

Fourteen Ounce Okie Doke Co-op

NEWS

121 Columbia Street
Olympia, Washington 98501 357-5145

Volume 1 Number 2

May 1978



As you probably have heard, Anna has left the staff of the Co-op after a year of working, playing, laughs, burnouts and lots of love. She has left to join a women's carpentry collective. We'd like to thank her for all the time and energy she has put into this place. So give her a goodbye hug and kiss the next time you see her. Anna, we love you.

Community Forum

At the Equinox Gathering, April 28th-30th, there was a meeting of about 15 Olympia residents representing several organizations working in this area for social, political and economic change and environmental protection. We discussed ways of sharing information and resources so that we can work together more effectively as a community. Among other things a need was felt for a community newsletter. The Co-op Newsletter can and should be used as a community forum. If your organization or group would like to make announcements or share information with the community, please feel free to submit articles at the Co-op. Deadline is the first Friday of every month.

---Beth

Evaluations, Visions & Goals

The Co-op has been open for over a year. It has played an important role in the Olympia community by supplying a basic need; good, cheap food, within a community owned, co-operating framework. The Co-op has given many people an opportunity to work with one another and help shape our community. An essential part of this kind of process is to regularly take the time to evaluate the work which has been done, share our hopes and visions for what we could do, and set some realistic goals for where we would like to be in one year, or five or ten. Towards this end, four workshops have been scheduled for early June. The first will be for sharing feelings, ideas, and dreams about the Olympia community. The second will be

a discussion of the role of the Co-op in this community. The third will focus on the Co-op itself, its internal processes. The fourth workshop will be a wrap-up to bring together the most important ideas from the first three and to discuss viable goals. Anyone who is interested is welcome to attend any, or all the workshops. All workshops will be held at Radiance House & Massage on 4th Avenue from 7:30-10:00 on the following evenings:

- I Mon, June 5 - The Olympia Community
- II Thurs, June 8 - The Co-op & the Comm.
- III Sun, June 11 - The Co-op
- IV Tues, June 13 - Wrap up & Goals

---Beth



PHOTO BY BSD

Editor's Note TT

I am proud to present the Volume 2 Number 2 issue of the Fourteen Ounce Okey Doke Co-op News. As you can plainly see there have been more than a few positive changes since the last time we were in print. First, this will be the day we will come out every month, the second Thursday of the month with the deadline for articles and ads being the first Friday of every month. If there are things you would like to see in this newspaper I am open to suggestions and even more open to accepting articles for printing. If you know someone, or are yourself, involved in a burning community or public issue PLEASE put it into words and put it in the News. The printed page is one of the most powerful and useful tools we have available to us. A news publication of this type has an incredible amount of potential and we as a group of people, as a community cannot afford to abuse such an opportunity. Secondly, I have gotten some fine graphics assistance from Brenda Dickison and Liz Orrid. Thanks ladies!!! See you the second Thursday in June and if you have any contributions please drop them off at the co-op, the Blue Heron Bakery, or call me, 866-BAKE, days or 357-9324, evenings.

Classifieds

IF YOU WOULD LIKE TO PUT A CLASSIFIED AD IN THIS PAPER ALL YOU HAVE TO DO IS WRITE IT DOWN, PUT IT IN THE BOX IN THE CO-OP FOR NEWSLETTER ARTICLES, AND CROSS YOUR FINGERS.

Welcome to the New Frontier Leather Co. & the Cascade Jewelry Co. Visit them soon on 4th Ave.

The Farmers' Market is starting up again on May 19th and 20th from 9 to 2. It will be held at a new location - Western Farmer Co-op on Plum near Union. Bring your garden goodies.

The Blue Heron Bakery NEEDS HELP
If you are interested in being a full-time baker with our collective please give us a call. 866-BAKE

Produce Update

California weather seems to be either drought or deluge. After last year's drought, they've had heavy rains this year. Rains in February and March kept farmers from planting, and washed away seeds that were planted, dramatically reducing the lettuce crop.

That period of not planting has caused very short supplies and the situation will continue into June, when the prices should come down dramatically. The rains kept farmers from succession planting, so the whole crop will hit the market at once causing prices to drop, barring some other kind of calamity. Besides lettuce, celery, green peppers, and cucumbers are all high priced for the same reasons. The California fruit situation looks very good, with the exception of navel oranges. Valencias are doing fine, avacodos are going down in price.

Of course, come June, we won't need all this California produce, as the local stuff will be coming in. It looks like we will have asparagus (in already), boccoli, cauliflower, onions, carrots, lettuce, cabbage and lots more. If any of you are interested in selling produce to the Co-op, get in touch with me (Steve) at the Co-op.

WHERE IS YOUR MONEY GOING?

FOOD CO-OP INCOME STATEMENT
APRIL 1978

Sales	24924
Cost of Goods Sold	22740
Gross Profit	8.7% 2184
Expenses	
Rent	200
Depreciation	20
Wages	1577
Payroll Taxes	221
Stationery & Supp.	54
Telephone	79
Advertising	67
Insurance	20
Taxes & Licenses	165
Maint. & Repair	15
Truck Operations (24)	
Total Expenses	2394
Net Profit/Loss	(210)

There was some good news in the Co-op financial report for April. Sales held at about \$25,000 for the month, but the gross margin jumped from 5.6% in March to 8.76% in April. Ideally the gross margin should be 13% or 14% (an average of 10% and 20% mark up sales with wholesale & bulk accounts) to comfortably cover expenses. We've made a step in the right direction! The net loss shrank from \$1700 in March to \$210 in April. Part of the reason was lower expenses (no utility bill), but the major reason is a 3% increase in gross margin. When May's figures are in we'll have a better idea whether we have a positive trend or just a fluke in the financial flow. Another important note is that these figures do not include membership fees, donations or benefit proceeds, which would make the picture look even better. One other bit of excellent news from Sandy the bookkeeper's financial report is that the Co-op truck is making money for the Co-op = \$24 in April. At the time we decided to buy the truck there were some who felt that it would be a financial burden. I'm happy to report that this is not the case.

That's it, folks. For more money info and updates contact the staff.
--- Beth

BENEFICIAL PLANT RELATIONSHIPS

TO CONTROL:	ON:	PLANT IN PROXIMITY:
aphid	lettuce, peas	chive or garlic
asparagus beetle	asparagus	tomatoes
black flea beetle	radishes, kohlrabi	head lettuce
cabbage worm	cabbages, other crucifer	onion, leek, waterplant, aromatic herbs (rosemary, wormwood)
carrot fly	carrots	thyme
Colorado potato beetle	potatoes	green beans
Japanese beetle	corn, asparagus, kohlrabi, asparagus	white geranium (as a trap crop)
Mexican bean beetle	beans (green, bush or dwarf)	potatoes
nematodes in soil (celery)	potatoes, roots	French marigold (Tagetes patula)
squash bugs	squash, other cucurbits	nasturtium
striped or spotted cucumber beetle	cucumbers, squash	radish seeds planted in same hill
white cabbage butterfly	cabbages, other crucifer	celery, tomato, aromatic herbs (hyssop, mint, rosemary, sage, thyme, wormwood)
white flies	broccoli, tomatoes	nasturtium

UNDESIRABLE PLANT RELATIONSHIPS

DO NOT PLANT:	IN PROXIMITY:	TO AVOID:
bush beans	lemon, garlic, onions, shallots	stunted growth
cabbages	strawberries	antibiotic
carrots	dill	stunted growth
peas, beans	garlic, onions, shallots	stunted growth
potatoes	pumpkins, sunflowers	stunted growth, antibiotic
radishes	hyssop	antibiotic
raspberries	blackberries	antibiotic
tomatoes	kohlrabi	antibiotic

ATTENTION!!!!

DEADLINE FOR SUBMITTING ARTICLES FOR THE F.O.O.D. NEWS WILL BE THE FIRST FRIDAY OF EACH MONTH. NOW DON'T FORGET THE PAPER WILL BE HITTING THE STANDS ON THE SECOND THURSDAY OF EVERY MONTH.

SO IF YOU WANT TO SEE IT IN THE NEWS - WRITE IT DOWN AND GET IT TO THE CO-OP BY THE FIRST FRIDAY OF EVERY MONTH.



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By-Law Changes

The following article is the sole opinion of its' co-authors. This does not necessarily represent the ideas of the editorial staff or the management of the co-op.

Written rebuttals are welcome, if you would like to respond, please address your articles to the OKEY DOKE NEWS C/O the co-op.

Charlie and I have been collaborating for the past several weeks on new by-laws. The purposes are manifold, but most basic amongst them is simply that the coop is not working. We're losing money and our decision making process is muddeling any effective change. We feel that these changes will help solve our problems and perpetuate the co-operative.

The first issue that the new by-laws address is manager responsibility. We feel the managers should have complete power to make business decisions that further the primary objective of the co-op, that of providing goods and services for the community. We are providing equal opportunity for all members to make decisions for themselves. In making these decisions all facts of the cooperative must be taken into consideration. For efficiency sake it is to our advantage to make this opportunity available and not wait for it to happen. Given the common motives of the business it is in all of our interests to hire trust managers who are committed to the responsibility of the co-ops smooth operation. In hiring managers we do not wish to burden them with the responsibility of assuming that collective decisions be made in every instance, it is self evident that decisions and solutions to problems are made to help, not hinder the coop-eratives objectives.

The sole purpose of hiring managers is to delegate them power to make decisions to further the goals and objectives of the co-op. When a managers actions hinder or jeopardize these basic objectives it is the responsibility of the board and general membership to take what ever action is necessary to remedy the situation. Until this point any restrictions put on the managers in making business decisions is a hindrance to the smooth functioning of the cooperative. The collective process is an essential ingredient to cooperatives. The collective process is always made available for review of policy decisions but relieves itself of making policy by intrusting that power to the managers.

The second issue that the new articles address is membership dues. The \$5.00 fee which members must pay, if they don't work for three hours per month, assures that we can cover expenses. In doing this we are offering goods and services to all members at the same price: the least expensive price. As the co-op grows and more people make use of our services prices will decrease

There will be an open meeting at The Evergreen State College on Monday May 15 in lecture hall 2 at 6:30 p.m.. Charlie and I will be there to answer any questions you might have. It is imperative that we take the measures now, before everyone leaves for the summer, to eliminate the co-ops problems
Steve Buxbaum

PROPOSED BY LAWS OF THE F.O.O.D. COOP
We the people of the Olympia F.O.O.D. CO OP do set forth and establish the following framework to further our single and primary objective: To provide goods and services to fellow members and the community.

It is in our interest to, in good faith, collectively hire managers to make decisions and apply policy for the operation of our business.

To further and review the efficient operation of the F.O.O.D. COOP, a board of directors will be elected and maintained by majority vote. The board will be vested with the power (through due process) to hire and fire personell. The board will, in conjunction with managers and general membership, establish store policy.

Policy establishment and the rights of review (due process)

1) Hiring and firing decisions will be made by an impartial committee, established by the board of directors, and composed of two board members, two managers, and two co-op members. All decisions will be final until contested.

2) All co-op members have the right to suggest and contest policy through the board of directors. The board of directors is obligated to satisfy by immediate consensus or establish a committee and examine any contested or suggested policy. The committee will be composed of two board members, two managers, and two co-op members. The committee will review the issue, clearly define all possible alternatives, and submit them to the general membership; who will by majority vote determine the best choice amongst them.

MEMBERSHIP AND MEMBERSHIP RIGHTS

Membership is open to anyone who is willing to pay membership fees. A \$5.00 membership fee, non returnable eill be charged to join the co-op.

A \$5.00 membership dues will be charged all individuals per month. payment may be made monthly, quarterly, or yearly. Payment must be made in advance of receiving membership privlidges. Any member has the alternative of working 3 hours per month on a monthly basis instead of paying the monthly dues.

RIGHTS

1) Members entitled to recieve all goods and services provided by the co-op at membership prices.

2) All members have the right of one vote and the privledge to create and abolish store policy through due process.

- 3) All members are entitled to attend the monthly board of directors meeting and all general membership meetings. The minutes from all board and general will be maintained and published in the monthly news publication.
- 4) Any member who attends three consecutive board meetings has the right to participate in consensus. Continuing consecutive attendance is required to keep this right.
- 5) Any member may run for a position on the board of directors. There will at all times be five board members- elections will be held on the 1st of June and the 1st of December for terms of one year with a limit of two consecutive terms.
- 6) Members may apply for bi-yearly management positions, restricted to two consecutive terms with an option of one yearly term by choice.

Meeting Minutes

Financial Status (approximate)

Sales	\$22,000.
Cost of Merch.	\$20,700.
Gross Margin	\$1,300.
Expenses	\$3,000.
Net Loss	\$1,700.

The co-op must meet a 14% margin to pay for expenses. This month there was only an 8% intake.

Major area of loss is the 10% working member sales. Some of us have been buying \$50. or \$60. of food at a time for our entire household when not everyone in that household is a working member.

To purchase food at 10% working member prices you must prove you are a working member.

Also a shrinkage loss of \$260.00 occurred from food spoilage.

Other shrinkage lossed include inaccurate pricing of food and improperly weighed jars and containers
Packaging- 2¢ per co-op packaged item, paying for the plastic bags. 5¢ cup with explanation next to roll of plastic baggies

Issued Voted:

No quorum needed for Gen. Membership meetings, and ballot box will be placed in the co-op.

Part-time floor manager position eliminated and Steve Newhall promoted to Anna's position. No opposition issue passed.



Budget
Tapes
&
Records

214 W. 4th
943-9181

New Coop

A new co-op is forming in Olympia. It has evolved out of the owner-builder workshops to meet a need of the community. The purpose of this co-op is to provide owner builders with access to others in regard to building construction; this is related to material resources, skill and information exchange, and access to tools. We have drawn up by-laws, selected an initial board of directors, and will file articles of incorporation around the middle of May.

Our main activity, for now, is the Packrat Works. This is a salvage operation where co-op members can exchange work for materials with 25% of the usable salvage materials becoming co-op surplus for sale to members, who can't or don't want to work, and to non-members for raising capital.

We will be starting demolition of abandoned structures soon after incorporation, licensing, and obtaining permits.

It will cost \$20 to join the co-op and \$2/month dues. This is to raise money to cover costs of incorporation and operation.

For further information contact Max Knauss, 943-9143; John Ducharme, 352-1821; or Charlie Lutz, 866-2804.

Healthy Plants

When it's time to get tough on the bugs that have been bugging your plants, you don't have to resort to Napalming the gnats. Common pests can be ridden without poisoning your castle. Here's some ingredients.

1. Use 1/4 teaspoon glue & one pint H₂O. Mix together. This spray can be used on tops and bottoms of leaves for bugs.
2. Fine clay, 1 tsp (diatomaceous earth potter's clay or from the ground); 1/4 tsp. mild detergent; 1 pint H₂O. Blend or whisk, then strain. Use as spray, let dry and then wash off.
3. 1/4 Bulb garlic (or onion); 1/4 pack chewing tobacco; 1 tsp. detergent. Boil garlic and tobacco in 1 pint H₂O and then add detergent. Strain, use as a spray when cooled.
4. 3oz. garlic, liquid paraffin (opt.) 2 tsp., 1 pt. water, 1 tsp. liquid soap. Mix garlic and paraffin in water. Add soap. Strain. Use as spray.
5. One handful tobacco (chewing, cig. butts, pipe bits) in 1 gal. water. Soak for 24 hrs, dilute to weak tea, then drench soil or spray on leaves.
6. One large onion, 1 Tbsp. cayenne or hot pepper, 1 qt. water. Blend & let steep one hour. Strain. Spray or sprinkle on plants.
7. 2 Tbsp. buttermilk, 2/3 c. wheat flour; one gal. water. Mix and spray where bugs appear.

Compost

On May 12-14th CAREL will hold the New Age Education Conference at TESC. Sponsored by the local CAREL people, this gathering will be an intensive study of the reality and the aspirations of alternative education. There is a graduated registration fee for the conference. More information can be obtained by calling Debbie, 456-6664 (days).

The Womens' Commission will hold a public meeting Saturday May 13th from 7:00 until 10:00 p.m.. The meeting will be held in the Olympia Community Center. All interested persons are invited to attend.

There will be an open meeting at The Evergreen State College on Monday May 15th in lecture hall 2 at 6:30 p.m.. This meeting will be to discuss proposed by-law changes for the Olympia F.O.O.D. CO-OP. Charlie Lutz and Steve Buxbaum will be there to answer any questions you may have. Some of these changes seem of great import, so please read the by-law article in this issue and come to the meeting.

THIS NEWSPAPER IS IN DESPERATE NEED OF TALENTED PEOPLE ESPECIALLY IN THE AREA OF PHOTOGRAPHY AND GRAPHICS. IF YOU WANT SOME EXPOSURE FOR YOUR CREATIVE MASTERPIECES, OR IF YOU JUST WANT TO LEND A HELPING HAND (AND GET WORKING STATUS) DROP A NOTE IN THE CO-OP NEWSPAPER BOX OR CALL TERRI AT 866-BAKE. WE'D SURE APPRECIATE IT.

8. 1 Tbsp. soap or detergent, 2 cups water. Mix. To use, scrub with soft toothbrush, then rinse with plain water. Or, spray and wait one hr. and then rinse with plain water.
9. 1 Tbsp. of equisetum (horsetail grass or meadowpine), 1 cup water. Steep in boiling water until cool. Spray or rub on plants.
10. 1 Tbsp. chamomile steeped in one pt. boiling water. Let cool. Spray on soil.

APHIDS: 1,2,4,5, or 6 and feed with phosphorus and potassium. For a few mealy bugs, rub off with a cotton swab dipped in rubbing alcohol. 3 or 8 make an effective spray for them.

CYCLAMEN & PIDER MITES: 1,2,4,6,&7. The buttermilk in 7 destroys a high % of mobile forms of mites and mite eggs.

THRIPS: 1,2,4, or 6

ROOT MAGGOTS: 5

BACTERIA & FUNGUS: 4 & 9

FUNGUS GNATS, SYMPHYLIDS, SPRINGTAILS: 5

CATERPILLERS: Can be kept in check with 2 & 5.

Since these sprays are not very toxic, you can feel free to experiment mixing custom blends to suit your needs & available materials.


Taken from VEGETARIAN TIMES

The general membership meeting for the Olympia F.O.O.D. CO-OP is held the 3rd Tuesday of every month at 7:30 p.m.. The meetings are held in the Thurston County Senior Center, directly across the street from the co-op, all members are encouraged to participate.

The next general membership meeting will be Tuesday May 16, at 7:30 p.m. Charlie Lutz will be there at 7:00 to answer questions concerning the proposed by-law changes.

The Thurston-Mason County Crisis Clinic is an organization which provides a 24 hour, confidential, anonymous, telephone, crisis intervention, information and referral line; which is free of charge for the community.

Crisis Information & Referral 352-2211
Business 352-2220



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Thursday May 11
TINA BLADE & LUCY SHEEY
Former Olympians back from a year in Eugene will be reading their recent poetry.

Friday & Saturday May 12-13
ELECTRONIC MUSIC SYMPOSIUM
A Gnu Deli first. A high quality quadraphonic sound system will be used to play music created specifically for magnetic tape or tape combined with live performance. Works by Jim Stonecipher, Paul Tison, Michael Hunterberger, Mark Vale, John Alkins, Jeffrey Morgan, Peter Alkins, Phil Hertz, Robert Donker, and others.

Thursday May 18
TIM MCKAMEY & MARK FILLER
Tims vocals and guitar are outstanding. Mark is an exceptionally melodic percussionist and accompanies Tim on tongue drum.

Friday & Saturday May 19-20
BETSY ROSE & CATHY WINTER
Their original compositions mirror peoples roles in modern society. Jazz to folk--piano, guitar, fiddle bass and excellent vocals.

Thursday May 25
MICHEAL MICHELETTI, PAUL TISON, AND JIM DONEY
Accomplished musicians in their own right come together for another special performance. Piano, bass, and drums.

Friday & Saturday May 26-27
BETSY WELLINGS
A rich warm vocal style is the trademark of Betsy's music. Contemporary and traditional songs.