SO MANY DELICIOUS THIRST-QUENCHING DRINKS,
So Many Hot Summer Days!

By Marie Poland, Staff Member

Water makes up more than half of the human body. It also helps us regulate our temperature, lubricate our joints and remove waste. Knowing this information may help us understand the importance of drinking fluids, especially when the weather is hot. I say, “Why not have a little fun and follow our preferences for what to consume to help us stay hydrated?” Therefore, I’ve categorized most of our cold drinks below to help you consider your choices.

TO FIZZ OR NOT TO FIZZ – CARBONATED DRINKS

Our range of bubbly drinks spans from plain bottled carbonated waters to fizzy juice drinks (including lemonade): Santa Cruz Organics; Crystal Geyser; Reeds & Virgil’s ginger brews, rootbeer and orange bubbles. Some culinary fizzy favorites are the lavender and blood orange sodas by Dry soda, which feature interesting flavor choices but keep the flavor light, not too sweet, and refreshing.

Please note: We do not sell carbonated drinks containing corn syrup or produced by major soda corporations. Also, most of these carbonated drinks are shelf stable and do not require refrigeration.

A SLIGHTLY EFFERVESCENT ENJOYMENT: KOMBUCHA

Kombucha is a sweetened, fermented black or green tea drink. We carry a huge variety of flavor choices & brands, all distinctly unique! Some companies produce sweet-tasting flavors – Magic Kombucha, Rainbow Cloud and Kombucha Yum (all 3 local companies) as well as Golden Temple (GT). The “artisan produced” kombucha by Brew Dr. adds organic medicinal herbs in advance to brewing and still others add chia seeds (GT) for additional hydration benefits. Both local companies Rainbow Cloud and Komucha Yum sell their products in returnable glass bottles. Terrabucha, another local kombucha producer creates a coffee-flavored kombucha.

From Foodrenegade.com, one of the health benefits of kombucha is that it “aids digestion and gut health. Because it’s naturally fermented with a living colony of bacteria and yeast, kombucha is a probiotic beverage. This has a myriad of benefits such as improved digestion, fighting candida (harmful yeast) overgrowth, mental clarity, and mood stability.” All the kombucha sold at the OFC requires refrigeration.

A NEW HEALTH FOCUS: KEFIR & PROBIOTIC DRINKS

Also carbonated and somewhat juicy, these delicious water-based kefir drinks contain probiotic cultures. Several probiotics (living micro-organisms) are found in kefir. Probiotics are continuing to gain increased attention for their beneficial effects for our health. Dr. Andrew Weil in “Indigestion: Natural Remedies for Relief” lists two primary probiotics found in kefir as supporting digestion, increasing immune response, as well as helping to calm the systems associated with food allergies and eczema.

Kevita has been a popular favorite with a variety of flavors, now along with two flavors of Mantra, a delicious kefir soda, which is bottled and produced locally!

PURELY JUICY!

The OFC sells a wide selection of pure fruit and vegetable juices and juice blends from Columbia Gorge Organics, all located in their own case. At Co-go, the fruits and vegetables for their juices are grown on their own orchards in rural Oregon with the vegetables, herbs and some fruits sourced from regional farms, to assure their juices are bottled as fresh as possible.

To caffeinate or not to caffeinate: Ready to drink cold Coffee, Tea & Herbal Elixirs. Instead of drinking a hot coffee or tea in the morning, you can choose a delicious cold bottled tea from Guayaki, Steaz Teas (with or without juice added), or Bhakti Chai, a flavored adaptogen powered super herb tonic by Rebl Super Herb or a bottled coffee – made in Seattle by...
Last December the Co-op Board met for its annual board retreat. With a delicious spread of snacks and refreshments, Board members past, present and future evaluated progress on 2014’s initiatives and brainstormed a list of priorities for the coming year. The retreat represented a ‘passing of the torch’, where departing board members informed newly elected members about the challenges and scope of the position, and set reasonable expectations regarding what can be accomplished within a year. With this in mind, our group whittled down our list to what we considered three top strategic priorities: organizational evaluation, clarification of Co-op structure and communications, and elections. I’d like to take some time to elaborate on what we hope these initiatives mean for the Co-op community.

The first, organizational evaluation, is the most ambitious. As Board members, we are tasked with evaluating and monitoring the health of the business. In most traditional, hierarchical organizations, this task is streamlined – upper management would report to the board and through this exchange the board would have an adequate understanding of the resiliency of the operations. However, in our non-hierarchical worker-managed structure there are no supervisors to report to the Board (although a staff representative does report regularly to the Board).

In the past, the Co-op has employed third parties to evaluate our operations. Though much of the information gleaned is useful, the challenge lies in implementing recommendations that may not have 100% buy-in, as our collective is run by consensus. Also, the rancor surrounding the Israeli-goods boycott has put a strain on Board-Collective relations. At the retreat, re-elected Board member Teresa Young saw this as an opportunity: what if the board and collective worked together to craft an evaluation system, tailor-fit to the values of the Co-op community? Rather than a “do this, OR ELSE!” set of recommendations, could our evaluation process inspire a stronger sense of mission and a more resilient collective? Embarking on this initiative is no small task, but the easy road often has the smallest dividends and this business is worth our best efforts.

Moving on, the Board identified a problem many members face when trying to interface with the collective, that is, the structure. Without a hierarchy, there is no general manager to speak to should the need arise. What’s more, because many of our front end positions are staffed by non-collective working members, members may find themselves unsure who to contact with a concern or question. By clarifying communications and structure, we hope to streamline communications between members, the collective, and the Board so each message gets to the right department and receives a prompt response.

Finally, elections. As some may remember, the last election round was lackluster, with barely enough applicants to fill open seats. Elections are a great time to get to the ‘heart’ of which direction the Co-op should take. With an organization like ours there is a lot at stake. We need an engaged membership and passionate applicants, so it’s crucial we find ways to popularize the process that we may grow the applicant pool and broaden the discussion.

With a clearer understanding of the needs we mean to address, we’re working in committees and task forces to iron out details of each initiative. We hope our efforts will result in a more inclusive and effective co-op with a stronger commitment to our mission, which you can find on-line and in each store. As always, if you would like to meet with us our regularly scheduled meetings are every 3rd Thursday at 6:30 in our downtown office, or you can email ofcboard@olympiafood.coop.

Thank you for your support!

*Max is in his first of two years as a newly “elected” Board member. He lives with his partner and three young boys in Olympia’s Eastside neighborhood, and has been a Co-op member since 1998.
Olympia Food Co-op 1st Quarter 2015 Budget Report
– For The 3 Months Ending March 30, 2015 –

<table>
<thead>
<tr>
<th>Revenue</th>
<th>Current YTD</th>
<th>Budget YTD</th>
<th>$ over Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales</td>
<td>4,246,393.68</td>
<td>4,372,277.03</td>
<td>(125,883.35)</td>
</tr>
<tr>
<td>Discounts</td>
<td>(246,419.38)</td>
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<td>5,884.61</td>
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<td>Purchases</td>
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<td>Gross Sales Revenue</td>
<td>1,166,904.72</td>
<td>1,218,466.05</td>
<td>(51,561.33)</td>
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<td>Other Revenue</td>
<td>7,718.29</td>
<td>7,360.00</td>
<td>358.29</td>
</tr>
<tr>
<td><strong>Total Net Revenue:</strong></td>
<td><strong>1,174,623.01</strong></td>
<td><strong>1,225,826.05</strong></td>
<td><strong>(51,203.04)</strong></td>
</tr>
</tbody>
</table>

| Expenses: | | | |
| Community & Marketing | 25,571.21 | 40,442.00 | (14,870.79) |
| Staffing | 807,684.21 | 880,021.99 | (72,337.78) |
| Operations | 183,172.57 | 186,960.29 | (3,787.72) |
| Depreciation | 18,859.52 | 20,635.00 | (1,775.48) |
| Interest | 3,197.67 | 3,468.75 | (271.08) |
| Corporate Income Tax | 0.00 | 0.00 | 0.00 |
| **Total Expenses:** | **1,038,485.18** | **1,131,528.03** | **(93,042.85)** |
| Other Income & Expenses | 1,277.68 | 0.00 | 1,277.68 |
| **Total Net Income:** | **134,860.15** | **94,298.02** | **40,562.13** |

By Grace Cox, Staff Member

In the February/March issue of the Co-op News we reported on sales for calendar year 2014 at both locations. At the time we thought we’d be reporting on the total financial performance for the full year in our next report. And while we met our internal deadlines, we have since gleaned some information that will impact the actual numbers for 2014.

The Co-op by-laws call for an independent audit of Co-op finances every three years. This is the year to audit the previous year’s accounting. Consequently, the auditors provided us with some techniques we needed to clean up some very old data (some uncashed checks from years ago and changing how we report member equity are two things). Fixing these items now makes sense to us and the auditors.

Also, the IRS has made changes to accounting practices for fixed assets. As we speak, our account is working on aligning our fixed asset schedule with the new IRS regulations (in effect for calendar year 2014). This information also changed the way we accounted for several expenses related to the new Westside Garden Center and interior remodel that we completed last year.

Rather than show you 2014 reports which will yet change, we’ll wait until they are signed, sealed and delivered in their final form. What we do have for you today is the Budget Report for first quarter 2015.

As you can see from the spreadsheet, sales revenue was below what we had planned. As a result, discount usage and cost of goods was also lower than expected, which kept our storewide margin at 33% (after discounts) which is right on target, though fewer actual dollars. As we’ve learned over the years, the key to not losing money is to spend less than you make. We mastered this obvious adage this quarter, saving over $90,000 in expenses. Some of these expenditures will be made later in the year, some may never be spent. Suffice it to say that spending less, we ended up with net income of over $40,000 more than we anticipated.

Hope this update satisfies your curiosity about the financial health of your Co-op. As usual, if you have any questions please direct them to the bookkeepers. Call (360) 357-1106 x 12 or email financecc@olympiacoop.net

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FINANCIAL REPORT

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EXPANSION AND THE BIG EASTSIDE PROJECT

By Jayne Rossman, Co-op Member

From 2006-2010 the Olympia Food Co-op focused on how and where to grow, this leading us to a search that focused mostly on downtown. This search lasted through many years and proposed sites. We ran multiple feasibility studies and none of them ever showed any promise. In 2010 two lots adjacent to our two existing stores went on the market—it seemed synchronistic. Both stores were bursting at the seams. The adjacent lots gave us the opportunity to re-envision our existing stores and give them some dearly-needed renovation.

In 2012 the Collective and Board of Directors consented to three Expansion projects:

- The Westside Garden Center at the Little House, which was opened in April 2014 and has been a great success.
- The Westside remodel, which was completed in September of 2014.
- The Eastside Expansion.

The Eastside Expansion is the most ambitious expansion project in our recent history. The committee has been busy at work over the past year in the planning phases of the Eastside Expansion. This work has been mostly concentrated on site preparation, organizational process and support proposals. The overall vision for the project is to use the adjacent lot to build a new warehouse and remodel the existing store creating more than 1,000 square feet of new retail space and services, all while creating as much new parking as is available!

We knew the Eastside project would be much larger than the Westside Garden Center and Store remodel projects. Early on, the Expansion Committee identified the need for professional help. In November 2014, the Collective and Board consented to hiring the Development Co-op to conduct a feasibility study on the overall Eastside Expansion vision. The Development Co-op is a subsidiary group of the National Co-op Grocers. A market study was completed earlier this year on the Eastside store and showed promise. We will be working with the Development Co-op to begin running initial pro formaes on the project in the next coming months. If the financial feasibility study also shows promise, we will begin to work on developing a store design and expanded service development later this year. The Development Co-op will present final options to the Co-op upon concluding the feasibility study. At this milestone point we will need to choose an option, mold the options, or create a new option with which to proceed.

We will then enter the Development stage of the project. This will be where we put focused energy into developing financial and outreach plans. We will also determine whether or not to further hire the Development Co-op for project implementation or proceed with alternate implementation plans. Final design will begin on the project as well as Member outreach and marketing, ending with the approval of a final design.

After all of this we hope to begin breaking ground and getting down to the brick-and-mortar of creating our renovated and expanded Eastside store! There will be many opportunities for you, the Members, to weigh in on what expanded services you would like to see and what improvements are an absolute must, as well as possible investment opportunities. The Member Relations committee will be constructing processes to engage and glean all of your greatest ideas and needs.

For more information please visit our website. The Board notes include recent documents related to the Eastside expansion project over the last few years. (http://www.olympiafood.coop/join-us/about-ofc/board-of-directors/agenda-minutes/)

Your Questions, Comments and Requests are always valued at expansion@olympiafood.coop.

We Want YOU
FOR THE OLYMPIA FOOD CO-OP’S BOARD OF DIRECTORS!

By Jayne Rossman, Staff Member

Admit it. You just imagined yourself—just for a moment—on the Co-op’s Board. Indulge yourself for a moment and learn what being on the Board is actually about. We’re searching for applicants who can help lead the Co-op through the opportunities and challenges we face in expanding, improving food security in our region, supporting local farmers and producers, running an extensive working member program, and navigating all of the ins and outs of collectivism and consensus.

As a Board member, you will be joined by nine other Board members, Staff members, roughly 200 working members, and thousands of members and shoppers. You’ll be overseeing the overall trajectory and vision of the entire organization, and doing more in-depth work with the committees that you join. Each Board member attends a monthly Board meeting (currently 6:30-9:30 on the third Thursday evenings of each month) and joins two to three committees in areas of your interest. Committees are made up of Board, Staff, and working members and include: Member Relations, Finance, Standing Hires, Expansion, Local Products, Ecological Planning, DE-Sound, and Personnel. We also have temporary task forces that form to deal with specific opportunities and challenges, for instance: Discount task force, Elections task force, and Board/Staff Relations. Committees and task forces are where you get your hands dirty, helping to create on-the-ground policies and plans in partnership with Staff members.

Board members are most successful when they arrive with a passion for the Co-op, a willingness to learn, good interpersonal and communications skills, and the ability to dedicate 10-20 hours per month to Co-op activities. Special skills and experience are always welcome, especially in areas of financial and business expertise, farming and food, or co-operatives. However, anyone with passion, time and willingness to learn can be a great Board member. We welcome and encourage applications from all people, ages and backgrounds.

Applications are available August 10, and are due submitted by September 10, and elections run October 15 to November 15. For more information, please go to www.olympiafood.coop. You can also contact Fern at: boardapplication@olympiafood.coop with any additional questions, to request an accommodation, or just to turn in your application.

From all of us on the Board and at the Co-op, we look forward to working with you!
NON-ALCOHOLIC SUMMER DRINKS: REFRESHING AND THIRST SATISFYING!

ROSEMARY LEMONADE
From abeautifulmess.com

5-6 lemons
3-4 sprigs of rosemary
1 cup sugar
(you can experiment with alternative sweeteners or amounts)
6 cups water

In a small pot combine 1 1/2 cups water with 1 cup sugar. Cook over medium heat and stir to dissolve the sugar. Once the sugar has dissolved turn off the heat and throw in a sprig of rosemary. Allow that it sit until the water has cooled. Discard the rosemary sprig.

In the meantime extract the juice from 5 lemons. You are aiming for 1 cup of lemon juice. You may need an additional lemon, or you may need one less depending on how large your lemons are. In a pitcher, combine the lemon juice, sweetened water and the remaining 4 1/2 cups (cold) water. Stir together. Serve over ice, garnished with a few lemon slices and rosemary sprigs. Makes 5-6 servings.

Raspberry & Coconut Smoothie

Directions: For the coconut layer blend 1/4 cup unsweetened coconut flakes, 1/4 cup greek yogurt, 6 coconut water cubes. Add to glass and rinse blender. Next, blend 1 cup raspberries (frozen if possible), 1/2 a frozen banana and 1/4 cup greek yogurt. This layer will be very tart. Add to glass. Garnish with coconut flakes. Enjoy!

INFUSED WATERS

Infused waters are great and easy warm weather beverages. These fancy waters are perfect for parties or just a special treat to yourself! You can make a pitcher for a group of friends or single servings, like these. This summer I tried out lots of different flavor combinations. Here are a few favorites...

Lemon and Cucumber Water
This combination is super refreshing and tart!

Strawberry and Basil Water
This recipe is unique and so pretty! I recommend starting out with fewer basil leaves and adding more until it’s perfect for you!

Mint Water
For the prolific mint in your garden or a neighbor’s. Frozen raspberries are also wonderful with mint. Try it!

Drinks - continued from page 1

Stumptown Coffee, Rebbl’s Tonics are a favorite of mine; one flavor combination “Hibiscus Mint” also contains car’s claw, on herb known for boosting immunity and reducing pain.

GIMME SOME OF THEM ELECTROLYTES

In terms of hydration, electrolytes are responsible for directing water (and nutrients) to the areas of the body where it’s needed most and maintaining optimal fluid balance inside the cells. We sell a variety of canned and aseptic packaged Coconut Waters – some brands of coconut water include Amy & Brian’s, C2O and Harmless Harvest, a raw coconut water. Coconut water has natural occurring electrolytes, sodium, potassium and magnesium. Recharge adds these minerals to create their electrolyte drink that compares to Gatorade. It is a light and easy way to replenish your body.

I hope this overview helps to support you in finding some new delicious options available at the Co-op to quench your thirst this summer, as well as keeping you well hydrated. One of the things I didn’t cover in this article is that many of the drink companies whose creations are sold at the Co-op have Mission and Vision statements that open my heart and continue to give me more hope for our planet, its people and entrepreneurs. I encourage you to take a minute and Google your favorite drink company, read a blurb about them and share it with someone near you. It’s these stories that continue to inspire me to do my best. May they hydrate you in more ways than one!

Come Meet Your Local Farmers!

Space for 20 people on each farm tour, limited space available is in Community Vans for rides out to the farms from the Eastside Olympia Food Co-op – sign up early! Directions and opportunities for car-pooling available upon registration, at www.olympiafood.coop.

<table>
<thead>
<tr>
<th>Piece By Piece Farm</th>
<th>Rising River Farm</th>
<th>Wobbly Cart Farm &amp; Sunbreak Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs, July 23</td>
<td>Mon, Aug 10</td>
<td>Thurs, Sept 10</td>
</tr>
<tr>
<td>2pm – 4pm</td>
<td>2pm – 4pm</td>
<td>2pm – 4pm</td>
</tr>
</tbody>
</table>

All farm tours are $10 per person, children under 16 are free and must be with a guardian.
SUMMER AT Fertile Ground

By Desdra Davnning, Co-op Member

PRE-SCHOOL GARDEN TIME

It’s early May and already the garden at Fertile Ground is bursting forth with life. And scurrying amongst the peas and mint and lettuce are a gathering of little humans, mothers in tow, learning about plants and how we care for them. Trowels in hand, some are planting seedlings while others sniff mint and learn how good it is for us. A little story time brings moms and kids together to learn more about the critters who live in the garden.

I watch as Karen Ray, along with several interns from the Evergreen State College, guide these little ones through the garden in a free program that is new to Fertile Ground—Pre-School Garden Time, which runs April 16-June 18. Karen was drawn to join the Board of Directors of Fertile Ground last summer, inspired particularly by the opportunity to become involved in children’s programming around gardening. Thus the Pre-School Garden Time was born, and following that will be the return of another excellent adventure at Fertile Ground—the Seed to Table Summer Camps.

Together we sit at a picnic table and Karen shares with me that working and playing with children around the growing of plants has been a passion of hers for many years. During the time her children attended Lincoln School, she became the Garden Manager for the school garden there. This later led to her starting the garden program at the Thurston County Food Bank, where she served for 4 years. Now her attention, along with her wonderful experience, has turned to nurturing both the plants and children at the Fertile Ground Garden.

What inspires her most, she tells me, is the opportunity for kids to learn how to grow and cook their own food. “Kids used to grow up knowing how to do that,” she says, “because they did it in their own backyards. But it’s not very common any more—even home-cooked meals are not as common any more! I feel passionately that we need to get back to that.”

It is this inspiration and dedication to sharing her love for creating and cooking our own food, and bringing that back to family kitchens, that fuels Karen’s enthusiasm for the new children’s programming at Fertile Ground. “I found,” she adds, in all the years I have been doing this kind of work with kids, that if they grow something, they will eat it! It doesn’t matter if it is a radish or a rutabaga. It’s a good way to get kids to appreciate fresh food.”

SEED TO TABLE SUMMER CAMPS

The Seed to Table Summer Camps being offered at Fertile Ground from June 22-July 24 will give all who attend the opportunity to learn about growing and cooking their own food. Each week of camp will include a variety of gardening, cooking, and art activities in Fertile Ground’s spacious and beautiful garden setting.

Children will be encouraged to observe the growth of the garden plants and the formation of flowers and fruits. They will be taking a closer look at the critters sharing the garden as well. Children will have the opportunity to sample all the delicious treats of the garden, both out-of-hand and prepared in recipes. Every day, the children will get to help prepare snacks from the garden’s bounty, and one day each week, their own delicious lunch, using the kitchen at the Fertile Ground Guesthouse, or an area in the garden set up for outdoor cooking. Yummy delicacies such as zucchini pancakes and vegetable fried rice! On Fridays, they will harvest from the garden and open their own farm stand in the Food Nook at the end of the day, where they will take donations for what they sell. (The Nook will be re-opening May 11, and will be serving good eats for lunch from local vendors from 11-2 Monday through Friday.)

In addition to garden and kitchen activities, there will be walking field trips each week to close-by sites such as the Heritage Fountain and Percival Landing Park. Garden-themed arts and crafts will also be created each week, with such delightful things as garlic braids and lavender wands.

The camps run Monday through Friday, from 9:00am-3:00pm. The cost for each week is $175 per camper. Early bird registration is $160 per week. Sibling discounts and needs-based reduced fees are available. Karen can be contacted for details: 768-5927 or karenmray@earthlink.net. Online registration is encouraged at their website: www.commons.fertileground.org

(Provision information on the Seed to Table Summer Camps was borrowed from their website at: www.commons.fertileground.org)

FERTILE GROUND’S MISSION

The Mission of Fertile Ground, Karen shares with me, is to “cultivate urban sustainability and resilience on a neighborhood scale.” This is happening in a variety of ways, in addition to the children’s programs: The Eco-House is being rented to non-profit groups for meetings and classes; demo-gardens such as the Art of Taste Garden have been created by our local Slow Food chapter with signage to educate about endangered heirloom plants; and a series of 13 field trips from the Komachin Middle School in May, in which an entire grade is studying green building. Students will be introduced to the rain gardens, the irrigation system, the edible foods on the grounds, insulation in the Eco-house, and repurposed materials from the grounds themselves (a picnic table from a dead tree, bamboo poles for peas, and the cob oven from clay found on site). Karen is hopeful that more local organizations will take advantage of this wonderful educational opportunity for their own groups.

It is evident that Fertile Ground’s presence in the Olympia community, while it has been an integral part of a movement toward sustainable living for many years, is now opening its doors to even more new and exciting adventures for all of us who wish to learn how to live more lightly on our sweet planet.
DANA WALKER
Co-op Member & Community Activist

By Desdra Dawning, Co-op Member

Have you ever wondered who that man is? The one who stands at the entrance to the Co-op, rain or shine, winter and summer, offering shoppers the opportunity to purchase a small newspaper he holds in his hand? His name is Dana Walker and the paper he sells, Real Change, is a publication that regularly wins prestigious journalistic awards. Although it comes out of the Seattle area, it deals with issues of homelessness that are equally true of Olympia and surrounding cities, educating readers more fully on what goes on for the homeless, socially and politically. It puts a personal face to something many of us know little about.

Because Olympia Food Co-op supports social causes such as homelessness, Dana is welcomed as a weekly fixture at the front doors to both Eastside and Westside stores. Shoppers often strike up conversation with him about local activism, as he carries a wealth of information on the subject.

While many who sell Real Change themselves fall into the category of “homeless,” Dana does not. He lives in a small room upstairs at Media Island, an activist resource center located on Adams Street, across from the downtown library. And because he serves as the house manager, his rent is covered. Media Island offers the community a library, a space for meetings, Sunday brunches, and public computers. A building in the back yard houses the equipment for broadcasting KOWA, a radio station that can be found at 108.5 FM on your radio dial (currently only if you are in the downtown Olympia area, although they hope to expand broadcast range soon), or streaming online at KOWALP.org. Dana’s program, Thunderbolt, often pithy, funny, irreverent and informative, can be heard airing Fridays 8 am and 7 pm, and Saturdays at 8 am. If you want to know more about the latest on what’s going on out there in government-land, locally and globally, tune in as he reads his online version over the air, spiced up with specially selected music accompaniment.

The proceeds from Dana’s sale of Real Change goes toward helping support the radio station, his program, and the activist work he does in our community. Having a home base in Media Island has allowed Dana to move his radio program production equipment out of his Suburban and into a more settled place to do his work, with technology that allows him to produce the program from his office/bedroom space. Dana is obviously pleased with his current set up at Media Island. “Basically, I run the radio station from my room,” he told me. “I do all the programming. I download all the shows and upload them into our library, then put them in their time slots. The only thing I can’t do is break in live.”

Dana now considers Olympia his home; although he told me that for many years he traveled all over the country. He arrived here in late 2008, homeless after a disastrous episode in which his livelihood was destroyed. The mobile espresso stand, which had been supporting him grew too expensive to travel in as gas prices rose. Then it was ransacked and all of his equipment was stolen. “That put me out of business,” he told me, “and when I realized I was going to be homeless, I decided it would be better to do that to Olympia than in Grey’s Harbor County,” then laughed as he added, “that’s how I came to Olympia.”

So there he is now, our friendly hard-at-work neighborhood activist, greeting us at the entrance to both Co-op markets—Westside on Wednesdays 2-5 pm and Eastside Thursdays, Fridays all day and Saturdays until the paper is sold out. Dana’s appreciation for the Co-op is palpable, “When I’m out front,” he says, “I stack carts and pick up trash.” His activist work keeps him too busy to volunteer as a working member, but he does what he can when there to keep things looking good. “I really appreciate them allowing me to be there—a lot! I’m proud of the Co-op. I think the cooperative business model is an awesome alternative to the capitalist dog-eat-dog, winner-take-all way of doing things.” Dana clearly takes our mission statement seriously!

I mention to Dana that not all Co-op shoppers may be aware of the extent to which the Co-op participates in social justice issues in our community, at which point he agrees, adding, “There is a plethora of social and cultural events that happen just because the Co-op is here and does what it does. It’s not just a store—it’s part of the community. I love that place! And I love the staff there, too. They are some of the brightest people I’ve ever known!”

So the next time you see Dana doing his thing outside the Co-op market, perhaps you will take a moment to say hello, offer a smile, engage in some enlightening conversation, or offer him a few dollars (the paper costs $2, but he is always happy to receive more). And thank you, Dana, for your passionate work to keep our local activist pot well stirred!

A Real Change at the Co-op

By Dana Walker, Co-op Member

Some of you may be wondering what those two guys who are always selling newspapers in front of the Co-op are all about. Since I am one of those people then I am fully qualified to fill you in, and I am most happy to do so!

The Real Change Mission Statement:
“Real Change exists to provide opportunity and a voice for low-income and homeless people while taking action for economic justice.”

Real Change is a journalistic quality newspaper that is published by a non-profit 501 C-3 out of Seattle. The idea is that selling Real Change provides both a voice and an income for low-income and homeless people as an alternative to bagging or going on welfare. I am one of several hundred people who are no longer homeless thanks to Real Change, so it not only works, but it works by providing opportunity rather than a hand-out and it costs neither the taxpayer nor the Co-op a single penny. Real Change wins prestigious journalistic awards on a regular basis. Real Change provides interesting and compelling content that you won’t find anywhere else. Real Change is very good at educating people about the issues facing low-income and homeless people. Real Change has become a powerful political force in Seattle and — in addition to all that — they also have a very good crossword puzzle.

Thank you for your patronage and thanks to the Co-op for supporting this amazing program.
By Carol Slipe, Former Staff Member

Years ago, when I lived on the East Coast, I traveled everywhere by public transportation, mainly by train or subway. It was easy. Most of the time it was safe, and it was a lot cheaper than owning a car in Manhattan. Later, when I moved to Maine, I had to give up public transit since there wasn’t public transportation outside of Portland. A car was a necessity. Whenever I traveled outside the state, I left the car at home and hopped a bus or train to destinations south. I loved every minute of the travel.

When I moved to Olympia in 1991, I assumed I could get around as I had on the East Coast. Imagine my dismay when I discovered there wasn’t a great public transportation system here. Once you were in Seattle you could move around, but it wasn’t easy. Getting from Olympia to Seattle was very difficult. My only option to go north of Olympia was to travel I-5 by car and I hated every minute of that drive.

Then, a couple of years ago, while glancing through the Continuing Education brochure from South Sound Community College, I noticed classes called Rebels by Bus. There were several of them. The first class was an overview of the public transportation systems and how to navigate them. The listings that followed had destinations attached. At that time, most of those destinations were in Seattle such as the International District and Pike Place Market. These class offerings made me think that the public transportation system might have improved since 1991.

When I retired, I could attend the weekday classes. Beginning with the introductory class, I was thrilled with what I learned. Not only has the public transit system vastly improved, you can get almost anywhere from Olympia to points North, anywhere in Seattle, around the Olympic Peninsula, across the Sound and into the city, and you can do it at ease. And, it is inexpensive! The multiple transit systems honor senior passes, and seniors travel at half price or less. Mass Transit, for instance, is free for everyone in Mason County. It takes time to figure out the connections, but with some planning and patience, it is easy to do.

The Rebels by Bus classes are the creation of Mary Williams and her friend, Gail Johnson. Gail has moved on to Portland, so Mary now does the trips on her own. When Mary was working as a public administrator for various agencies in Olympia, she often had to attend meetings in Seattle. She also tried driving on I-5 and the struggle with parking. When she realized she could get there by bus, almost to the front door of where she had to go, she changed her mode of travel. Over time, she realized that more people might like to know about this and she has become a public transportation activist. She calls her trips: “Slow travel with Low Carbon Footprint.”

I’ve taken many trips with Mary since I first saw the class listings. All of them have been great fun and all start in Olympia. We’ve eaten at some incredible restaurants. We’ve traveled all over the Greater Puget Sound area (and beyond,) from Seattle to Bremerton, to the Quinault Lodge, Gig Harbor and Snohomish. We’ve traveled on the Monorail, Link light rail, the Metro system, Sound Transit and various other transit systems, the ferries and the Sounder Train. In Seattle, we’ve been to the Theo Chocolate Factory in Fremont, Ballard locks, University District, Pike Place Market, and the Seattle Center, just to name a few. I never thought I’d like Taco- ma, but I do now; we often pass through there, or visit sites I’ve never noticed before. We’ve walked for miles as we explored all the various possibilities at our destinations. My list is endless now and I don’t have enough room here to include them all.

The constant in all these travels are the nice people I meet on the trips and on the bus. You hear stories about unruly bus riders, but I’ve only seen one incident, and the driver took care of it immediately. All of the transit systems are clean and neat. There are rules, of course, like not eating on the bus. You must give up your seat to an elderly person, a blind person, or someone in a wheelchair. And everyone does. No one asks them to, they just do it. I think that’s pretty amazing, and very kind. White hair is definitely a plus on the bus.

This summer, Mary is expanding her Rebels by Bus trips to include family outings, and, possibly, Mystery Trips. I don’t have those listings at the time of this writing, but I am certain they will be fun. She also offers trips through the Senior Center, and you don’t have to be a senior to take them. An Olympic Loop trip is tentatively scheduled for early October. All trips fill up very fast, so it’s important to sign up as soon as you see them offered.

You can find out more about Rebels by Bus by visiting Mary’s website at www.rebels-by-bus.net. Her Facebook page is Facebook.com/groups/rebel- bybus. You can reach her directly by email at rebelsbybus@gmail.com. Check out the Senior Center Trips as well at www.southernsoundseniors.org. SPSCC trips are listed under Corporate & Continuing Education/Travel and Excursions at www.spccc.edu/con. If you don’t want to sign up for the trips, you can still learn how to travel by bus by studying the information Mary has listed on her sites.
Olympia Move to Amend Offers Space for Petitions
By Desdra Downing, Co-op Member, Board Member

At a meeting on the evening of May 21st, the Olympia Food Co-op (OFC) Board of Directors, after careful consideration, consented to a proposal, presented by Christi Johnson of the Olympia Move to Amend, to make space available in both Co-op stores for a petition. This petition, to be signed only by State of Washington registered voters, is a statement of support for a statewide Initiative 735—also referred to as—Get Big Money Out of Elections. This initiative is designed to advise our Washington State Congressional delegation, including our two U.S. Senators, that those who have signed the petition want them to propose a U.S. constitutional amendment stating that constitutional rights belong to individuals, not corporations.

This amendment, yet to be written, would serve to overturn a 2010 U.S. Supreme Court decision called Citizens United vs. the FEC (Federal Election Commission). In this decision, certain members of the U.S. Supreme Court agreed that corporations and other legal entities have a first amendment right to spend limitless amounts of money from their treasuries on political campaigns and Super PACs, as long as they do not coordinate spending with a candidate. Using “free speech” as its argument, Citizens United also recognizes corporate entities as being equivalent to an individual U.S. citizen, extending personal/citizenship rights into a whole new category, and rendering ineffective most of the existing campaign finance reform laws on the books at the time.

Initiative 735 is an initiative to the Washington State Legislature and as such gives our elected representatives a chance to pass it in the 2016 Legislative session. Those involved in gathering signatures have until December 31, 2015 to collect 250,000 valid signatures. Passing it would make a public statement that Washington citizens want to overturn Citizens United via a U.S. constitutional amendment and would allow our state to join 16 other states that have already passed similar initiatives.

As supporters of participatory democracy, the OFC Board of Directors agreed that this petition deserved an available space for Co-op shoppers who are interested in adding their names to the growing list of supporters for Initiative 735. A similar petition circulated last year, known as Initiative 1329, gathering 175,000 signatures in just 4 months. However, those 75,000 too few signatures to make it on the November 2014 ballot, so another effort is being made. There is also an online petition (at www.move2amend.org) for a national call for a constitutional amendment. If you signed either of these petitions, and still feel drawn to support this idea, you will need to sign again. Initiative 735 accepts as valid only paper signatures of registered Washington voters.

I met recently with Christi Johnson, who gave a presentation to the Board, and she shared some of her insights with us. “Amending the Constitution is a huge task,” she admitted, “and it does require a super majority of the U.S. Congress and the states, so this is an important step to demonstrate the support of our state.” We both agreed that it is only through active participation by each member of our community that this can happen. Referring to what she sees as the oligarchy created by Citizens United, Christi was emphatic in saying that “We need to take our democracy back and this is a step in doing that,” adding that “This Citizens United activity has been building for decades, so it’s not going to happen in one or two votes. We’re going to have to be consistent and persistent—the marathon, not the sprint.”

YouTube has a very informative video on this subject—look for “The Story of Citizens United vs. FEC by The Story of Stuff Project and Public Interest.” Or look for them on Facebook: MoveToAmendOlympia

More information on the Olympia group working on Move to Amend can also be found by contacting the co-captains:
Michael: 360-951-6518, savocas@fairpoint.net
Jennifer: 510-863-4635, j735olympia@hotmail.com

If you are moved to sign the petition, please go to the Customer Service Desk at either of the Co-op stores and ask for direction.

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, July 5 .......................................................... 11am-1pm
Sunday, July 12 ....................................................... 11am-1pm
Sunday, August 2 .................................................... 11am-1pm
Sunday, August 9 .................................................... 11am-1pm
Sunday, September 6 ............................................... 11am-1pm

Eastside Store:
Thursday, July 2 ..................................................... 5:30-7:30pm
Sunday, July 5 ........................................................ 10am-3:30pm
Sunday, August 2 .................................................... 10am-3:30pm
Thursday, August 6 ................................................ 5:30-7:30pm

For more information about becoming a Working Member at the Co-op, please contact Alexandro at the Eastside store, (360)956-3870, and Rafael at the Westside store, (360)794-7665. You can stop by either store to get more information, or sign up for an upcoming event.
Make Your Own Kombucha
Sunday, July 12, 3-5pm
Julie Martin – GRUB Farmhouse – Enrollment: 20
Since around 70% of the human immune system is found in the gut, healthy bacteria and probiotics are essential for optimal health. Kombucha, a traditional fermented drink, has an abundance of both! Join the founder of Oly-Cultures when she demonstrates how to make effervescent kombucha at home for pennies on the dollar. After exploring which teas and sugars lend themselves to kombucha, students will create their first batch for fermentation. As the brew develops and the second fermentation begins, Julie will discuss the best bottles for fermented kombucha, how to store the Symbiotic Colony of Bacteria and Yeast (SCOBY), offer tips for customizing kombucha with natural flavors, and share a number of different blends with students.

Homemade Shampoo & Conditioner
Saturday, July 18, 3-5pm
Vanessa Charles – Little House at OFC Westside – Enrollment: 10
It’s amazing how simple it is to achieve soft, shiny tresses by trading in the 7-syllable chemical ingredients for a couple of household items that provide nature’s answer to a head of gorgeous hair. Commercial shampoos and conditioners are loaded with harsh chemicals that strip hair of its inherent beauty and create unnecessary industrial waste and pollution. Craft your own hair care products that smell good, feel good, and are good.

Fermented Pickles
Sunday, July 19, 1-3pm
Meghan Hintz – GRUB Farmhouse – Enrollment: 20
Learn to make live fermented pickles from your garden harvest - cucumbers, carrots, beans and more! These delicious pickles are easy to make and packed with live probiotics that improve digestion and boost immune function. Plus, they aren’t heat canned so you can say goodbye to sweaty summer days canning in a hot kitchen! What’s not to love?
This class includes the basics of fermentation science and safety, a demonstration, and pickle tasting. You’ll leave with instructions and recipes for making these delicious pickles on your own.

Homemade Seitan
Sunday, August 2, 2-4pm
Cara Applestein – GRUB Farmhouse – Enrollment: 15
Seitan is a mock meat believed to have been developed by vegetarian Buddhist monks in China. It can easily be made at home using wheat gluten. This class will teach you how to make your own seitan and a variation for vegan sausages. We will also discover recipes in which seitan can be used and how to substitute it into meat.

All Hail Kale!
Sunday, August 16, 10am-12:30pm
Erin Majors – GRUB Farmhouse – Enrollment: 15
Kale is astonishingly good for you – high in vitamins K, A, and C, rich in antioxidants and omega fatty acids, and loaded with iron and calcium. Kale is also inexpensive and easy to prepare. Come join Erin and learn several ways to enjoy this nutritional superstar. This class will feature a couple of kale salads that are great for summer potlucks and barbecues, kale chips and green smoothies, as well as two main dishes that are easy weeknight suppers.

Fruit Pies
Sunday, August 16, 3-5:30 pm
Martha Chubb – GRUB Farmhouse – Enrollment: 12
From the perfect crust to mouth-watering fillings, this class will bring it all. Participants will walk through the entire pie-making process from beginning to end and sample fresh-baked pie. Join Martha, our OFC staff pie extraordinaire, for tips and techniques, ingredient recommendations, and plenty of time for your questions. You’ll be ready to roll for the Pie Contest at the Lacey Timberland Library, August 22!

Pie in the Library: A Pie Contest!
Saturday, August 22, Free!
Lacey Timberland Library – Enrollment: 40
Calling all pie bakers – the Lacey Timberland Library and Olympia Food Co-op are co-sponsoring the 2nd Annual Pie in the Library Pie Contest. Special guest judges will determine the most amazing pies in three categories: Berry, Teen/Youth Bakers, and Best in Show. Guidelines will be available at the Lacey Library information desk and on the OFC website starting August 1. Beverages will be served, prizes will be given, fun will be had.

Edible Weeds
Sunday, July 19, 3-5pm
Kate Tossey – GRUB Farmhouse – Enrollment: 20
Join Kate in exploring the edible weeds growing in our region. Learn to identify, collect, and prepare these pesky plants that ‘get in the way’ of what we choose to grow. Hand-outs will be provided, including recipes. Weeds grow abundantly in the spring, and samples will be presented as available.

Balms & Salves
Sunday, August 23, 2-4pm
Kate Tossey – GRUB Farmhouse – Enrollment: 12
Learn the properties of healing herbs – comfrey, St. John’s wort, arnica, calendula, mullein, myrrh, black walnut, and feverfew. Participants will make infusions to take home in this hands-on class. The class will cover the infusion process, straining, adding beeswax, and bottling. Please bring a 4oz or 8oz glass jar with a lid.

Cooking with Hemp
Saturday, July 25 12-2pm
Pat Rasmussen – GRUB Farmhouse – Enrollment: 15
If you have yet to dive into the world of hemp seeds, here’s your chance! Hemp seeds are nutty and delicious, and pack in the nutrition. They are chewier than other seeds, don’t contain a lot of sugar, but are complete protein source as well as essential fats and vitamins. Hemp seeds can be a cornerstone of a healthful breakfast, used in smoothies, salads, soups, and sauces. Join Pat to celebrate National Hemp Week and check out some of these delicious, satisfying options – try something new!

Water Kefir
Sunday, August 30, 11am-1pm
Julie Martin – GRUB Farmhouse – Enrollment: 20
Founder of Oly-Cultures, Julie Martin, will lead this two hour class to show participants how to create their own water kefir. Water kefir is a wonderful lactose free drink full of healthy bacteria and probiotics.
Wild Fermented Sauerkraut
Sunday, August 30, 3-5pm
Meghan Hintz – GRuB Farmhouse – Enrollment: 15
Are you curious about the health benefits of sauerkraut, but worry about making it yourself? Well, worry no more! In this class we’ll cover the history of fermentation, the science behind what’s happening in the crock, and I’ll demonstrate just how easy it is to safely make raw fermented sauerkraut teeming with probiotics that will improve your digestion, boost your immune system, and increase energy levels. You’ll leave with recipes and instructions so you can confidently create your own sauerkraut. OlyKraut samples provided!

How to Care for Goats
Sunday, September 13 1-3pm
Melinda Dauley – GRuB Farmhouse – Enrollment: 15
Melinda of Lilith Moon Farms will introduce you to the basics of goat husbandry. Bring your questions for an extensive Q&A! Melinda promotes natural and herbal goat care, but can also give information on modern western approaches to goat care as a comparison and contrast. There will be miniature milking goats and baby goats on hand for live examples in teaching.

Homemade Mozzarella
Sunday, September 13 3-5pm
Julie Martin – GRuB Farmhouse – Enrollment: 15
In this two hour class, participants will learn how to create soft, creamy, and delicious mozzarella. Julie L. Martin (founder of Oly-Cultures) will demonstrate the process from start to finish. Guests will learn about the acidification of the milk proteins, creation of the curds and whey, the proper method for kneading, how to store fresh mozzarella and a variety of recipes and ideas for serving your homemade mozzarella.

What is Your Dosha? An Intro to Ayurvedic Health
Saturday, September 19, 2-4pm
Vanessa Charles & Whitney Bell – Little House at OFC Westside
Enrollment: 10
Ayurveda, the ‘science of life’, holds that there are three constitutional archetypes, or doshas. These three sets of physical and personality traits can be seen as in balance or, so commonly, out of balance. Food cravings, addiction or aversion issues, and digestive upsets are all said to be indicators of our bodily systems being out of balance. Come to this discussion-based workshop to assess your dosha and learn what could aid in bringing yourself back to balance.

Make your own Vegan “Cheese”
Saturday, September 26, 2-4pm
Cara Applestein – GRuB Farmhouse – Enrollment: 12
Delve into the world of vegan cheeses by learning how to make two types: a slow cultured cashew cheese and a fast, meltingly coconut milk cheese. This will be a hands-on class with different tips and variations. Recipes will be suitable for those who do not eat gluten.

Class Locations:

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

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

**Little House Westside OFC:**
921 Rogers St N, Olympia

All Community Kitchen Classes require pre-registration and there is a non-refundable $7 fee for each class. To register, go to www.olympiafood.coop and click on Classes, or visit one of our stores between the hours of 11-6 to register in person.
KID’S CORNER

Last “What is it?” was: Parsley

Congrats to last issue’s winners: Aricin, 6; Artemis, 6; Annika, 5; Ayla, 10; Ciel, 4; Elle, 4; Gio, 4; Freya, 7; Hazel, 7; Helen, 10; Isha, 10; Jasper, 7; Joel, 8; Kade, 10; Kiran, 9; Liam, 8; Naiatt, 8; Porter, 4; Ruby Meyer, 10 almost 11; Serean, 8; Tobin, 7; Rowan, 9.

What is it?

Deadline: June 1st, 2015

Name ____________________________
Age ____________________________
Guess ____________________________

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

Inside:

Refreshing Drinks

Board Elections: We Need You!

East Side Expansion Project

Join Us!

Sunday, September 20
Food Co-op’s eleventh annual Harvest Party

Celebrate Local with OFC!

Westside working member cashier, Kay Lennartson, upon the occasion of her 800th cashier shift.