



# THE Co-op News

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

APRIL / MAY 2013



The 13 Rochdale Society Pioneers, 1865

## Who invented Co-ops?

By **Jayne Rossman**, Staff Member

In December of 1844, a man wheeled a wagon across the fourteen cold and muddy miles from Manchester to Rochdale, England. Inside the wagon were a few pounds each of butter and sugar, six sacks of flour, one sack of oatmeal, and twenty-four candles. Those few bags of flour and oatmeal were the first products sold by the Rochdale Society of Equitable Pioneers' Cooperative Store, and marked the beginning of the cooperative movement as we know it.

People throughout the world have worked together cooperatively since before we invented writing. But the modern cooperative movement—with its focus on democratic control and members' economic participation—grew specifically from the resistance of working people to capitalism and the industrial revolution. This is the story of how we went from a few pounds of butter and sugar to a worldwide movement that gains momentum by the day.

It's true that cooperatives had been tried in other areas in Britain as early as the 1760s. With the help of two men, Robert Owen and Dr. William King, nearly 100 cooperative societies existed by the 1830s, before the Rochdale Society was a glimmer in anyone's eye. Robert Owen was a mill owner whose belief in social reform and the philosophies behind cooperatives and utopias led him to experiment with projects to improve his workers' wages, education and living standards. But by 1826, he had moved on to create a utopian society in America. Dr. William King took up where Mr. Owen left off, creating "The Cooperator", a monthly newsletter that mixed cooperative theory with practical advice for running a shop, in 1828. He advised workers not to cut themselves off from society, but rather to create a society within a society, and to begin by creating a store: "We must go to a shop every day to buy food and necessities," he said. "Why then should we not go to our own shop?"

However, by the 1840s—called "the hungry forties" in Britain—this first flowering of cooperatives had

## Expansion: Spread the Word!

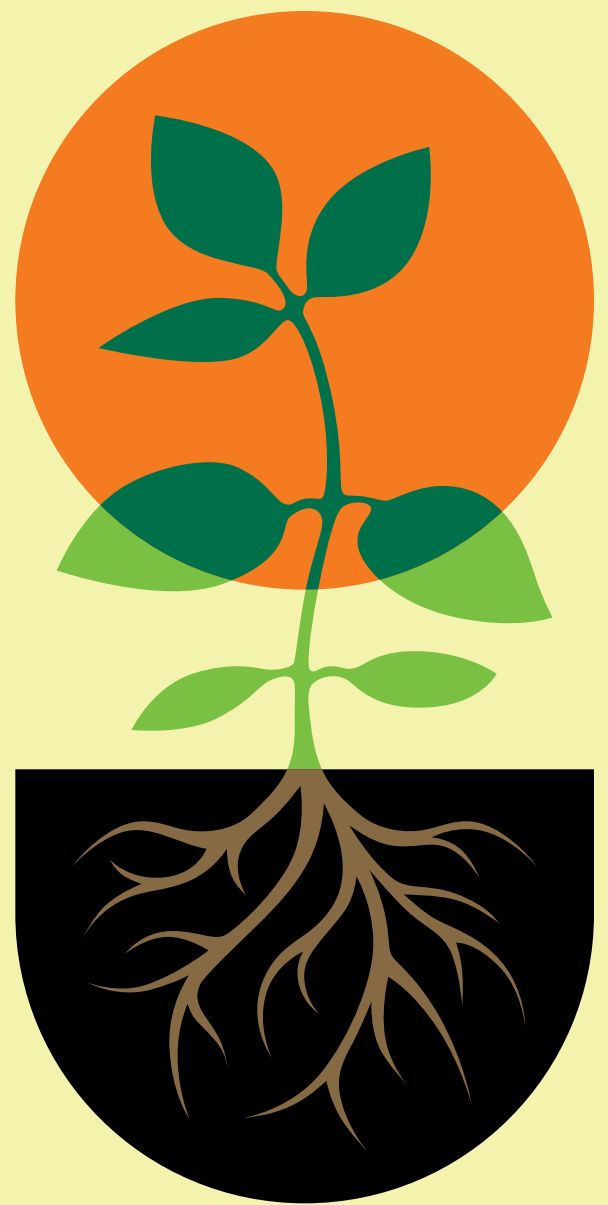
By **Jayne Rossman**, Expansion Team Staff Member

The Co-op's Expansion Team would like to deputize you—yes, you—as an Expansion Ambassador\*. Although it's not a paid position, it will give you the satisfaction of being the person "in the know," able to answer the questions of friends and acquaintances with ease and aplomb, inspiring respect from all to whom you speak...

Here on the Expansion Team, we realize that although many updates have graced these pages, it has been nearly half a year since we reviewed the overall expansion plan. People ask us, "What's going on? Is there still going to be a downtown store? What's the plan?"

**Open to page two to read an overview of our plans and projects from 2013-2014 and beyond...**

*\* All you need to do to earn your Doctorate of Co-op Expansion and become an Expansion Ambassador is this: read and absorb the info to come – and then, when you overhear someone asking (at the bus stop, at the water cooler, on Facebook, etc.) about the Co-op's Expansion plan, you will be ready to step in with the latest and most accurate news! Continue reading on **page two** to get your certification!*



wilted; only a few of the 100 cooperatives were still functioning. It was the tail-end of the industrial revolution, when low wages and failed strikes left many workers unemployed. Those lucky enough to have a job were sometimes paid in "tokens" that could only be spent at the company store, leading to debt and servitude. High prices, adulterated food (for instance, flour cut with chalk) and outright cheating (by fixing weights and measures) were widespread.

In this atmosphere, a small group of weavers and other textile workers with little money and less power came together to create the Rochdale Society for

Equitable Pioneers. They "decided to make a stand against the capitalist ideologies of the Industrial Revolution and set about writing down a list of rules by which they would run their new society." These principles formed the basis of the modern cooperative movement, and a modified version is used by cooperatives around the world today (including your Olympia Food Co-op). These principles are: voluntary and open membership; democratic member control; members' economic participation; autonomy and independence; education, training and information; cooperation among cooperatives; and concern for community. In short, their

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## Co-op News

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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  
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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  
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*Cover photo by Desdra Dawning*

# The Expansion Plan in a Nutshell... (continued from page 1)

The Co-op's expansion plan has three parts: the Garden Center, the Westside Remodel, and the Eastside Big Plan. We plan to finish all three within the next two to three years. Here are the details:

## Garden Center: Summer 2013 or Spring 2014

Our current plan is to transform part of the structure next door to the Westside Co-op (referred to as the "Little House") into Olympia's premier garden and urban farming center—not only the place you go to buy your seeds, starts, and canning products, but the place you turn to for information on urban farming and sustainable living. Right now, we're writing the business plan, making sure all of the numbers add up, and all of our plans are in place. Once the details are reviewed by the Staff and consented to by the Board, we'll begin the magic of making it happen. We're aiming for a summer 2013 opening (although there's a chance we may have to postpone it to early 2014). Look for an invite to our opening day events!

## Westside Remodel: Late Summer 2013

When the Board decided to forego the overly-expensive downtown location, they determined that we should put some time and money into improving the locations that we currently have. That's why we're working on a Westside Remodel that will include more retail space (by decreasing the size of our front office), a smaller, but more visible children's area (similar to the Eastside), more light, new paint, and other updates (hot coffee and tea, anyone?) This work will be completed in late summer, a traditionally slow time at the Westside. Again, we'll send you an invitation to our grand re-opening to show off our work – and your new space!

## The Eastside Big Plan: 2015

The Eastside Big Plan is the largest and most ambitious of our expansion projects. This project includes building a new warehouse with office and classroom space on the lot adjacent to the current Eastside, and then creating more than 1000 square feet of new retail space within the old warehouse, while remodeling the entire store. Imagine entering a more spacious Eastside store with abundant windows and natural light, new flooring, and 1000+ square feet of expanded product lines and offerings! We'll begin to plan the specifics of the Eastside warehouse and remodel plan later this year – so if you have suggestions or ideas, send them our way: we always look forward to your comments at [expansion@olympiafood.coop](mailto:expansion@olympiafood.coop). Currently, we expect this project to begin mid-2014 (with the new warehouse) and to be completed in 2015 (with the remodel of the Eastside retail space.)

## The Future of Expansion: 2016 and on


After these three projects are completed (and we have a bit of rest while we celebrate our new digs), it will be time once again to consider the future of the Co-op. If sales continue to grow (and we expect they will), we'll start researching possibilities like a mom'n'pop downtown store, new locations in surrounding communities, helping start other new co-ops, or other ideas that respond to the needs of our organization and community.

*In the next Co-op News, expect to find more information on the specifics of the Westside Remodel, as well as (hopefully) a Garden Store opening date! Stay tuned.*

*Meanwhile...welcome to your new role as Expansion Ambassador! We thank you sincerely, in advance, for the work you will help us*

*do in ensuring that other members (e.g. friends of yours who do not read the Co-op News) understand their Co-op's trajectory in the coming years. And if you receive any questions that you can't answer, send them our way at [expansion@olympiafood.coop](mailto:expansion@olympiafood.coop). We'll get you an answer, STAT!*

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# Volunteer Profile: Adelaide Dunklee

By **Desdra Dawning**, Co-op Member

In 1990, when Adelaide Dunklee moved to Olympia from Shell, Wyoming—a tiny town with a population of close to 50—the Olympia Food Co-op was housed solely at the Westside address. When the Eastside store opened its doors in the mid-90's, she joined the volunteer crew as one of the early cashiers. "Registers were really different back then," she recalls, and looking back she admits that at the time she would not have guessed how much she has come to love her job. As with many volunteers, over the years she has tried out other positions, such as opening and stocking, while continuing to cashier, which is what she does at the Eastside store today.

Adelaide's childhood in Arlington, Virginia, just 5 miles from the capitol in DC, saw a very different environment from the houses and condos, freeways and airports of today. Looking back she remembers, "I had three brothers and we often played in fields and forests—we were outside a lot." The east coast did not hold on to her, however, as the college chapter of her life took her to the midwest and Omaha, Nebraska, where she attended Creighton University, receiving a BA in Political Science. "I really wanted to major in art," she admits, "but my father was paying my way, and he couldn't see how I could support myself in that field. 'Don't you want to be a nurse?' he asked me. 'Or a secretary? Or a teacher? Those are your choices.' No. No. No. I told him." She settled on Political Science as a major by her junior year, thinking to go to law school, but by the time she graduated, she knew that was not for her, either.

Living in Shell, Wyoming in the 1980's, Adelaide found it a challenge to find good food. There was only one market in town and food choices were dismal. Cody, the closest larger town, was 65 miles away and had no better choices. So she and a good friend decided to start a food buying club. Sitting on the phone with a distributor, she was asked for the name of her group. Her friend, seeing her look up with a shrug of her shoulders, suggested "nutshell?" And so the Nutshell Co-op was born. "It wasn't really a co-op," Adelaide says, "but it felt like one to us." They gathered neighbors who were also looking for good food for their families, contacted the Great Divide in Missoula, Montana (who bought from Mountain People's Warehouse) and Rainbow Foods in Denver, found a van to haul the food (nothing was delivered to



**Adelaide Dunklee**

photo by Desdra Dawning

Shell—they had to go pick it up as far away as Billings, a 2 1/2 hour drive in good weather, and occasionally Missoula, 8 hours or Denver, 9)) and grew to service an area 70 miles in radius. Seeing the extra produce being raised in local gardens, they attempted to start a farmer's market, but their neighbors were not familiar with the tenets of cooperative business. "No one wanted to stay with their produce," she said, "they just wanted to come in, dump it, and let us sell it." So that idea was short-lived.

I can only imagine that upon arriving in 1990 in Olympia, Adelaide, much like I did, felt a deep sense of coming home. Soon she became a member of Olympia Food Co-op. Her children, Justin, Emily, and Tay, were now 10, 3 and 1. With her children in public school, she found herself involved in committees and councils. "I would go to meetings at the district level that were so pretentious, and then to my volunteer shift at the Co-op and it would be the difference between night and day. "I used to think—I wonder if I could get someone at the Co-op to go there and teach them about cooperative bargaining?" With her background over the previous decade in supplying her community with wholesome food and sustainably sound household products, Adelaide joined easily into the Olympia Food Co-op community, and has been a volunteer working member pretty much ever since.

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## Upcoming Volunteer Program Orientations

*Be a weekly Volunteer  
in the store!*

*Come tour the store and learn about volunteer opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested in volunteering, please attend this 2-hour orientation.*

### Westside:

Wednesday, April 10.....6-8pm  
Saturday, April 13.....10am-12pm  
Wednesday, May 8.....6-8pm  
Saturday, May 11.....10am-12pm

### Eastside:

Wednesday, April 3.....5:30-8pm  
Sunday, April 7.....11am-1:30pm  
Wednesday, May 1.....5:30-8pm  
Sunday, May 5.....11am-1:30pm

*For more information about volunteering at the Co-op, please contact Alejandro or Keziah at the Eastside store, 956-3870, and Rafael 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.*



# Choose TULIP For Your Banking Needs!

By **Juliann Matson**, Co-op Member

## Why choose TULIP Co-op Credit Union when there is a plethora of banking choices in Thurston County?

This is an excellent question and one we are here to answer for you. TULIP, chartered in 2003, was the vision of the Co-op's Board of Directors who wanted to provide financial opportunities for low-income community members. Fueled by the microcredit movement that was on the rise, they sought to provide a structure to offer small loans to individuals who would not otherwise be able to qualify through traditional banks. By lending money which has been pooled together by more affluent members' deposits, TULIP is able to make micro loans to members who most need this kind of financial assistance.

The massive changes in the financial landscape, over a relatively short period of time, have affected everyone, regardless of one's economic status. Banking and all the facets that concern the end consumer are changing in ways that make credit unions more desirable than ever. From competitive loan rates and services to providing an opportunity for people with credit challenges, credit unions are terrific alternatives to traditional banks.

## Help Grow Our Local Economy!

By keeping your money local at TULIP, you help provide the resources for others in the com-

munity who may not otherwise be able to qualify for a loan. Perhaps they need to purchase a car that may be their only avenue to and from work or save money in order to strengthen their financial well-being. By using TULIP, the whole community wins.

While there are several credit unions in the area, TULIP is unique in its purpose and mission. Created by members of the community for the community, using TULIP as your financial institution not only makes good economic sense, but also provides an opportunity to give back to your fellow neighbors. What's more, you will be able to care for your own financial needs.

## Daily Banking, Savings, Loans and More!

Need a basic checking account? Is it time to start a savings account? We have you covered. Do the holidays come around and you find yourself either putting gifts on credit cards or not being able to purchase items at all due to lack of money? We also offer a savings account just for this purpose or for other events such as a dream vacation or going back to school. Perhaps it's time for a new car or new-to-you-car? TULIP has a terrific car loan program that will work for you whether you're experiencing financial struggles or just looking for a great way to support the community.

## Individual Care!

You will get personalized attention banking at TULIP, regardless of your financial situa-



tion. We are here solely for the benefit of our community and to provide you with monetary tools to assist you on your journey to fiscal success. Our purpose is to convert deposits from our members into loans as well as other useful investments, for the benefit of everyone connected to TULIP. In addition, we offer financial classes and are partnered with other organizations in the community to assist with financial education, tax assistance, and other avenues to improve our members' economic fitness. We also offer the convenience of being IN the Co-op so you can do your shopping and banking, all in one stop!

## Ready To Join?

It's easy to join TULIP! Your membership at the Olympia Food Co-op is all you need to be designated as low-income. Our member branch is located in the 3111 Pacific Avenue Coop. Our days/hours of operation are Monday, Wednesday, and Friday 11:00AM – 6:00PM and Tuesday and Thursday 11:00 AM – 2:00PM. Call us at 360-770-2292, email [info@tulipcu.coop](mailto:info@tulipcu.coop) or check out <http://www.tulipcu.coop>. In December, we will be celebrating our 10th year. Join us in membership and let's make the next 10 years our best ever!

## Adelaide Dunklee

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I asked Adelaide to share some thoughts about her experiences with the Co-op over the years and what she appreciates about it. "I love the co-operative nature of the Co-op that you don't find in many places, and the diversity of people and exchange of ideas," she replied. Looking back on her cashier training when the Eastside store opened, she remembers being heartened by the trusting nature of the environment. Harry Levine, her cashier trainer, shared that at that time, in \$2 million worth of sales, the Co-op had never been over or under more than \$250 in a year. Unheard of in the corporate retail industry—and with an all-volunteer cashier system, also unheard of in the corporate retail industry. (Possibly, she thinks, the only all-volunteer cashier system in the nation.) Equally heartening are the times she has had members come through her line and pay for something they recalled not having paid for on their previous visit. The cooperative community attracts people who live with honesty and integrity!

As for changes she has seen, Adelaide shared that "One positive thing are the classes now being offered to the community. I think that is a very important step—the education piece. The newsletter, too, has come into its own, has many interesting articles, and has become a good tool for education."

When asked if there was anything she would like to see change, she replied, "One thing I think would be helpful—I wish there was a way to have a code, perhaps a Sweetheart Label or something, that would let shoppers know the products that are still produced by privately-owned companies who support sustainable practices in agriculture and manufacturing, as opposed to most large corporations. I realize this affects the bottom line in merchandising for the Co-op, but there should be a way that people who want to be discriminating with their dollars can know who produces the items. It's important to support the companies who haven't sold out to big corporations."

As we sat there talking, I noticed a stylish silvery bracelet she was sporting on her wrist. In explanation she said, "I have always had a hard time with trash and when I was cashiering I watched all the packaging, the boxes and bags go through the line at the Co-op. So I started collecting chip bags and making these bracelets. Then I realized that the big shiny bags the bulk coffee arrives in can't be recycled. So I cut them in strips and braid them. I also make earrings from aluminum cans. To further her business, which she calls OriGomi Jewelry (in Japanese: Ori-folded and Gomi-trash), and further her use of cast-offs, Adelaide makes business cards from food boxes. Cutting up the boxes, she uses an embossing machine to create sweet designs on the cards, then prints her business information on them. I can see that her love for art that motivated her back in her college days has come full circle. Inspired by her desire to walk her talk in the trash department, she has created some wonderful jewelry art!

If you are interested in seeing or purchasing any of her creations, you can find her behind the register at the Eastside store on Mondays, 9am - noon, or contact her at [ORIGOMI.JEWELRY@gmail.com](mailto:ORIGOMI.JEWELRY@gmail.com).

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## Dear Readers...

I would like to apologize to newsletter readers for an incorrect statement I made in an article published in the March online version titled simply GMOs. In my list of what we know about GMOs I made the following statement: "The USDA Organic label ensures that the product is 95% free of GMOs. (Organic Standards allows 5% to get by.)" That should have read: "The USDA Organic label ensures that the product is 95% organic. (Organic Standards allows 5% non-organic ingredients to get by.)" I have been informed that the USDA Organic Standards allow for NO GMOs to get by. This means that they stand behind the guarantee that when you purchase anything with a USDA Organic label, you are getting a product totally free of GMOs.

—Desdra Dawning



# Bicycle Commuter Contest

By **Duncan Green**, Co-op Member

As a Co-op member, shopper, or staffer, you are likely eager to find more ways to reduce your environmental “footprint.” Of course this usually means making lifestyle changes which can be challenging, but also rewarding. We’ve learned to recycle and compost much of our solid waste, to use fluorescent light bulbs, and to try to “buy local”. Still, there is one change many of us could make that seems insurmountable, even though the benefits could be so huge. It’s a change that could address the source of half the air pollution in our state, and reduce the millions of gallons of storm water pollution that drain into Puget Sound every year.

**What is one of the biggest sources of climate-change gases? The automobile. What is the single most significant thing that each of us individually could do to reduce the threat of climate change? Drive less.**



Driving less has many positive outcomes beyond reducing greenhouse gases. When we choose an active form of transportation like biking or walking (or combining either one with public transit), we enhance our personal health and well-being. We improve the livability of our communities. We safeguard groundwater and Puget Sound, and reduce danger to wildlife. We reduce our dependence on fossil fuels, easing the pressures of international conflict over resources. We can save a lot of money, and to top it off, getting around by bike or on foot is relaxing, invigorating and FUN!

There are some challenges to changing our transportation habits, but it can be more do-able than you might think, especially with the support of others. Each April and May there are events in our community that support people making the choice to get around by bicycle. The Bicycle Commuter Contest is a fun community event that encourages Thurston County residents of all ages and abilities to try bicycling as a means of transportation and rewards and recognizes those who do. Participating in the “BCC” is a great way to find the support you may need as a beginning “practical cyclist,” or to join the fun and be counted if you are an old hand. The Bicycle Commuter Contest office is open January through June, to help you find the information and support you might need to get started. Contact [dgreen@intercitytransit.com](mailto:dgreen@intercitytransit.com), call 705-5874 or visit [www.bccblog.com](http://www.bccblog.com) for more information.

**Turn to page 9 to read what past “BCC” participants have to say about it!**

*continued on page 9*



Gary Kline with the beautiful trees at Black Lake

*photo by Roxanne Fitzgerald*

## Supplier Profile:

# Gary Kline at Black Lake Organic

By **Roxanne Fitzgerald**, Co-op Member

I bought some organic fertilizers (carried by the Co-op) for my flower and vegetable gardens, and I was very pleased with the results. My plants looked great, tasted great, and I felt comfortable with the knowledge that I wasn’t using harsh chemicals and possibly harming myself or the environment. I decided to find out more about these fertilizers and hope that others will benefit from my efforts here.

I interviewed Gary Kline, owner of Black Lake Organic Nursery and Garden Store (BLO) to learn the secret. He is an interesting man, friendly and easy to talk to, and rather modest. “Healthy soil, healthy plants, healthy people,” is one of his many mottos. At 73, Kline has been a life-long environmental advocate, being in tune to nature many years before it was in fashion. And apparently he really knows his stuff. BLO received the Environmental Excellence Award in 2007 from the Washington State Dept. of Ecology for “building human and environmental health from the ground up.” He has traveled in western Washington giving presentations on various topics to colleges and clubs. His main message is simple: you can be healthier if you start caring about the nutrient content of your food. I talked to him to find out what he means.

I found him to be a vast storehouse of knowledge. He is a nuts and bolts kind of guy, not big on hype. He explained in some detail, but I will paraphrase. He began: Do you have any health problems? You are what you eat, you know. With that in mind, if you wish to improve your health, start looking into the nutrient content of your food. Unhealthy soil caused by over-use of chemical fertilizers, harvesting without replenishing nutrients taken out of the soil, and the rainwater leaching of minerals leads to unhealthy plants, reduced yields, and the increased need of pesticides to keep away the bugs and plant diseases. When harvested, these nutrient-poor crops often look great on the outside but are lacking on the inside, like a dull book with a pretty cover. Consumers who exist on these low-nutrient foods, often ultra-processed (i.e., junk foods) are, in effect, suffering from malnutrition. They often wind up in hospitals with massive health problems, to the point that it becomes a “national health crisis.”

If you care about the nutrient content of your food, says Kline, the best way to have any influence over this is to grow your own nutrient-dense food or to buy from someone else who does. Fortunately, nutrient-dense plants usually are easier to grow, and often times are stronger and mature earlier with less pest and disease problems than conventionally (i.e., chemically) grown plants. They also taste better all-around and produce higher quality seed. So, how does one do it?

The soil is the key. In addition to compost and manure, you must have adequate minerals in the proper balance, adequate sunshine, water and aeration, and adequate soil life including friendly earth microbes to mix it all together and make it accessible to the plants. Many soil organisms are killed off by an environment made inhospitable by using chemical fertilizers. The most complicated part to get right is the “adequate minerals in the proper balance” part; the ABC’s of fertility, if you will —

*continued on page 7*



# Raw and Loving It!

By **Jennifer Crain**, Co-op Member

**On a cool, dry day in late February I stopped by the Peace, Love & Raw kitchen at the downtown location where the owners plan to open a juice bar and grab-and-go deli in late April.**

Peace, Love & Raw is just a year old, launched after Nicole Harmell created their signature product, the RawNaimo bar. As the story goes, the Harmells’ daughter, who was no older than two at the time, saw a Naimo Bar at a store and pleaded with her parents to buy it. But the classic Canadian dessert, a three-layer bar with a cookie crust, custard center and a chocolate layer on top, wasn’t on the radar for the Harmells, who eat about 80 percent of their food raw and avoid gluten and corn.

So Nicole started experimenting in the kitchen to create a raw version of the Naimo Bar. She ended up flipping the recipe upside down, in more ways than one. The RawNaimo is literally upside-down, with cacao as a base, a nougat-like center and a tender crumbly topping. Super food ingredients turn the dessert on its head nutritionally, making it into a treat that is, as Leland Harmell likes to put it, “what health food should have always been.”

They say the key to the popularity of the bars, which have been disappearing from the Co-op’s shelves, is that they’re made with live foods. The bars include ingredients considered to be restorative in the raw foods movement, aligning with the company’s desire to heal people through food.

For instance, the Harmells soak and sprout nuts, such as the almonds in the RawNai-



Raw cacao; Soaked and sprouted almonds have more bio-available nutrients

mo, before adding them to their products, a process said to make nutrients more bio-available. Raw cacao is included for its magnesium levels as much as its flavor. They use raw coconut oil because it’s thought to protect the body against viruses and harmful bacteria.

For the uninitiated, raw foods are those that are uncooked or heated to no more than 118 degrees (enzymes die off at different temperatures, starting at 105 degrees, which means there are different temperature guidelines bandied about in literature and in online discussion boards). But the raw foods movement has grown sophisticated and food preparation can go far beyond chopping up some produce and assembling a salad.

Take, for example, the vegan raw cheesecake that live food chef Rebeka Gention served me when I stopped in to talk with her. The cold, dense crust resisted my fork just enough and the topping was creamy enough to be coaxed into ice cream-like swirls.

Creations like Rebeka’s are microcosms of the raw foods lifestyle: each ingredient is considered, celebrated, and carefully prepared.

Rebeka, who is also a master herbalist and nutrition coach, says she notices this mindfulness and an accompanying desire to connect over food at the live food potlucks she hosts every month. (Potlucks take place first Sundays at Traditions).

“We have about twenty people there, gathered around the table, and they’ll say ‘I brought this’ and talk about their experience making it. It’s such a sweet family table – people all coming together,” she says.

As I listen and jot down notes between bites of cheesecake, my foggy notions start to clear. A raw foods lifestyle boils down to the two “Es”: enzymes and energy.

According to Rebeka, who teaches raw foods and wellness workshops, there are three types of enzymes at work during the digestion process. Two types are already in the body, those that break down foods (digestive) and those that repair cells and hunt down free radicals and disease (metabolic). The third type is comprised of enzymes present in foods. At least those that haven’t been destroyed by the cooking process.

Enzymes in uncooked or fermented foods go to work in the body to help break down the food, freeing the metabolic enzymes to crack down on disease. Rebeka says



Peace, Love & Raw goodies are found in the coolers at East and West stores photo by Desdra Dawning

this is what causes people eating raw foods to feel more energetic after a time, “because they’re not spending all that energy digesting food.”

If enzymes equal energy, then we live in the right place. In addition to the fermented food options at the Co-op (both products and classes), there are upcoming ways to go raw, or at least check it out.

The Peace, Love & Raw juice bar and grab-and-go deli (111 Legion Way SW) opens at the end of April. In addition to their raw treats, the Harmells will sell juices, smoothies, wraps, and raw soups. But they’d like to be a bigger presence than a stop-in to serve the lunch crowd. Leland says they’d like their storefront to function as a live foods hub with bulk super foods for sale along with juicers and blenders. They’ve already taught a few live foods workshops in the space and plan to continue doing so as way to promote raw foods and create a community centered around them. And within six months he says they plan to start juice cleanse programs. Cleanse packages will include not only instruction and support but a box of local produce (they’re collaborating with local farms) so participants can pick up the week’s vegetables all in one place.

Rebeka’s classes are often in rotation at the Co-op and she also teaches introductory workshops out of her own kitchen – when she’s isn’t helping her one-on-one nutritional coaching clients or facilitating a juice fast.

Rebeka’s upcoming classes include Sprouting 4 Life on April 14, Spring Cleaning on April 30, Raw Theory on May 12 and Bladeless: Uncooking with Kids on May 26.

Peace, Love & Raw’s mission mirrors the Oly raw foods movement:  
**To cultivate “conscious food, community, and relationships - one meal at a time.”**



# Finance Report: Wrapping Up 2012

By **Grace Cox**, Staff Collective Member

Now that it's time to wake up our sleeping gardens, we're just about ready to put the 2012 books to bed. Please note that the numbers we show here are pre-tax and before the final adjustments that our accountant calculates for us on an annual basis. The statements we will archive will have minor changes, but the statement printed here is pretty darned close to final.

It was an interesting year here. Sales ended up slightly above budget (just under 1%) for total growth over 2011 of 5.41%. This growth was in spite of the fact that the Westside store was closed for 4 days without power from the Great & Powerful Snow Storm of January 2012! Our gross revenue, however, due mostly to increased discount usage and cost of goods, was below budget by just under 1%.

Expense overruns contributed to a net loss for the year of approximately \$126,000. On the personnel side, many staff members chose to participate in the Co-op Conversations project, and the cost of that participation was greater than we had budgeted. The staff collective took one day away from the store (Labor Day!) to do some important group building work. (With ~80 staff members working in 3 locations, it's easy to lose contact with each other.) We also had some medical expenses that were higher than expected. On the operations side, we completed several large projects this year. Capital projects don't show up as expenses in their entirety, but every project has ancillary expenses that do appear in the expense lines. Periodic maintenance such as sealing the parking lots at both stores contributed to the expense overruns.

As I mentioned above, the largest of the projects

this year don't show on the Income Statement. These projects initially show up on the balance sheet, where cash goes down and equipment or building improvements go up. They are expensed over a number of years depending on the type of expense. Among the largest of the projects, the new entry at the Eastside (a little over \$30,000) kept cashiers and customers warm through the winter, and the new meat cooler (approximately \$24,000) keeps fresh meat cold all year round. The new bike parking at the Westside (\$25,000) gave our bicycling customers a dry and safe place to lock their bikes. And to keep your ice cream firm and creamy, we replaced our storage freezer at the

Westside at a cost of about \$7500.

In the coming year, the collective is focusing on several financial initiatives. First, we are monitoring a benchmark called sales per labor hour, or SPLH. This indicator lets us know how we are doing in terms of work efficiency. In the next few weeks we'll be replacing our register systems, upgrading the soft & hardware to a system that allows a much higher level of detailed reporting, helping department managers understand their sales and margin and be able to react quickly when changes are needed. We are also focusing on building sales at the Westside, which is showing very low growth so far in 2013. Finally, we are working hard to rebuild the cash reserves we spent on the projects listed above.

We hope you find the improvements we made in 2012 useful and to your liking. Thanks for being a part of this wonderful thing we call the Co-op.

## Olympia Food Co-op 4Q 2012 YTD Budget Report – For The Year Ending December 31, 2012 –

	2012 actuals	2012 budget	\$ over Budget
<b>Revenue:</b>			
Sales	14,911,388.54	14,800,420.37	110,968.17
Discounts	-840,574.87	-813,183.72	-27,391.15
Purchases	-9,918,958.18	-9,809,891.21	-109,066.97
Gross Sales Revenue	4,151,855.49	4,177,295.44	-25,489.95
Other Revenue	86,425.15	32,950.00	53,475.15
<b>Total Net Revenue:</b>	<b>4,238,280.64</b>	<b>4,210,295.44</b>	<b>27,985.20</b>
<b>Expenses:</b>			
Community & Marketing	149,062.54	146,920.00	2,142.54
Staffing	3,415,758.99	3,222,777.98	192,981.01
Operations	747,732.51	642,073.94	105,658.57
Depreciation	52,215.43	59,899.00	-7,683.57
Interest	10,931.39	10,800.00	131.39
Corporate Income Tax	0.00	0.00	0.00
<b>Total Expenses:</b>	<b>4,375,700.86</b>	<b>4,082,470.92</b>	<b>293,229.94</b>
<b>Other Income &amp; Expenses:</b>	<b>10,818.38</b>	<b>0.00</b>	<b>10,818.38</b>
<b>Total Net Income:</b>	<b>-126,601.84</b>	<b>127,824.52</b>	<b>-252,426.36</b>



Organic fertilizer designed for Pacific Northwest soils

**Gary Kline** continued from page 5

Amount, Balance, and Completeness. Your soil must have 4 macro-minerals (calcium, magnesium, potassium, and sodium) and a long list of micro and trace minerals (boron, cobalt, chlorine,

manganese, molybdenum, zinc, etc.) If you get these amounts and proportions right, the rest falls into place. So what does Gary recommend?

There are two ways to hit the tar-

get of correct fertilizer: the rifle method and the shotgun method. The rifle method is intended to hit the bulls-eye, which means getting a professional soil mineral test for your soil, having it analyzed to find out what mineral proportions you have and what you will need, and then translating those numbers into recommendations of rock powders and other organic soil amendments. The shotgun method is to use a premixed combination of these aforementioned fertilizer ingredients, containing all the components usually found lacking in mineral-poor soil and in the right proportions so that all the bases are covered. You will be buying some nutrients that your specific soil doesn't need, but that can't be helped. All non-customized fertilizer mixes, chemical or organic, sold on the market today

are unbalanced by definition and no single product can be perfect for everybody's soil. The trick is to find the one that most completely balances your soil.

*Gary Kline is a former U.S. Fish and Wildlife Service biologist and his real passion is birds. He opened Black Lake Organic on the beautiful shores of Black Lake, in Olympia, in 1980. He hopes to share his love of nature and his concern for the environment and the world by influencing one person at a time. He sells premium organic fertilizer blends and potting mixes, specialized for Pacific Northwest soils, as well as the 50 or so individual organic fertilizer ingredients. Professional soil mineral testing is available as well. He also hosts meetings of his "educational-informational-interactive-nutritional" roundtables monthly. He truly believes that these are the best ways to help humanity, today and in the generations to come.*

Join us and make co-op history in Thurston County!

– celebrating the community of cooperative businesses –  
Saturday, May 4, 2013 • 1pm to 6pm  
St. Martin’s Pavilion



# CO-OPATOPIA

Co-opatopia is a special event celebrating cooperative businesses and all they contribute to our communities and the local economy. This is an opportunity to bring together a variety of co-op people from across many sectors to talk about how they could encourage greater ‘cooperation among cooperatives’ – one of the core cooperative principles and something very unique to the co-op movement.

- The Purposes of Co-opatopia include:**
- 1. Celebrate the community of co-ops.
  - 2. Help current co-op members identify other co-ops in the area.
  - 3. Educate non co-op users about the benefits of co-ops and how they can get involved.

With a generous grant from the Northwest Credit Union Foundation, the event is FREE for both exhibitors and attendees. Don’t miss this opportunity to join the following list of supporters already signed on to make Co-opatopia a success:

- The Artist’s Gallery*  
*BECU*  
*Bit Statement Processing*  
*Career Horizons*  
*Equal Exchange*  
*NCBA*  
*Northwest Credit Union Foundation (NWCUF)*  
*Northwest Cooperative Development Center (NWCDC)*  
*O Bee Credit Union*  
*Olympia Food Co-op*
- Our Community Credit Union*  
*Peninsula Credit Union*  
*People’s Memorial*  
*Seattle Whole Grower’s Market*  
*Splash Gallery*  
*Tangerine Solar*  
*TULIP Credit Union*  
*Twin Star Credit Union*  
*WSECU*  
*Yes! Magazine*

In addition to lots of great information from exhibitors, there will be entertainment throughout the event on a mainstage featuring musicians, dance and more. There will also be a pre-event forum for members of area co-ops to discuss ways to build alliances and strengthen the co-op movement in our area. Please visit the website for more information and you can also find it on Facebook! <http://coopatopia.coop/>

# Volunteer Opportunities at the Olympia Food Co-op

## Become an Olympia Food Co-op Ambassador!

Do you ever find yourself waxing on about all the ways the Co-op has positively impacted your life and the lives of those around you? Looking for a new way to volunteer for the Co-op and get working member credit? Join the OFC speakers bureau and share your story. The OFC Outreach & Education team is actively recruiting



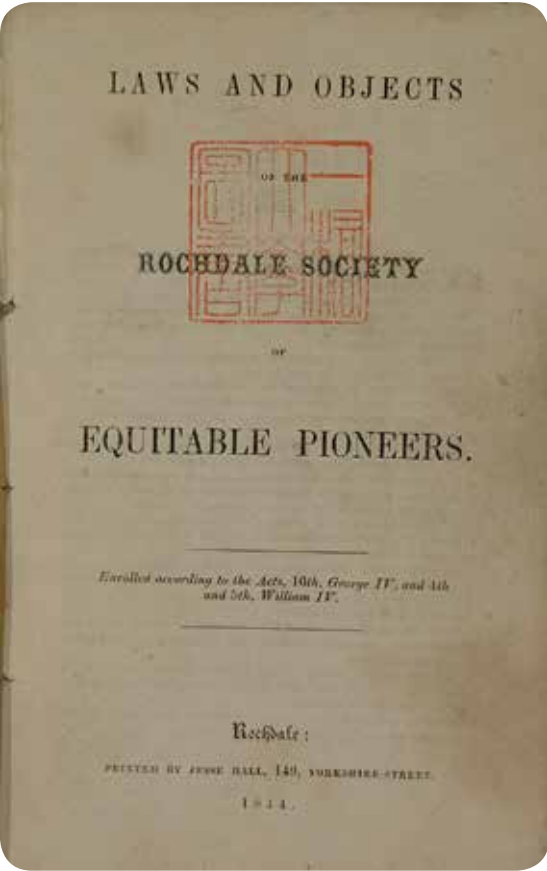
for members to be Co-op Ambassadors to table at events and speak to community groups about the OFC. Training for this volunteer position will be scheduled some time in late spring or early summer. Email [outreach@olympiafood.coop](mailto:outreach@olympiafood.coop) for more information.

## Teach a Co-op Community Class

The Olympia Food Co-op’s Community Classes program is seeking new volunteer teachers interested in teaching basic cooking classes. Do you have teaching experience and knowledge and passion for cooking and kitchen skills? Email [classes@olympiafood.coop](mailto:classes@olympiafood.coop) to receive an application/interest form.

## Co-ops continued from page 1

cooperative, and those of us who came after, aim to return control of businesses to members and workers, with a broad focus on education and community well-being. When you pay your Co-op dues, vote for the Board of directors, purchase quality food at a minimal mark-up, or attend a Co-op class, you are following in the footsteps of the Rochdale Pioneers—along with millions other co-op members worldwide, at their local cooperatives.



But back to the story: Taking Dr. William King’s advice about opening a store, the Rochdale Pioneers gathered capital of £1 per person, for a total of £28, in order to open a store where they would sell “honest food at honest prices”. On December 21st, at 8pm (because factory employees worked long hours), they opened their shop. It was staffed by volunteers, and because the gas company had refused them service (on the grounds that they didn’t believe the cooperative would be able to pay its bills), they had to use the candles to light their shop.

The Rochdale Society proved the gas company wrong in short order. Within a few months, they added tea and tobacco to their shelves, followed later by the opening of a cooperative textile mill and factory. By 1854, the British co-operative movement had taken up the Rochdale Principles and over 1,000 such stores were open. The Cooperative movement founded on the Rochdale Principles has continued to grow. Over 29,000 cooper-

Rochdale Equitable Pioneers' Society Price List. 15

**PRESERVES.—Season 1892-3.**

	1lb. Pots.	2lb. Pots.	3lb. Pots.	Weighted out per lb.
	s. d.	s. d.	s. d.	s. d.
Gooseberry, Plum, and Apple	0 4 1/2	0 7 1/2	0 10 1/2	0 3 1/2
Gooseberry	0 4 1/2	0 7 1/2	0 10 1/2	0 3 1/2
Greengages	0 5 1/2	0 10	0 15	0 3 1/2
Red Plums	0 4 1/2	0 7 1/2	0 10 1/2	0 3 1/2
Blackberry and Apple	0 5 1/2	0 9 1/2	1 1 1/2	0 4
Raspberry and Gooseberry	0 5 1/2	0 10	1 1 1/2	0 4
Strawberry and Gooseberry	0 5 1/2	0 10	1 1 1/2	0 4
Damson	0 5 1/2	0 9 1/2	1 1 1/2	0 4
Black Currant	0 6 1/2	1 0	1 6	0 4
Red Currant	0 6 1/2	0 11	1 4	0 4
Raspberry and Red Currant	0 6 1/2	0 10	1 4	0 4
Raspberry	0 6 1/2	1 0	1 4	0 4
Strawberry	0 6 1/2	1 0	1 4	0 4
Red Plums	0 6 1/2	1 0	1 4	0 4

Empty Jars Returnable at following prices:—  
14lb. .... at 3d. each. If clean and in good condition.  
1lb., 2lb., & 3lb. at 1/4d. .. j

atives employ two million people in the United States alone vi, while more than a billion people worldwide are cooperative members.vii Today, after the failure of banks and the collapse of countries, when increasing income inequality can no longer be ignored, it’s important to remember that these same pressures led to the formation of the Rochdale Society, and to the principles upon which modern co-ops are founded. Cooperatives are businesses run by the people, for the people, whose focus is on the strength of the community rather than the price of a share. And that’s an idea whose time has come – again.



# Board Report

By **John Regan**, Board Member

## Strike Settled, Co-opatopia Coming in May

Union drivers are again making deliveries to the Olympia Food Co-op (OFC). The strike against United Natural Foods, Inc. (UNFI) is settled; replacement workers are gone.

The Teamsters Union announced the settlement with a press statement headlined "UNFI Strike Ends with a Surge of Community Support." The statement thanked "union members, co-op members, co-op owners, organic food activists, and concerned consumers..."

For our part we would like to thank the 949

OFC members who let us know how we should express solidarity with the Teamsters. We also want to express our appreciation to OFC volunteer Peter Kardas, whose understanding of labor issues helped forge our strategy. Especially helpful was the OFC's "Strike Committee," which maintained a steady flow of guidance and information.

The strike represented a serious challenge for the OFC. UNFI is our largest supplier providing 60-70% of the food we stock in the store, including packaged foods, dairy, frozen, cleaning products, and body care.

From a bitter labor dispute, we move from conflict to cooperation; the Co-op finds ourselves preparing for Co-opatopia. Eight area Credit Unions have taken the initiative to host a day celebrating cooperative businesses (See page 8).

One of the objectives of the event coincides neatly with discussions going on within the OFC, namely how "to bring together a variety of co-op people from across many sectors (and) encourage greater cooperation among cooperatives." We hope to see you there May 4, St. Martins Pavilion, 1-6pm.

## Changes to our Register and Membership Systems

By **Maureen Tobin**, Staff Member

During the last part of April, the Co-op will be immersed in an update of our inventory and cash register system software, also referred to as a 'Point of Sale' or 'POS' system. This is the important computer program and server that holds all the bar codes and PLU's (product look ups) we sell in our store and allows you, the shopper, to come in and buy wonderful natural foods and products accurately, smoothly, and efficiently.

As with all computer programs, every few years they need an upgrade and we are going for a big one this time. In addition to the new software, we'll have new hardware in the stores such as touch screens that the cashiers will be using. Many staff are working hard to ensure that the transition will be fairly smooth and as trouble-free as possible. However, as with all innovations and changes, there may be some moments of delay and we hope you'll have patience with us as we all learn the new methods and procedures.

Another big change that this upgrade may mean is a revision to the way we handle our membership database record keeping. The software we are investing in, called Catapult, is used by many other co-ops across the county and includes a way to integrate a membership database (currently our membership information is accessed on separate software from the POS system). Catapult has been used for many years at Central Co-op in Seattle, at Bellingham Food Co-op, and at Skagit Valley Food Co-op, to name a few co-ops close to us. At this point, there has been no decision to convert our membership system but we are researching and exploring the option.

Our membership database contains almost 69,000 records and has grown tremendously since the last investment in software more than 10 years ago. So this is also a computer program that needs to be upgraded and we feel it is financially prudent to consider merging the two databases, since we are already spending

a tidy sum on the POS upgrade. Furthermore, our membership system in general has not experienced many changes since the 1980's and there are many improvements being considered that would allow things to function more smoothly for cashiers and shoppers and database coordinators.

We want to hear from you! As we consider making this kind of change in our stores we very much want to create minimal impact on our members and everyone's shopping experience. You will see signs and emails about the possible membership conversion and what it might mean, and we will be looking for member feedback. We will be looking for opinions through an email survey, our blog and website, opportunities to gather face to face, and in general will be getting the word out as we proceed through research and decision-making phases.

If you have questions about this change, please feel free to email [membership@olympiafood.coop](mailto:membership@olympiafood.coop).



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[bccblog.com](http://bccblog.com) 786-1881 **INTERCITY TRANSIT**

## Bikes continued from page 7

Some past "BCC" participants have this to say about their experiences:

"The most significant benefit was losing 70 POUNDS. My life completely changed. I remember my first months of rides, and how hard they were. This experience has taught me about my physical abilities, and how to tap into self discipline. The riding ultimately opened my eyes to a part of myself I had long ago lost, or maybe never even knew I had. I started to incorporate other elements to my regimen, which was not so hard-know-

ing what I was capable of. I even recently ran in my first half-marathon, which I NEVER would have attempted, were it not for my biking. My job, my motivational co-worker, the Bicycle Commuter Contest and my determination to stick with it, truly saved my life. I am the best version of myself that I can be...all thanks to these things coming together." —J.C.

"I'm saving a lot of money on gas. I'm starting to feel the physical effects (I have more energy and my pants seem to fit better). I receive a strong sense of "mastery" every time I ride - an overall feeling of, 'Yeah!!! I did it!!' Probably the most important one, though, is my wife told me the other night, 'You

sure are happier when you ride!'" —B.R.

"I really feel proud of myself when I do it. I also like how I'm not your 'average' rider in terms of how I look; if there is such a thing — I hope it challenges people's stereotypes of what a bike rider looks like. And, I like being able to hear sounds like birds chirping, and notice things I wouldn't notice if I were driving or on the bus." —S.E.S.

"I can eat soooo much junk food now! It's awesome — I just burn it off. Oh, and I've met lots of new friends by participating in bike events around town!" —T.G.




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# Co-op Community Classes

All Community Kitchen Classes require pre-registration and there is a non-refundable \$5 fee for each class. To register, go to [www.olympiafood.coop](http://www.olympiafood.coop) and click on Classes, or visit one of our stores between the hours of 11-6 to register in person.

GRuB: 2016 Elliot Ave NW, Olympia (off Division St, on the Westside)

Fertile Ground: 311 9th Ave SE, Olympia (behind downtown public library)

Co-op Community Classroom: 610 Columbia St SW, downtown Olympia

**Sprouting 4 Life!** – Sunday, April 14, 3-5pm

Facilitators: Rebeka Gentian

Location: Eco House at Fertile Ground – Limit: 20.

Join live food chef and educator Rebeka Gentian in sprouting 4 life! Sprouting increases the nutrient density of food, provides trace minerals, essential amino acids, and is extremely affordable. Come learn how to sprout a garden in your kitchen! Vegan, Gluten-free

**Learning from Plants** – Tuesday, April 16, 6:30-8pm

Facilitator: Peter Brown – Location: Eco House at Fertile Ground – Limit: 15

Plants and people have been dependent upon each other since the time before time, but most of us have lost our ability to understand them. This class will teach basic techniques to give one the skills and confidence to learn from our plant brothers and sisters.

**Connecting Children With What They Eat Through Wild Foraging** Saturday, April 20, 1-3pm

Facilitator: Brooke Ahlegian – Location: GRuB Farmhouse – Limit:30

This class will provide valuable information on how to use sustainable wild harvesting to connect your children to the food they eat. By learning about where foods come from, and using all of their senses to experience food in the wild, children start to appreciate their fresh, local fruits and veggies even more! You will learn some relatives of common foods we buy in the store, as well as some tasty, simple recipes that can be made completely in nature. This class is welcoming to people of all experience levels. And we will provide substantial details for beginning foragers.

**Edible Weeds 101** – Sunday, April 21, 11am-1pm

Facilitator: Kate Tossey – Location: Eco House at Fertile Ground – Limit: 15

Join Kate in exploring edible weeds that grow in our region. Learn about identifying, collecting and preparing those pesky plants that get in the way of what we choose to grow. Handouts will be provided, including recipes. Samples will be presented as available.

**How to Prepare a Whole Chicken** – Sunday, April 21, 3-5pm

Facilitator: Liza Judge & Marianne Copene of August Farm – Location: GRuB Farmhouse – Limit: 25

Wondering how best to prepare a whole chicken with skill? Come learn from the professionals at August Farm how to roast a whole chicken to perfection. A few recipes will be explored to compare the benefits of each. Technique for cutting a whole bird into parts will also be covered. A very informative class that's not to be missed!

**How to be Healthy on a Raw Food or Vegan Diet**

Wednesday, April 24, 6:30-8:30pm

Facilitator: Doug Walsh – Location: Co-op Community Classroom – Limit: 25, free!

It is true that adding more vegan raw foods into your diet is a fabulous way to support maximizing your health potential. However, just because your food is "raw" or "vegan" doesn't mean it is good for you. It is actually quite possible to be very unhealthy and seriously deficient in some key nutrients on a vegan or raw food vegan diet. Come join Doug Walsh, 17 year raw foodist, 25 year vegan, and HealthForce Nutritionals National Educator, as he shares the secrets to creating vibrant health, and being successful long-term on a vegan diet with a high percentage of raw foods.

**Do-It-Yourself Probiotics: How to Make Fail-proof Crunchy Raw Sauerkraut to Rebuild Your Gut and Heal Your Body**

Saturday, April 27, 6:30-8:30pm

Facilitator: Summer Bock – Location: GRuB Farmhouse – Limit:30

Summer will show you everything you need to begin creating live-cultured fermented veggies that are infused with healing herbs to help boost immune function, detoxify, and restore digestion with her technique to make delicious raw sauerkraut that is filled with probiotics. These beneficial bacteria are known to support your digestion, end constipation, decrease sugar cravings, and boost your vitality. Come learn her secrets and tricks of the trade for how they create the most amazing recipes at OlyKraut. We will have the opportunity to sample sauerkraut too!

**Savory Soups** – Sunday, April 28, 3-5pm

Facilitator: Erin Majors – Location: GRuB Farmhouse – Limit: 20

Soup makes an easy, inexpensive, and filling weeknight supper. Once you learn a few basic recipes, it's easy to change them to incorporate what you have on hand. Come and get inspired to make delicious soups with recipes that make enough for a few weeknight dinners or to take for lunch during the week. All soups made in this class are vegetarian and fiber-rich.

**Spring Cleaning** – Tuesday, April 30, 6:30-8:30pm

Facilitators: Rebeka Gentian – Location: Eco House at Fertile Ground – Limit: 20

Ready to shake off the winter funk? Join us for an interactive discussion of how to cleanse physically and emotionally, including juicing, fasting, colonics, enemas, chelation, emotional freedom technique, releasing old limitations, and breaking unhealthy patterns. Vegan, Gluten-free

**GAPS Diet: Heal & Seal Your Gut** – Saturday, May 4, 3-6pm

Facilitator: Gwen Krieger – Location: Fertile Ground Guesthouse – Limit: 12

This class will teach you about the GAPS diet (Gut and Psychology Syndrome) designed to help you heal and seal your gut using wholesome foods made with organic and locally grown ingredients. You will learn how to make homemade bone broths, cultured yogurts, kefir, and fermented vegetables, and how these foods play a key role in healing your digestive system. The GAPS diet will dramatically improve many health issues such as allergies, asthma, skin conditions, and autoimmune diseases, IBS and other digestive disorders. It is highly effective in helping to improve the symptoms associated with autism, ADD, ADHD, and other disorders, all with food!



**Gnocchi from Scratch (gluten-free)** – Saturday, May 4, 3-6pm

Facilitator: Christine Ciacetta – Location: GRuB Farmhouse – Limit: 25  
Great Italian food includes these “little dumplings” often made from potatoes. With some minor alterations to the instructor’s family recipe, they are an easy and delicious gluten-free option for Italian meals. Learn to make a basic potato gnocchi (gluten-free & dairy-free) and spinach-ricotta variation (gluten-free). We will sample these with a tomato marinara and a sage, parmesan, and browned butter sauce. Mangia bene! Gluten-free, vegetarian

**How Many Meals Can You Make From One Chicken?**

Sunday, May 5, 3-5pm  
Facilitator: Liza Judge & Marianne Copene of August Farm – Location: GRuB Farmhouse – Limit: 25  
How far can you stretch one chicken? Can you make it last for 3 meals? 5 meals? In this class we will show you how to get the most out of a whole chicken. We will demonstrate how to cut up a whole chicken and how to roast and carve. We’ll also share some quick, easy, and delicious recipes for using leftover cooked chicken.

**Raw Theory** – Sunday, May 12, 3-5pm

Facilitator: Rebeka Gentian – Location: Eco House at Fertile Ground – Limit: 20  
Explore the theories of raw food living with live food chef and educator Rebeka Gentian. Topics will include: what is raw; the power of enzymes, proteins & amino acids; macro vs. micro nutrients; the cleansing factor; and the reality of the food chain. Q&A to follow as well as tips on how to make things quick! Vegan, Gluten-free

**Mindful Eating: Learn Lasting Approaches to Health**

Saturday, May 18, 11am-1pm  
Facilitator: Michelle M. Bilodeau, MAOM, L.Ac.  
Location: Hill Top Acupuncture & Herbal Medicine (147 Rogers St NW, Olympia, WA) – Limit: 24  
We all know that “you are what you eat,” and we all know that stress is linked to every disease. The concept of mindful eating combats both of these disease sources through fine-tuning a behavior that we all do every day as necessary for our survival. Utilizing information from Thich Naht Hanh’s book Savor and Jan Chozen Bays, MD’s book Mindful Eating, as well as thousands of years of wisdom from Traditional Chinese Medicine, this class will teach you exercises for managing your weight and increasing your overall health with effects that are much longer lasting and further reaching than any fad diet could ever be. (Vegan, allergen-free food will be served.)

**Cooperatives and the Labor Movement** – Saturday, May 18, 2-4pm

Facilitator: Keziah Apuzen & Peter Kardas – Location: Co-op Community Classroom – Limit: 35, free!  
Cooperatives have a long history in the workers’ struggle for economic democracy. Labor movements have used various approaches to better the lives of workers and to strive for workplace democracy and economic and social justice. Some unions have seen the creation of cooperatives as an essential means for workers to reclaim control and ownership of their livelihood, while others have wanted nothing to do with any form of worker ownership or worker self-management. In this class, we will travel through the history of cooperatives and their relationship to the labor movement in both the U.S. and Philippine contexts.

**Miso 101** – Saturday, May 18, 6:30-8:30pm

Facilitator: Summer Bock – Location: GRuB Farmhouse – Limit: 25  
Miso is a delicious healing food that is easy to make when you have access to the right starter culture. Join Summer Bock, Health Coach, Herbalist, and Fermentationist in this action-packed, hands-on, miso making demo and lecture explaining the health benefits and the science of miso. Vegan, gluten-free

**Spring Cleansing: A Naturopathic Approach**

Sunday, May 19, 3-5pm  
Facilitator: Dr. Laura Jimenez-Robertson, ND – Location: Eco House at Fertile Ground – Limit: 20  
We clean out our closets once a year, why not our bodies? It is very beneficial to take a gastrointestinal “rest” and help your body clear away debris that has built up in each of your organs, and even each of the cells of the organs. Dr. Jimenez-Robertson, ND will speak about how to cleanse naturally and safely. In addition, she will present the body-wide benefits of a gentle cleanse.

**Bladeless: Uncooking with Kids** – Sunday, May 26, 3-5pm

Facilitator: Rebeka Gentian – Location: GRuB Farmhouse – Limit: 20  
Encourage kids towards healthy food choices by letting them play with their food. Let’s do it together! Raw vegan food preparation with kids ages 4 and up! Let’s discover how yummy healthy food can be in this interactive workshop of live and whole food recipes from “Bladeless,” a raw recipe book for kids of all ages created by Rebeka & Eraelah Gentian. Vegan, Gluten-free


**GAPS Diet Explained** – Tuesday, May 28, 6-8pm

Facilitator: Stephanie Sears – Location: Fertile Ground Guesthouse – Limit: 12  
The GAPS Diet (Gut & Psychology Syndrome) helps to heal and seal the gut lining. Children and adults have benefited greatly from the GAPS diet. Many have alleviated symptoms of allergies, asthma, autoimmune disorders, digestive disorders, depression, ADHD, Autism, etc.



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# What is it?

## KID'S CORNER

Last "What is it?" was: **Baby Bok Choy**

Congrats to last issue's winners:

**Anaya, 6; Benjamin, 9; Brenton, 3; Dallyn, 10; Devon, 8; Denali, 9; Imani, 10; Kate, 10; Liam, 6; Lydia, 5; Mia, 9; Maria, 8; Numi, 7; Orin, 8; Rowan, 7; Ruby, 8; River, 8; Souliya, 10; Tobin, 5; Zachary, 9; Maya, 10; Ruby, 7; John, 6**

*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, or hand it to a Staff person, 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, 2013*

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

*Please pick up your gift certificate at the store where you dropped off your entry.*



*Expansion Update: Spread the Word!*

*Co-optopia: Celebrating Co-ops*

*Time again for the Bicycle Commuter Contest*

*Producer and Volunteer Profiles*

# May is Fair Trade Month!



## Celebrate World Fair Trade Day

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Learn about World Fair Trade Day at [www.fairtraderesource.org](http://www.fairtraderesource.org).

