



Co-op News

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities

April / May 2007

Reflecting on Chemical-Free Living

by **Tatiana Boland**, Staff member



Rachel Carson, Ecologist, Biologist, Writer, 1907-1964

For more about the 100th anniversary of her birth, visit: www.rachelcarson.org

Tribute to Rachel Carson

One hundred years ago, on May 27, 1907, Rachel Carson was born in Springdale, Pennsylvania. Rachel Carson started her college career with English, then switched to Biology. She published several books, including *The Sea Around Us* and *The Edge of the Sea*. She is best known for her last book, *Silent Spring*, which was published in 1962, and is credited with inspiring the Environmental Movement. Rachel Carson warned of the dangers of infiltrating our environment with chemicals and the subsequent effects on animals, plants, and life in general.

Rachel Carson was depicted

with Albert Einstein and Jonas Salk on the March 29, 1999 cover of TIME as one of the most influential scientists and thinkers of the 20th Century. She died of breast cancer two years after *Silent Spring* was released.

What Rachel Carson foresaw, and felt she had a duty to inform others about, was the fragility of our natural world. She declared that humans have a responsibility not only to their own species, but to all others as well, to maintain a habitable environment. This assertion has been called one of the greatest revolutions in human thought.

Modernization and Change

As the anniversary of Rachel Carson's birth is upon us, what we need to remember is that the resources that we have available to us are limited. We have been given warning while corporations and others who are profiting off of our current lifestyle have attempted to discredit scientists. In our modern way, we are behaving like the loggers who swept through the west cutting down old growth trees, leaving very few for future generations. The trees are not

something that can be reproduced on a scale of time that can be witnessed within the span of a human life. Just like the limited amount of clean water on the planet or the strength of the Earth's atmosphere, there is no way of making more, not on a scale of time that we or any of our ancestors would be able to attest to. We are testing the boundaries of what the Earth will tolerate, and if we are not considerate of the planet as a living organism that breathes, moves, and bleeds, then we must face the possibility of being washed away by a planet that is ridding itself of the pest that harms it.

The modernization of our world has occurred in a very short period of time. With a refrigerator and freezer in nearly every house, food availability has increased tremendously, along with the increased use of preservatives. By 1960, approximately 60% of the products sold in supermarkets had come into existence during the previous 15 years, or since World War II. The food industry has favored convenience and shelf life over nutritional content. These preservatives have also made their way into fruits and vegetables by way of genetic engineering.

Our food lacks diversity because only a few types of a crop are grown. Strains of wheat or corn are chosen because they mature quickly and offer a high yield. The lower yield or more intensive varieties are left behind. Traditional agriculture includes saving seeds for future plantings. Genetic engineering and the use of aggressive chemical applications have made seed saving less common, or less fruitful.

Chemicals in Our Midst

There are several different chemicals that are sprayed on crops which all have different purposes. Herbicides are used to kill weeds, insecticides to kill insects, and fungicides are used to kill fungus. Of these,



herbicides represent the largest amount of pesticide usage per acre on field crops, 78% in 2000. Ten years ago, there were \$35 billion in pesticide sales in the world market. \$10 billion of those sales were in the United States alone.

Cotton is one of the most widely traded commodities on Earth; unless it is organic it is also one of the most heavily treated. In 1995, US farmers applied almost 1/3 of a pound of chemical fertilizer and pesticides for every pound of cotton harvested. Some of the chemicals used on cotton are classified as the most toxic by the Environmental Protection Agency.

Maybe you already eat organic food, and even buy organic cotton when you are able, but one of the major contributors to chemical use in everyday lives is in the home or garden. It is exceedingly difficult to avoid chemicals altogether, as we live in such a modernized world where even our houses are made with materials that are treated with chemicals at some point during processing. We can minimize our footprint on the Earth by the decisions that we make. This could be as simple as choosing biodegradable dish soap, walking or riding the bus, or finding natural alternatives for cleaning products in your house. These could also be complex decisions like deciding to replace your carpet with untreated,

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Co-op News

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Open every day, 9am - 8pm

Eastside Store
3111 Pacific Ave. SE • Olympia, WA 98501 • (360) 956-3870
Open every day, 9am - 9pm

Both Co-ops are open every day of the year (except New Year's Day, January 1st, for inventory).

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people by providing wholesome foods and other goods and services, accessible to all, through a locally-oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision-making. We strive to make human effects on the earth and its inhabitants positive and renewing and to encourage economic and social justice. Our goals are to:

☛ Provide information about food

☛ Make good food accessible to more people

☛ Support efforts to increase democratic process

☛ Support efforts to foster a socially and economically egalitarian society

☛ Provide information about collective process and consensus decision-making

☛ Support local production

☛ See to the long-term health of the business

☛ Assist in the development of local community resources.

Opinions expressed in the **Co-op News** are those of the authors and do not necessarily reflect the views of the Co-op Staff, Board of Directors, Co-op advertisers or anyone else. Co-op members are welcome to respond.

The **Co-op News** is published on a bi-monthly basis and comes out in February, April, June, August, October and December. Please contact the editor, Jennifer Shafer, at 360-789-7313 or at olycoopnews@yahoo.com to discuss your article idea or advertising inquiry. You may also leave messages in the newsletter box at either Co-op or mail them to either store, Attention: Co-op News.

Acceptance of advertising does not indicate endorsement by the Co-op of the product or service offered.

http://www.olympiafood.coop



Finance Report

How Did We Do Last Year?

A Review of the 2006 Budget

by **Kitty Koppelman**, Staff Member

Sales Growth

Since the Co-op's main activity is selling things, one of the things that everybody is aware of is sales growth. Sales growth is projected as a percentage increase above the previous year. Sales grew at just a tad lower rate than we expected in 2006. When we planned the budget for 2006, we estimated that sales would increase at a rate of 8% at the Westside and 12% at the Eastside. What really happened was that the Westside's sales grew 4.6% and the Eastside's grew 13.6% beyond the previous year's levels. But when you put the two stores together, the Co-op's total sales grew just a little less than we projected. Even still, this meant longer lines, busier aisles, and lots more stuff moving through the stores!

Margin/Cost of Goods Sold

Also known as gross revenue, margin is the difference between what we pay for stuff and what we sell it for. In 2006, we budgeted for an average gross margin of around 28.75%. This means that after all discounts, spills, broken bottles, and other incidentals, we expected to pay a little more than 71¢ for each dollar's worth of goods that we sold. This would have left us with around 29¢, or 29% margin. In 2006, we actually made this goal, and a hair over! Overall, the Co-op made 29.05% in margin for 2006. The extra margin we earned easily compensated for lower than expected sales, so even though things didn't shake down exactly as planned, our overall revenue ended up comfortably in the black.

Expenses

What do we do with that 29¢? We spend it! The expense budgets represent what we expect it will cost the Co-op to operate for the year. The complete budget is much more detailed than what is listed here, so we've categorized and abridged it to make it easier to read and digest. The bookkeepers would be happy to share the full details with anyone who will listen. Contact info is at the end.

Community and Marketing expenses include things like ads that we buy, donations we make, the cost of producing the newsletter, and board and volunteer-related expenses.

These budgets were slightly overspent, mostly due to extra donations.

Staffing expenses include all staff-related costs, including wages and taxes, training, and benefits. Staff wages came in slightly higher than budget because we adapted to increased sales by adding staffing hours. Overall, though, staffing expenses came in well under budget. This was mostly due to our self-funded insurance plan, for which we budgeted more than we actually spent.

Operations expenses include all of the other overhead that we pay to keep the stores open. This includes utilities, store supplies, insurance, maintenance, repair expenses and the like. In 2006, we decided to honor the Weyerhaeuser boycott, and as a result, the price we are paying for paper grocery bags has increased significantly. We carried out some projects and made some improvements in 2006 that were not originally planned for but were included in our 2006 operations expenses, such as new shelving, ordering equipment, office supplies, fixtures for our new freezer and coolers, new computers, and an overhaul of our computer accounting system.

Depreciation and Interest expenses represent the "on-paper" cost of these items. Depreciation is the method of showing the declining value of the Co-op's assets over time. For example, the Co-op pays \$10,000 for a refrigerator. Rather than showing this huge expense all at once, we depreciate it over the expected life of the refrigerator. If we estimate the refrigerator to last ten years, the depreciation expense for that item would be \$1,000 per year. We keep schedules for all of the Co-op's assets,

2006 Year-end Budget Report			
	Actual	Budgeted	Over/(Under)
Sales (after discounts)	9,343,543	9,397,991	(54,448)
Cost of Goods Sold	(6,628,860)	(6,696,661)	67,801
Gross Sales Revenue	2,714,683	2,701,330	13,353
Other Revenue	17,767	18,020	(253)
Total Revenue	\$ 2,732,450	\$ 2,719,350	\$ 13,100
Community & Marketing	70,478	66,750	3,728
Staffing Expenses	2,183,062	2,213,040	(29,978)
Operations Expenses	416,052	390,705	25,348
Depreciation Expense	45,193	45,193	—
Interest Expense	10,341	13,008	(2,667)
Total Expenses	\$ 2,725,127	\$ 2,728,696	(\$ 3,569)
Net Income, Operations	7,323	(9,346)	16,669
Member Fee Revenue	13,558	9,000	4,558
Net Income	\$ 20,881	(\$ 346)	\$ 21,227

including the buildings and the equipment, and each year we use those schedules to budget for the upcoming year's total depreciation expense. We do basically the same thing for our interest expense. We know what the upcoming year's loan payments will be, so we know what portion of those payments are interest, and we can budget for this exactly. The loan principal portion is not represented in the budget, but rather on the Balance Sheet.

The Bottom Line

When we planned the 2006 budget, we expected to break even for the year. Strong sales, the achievement of above-budgeted margin, and moderate expenses all contributed to a great bottom line in 2006. We are in the process of officially closing out the year-end books, which includes making all of our income tax adjustments. In addition, we upgraded our accounting software at the end of 2006, and the bookkeepers have been busy perfecting and tweaking our new system. The final numbers will be posted in the Co-op's annual report, which will be available in July. In the meantime, if you have any questions about any of this, or anything else of a financial nature, please give me or any of the bookkeepers (Corey, Grace, or Harry) a call at 357-1106.



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Co-op News

April / May 2007

Working Member Profile:

Savieng Soukhaphonh

by **Polly Hawver**, Working Member Coordinator

If you shop at the Co-op on any of our busiest days you may meet Savieng (saw-vee-en). She has two regular grocery stocking shifts a week. I was eager to interview her for the Co-op News. She always has brilliant beautiful stories to tell. We agreed to meet on a Tuesday afternoon. When I arrived to meet her that day I found out that she had been there since 9:30 am stocking packaged groceries, a position that is primarily on the retail floor and involves a fair amount of customer contact. If you've ever met Savieng, you may understand that conveying her personality in words isn't easy to do, but I will do my best to represent her precious spirit in this article.

We sat in the break room in the back of our store on Pacific Avenue. I had my yellow legal pad full of questions in hand expecting to ask her a plethora of questions about her history, background, what brought her to the States, etc. I didn't get to any of these questions. I listened for nearly two hours to Savieng's stories and tried the best I could to scribble them down into my notebook. She has such a tender, passionate way of telling stories, I only wish I had recorded our conversation, and I could play it for you.

Savieng has lived in Olympia for nearly 20 years. After leaving Laos in 1982, she traveled around the United States for several years, finally arriving in the Pacific Northwest in 1988. A friend bought her a lifetime Co-op membership shortly after she moved to Olympia, and she's been an avid Co-op shopper since.

Only recently, within the last year, did she start volunteering. She tells me how starting to volunteer is like exercising; it's hard to get motivated in the beginning, but once it becomes habit, it's hard to stop. "You see all the benefits and how you're helping; you don't want to stop." She joyously tells me all she has gained from being a working member grocery stocker. She specifically highlighted four benefits: volunteering is good for your health, good for the community, good for your pocket, and good for seeing people.

Savieng told me of a British study conducted on the benefits of volunteering. They found that volunteering greatly improved one's quality of life and happiness. She told me she likes knowing that her contribution helps the Co-op keep their prices low, therefore benefiting others in her community. Of course, she also benefits from the working member discount. One thing about Savieng that always stands out to me is her immense care and generosity towards others. She humbly told me stories of inviting folks over to her house to eat and donating her working member discount to friends.

She spoke highly of the many opportunities she's had to get back in touch with folks from her college career with whom she had lost contact. While in the Master of Environmental Studies program at Evergreen, she developed strong connections with many professors. She cooed over her economics professor, Tom Womeldorss, and how much she's loved running into him during her stocking shifts and getting the opportunity to catch up with him that she may not otherwise have. She also mentioned her first ESL teacher, Lin Nelson, who she ran into while stocking after not seeing her for nearly 15 years. "What a great opportunity it is to see good people you love and who have offered you so much. The Co-op is a great place for it."

So much of Savieng's spirit and personality comes through in talking with her. Her face is so expressive



and full of light. I asked her about dreams for her future and any directions she'd like to go in. She has a strong passion for health care and education around nutrition, especially in her country of origin, Laos. She wishes to be able to go there again someday and teach folks about dietary nutrition. She spends a great deal of her time raising her brilliant young boy, Souriya, and taking care of and nursing her community.

She is truly an amazing human being. If you ever get a chance, you should surely meet her.

Savieng is one among many volunteers at the Co-op who stocks packaged groceries. Any given week we may have 30-45 stockers come in to donate a few hours of their time to help us keep the shelves as full as possible. It is a much-needed position and one you would certainly gain many benefits from. If you don't mind some light lifting and regular contact with shoppers, grocery stocking may be for you.

Contact either store for more information about how to get started!

Co-op PSAs

Handy People Needed

Are you handy with a screw-driver and a hammer? We are looking for skilled folks with their own tools who want to help the Co-op with small repairs and maintenance projects at the stores. If you're interested, please call Ami or Mary Jane at 754-7666.



Co-op Committee Volunteers are Working Members Too!

The Outreach and Education Committee is looking for additional committee members. This committee works on organizing Co-op events such as the Harvest Party, Co-op classes, and outreach methods including the Co-op's website, brochure, community events, etc. If you are interested in joining this committee, please contact Mo at 357-1106

Upcoming Volunteer Events • April / May 2007

Be a hands-on member in your store! Volunteer as a cashier, stocker, cleaner and more. Attend a **Volunteer Intro Tour (V.I.T.)**. Come tour the store and learn about volunteer opportunities at the Co-op. If you are interested in volunteering, please attend this two-hour orientation.

Bulk Cleaning Parties happen once a month at the Eastside store. They're a great way to volunteer three hours of time and get to know your co-op. Help us get the stores looking spic and span. Come help us scrub, wipe, wash, polish, and clean the stores after they're closed. Snacks will be provided for all cleaning parties, and you are encouraged to bring music you'd like to listen to.

Eastside Store

Friday, April 6, 6-8pm; Volunteer Intro Tour
Friday, April 13, 6-8pm; Volunteer Intro Tour
Wednesday, April 18, 8-11pm; Bulk Cleaning Party
Friday, April 20, 6-8pm; Volunteer Intro Tour
Friday, April 27, 6-8pm; Volunteer Intro Tour
Friday, May 4, 6-8pm; Volunteer Intro Tour
Friday, May 11, 6-8pm; Volunteer Intro Tour
Wednesday, May 16, 8-11pm; Bulk Cleaning Party
Friday, May 18, 6-8pm; Volunteer Intro Tour
Friday, May 25, 6-8pm; Volunteer Intro Tour

Westside Store

Wednesday, April 11, 6-7:45pm; Volunteer Intro Tour
Wednesday, April 25, 6-7:45pm; Volunteer Intro Tour
Wednesday, May 9, 6-7:45pm; Volunteer Intro Tour
Wednesday, May 23, 6-7:45pm; Volunteer Intro Tour

For more information about volunteering at the Co-op, please contact Polly, Connie, or Alejandro at the Eastside store: (360) 956-3870 or Tatiana or Kevin at the Westside store: (360) 754-7666. You can stop by either store to get more information, fill out a volunteer application, or sign up for an upcoming event.

Cheese at the Eastside Store

by **Maria Van NewKirk**, Staff Member

Some of the finest cheeses produced in the Northwest are available in the new cheese cooler at the Eastside store. Cheese manager Michelle Noel has a deep interest in her products and has created a collection that includes hand crafted artisanal cheeses as well as everyday staples.

Michelle has worked to make the cooler easy for customers to shop. Whether you are looking for a special addition for a party cheese tray or a mild slicing cheese for lunch, you can now easily find your desired cheese.

Traditional cooking and slicing cheeses are located in the upper portion of the display. Some of them have recently become available at a bulk price. Two-pound blocks of Calgold rBGH-free cheddar are now available and are sold at a 7% discount from the regular retail price of smaller pieces. Three-pound bags of shredded parmesan cheese are available upon request from back stock at a 10% retail discount.

If you have special dietary needs, there is a wide selection of non-traditional cheeses available. The special varieties include low-fat cheddars, rennetless cream cheese,

bovine growth hormone-free milk varieties, and several types of cheese substitutes that do not have a milk base. Soy, rice, and almond-based cheese substitutes are located in the upper portion of the display.

In the lower portion of the display, beautiful rounds of Mt. Townsend Creamery Cirrus are artfully arranged alongside pieces of Steamboat Island Goat Farm cheddar. All featured cheeses in this area will be rotated seasonally to introduce customers to a wide variety of textures and flavors.

A highlight of the local cheese display is Steamboat Island Farm raw goat cheddar, a great snack and cooking cheese handcrafted by Jason Drew. Jason is very enthusiastic about his herd of Alpine goats and loves to talk about them. He feeds them a carefully blended diet that includes organic grains, seasonal pasture grasses, and supplemental hay and alfalfa purchased directly from other farms. From the milk of ten goats he creates a medium sharp cheddar cheese that has been aged for more than 100 days. This winter, Jason has been building an ageing cave where he will produce one and two pound rounds of cheddar along with his current offering of five-pound rounds.

The skill and sense of community that goes into the creation of artisanal cheeses is evident in the work of Rogue Creamery. The creamery was founded in the 1930s and gave depression-era small farmers in the Rogue Valley a steady outlet for their milk. The company's commitment to local farms and community employment continues to this day. They have worked to perfect the art of blue cheese making in the U.S. Their cheese is handcrafted and cave aged until it reaches the perfect stage of ripeness. Specialty varieties include smoked blue cheese and a raw blue cheese which is wrapped in grape leaves that have been soaked in pear brandy. Any of the Rogue Valley blues are delectable when used in a tossed green salad with ripe pear and toasted pecans.

Mt Townsend Creamery, located in Port Townsend, works directly with two Jersey cow farms located within 30 miles of their production facility. One of the farms,



Dungeness Valley Creamery, also supplies our stores with raw Jersey cow milk. Jersey cow milk is rich with butterfat and sweet flavor. From this special milk three varieties of cheese are produced. Cirrus and Seastack are both slow-ripened soft cheeses which would add variety to a special cheese tray. Mt Townsend Trailhead, a hard cheese, has a rich nutty flavor that makes it a wonderful snack cheese.

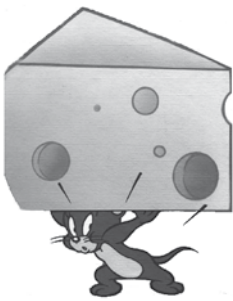
Watch for new varieties of cheese in the future, as the product lines continue to evolve. Michelle will be looking for treats from close-by and around the world to add rich flavors to your meals.



Goat cheeses create an option for those who are allergic to cow dairy or for those who prefer the taste and texture.



Local cheeses add to the Co-op's diversity in cheese selection.



The Co-op News Needs Your Help!

We are seeking help with the distribution of the Co-op News. Distribution happens bi-monthly and entails bringing the News to various businesses and organizations in the area. Call Kitty at 754-7666 for info.



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Don't let your child grow old before they've been young.

Children are rushed nearly everywhere these days, but not at Olympia Waldorf School. The slow, gentle rhythm of our Kindergarten day allows time for singing and storytelling, bread baking and watercolor painting, walking and wondering and imaginative play. Visit our Kindergarten on April 28 or May 12 from 10:00 a.m. to noon...and rediscover the joys of childhood. Call 360-493-0906 to RSVP.



Olympia Waldorf School

Envisioning a Sustainable Future for the Co-op

by **Marie Poland**, Staff Member

As some of you may have read in last year's Co-op News, an Ecological Planning Committee has formed here at the Olympia Food Co-op. We are happy to implement the work from the OFC mission statement that, "strives to make human effects on the earth positive and renewing..."

As with many committees at the Co-op and with other projects in life, creating success depends on a certain amount of planning and vision as well as following tangible steps towards goals. The Ecological Planning Committee has been no exception.

Looking Back

There are many steps the Co-op has already taken over the years to show a great awareness of sustainability. The work Staff has done in the realms of recycling and reducing waste, no/low toxin use in the stores, benefits for Staff people, and supporting other social sustainability needs in the Olympia community are just a few of those steps.

Our Vision of Sustainability

The Olympia Food Co-op envisions a cooperative store that is a positive contributor to local and global ecology and a model for sustainability.

We envision a Co-op community that is ecologically informed and empowered to participate in sustainability and ecological innovation.

Brainstorming Process

To help us gain a shared understanding of sustainability, our committee received training in a system called: The Natural Step. Utilizing this framework over the past year, we held brainstorm sessions with both staff collectives as well as at an open member meeting. This brainstorm asked questions such as:

- What would it look like if the Olympia Food Co-op were 100% sustainable?
- What is the Co-op already doing to support sustainability?
- What could we do better?

From this brainstorm we have been identifying areas in which

to focus our work. The likely four categories for the OFC are: transportation, facilities, products, and community.

Within these areas, all of the four Natural Step areas are also contained, which can be described as: energy, solid waste and water, toxicity, and social justice.

Simultaneously, in 2006, we contacted the "Energy Smart Grocer Program," an affiliate of Puget Sound Energy. Through our connection with them, we will soon have more energy efficient lighting installed – the cost of which will be offset after only 14 months! We will also be installing night curtains on the open produce and cheese coolers to save energy at nighttime, when the store is closed. The energy pay back for the cost of these will be met after only one year!

Where We're Going

For the coming year, we will continue to work on "low hanging fruit" (smaller, more easily-reached goals) while working toward our long-term vision. We will also draw a timeline from the vision backwards. This will help us divide our work into incremental goals, broken down by category.

As we continue this work, we hope to form action groups to address specific areas. We also will continue communicating our process and progress through regular Co-op News pieces, reports, and workshops.

Biking to shop, and buying in bulk are two of the many ways consumers can promote sustainability.



If you have ideas or are interested in getting involved, please contact Marie Poland at marie@olympiafood.coop or call the Eastside store at (360) 956-3870.

The Ecological Planning Committee currently consists of Shon Forsyth (previous Board member), Leon Smith (member), Paul Horton (member) and Marie Poland (Staff).

Down to Earth Creations

Gardening
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Kevin Burkhardt 360.273.6557

Buy an ad in the Co-op News!!

Business Card:

\$45 single run
\$35 for two or more consecutive

Double Business Card:

\$75 single run
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Circulation:

5-6,000 bi-monthly to Co-op members and to local, community distribution points.

Submissions: Contact Jennifer Shafer at (360) 789-7313 or at olycoopnews@yahoo.com

POWER BAGELS

111 N. WASHINGTON ST.
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OWNERS OF THE
SAN FRANCISCO STREET BAKERY

Recipes

Make Your Own Body Care Products!

One of the best ways to avoid bewildering ingredient labels and the high price of body care products is to explore what you can make at home. Simple ingredients such as honey, ground nuts, oils and vinegars can take the place of many products that fill the shelves of drug stores. Other products like soaps and creams can take more time and energy to make yourself but are always worth the effort. There are lots of classes offered locally, through the Co-op's Community Kitchen, at Radiance Herbs & Massage, and at Fertile Ground Guesthouse, that can help you learn do-it-yourself body care products.

Homemade Skin Toner

from Earthly Bodies and Heavenly Hair by Dina Falconi

2 ounces dry herbs, such as goldenseal, echinacea, yarrow, calendula

8 ounces vinegar, such as apple cider

2 drops essential oil, such as lavender or tea tree

Combine in an airtight jar and allow mixture to sit for 2-6 weeks, then strain. Add to distilled water at a ratio of 1 teaspoon vinegar mixture to 2 Tablespoons water before using. Vodka can also be used in place of vinegar. Best for oily or problem skin.

Strawberry Yogurt Mask

from Awakening Beauty by Susan W. Kurz

Spread 1/4 cup strawberry yogurt (organic, of course!) over a clean face. Avoid the eye area and let sit for 20 to 30 minutes before rinsing well.

Yogurt contains small amounts of natural fruit and lactic acid, giving your face a gentle dose of Alpha Hydroxy Acids to hydrate, exfoliate, and fade age spots and wrinkles.



Recipes continued on page 8

The Unnatural State of Natural Body Care

by Maureen Tobin, Staff Member

Our planet provides us with a bounty of plants and minerals that are wonderful for our skin; from shea butter to calendula to oatmeal, there is an astounding array of natural compounds that do our bodies good. It's a bit of a wonder, therefore, that our world now contains thousands of chemicals we use on our bodies, in products with ingredient lists that challenge even a chemist's understanding. Most disturbing about this is the lack of research and regulation in the body care industry, as only 11% of the 10,500 ingredients documented by the FDA (the U.S. Food and Drug Administration) for cosmetic use have been studied for safety, and almost none are monitored for long term health effects.

To further confuse the situation for consumers, labeling requirements for body care products are minimal at best. Use of the word "organic" has a legal definition these days, but the word "natural" is used liberally in the industry, and is basically meaningless. Even products containing more than a dozen dangerous chemicals can claim to be natural.

What ingredients aren't really natural?

Take sodium lauryl sulfate, for example, found in thousands of shampoos, toothpastes, and lotions. Labels often state it comes from coconut, but it is almost always synthetically produced and is labeled that way to mislead consumers into believing it's not a chemical. And the words "no artificial colors or preservatives" does not mean the product is chemical-free.

Every synthetic chemical has side effects for some percentage of the population, but some are of special concern. According to the Environmental Working Group, one-third of personal care products contain at least one chemical linked to cancer. For example, nitrosamines or nitrites, known carcinogens created when ingredients nicknamed TEA and DEA combine, are found in some products. Many people avoid cured meat that contains nitrites, but few are aware that more nitrites can be absorbed into the bloodstream from cosmetics than food. Parabens are the most widely used preservatives in skin care and have been shown to cause inflammation and

allergic reactions. In addition, parabens are suspected endocrine disruptors, exhibiting a hormone-like effect on the body.

Phthalates are derived from the petrochemical naphthalene (found in mothballs) and have been linked to birth defects and reproductive development problems, especially in young males. A recent study of baby bath products found more than a dozen containing this and other probable human carcinogens. PEGs like polyethylene glycol and propylene glycol are petroleum byproducts found in many "natural" products that have caused rashes and skin irritation.

Alpha Hydroxy Acids were originally derived from acids in plants and milk products, but today they are almost all synthetic and very powerful chemicals. AHA's strip the upper layers of the epidermis and expose soft tissue below, creating an appearance of younger, smoother skin. But in the high concentrations of today's products, that action is actually accelerating the aging of the skin through inflammation and creation of free radicals.

Sun damage is the number one way to expose the skin to free radical damage, and wearing a sunscreen is the best way to avoid that damage. However, the chemical sun-screening agents on the market are potentially dangerous and mostly untested. Some of the ingredients to avoid are benzophenone, octyl-methoxycinnamate, homosalate, and 4-MBC. Better choices include the traditional mineral sunblocks like titanium dioxide and zinc, which sit on top of the epidermis rather than soaking into all the layers of the skin.

Environmental Impacts

Another disturbing aspect of the body care industry is the amount of chemical products that are washed down our drains and eventually into our waterways every day in every household and business. Two of the chemicals that have been studied recently are triclocarban and triclosan, com-



mon ingredients in liquid soaps and other antibacterial products. Seventy-five per cent of these bacteria-killing chemicals survive treatment at sewage plants, resulting in 200 tons per year of these two chemicals alone being applied to farmland as sewage sludge. Triclosan reacts with chlorine in water and can create dioxins linked with cancer. And because such a high amount is discharged into our waterways, the chemical is killing

The Campaign for Safe Cosmetics is a national coalition of groups working to put pressure on both the \$35 billion/year industry as well as our government to phase out use of dangerous chemicals.

microbes beneficial to our ecosystems while promoting new pathogens that are resistant to antibiotics. Increasingly, a good old-fashioned bar of soap is what the experts recommend to fight germs on your body.

What can be done?

Luckily for us all, there has been a strong movement to change the safety of skin care ingredients in this country and around the world. The European Union has banned over 1,000 chemicals in cosmetics, and while the U.S. lags behind, having banned only nine, there is ongoing

continued next page



Aubrey products are a quality, all natural choice for chemical-free body care.



Meet the Staff

Erin Majors

by **Jennifer Shafer**, Editor

You are most likely to see Erin in the produce aisle at the Westside Co-op. She is the woman with long red hair, piercing, bright blue eyes and a friendly disposition. Besides co-managing the produce department, Erin works a regular floor shift at the Eastside, trains volunteers and produce workers and helps out with local farm coordination. She has also served on the Hiring Committee, and she has done all of this in just three and a half years as a Staff member.

Erin's interest in natural foods began at a young age, while growing up in southern Indiana. She recalls eating at a friend's house, where all of the six dishes served were deep-fried. She recognizes that people's food choices were based on taste and economics and that the lack of healthy food in her home region was dictated by a lack of money. This lack of affordable and nutritious food led her to the Co-op, to contribute to our mission statement, by making information and good food available to all.

She moved to Olympia in 1996, and before working at the Co-op, Erin attended Portland State University and The Evergreen State College, studying English, history, writing, community development and education.

Some important things she has learned while working at the Co-op have included how to feel more relaxed while working and how to be herself in a work situation. She has also come to see how the Co-op functions as a community center and is more than just a "grocery store" to the Staff and membership. She has learned a lot from her co-workers' experiences and opinions, illustrating that there are many valid perspectives or beliefs about any issue.

Her favorite things about working at the Co-op are being able to bring fresh,

beautiful produce to people, and learning how to cook with and enjoy the produce she orders and stocks. Socially, she enjoys seeing people she knows around Olympia grow and change over the years and working in a place that recognizes the need for healthy food to be affordable and accessible to all.

For the future of the Co-op, Erin would like to see a larger store in downtown Olympia as indicated by the membership on the last advisory ballot. She would like to be a part of supporting that process.

Of Extra Interest:

Hometown: Evansville, Indiana (also grew up in Kentucky, Illinois, Colorado, and Oregon)

Number of Siblings: 1 brother, 3 current step siblings, and 7 former step siblings

Favorite Foods: carrots, kale, blackberries, and cheese

Favorite Music: She is known by some of her co-workers as having terrible taste in music—for example, she loves 70's "yacht rock" (Steely Dan, Michael McDonald, etc.), but she also loves anything that sounds playful and spooky. Right now, the Ditty Bops and Andrew Bird are favorites.

Hobbies: walking, cooking, music, reading, writing, crafting, hanging out with friends, movies

Zodiac Sign: Virgo

Favorite places in Oly: the Chehalis-Western Trail and the Nisqually Wildlife Refuge; both are great places to walk with a friend

Favorite place(s) in the world: Oregon Country Fair



Meet the Staff

Dennis Connelly

by **Jennifer Shafer**, Editor

Dennis has come a long way from home to Olympia and the Co-op. Originally from Ireland, Dennis now makes his home here after trying out Baltimore and east coast living. Being from a small village in Ireland, Dennis finds that Olympia, more than Baltimore, suits him and his family better.

Dennis is from Mosside, a village 50 miles north of Belfast. It was a rural community and a divided community (among religious differences). This environment taught him to be more open, tolerant, and aware of others. His experience within his village led him to join Peace People, an organization that fosters reconciliation between Protestants and Catholics in Ireland. One of the things Dennis cited as one of his favorite aspects of the Co-op is its openness towards and encouragement of diversity.

Before becoming a Co-op Staff member, Dennis had an interest in the natural environment through his passion for fishing and hunting. He was able to see farming and industry's effects on the land and rivers in his home region. As a result, he became involved with salmon recovery and with small-scale organic farming. Once in the states, Dennis worked at a health food store, Whole Foods, and Safeway before landing the Co-op job. He also has completed most of a college degree, working first in the sciences, mainly chemistry, but then switching to an English major. With a full time job and two children, completing his degree may be on the back burner for now. Dennis is busy working in produce and the warehouse, and grocery management on the Westside.

Dennis loves the way the Co-op supports local economy and farmers and that profit is not the motivation for business. He likes

being able to be "more real" on the job and not just be a "robot" or pressured to be something/someone else.

As far as the future of the Co-op, Dennis would like to see us invest more in transportation issues, possibly offering incentives for people to use alternative means of traveling such as buses or bikes to get to the Co-op. He also wants to expand the stores while maintaining a commitment to caring for the environment.

His wife Patricia told me that Dennis is modest, but back in Ireland, he was an excellent fly fisherman, peat cutter, handy person/carpenter as well as a great gardener. He was also instrumental in protecting the River Bush, a river local to his home in Ireland. She said these were some of the things that first attracted her to him. While he may be a long way from his origins, Olympia and the Co-op surely benefit from Dennis having made this long journey and commitment to our community.

Interesting facts:

Hometown: Mosside, Ireland

Number of siblings: 1 sister in Australia, 1 brother in Ireland

Favorite foods: brown rice, stir fries, yams, peas, apples

Favorite music: rock, some country

Hobbies: writing poetry, fishing, walking

Zodiac sign: Scorpio

Favorite places in Olympia: Capitol Lake, the 5th Ave Bridge, Woodruff Park and Olympia's bounty of parks/open spaces

Favorite places in the world: Shenandoah River in VA, rivers and ocean in Ireland, enjoyed seeing Central Park and NYC but wouldn't want to live there.

*i am not the beautiful people with all that money to spend
the summer's dressed along this idyll shore on private beaches
to sail away with their white teeth smiles on a blue-eyed bay
i am not the beautiful people but i want to be
are you the face of America who sent your sons to war so i could speak at liberty
with the man who wakes in the cold by the midnight café
are you the face of America who named this child homeless
as the chairs bear their limbs to the fluorescent sky waiting for the morning throng
are you the face of America on this low slung slab turning the caffeine pages to the world
outside with the old crows on the dumpsters and the mountain spinning her clouds
as the watch watchers return their wheels to the blue highway on the face of America.*
—Dennis Connelly

Natural Body Care continued from previous page

pressure on companies to stop using the worst of the chemicals. Many companies are voluntarily ending the use of chemicals like methylparaben and PEGs, while others have refused to use chemicals and are some of the only "clean" companies on the market. Three of the best are Aubrey Organics, Dr. Hauschka, and Logona.

The Campaign for Safe Cosmetics is a national coalition of groups working to put pressure on both the \$35 billion/year industry as well as our government to phase out use of dangerous chemicals. Some of the biggest cosmetic companies have yet to sign on, including Avon, Estee Lauder, L'Oreal, Revlon, and Procter & Gamble, and they probably won't change

their ways unless consumers demand safer products.

There are many good sources for information about the confusing world of natural and synthetic ingredients in body care. One of the best is Aubrey Hampton's *What's in Your Cosmetics?* as well as the Aubrey Organics website. Skin Deep is a database compiled by the Environmental Working Group that has information on 14,000 personal care products and most companies in the industry, with a useful search tool that you can use to look up specific products. Go to www.ewg.org/skindeep and www.SafeCosmetics.org for more information.



Shea butter is a natural skin conditioner used in many lotions and balms.

Sugar Scrub

from rainbowmeadow.com

16 ounces sugar

3 ounces avocado or almond oil

1 ounce rose hip seed oil

20-40 drops essential oil (grapefruit is recommended)

Combine all ingredients and rub mixture over wet skin. Rinse and towel dry.

Jalyssa's Jammin Body Butter

from Rainbow Meadow

2 ounces unrefined shea butter

2 ounces jojoba oil

40 drops essential oil

Heat the jojoba and shea butter over low heat. While there are still chunks of shea floating in the oil, remove it from the heat and stir until the shea has melted. Add the essential oil and stir well. Pour into clean container and allow to cool. Do not place a lid on the container until it is completely cool.

Local Farms Committee Update

by **Genine Bradwin**, Local Farm Committee Member

The Local Farm Committee was formed in 2002 to help strengthen ties between the Co-op and local food producers in accord with the Co-op's mission statement. The Local Farms Committee charter lists the following purposes: to create a communication forum for local farmers and the Co-op; to support and promote the viability of the businesses to local farms, by envisioning and implementing projects that promote the sale of local produce at the Co-op; to assist produce managers in organizing the annual meeting between local farmers and Co-op produce managers; to increase the Co-op membership's awareness about the benefits and availability of locally grown food and to be a conduit for membership concerns about local produce; to serve in an advisory capacity, assisting produce managers in policy development and implementation.

The Local Farms Committee charter also defines a local farm as any farm within Thurston, Mason, Lewis, Pierce, and Gray's Harbor county that sells directly to the Co-op without the use of a third party wholesaler. The charter also provides a definition of a regional direct farm as any farm outside of the five county local region that sells directly to the Co-op without the use of a third party wholesaler. An example of a regional direct farm is Brownfield Orchards, located in Chelan, selling apples directly to the Co-op.

The Local Farm Committee is comprised of Co-op Board members, Staff, volunteers, and local farmers. The committee meets regularly to brainstorm ideas to meet these goals. One of the past projects of this committee was making a photo-illustrated farm map for the produce sections of both Co-ops. Currently, the committee is working on ways to improve the Co-op's labeling systems to make local products easily seen

and identified throughout the store and especially in the produce department. We have been drawing from our own experiences and researching what other co-ops have done to find the best way to do this.

One of the Co-op's produce wholesalers, Organically Grown Company, has a nice feature on their website that we would like to add to our Co-op's website. That feature is local farm profiles, a page with photos and information about local farms that Co-op members can access to learn more about who's growing their food. We also envision an in-store binder with physical pages for those not able or inclined to peruse the Internet.

The local farm committee has several other ideas for projects in the works, and our regular meetings provide the much-needed time and space to talk through all the details and difficulties of implementing them, so that we can find the solutions and make the plans necessary for effective change. Great ideas require further efforts in planning and actions to bear fruit. Watch for the results of our efforts in the coming months.

To contact the Local Farm Committee, call Kim Langston at either store.



20th Anniversary Thurston County Bicycle Commuter Contest

Intercity Transit is hosting the 20th annual Thurston County Bicycle Commuter Contest! During the month of May, ride your bike to work, school, or even errands and be eligible to win some great prizes. Prizes include gift certificates to local bike shops, sports equipment, massages, goodies from area restaurants, and more. Anyone who lives or works in Thurston County can join in. Kids 18 and under can register free and compete for passes to Wild Waves, Wolf Haven, and the Hands On Children's Museum. All registered riders can get a free bicycle safety check, too! Just take your bike to the Wrencher's Ball at the Olympia Transit Center on Friday, April 27 between 7 a.m. and 5 p.m.

Sign-up by May 5, keep track of your miles, and turn in your mileage logs by June 5 to win prizes! Fill out a registration form and return it in person or by mail to the Olympia Transit Center (222 State Avenue, Olympia 98501). Registration forms are also available at www.intercitytransit.com/page.cfm?ID=0350 or local bike shops.

Questions? Contact Kerry Tarullo, contest coordinator at KTarullo@intercitytransit.com or (360) 705-5839. In the Thurston County Bicycle Commuter Contest, Everybody Wins!

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Thurston County Seeks Volunteers to Become “Master Recyclers”

by **Terri Thomas**, Outreach and Education Specialist, Thurston County Solid Waste

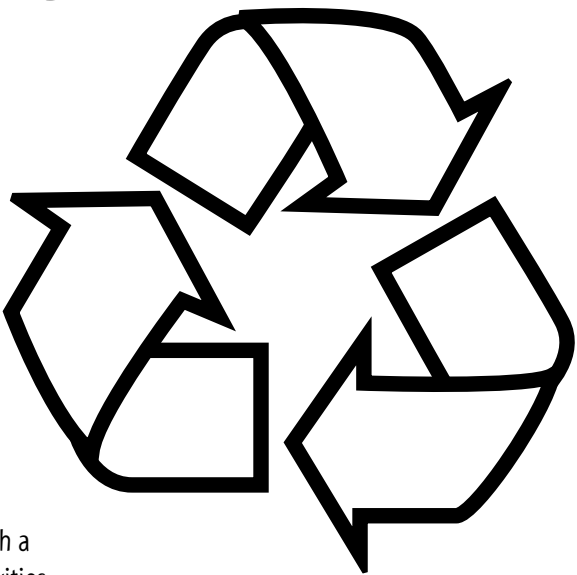
Have you ever wondered where the garbage you create actually goes once it leaves your residence? Do you have questions about how materials are recycled, or what household wastes can be recycled in Thurston County? Would you like to find opportunities to help other Thurston County residents learn more about recycling and reducing waste from homes and businesses? If you answered “Yes!” to any of these questions, read on for more information about a volunteer training program that gets to the heart of solid waste and recycling in Thurston County.

Each spring, the Thurston County Department of Water and Waste Management sponsors a training program that transforms unassuming Thurston County residents into “Master Recyclers.” Participants come from a variety of backgrounds, and all participants benefit from sharing their own personal recycling experiences and discoveries during the training classes. Over the course of one month, program participants learn about the fate of solid waste in Thurston County, different methods of recycling (including composting), and a variety of waste reduc-

tion tips and techniques. Class sessions feature written materials, multimedia presentations, speakers, and field trips.

At the conclusion of the training classes, newly graduated Master Recyclers embark on spreading the knowledge they’ve acquired through a variety of volunteer events and activities. In exchange for approximately 18 hours of classroom and field training, Master Recyclers are asked to “pay back” 36 hours through any number of volunteer activities over the next year. Many volunteers donate their time helping at County-sponsored workshops, recycling events, and informational booths. Other participants have paid back their time by working on recycling and waste reduction issues in local schools or their workplaces.

The 2007 training session will tentatively begin in March, and interested persons



will receive details on the finalized class schedule. Class size for the Master Recycler Training program is limited, so those interested in learning more about how to make less waste are urged to sign up soon! For more information, contact Mark Koster, program coordinator, at (360) 754-3355 x6785, or visit the Master Recycler website at www.co.thurston.wa.us/www/Recycling/master_recyclers.htm.



Garden Plots Available

Would you like to garden this spring and meet new people in your community?

The Olympia Community Garden has many garden plots available. Plots are 20’x10’ and cost only \$15 for the year; tools and water are provided. Grow your own organic produce right near downtown and get inspired by the earth!

Call 786-0143 to reserve your plot now.

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Chemical-Free from page 1

undyed wool carpeting with a chemical-free wool and vegetable fiber carpet pad, buying an organic cotton mattress and box spring, or shopping for a fuel-efficient, hybrid, or bio-diesel vehicle. These are large purchases, but are worth considering in order to minimize the chemicals in your daily environment. In the case of the carpeting, there is no off-gassing to consider, and it is predicted to last about 50 years.

There are several resources available that provide suggestions on how to deal with unwanted pests:

- Beyond Pesticides.org has information on the least toxic control of pests ranging from ants to cockroaches, fleas to mice.

- The National Coalition for Pesticide Free Lawns has helpful hints about weed prevention in your garden.
- The National Coalition for Alternatives to Pesticides has information on the Clean Water for Salmon Campaign.
- Nontoxic.com has information and links on untreated wool carpet, and organic mattresses.

What Can We Do??

When it comes down to it, the health of our planet is in our hands. If we stop buying the elixirs of death like cleaning materials and weed killers, and start using environmentally friendly, biodegradable products, then

the health of our everyday environment is improving. Speak out with your dollars, and buy things that sustain life and promote diversity. Ask yourself if your actions and your money are going to promote life and vitality, or if they are contributing to the rapid destruction of our environment, which has been predicted to be witnessed within a lifetime. The Co-op provides ample opportunities to take the health of our planet into our own hands. From chemical-free health and beauty aids to cleaning products to all of the organic food and locally produced and freely-traded products, we can af-

fect the kind of change Rachel Carson was writing about. Rachel Carson quotes the ecologist Paul Shepard in *Silent Spring* "...Why should we tolerate a diet of weak poisons, a home in insipid surroundings, a circle of acquaintances who are not quite our enemies, the noise of motors with just enough relief to prevent insanity? Who would want to live in a world which is just not quite fatal?"

Community Kitchen Classes
April / May 2007 session

Community Kitchen classes are co-sponsored by the Olympia Food Co-op and the Olympia Free School. Classes are offered at no cost to participants.

How to register for a class, and find out more class information that may not be listed here:

- Visit: www.olympiafreeschool.org (OFC classes section)
- Call 360-352-4165
- Sign up at the info board by the front of the Eastside Coop or by the ATM at the Westside Co-op.

We are always looking for volunteers to teach classes on cooking, health, gardening, nutrition, etc. Earn working member credit! Contact: sara@olympiafreeschool.org (360) 352-4165

Basic Japanese Cooking

Japanese food isn't just Sushi or Teriyaki. Using seasonal vegetables and easy to get ingredients, people will get to know more about Japanese food and learn how to cook it quickly and easily. There will be 3 sessions featuring different dishes in April and May.

*This class is plant-based, although it is very easy to incorporate healthy meat in dishes.

Time / Date: TBA

Location: TBA

Facilitator: Natsumi Sakai

Easy Cooking For Kids

For children ages 3-10. Parents invited too! May 5 is also Children's Day in Japan. Celebrate by making some easy, yummy and healthy treats!

Time / Date: May 5, 11-1 pm

Location: TBA

Facilitator: Natsumi Sakai

Facilitation and Consensus Training

Learn skills of effective facilitation and consensus to achieve healthy communication and productive, efficient decision-making within groups and communities.

Time / Date: TBA

Location: Free School

Facilitators: Grace Cox and Harry Levine

Backpacking Meals

Make quick and healthy backpacking meals to give you the energy you'll need and save you the heavy load.

Time / Date: Wednesday, May 30, 6:30 pm

Location: fertile ground

Facilitators: Maureen Tobin and Kim

Organic Gardening

with EM Effective Micro-organisms

Nature's wisdom has always been a promising guideline as is the case with microorganisms.

These tiny creatures know how to nurture life and how to create healthy soil

and healthy plants. The microbes in EM are all beneficial and naturally occurring; applications are easy and results are great: your vegetables and fruits even taste better. Come and learn more about natural gardening.

Facilitator: Erika Fehr

Location: Olympia Free School

Time / Date: Friday, April 13, 6:30-8 pm

Mold Free Organically -

With EM Effective Micro-organisms

Mold can be an issue in high moisture areas like Olympia.

EM, a solution of beneficial and natural occurring microbes brings back a clean and healthy environment, elegantly and without harmful side effects. These EM microbes were also used effectively with mold problems in the aftermath of Hurricane Katrina .

Facilitator: Erika Fehr

Location: Olympia Free School, 610 Columbia St

Time / Date: TBA

From Waste to Wonderful

Fermenting kitchen waste (Bokashi) with EM Effective Microorganisms

Bokashi helps to generate wonderful compost from kitchen scraps without any odor. How? Tiny intelligent microbes do the job.

Location: Olympia Free School

Time / Date: TBA

Facilitator: Erika Fehr

From Waste to Wonderful

Bokashi Making for Children,

Ages 5 and up with parents

We are mixing a compost starter for kitchen waste. Bokashi making is fun, just like baking a cake!

Facilitator: Erika Fehr

Location: Lincoln School , 213 21 Ave, Olympia WA 98501

Time / Date: Saturday, April 14, 2-4 pm

Tour and Tasting with the Olympia Coffee Roasting Co.

Sam Schroeder, Olympia Coffee Roasting Company's head roaster, will walk you through the chain of coffee from seed to cup. Learn how a local coffee roaster fits into the world's second most traded product. Then take a tour of the roasting facility and participate in a coffee cupping.

Cupping is a roaster's traditional method of sampling coffees. It allows you to taste several coffee's side by side and compare their qualities.

The roastery is located in downtown Olympia, at 110 Cherry St. (across the street from Ramblin' Jacks.)

Thursday, May 24, 6 pm

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Board Report

by **Kathy Strauss**, Board Member

It's a busy time at the Olympia Food Co-op. The new Board of Directors is in full swing as we head into the second quarter of the year. The enthusiasm and energy of our four new members is inspiring. All have jumped right in, joining committees and helping support our organization. We now have nine members, while we previously had eight, so there are more of us to take on all of the tasks at hand. These tasks are varied and sometimes daunting. Big issues the Board is addressing right now include Staff restructuring, cashiering systems, continued growth, and of course, expansion.

The Co-op Staff is in the midst of a major restructuring. With Staff numbers continuing to increase to meet growth demands, the original model for running the Co-op

has been challenged. Operating a collectively run grocery store with over 60 Staff people is not easy! Several members of the Staff have been working on a plan to alleviate some of these challenges. Major goals of restructuring include shifting from larger to smaller work and decision-making groups, improving accountability, and creating work structures that help prepare the Staff for expansion.

The paid cashier system is also experiencing growing pains. Cashiers at the Co-op are volunteer working members, Staff or paid cashiers. Paid cashiers at the Co-op are hired to fill cashier shifts not filled by volunteers. Cashiering is a very demanding job and with continued growth at both stores, the demand for paid cashiers has naturally increased. These cashiers provide a valuable

service to our stores. Without them, lines and waits would be even longer, and many cashier shifts would go unfilled. Staff and cashiers are working to resolve cashier-related growth by this summer.

While the biggest task on the Board's list is expansion, the Board would like restructuring and a resolution to the paid cashier system to be completed before a concrete expansion plan can be put into place.

In our fall election, members made it clear that they want a large downtown store and would like the Co-op to co-locate with other like-minded businesses, services, and organizations. And so the task of making this vision a reality has begun. A Board subcommittee was formed in January to create a process for how to proceed

April / May Co-op Board Meetings

**Thursday, April
19th, 6:30pm**

**Thursday, May
17th, 6:30pm**

at the
**Free School
610 Columbia St. SW**

with expansion. While we understand that many members urgently want a new store, our process will be holistic, thoughtful and, "yes, folks, it's gonna take a while." Our goal is for the successful expansion of this amazing organization and not just a quick fix to meet the demands of growth. Members will be encouraged to stay involved with all levels of decisions through member forums and expansion committees. Stay tuned for more information about this process in coming months.

All this change can be overwhelming at times. Thanks for reading this and for your continued support and participation in this unique organization!

Our Board meetings are open to all members. Please note our new meeting times: the third Thursday of every month at 6:30 p.m. at the Olympia Free School, 610 Columbia Street SW, in downtown Olympia.



Working member, Lora Clem, at a westside store cashier shift.

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positions.**

Applications and
information are
available at the stores,
or can be downloaded
from the
Co-op's website:
www.olympiafood.coop



Co-op News

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities

April / May 2007

Environmentalism and the Co-op



Reflecting on Chemical-Free Living
The Unnatural State of Natural Body Care
Envisioning a Sustainable Future for the Co-op

Kids Corner

What is it?



Last "What is it?" was: **Bok Choy**
Congrats to last issues Winners: Yvari, 9;
Zim, 6; Sophie, 8; Emma, 4; Emily, 5;
Nnorrelle, 9.

If you're 10 or under, guess what is in this photo. Fill out the form and put it in the *What Is It?* box in the Co-op office by the deadline. Enter once per issue. Guess correctly, and you'll win a \$1.00 gift certificate to spend at the Co-op!

What is it?

Deadline: May 1st, 2007

Name _____

Age _____

Guess _____

Where do you want to pick up
your gift certificate?

☐ Eastside

☐ Westside

Come to the Co-op Membership Forums

*An informal get together with members of the Co-op, Staff,
and Board to cooperatively talk about all things Co-op!*

Come and talk about Co-op expansion!

COME AND MUNCH SOME CO-OP SNACKS!

Come and ask some Co-op questions!

Come and complain about your Co-op!

Come and gush about your Co-op!

JUST COME!!!!!!

Wednesday May 2 • Olympia Center 222 Columbia St NW, Room 200 • 7-9 pm
... and ...

Tuesday June 5 • Olympia Center 222 Columbia St NW, Room 103 • 7-9 pm



Olympia Food Co-op
3111 Pacific Avenue SE
Olympia, WA 98501
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