Little Deli Hits The Big Time

by Cindy Dollard

For the past few months the Co-op has been conducting an experiment called the Little Deli. Every Wednesday a Co-op staff person (myself) has been whipping up approximately 40 sandwiches and offering them for sale out of the Dairy Cooler. Shoppers are usually offered two or three choices of sandwiches ranging from Awesome Cream Cheese spread on an onion bagel; to Mom's tofu; to Swiss on a Rye Roll; to the Best P.B. ever, with many variations in between. There are occasionally a few bonus sweet treats offered as well.

This Little Deli has been such a smashing success that the sandwiches rarely make it through the day. As a result, the Little Deli is going to grow up and become a new feature at the Co-op: the Bigger Deli.

On March 31, the Co-op Board approved a capital plan allotting funds for the installation of a deli-display cooler, a fruit/vegetable juicer, a slicer, and an industrial blender. All of this equipment will be installed in the cheese packaging area at the rear of the store. Co-op shoppers will soon be able to buy specialty cheeses sliced to order, freshly squeezed fruit and vegetable juices, and refreshing smoothies, as well as sandwiches and salads. The Deli will be staffed by Working Members during lunch and dinner hours. At other times deli items will be available in the Dairy Cooler. Opening day is set for May 31. So mark your calendars and get ready for some big changes to happen in the back of the store.

If this sounds like a great idea to you, and you're wondering how you can help, there are several possibilities. First, we are soliciting entries in the "Name the Deli Contest." If you have any ideas, leave them in the suggestion bowl in the front of the store or look for the "Name the Deli" box to be appearing soon. If your name is chosen, you will win a free lunch at the Deli, and you'll have the satisfaction of knowing you were instrumental in the Deli's beginnings. Another place the Deli will need assistance will be with working members. We will need a crew of about 16 working members to staff the Deli. Training will begin in May. This is a great chance to learn about running a deli, to get discounts on food, and to be a part of the beginning of a very exciting change at the Co-op.

If you are interested, please fill out a Working Member application and indicate that you want to work in the Deli. At last, Olympia will have a place for fast food that is both nutritious and fun, as well as being conveniently located at the grocery store. Keep watching for further developments as the Little Deli grows up.
Thanks Cher!
The News would like to extend thanks to Cher Stueve-Portnoff for printing our mailing list labels at very short notice for the Winter '86 issue. Without the mailing list, we couldn’t have mailed to the membership. Thanks, Cher!

Pencil Amnesty Declared

Hundreds disappear monthly from Co-op. Yes, yes...those stubby writing implements that seem to miraculously appear in drawers, in pockets, inside checkbooks and even in cars...that are found often times not only near the front door of the co-op but all over the store!

Now is everyone’s chance to gather together the hundreds that have taken up residence in homes all over Olympia, and return them to the Co-op. Clear your conscience, unclutter your cars and homes. Make the next person in line a little happier!

May is Golf Pencil Amnesty Month. Thanks!

Mailing List Trouble

Dear Readers—
The Co-op, and the News, are in the process of switching our mailing list from one business to another. Because of delays, mix-ups and aclimating our new mailing list source, Inksters, with our system, we are having some problems with maintaining a complete and up-to-date list.

If you are an active member with your correct address on file at the Co-op, and you aren't receiving the News in the mail, please let us know. You can fill out a form at the cash registers (the cashiers will help) which will notify Bonnie, our member cards secretary, that you need to be put on the mailing list. If you don’t have your correct address on file, please update it.

In the meantime, pick up your copy of the newsletter at the store. Thankyou for your patience and co-operation!

Diane Gruver
Editor

New Announcements

by Diane Gruver

In the Winter issue of the News I solicited opinions about the issue of organizations other than the Co-op inserting stuffers (like your Co-op coupon) into the Newsletter. I tried to lay out the issues as I understood them so that readers could make informed responses.

Well, as it turns out, no one responded. That didn’t come as a huge surprise; this isn’t exactly the burning issue of the 80’s, after all. But upon further research, I was able to come to a decision that will at least serve for the time being. This amounts to a new Announcements Policy, in two parts.

1. Stuffing - Due to postal regulations, the Co-op News may not insert material from another organization. The reasoning and regulations are as follows:

   In order for a group other than the Co-op to include a "stuffer," or flyer, in our newsletter, we would need to send that flyer only to the members who, when they joined the Co-op, indicated that they wanted to receive mailings from other organizations. However, the News is bulk mailed to the membership, at a discounted rate (10.1 and 12.5 cents per copy), and in order to qualify for third class bulk rate, each copy must "be identical in weight, size, and number of enclosures." [from the USPS Bulk Mailing Instructions] This means we can’t send some people a flyer with their newsletter, and other not. Therefore, we can’t allow any other group to mail an insert with our newsletter.

2. Announcements - As an alternative, we will be featuring a regular Announcements Section, run at the back of the magazine. This will be provided for community events and announcements. It is not an advertising section for businesses, individuals or personal ads.

Statement of Purpose and Goals of The Olympia Food Co-op

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people by providing wholesome food and other goods, accessible to all, through locally oriented, not-for-profit cooperative organization. We strive to make human effects on the earth and its inhabitants positive and renewing. Our goals include:

- Provide information about food.
- Make good food accessible to more people.
- Increase democratic process.
- Support local production.
- See to the long-term health of the business.
- Assist in the development of local community resources.

Mailing Policy - The News is mailed to members quarterly. We mail one copy to each address on file, unless additional copies are requested. To recieve your copy, leave your name and address (including your zip code) at the Address Change desk. If this is in addition to another copy for your household, be sure to tell us the name of the person whose name is on the current mailing label. Otherwise, that name will be automatically cancelled when we do a mailing address check on the computer. Thanks!

Editor - Diane Gruver
Layout & Design - Penny Martindale
Contributors

Staff Photographer - Sam Van Fleet
Bulk Mailing - Andrea Winship
Upcoming Co-op Decisions
Your Votes Are Needed

by Grace Cox

Well, here it is, almost Board Election time again, and it's my job to generate a little excitement about it! So, at the risk of sounding like a politician, here's my "Get Out the Vote" speech.

We asked our studio audience their top two responses to the following question: "Why don't I vote?":

1. Everything's running smoothly, so why should I bother?
2. My vote doesn't count for much anyway. I'm just one person.

If you're a non-voter and see yourself uttering one of the two previous statements, read on.

1. A. Precisely because things are running fairly smoothly right now, the Board of Directors is embarking on an intensive Long Range Planning process which will result in goals and plans for the Co-op for the next 5-10 years. The Board you elect now will be responsible for developing these plans in the best interest of the Co-op and the Membership. Should we open 5 new stores in the next 10 years? Should we become the MEGA Foods of the co-op world? Should we close our doors to new members to prevent growth? While none of these are serious proposals, growth is just one of the issues involved in determining the nature and direction of the Co-op in the future. Participating in this election will help ensure that your opinion gets represented in the early stages of this planning process.

2. B. If you like how the Co-op works now, why leave it solely to members who are unhappy with the Co-op to elect the Board?

2. On the average, between 50 and 100 members vote in the Co-op elections. That's less than 4% of the "active" membership. Many board elections are decided by 5 votes or less.

This election even has an extra added bonus: A BALLOT ISSUE! Yes, Co-op shoppers, this is your opportunity to cast a ballot on a proposed voluntary surcharge for the Olympia Sustaining Fund. The proposal follows the responses from Board Candidates, and a more detailed pro and con statement will be available in the store during the Balloting period.

ELECTIONS ARE OPEN FROM MAY 12 - JUNE 9. PLEASE VOTE!

Three Board positions are open. Here are the four Candidates' responses to the Board application:

1. Name: Drew Betz
2. Why do you want to be on the Co-op Board? I want to become a member of the Co-op board because I am very interested in helping the Co-op maintain its integrity and position in the community and in guiding its growth. I feel very strongly that it is my responsibility to serve the co-op to the best of my abilities. I think I would be fulfilling that responsibility by serving on the board.

3. What abilities would you bring to the Board? I have been a member of three food co-ops, including the Olympia Co-op. As a member of the co-op in Bellingham, I worked as a cashier and later was part of an ad hoc steering committee which developed and carried out a process which established a first board of directors for that co-op. My husband, Michael, and I belonged to Puget Consumers Co-op before moving to Olympia last August. I am currently working as a cashier and a cheese packager. I would bring this history and experience with food co-ops to the board. I would also bring my abilities to solve problems, set policy, and make decisions by consensus. I have excellent communication skills and experience in organizational development, community outreach, adult education, and human services. I have a Masters Degree in Psychology, and my employment history includes food services, adult ed., parent education, and human services management. I am currently working to develop and direct Family Friends, an organization providing child abuse prevention services in Thurston County.

4. What do you see as the pluses and minuses of the Co-op as it is now? I think the co-op has a strong community base and is very supportive of local food producers. The co-op has a practice of selling products that support its philosophy and goals as an organization. The co-op has a strong, diverse and committed staff and workforce. I see all these as pluses.

The major minus I perceive is the fluctuation in community support in terms of workforce and store use. The seasonal fluctuations in income and availability of working members are long standing problems and the solutions are long term as well. I am aware of some of the steps the co-op is taking to broaden the support base and would support and encourage others as best for the co-op.

5. What would you like the Co-op to be like in 5 years? I hope that in five years the Co-op will have stabilized its support base by its policy of community outreach and education. I would like to see the Co-op expand the opportunity for members/shoppers to purchase high quality, organic foods as requested or voted by the membership. I would hope the present system of staff organization and working member participation would remain intact and would be thriving five years from now.

6. Other comments: I would be honored and very excited to serve on the Board of Directors. I would bring my energy and enthusiasm to the Board and am ready to represent the members to the best of my ability.

cont. next page
Voting continued

1. Name: Alan Brisley-Brown
2. Why do you want to be on the Co-op Board? Having been on the Co-op Board for almost one year I am just now feeling like an effective board member. I want to serve a second term to complete the process that I've begun.

3. What abilities would you bring to the Board? I bring to the Board my skills at facilitation and group decision making which are now enhanced by a year of working with the staff. Board and members of the Co-op. I'm a small farmer and know first hand the pressures of running a business and the demands of marketing as well as the dilemma socially and environmentally conscious businesses face in balancing financial pressures with our goals for a healthy environment and political and social change. My four years as a working member in the produce department gives me a hands on knowledge of the Co-op.

4. What do you see as the pluses and minuses of the Co-op as it is now? The Co-op's strongest assets are its working members and a sincere Board and staff that are working hard to be clear and make choices that both enhance the Co-op's business and increase its democratic process. The Co-op is a center of social activity in Olympia and serves as a way for its members to feel proud of and more connected to the source of the food they eat.

The Co-op's biggest weaknesses are very close to its strengths. We could involve working members better and give them more voice in decision making, especially concerning working member policies. The Board, the staff and the membership need to become clearer about how we want to balance business pressures against our progressive goals where they come in conflict. I would like the Co-op to take a stronger role in supporting progressive groups and activities in our area. The weakest aspect of the Board of Directors is our perennial inability to do long range planning for the Co-op. I believe that increasing Board terms to two years and holding elections once a year would increase the Board's effectiveness a hundredfold. It is nearly impossible to form a strong working board when half of the members potentially change every six months.

5. What would you like the Co-op to be in 5 years? In five years, I would like to see the Co-op achieve better pay for staff, a model working member system, a cohesive Board of Directors and a well-voiced membership. I would like to see the business stay in its present location and find a balance where it can do well financially without depending on continued growth — that we would have a budget based upon equilibrium rather than growth. In five years we would have a ten year plan for the business.

6. Other Comments: The explosions are fearsome enough, but more so are the smoking slivers of stone that sing past your ear when the bolt crashes into a rimrock. Still more so are the splinters that fly when a bolt explodes a pine. I remember one gleaming white one, 15 feet long, that stabbed deep into the earth at my feet and stood there humming like a tuning fork. It must be a poor life that achieves freedom from fear.

— Aldo Leopold

1. Name: Bob Shirley
2. Why do you want to be on the Co-op Board? I have just completed one year on the Co-op Board and would like to serve a second year (the maximum allowed by the by-laws). This year has been one of learning about the operations of the Co-op and the board as well as hard work. I have begun service as a member of the finance committee and wish to continue assisting with budget decisions. In the past I have worked as a cashier at the Co-op and have found working as a board member to be an equally good way to serve the Co-op.

3. What abilities would you bring to the board? In addition to my one year as a board member and service on the finance committee, I am a former manager of KAOS-FM, a community radio station with over 125 volunteers which is managed by consensus. As manager I worked with volunteers, staff and community organizations. I was also responsible for budget decisions. I am a former Crisis Clinic volunteer. I volunteered for three years and spent one year as a trainer of new volunteers. I am Past-President of the Nisqually Delta Association. At present I am a graduate student in public administration at Evergreen and work as the Senior Legislative Assistant to the President Pro Tempore of the Senate.

4. What do you see as the pluses and minuses of the Co-op as it is now? The pluses are a dedicated group of volunteers and working staff, ownership of our present location, and...
Working Member: T. C., Packager

Tracey Gibson

T.C. Erickson greets me with a smile. We start on a discussion of the beautiful spring weather that has just touched Olympia. She works steadily as we talk, cutting cheese with a thin wire cheese cutter and pulling plastic wrap from the large roll next to the scale.

T.C. has worked at the Co-op as a packager for two years. She shopped at the Co-op for a year or two before that and then started working as a member for the discount. She decided to become a packager because she was pregnant at the time, and couldn’t lift heavy boxes. She likes being a packager because it makes her schedule more flexible than other co-op jobs.

T.C. feels strongly about shopping at the co-op even though the food is sometimes more expensive than other stores. The money she spends here gives her better quality food, she says. And she likes that her money goes to support organic food growers. She buys her own food and because of it feels strongly about supporting commercial organic growers.

She recycles through the co-op and likes that she can bring her old jars in and fill them up and not waste with unnecessary packaging. She relates a story about some friends who came to visit and brought food from a regular grocery store. She says she didn’t know what to do with half of it because it was prepackaged and different from foods she was used to using — exactly the same problem people have the first time they come to the Co-op!

T.C. lives on a homestead 15 miles from town and comes into Olympia once a week to do her shopping and work her co-op shift. She likes working at the co-op because not only does it give her a discount but it’s a great social event. She gets to see lots of people she otherwise would never see. She often sees little groups of people standing in the aisles at the co-op talking like they are at a social gathering.

“I like the co-op because it keeps me in touch with alternative thoughts,” she says, “even standing at the check-out reading magazines you can get exposed to new ideas.” Certainly different, she points out, from People magazine, or the other stuff you can read at the regular grocery store.

We both start getting antsy to be outdoors in the sun. “I’m overloaded,” she says, “it’s time for a vacation.” And now with the sweet smell of spring and the call of the garden she’s thinking of taking next quarter off. “It’s good to take a vacation,” she says. T.C. will start back in the summer, preferably working another day. That’s a great thing about the co-op — its flexibility.
Steam-Rolling the Way to a Bowl of Porridge

reprinted from the Sunday Oregonian

by Matt Kramer

The Olympia Food Co-op sells the organic rolled oats produced by the Cooperriders at West Wind Farm, as well as occasionally carrying other grains grown at their organic farm.

In a time when “out-of-season” is a phrase that verges on quaint, the influence of the weather still exerts a compelling force. Supersonic transport or no, the fact remains that most of us eat what the moment in time puts before us, at least with respect to fresh foods.

More to the point, the presence of bone-chilling weather just doesn’t make us crave, say, a light salad the way a nice 90-degree summer day can.

A good example of the appeal of certain foods only at certain times is oatmeal. I can’t recall the last time I heard of someone craving a steaming bowl of oatmeal in August, but many’s the person who would like nothing better right about now. It’s a winter food, and rightly so. It also has a nostalgic ring to it that is as satisfying as the taste itself.

The taste of oatmeal, unfortunately, has gone through some changes. Bluntly put, most modern oatmeals simply are not as tasty as what would today be considered the “old-fashioned” versions. The reason is the one we probably can predict: modern food processing. Biblically put, we have forsaken our birthright of tasty oatmeal in exchange for a (quick-cooking) mess of porridge.

But all is not lost. Although Oregon is not one of the great oat-producing states in the nation — we rank 13th — a still-sizable amount of oats is grown locally, especially in Polk, Washington and Yamhill counties. Presumably, a good portion of these oats ends up at the famous horse’s mouth. The association of the horse with oats is along the lines of fish with water, so intimate is the conjunction.

Still, not everything that’s good in life gets fed to our pets, even though it sometimes seems that way; at least a portion of the local oats is destined for our delectation. And some of the products are exceptionally tasty.

One of the better oat-producers in the area is an organic foods operation in Sheridan called West Wind Farm, where Bob and Deni Cooperrider cultivate about 25 acres of oats organically and contract for an additional 300 acres of organically grown oats, which they clean and bag and send to Eugene to be rolled.

What makes this unusual is not only that the oats are notably tasty, but also that locally produced rolled oats are available at all. A rolled oat is just what the name implies: The grain is softened by steaming and then flattened into a flake between steel rollers. This type of oatmeal, which is the most common, is the most useful for breads, cookies and what the Scots call porridge. It is a quick-cooking product because the steaming and drying make the starch in the oats more soluble.

But steam-rolling oats is not a job for everybody. According to Cooperrider, only three mills in the country are capable of doing the job sensitively to create oats good enough for human consumption. One of them is located in Eugene. The problem, Cooperrider says, involves the release of an enzyme when the bran of the oat is broken. When oats are dry-rolled, which is the usual treatment for oats destined as feedstock, the result is a bitter-tasting oat. The critters don’t care. Steam-rolled oats are sweet, but the process is more exacting.

Unfortunately, the convenience of steam-rolled oats has made us seek ever greater convenience, which has been granted in the form of what is known as “quick-cooking” oats. These are steamed-rolled oats that are subjected to more steam and drying heat. The result is that the oats, like so many other foods, lose much of their delicate flavor through overprocessing. But the West Wind oats appear to skirt this disaster. They are flavorful and sweet, and the fact that they are local seems to add to the appeal.

In fairness, not all the great oatmeals are local. One of the greatest comes from as far away as Ireland. A truly old-fashioned oatmeal, it isn’t even steam-rolled, but only coarsely ground, which means that it requires as long as half-an-hour to cook. This oatmeal, called John McCann, is shipped in a tin can and sold at a price that will make anyone feel like a thoroughbred.

As for the proper handling of a bowl of oatmeal, several schools of thought exist, divided along national lines. The American approach calls for brown sugar, a pat of butter and a splash of milk or cream. The Irish, who consider sweetening essential, are known to like honey rather than sugar. But it is the Scots who lay down the most stringent laws on oat cuisine: They frown on the use of any sweetening.

Moreover, the Scots used to insist that oatmeal be eaten standing up. Gen. Sir Jan Hamilton, in his reminiscence, “When I Was a Boy,” writes that visitors were scrutinized during the porridge ceremony. “The worst and most deplorable giveaway was when the lady or gentleman took sugar. The next was to sit down at a table with the porridge instead of walking about the room with the bowl in one hand and the spoon in the other, as if you were ready to start off for the wars, or shooting, or fishing, next moment.”

I, for one, prefer to plop down in a chair with my oatmeal, sprinkle on honey and cream and think about making oatmeal cookies, which I am prepared to eat standing up.
Welcome to Merc

You may have noticed lately that there are new items in the Co-op's Mercantile Department. And you've probably also noted that some items you are used to seeing are not there. We, staffer Helen Thornton and working member Andrea Winship, are working on striking a balance between carrying basic items for co-op kitchens and introducing new merchandise.

Since display space is limited in the Merc aisle and this area has high maintenance needs, not all items will be carried all the time. Some goods will be offered seasonally: i.e. wool gloves and socks in the colder months, enamelware in the spring and summer. Other items will be offered as one time purchases only. Merc goods are frequently out-of-stock at our distributors or some items may prove to be slow movers, taking up valuable space and tying up Co-op capital. There will be close-out sales on stock we are discontinuing, so watch for the orange tags.

We'll continue to emphasize cooking accessories and utilitarian items and welcome your suggestions on goods you would like to have in Merc. Leave a note in the suggestion bowl, or in the front office addressed to Helen or Andrea.

Cheese and More

by Cosette LeCiel

In February, a warning was put out by the Food and Drug Administration concerning all French and French related cheeses imported into the United States. The Brie available at the Co-op was not amongst the brands subject to recall originally, but pending further investigation Peterson's (the distributor from whom the Co-op purchases a large percentage of specialty cheese) decided to discontinue selling Brie. When the actual recall letter arrived, dated March 14, 1986, the Co-op had not been carrying any Brie for almost a month.

Tests have shown that some lots of cheese contained Listeria monocytogenes. It is supposed to be killed by pasteurization. Listeriosis, an illness that can have adverse affects on pregnant women and their fetuses; to extreme it can be life-threatening. In healthy adults, it may cause a short lived flu-like illness, but to small children and others with weakened immune systems, it can be dangerous.

Until Brie and any other French specialty cheeses are proved free of listeria, they are prohibited from sale in the United States.

NEW CHEESES!

The good news from the cheese department is that there are lots of exciting new cheeses now available!

Fontina — AKA the 'pizza' cheese. Famous for its texture melted, excellent in Italian meals.

Gouda — The 'quiche' cheese. Try also a potato crust pie (bake and grate potatoes - press into a pie dish), fill with sauteed onions and chopped fresh spinach, cover with Gouda for a quick, delicious gourmet main dish.

Smoked Gouda, Farmer's with Caraway Seeds, and Havarti with Dill or Mustard — These are perfect for crackers and fruit, or cubed as a garnish to lots of vegetable dishes.

Soya Kaas — (Coming soon) A non-dairy soy cheese the world has been waiting for! A delicious, healthy alternative to other cheeses. No preservatives or artificial ingredients. Try eggplant parmesan or Lasagna. The tofu lover's cheese!
Fertilizers Are Important

BY John Konovsky

Organic fertilizers can compensate for the rainy, cool conditions seedlings face in springtime NW gardens. The rainy, cool conditions cause seeds to germinate and grow poorly. Why? Excessive rainfall leaches out essential nutrients and makes the soil more acidic. Some nutrients are flushed out of reach of the roots of the plants; others become unavailable for plant uptake because the acid acts like a magnet and binds them. An annual rainfall in excess of 40 inches leaches out at least 25 pounds of lime per 1000 square feet of garden every year.

Cool temperatures slow the germination and growth of planted seeds leaving them susceptible to disease and pests. The cooler the temperature, the slower soil organisms break down minerals in the soil into forms usable by the seedlings. The rate of growth of the seedlings is then limited by the quantity of available nutrients.

To ensure a successful NW garden, the basic problem — lack of nutrients — must be addressed. By adding organic fertilizers, seedlings get a nutrient boost that can make the difference in overcoming the rain and cool temperatures.

The best way to determine the nutrient requirements of garden soil and give the plants a nutrient boost is to test the soil for its nutrient content. Then, add those nutrients that are lacking. Bio-system Consultants (P.O. Box 43, Lorane, Oregon, 97451 – TEL (503)942-3656) can do the test and suggest application rates. The Co-op has the raw ingredients to make the custom fertilizer mix they suggest.

But, that takes time and money. The next best way is to guess. Typically, NW garden soils are extremely acidic and low in phosphorus, and so a rough estimate of nutrient requirements can be made. The Co-op is now selling a pre-mixed, complete organic fertilizer for general gardening purposes. It is the mix recommended in the 1986 Territorial Seed Catalog for NW conditions. It includes cottonseed meal for nitrogen (N), steamed bone meal for phosphorus (P), kelp meal for potassium (K) and trace minerals, and dolomite to sweeten the soil (see table). It should be broadcast on the garden at a rate of 10-15 pounds per 100 square feet depending on the soil conditions. Or, it can be mixed with the soil directly under the seeds just prior to planting to save resources and money. The complete organic fertilizer costs 54 cents per pound.

Here are two notes of caution. Heavier fertilization runs the risk of adding too much kelp meal. At concentrations greater than 1 pound per 100 square feet, growth hormones and natural fungicides in the kelp meal can disrupt garden life. Secondly, in the early spring, some additional bloodmeal (14% N, lasts 3 months) can further increase the health of a garden. The added nitrogen readily promotes the lush green growth of seedlings; however, more than 3 pounds per 100 square feet will burn the plants. At high concentrations, wait at least 2 weeks before planting.

Good Luck!

Staff member John Konovsky is in charge of seeds and fertilizers at the Oly Food Co-op, in addition to his regular staff duties.

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**PRE-MIXED, COMPLETE ORGANIC FERTILIZER**

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<thead>
<tr>
<th>WHAT</th>
<th>HOW MUCH</th>
<th>N-P-K CONTENT</th>
<th>LIFE</th>
<th>IMPORTANCE</th>
<th>SIGNS OF DEFICIENCY</th>
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<tr>
<td>Cottonseed Meal</td>
<td>4 parts by volume/ 6.4 pounds</td>
<td>7%,3%,1 1/4%</td>
<td>4-6 months</td>
<td>promotes green growth</td>
<td>slow growth or stunting; yellowish leaves</td>
</tr>
<tr>
<td>Steamed Bone Meal</td>
<td>1/2 part/ 1.3 pounds</td>
<td>3%,22%,0%</td>
<td>3.5 months</td>
<td>promotes root growth, disease resistance, and production of fruits, vegetables and flowers</td>
<td>slow growth or stunting; poor root development; poor yield, non-fruiting</td>
</tr>
<tr>
<td>Kelp Meal</td>
<td>1/2 part/ 1 pound (Plus trace minerals)</td>
<td>1%,0%,12%</td>
<td>6 months to 1 year</td>
<td>promotes strong stems, vigorous roots, &amp; increased diseases resistance</td>
<td>slow growth or stunting; lack of vigor and disease resistance; burned leaf edges</td>
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<tr>
<td>Dolomite</td>
<td>1 part/ 2.7 pounds</td>
<td>——</td>
<td>——</td>
<td>sweetens the soil and makes more nutrients available</td>
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8 Co-op News
But when do I plant my lettuce?

by John Konovsky

Soil temperature is the major factor to consider when deciding when to plant what in a garden. Each species of plant has a unique minimum temperature below which it does not germinate and grow well.

Soil temperature is influenced by the air temperature, exposure to sun, sand and clay content of the soil itself, drainage characteristics of the location, altitude, nearness to large bodies of water, and rainfall and fog, among others. Various combinations of these and other factors produce the wealth of microclimates found in the Northwest. The microclimates all follow the general trend of the weather in a particular year, whether it be an early spring or a late spring, but the variation from place to place can be dramatic. For example, there is a 50% chance in any given year that May 7 will have a low of 32 degrees or lower at the Olympia airport; it's a 10% chance on May 29. But, near Priest Point Park these dates are at least 2 weeks earlier.

The existence of microclimates makes giving specific dates for first planting difficult. One way to get around this is to look for signs from other plants. Steve Solomon from the Territorial Seed Company suggests planting lettuce when the apple trees first bloom, carrots when the blooms have fallen, and tomatoes when the cow parsnips bloom (Growing Organic Vegetables West of the Cascades, page 100). What follows, then, is a rough guide as to when to plant. Most of the times of year are as suggested by the Abundant Life Foundation in Port Townsend. Remember: earlier plantings are riskier, but some plants are sensitive to the amount of daylight, so do not delay too long. These dates are for planting seeds or transplants in an open garden.

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<th>Planting Chart</th>
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<tr>
<td>Early Spring</td>
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<tr>
<td>Mid Spring</td>
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<td>Late Spring</td>
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<td>Early Summer</td>
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<td>Mid Summer</td>
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<td>Fall</td>
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<td>Bush Beans</td>
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<td>Pole Beans</td>
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<td>Beets</td>
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<td>Broccoli</td>
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<td>Brussels Sprouts</td>
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<td>Early Cabbage</td>
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<td>Late Cabbage</td>
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<td>Carrots</td>
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<td>Cauliflower</td>
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<td>Celery</td>
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<td>Chard</td>
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<td>Collards</td>
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<td>Corn</td>
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<td>Cucumbers</td>
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<td>Eggplant</td>
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<td>Kale</td>
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<td>Kohlrabi</td>
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<td>Leeks</td>
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<td>Lettuce</td>
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<td>Melons</td>
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<td>Mustards</td>
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<td>Onion Seeds</td>
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<td>Parsley</td>
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<td>Parsnips</td>
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<td>Peas</td>
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<td>Peppers</td>
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<td>Potatoes</td>
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<td>Pumpkins</td>
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<td>Radishes</td>
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<td>Rutabagas</td>
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<td>Spinach</td>
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<td>Summer Squash</td>
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<td>Winter Squash</td>
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<tr>
<td>Tomatoes</td>
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<td>Turnips</td>
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Note: early spring generally includes late February and March; late spring begins when frost is unlikely.
The following reports are taken from the Alternative Agriculture News, February 1986, published monthly by the Institute for Alternative Agriculture. The Olympia Food Co-op carries only organic meats, and organic fruits and vegetables as much as possible, but Co-op shoppers should find these articles of interest no matter what your eating habits.

CONGRESSIONAL STUDY ACCUSES FDA OF LIVESTOCK DRUG REGULATION FAILURE

A study by a House Government Operations Subcommittee concludes that thousands of drugs and feed supplements used in livestock production have never received Food and Drug Administration approval and are being sold in violation of federal law. It said unregistered products being sold illegally include animal drugs imported from Eastern Europe and Asia.

The study is being described as the most detailed Congressional evaluation in 15 years of FDA's performance in monitoring and regulating the animal drug industry. The head of FDA's Veterinary Medicine Institute conceded at subcommittee hearings last July that only 2,500 of approximately 20,000 brands of animal drugs now in use have received formal agency approval.

FDA and EPA Fail to Ban Unsafe Agricultural Chemicals

Chairman Ted Weiss (D-NY) of the Subcommittee on Intergovernmental Relations and Human Resources said its study shows that FDA has failed to meet its legal responsibilities. "The law requires and consumers deserve far more public health protection that FDA has provided," he said. "It has repeatedly put what it perceives are interests of veterinarians and the livestock industry ahead of its legal obligations to protect consumers."

The report was highly critical of FDA's failure to restrict or ban animal drugs that its own scientists have identified as carcinogenic. It also hit both FDA and the U.S. Department of Agriculture for failure to develop chemistry techniques needed to detect many animal drug residues in meat.

EPA BACKS AWAY FROM BAN ON APPLE-REDDENING CHEMICAL

The Environmental Protection Agency has backed away from a ban on daminozide, a growth regulator widely used to redden apples and marketed by Uniroyal Company under the brand name Alar. Instead of banning the chemical, as it had proposed in a preliminary order last fall, EPA announced that it would permit continued but limited use.

The proposed ban was challenged by industry representatives who contended EPA has overestimated the amount of Alar in the average diet and insisted tests showing the chemical caused cancer were flawed. The new interim order requires growers to reduce the amount that can be sprayed on crops, reduces allowable amounts of Alar residue in apple sauce and other processed food products, and requires Uniroyal to conduct additional studies on Alar's cancer-causing potential.

It is estimated that half the nation's apple crop is sprayed with Alar, which makes the fruit firmer and more colorful. It also is used to make peanuts easier to harvest and to control ripening of cherries, pears, plums, tomatoes, and cantaloupes. Alar cannot be removed by washing or peeling.

What Is It?

Age 10 or under? Leave your guess along with your name, age, and phone number in the newsletter basket in the front office at the Co-op.

No-one guessed that the last What Is It? was the stack of small shopping baskets at the front of the Co-op. We apologize for making it so difficult — we think this issue's mysterious picture will be easier. Good luck!
New Books: Health and Sexuality

Diane Gruber

Play Safe — How to Avoid Getting Sexually Transmitted Diseases, Bea Mandel and Byron Mandel. 1985, Foster City, CA, Center for Health Information. 115 pps., $4.95


New to the Co-op Bookshelf are several books related to sexuality, ranging from Play Safe, a guide to avoiding STD’s (sexually transmitted diseases) for all sexually active people, to Positively Gay, a collection of essays about lifestyle issues in the gay and lesbian community. Here I’ll limit myself to brief descriptions of these two books, but be sure to check out the many new titles in this area, soon to arrive at the Co-op. A list of new arrivals is given at the end of this article.

Play Safe uses a question-and-answer format to address a wide range of queries about STD’s. It’s written by two people who’ve been working in the field for some time, Bea Mandel and Byron Mandel (unrelated), who answer nearly every question I can think of, aside from the Incredibly technical, in a straightforward style. They address the types of STD’s and the risks of each, how STD’s are transmitted and how to avoid passing and/or getting them, issues for sexual partners, common symptoms and characteristics of STD’s; also included is a list of resources for more information and assistance, a glossary, and some basic, “It boils down to this…” guidelines.

I liked several things about Play Safe. As well as being direct in their answers, the authors have answered many common questions: can I get STD’s from toilet seats, can children get STD’s, can people who are not sexually active get STD’s, are STD’s curable, what medications will cure which STD’s, what symptoms should I look for, and so on. I also appreciated the lay-out of the book — each question is dealt with on a separate page, even when the question and its answer are very short, making each item easy to spot and read.

Play Safe is clearly addressed to all people who are sexually active including heterosexual, bisexual, gay, and lesbian people, and places no blame on anyone for being sexually active in any way. I find that a refreshing outlook in light of a more conservative trend in much of the media about STD’s. Play Safe simply seeks to inform, and passes no judgement on anyone.

At $4.95, Play Safe would be an inexpensive and wonderful addition to both home bookshelves and libraries in schools, clinics and other institutions.

While Positively Gay is not a new book, having been published in 1979, the second edition (1984) is new to the Co-op Bookshelf, and me, and is not very far out-of-date. Edited by Betty Berzon, this collection of essays addresses lifestyle issues for gays and lesbians. It is intended for both heterosexual and gay people, and in addition to functioning as an anthology, is designed to be used in a discussion group; topic lists with appropriate readings from Positively Gay are given in the last chapter, along with suggestions for size and composition of groups, scheduling and structure. Different formats are suggested for straight, gay, and mixed groups.

The collection of twenty-one essays includes a Forward by Evelyn Hooker, Ph.D., noted for her work in the research of sexuality, including some of the first sensitive work regarding homosexuality. Following her essay on her own (heterosexual) view of the changing gay community, are the writings of lesbians and gay men on developing a gay identity, socializing in the gay and lesbian communities, lesbian and gay couples, gay and Christianity and Judaism, coming out to one’s family, being a gay or lesbian parent, aging, job and financial issues, and the voting gay community. Many of the articles are written by professionals, and the editor acknowledges that the collection is lacking in essays which address race and/or ethnic issues, disabilities, rural

What follows is an alphabetical list of books which are primarily about children or for children, but it also includes books about AIDS, gay parenting, Native American life, and the Arms Race. Staff member John Konovsky, who orders books, can be contacted for comments or suggestions. Please contact me (the editor) through the Co-op if you are interested in reviewing any of these or other books for the Co-op News.

A Kid’s First Book About Sex, Joani Blank and Marcia Quackenbush (Down There/Yes). For children with early reading skills, information about different parts of the body and sexuality.

Facing the Nuclear Age, Susan Goldberg (Firefly). A book for parents about talking to kids about Nuclear war and other arms race issues, centering on what kids themselves think of the arms race.

Who Am I?, Shashastra (Magical Rainbow). The eternal question of life explored, for all ages.

Dancing Feathers, Christel Kleitsch and Paul Stephens (Firefly). A young Ojibway girl goes to the city and makes new friends.

Whose Child Cries, Joe Gantz (Jalmar Press). Children of gay and lesbian parents talk about their lives.

The Play Book for Kids About Sex, Joani Blank and Marcia Quackenbush (Down There/Yes). For pre-pubescent kids, inviting them to explore aspects of sexuality; pictures to draw, questions to answer, and so on.

I Want to Tell You About My Baby, Roslyn Banish (Wingbow). A siblings feelings about the arrival of a new baby.

One Hundred Ways to Amaze Kids, Kate Campbell (Lexekos Press). The title is self-explanatory. Corny, humorous, and useful.

The Magical Rainbow Man, Shashastra (Magical Rainbow). A story about three children taken to the land of colorful love.

Sex and Germs: The Politics of AIDS, Cindy Patten (Southend). Both an explanation of the biology of AIDS, and philosophical and political issues surrounding AIDS.
Finance Report

by Kim Landshut-Moore

The 4th Quarter’s net income may have deceived some as to how the year would end up, but the final net income for the year was a fantastic $3,593.09. We were budgeted for an actual loss of $667.38; therefore, the Co-op not only pulled through, but flew through with flying colors!!! For the first time in the eight year history of the Co-op, the Accumulated Profit/Loss for the Co-op is in the black; that is, a total of $3,133.43 on the good side of the ledger sheet!

The budget for the year-end looked good. Sales were down $985.62 from what was budgeted (although total sales growth for 1985 over 1984 was a great 7.4%), margin dollars were up $4,323.96, total revenue up by $5,439.49 and expenses were very close by being over just $897.39, thus making the net income up by $4,542.10!!! With these figures analyzed, the 1986 budget will go as planned with no changes for the 1st quarter in 1986.

With 1986 well on its way, the first quarter for the Co-op is looking just fine. Total Sales for the quarter were $243,450.39, which is up 2.9% over last year. The budget calls for a 5% growth over the previous year, but hopefully the rest of the year will make up the difference. More figures from this quarter will be in the next issue.

CAPITAL PLANS IN 1986

Capital Plans for this 1986 budget cycle were discussed and agreed upon by the Board of Directors at the March 31st meeting. The proposals were as follows:

1. Front Office Remodel — Resituating the front office area including the working member and children’s area. Plans fell through due to a miscalculation on measurements.

2. Storage Freezer — The freezer which is currently in the back room is not only a safety hazard, but it is gradually turning into a small glacier. On that note, this plan was passed.

3. Back Office Remodel — For those of you who have seen the back office, that should be explanation enough as to why this needed to be done. Holes in the floor, spider infestation, and ugly orange walls do not make for a very comfortable working environment. This plan was also passed.

4. Deli Plan — With a nice display cooler, juicer, blender and slicer, a deli at the Co-op would be a welcome sight. The advantages described in Cindy’s article in this issue were just a few of the determining factors which brought the Board to a positive vote for the Deli Plan.

5. Computerizing the Co-op — This system would bring the Co-op together on one machine. Decided against in hopes of implementing a computer system at a slower pace, watch for news of a computer which will be donated to the Co-op in the near future — details yet to come.

With three of the five Capital Plans being passed, there should be some noticeable changes at the Co-op soon. To have any other questions answered, stop by the Co-op and see me, Kim, and I will be happy to answer anything I can.

What do you want from your co-op?

Is the Co-op meeting your needs? What do you want the Olympia Food Co-op to be in the way of a food store, social center, model cooperative business? If you want to air your hopes or your concerns, then come to our annual membership meeting. Our goal for this year’s meeting is to have a good time while we do what needs to be done. There will be ample time for free-form conversation and sampling of new and interesting products and we will make sure that there is space for serious concerns to be addressed as well. You will get to meet candidates for the board of directors and talk about the ballot for the Co-op’s participation in the Olympia Sustaining Fund — a proposal for a voluntary surcharge at the register which would help fund local progressive organizations and efforts.

The Co-op belongs to the membership and each small contribution of thought and energy is what makes it special and uniquely ours. So come and talk and sample and help make the Co-op serve you and your community better.

<table>
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<th>INCOME STATEMENTS</th>
<th>4th Qtr.</th>
<th>Year-End</th>
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<tbody>
<tr>
<td>Sales</td>
<td>$238,796.17</td>
<td>$912,722.73</td>
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<tr>
<td>Margin $</td>
<td>49,365.59</td>
<td>202,277.97</td>
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<tr>
<td>Margin as % of Sales</td>
<td>20.67%</td>
<td>22.16%</td>
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<tr>
<td>Other Revenue</td>
<td>872.17</td>
<td>3,076.34</td>
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<tr>
<td>Total revenue</td>
<td>50,237.76</td>
<td>205,354.31</td>
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<table>
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<td>Staff Cost</td>
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<tr>
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<tr>
<td>Other Expenses</td>
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<tr>
<td>Total Expenses</td>
<td>53,167.38</td>
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<tr>
<td>Net Income</td>
<td>(2,929.62)</td>
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</table>
Co-op Board Approves Deli, Ballot Initiative

by James Skutt-Kakaria

At the March 31 meeting of the Co-op’s Board of Directors, staff members Cindy Dollard and Grace Cox presented the idea of starting a delicatessen section in the store. Following discussion, the Board agreed to support the idea and approved funds for the purchase of a display cooler, a commercial-sized juicer, and other equipment. The new section will be located in the spot at the back of the store where cheese preparation and packaging is now done. After the operation gets started, specialty cheeses will be sold on a cut-to-order basis, and many interesting products are planned. Watch for the deli as it gets its start in our store. It is a significant new development in our store’s operation, and members should feel free to offer their suggestions.

The Board also approved, after discussion, the idea of presenting to the membership the idea of creating a new community funding process named at this time the Olympia Sustaining Fund. The idea was presented at the meeting by Paul Fink and Tom Nogler, and will be put to the membership for their approval. The fund would be created from a voluntary surcharge at the register.

You’ll be able to read the ballot question when the general Spring election gets underway May 12th — the same day as the Spring General Membership meeting. Please attend this meeting and vote in this election!

Co-op In Labor

by Harry Levine

Things are sailing along smoothly in Labor land at the Co-op. 1985 was the Year of Turnover and 1986 will hopefully be the Year of Stability. So far, so good.

Though it’s been overwhelming at times, staff has covered the gaping holes created by Beth and Tim’s exit. After 3 months, Kim feels quite comfortable with the Co-op’s bookkeeping systems, and is ready to increase her time on the floor. Cosette has learned much in her new role as Organizational Coordinator (aka, Catch Everything That Slips Through the Cracks Coordinator). Kim, Cosette, and the Finance Committee are responsible for managing the Co-op’s finances.

Other staff positions and responsibilities are:
Grace — Merchandizing Coordinator, Dairy Manager, Board Rep.
Kirk — Grocery and Miscellaneous Non-taxable Manager
Ron — Produce Team and Frozen Manager
Helen — Produce and Mercantile Manager, Building Maintenance
Harry — Personnel Coordinator, Bulk and Gooley Manager
John — Produce Team, Seeds and Fertilizer Manager
Cindy — Deli, Bread and Herbs Manager
Kim — Bookkeeping, Assistant Grocery Manager
Cosette — Produce Team, Cheese Manager

So now you all know who to talk to about different areas of the store.

In Working Member land, stability is high. Amazingly, only 6 cashiers from winter quarter didn’t sign up to continue in spring quarter. Most of the stockers, packagers, and closers re-committed for the spring. April was training month at the Co-op, so if you’re interested in working, contact Harry for future trainings and/or fill out a Working Member application.

Policy continued

(continues, the News does not carry advertising of any sort, although we may in the future.) Announcements of community classes, educational programs, celebrations and other events held by non-commercial businesses can be sent to:

Olympia Food Co-op
921 N. Rogers
Olympia, WA 98502
Attention: Newsletter Editor

The announcements deadline will fall 5 days after the regular deadline (i.e., if the regular deadline (for articles and reports) falls on June 13th, the announcements deadline falls on the 18th; if articles are due on Dec. 29th, announcements are due on Jan. 3rd).

Both deadlines are posted at the store, inside the front cover of the latest quarterly issue, and also in the Announcements section.

I hope this is clear, and seems fair and reasonable. If there are any questions, please get in touch with me through the Co-op.

Books continued

Lifestyles, and youth, and the relationship of each to gays and lesbians. I would like to add to that list Class, and to some extent, cultural issues. Still, the range of articles is good, interesting and contains valuable insights for people of whatever sexual orientation. I thought the discussion guide suggested a particularly interesting use for Positively Gay, but for whatever purpose used, I recommend this collection to anyone interested in lifestyle issues and the gay community.

Positively Gay includes updating information for the second edition, relating to organizations, publications, and bibliographies, making this a really worthwhile collection for the person new to this information.
Voting continued

a good cash-flow situation. The Co-op is not facing any crises at this time. The minus I see from a board standpoint is the lack of market information to help the Co-op make decisions which will assure it a sufficient share of the market over the next several years. Olympia and the Westside are changing and the extended hours at Safeway and Bayview, for example, will affect the market, as will the demographic changes in the Evergreen student body.

5. What would you like the Co-op to be in 5 years? I would like the Co-op to have a broader membership base. I do not want to see the Co-op rely on any less volunteer work and would like to see the Co-op in a position to increase wages and benefits for staff, as the board did this past year.

6. Other comments: The Co-op is nearly a million dollar a year business which requires considerable work from the board to operate. I have worked for one year as a board member and a member of the finance committee and wish to use that experience for one more year as a board member.

Thank-you.

Background Information:

Paul Fink and Tom Nogler, both long-time Food Co-op members, are creators of The Olympia Sustaining Fund, conceived to act as a money-granting foundation to help local projects and organizations of a progressive nature. It will operate much as a traditional foundation, receiving and filtering grant applications through its board. The money will be raised by taking a 1% surcharge on to the purchases of customers of cooperating businesses across the city.

At the Food Co-op, we are proposing a 1% voluntary surcharge as the most appropriate method to use; other businesses may choose to use other methods. We estimate that the Food Co-op's membership will contribute approximately $5,000 per year to the Fund (up to $20,000 or more per year would be raised annually citywide).

We do not see the Food Co-op as the centerpiece of the Fund. We hope to have a dozen or more businesses join the Fund in the next 12 months. Issues which we hope to see supported by the Fund include: peace and justice, economic democracy, women's rights, gay and lesbian rights, environmental protection, and much more.

The Food Co-op is the first local business that has agreed to formally consider supporting The Olympia Sustaining Fund. If the membership votes its support, this is what will take place. In July or August, a city-wide meeting open to the public will be called by Tom Nogler, Paul Fink and others who wish to help. Participants in this meeting will have the task of formulating a process for the selection of the Olympia Sustaining Fund Board. The Board will reflect as wide and diverse a membership as possible. The Board will be responsible for disbursement of the funds, which could begin after it had formalized its own structure and grant-making process. This will probably be in early Autumn.

Because the Olympia Sustaining Fund is still in its inception, the Food Co-op Board of Directors will be responsible for initial and continuing approval of Food Co-op participation in the Fund. The Food Co-op Board, for

REFERENDUM ON THE OLYMPIA SUSTAINING FUND

Title of Referendum: “Should the members of the Olympia Food Co-op have the opportunity to voluntarily contribute on an ongoing basis at the cash register toward the Olympia Sustaining Fund, provided the technical, legal, and organizational aspects of implementing and continuing this proposal meet the the approval of the Food Co-op Board of Directors?”

example, could choose to not collect surcharges for the Fund, if the Fund was not set up and used in a manner consistent with the intent of the Food Co-op members (as stated here and in the ballot).

A final crucial point... Voting 'Yes' on this ballot simply affirms your right to voluntarily contribute to the Olympia Sustaining Fund as a member of the Food Co-op. In no way will you be required to contribute.

Questions and comments may be directed to Paul Fink (943-7999), Tom Nogler (754-4608), John Calambokidis (943-7325), and John Konovsky (754-7666).

Pro and Con statements will be available during the balloting period.

ELECTIONS ARE OPEN FROM MAY 12 - JUNE 9. PLEASE VOTE!
Announcements

Summer Issue Deadlines
Material for the summer issue of the news is due June 6 at 7:30pm (articles, stories). Announcements and community event info is due June 10 at 7:30pm. Mail submissions can be sent to: Olympia Food Co-op, 921 N. Rogers, Olympia, WA 98502—attention editor. You can also drop articles and info into the ‘News’ box in the front office of the Co-op.

The 2nd INTERNATIONAL PERMACULTURE CONFERENCE
"Regenerative Systems for an Abundant Future"
AUG. 8-10, 1986
THE EVERGREEN STATE COLLEGE
OLYMPIA, WASHINGTON USA

WITH BILL MOLLISON, MASANOBU FUKUOKA, AND WES JACKSON

WORKSHOP LEADERS, PAPERS AND DISPLAYS INVITED

For further information contact:
Permaculture Institute of North America
6481 Marwellon Road
Clinton, WA 98236 USA

Results

The Olympia Food Co-op’s Annual general membership meeting will be held on Monday, May 12, from 7-9:30pm, at Great Beginnings Daycare, 703 N. Rogers, 3 blocks south of the Co-op. All Co-op members are strongly encouraged to attend this important, and fun event.

The Olympia Food Co-op’s Annual general membership meeting will be held on Monday, May 12, from 7-9:30pm, at Great Beginnings Daycare, 703 N. Rogers, 3 blocks south of the Co-op. All Co-op members are strongly encouraged to attend this important, and fun event.

There is a unique opportunity available to the Olympia community for taking action to end hunger. The Olympia RESULTS Group. RESULTS is a nationwide, grassroots, citizen lobbying organization whose purposes are to create the political will to end hunger and to break through the thought, "I don't make a difference."

RESULTS stands for Responsibility for Ending Starvation Using Legislation, Trimitabbing and Support. Buckminster Fuller coined the term, "trimitabbing" in reference to the changing direction of the Ship of State. Just as an oceangoing vessel has trimitabs, small, easily moveable flaps on the rudder which facilitate turning the rudder to turn the ship, so there are trimitabs in society and the political system that aid in shifting policy and social action — senators, representatives, editors of newspapers, you and I.

The Olympia RESULTS Group meets once a month to learn about a key element, issue or piece of legislation. Participants then write letters to the appropriate “trimitab,” that person whose action could impact the outcome of the concern at hand. RESULTS supports members by sharing information and providing the time and place for the contribution (letter-writing) to occur.

Come to a RESULTS meeting, and see for yourself — there is tremendous satisfaction in discovering you do make a difference. Meetings are held on the last Monday of each month, from 7:00 to 9:30pm, at the Good Shepard Lutheran Church on North Street (across from the Olympia High School Stadium). For more information contact Dylan Gillis, 943-7163, or Kristin Blalack, 446-7219. See you there!
Enter The

Name The Deli Contest

Rules: 1. Keep it simple
2. Keep it sweet
3. Enter before May 11

Grand Prize

Complementary Lunch at the New Co-op Deli and Full Recognition!!!