



# THE Co-op News

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

DECEMBER 2014 / JANUARY 2015



## OFC ANNUAL MEMBERSHIP MEETING

By DESDRA DAWNING

Each year, just as that year is drawing to a close, the Olympia Food Co-op holds its annual membership meeting. Unlike other Co-op events throughout the year, this one, while serving as a time for Co-op members to gather together in friendship, also holds the flavor of a business meeting. It is here that those who have an interest in the inner workings of our Co-op are given the opportunity to talk with Staff, listen to reports from Board members, share with other members, and listen to speeches from candidates for new Board of Director positions. It is a time to get questions answered and to enjoy some good eats with fellow Co-op members.

This year, the Annual Meeting was held on November 2, at the Olympia Women's Club in downtown Olympia. This sweet homey space offered us a lovely meeting room with large round tables where we could gather to talk, eat delicious food supplied by our own Deli Staff, and hold our business meeting. In a comfortable adjoining parlor space, Peter Ali, an excellent flautist (who not only makes and plays his own flutes, but also teaches others how to make and play them) serenaded us during our meal and after the meeting was over. With music that poured from his heart, Peter treated us all to stories and music with ethnic flavors from both his Native American and Moroccan roots.

The meeting began with a report from the Expansion Committee. This committee has been busy for several

years on work to make both Eastside and Westside stores become more efficient, customer-and-staff-friendly, and aesthetically pleasing. Niki Bilodeau and Isabella Rogol, both Board members, brought us up-to-date on all the work that has been done at the Westside store to bring us a new Garden Center (now closed for the season) and to expand shopping space in the store with new shelves and a new floor. Then we were treated to a slide-show-put-to-music that chronicled

the activities of the many Staff and working Members who brought us the Garden Center with its new fence and remodeled back building. The show then moved on to highlight the many hours of work in the remodel-

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photo by Mo Tobin

Co-op Editor Jen Shafer and Staff Member Jason B.



## Co-op News

### Editor & Advertising Coordinator

Jennifer Shafer

### Staff Liaison / Coordinator

Maureen Tobin

### Graphic Artist

Blake Martinez

### Photographers

Desdra Dawning, Patrick Maley,  
Gary Galbreath, Jennifer Shafer,  
Maureen Tobin

### Newsletter Committee

Jennifer Shafer, Maureen Tobin,  
Desdra Dawning

### Westside Store

921 N. Rogers • Olympia, WA 98502  
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Open every day, 8am - 9pm

### Eastside Store

3111 Pacific Ave. SE • Olympia,  
WA 98501 • (360) 956-3870  
Open every day, 8am - 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 [newsletter@olympiafood.coop](mailto:newsletter@olympiafood.coop) or 360-789-7313 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.

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*Cover photo by Jennifer Shafer*

# BOARD REPORT

By **Michael Snow**, Board Member

I was elected to the Board only last year. I feel like it has taken me the whole year just to slip my feet into the shoes with which one must wear to even get a grip. Daily, I am impressed by the work accomplished by the teams of Staff, members-at-large, and elected Board members that make up the Board, its committees and projects. So far, in the last year that I have been present, we have seen the Co-op come out of a tight financial spot in a matter of months, not breaking even, but ending the year profitable and funding two planned expansion projects entirely on its own. We are also seeing a real push towards better communication between members, Staff, and the Board. And even as the days grow darker, and the clouds close in, I can only see more being done.

A large reason why I was drawn to the Board of Directors is because I am moved by cooperative and democratic work. The work of a cooperative produces physical goods and services, as well as relationships, experiences, skills, and opportunities. The process in which a good and service is produced, and the experience and life opportunities possible to the people who created it, are just as important as the product that comes out the other side. The Olympia Food Coop embraces this, fights for this, and offers it to its members and its community.

In 2012, OFC was part of organizing an exchange with the Venezuelan cooperative CECOSOLA. This multi-industry cooperative is made up of over a thousand worker-members, and even more thousands of members. As part of an extremely complex, but intentional and fully-integrated organism they run farms, added-value production centers, markets, clinics, a medical center, and a funeral home. We are still learning from this exchange and are still working to im-

plement the perspectives we have gleaned so far. One of the lessons we are moving forward with is the importance of connecting our different cooperative workplaces and our socially driven organizations together. Cooperatives primarily integrate and associate based on their industry. This has been very successful in many cases. The National Cooperative Grocers is a good example, which not only brings a lot of the hot deals on many items at the Co-op, but also offers many immeasurable resources, contributing to a large part of the strength of the industry. Working together and sharing resources are at the core of what cooperatives are. What the exchange taught us is that we could strengthen even more as we connect between industries and between different types of cooperatives and democratic organizations, thus creating a movement.

Around the exchange with CECOSOLA, the Board created a cooperative development committee working to do just this. We have concluded this committee by creating a new group "Co-Sound" or the South Sound Cooperative Network. We have a vision of supporting each other through knowledge, skill-share, connections, shared projects, and shared resources. We are currently planning a second exchange with CECOSOLA for Fall 2015 to further deepen our relationship with them, and to continue learning from an exchange of knowledge and experience with such a successful organization. Since the last exchange we have seen an ever-growing interest in cooperatives as a viable and rewarding social and economic way of organizing our workplaces. We have also recently seen the birth of numerous new member-owned and member-run organizations. I would love to see more cooperatives and see us working together.



MEETING continued from page 1

ing of the store itself. This was followed by a report on the next phase of work for the Expansion Committee—the remodeling and expansion of the Eastside store. Based on available finances, plans have been made to build a new warehouse on the empty lot next to the Eastside store, which will allow for the store to move its retail space into what is currently the warehouse, and also to give us more available parking. An architect is being sought, and a feasibility study is being conducted between Staff and the Board to determine what can viably be expected based on current finances. Member feedback is being encouraged with comment cards that will be made available for members at the Customer Service desk at both stores.

The next report came from Staff member Maureen Tobin on changes in the Membership System. Mo pointed out that the Co-op has not done a software update in the past 10 years, and since the introduction recently of the new Point of Sale (POS) system—called Catapult—for the cash registers at both stores, it has become apparent that an update is now necessary. With 75,000 member records in our database, and approximately 24,000 active Co-op members, the Staff Collective and the

Board both agree that it is time to work on joining membership information with the new POS system. This will include dues and fee payment history, and will move members away from color-coded membership cards and into new scannable-at-the-register cards. Members will also be able to store personal preferences, such as applying discounts automatically or having receipts emailed instead of printed at the store. Eventually, Mo said, other organizational improvements could be considered once we've updated the system. We will have in-store tabling around this change early in 2015 and more opportunities for answering questions.

Lois Maffeo, a working member, reported on the 2013-14 work of the Member Relations Committee, informing us that a Member Handbook is in the process of being created which clarifies all of the member rights and responsibilities. This will be given to all new members, and of course to all current members wishing to be brought up-to-date. A report was given on the most recent meeting of the Co-op Conversation. This was more fully covered in the October/November 2014 issue of the Co-op News. Lois said that revised text has been developed for the new website, which is expected to be up and

continued on page 4



Members heard many committee reports.

photo by Mo Tobin

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running by mid-to-end December of this year. She also revealed to the members that a new position is being created for the Co-op, to be called the Communications Coordinator. This position will allow one person to serve as a network communicator between the various departments to facilitate communication between customers, Staff and Working Members. It is expected that this will help to alleviate places where people with questions and needs tend to fall between the cracks.

John Regan and Erin Genia, OFC Board Members, offered a report from a committee upon which they serve that has changed names recently. Now called the South Sound Development Network, this committee has the mission of helping to develop a network of local cooperatives with the intention of strengthening and offering solidarity for our local economy. Currently involved in this network are: OFC, The Flaming Eggplant on TESC campus, the New Moon Cafe Collective, Olympia Con-

struction Cooperative, and the Northwest Cooperative Development Center. John began his report by reminding us of the important connection made between OFC and the Cecosesola Cooperative in Venezuela during 2012, the International Year of Cooperatives. From this collaboration, one that they hope to continue with an exchange in 2015, the members of this committee became even more strongly convinced of the need for OFC to work together with other local cooperatives toward the building of a local economy in which cooperative principles can take a strong and sustainably economic foothold in our community.

Michael Snow, a Board Member who also serves on the Finance Committee, gave us the financial report, informing us that overall sales for the Co-op, as of September 30, 2014, stood at about \$12.5 million. After the many deductions that come from expenses and discounts, Michael said that the Co-op ended up with a total net income of \$76,521. He also pointed

out that as a non-profit organization, it has always been the intent of OFC to not show large net gains, but to remain economically strong and solvent.

Co-op Staff Collective Member and Representative to the Board, Alejandro Rugarcia reported on activities of the Staff Collective. In addition to the specific tasks-at-hand that each Staff person has on their plate, they also incorporate into their day a myriad of additional Co-op activities. Alejandro proceeded to list for us some of the accomplishments achieved by the Staff Collective in addition to regular operations work. You can see his detailed report on page 6.

And finally, the most recent round of candidates seeking election to the OFC Board of Directors gave us their three-minute campaign speeches (well, most managed to stay within their allotted time). With 5 seats available, and 5 candidates running, all were assured of a seat on the Board this time around.



Kids enjoyed the meeting by making art.

photo by Mo Tobin

# Pomegranates

(from medieval Latin, pomum “apple” and granatum “seeded”) are now available in the Northern hemisphere until February. Originally from Iran and India, pomegranates are now cultivated throughout the Mediterranean, the Middle East, northern and tropical Africa, Central Asia, and in California and Arizona. Evocative of myth and tradition, pomegranates are the “infamous” autumn fruit as pomegranate seeds are what Persephone ate (in the Greek myth of Persephone, Demeter and Hades) that guaranteed her yearly return to the underworld and our earthly experience of winter. Rich in fiber, vitamin C, vitamin K and polyphenols, pomegranates are a beautiful and tasty addition to your winter table, whether you seek the lightness of their color or the depth of their symbolism.

## BLACK RICE SALAD WITH BUTTERNUT SQUASH AND POMEGRANATE SEEDS

### Ingredients

2/3 cup black rice  
1/2 teaspoon sweet smoked Spanish paprika  
3 tablespoons olive oil, divided  
1 1/2 tablespoons lemon juice  
Pepper to taste  
1/2 cup pomegranate seeds

1 pound butternut squash  
1/4 teaspoon kosher salt  
1/2 cup pecans, coarsely chopped  
1/2 tablespoon maple syrup  
2 tablespoons sliced green onions

### Preparation

1. Bring a large pot of salted water to a boil over high heat. Add the rice, adjust heat to maintain a lively simmer, and cook until rice is tender, about 30 minutes. Drain and rinse with cool water.
2. Preheat oven to 375°. Peel and seed squash and cut into 1-in. cubes. In a large bowl, toss squash with paprika, salt, and 1 tbsp. oil. Spread on a baking sheet in a single layer and roast, stirring occasionally, until browned and tender, about 40 minutes. Let cool. Spread pecans on another baking sheet and toast until fragrant, stirring once, 6 to 8 minutes.
3. Whisk together remaining 2 tbsp. oil, the lemon juice, maple syrup, and pepper in a serving bowl. Toss with reserved rice, roasted squash, green onions, and most of pecans and pomegranate seeds. Sprinkle with remaining pecans and pomegranate seeds.

## SPINACH POMEGRANATE SALAD WITH PEARS AND HAZELNUTS

### Ingredients

3/4 cup unsweetened pomegranate juice  
2 teaspoons roasted hazelnut oil or extra-virgin olive oil  
1/4 teaspoon minced fresh thyme leaves  
5 ounces spinach leaves (about 2 lightly packed qts.)  
1/2 cup pomegranate seeds  
1 large firm-ripe Bartlett pear

1 tablespoon fresh lemon juice  
1/2 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
3/4 cup finely shredded radicchio (from 1 head)  
1/2 cup coarsely chopped toasted hazelnuts

### Preparation

1. In a small saucepan, boil pomegranate juice until reduced to 1/4 cup, 5 to 6 minutes. Let cool. Whisk in lemon juice, oil, salt, thyme, and pepper.
2. In a salad bowl, gently mix spinach, radicchio, pomegranate seeds, and hazelnuts with dressing. Divide among 6 plates.
3. Quarter pear and core. Thinly slice crosswise, then stack slices and cut in matchsticks. Arrange pear on salads.





# Staff Collective Report, 2014 in Review

By **Alejandro Rugarcia**, Staff Member,  
and **Craig Baldwin**, Working Member

During the early part of the year, Staff coordination teams began developing their work priorities for the coming months. We also installed a new, long-awaited freezer on the west side. Staff started a period of reviewing our accountability systems; this work on the accountability systems continued into April. There were also five new hires at the end of first quarter who began training: Bridget, Janie, Josh, Laura and Zoe. The Staff collective officially welcomed Ange, Cristos, Maxim, Max and Paris who successfully completed their training that started in 2013. Right around this time long-time staff member Carol Sipe retired. Discussions began around a new task force to work on the discount structures and the working member program.

In spring, discussions and proposals happened around special project labor: surveys, website work, and technology upgrades. The web-site is being re-vamped and is expected to be accessible to the public by the end of December. Anti-oppression training related to working in co-operatives was provided for Staff. Work continued to establish a labor and Working Member task force.

In June, we celebrated the long-awaited opening of the Garden Center at our West-

side location. Following the preparations for the garden center, Co-op merchandisers turned their focus to the Westside Reset project which was completed in August.

July brought a change in the systems we use for ordering products. With the new point of sale (POS) system we purchased in 2013, we also acquired auto-reordering technology. Since the start of July, each month more managers have been switching to the new ordering system. Benefits include fewer out-of-stocks, reduced inventory, more accurate pricing, and accessible data to improve shelf sets. The new ordering system also frees up management hours which allows for more product research, resets, more customer service, and improved merchandising practices.

Summer saw the repainting of the exterior buildings plus lots of work on in-store signage. Garden center sales picked up as the season matured and the managers involved in the center's opening were kept very busy through its first season. So far, sales in our new space are doing well and meeting projections! Also during this time, two more Staff, Bethany and Joanna, left the cooperative.

In August, departments began propos-

ing their sales and margin goals for 2015. The Westside Reset was completed and received a lot of positive support from customers. This year we hosted our Annual Harvest Party at the Westside store, also celebrating the "grand re-opening" following the completion of the reset, remodel and new flooring. We continued a new tradition for the second year in a row and gave away t-shirts to all attending working members as a way of showing our gratitude for all that our fabulous working members bring to OFC.

In typical October fashion, we have been busy preparing the 2015 budget with each department and committee working on their related pieces. Also, right now there are plans and preparation for integrating our membership database with our POS system - more coming to the membership on this in 2015.

While the Westside received most of the attention this year, the collective is already turning focus to the Eastside store. The Wellness section saw a beautiful reset and new shelving in late summer and Staff have recently budgeted for and consented to hiring outside help to understand our options for expansion of the Eastside retail space in 2015/2016.

## A Message of *Gratitude* Philippine Typhoon Relief Round-Up Update

By **Keziah Apuzen**, Staff Member

Daghang salamat (many thanks) to the Olympia Food Co-op community for raising \$1,210 for the Philippine typhoon relief through the Round-Up donation program at the Co-op's cash registers. This gesture of giving is one of many examples in which the community sustains the Co-op's mission to "make human effects on the earth and its inhabitants positive and renewing" and the international cooperative principles of "concern for community, solidarity, social responsibility, caring for others, and cooperation among cooperatives" (as stated in our Mission Statement).

The donations were distributed equally to two Philippine-based organizations, COOP NATCCO and GABRIELA, Inc., both of which have been working hard on developing and providing programs to rebuild infrastructure and morale in the affected communities. In November 2013, super typhoon or tropical cyclone Haiyan (local term Yolanda) struck the central Philippine Islands, leaving behind flattened cities and towns and in its wake affected over 10 million people. Since then, COOP NATCCO (National Confederation of Cooperatives) has been building permanent houses in partnership with other cooperatives in the nation and internationally. Additionally, COOP NATCCO offers the community the following essential programs: the Live-

lihood Program, Community Workers Empowerment (skill/trade training), Development of Disaster Risk Reduction and Management Plan, and the Program for Children and Youth Survivors. GABRIELA, Inc., a grass-roots based national and international advocacy group for women's rights and gender equality, has been working closely with women survivors through a psycho-social therapy program, a livelihood program, and fund-raising efforts to build safe refuge/centers for women, etc. Recently, GABRIELA, Inc. organized a gathering of women from all over the world as a way to strengthen global solidarity in response to the climate crisis and its impact on Filipinas and other women worldwide.

As someone who was born from among the affected areas, I am moved by the Olympia Food Co-op community's solidarity, not only through the Round-Up effort, but also by simply reaching out to Filipinas like me, asking about my family and community back home. To borrow the words of Filipino climate activist, Yeb Saño: "This outpouring of support proves to us that as a human race, we can unite; that as a species, we care." (Speech from the UN Climate Summit in Warsaw, November 2013)



# What's New In Co-op Health Care?

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

The remodeling that has been going on all summer at the Westside store has inspired some long-sought changes for both stores, particularly in the Wellness Departments. New shelves, black, curvaceous, and attractive, now display a wide array of products that were once relegated to whatever odd assortment of shelves that could be found. These new shelves have allowed for more efficient organization of products, with opportunity to display them by function, rather than by brand names. So now you will be seeing sections in the Wellness Department labeled and flagged with such helpful directors as "Joints/Inflammation," "Sleep/Stress," "Digestion," "Children's Health," and more.

Another new change for the Eastside store is the training of Working Members in the Wellness Department. Since so many products pass through this section, it is helpful for those stocking the shelves to be up-to-date on what the Co-op is carrying. So when Staff go to new product trainings, Working Member helpers will also be invited.

As you visit the Wellness Department in either store, notice the new bulk tinctures available on the top shelf. Western Botanical Medicine now supplies both Eastside and Westside stores with new quality bulk tinctures. Until recently, Simpler's, our long-time Oregon-based bulk tincture company, supplied the Co-op with excellent products. However, when a large company--Nutraceutical Corporation-- bought them out, sadly the usual happened. Problems de-

veloped with their customer service, multiple orders were not being delivered (resulting in frequent out-of-stocks), broken parts could not be replaced, and herbal formulations changed (leaving tinctures with particulate sediment and weaker potency).

Both Wellness Department buyers, Fern and Onyx, went to work to ensure that the products sold at the Co-op are of the of highest standards. They discovered Western Botanical Medicine, a small California-based company run by herbal medicine practitioners. They use certified organic herbs as well as certified organic and GMO-free grain alcohol in the making of their tinctures--tinctures that never touch plastic and are always stored in glass. Fern and Onyx were pleased to find that they were able to make the switch to a company with comparable prices. Now the bottles and tinctures are sold separately; if you bring back your glass bottle, refills will only cost \$5.50 per oz.

Several new products now grace the Wellness shelves in the Eastside store: MegaFood: Fresh from Farm to Tablet are new food-based supplements using mostly organic ingredients and sourced directly from farms; Northbest now supplies us with food-grade diatomaceous earth; and added to the line of Alaffia products the Co-op already carries is Everyday Coconut Face Care.

Alaffia is a local company; their office is located

in Lacey near the Tumwater Airport. They not only supply the Co-op with wonderful health-care products, but also support cooperatives in other parts of the world. Wellness Department Staff recently had the opportunity to tour their production facility to learn more about this excellent local resource and their work in Togo, West Africa. Alaffia has developed a worker's cooperative there in an effort to create fair trade products and help support their local economy. Be looking for another more in-depth article about them soon!

The Wellness Department Staff encourage you to come in and check out the new products, both Eastside and Westside. They have been working hard to make this part of the Co-op even more organized, accessible, and aesthetic. Onyx is putting out the call to anyone who might have some vining or fern-like house plants they would be willing to share with the Co-op and add to the beauty of the Wellness shelves.



photo by Desdra Dawning

**Onyx by the new shelves in the Wellness Department.**



**New bulk tinctures from Western Botanical Medicine.**

photo by Desdra Dawning



# 2015

# Election Results BOARD OF DIRECTORS

A total of 121 verified ballots were counted in the election. Thanks to all who voted and to those who helped tally up the ballots.

*Many  
Thanks*

## 3 YEAR TERMS

**Teresa Young- 106 votes**

Habib Serhan - 97 votes

Matthew Schmelzer- 95 votes

## 2 YEAR TERMS

**Mary Blake - 80 votes**

Max DeJarnatt- 51 votes

to our outgoing Board members for your years of service:  
**Erin, Dani, Isabella, John, Niki and Ron.**

## California Drought Threatens Milk Production

From [strongertogether.coop](http://strongertogether.coop)

The first six months of 2014 were the hottest on record in California. A recent study from the University of California, Davis describes the ongoing drought there as the "greatest water loss ever seen in California agriculture." This natural phenomenon has cost the state's economy \$2.2 billion, mostly in lost farm wages and revenue. The drought poses a serious problem for farmers, and organic dairy farmers in particular are experiencing a dramatically tightened market, impacting their ability to supply Americans with what's become a staple in a growing number of households.

Organic dairy products are considered a "gateway" to organic foods. Consumers often choose them for their lack of pesticides, hormones and additives, and then fall in love with the pure, sweet taste of organic cream, butter and milk. Organic dairy cattle are raised with a minimum of 120 days of access to pasture each year, and healthier overall living conditions eliminate the need for artificial maintenance of health through hormones and routine antibiotics. This translates into high quality, nutritious products that are absolutely delicious. California's drought, exacerbated by climate change, is threatening the once lush pastures critical to raising organic dairy cattle. With market forces diverting land and water to higher-value crops, it's becoming difficult for farmers to satisfy demand for organic milk. Organic cream and butter are at even greater risk for shortages because they are made from only a portion of the milk, requiring producers to find a market for less sought after organic whey.

### Evaporating Opportunity

Periodic drought is fairly common in Cali-

fornia, a sunny state known for its Mediterranean climate and long growing season. For decades, farmers compensated for unpredictable rainfall by relying on a vast network of reservoirs, aquifers and irrigation canals which capture snow melt from the Sierra Nevada Mountains. As global temperatures rise, those snow-capped peaks are rapidly disappearing. At the same time, melting sea ice is causing ocean currents to shift, sending fewer clouds inland to replenish California's watershed. As a result, California has been experiencing extreme drought since 2011, a condition causing serious issues for organic dairy farmers:

**Dry Pastures** Without rain, pastures go dormant and can no longer supply enough caloric value to support grazing animals. In addition, if farmers continue to graze their animals during extreme drought, pastures can be irrevocably damaged, leading to soil erosion and other ecological problems.

**Reduced Land Access** As water reservoirs recede, many landowners have turned to drilling costly wells to tap into underground aquifers. To recoup this investment, pastureland is converted to more profitable crops or orchards. This minimizes additional available land that organic farmers would otherwise be able to lease for grazing their cows.

**Feed Shortages** Farmers who supplement their cattle's pasture-based diet must feed them Certified Organic grain and hay. Due to the same issues reducing land access, many farmers are foregoing feed crops altogether in favor of high-value orchards and vineyards. This is creating a critical shortage of organic feed.

**Heat Stress** Extreme heat causes animals to eat less and drink more water instead, a condition known as "heat stress." Dairy cows are especially prone to heat stress, and over time this leads to reduced milk production. USDA estimates that over the next fifteen years, heat stress due to climate change will decrease the nationwide milk supply (both conventional and organic) by one percent, resulting in millions of dollars in higher milk prices.

### Organic Methods Show Promise

When compared with other types of farming, organic dairy is relatively water efficient because its foundation is drought-tolerant grass, not resource-dependent grain. Additionally, continuing research is showing that organic methods, such as composting and managed grazing help slow climate change by storing excess carbon in the soil, keeping it out of the atmosphere where it acts as a greenhouse gas. Although organic farmers work in concert with ecological systems and appear to be better positioned to address increasingly severe weather, the immediate future for organic dairy farmers in California is troubling.

### How to Help

Given the changing landscape of agriculture in California and across the United States, organic dairy farmers need our support now more than ever. How can we help?

Choose organic dairy, keeping demand for organic dairy products high and making continued investments worthwhile to organic farmers.

Consider a donation to support organizations such as the California Certified

*continued on page 10*



# Upcoming Working Member Program Orientations

Come tour the store and learn about Working Member opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested, please attend one of these 2-hour orientations.

## Westside Store:

Sunday, December 7.....	11am-1pm
Sunday, December 14.....	11am-1pm
Monday, January 5.....	11am-1pm
Sunday, January 11.....	11am-1pm

## Eastside Store:

Thursday, December 4.....	5:30-7:30pm
Sunday, December 7.....	1:30-3:30pm
Thursday, January 8.....	5:30-7:30pm
Sunday, January 15.....	1:30-3:30pm

*For more information about becoming a Working Member at the Co-op, please contact Alejandro at the Eastside store, (360)956-3870, and Rafael at the Westside store, (360)754-7666. You can stop by either store to get more information, or sign up for an upcoming event.*



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# January 2015 Class Schedule

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.

**Intro to Greens**  
Sunday January 11, 2-4pm  
Facilitator: Erin Majors – Location: The GRuB Farmhouse  
Enrollment: 20

**Broth: Wisdom of the Cauldrom**  
Wednesday, January 24, 2-4pm  
Facilitator: Rylee Uhrich  
Location: Little House at the Westside Olympia Food Co-op  
Enrollment: 10

**Homemade Chai**  
Saturday, January 17, 1-3pm  
Facilitator: Jason Baghboudarian  
Location: Little House at the Westside Olympia Food Co-op  
Enrollment: 10

**Sauerkraut 101**  
Saturday, January 24, 2-4pm  
Facilitator: Meghan Hintz – Location: GRuB Farmhouse  
Enrollment: 20

**Japanese Winter Hot Pot**  
Sunday January 18, 3-5pm  
Facilitator: Chie Okazaki – Location: The GRuB Farmhouse  
Enrollment: 20

**Make Your Own Milk Kefir**  
Sunday, January 24, 2-4pm  
Facilitators: Julie Kamin– Location: The GRuB Farmhouse  
Enrollment: 20

## Class Locations:

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

**Little House at Westside OFC:**  
921 Rogers St. NW, Olympia  
(located in front of the Garden Center)

**Book Discussion -  
What To Eat, by Marion Nestle**  
Thursday, January 29, 6-8pm  
Facilitator: Max Crabapple  
Location: Little House at the Westside Olympia Food Co-op  
Enrollment: 10





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*DROUGHT continued from page 8*

Organic Farmers (CCOF) Foundation, which since 2007 has distributed nearly \$100,000 to California organic farmers in need of hardship assistance, including those affected by drought. National Cooperative Grocers Association (NCGA, the organization behind this website) is a proud contributor to CCOF Foundation's Bricmont Fund for Hardship Assistance Grants.

Ask your elected officials to support climate change legislation and programs, particularly those that incentivize farmers to practice methods that help slow climate change and help them to adapt to its effects.

See more at: <http://strongertogether.coop/voices-from-the-field/california-drought-threatens-milk-production/#sthash.5R4trwja.dpuf>

# Why Bulk?

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

Olympia Food Co-op offers all who shop at both stores, Westside and Eastside, one of the finest selections of bulk products, both in food and household items, to be found in our part of the country. Some of those products, or similar ones, can also be found in packages on the shelves in other parts of both stores.

So Why Buy Bulk? Why bring in your own containers, your own jars and bags, and spend the extra few minutes out of your day scooping, weighing, and writing down product PLU's and tare weights? Is it really worth the time and effort? I say YES! And here is why. You will receive:

## *The Sweet Sense of Feeling That You Are Contributing to a Healthy Economy*

As you scoop and weigh, you can rest assured that a bulk buyer has done their best to research and provide many non-GMO, locally-produced, sustainably and/or organically grown, fair trade products. What can be better than that?

## *The Financial Benefit of Money Saved*

Buying bulk offers an average savings of 30% to 50% over packaged goods. By not paying for all of that individual packaging, labeling and advertising, you're getting more products for your money.

## *The Knowledge That You Are Saving The Environment*

Eliminating packaging reduces our carbon footprints. Buying in bulk mitigates the amount of garbage that ends up in landfills--especially plastic packaging--and streamlines the transportation needed to deliver goods to market, thus helping reduce CO2 emissions, both on-the-road and in-the-landfill.

## *The Satisfaction of Knowing That You Are Reducing Food Waste*

Buying in bulk allows shoppers to make smarter decisions, by purchasing the exact amount of foods they need, as opposed to purchasing consumer-packaged goods with a pre-determined amount that may not get used before their expiration date.

## *The Flexibility to Buy a Pinch or a Pound*

Buying in bulk offers a broad selection of natural and organic products that can be purchased in the exact quantity desired. Whether you need a teaspoon for a recipe, or a pound for a party, bulk foods can provide both.

## *Exciting New Ways to Expand Your Food Horizons*

If you aren't sure you will like a particular food, you can purchase a small amount to check it out. If you think you might like to try brown rice flour or flax, you can buy a small quantity for a test run--no worries about wasting money or product. And for those more expensive spices, rather than buy a whole jar, you can bag up a small amount to try out in a new recipe.



## Bulk shopping at the Co-op made a bit easier:

By **Marilyn Walther**, Co-op Member

After many years of bulk shopping at the Olympia Co-op, I finally found an easy way for three of us in the house (myself, my husband, and our son) to independently use the empty jars that collect in my Co-op bag.\*

I painted the tops of the lids with chalkboard paint and used a nice paint pen to permanently add the tare weight of the jar. In a pocket on the Co-op bag, I have a clean mint tin (like Newman's Own or St. Claire's Organics) with a small cloth and stick of chalk.

When at the Co-op, we just write the item name and PLU#, if it isn't already on the jar. Or we can erase the old item name and PLU# to write the name and PLU# of what we are currently buying.

Oh, that \*Co-op bag that I mentioned? I have a couple hooks where my cloth bags hang for taking shopping. One bag in particular has gotten the name of "Co-op Bag." It collects the clean, empty jars that need refilling. It also holds plastic and paper produce bags for reuse, and a couple small cloth bags as "extras" if I don't bring enough larger cloth bags.

On the outside of the bag, I had sewn two pockets. Originally, it was to separate bags that I'd get nuts in from bags used for produce. I've since collected enough jars to use for just about all my nut and seed options.



photo by Marilyn Walther

A tin with cloth and chalk for reusable bulk containers



photo by Marilyn Walther

Lids painted with chalkboard paint.

I love shopping bulk at the Co-op. It has significantly reduced waste or the amount of recyclables we have. And my open-shelf pantry is a cornucopia of old, repurposed peanut butter and Talenti gelato jars showing the colors and textures of the bulk items they hold, with an almond roca and popcorn tin thrown in!

## PACKAGING WASTE

A few astounding statistics from BIG—the Bulk Is Green Council:

If all Americans, for just one week, were to purchase the following items BULK, our LANDFILLS would see:

### COFFEE

5,000,000 lbs. of foil packaging saved

### PEANUT BUTTER

14,403,350 lbs. of waste saved

### ALMONDS

1,500,000 lbs. of waste saved

### OATMEAL

Packaging waste reduced by 125%



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# KID'S CORNER



## What is it?

Last "What is it?" was: **Ginger**

Congrats to last issue's winners: **Annika, 5; Ayla, 10; Cecilia, 6; Cyrus, 7; Elle, 8; Freya, 7; Helen, 10; Isha, 10; Jasper, 7; Joel, 8; Kiran, 9; Liam, 7; Maria, 10; Melodi, 9; Numi, 9; Orin, 10; River, 9; Robert, 8; Rowan, 9; Ruby, 7; Ruby Meyer, 10; Sadie, 10; Serean, 8; Tobin, 6; Xyoo, 8**

*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: *November 1st, 2014*

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

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

# The Olympia Food Co-op will be

# Closed

## Thursday, Jan 1

## New Year's Day

for our annual inventory.

**Both locations will be open Dec 24 to Dec 31, regular hours 8 am to 9 pm and will re-open on Friday, January 2, at 8 am**

*Thanks for your support!*

# Happy New Year!

# Welcome Winter and the New Year!



## Wellness Department Improvements

## Shopping Bulk at the Co-op

## Staff Collective Update