s willing to work, and I know that we will continue.

There are ladybugs everywhere now, has anyone noticed all of the ladybugs? They’re lucky, right? That’s what I’ve always believed.
SEPTEMBER 11 has a different significance for me than it does for the vast majority of the nation. 9/11 was the day I was supposed to move to San Francisco. I awoke, that shocking, paradigm shifting morning, in a bedroom that was stripped empty, save for the open suitcases on the floor, neatly packed and ready for the Dr. Frockocket's Medicine Show van that was to take me to my new home in the Bay Area. When my friend Heidi woke me up, two inches from my face, wide eyed and frantic, with the news that "it's the end of the world molly, call your mother and tell her that you love her," my first thought was of my impending move. I felt cut loose from my community, decontextualized, homeless, transient, adrift in a world at war.

Since that day, the constrictions upon US citizens' rights have been accelerating — to speak our minds, to criticize the government, to call US foreign policy a bloody mess of corruption, even to engage in heated political discussions on college campuses, these have become dangerous acts of resistance in the "war on terrorism." However, apparently it is not a prosecutable act of resistance to simply print "the facts" in the New York Times every day. This obvious paradox is explained away by most people I know with the statement that "the media is lying to us."

According to the media, terrorism is more threatening to our "way of life" than it is to our actual lives. Media theorists explain that this is somewhat true — mainstream, corporate-owned media will suppress certain information about government activities when that information is deemed "sensitive" or may jeopardize "security." But critics like Neil Postman discuss the far more frequent and insidious practice of decontextualizing the news by reporting individual events without historical background, or generalizing that historical background, as in the genocide of the Tutsi people by the Hutu Power groups in Rwanda in the early 90's. The common media practice regarding Rwanda (as well as other civil wars in countries which are armed by the US military) was to present the animosity as an "age old
CONSUMER culture has led us to believe that if we surround ourselves with the artifacts of spiritual or political belief we will, perhaps spontaneously, feel the benefits of those beliefs.

capitalist magazine, approximately eight corporations, including GE and Unocal (Bush jr.'s pet oil co.) are receiving upwards of 14 million dollars apiece for their assistance in the war against terror. Meanwhile in the "Nation challenged" section of the NYT, I read a heartwarming piece about Bush jr.'s visit to Florida. He was there to remind 5000+ people, who have lost their jobs in the tourism industry, to "work harder to find work." Reporting on Bush jr.'s visit isn't lying; however, it's sentimental schlock.

I know people who lie. I stop listening to them. When they speak, my eyes glaze over. That is a trap we must not fall into. There is too much to understand, too many human lives are at stake. I will concede that it is a confusing landscape to navigate, but to describe the often treacherous,

A NOOTHER MAJOR media "oversight" is the effect that political events have on corporations, i.e. when an anti-terror bill is passed, and billions of dollars are funneled into "fighting terrorism," the media neglects to mention exactly where that money went. According to Left Turn, an anti-
such people.” “Great Expansion” has always been revered in America, and “remarkable” means literally “worthy of remark or comment,” but it is commonly used as a compliment. Seven paragraphs later, tucked deep in the bowels of the article, the first critic of the PATRIOT ACT is allowed to speak: Noel Saleh, an immigration lawyer and vice president of the Arab Community Center for Economic and Social Services in Detroit says that it is an “extremely dangerous law in terms of the very expansive definition of the concept of terrorism...” it could include “someone who at the end of Ramadan does their charitable tithing to an orphanage in South Lebanon that was established by Hezbollah.” This is true, and alarming, but it sounds unthreatening to Jo Smythe, the average NYT reader in her fashionable condo close to home for the NYT readership.

In a different article on the same page, I learn that “Ashcroft issues an order to allow federal prison authorities to eavesdrop on attorney client conversations involving people suspected of posing a direct threat to national security.” On the previous page, in regards to the USA Patriot Act, “defense lawyers say that new rule erodes a basic right of the accused to confer privately with their lawyers.” More than eroding, they are slashing and burning constitutional rights with great impunity, and that’s a fact, not an opinion held by SOME defense lawyers, the way the “non-biased” reporting of the NYT makes it sound.

Meanwhile we live in a country with a free press, which will report to us, day by day, the civil rights violations occurring nationwide.

One of the many books I have been tearing through for the last three months in a desperate groping effort to Understand, is called Propaganda: The Formation of Men’s Attitudes, and the author, Jacques Ellul, a French academic from the sixties, says this about information: “A surplus of data, far from permitting people to make judgments and form opinions, prevents them from doing so and often paralyzes them. They are caught in a web of facts and must remain at the level of the facts they have been given...Thus, the mechanisms of modern information induce a sort of hypnosis on the individual...His opinion will be ultimately formed solely on the basis of the facts transmitted to him, and not on the basis of his choice and personal experience...it remains, above all, propaganda — that is, an inner control over the individual by a social force, which means that it deprives him of himself.”

He also speaks of the kind of propaganda we are subjected to in the US. He says it is not, as in Communist countries, ideological, but sociological propaganda. “The sociological propaganda in the US is a natural result of the fundamental elements of American life.” The diversity of the American population had to be unified and assimilated and standardized. The method for this was to use a way of life, or lifestyle as the basis of unification. Mass production requires mass consumption. Thus “lifestyle” has become the instrument of propaganda in generating that consumption. According to the media, terrorism is more threatening to our “way of life” than it is to our actual lives.

Ellul goes on to say that given American liberalism, and confidence in our political system, the “wave of collective hysteria” which began in 1948 and culminated in McCarthyism is difficult to understand. He proposes that the hysteria sprang from an ideological weakness, and, this is what interests me, “a certain inability to define the foundations of American society.”

That is why Americans seek to define the American way of life, to make it conscious, theoretical, explicit, worthy.” Ellul is talking about lifestyle, the ultimate American signifier, as a mask for ideological weakness, or more accurately, vagueness.

I am not going to babble on about “simplicity” or “spirituality” as an antidote to consumerism now, because those are consumer movements on the lower East Side. The article neglects to interview the legal representative for a white college graduate who has spent her summer tree-sitting in Northern California: She too may be threatened by the USA Patriot Act, but that might strike too
accompanied by a wide range of necessary purchases in order to quell the consumer’s vague sense of unease, and drown it in lifestyle changes, but which sidestep the entire question of beliefs. Consumer culture has led us to believe that if we surround ourselves with the artifacts of spiritual or political belief (such as the flag, Carhartt work pants, tarot cards, menorahs, dream catchers, incense and the Bible) we will, perhaps spontaneously, feel the benefits of those beliefs, i.e. a sense of community, compassion, understanding of the cycles of death and rebirth, or the camaraderie of the struggle. This is a dangerous and tragic mistake, and a complete inversion of the truth, which is that the symbols or artifacts are by-products of belief, NOT the foundation. Sadly, the foundation of our communal belief system is Capitalism, an economic system with only one meaningful artifact: the American dollar. If we who work for a better world are willing to look that fact straight in the eye, and interpret the media through the lens of that symbology, that vagueness and confusion will fall away, and the juggernaut of capitalism and imperialism will be revealed.

Once that clarity is achieved, the sense of isolation and powerlessness in the face of US domination becomes almost heartbreaking. This is where the final media technique I want to talk about comes into play. I have been imagining the corporate media as a massive spiderweb on stilts, which stand on different portions of the US population and beyond. These stilts extract and disseminate information. They tell us about one another, by way of polls, on-the-street TV interviews, images of protesters holding signs, footage of children questioning the necessity of war. They also show us politicians telling us what to think, and the occasional billionaire in his leisure time (golfing maybe) or on the business pages making deals and mergers. A large function of the media seems to be telling us what our fellow Americans are doing and thinking. It is in this capacity that I think the greatest use of outright lying takes place. The media will always make me feel as though I am all alone. This is true in the present, with current opinion polls only showing high approval ratings for the Bush administration, and it is true in its coverage of history – conveniently omitting most dissenting voices throughout time. (Except for those which can be commodified, simplified and tamed: heroes such as Che Guevara and Martin Luther King Jr. who are tamed and canonized; their strong, complex messages weakened into vague platitudes of “peace” and “revolution” while the millions who fought and died and argued and loved alongside them are ignored and forgotten.)

A critical analysis of the media needs to begin with an in-depth investigation into the lives and beliefs of our neighbors and fellow Americans. I mean specifically an investigation which goes beyond the simple reading of “flag-wavers” vs. “card-carrying liberals” and “peaceful freedom fighters” vs. “black bloc anarchists.” Now is not the time for divisive attitudes or behaviors (although dissenting, critical voices are always necessary) because the information technologies which pervade our minds and environments – technologies commonly known as “the media,” are relying heavily on the supposition that we are safe at home, behind locked doors, watching the TV closely for clues about what the American people think.

We know that the US government, with George W. Bush at the helm, is not on our side, and that he is fighting this “war on terrorism” much like the Cold War was fought — in the interest of private investors and global trade agreements. We know that a crackdown on civil liberties is intended to maintain tight control over the growing protest movement. What we choose to do about that information, how we choose to oppose the system, cannot be found in the NY Times. In fact, when you read it in San Francisco or Olympia, it is intended to reassure you of your bourgeoise intelligence and sophistication, and it is expected to be read with a latte and croissant. Of course, a session with the morning paper can also be a wonderful sharing time with some friends and acquaintances — a time to reflect on the latest events, place them into a political context and plan the next community action. Later that evening, a warm revolutionary bonfire on the beach is the appropriate final resting place for the daily paper.
CHEERS!
A Year In The Life
Of The Alcohol Committee

By LAUREN WELSCH, Board Member

IT IS so rare, it seems, for a business to put respect for its community above financial profits.

WHEN I AGREED to join the Alcohol Committee in September of 2000, I believed that the Co-op should sell beer and wine. Though not a frequent drinker, I would prefer to buy my occasional bottle of wine at the Co-op; it would be more convenient for me, and I feel better about giving my money to the Co-op. I was aware that many people for various reasons would prefer that the Co-op not sell beer and wine, but initially I thought that limiting the sales to the Eastside store might be a reasonable solution. Now, over a year later, my beliefs have changed. Though I personally may still prefer to buy wine at the Co-op, I believe that the Co-op as an organization striving “to make human effects on the earth and its inhabitants positive and renewing” (Co-op mission statement) should not sell beer or wine. My mind changed gradually, over months of hearing and reading the thoughts and experiences of many members of the Co-op community. On behalf of the AC and the Board, I would like to thank everyone for their contributions and participation in this process. The newsletter articles and dialog about alcohol over the year have succeeded not only in changing my opinion, but also educating many members of our community. Let’s take a look back...

The Alcohol Committee formed after a membership ballot in August of 2000 which advised that the Co-op look into selling beer and wine. The AC consisted of Grace Cox and Pat Maley from the Staff, and Neil Coffey and myself from the Board. After creating a charter and timeline, the AC focused on gathering information. Initially, we focused on researching the laws of liquor sales, how beer and wine sales will impact the Co-op, and how beer and wine sales have affected other Co-ops. We compiled this information into binders available at each store. The binders were intended to inform interested members/shoppers about the issue, as well as to allow a place for people to ask questions and make comments for the AC’s consideration. The AC wanted to solicit as much feedback as possible from the Staff, volunteers, members, and shoppers. We held community forums, tallied surveys, and read commentary in the binders and from emails.

At the August 2001 meeting of the Board of Directors, the Board consented to the recommendation from the Alcohol Committee that the Co-op not carry beer and wine. (For more in-depth information about the AC’s recommendation to the Board, see Grace Cox’s article in the Fall 2001 newsletter.) Part of the recommendation from the AC was that the Board makes the final decision regarding the sale of beer and wine, as opposed to sending the decision back to a binding ballot of the membership. The AC and Board felt strongly that although a majority of people might prefer that the Co-op sell beer and wine, those opposed deserve our respect and support. The Co-op strives to be a place where everyone is not only welcome, but also a place where people feel comfortable being who they are and, hopefully, free from many of the challenges and symbols of oppression that exist in most other public places. Selling beer and wine at the Co-op, though likely to be profitable, would make the Co-op a less safe and comfortable place for many of our members. We strive to be respectful and supportive of all people, being especially mindful of those people often marginalized by our society because they are not the “majority.”

On a personal note, I would like to say how refreshing it is to be a part of an organization that operates with such conscience and integrity. It is so rare, it seems, for a business to put respect for its community above financial profits, or to make a decision based on consideration for all, rather than letting a “majority” rule at the expense of the “minority.” If you were someone who hoped that the Co-op would sell beer and wine, perhaps over the course of the year your mind changed, too. If not, then I hope your disappointment in having to buy beer and wine other places is somewhat brightened by the pride you feel at being a part of such a unique organization that works so hard to be conscious of our effects on the health of all the members of our community and environment.
HIGHLIGHTS

By JOHN NASON, Board Member

WELL...it's December again and the Co-op is bustling. Seems like we hired six new staff members just last week and already I hear folks asking for more. As for the results of the Board Elections: we elected Jessi Hoffman, Lia Friedman, and myself, John Nason. Other members of the Co-op Board include: Harry Levine (Staff Representative to the Board), Sara Ryan, Lauren Welsch, Ron Lavigne, David Koestler, Neil Coffey, and Eliza Welch (Staff Observer to the Board and Board Scribe). The new Sugar Policy won support of some of the membership as well. Out of 244 ballots cast, 149 votes were for the new Sugar Policy and 94 against.

Fall is the time of the Board Elections and the Co-op's Annual Membership meeting. This year the event was held at the historic Capitol Theater in downtown Olympia. The meeting was followed by a free showing of The Wizard of Oz. The following are highlights of the committee reports given at the annual meeting; and by the way, some of this article was reprinted from the minutes of the annual meeting as written by Eliza Welch.

Finance Committee
We have ventured into a joint purchasing agreement with other co-ops in the Northwest called to the Northwest Co-op Grocer's Association (NWCGA). Ways of working towards sustainability. If anyone has suggestions they can contact Ron or David by leaving messages in their boxes at the Eastside store in the front office.

Crimps
The CRIMPS are the folks looking to address the technology needs of the Co-op. Their main focus is on creating a process for getting staff trained in computer use. They are also looking at the needs of the Co-op in software and hardware. Soon they will begin to examine the potential of scanners at the registers.

Personnel
Harry gave this report. This committee is reforming after a period of stasis. The Olympia Food Co-op is the only consumer co-op in the country operating collectively with 2 stores. We have a volunteer base of over 200 people a week. As we grow we face more challenges and we look forward to the renewal of this committee.

Local Farmers Committee
Monica announced that this committee has been newly formed to support the local farming community in Olympia by working to promote the local products we sell at the Co-op and improving communication between the Co-op and the farmers. The committee will consist of two Board members, three staff, and four local farmers.

Education and Outreach
David Koestler gave this report. He announced that this committee has recently been resuscitated. They have three main pursuits at this time:

1. Classes for the Co-op Community.
2. Creation of a webpage.
3. New t-shirts!

Energy Committee
The Energy Committee is working to improve the Co-op's energy efficiency and look at improving its sustainability. As a grocery store we consume a lot of energy and there are ways to reduce that usage such as improving ventilation systems and increasing insulation. There are also
Prevention Project, The Crisis Clinic, and Stonewall Youth each $500. They decided to evenly distribute the remaining money, ($10,287), amongst the following 11 organizations: Media Island, Big Mountain Support Group, Emma Goldman Youth Homeless Outreach Project, The Cold and Hungry Coalition, PCUN, Welfare Rights Organizing Coalition, The Santo Tomas Sister City Organization, Sapadawn, Books to Prisoners, Bread and Roses, and Garden Raised Bounty.

Expansion

Many members ask things like: “When is the Co-op opening a downtown store?” or “Why doesn’t the Co-op buy and preserve farmland?” or “How about the Co-op buys a building downtown, puts in a storefront, and rents the rest of the space to like minded organizations and businesses?” The Co-op hopes to answer some of these questions, by assessing options for the expansion Co-op operations, and facilitating a decision-making process to determine if and how the Co-op will expand. This is a long-range goal.

Anti-Oppression Work

Harry announced that the staff has been working with Leticia Nieto and has really learned a lot from her. She works with models which help in the analysis of oppression. More community forums will be coming soon. The staff is working to impact our industry by sharing our packaging guidelines with other groups and requiring that our suppliers abide by the guidelines or we don’t carry the product. In some cases we have had a positive impact.

For more info contact any of us board types at the Eastside store!

By HARRY LEVINE, Staff

WELCOME TO THIS version of the Bookie Nook where the Co-op bookkeeper tries to discover yet another interesting and informative way to present dry financial material. Well, at least we can try for informative...

If you turn your gaze to the right, you will see a budget report for the 3rd quarter of 2001. By the time this newsletter comes out, we’ll be in 2002 but I’m sitting at the keyboard in early December so this is as current as it gets. This report is the total of the stores combined. If you ever find yourself in dire need of knowing how the Eastside store or the Westside store is doing by itself, take 2 emergenc-c and call your local Co-op bookkeeper in the morning for a report.

The big news for 3rd quarter (July – September 2001) is that we lost money. However, we were expecting to lose money and we lost about $6,500 less than expected. We expect to lose money in the 3rd quarter because sales are generally much lower (especially the Westside store) and margin is usually lower (because it’s so so hot here in the summer, that things spoil a lot quicker). Meanwhile, expenses don’t vary significantly quarter to quarter.

The expected loss brings our overall net income in 2001 through September to $98,000. Sales have been extremely strong throughout the year. The Westside store budgeted for 5% growth over last year and has achieved 8.7% for the year to date. The Eastside store budgeted for 9% growth and has clipped along at 13.4% above last year. High sales combined with margin that is above budget and expenses are less than 1% over budget results in positive net income.

LET US RETURN to the 3rd quarter budget report. There are a couple of expense line items that appear massively overspent but there are perfectly reasonable explanations for all. Advertising is overspent in 3rd quarter but is actually underspent year to date. The same is true for Conferences & Trainings. We project expenses in November of the previous year and sometimes bills are paid in a different quarter than we expected. But it generally all works out over the year. Miscellaneous Expense is at the bottom of the page and is way overspent primarily due to the glass milk bottles. We’re returning more deposits than we are taking in and we expense the difference quarterly. When you compare all the expenses to the overall budget, we were only overspent by 1.4% in the quarter.

Meanwhile, we’ve been busy financial bees as we finalize our budget for 2002. Ah, the never ending cycles of financial statements. We put on our procrastinator hats and predict the future. No, wait, I mean prognosticator hats. Or maybe it’s Dr. Suess hats...

As always, feel free to contact Harry, Grace, or Corey at your local friendly Co-op if you desire more financial entertainment.
<table>
<thead>
<tr>
<th>Revenue</th>
<th>Actual</th>
<th>Budget</th>
<th>Variance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales</td>
<td>1,427,534.19</td>
<td>1,374,516.60</td>
<td>53,017.59</td>
</tr>
<tr>
<td>Cost of Goods Sold</td>
<td>1,041,984.21</td>
<td>996,311.26</td>
<td>(45,672.95)</td>
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<tr>
<td>Margin Revenue</td>
<td>385,549.98</td>
<td>378,205.34</td>
<td>7,344.64</td>
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<tr>
<td>Newsletter Ad Rev.</td>
<td>860.00</td>
<td>1,250.00</td>
<td>(390.00)</td>
</tr>
<tr>
<td>Interest Revenue</td>
<td>1,389.11</td>
<td>0.00</td>
<td>1,389.11</td>
</tr>
<tr>
<td>Misc. Revenue</td>
<td>5,540.25</td>
<td>1,000.00</td>
<td>4,540.25</td>
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<tr>
<td>Cashier Over/Under</td>
<td>(593.03)</td>
<td>0.00</td>
<td>(593.03)</td>
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<tr>
<td>Member Fee Rev.</td>
<td>2,240.00</td>
<td>2,000.00</td>
<td>240.00</td>
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<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>394,986.31</strong></td>
<td><strong>382,455.34</strong></td>
<td><strong>12,530.97</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
<th></th>
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<tbody>
<tr>
<td>Advertising</td>
<td>9,244.09</td>
<td>4,250.00</td>
<td>4,994.09</td>
</tr>
<tr>
<td>Newsletter</td>
<td>4,712.04</td>
<td>7,250.00</td>
<td>2,537.96</td>
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<tr>
<td>Conf. &amp; Training</td>
<td>2,270.00</td>
<td>1,875.00</td>
<td>(395.00)</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>94.95</td>
<td>50.00</td>
<td>(44.95)</td>
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<tr>
<td>Diversitiy Ed.</td>
<td>387.62</td>
<td>1,250.00</td>
<td>862.38</td>
</tr>
<tr>
<td>Dues &amp; Subscriptns.</td>
<td>1,670.00</td>
<td>500.00</td>
<td>(1,170.00)</td>
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<td>Utilities</td>
<td>11,538.30</td>
<td>12,500.00</td>
<td>961.70</td>
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<tr>
<td>Telephone</td>
<td>1,874.34</td>
<td>2,500.00</td>
<td>625.66</td>
</tr>
<tr>
<td>Maint. &amp; Repairs</td>
<td>10,461.30</td>
<td>10,250.00</td>
<td>(211.30)</td>
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<tr>
<td>Depreciation</td>
<td>7,884.50</td>
<td>7,884.50</td>
<td>0.00</td>
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<tr>
<td>Mileage</td>
<td>274.48</td>
<td>250.00</td>
<td>(24.48)</td>
</tr>
<tr>
<td>Recycling</td>
<td>987.54</td>
<td>1,050.00</td>
<td>62.46</td>
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<td>Supplies</td>
<td>19,375.14</td>
<td>13,250.00</td>
<td>(6,125.14)</td>
</tr>
<tr>
<td>Interest Ex.</td>
<td>4,680.83</td>
<td>4,648.00</td>
<td>(32.10)</td>
</tr>
<tr>
<td>Professional Serv.</td>
<td>150.00</td>
<td>1,000.00</td>
<td>850.00</td>
</tr>
<tr>
<td>Total Staff Cost</td>
<td>335,141.39</td>
<td>335,688.00</td>
<td>546.61</td>
</tr>
<tr>
<td>Taxes &amp; Licenses</td>
<td>8,866.80</td>
<td>8,804.33</td>
<td>(62.47)</td>
</tr>
<tr>
<td>Store Insurance</td>
<td>1,733.57</td>
<td>2,375.00</td>
<td>641.43</td>
</tr>
<tr>
<td>BOD Expense</td>
<td>37.36</td>
<td>0.00</td>
<td>(37.36)</td>
</tr>
<tr>
<td>Donations</td>
<td>309.28</td>
<td>1,250.00</td>
<td>940.72</td>
</tr>
<tr>
<td>Misc. Expense</td>
<td>1,221.93</td>
<td>375.00</td>
<td>(846.93)</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>422,915.46</strong></td>
<td><strong>417,000.56</strong></td>
<td><strong>5,914.90</strong></td>
</tr>
<tr>
<td><strong>Net Income (Loss)</strong></td>
<td><strong>(27,929.15)</strong></td>
<td><strong>(34,545.22)</strong></td>
<td><strong>6,616.07</strong></td>
</tr>
</tbody>
</table>
WHAT IS Justice? Are justice and punishment the same thing? What is the connection between peace and justice? Is there a peaceful path to justice?

These questions and more are examined in the amazing documentary *LONG NIGHT'S JOURNEY INTO DAY*. This documentary follows four cases through the Truth and Reconciliation Commissions in South Africa. The movie captures the essence of politically motivated crime and what it takes to transform pain, hate, and fear into compassion. This is the serious and difficult work of peacemaking and justice.

This event takes place at the Capitol Theater (206 E 5th Ave., downtown Olympia) on Friday, January 25th, 2002 from 7 – 10 pm. Admission is free.

Filmmaker Frances Reid will be on hand to answer questions about the making of the movie and will then join a panel discussion. This will be followed by small group discussions about the relationship between peace and justice and effective activism.

Other panel members will include Helena Meyer Knapp, TESC faculty; Liv Monore, trainer for Community for Non-Violence; and mediators from the Thurston County Dispute Resolution Center program for Restorative Justice. The Co-op is honored to co-sponsor this event. Included in our mission statement is; “We strive to make human effects on the earth and its inhabitants positive and renewing and to encourage economic and social justice.” This event will help us further this goal.

This film is made and distributed by Iris Films, a non-profit documentary film company dedicated to making films that address social justice issues and challenge individuals to examine their own beliefs and work towards change. You can learn more about the movie and Iris Films at www.irisfilms.org.

Co-op members consistently demonstrate commitments to reducing, reusing and recycling. So many customers every day bring their own bags and containers, or choose a used bag or container over a new one. We really appreciate this effort.

We also appreciate our members who bring clean used containers (with lids that fit), egg cartons, neatly folded paper bags and clean used plastic bags for others to use at their discretion. That's why I'm sad to tell you that we are inundated with plastic bags at the Eastside store.

As an upstream business that contributes to the flow by providing new plastic bags for bulk and produce, we acknowledge a responsibility to our members to help close the loop on plastic recycling. But the reality is that folks bring us way more used bags back than they take away. We have gotten as many as 10 shopping bags full of shopping bags in one day!

So now we're looking for your help. We'd like to keep those bags out of our dumpsters just as much as you'd like to keep them out of your trash can. I'm proposing a campaign to create other ways to keep plastic bags out of the landfill. Send your ideas to Olympia Food Co-op, 3111 Pacific Ave SE, Olympia, WA 98501; attn. Grace. Let's see what we can come up with!
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**CO-OP RECEIVES AWARD**

The Co-op is a 2001 recipient of the Human Rights Achievement award given out by the Thurston Council on Cultural Diversity and Human Rights. The Council recognizes efforts to improve our community's quality of life.

---

**CO-OP SPONSORS EDUCATIONAL PANEL**

The Co-op will be sponsoring an educational panel by Danzine, a non-profit organization, to discuss the topic of sex work, sex workers' rights, social stigmas, sex education and information availability. There will be time for Q&A, refreshments and working member credit given to attendees. Date & Place TBA, planning on the end of Jan. or early Feb. Look for posters soon.

---

**IT OFFERS CARPOOL ASSISTANCE**

INTERCITY TRANSIT RIDEMATCH offers carpool and vanpool assistance throughout the entire Puget Sound Region. The service is free to anyone who lives or works in Thurston, Pierce, King, Kitsap, Snohomish, Skagit, Whatcom or Island county. Commuters interested in a carpool or vanpool match in the Puget Sound region can go to www.RideshareOnline.com or call 1-888-814-1300, or call IT at 786-8800, or email commuterservices@intercitytransit.com.

---

**CUSTOM TRIP PLANNING**

Intercity Transit operates 24 bus routes, including express service to Tacoma six days a week and commute-hour trips to and from key employment destinations in Olympia, Lacey, Tumwater and some south county areas.

Commuters interested in riding transit to work can call Intercity Transit's Customer Services at 786-1881 for a free trip plan. With a customized trip plan, callers will receive a week's worth of trial tickets to help them get going. Information is also available by email to customerservice@intercitytransit.com or on IT's website at www.intercitytransit.com.
What Do You Think of the Co-op News?

WINTER 2002

PLEASE COMPLETE THE SURVEY questions below and return to the Co-op. Good for $1.00 off at either store (first fifty surveys returned to each location).

1. Presently, what do you feel works well with the newsletter?

2. What could work better?

3. What types of articles/material/information do you like in the newsletter?

4. What types of articles/material/information do you not particularly like?

5. What types of articles/material/information would you like to see that hasn’t been in the newsletter thus far (or in a long while)?

6. What have been some of your favorite features?

7. What do you think of the newsletter’s editorials?
What Is It?

IF YOU'RE 10 or under, write your name and your guess on this form and put it in the "What Is It?" box in the front office. Please enter once per newsletter. Guess correctly and you'll win a $1.00 gift certificate to spend at the Co-op!

Remember that the deadline is March 15th.

A winners list will be at either Co-op where you can ask for your coupon. Print neatly!

Last issue's What Is It?: GINGER!
Congratulations, Winners!
Maso, Haidn, Evan Boe, Ventura Sowers, Louis, Jasper, Jasmine Short, Josh Sowers, Erin Stehr, Eleanor, Chayton, Joshua, Munyo, Rhianna, Alex, Roger Cobb, Ollin, Gabe Rush, Noll Steinweg, Willis, Willow, Maize, Leah, Cypress, Linus, Sam Tocher, Jan Black, Serena, Michael, Jake, Michael Walther, Francis, Brandon, Aniza Bentlemsani, Mirrah Stoller, Sam Lacey, Emma Guttchn, Delaine.

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