



SUMMER 2019

# Table

A Quarterly Publication of the Olympia Food Co-op • [www.olympiafood.coop](http://www.olympiafood.coop)

*Summer Recipes*

**CO-OPS CHANGE  
OUR ECONOMY**

*Dreams of Going Local*



# Table

Published by

## OLYMPIA FOOD CO-OP

### WESTSIDE & GARDEN CENTER

921 Rogers St. NW  
Olympia, WA 98502  
(360) 754-7666  
Open daily 8am - 9pm  
Garden Center 10am - 6pm (may vary)

### EASTSIDE & DELI

3111 Pacific Ave. SE  
Olympia, WA 98501  
(360) 956-3870  
Open daily 8am - 9pm

*Both stores are open every day except for May 1st*

### BUSINESS OFFICE

608 Columbia St. SW  
Olympia, WA 98501  
(360) 357-1106

[www.olympiafood.coop](http://www.olympiafood.coop)

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Cover photo by Tina Schubert

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## Editor's Note



This issue continues to explore the notion that co-ops change our world, this period focusing on our economy, both local and global. Our talented writers share the details of our cooperative history, from Robyn Wagoner's lead article to Desdra Dawning's exploration of how cooperation can exist in an economic system bent on competition. Megumi Sugihara's article connects everyday sales of shelf stable grocery in our stores and the need for more local sourcing to attain a local food hub dream.

And of course, it being summer, we must turn our thoughts as well to the delicious food bounty that presents itself to our lucky community. Summer is a great time for simple eating, and the recipes we've gathered make it easy to enjoy local foods and still have time to enjoy the great outdoors. Last year, several staff and members were able to visit Burnt Ridge Nursery at the height of the growing season, and we are excited to include some of the great pictures captured that day. We should have their apples in store in August, so keep your eyes peeled for that locally grown produce. Every time you buy local at the Co-op, it changes our world!

—Maureen Tobin



# Working Member SUMMER PARTY

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**BUY LOCAL BUY DIRECT**

Come visit our lovely westside Garden Center and find an array of locally and sustainably produced gardening goods. Organic home gardening is a great way to live more sustainably and we are committed to helping your garden succeed!



*We invite you to join us!*

# BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

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an intro tour  
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THURSDAY 6TH, 6:30-8:30PM

SUNDAY 9TH, 3-5PM

### JULY

THURSDAY 11TH, 6:30-8:30PM

SUNDAY 14TH, 3-5PM

### AUGUST

THURSDAY 1ST, 6:30-8:30PM

SUNDAY 4TH, 3-5PM

### SEPTEMBER

THURSDAY 5TH, 6:30-8:30PM

SUNDAY 8TH, 3-5PM

## WESTSIDE

### JUNE

WEDNESDAY 5TH, 11AM-1PM

FRIDAY 7TH, 2:30-4:30PM

FRIDAY 14TH, 2:30-4:30PM

### JULY

WEDNESDAY 3RD, 11AM-1PM

MONDAY 8TH, 4:30-6:30PM

FRIDAY 12TH, 2:30-4:30PM

### AUGUST

MONDAY 5TH, 10AM-12PM

FRIDAY 9TH, 2:30-4:30PM

WEDNESDAY 14TH, 10:30AM-12:30PM

# Co-op Conversation

## A Report from the Beer & Wine Task Force

by Robyn Wagoner, Staff Member

It was a cozy gathering of 20 members and staff, at the Olympia Center on April 6th. Staff Representative to the Co-op Board of Directors Grace Cox and Staff Representative to the Member Relations Committee, Tamara Urich-Rintz, greeted the group. Jim Hutcheon, member of the Board of Directors, formally announced the Board's decision to place an initiative for the question of selling beer and wine on the ballot in this year's Co-op election.

The products under consideration in this description would include beers, wines, hard ciders, cordials, and kombuchas with a higher alcohol content than those currently on the shelves. The Co-op already carries low-alcohol kombucha and alcoholic tinctures.

The program moved into full swing as the Beer & Wine Task Force gave a PowerPoint presentation covering the findings of their research which included a brief background of the subject; results of the Member Engagement Survey; how selling

beer and wine would further the Co-op's Mission; projected revenues from beer and wine sales; how to be a responsible vendor; and Commitment to Our Community.

Following the Beer & Wine Task Force presentation was a question and answer period, and then the group wrote their specific ideas and concerns on large sheets of paper hung around the room. While the group snacked and chatted, Grace and the Beer & Wine Task Force organized the groups comments into the categories:

- How shall we merchandise these products within our stores?
- How shall we support our members in Recovery?
- Shall our product selection be limited to only organically, locally, regionally, sustainably, and/or cooperatively produced items?

*continued on page 16*

*"Should the Olympia Food Co-op add beer, wine, and low alcohol beverages to the product mix?"*



Photo by Robyn Wagoner

## Background

In 2000, The Co-op held an advisory ballot in which a majority of voting members were in favor of the stores carrying beer and wine, however the Board decided against carrying these products at that time.

In 2018, the Co-op Beer & Wine Task Force completed a Member Engagement Survey, Department Mission Statement, and Project Budget.

Between September 25th and October 4th of 2018, the Beer & Wine Task Force surveyed 1588 Co-op members, of which, 1128 (71%) approved of the Co-op carrying beer, wine, and hard cider.

In 2019, the Co-op Board of Directors consented to placing a binding measure to carry these products on the upcoming fall election ballot.

The wording of the ballot will be:

***"Should the Olympia Food Co-op add beer, wine and low alcohol beverages to the product mix?"***

## Beer & Wine - Part 2 Co-op Conversation

**Thursday July 11, 2019**  
**6:30 - 8:30pm**

**Olympia Center**  
**222 Columbia St. NW**

## Projected revenues from beer and wine sales

We used data from two co-ops of similar size, Community Food Co-op in Bozeman, Montana and Skagit Valley Food Co-op in Mount Vernon, Washington. This data indicates that we could expect up to \$710,000 increase in net income annually.

By increasing our average purchase by only \$5.00, we could attain an increase in gross sales of \$2.7 M between the two stores.

## How to be a responsible vendor

Staff or working member cashiers under the age of 21, or who have religious or ethical restrictions on selling beer and wine will not be required to sell these products.

Our point of sale system will be programmed to freeze all transactions that include beer and wine sales until an ID and date of birth are entered.

The placement of adult beverages must be:

- visible to front end staff for security reasons,
- not immediately visible upon entering the store
- not near children's areas or designated products
- not taking space away from nutritious foods

## Commitment to Our Community

I. We are committed to upholding our organization's mission and goals. We pledge to approach the sales of our products responsibly by:

- managing the volume and placement of our adult beverages to promote a welcoming family atmosphere
- maintaining the safety and security of our customers and staff
- holding space for those who do not consume alcohol

II. The Olympia Food Co-op is committed to doing the work of overcoming oppression, in ourselves, our organization, and our world. It is with this conviction that we mindfully proceed in establishing our Beer & Wine department.

- We wish to acknowledge that alcohol has been utilized in the maltreatment and displacement of Indigenous peoples. We recognize that in choosing to sell alcohol we have a responsibility to continue to educate ourselves, and our customers on the effects of alcohol in Indigenous communities.

• We understand there is intersectionality of oppression in regard to alcohol consumption. Various populations experience violence, discriminatory law enforcement, and other punitive action, based upon ethnicity, class, gender and ability. Alcohol has been used as a tool in this oppression.

• We are dedicated to expanding awareness of the addictive effect of alcohol. We recognize that by choosing to sell these products, we must do so with respect toward those in our community who are in recovery. We demonstrate this by providing information on local resources for prevention and treatment of alcohol addiction, and by donating annually to a number of these programs.

• Olympia Food Co-op staff will continue to educate ourselves and hold ourselves accountable to our purpose, as we move forward in addressing the wishes of our membership.

*continued on page 17*



# Simple Summer Recipes

by Monica Peabody, Staff Member and Co-op Stronger Together

When we think of summer eating, simple is a recurring thought. Most of us don't want to fuss over complicated recipes when there is outdoor fun to be had, but it's the best time of year to enjoy fresh food! The answer? Take advantage of fresh ingredients from our northwest farmers with easy salads, fridge pickles, and berry-filled desserts.

## Daikon Pickles

*Nothing's faster to prepare than single batch pickles. And they're a great way to preserve produce that needs to be eaten. Most pickles are made with hot brine, but these pickles are especially easy because they are made in the Japanese style of cold pickling. They are delicious right away but also last several weeks in the refrigerator.*

**1 quart chopped daikon**  
**1/2 quart rice vinegar**  
**1 quart water**  
**1/4 cup sugar**  
**1/4 cup salt**  
**1 tbsp. red chili flakes (or more or less, depending on your preference for spice)**

Fill a quart jar with chopped daikon. Fill a quart jar half full with rice vinegar, add water, sugar, salt, and red chili flakes. Shake the liquid jar until sugar and salt are dissolved then pour over radishes. Chill and serve!

## Salsa Cruda

*Fresh salsa cruda makes a delightful warm weather snack. Try this delicious salsa on Jalisco tortilla chips, produced down the road in Shelton.*

**Four tomatoes**  
**Two mangos**  
**One bunch green onions**  
**One bunch cilantro**  
**One jalapeño (or more or less, depending on how spicy you like your salsa)**  
**One lime**  
**Salt**

Chop tomatoes, mangos, green onions, cilantro and jalapeño into a bowl. Squeeze the juice of one lime into mixture. Sprinkle salt to taste. Mix and enjoy!

## Arugula Salad

*Nothing says summer like arugula salad! Whether it's the first bunches of local farm arugula at the Co-op, or the tender, tasty leaves coming up in my own garden in spring, I just can't get enough! I've been enjoying the peppery leaves combined with a sweet, crisp apple. Here's a simple salad you might enjoy.*

**One bunch arugula**  
**One apple**  
**One cup toasted walnuts**  
**Lemon**  
**Olive oil**  
**Salt and Pepper**

Chop arugula and apple and mix with toasted walnuts. Sprinkle with olive oil and lemon juice, salt and pepper.

Enjoy!

You can also stir the olive oil, lemon juice, salt and pepper into a quarter cup of plain yogurt for a creamier dressing.

Photo by Monica Peabody



## Balsamic Peach Salad

*Sweet meets savory and lets those peaches shine. Break open a crusty loaf of bread for a simple salad meal, or pair with grilled items for a perfect fresh side.*

**4 oz. mixed salad greens**  
**4 medium peaches**  
**8 oz. fresh mozzarella, small balls**  
**1/2 cup fresh basil, torn**  
**1/4 cup balsamic vinegar**  
**1 tbsp. honey**  
**1 tsp. Dijon mustard**  
**1 clove garlic, pressed**  
**1/2 tsp. salt**  
**1/2 tsp. pepper**  
**1/4 cup olive oil**

Wash and dry the greens, and place in a large serving bowl. Slice the unpeeled peaches a half-inch thick and place on top of the greens. Scatter the mozzarella over the top.

In a small bowl or jar, combine the balsamic vinegar, honey, Dijon mustard, garlic, salt and pepper and mix well. Add the olive oil and whisk or shake to mix. Pour the dressing over the salad and toss to mix.

Serve immediately.

## Berry Yogurt Ice Pops

*Making your own frozen treats is a great way to use ripe berries that don't look perfect, and avoids the plastic wrap that surrounds most commercial summer treats.*

**2 cups fresh berries, washed and chopped (use a single kind or a variety)**  
**1/4 cup sugar**  
**2 tbsp. honey**  
**1/4 cup water**  
**1 tsp. lemon juice**  
**1 1/2 cups plain Greek yogurt**

In a saucepan, bring the berries, sugar, honey and water to a boil. Simmer for a few minutes to dissolve the sugar, remove from heat, and pulse in a food processor until just chunky. Place the mixture into a small bowl and cool it in the refrigerator for 15-20 minutes. Whisk or fold the yogurt and lemon juice into the berry mixture until thoroughly combined. Pour the mixture into molds (see Tips) and freeze for at least 5 hours. Run molds under hot water to release the ice pops.



### Serving Suggestions and Tips

If you don't have molds, use paper cups and wooden paddles or sticks. Or, freeze the ice pop mixture in ice cube trays, and serve two or three in a tall glass of ginger ale for a fun summer cooler.

For a non-dairy version, substitute soy yogurt or coconut milk yogurt for the Greek yogurt.

## Fresh Berry Cream Tartlet

*These cute little tarts are perfect portions for dessert, and the berries on top glisten like little gems. A pecan and maple crust is like a crunchy cookie, and a perfect foil for the rich crème fraîche and juicy berries.*

### Crust

**1 cup pecans**  
**1 cup rolled oats**  
**3/4 cup whole wheat pastry flour**  
**1/8 tsp. salt**  
**1/4 cup butter, melted**  
**1/2 cup maple syrup**  
**1 tsp. vanilla**

### Filling

**1 cup crème fraîche**  
**1/2 cup powdered sugar**  
**1/2 tsp. fresh lemon zest**  
**1/2 tsp. vanilla**  
**3/4 cup all-fruit apricot jam**  
**2 cups fresh blueberries, strawberries and raspberries**

For the tartlet shells, preheat the oven to 350 degrees F. Lightly oil a 12 cup muffin pan and reserve. In a food processor, pulse the pecans to finely chop. Add the oats, flour, and salt and process to mince the oats finely.

Stir together the butter, maple and vanilla and pour into the processor. Pulse the processor to mix well, then transfer the oat mixture to a large bowl. Squeeze and knead the mixture, if needed, to make a dough. Chill for 30 minutes.

Use a tablespoon to scoop 2 rounded tablespoons into each muffin cup. Use your fingers to press the dough into the bottom and evenly up the sides about 3/4 of an inch. Bake for 20 minutes.

For the filling, with an electric mixer or a stand mixer, whip the crème fraîche with the powdered sugar, lemon zest and vanilla. The mixture will become thick and fluffy, like whipped cream.

To assemble, spread the crème fraîche in the cooled shell. Distribute the berries over the cream pressing gently to embed them. Chill until set.

In a cup, whisk the remaining apricot jam with a tablespoon of water, then brush lightly over the berries. Assemble these the day you plan to serve them, so the crust doesn't get soggy. ■



### What is Good Nutrition?

**Nutrition Facts**  
Serving Size 1 Academic Year

Ingredients	% Daily Value
Ancestral Diet	100%
Nutrient Dense Food	100%
Innate Body Intelligence	100%

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# Co-ops Change our Economy

by Robyn Wagoner, Staff Member

This is the second installment of four in the Co-ops Change series. The Spring issue of the Co-op Table Magazine explored how co-ops change our environment. The Fall issue will focus on how co-ops change our understanding, and in the winter, we'll look at how co-ops change our communities. We hope you enjoy this analysis of the multi-pronged impact of cooperatives, as we endeavor to explore the best-kept secret in economics: the Cooperative Business Model.

Herein, we'll consider the success of cooperatives during the Great Depression in lifting communities out of poverty; their resurgence in the 1960's when young people, awakening to the toxic environmental and economic effects of industrial farming; and how today's co-ops are strengthening local economies, including the ways Olympia Food Co-op is promoting economic cooperation with the Local Farms Program.

We begin during the Great Depression, when 200 corporations controlled half of all U.S. industries; one percent of the population owned 40% of the wealth in the country. Unemployment increased to 24 %. Fraudulent credit schemes forced the population into debt. With skyrocketing inflation, consumers stopped spending. When the bubble burst in 1929, the people struggled just to meet their basic need for food and shelter.

By 1933, thirteen million workers were unemployed. Formerly housed people were begging in the streets. Workers who held onto their jobs suffered huge pay cuts, and animosity grew between labor and management. The workers united and began to protest, and company agents and police beat the striking workers. Ten thousand banks failed, and that many worker strikes were staged over a three year period.

Then President Franklin D. Roosevelt intervened, bringing the New Deal to a ravaged nation. As the country set back to work rebuilding bridges, parks and railroads, the project had many critics. Herbert Hoover proclaimed that, "the folly of waste must be cut out of this

expenditure and the federal government budget balanced or we shall see one of three horsemen ravage this land: taxation, or repudiation, or inflation." The Supreme Court declared government work programs unconstitutional and unemployment continued to soar.

But in the shadows, friends, families and neighbors began organizing. By pooling resources and labor, these communities began to regain control over their futures. With the growth of the economic ideology of Distributism, co-ops took hold as an embodiment of the "middle way" between capitalism and socialism. To it's benefit, the Cooperative Business Model could exist within the prevailing economic structures. The model rewarded cooperation rather than competition, so everyone benefits; except, of course, corporations that made their profits by exploiting workers.

Many thousands of cooperatives were formed in the 1930's. People recognized that these worker and consumer co-ops offered a more stable future by utilizing democratic processes and collective management. Fifteen regional co-op warehouses supplied hundreds of co-op grocery stores in 1938, paying co-op farmers a fair wage for their labor. In turn, these farmers expanded their sphere of control to cooperatively manufacture their own farm equipment.

The Consumers' Cooperative Association enjoyed 125,000 members across nine states, and invested in a co-op department store, which expanded to eight regional locations. Co-op workers depend upon co-op banks, which also invest in cooperative businesses. Co-op oil and gas drilling organizations refine and sell products at two thousand co-op service stations.

In a frenzy of exponential growth based upon the deep satisfaction of local self-determination, the synergy of community collaboration and shared prosperity, and the belief in the promise of an open, moral and democratic system, the co-op employment sector experienced a 17% increase. The rapid expansion of cooperatively run businesses

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*Co-ops Change Our Economy, continued from last page*

began to challenge corporate dominance, threatening the capitalist trope of the rugged individual who wins success by out-competing their challengers for limited resources.

The attack on Pearl Harbor and the U.S. entry into World War Two shifted this dynamic. Abandoned factories groaned into action and there was little time now to build the cooperative vision of a peaceful utopia. Federal government ascribed 40% of U.S. manufacturing to mass production of weapons for war, and corporate lobbyists flooded the capitol seeking contracts. During this gold for blood rush, 70% of manufacturing contracts were swallowed up by corporate interests, driving small and independent companies out of business and setting the stage for the rise of the Corporatocracy: buying politicians, avoiding taxes, busting unions, creating the climate crisis, and destroying sound scientific-evidence-based-policymaking in this country today. A decade of prosperity following the war led to the creation of a U.S. middle-class. The corporations that benefitted most from the sale of weapons and related equipment began an obscene cycle of wealth accumulation as the never-ending war embedded itself permanently in the collective identity of the nation. The Cooperator had traded their shared vision of peaceful collective prosperity for the role of Consumer. The restructuring of the Consumers' standardized living arrangements created The Suburbs: a homogenous and isolated environment, devoid of living food and the chaos of nature. The 'Burbs were instrumental in advancing a social engineering initiative to separate humans from the land. By rendering Consumers dependent upon goods shipped into commercial shopping districts, governments could control large populations.

This new arrangement had the additional benefit of maximizing

the necessity of the automobile, and by association, expanding oil company profits - and CO2 emissions. Consumers were now Commuters, traveling into cities in order to participate in the economy, which favored those white middle-class males who agreed to accept an unquestioning role within the ranks of an encroaching corporate oligarchy.

During this period, industrial farming drove two million family farms out of business. Enormous conglomerates emerged from the hostile takeover of small enterprises unable to compete with the massive amounts of cheap crops, sown and harvested by machinery developed for maximizing profits at scale. Human hands (and wages) were increasingly removed from the food system, and toxic pesticides and petrochemical fertilizers were substituted for patience and care. Corporate mergers occurred at the retail level as well, creating national chains of incredible influence. Small independent neighborhood grocery stores were largely unable to compete with the lower prices achieved through large-scale buying power. Money was funneled away from local communities and reinvested in acquiring more struggling mom and pop businesses around the country. Urban neighborhoods became food deserts, and out-of-state retail chains could define the local pay scale, driving down wages for what would become the largest employment sector in the U.S..

Only two hundred or so co-ops survived the aggressive economic competition of this period, and they did so by focusing on local, organic, fresh, whole foods, and by selling cooperative values. A new generation was now defining itself in opposition to the alienation and artifice of the prevailing consumer culture. From an insistent desire for radical change that empowered The War on Poverty, and the

*continued on the next page*



Civil Rights and Anti-War Movements, this generation made manifest their demands for reconnection with Earth, Life and Community - by organizing cooperative access to healthy foods. These ripples of expanding youth consciousness resulted in the proliferation of new co-ops and buying clubs. Eight hundred co-ops were launched in the 60's and 70's.

The Olympia Food Co-op was founded in 1977 through a practical merger of six discrete buying clubs. From a cramped dingy storefront on Columbia Street downtown, to a cozy neighborhood spot on Olympia's Westside, the store remained a modest community resource. That all changed in 1989 when Meryl Streep took to the airwaves in a Public Service Announcement for the Natural Resource Defense Council, in which she proclaimed that parents and schools around the nation were poisoning their children with a cancer-causing pesticide ubiquitously present in commercially-grown apples, called Alar. In a surge of panic, the sleepy neighborhood grocery store became a bustling hub of customers from all over Washington State asking for organic apples and apple juice. In a moment of coincidence, just prior to Streep's catalyzing media appearance, Staff Member Grace Cox had made the organization's first

purchase of an entire pallet full of one single product: gallons of organic apple juice. Her colleagues thought her extravagant, however when the Consumer was suddenly awakened to the dangers of industrial farming practices, the tiny Olympia Food Co-op experienced the highest sales of any store in Washington. Things were never the same again. Members began asking for another location on the Eastside of town, and less than five years later the organization expanded into the Pacific Avenue location.

Today, the Olympia Food Co-op racks up over 17 million-dollars-per-year in sales. According to the national Co-op Grocers' Association, one of every three purchases from a co-op in this country is organically grown, or 42% of their overall sales. Organic food sales are the fastest growing sector of the U.S. food industry according to a new report from the Organic Trade Association. Organic food sales have increased by double-digits annually since 1990. Organic foods now accounts for five and a half percent of the food sold via retail in the U.S. Organic food sales grew at six times the pace of overall food market in 2017, and the organic non-food market increased more than seven percent, outpacing the overall market growth of less

than two percent. Overall organic sales increased from over \$3 billion in 1997 to over \$49 billion in 2017. A recent Consumer Reports survey illustrated that 84% of U.S. shoppers purchase organic foods. Organic food sales totals five and a half percent of the U.S. food market.

When you buy locally and cooperatively, you create local jobs. With 119 local vendors at the Olympia Food Co-op in 2018, a substantial amount of money is returned to the local community. Exemplifying their commitment to local is Olympia Food Co-op's Local Farms Program, which has transformed the local economic landscape. Prior to the Local Farms Program, farmers would all compete to grow the high dollar organic crops, such as broccoli. Of course, the shoppers were also searching for local staple crops, such as potatoes. The Co-op was forced to purchase California potatoes, and couldn't pay every local farmer who grew the broccoli. Members of the Co-op Local Farms Committee gathered all of the local farmers in a summit to organize an annual plan for farms to each grow different crops, guaranteeing that the Co-op would purchase from all of the farms and pay the fairest wage to each. The

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**THE STEAMPLANT**  
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# COMPETITION & COOPERATION

by Desdra Dawning, Board Member

We live in a world that runs on competition. On so many levels of society, competition is the foundation for how the world is viewed and how decisions are made—in the economics of business, sports, entertainment, agriculture, trade, real estate, education,

## Under *competition* we find

- struggle with others for victory or supremacy/win or lose
- being in opposition to
- synonyms: contest, rivalry, strife, warfare, cutthroat

## Under *cooperation* we find

- unite one's efforts/pull together/stand shoulder-to-shoulder
- act in concert/partnership
- collaborative/synergetic

foreign relations, even religion. It permeates everything.

Cooperation, on the other hand, is also very much a part of our world. In all of the above, it can be found, when given a chance. We can find it often in the living systems of other life forms on our planet. Without it, they would not survive. It is the natural way of things, particularly for those who live in community, like the bees and ants.

Too often, however, in the human world, especially in our “developed” world, cooperation is more likely to be allowed to surface during times of hardship, when human beings are forced to turn to each other for survival. Of course, competition walks by its side in our world of duality. It really all depends on your point of view. Speaking to a possible new world view, Biologist Bruce Lipton shares what his scientific community now sees, that “the biosphere is a structured cooperative venture comprised of all living organisms. Instead of invoking competition as a means of survival, the new view of nature is one driven by cooperation among species living in harmony with their physical environment.”\* A shift in this way of relating to our physical world might well take us a long way in solving the multitude of challenges we face today.

How these two approaches to life interplay with each other has a lot to say about the kind of society we wish to have—and are in fact—creating. If the way we define our systems has any credence and influence, it is valuable to look at how we think of competition and cooperation in our culture, and in our language. Just look in a dictionary for definitions and words considered synonymous for these two world views.

As our planet, and all life here, struggles with the effects of climate change, inequality, hatred, and general human fear, we must begin to look at how each of us views the world, our lives and each other. Do we function from a place of cooperation or competition?

For many years, cooperative businesses have functioned on the fringes of the larger, corporate world of competition and monopoly. Started in the 19th century by industrial weavers in Rochdale, England, the cooperative movement found its foothold in the US in the 1970's. The early food co-ops, like the Olympia Food Co-op, were created to provide an organic, anti-corporate alternative to chain grocery stores. At the time, they pretty much had a corner on the organic food industry. Today, as consumer demand grows, organics of all sorts can be found even in large market chains. And with it has come a larger degree of competition.

So how does our food cooperative maintain equanimity in this dog-eat-dog competitive business world? How do we maintain our mission to stand for social justice, offer quality organic and sustainable-practices products, and still compete for our share of the economic pie?

I believe it comes in how we view our world. How we treat our members. How we offer a helping hand to all who enter our doors. It comes in the way each of us, Staff, Working Members, the Board, and the rest of our Co-op membership hold our individual views of our world.

Do we see each other through a filter of who is right and who is wrong? Who wins and who loses? Who we welcome and who we turn away? Who is our equal and who is not? Or do we find ways to move beyond the old Patriarchal paradigm of competitive business that pits us against each other and recognize that as a cooperative market we have as many points of view and belief systems as we do members? It is that diversity that is our richest source of economic security. Especially as each member is honored for their unique contribution to our beautiful co-op family. ■

*\* From Healing the Future by Dennis, Sheila Fabricant and Matthew Linn*





## Burnt Ridge Nursery & Orchards

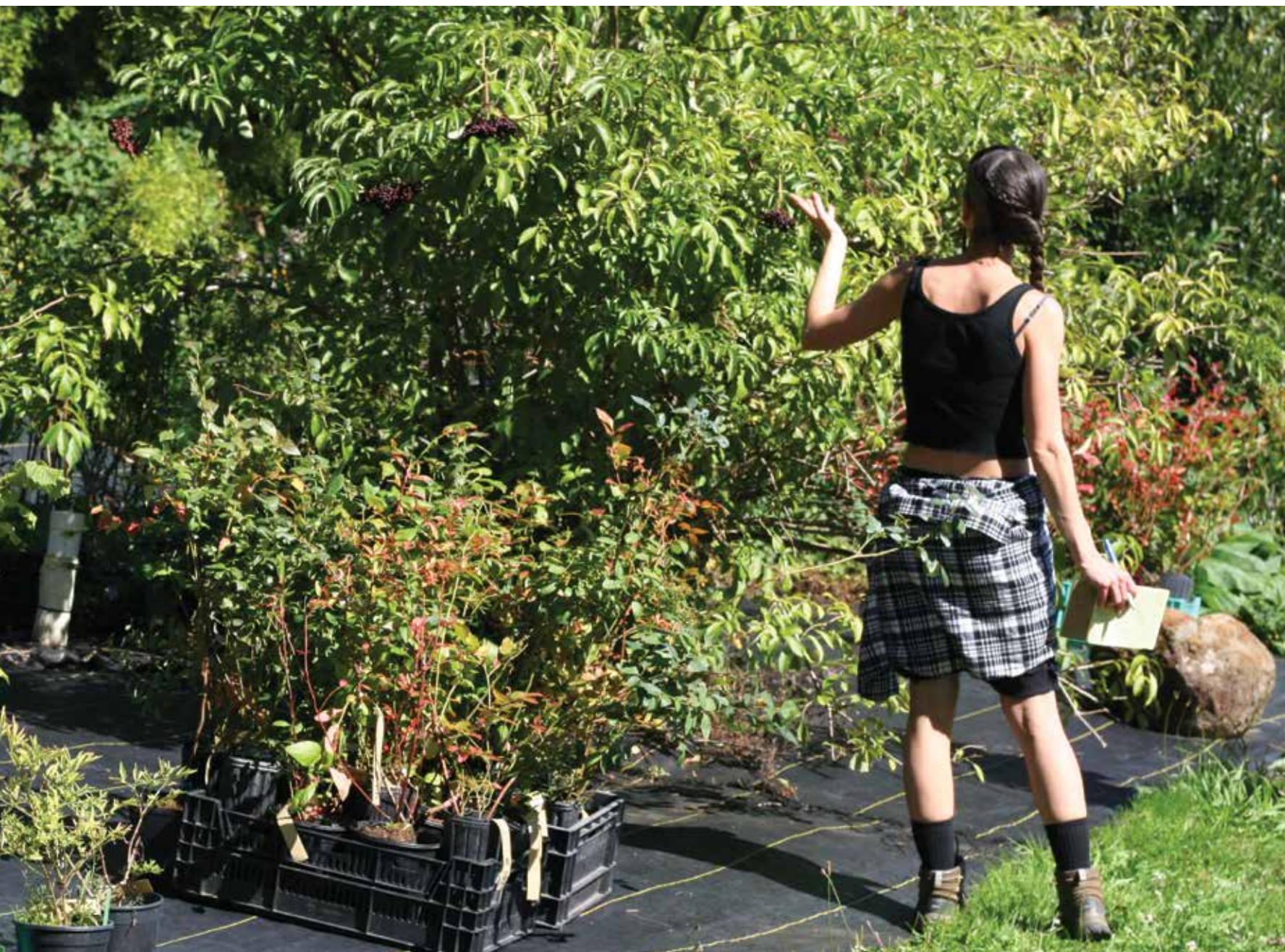
Since 1980, Burnt Ridge Nursery and Orchards has run their family-owned farm at the foot of the Cascade Mountains. Burnt Ridge nursery fills orders by mail, and specializes in rare, disease-resistant cultivars of nut and fruit trees, shrubs and vines that thrive in an orchard setting. Burnt Ridge also supplies a wide variety of native Northwest landscape trees and ornamentals and is at the Olympia Farmer's Market from April to November. The varieties we carry at the Co-op have done well in local orchards.

The Co-op's produce departments carry a variety of apples, blueberries, Asian pears, and chestnuts grown by Burnt Ridge in the fall months, as well as the delicious and hard to find mini kiwi berries. Burnt Ridge also houses a commercial kitchen on their farm for immediate processing of their ripe certified organic fruits into jellies, jams, and apple butter! As they say on their website, [www.burntbridgenursery.com](http://www.burntbridgenursery.com), "these little jars of joy make great tokens of appreciation for loved ones." ■

*Photos by Tina Schubert during a Co-op Farm Tour 2018*









# Partnership with Morningside Services

by Alejandro Rugarcia, Staff Member

Morningside Services is a local non-profit that assists businesses to recruit and retain employees with disabilities. Since 1963, Morningside has been serving residents of Thurston, Clallam, Grays Harbor, Lewis and Pierce Counties, to become one of the most successful programs of its kind. The Morningside Summer Youth Internship Program (SYIP) offers students between the ages of 16 – 21 the opportunity to gain work experience in the community.

Olympia Food Co-op has partnered with Morningside Services to provide hands-on training for their students for many years. Thanks to this ongoing partnership between Morningside and the Co-op Working Member Program, four new interns will learn skills in grocery stocking, landscaping and customer service at the Eastside Co-op this July.

Last year, three interns participated in the program. One of these students has already found employment and another is soon to be employed at a grocery store. We are so proud of the accomplishments of our interns, and look forward to collaborating with the new cohort this summer! A big thank you to the Co-op Staff and Working Member Coordinators who continue to show up for our bright young students.

For more information on Morningside Services, visit [morningsideservices.com](http://morningsideservices.com). For information on the Co-op Working Member Program, and the 20 positions currently available, please send an email to [workingmembercat@olympiafood.coop](mailto:workingmembercat@olympiafood.coop). ■



Alex helping with grocery



Travis helping in the Butterfly Garden

Photos by Diane Lee Crawford

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# Dreams of Going Local:

## for a stronger local economy

by Megumi Sugihara, Staff Member



The local multiplier effect is an economic benefit that independent businesses bring to an area economy through money spent in the community. While the effect levels vary across business types and geographical areas, locally-owned, independent businesses are known to keep approximately three times more money in the community than chain stores. As consumer-owned independent businesses, co-ops could play a key role in boosting the local multiplier effect.

As a grocery co-manager at the Olympia Food Co-op westside store and food movement activist, I often wonder how the Co-op could contribute more to stronger local economy. From this perspective, I dream of stocking our store shelves with more local and regional products. The Co-op carries numbers of products that are made in and around Olympia, such as bread, chocolates, tortilla chips, honey and jams. However, the percentage of local and regional items in the grocery department remains less than 5% of the total sales. Because the grocery items consist mostly of shelf-safe, processed foods, I find it challenging to stock grocery shelves with more local products than those of national brands. How can grocery go more local? Below are some ideas.

Do you, or do you know someone who, produces shelf-safe packaged products commercially in Olympia and surrounding areas? If so, please let us know. The Local Farms,

Foods and Products Committee as well as grocery managers are always looking for quality local products that we could bring in to our stores. Together, we can discover local treasures and help the producers' business grow.

Do you have a family recipe that you always wanted to develop into products? Do you preserve local produce, such as vegetables, fruits, and meat? Have you ever dreamt of becoming a professional food producer yourself? If so, I strongly encourage you to pursue your dream. As in the example of Flying Cow Creamery, building viable small business is possible when you and local co-ops work together. See the video on Flying Cow creamery for their success story on the Co-op's website and dream big! Canned/jarred beans, chips and snacks, specialty sauces, prepared meals and more have great potential. When your products are made with locally grown ingredients, the local multiplier effects increases even more.

Once local products are brought in to the store, we need to make sure we can keep carrying them. Unfortunately, sometimes grocery managers have to make a difficult decision to discontinue some local products. As long as the Co-op needs to be financially sustainable, when certain products do not sell well, the managers consider the product not meeting shoppers' needs and discontinue them. Furthermore, while the Co-op

has a favorable pricing policy for the local products, the quality and the price of such products have to be compatible to those of national brands' to a certain degree. Yet, this is where the shoppers can flex their consumer muscle most strongly. By choosing local products over national brands once every five times you shop, it would already make a huge difference. If you still prefer non-local products, you could reach out to the local producers and suggest what changes might make you like their products better. So be daring! Go out of your comfort zone and try local and regional products!

In the long term, I dream that greater Olympia will house a local food hub. A local food hub would aggregate and distribute products grown and made in the community. Such infrastructure would make it easier for small businesses, schools, hospitals and restaurants to access local products than buying directly from the food producers or through national distributors. For the food producers, it makes it possible to reach larger markets without having to deliver the products to numerous locations. A typical food hub focuses on fresh produce, fish, and meat. However their operation can easily be expanded to value-added grocery products. Wouldn't it be great if our local food hub was also an independently owned cooperative? That would be a real game changer, boosting the local economy multiplier effect even more. ■



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Photo by Robyn Wagoner

#### *Co-op Conversation: Beer & Wine continued from page 4*

The participants came together around two tables and spent the remainder of the event deep in discussion about these questions. When they were finished, a spokesperson for each table shared their ideas.

Some of these ideas were feasible and some were not, under current legal and practical considerations, but the creativity and ingenuity shown by the participants was inspiring.

Some of these suggestions included: carry only local, regional, organic, sustainable products to make us unique and distinguishable from other supermarkets; donate resources, coffee, goods, sponsorship funds to addiction recovery programs (Co-op should research reliable services); place product above children's eye-level; locate distributors who already deliver to co-ops; sell beer on tap from keg to refillable growler; place products behind plastic or behind the Customer Service Desk; house the products in one store or an adjacent building; have a "no alcohol" line at the registers; place information for addiction recovery in product display cases; make products available for special order.

If you missed this productive session, the Co-op Beer & Wine Task Force and the Member Relations Committee will be hosting a second Co-op Conversation on Beer & Wine on Thursday, July 11<sup>th</sup> from 6:30-8:30 pm at the Olympia Center, 222 Columbia Street NW.

If you can't make it to the next Co-op Conversation, we welcome your ideas via email at [beerandwine@olympiafood.coop](mailto:beerandwine@olympiafood.coop)

We look forward to hearing from you! ■

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## Furthering the Co-op's Mission

The Beer & Wine Task Force finds that carrying locally, bioregionally, and cooperatively produced organic beer and wine will further the following Co-op mission goals:

### ***Make our effects on earth positive and renewing***

By purchasing from producers who use organic farming methods, we would be prioritizing Earth stewardship.

### ***Encourage economic and social justice***

By substantially increasing our revenues, we increase our capacity to sponsor organizations and projects that empower marginalized people, and treat addiction.

### ***Provide information about food***

We're excited to share knowledge of all aspects of crafting and enjoying these products, from festive wine and cheese tastings, to community home brewing classes.

### ***Make good food accessible to more people***

Following our strict Product Selection Guidelines, we would sell the highest quality products, to serve our health conscious membership who desire organic options.

### ***Support local production***

We can help to increase the market share of our local and bioregional, organic, and socially responsible microbreweries, wineries and boutique crafters.

### ***Assist in development of community resources***

By promoting organic brewers and vintners in our state and bioregion, we can improve our shared economy, ecology, and quality of life.

### ***Increase democratic process***

If a majority of our voting members request beer and wine, a democratic response is to listen to our membership, as we have done in the past when we began carrying sugar, meat and coffee.

### ***See to the long-term health of the business***

Increased sales would help to address flat sales trends, meet rising costs, tackle maintenance and repairs, actualize our members' requests for expansion, and more adequately fund our plans for organizational development. ■

business, the Co-op can shrink its profit margin in order to pay farmers a living wage, while offering shoppers the lowest prices on the highest quality local produce.

Today, one percent of the population owns 50% of the wealth – in the world. Ten corporations own everything in the average retail supermarket: Nestlé, PepsiCo, Coca-Cola, Unilever, Danone, General Mills, Kellogg's, Mars, Associated British Foods, and Mondelez. Twenty-six percent of every retail food dollar goes to Wal-Mart, an egregious affront to Main Street. In terms of economic impact, the Wal-Mart business model costs U.S. taxpayers \$6.2 billion dollars a year in public services. In solidarity, the citizens of Olympia organized, fought and succeeded in preventing Wal-Mart from taking up residence within the city's legal boundary.

Co-ops have enjoyed another resurgence over the past decade, since Occupy Wall Street drew attention to the extreme consolidation of wealth. More and more people are learning that Co-ops provide an opportunity for conscientious communities to make democratic economic decisions about the politics they support with their shopping dollars – politics that support a clean environment and clean foods; politics that support a strong local economy through ample employment, a living wage, and affordable prices - made possible through cooperative buying power, an inclusive and peaceful agenda, and the enthusiastic participation of the membership. ■

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## What's the Best Way to Pay at the Co-op?

by Pat Maley & Robyn Wagoner, Staff Members

The more money the Co-op saves, the lower our prices can be. That's why we encourage you to pay in cash for your purchases, to save the credit/debit card fees that we're charged for every swipe.

In 2018 we paid \$199,000 in card processing fees!

Although both Co-op stores feature no-fee ATMs for your convenience, there are some banks that will charge their customers anyway. There are also times when you'll need to come straight through the register line without stopping for an additional transaction.

What then is the best way to pay at the Co-op? For the convenience of a card swipe and freedom from fees, choose the Co-op Gift Card!

Simply purchase a Co-op Gift Card for any amount, and when you have the funds, load the card with your monthly food budget. You can then use the card for every purchase, keeping track of how much you've spent from your budget. Then reload for next month!

So ask your cashier for a refillable Co-op Gift Card, and save! ■

# 1<sup>st</sup> Quarter 2019 Finance Report

by Max Crabapple, Staff Member

Think back to the cold part of the year, the hum-drum of the rain, the layers of sweaters and cozy socks. Are you there? Beginning with January, cruising through February, and landing at the end of March, step out of the rain and into the Co-op's downtown office, where we cuddle up with spreadsheets as we close up the first financial quarter of 2019 and consider our financial health.

A quick reminder, we divide our financial year (January – December) into quarters, and every three months we get a snapshot of how much money is coming in, how much is going out, and what we're spending it on. We pay for products (Cost of Goods or COGS), we sell these products (Sales), and the "extra" money (Revenue) pays for everything else, from the electricity bill to keep the lights on and the freezers cold (Operations), the paychecks and health care for staff (Staffing), the discounts at the register we offer anyone experiencing financial hardship (Member Discounts), as well as donations to community organizations and this newsletter you are holding (Community & Marketing).

In January/February/March of 2019, we have a repeat performance of what is becoming our hallmark: coming in below our sales projections, while spending less overall than we'd budgeted, resulting in an acceptable bottom line.

*continued on the next page*

### 2019 1Q Year to Date Budget Report

For The Year Ending 3/31/19

	2019 ACTUALS	2019 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	4,298,339	4,338,599	(40,259)
Cost of Goods Sold	2,796,870	2,808,182	(11,312)
Gross Sales Revenue:	1,501,469	1,530,416	(28,947)
Other Revenue:			
	5,160	5,525	(365)
Total Net Revenue:	6,033,770	5,953,856	79,914
Expenses:			
Community & Marketing	23,783	43,478	(19,695)
Staffing	1,046,386	1,133,361	(86,974)
Member Discounts	107,648	115,732	(8,084)
Operations	221,692	244,167	(22,476)
Total Expenses:	1,399,509	1,536,738	137,229
Total Net Income:	107,120	(797)	107,916



*Finance Report continued from the last page*

While 2018 featured hefty expenses offset by adept product management (waste-prevention in COGS purchases), this time we're seeing a less successful relationship between sales and COGS, but across-the-board reductions in expenses. Our budget's bottom line for the quarter was, delicately put, underwhelming (-\$797), which serves as a highlighter for our actual net income (\$107,120).

Some of these expenses are attenuated – such as equipment purchases – and spending may 'catch up' to the budgeted amounts over the year, but by far our greatest expense, Staffing, is simply a show of savings somewhat in hours worked, but more poignantly in less spent on medical benefits. With the steady increase in cost of medical care, it is always a multidimensional puzzle to provide the best staff benefits package possible while anchoring our financial health.

Behind the sales numbers represented in this simplified table, we have the majority of departments at both stores making less money than we'd predicted, with the big exceptions being the Produce departments both East and West. Our Eastside Grocery

team has had a solid first quarter, with updated product lines, fresh displays, and a relatively new management team hitting their stride. Despite these silver linings, each of the stores had cloudy growth, with -.73% at the Westside and +1.66% at the Eastside.

A new negative trend we may need to get used to is slumping sales in Wellness, which may be due to some customers moving to online purchasing. Frozen sales continue to underwhelm, belying our need to better understand customers' wants; at least we know the slump isn't due to online purchases. Our favorite fourth-largest department, Bulk, continues its steady decline West, but has had a delightful upturn at the Eastside store.

As Bulk and Produce most directly connect to the heart of the Co-op, with the most organic whole foods and the opportunity for shoppers to keep packaging to a minimum, it is our hearts' desire to have fabulous Bulk departments that provide what our member-owners are looking for. In addition to our beloved dried mango, this fearless bookkeeper has been keeping her spirits up with the incredible cashews from Equal Exchange (grown by a cooperative in India).

Coming back to the Co-op overall, we are looking good according to the standard indicators of financial health, and the bottom line is that the Co-op is financially stable.

I continue to relish our Co-op: the freshest available produce outside of a farmers' market, daily baked organic and local breads, and local milk and eggs from individually named cows and chickens allowed to retire in style on site (shout outs to Cozy Vale milk and Egg Lady Eggs!). This symbiotically provides local farms and producers a strong marketplace.

Our cooperative business model keeps our local food systems strong and the maximum amount of money possible circulating locally, which supports our community on every level.

As always, we look forward to seeing you in the stores, and if you have any questions or thoughts about the Co-op's finances, feel free to email [max@olympiafood.coop](mailto:max@olympiafood.coop) (for a rookie) or [corey@olympiafood.coop](mailto:corey@olympiafood.coop) (for a pro).

Alternately, you can call the business office at (360) 357-1106, extension 1. ■



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# Community Classes

## Summer 2019 Schedule

### Locations

#### GRuB (Garden Raised Bounty)

2016 Elliott Ave. NW  
Olympia, WA 98502

#### Olympia Food Co-op Downtown Classroom

610 Columbia St. SW  
Olympia, WA 98501

### Registration

#### Pre-Registration is Required

Register at [www.olympiafood.coop](http://www.olympiafood.coop), or in person at either store between the hours of 11am - 6pm. Registration is not available over the phone. There is a \$7 non-refundable registration fee per class/ per person unless otherwise noted.

#### Garden Planning

##### with Kate Tossey

Sunday, June 9 • 10:30am – 12pm  
GRuB

Garden planning is a year-round effort. This workshop will discuss integrated gardening principles; site choices; easy foods to grow; processing and preserving. Handouts will be provided.

#### What Is Inflammation, Really?

##### with Dr. Jennea Wood

Tuesday, July 9 • 7pm - 8:30pm  
Olympia Food Co-op Downtown Classroom

Come for a deeper look that goes beyond the buzzwords and examines what inflammation really is, what it means for your health, and what to do about it. This information is particularly pertinent for anyone struggling with heart disease, asthma, allergies, autoimmune disease, arthritis or cancer.

#### Baby & Me Gentle Yoga

##### with Fabiana Acosta

Sunday, July 14 • 10:30am – 12pm  
GRuB

This class is oriented on babies and their caretakers. We will focus on bonding with the baby through very basic yoga techniques (such as breath work, gentle movement, and singing mantras). The goal is to learn easy to remember tools to share with your little one on your own. It's best if babies are at least 2 months, and all the way up right before becoming toddlers. It will be an opportunity to relax, have fun and support each other! Please bring a Yoga mat or sheet for the floor.

#### Edible Weeds

##### with Kate Tossey

Sunday, July 14 • 1:00pm - 2:30pm  
GRuB

Edible Weeds will cover gathering and foraging; recipes, processing and preserving; responsible harvesting. Handouts will be provided.

#### Farming with Fungi

##### with Sami Kempf

Sunday, July 28 • 12pm – 2pm  
GRuB

This talk is an overview and exploration of a variety of ways that mushrooms can be incorporated into a sustainable farming practice. From benefiting soil structure, to increasing bloom production and supporting the health of your animals, fungi are your farms newest old friend.

#### Hidden Roots of Allergies, Eczema, & Asthma

##### with Dr. Jennea Wood

Thursday, August 1 • 7pm - 8:30pm  
Olympia Food Co-op Downtown Classroom

As we move toward allergy season, please join Dr. Jennea Wood to learn about the hidden root causes of these three related conditions.

#### Growing with Fungi

##### with Loni Jean Ronnebaum

Sunday, August 11 • 12 pm – 2 pm  
GRuB

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our westside Garden Center. Join us for this informative presentation that will feature information on low-tech mushroom cultivation for home and garden, people and planet.

#### Easy Rustic Fruit Tart

##### with Martha Chubb

Sunday, August 11 • 1:30pm - 4:30pm  
GRuB

Learn how to make a delicious rustic fruit tart. I will demonstrate how to create a baked fruit tart with butter pastry and fruit filling. There will be a tart for you to sample. I will provide a recipe for you to take home.

#### Healing Salves

##### with Kate Tossey

Sunday, September 8 • 10am – 12pm  
GRuB

Join Kate to learn about making healing salves. Properties of herbs will be discussed, and samples will be provided. Please bring small jars if you can – two salves will be available to take home as samples. Handouts will be provided.

#### Pie Making

##### with Martha Chubb

Sunday, September 8 • 1:30pm - 4:30pm  
GRuB

You will learn how to make flakey and delicious pie crust with fruit filling. The recipes that I provide are for one double-crust pie, or two single-pie shells. If you like you can make a single pie shell that we can bake in the class, or you can take home to bake. If you plan on making a pie shell, bring a pie pan and rolling pin. I will have pie for you to sample. ■



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# OFC Board of Directors



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Director



**Mel Bilodeau**  
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Staff Representative



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Vice President



**Benjamin Witten**  
Director



**Jaime Rossman**  
Treasurer



**Peter Brown**  
Director



Candidate 2020  
...is it you?

Board photos by OlyHilary Photography olyhillary.smugmug.com

## *Attend a Board Meeting!*

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop)

## *Olympia Food Co-op Mission Statement*

The purpose of the cooperative 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

## *Seven Cooperative Principles*

- 1. Voluntary, Open Membership**  
Open to all without gender, social, racial, political, or religious discrimination.
- 2. Democratic Member Control**  
One member, one vote.
- 3. Member Economic Participation**  
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.
- 4. Autonomy And Independence**  
Cooperatives are autonomous, self-help organizations controlled by their members.
- 5. Education, Training And Information**  
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.
- 6. Cooperation Among Cooperatives**  
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.
- 7. Concern For The Community**  
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



# Board Report

by Desdra Dawning, Board Secretary

The Board has been active in a number of areas of Co-op business the past few months. Here is a brief summary of activities. For a clearer understanding of how the Board functions, all members are welcome to attend our meetings, the 3rd Thursday of each month, at the Co-op business office, 608 Columbia St, in downtown Olympia.

The Staff has been working hard to bring forth a vote for the members on the idea of selling beer and wine at both markets. The Member Relations Committee worked with the Staff to present one Co-op Conversation on the topic at the Olympia Community Center. It was sparsely attended, but the discussion was rich. Another is scheduled this summer, so if you have an interest in learning more and making your voice heard, read more about it on page 4 and please attend. A Board-initiated ballot will be available for all members to determine if the membership is in favor of such an endeavor. It will coincide with and be on the Fall ballot to elect new Board members starting October 15. The wording on the ballot is to read: "Shall the Olympia Food Co-op add beer and wine and other low-alcohol beverages to the product mix?" Your vote is valued and appreciated.

Our Eco-planning Committee is working toward addressing some large issues such as recycling and the possibility of solar energy

collectors on the markets. A Zero Waste Campaign is in the works! While we realize that may be an impossible goal, it is well worth all of us addressing in our lives, and the Co-op is concerned about the amount of plastic even on our shelves.

The Community Sustaining Fund (CSF), the ongoing Round Up at the Register fundraiser, recently had its bi-annual grant cycle. See the results of your generous round ups on this page. They recently gained a wonderful TESC intern, MaryAnn, to help in a number of areas of CSF business.

The Expansion Committee has been making efforts to improve or relocate our deli kitchen. Off-site locations were explored, but nothing has come forth yet that would be suitable as a Co-op kitchen. This is an ongoing project to find affordable ways to improve our facilities.

Member Relations has been busy working on a process to handle member complaints. Several Board committees are working on updating their charters. This issue of who is responsible—and in what ways—for member complaints is in major discussion. Board members on that committee are also working to create policy on how to handle appeals that come to the Board.

A Board retreat is being planned for this summer. It has been agreed that rather than a traditional 2-Day retreat that is more business-oriented, we engage in 2-3 social excursions and events to help us get to know each other better, with some strategic planning included, of course.

Board officer positions have now been clarified, with specific duties and responsibilities assigned for each position. In this way, our Board is assuming greater responsibility for how we function, and strengthening our efforts to be effective.

Once again, all members are invited to attend our meetings. We set aside 3 - 5 minutes for member comments at the beginning of each meeting. Please come and engage with us! ■

## COMMUNITY SUSTAINING FUND NEWS

The Community Sustaining Fund recently held their biannual grant cycle. Funds from the Co-op Round Up at the Register program were dispersed to 5 local organizations seeking help with various projects:

**Canoe Journey/Standing Rock Medic Bus** Stipends for teachers for a community herbal training program to streamline their service delivery. Their first aid bus comes to all stops for the Canoe Journey each year.

**Caring Kids Family Volunteer Program** Snacks for children who volunteer, with their parents, to attend service experiences such as bagging food at the Food Bank, visiting Panorama Seniors, and doing beach clean-up with the Estuarium, among others.

**Stewards of Wellspring** Help with their septic system so that they can continue to hold community events, song circles, music performances and workshops dealing with sustainable living.

**Thurston County Food Bank** Funds for the purchase and installation of a bike rack, and for food carts. This helps those visiting to safely leave their bikes and also allows volunteers to cart food home for visitors so they can take more food.

**Olympia Eco-District Project** Stipend for an administrative intern at Fertile Ground, working to create an Eco-District in the Olympia downtown. Hoping to establish a project aimed at community resiliency, housing land use and neighborhood engagement.

Thanks to all who participate in the Co-op Round Up Program! Your generosity makes these grant allocations possible. We love helping such amazing groups with their community projects! Ask the cashier to put you on the Reminder to Round Up List! ■



Board Applications available August 15th. Visit [www.olympiafood.coop](http://www.olympiafood.coop)





**Olympia Food Co-op**

3111 Pacific Ave SE  
Olympia, WA 98501

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