



921 N. Rogers • Olympia, WA 98502 • Free • Summer 1986

YOUR VOTES ARE IN

Results from the recent Board election and ballot measure are now in. Three hundred twenty-nine (329) votes were cast, an increase of approximately 300% over previous elections, thanks to increased visibility of the elections created by the staffed ballot table. Votes for the Board members were cast as follows: Alan Brisley-Bown — 265, Drew Betz — 240, Bob Shirley — 208, and Jon "Eppo" Epstein — 175. Congratulations to Alan, Drew and Bob!

Votes for the sustaining fund ballot measure were 216 in favor, 96 opposed, and 17 abstentions.

Thanks to all who worked the tables and all the members who took the time and effort to read the ballot and cast votes.

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LONG RANGE PLANNING AT THE CO-OP

John Konovsky

The Board of Directors and interested staff met on April 14th to discuss long range planning for the Co-op. Both the staff and our cash flow situation are very strong right now; we hope to use the long range planning process to build on our strength and come to some consensus on how we would like the Co-op to change (or not change) over the next 3-10 years. The largest issue we must face is cashing-out the building; we intend to include a financial plan for that goal and for the rest of the plan.

At the meeting, a Long Range Planning Committee was formed to put together a process for long range planning and carry it through. Members include John Calambokidis and Jan Field from the Board and John Konovsky from the staff.

The Committee has outlined the following process; the Board approved it at its April 28th meeting.

ALREADY DONE:

June 10. — Hired Lowell "Duke"

Kuehn from TESC to facilitate the long range planning process.

June 29 — Duke facilitated an all day meeting with the Board, Staff, and interested members on future directions for the Co-op. The agenda roughly included: reviewing the mission statement; brainstorming future directions; categorizing the directions; prioritizing categories and directions; and identifying the needed information.

TO DO:

July/August — 1) Design and carry out surveys; 2) Do other research; 3) Duke and the LRPC will write a rough draft of a Long Range Plan.

August 25 — The Board will comment on the Long Range Plan at its regular monthly meeting.

Sept./Oct. — Members will comment on the Long Range Plan.

November — Duke and the LRPC will rewrite the Long Range Plan.

November 24 — The Board will approve an election package for a referendum on the Plan.

December — Members will vote yea/nei on the Long Range Plan Referendum during the election.

Member enthusiasm for the plan is crucial for it to be implemented and successful. There are still 3 times for you to share your ideas and opinions:

1. during the surveys in August;
2. during the comment period in the fall; and,
3. during the election in December.

Some members have already participated in the process at the General Membership Meeting held on May 12th and at the Retreat held on June 29th. We want *your* input too! Do you want the Co-op to move into a Bayview-sized store? Open a branch on the eastside? Expand the present building? Provide seed money for a independent eastside co-op? Limit its membership to a size that encourages socializing while shopping? Let us know!

If the 'Shoo' Fits...

The Co-op is being dogged by a recurring problem... too many dogs! Now, to all you canine fans, it may seem like all bark and no bite, but the facts of the matter include:

1. The mail carrier refuses to deliver and pick-up mail when there is a dog at the door;

2. Some customers have been intimidated by dogs (including small children who've been snarled at);

3. During hot weather when we have the doors open to catch a modicum of breeze, doggies feel free to stroll the aisles in search of owners and tasty tidbits, upsetting other customers (not to mention the health department);

4. Dogs have lifted their legs on the plant rack, left surprise piles on the sidewalk, and picked fights on the door step.

Please help us lick this doggone problem by refraining from bringing your dogs to the store. Thanks.

Mailing List Progress Report

The Co-op's new membership/ mailing list is in good shape, despite the difficulties that accompanied the transference of our constantly-changing list of between two and three thousand names, addresses, and related information from one type of computer to another, and from one business to another. Working members who staffed Co-op voting tables during the May-June election told me that the new membership printout from Inkslingers was quite accurate for voting purposes. Thanks to those of you who turned in address changes when you voted, and to the election committee that thought of taking the opportunity to collect corrections to the list. This should help a lot.

Now comes the rest of the refinement process! Most members will have noticed that, in the last (Spring 86) News mailing — contrary to our standard policy — most households with more than one Co-op member received duplicate copies of the News. That is, copies were mailed

New Member-Card Worker

Welcome to Virginia Charak-Lange as my new co-working member in sign-up processing and maintenance of the member card system! Virginia has been working on member cards this past quarter, while I've been devoting more attention to Inkslingers and the mailing list. She came along just when I really needed help, and she is doing a splendid job! Questions, comments, suggestions, and information regarding member cards can now be directed to either or both of us. Cashiers should leave member card stuff in our box in the front office, and other members should give sign-up forms and notes regarding member cards or the mailing list to cashiers at the check-out stand.

DEADLINE

The Fall issue of the OFC News will be published at the end of September, just in time for the arrival of many new faces in Olympia, due to the start of Fall classes. Articles, reviews, recipes, brilliant ideas, and other items of interest to Co-op shoppers must be submitted by Sept. 8th, and community events announcements by Sept. 13th, either by mailing to: *The Olympia Food Co-op, 921 N. Rogers, Olympia, WA 98502, attn. Editor*, or by dropping them off in the Newsletter basket in the front office at the store. I will pick up material at 7:30pm, both deadlines. Questions? Leave a message for Diane at the Co-op.

out to all individual members on the list. This happened because we did not manage to get an address-sort run on the computer before the mailing took place. At the time that I'm writing this, we plan to ask Inkslingers to run the sort in time for mailing the current, Summer edition. So the copy you are holding in your hands should be the only one sent to you household! So far, so good. There's just one

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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.

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MAILING POLICY

The News is mailed to members quarterly. We mail one copy to each address on file, unless additional copies are requested. To receive your copy, fill out an address form at either the sign-up table, or the check-out stand, and give it to the cashier. If this is in addition to another copy for your household, be sure to fill in, on the form, the name of the other person in your household receiving the News. This will tell the computer that separate copies should be mailed to both of you at the same address. Thanks!

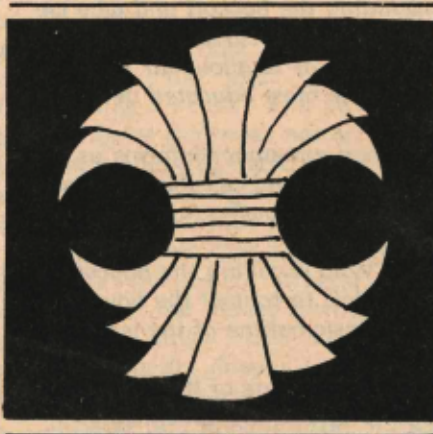
International Permaculture Conference

Shelley Ferer

In the past ten years more people have studied various topics involved in ecological design than ever before, working to learn about such topics as edible landscaping, organic farming and gardening, and the rehabilitation of damaged ecosystems. In August, the Permaculture Institute of North America is sponsoring the second International Permaculture Conference, "Regenerative Systems For An Abundant Future," to further this network among the world community. Three of permaculture's more prominent advocates will be speaking.

Bill Mollison is a pioneer in alternative agriculture and ecological design. He coined the term permaculture, blending the words permanent and agriculture to designate his concept of renewable, sustainable food production. He polished his ideas while working at the University of Tasmania as senior lecturer in environmental psychology. In 1978 he left the University to found the Community of Tagari in Stanley, where the residents applied his concepts to make themselves more self sufficient in producing food. In that year Mollison, with David Holmgren,

published *Permaculture I*, a synthesis of land use ideas and a compendium of economically useful plants and animals. The following year he developed his ideas further in a second book, *Permaculture II*. Since publication of these books, people all over the world have organized to conduct workshops and seminars, and to initiate actual designs and projects. In 1984, the momentum of this interest lead to the first International Permaculture Conference in Tasmania.



Masanobu Fukuoka, a legend in his own time and author of *The One Straw Revolution*, has laid one of the

cornerstones of sustainable agriculture. He studied microbiology and worked as an agricultural customs inspector as a young man, but early in his career he began to question the fundamental principles of modern agriculture. He returned to his father's farm, and over the next 35 years developed a unique method of no-plow agriculture. Fukuoka advocates studying nature to discover a renewable way of producing food, rather than using techniques that deplete the soil and require more work, fertilizers, and machines. He farms on the island of Shikoku in Japan, producing abundant harvests of rice and barley without plowing or flooding his fields. Fukuoka also writes and lectures about his philosophy and techniques, and shares his knowledge with the many visitors to his farm.

Geneticist and author Wes Jackson will also be a primary speaker. Jackson's research may one day revolutionize grain farming. He heads the Land Institute in Salina, Kansas, a research farm he began in 1976. He and other investigators are developing perennial grain crops to replace costly, erosion-prone annuals such as corn and wheat. Jackson's inspiration is

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Of Cover Crops and Corn Salad...

John Konovsky

When the summer is over, what do I do with my garden?

Our climate here in Olympia is mild enough to permit fairly extensive winter gardening. The soils freeze only occasionally and many hardy crops can grow through November, then await harvest, or overwinter and finish growing in the first early, warm days of the following spring. The weather will permit successful winter gardens on the average of 2 out of 3 years here. Good soil drainage will help a garden survive the winter rains.

There are 2 good books on winter gardening. One is *Growing Organic Vegetables West of the Cascades* by Steve Solomon; the other is *Winter*

Gardening in the Maritime Northwest by Binda Colebrook. Check them out for lots of detailed information!

If you are new to winter gardening and want to try something simple, here is what I suggest: corn salad. It is a tasty, leafy green that also works well as a green manure. You get the benefit of homegrown greens throughout the winter and your garden gets the benefit of a green manure when you till the remaining corn salad into your garden in the spring.

Corn salad originated in Europe. It grew in the stubble of harvested grain fields. It is very winter hardy and its taste improves with the season. It still has the ability to grow well in soils of moderate fertility.

The seeds germinate after the soil temperature drops from its peak in

August. Sowings in early September can be harvested beginning in December; late sowings in January or February, but do not plant corn salad after the first of October.

In March or April, the corn salad flowers, but the stalks remain very tasty. The plants are small and low to the ground; they take time to harvest. Pick the large, outer leaves throughout the winter and till the rest of the plants into your beds when you prepare them in the spring. If you let the flowers go to seed, be careful lest you introduce a new weed into your garden.

Seed them thickly 1/2 inch deep in rows at least 12 inches apart, or broadcast the seed thickly over a raised bed. Either way you cannot go wrong.

New Disability Discount, Boycott Guidelines

The Co-op has two new policies recently adopted by the board which you all should know about, Disabled Discounts and Product Boycotts.

The first policy offers free membership and a 10% discount to anyone who has a disability which significantly impairs their ability to earn a living. We ask that people self-select based on need; no judgements will be made by the Co-op. If you or anyone you know is eligible, contact a staff person to sign up. Actual policy wording follows:

"The Olympia Food Co-op offers increased member benefits for those persons whose financial situation and/or ability to produce income is significantly impaired by a disability. Any staff member can authorize a "Discount Membership" which entitles disabled shoppers to a 10% discount on all purchases. No member fees will be charged.

"If the nature of the disability makes shopping in person difficult, the disabled shopper may identify another person to shop for them.

"We welcome any and all suggestions for increasing the accessibility of the Co-op to all."

The second policy is basically a clarification of an old policy which was not being fully followed. It concerns products being boycotted and how they will be handled.

1. Whenever possible, the Olympia Food Co-op should honor nationally recognized boycotts which are called

for reasons that are compatible with our goals and mission statement.

2. Exclusions to this policy include:

A. Staple products that are being boycotted across the board [e.g. if someone called a boycott on all non-organic bananas] or for which alternate brands or product lines are not available.

B. Dietary specialty products for which alternatives are not available.

3. In the event that we decide not to honor a boycott, we should make an effort to publicize the issues surrounding the boycott and why we are continuing to carry the product in question, so as to allow our members to make the most educated decisions possible.

4. When a member informs us of a boycott we should ask them for as much of the following information as possible:

A. Who is calling the boycott

B. How to contact the boycotters

C. Basic outline of the issues involved.

D. Parameters of the boycott [i.e., what products are specifically involved.

E. What will end the boycott

5. The merchandising team will be the responsible body for deciding whether or not to honor a boycott. The staff can review and possibly override the merchandising team's decision if there is strong opposition. The department manager will be responsible for seeing that accurate and current information on the boycott

is available to staff and members and for following through on decisions regarding boycotted products.

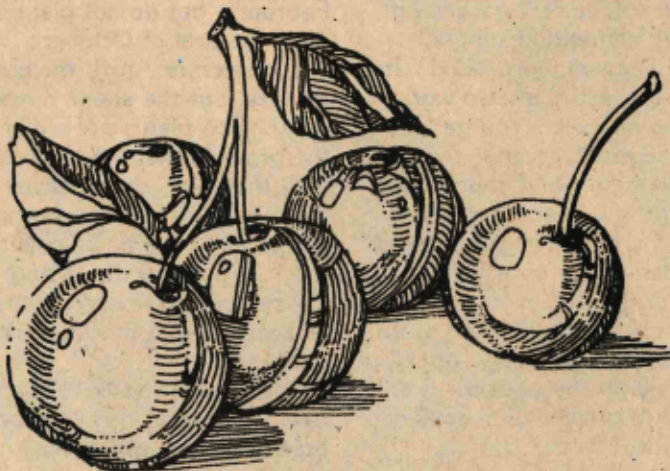
6. We will inform producers of boycotted products that we are boycotting them.

If you have any questions or suggestions regarding either of these policies, please contact Grace at the Co-op.



Mailing List Progress, cont.

other notable problem (I hope), and I now ask for your patience and help in solving it. Unfortunately, we have completely lost, in the transition shuffle, the data that told us the name of 200 or so members who had specially requested their own copy of the News in addition to the one already being sent in the name of someone else in their household. To those members I extend apologies, and humbly ask that you once again fill out the little white form at the store and give it to the cashier. Thank you. And once again, if there is any member whose household is still not receiving the newsletter at all, despite, perhaps, repeated requests, our further apologies for asking that you, too, bother with filling out the form on more time! Over the past few quarters, it has been too easy for errors to occur, despite the best efforts of everyone involved to prevent them. This time, folks, I really do think we have it pretty well together. To a non-computerite like me, this is somewhat remarkable. Thanks for putting up with the delays and explanations. Your patience helps get out the News!



Recycling Robo

A strange title, subject to explanation. This entry is meant to spark interest in recycling. What more, you ask, can I do besides saving all those plastic bags and throwing my beer bottles in the barrels? You can do a lot. America throws away some of its best resources. If you doubt this concept, ponder it the next time you're unemployed. Almost anything can be reused if we can just figure out how.

Robo was a commercial washer in a laundromat before he retired. We bought him from a junk dealer for \$5.00. Buying used is a good way to recycle. Robo worked long and hard for us with very little care. And since his demise he has donated several of his organs and body parts to recycling projects. His outer shell and backplate have become the 'barrow' part of a wheelbarrow. Some of his internal struts were also used in that project. The 'basket' section, the part where you put the clothes, is now a quick composter. It sits in our greenhouse covered with black plastic. It not only rots organic matter quicker, it contributes heat on cold nights. Getting any ideas yet? How about a wood chisel from an old carving knife?

It's easy — just follow along. Break the blade an inch to two inches from the handle. There are two ways to do this — 1. Throw it at the garage wall and hope for the best, or, 2. Wrap the pointed end in an old towel, lay the knife against a brick, put an encyclopedia (Britanica preferred) on top of the towel. This prevents the broken end from flying up and putting out your eye or killing your cat when you smack it with a hammer, which is what you do next. (Fig. A) if it doesn't break straight across, file it so that it is. (Fig. B.)

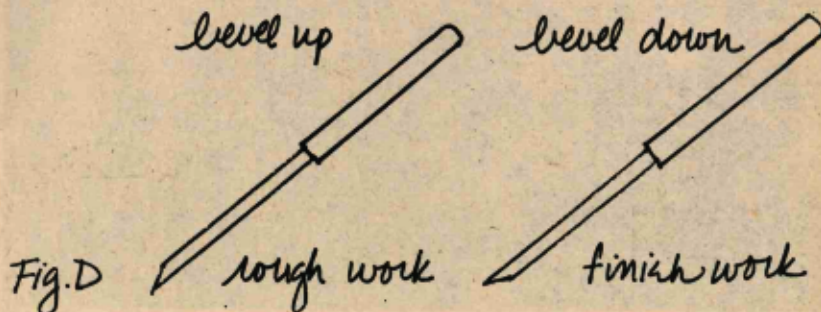
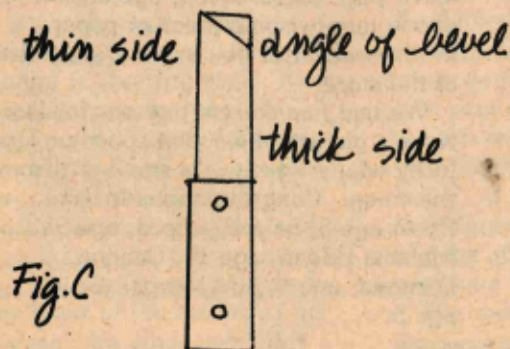
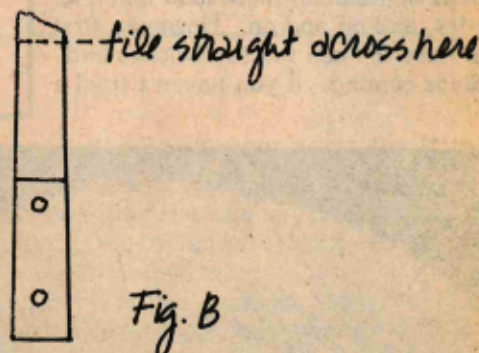
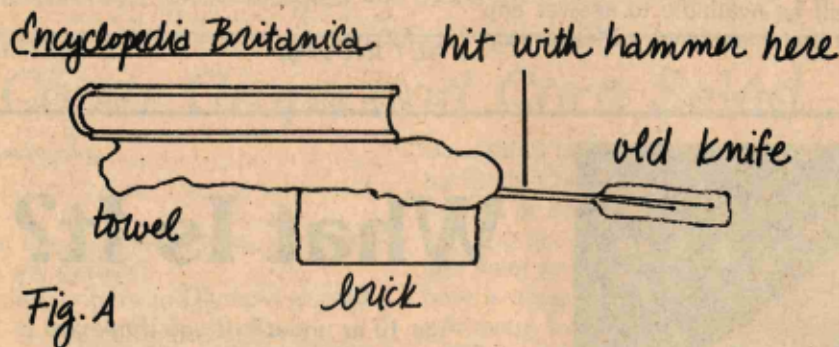
Now, to make a chisel you have to sharpen the end. This is called making a bevel. The bevel has to be the same thickness across the width of the blade. A knife blade has a thin side (the cutting edge) and a thick side just like the thick and thin side of life if you're into that kind of thing. If you made the bevel straight across the width of the blade, it would be thicker on one side. This would cause the chisel to dig deeper into the wood on one side. That would make a crooked chiseler and nobody wants to be that. To avoid this, simply angle the bevel into the thick side so that it remains

the same thickness all the way across. (Fig. C) Wrap the handle with tape or wire to give you a better grip and to keep it in one piece. Hit it with the side of your hammer, and the chisel and your knuckles will last longer. Doctors recommend sharp tools, as these wounds are easier to stitch. And seriously, sharp tools used properly are less likely to hurt you. When you use your chisel remember, for rough deep cuts use the chisel bevel-up and for finish work use it bevel down. (Fig. D.)

Two more quick tips — First from Jessica, age four. If a visiting friend admires one of your old toys, wrap it in the Sunday funnies and give it to them the next time they come over to play. Jessica thinks if everyone did this kids would have new things to play with all the time. Parental guidance is suggested lest your kid gives away your dog or a little brother.

And last — those plastic produce bags. If they have printing on them, don't turn them inside out and store food in them. Why? The printing eventually begins to flake off into your food. I don't know what it's made of, but I don't want to eat it, and assume you don't either.

So, anybody else have some great recycling ideas? Let's share them. Robo Lives!



Welcome the People's Deli

Cindy Dollard

May 31st marked the super colossal grand opening of the Co-op's new deli. We got under way in true co-op fashion: everything was just a bit behind schedule, we couldn't decide on a name, and the cooler ceased to function on its second day of operation. But thanks to a truly creative deli crew, things are functioning smoothly now. As fast as food is prepared it disappears out of the dairy case and becomes a smile on someone's face.

The deli workers are the life blood of the deli. They are encouraged to prepare food that they enjoy eating, as a happy cook is the essential ingredient in a good meal. Good meals are what People's Deli is all about. If you are interested in training as a deli working member, fill out an application at the co-op.

The deli seeks to offer a wide variety of foods for varying tastes and budgets. There will be a choice of dairy and non-dairy items in the deli case, as well as a few choices of salads. We'll work to keep prices affordable for everyone.

What is in the deli's future? Smoothies, organic carrot juice, hot soups and ciders, more food made to order, and on and on. However, first we have to keep the sandwiches and salads coming. If you haven't tried a

deli meal yet, try one, and if you have, try something different.

With continuing support and patience from the shopper, the deli will continue its growth into the Oly Co-op.



Finance Report

Kim Landshut

INCOME STATEMENT 1st Qtr. 1986

Sales	\$243,450.39
Margin \$	55,914.60
Margin as % of Sales	22.97%
Other Revenue	381.32
TOTAL REVENUE	\$ 56,295.92

EXPENSES	
Advertising	\$ 859.31
Newsletter	1,063.48
Utilities and Telephone	2,718.19
Maintenance and Repair	489.48
Depreciation	3,131.09
Staff Cost	30,425.27
Taxes	1,962.96
Interest Expense	3,410.41
Other Expenses	8,958.73
TOTAL EXPENSES	\$ 53,018.92
NET INCOME	\$ 3,277.00

With our Sales only reaching 3% of our budgeted 5%, and budgets being under spent by 3%, our net income was a healthy \$3,277.00 this first quarter. We were budgeted to make \$2,337.05 the first quarter, so for 1986 we are well on our way to a great year!

The Capital Plans which were passed in the first quarter have taken off with a bang this second quarter. The back office is nearly finished, the Deli is in and operating, and a new storage freezer should be on its way soon.

Sales this second quarter are looking good this far. As of the 9th week into the quarter, our sales are almost 10% over that of last year; meaning that we have more than reached our budgeted 5% sales growth.

With the back office almost finished, I will soon be moved back in and once again I will be available to answer any questions you may have. Please stop by.



What Is It?

Age 10 or under? If you think you know what this mysterious thing is, leave your guess, name, age and phone number on a piece of paper, in the newsletter box in the front office of the store.

We had five correct guesses for last issue's picture of wooden spoons. The lucky winners receive a small gift from the co-op. Congratulations to Toni Rose, age 5, Sara Bradford, age 9½, Malaika Edden, age 10, Deanna Dantona, age 6, and Morgan Gruver, age 5.

Cheeseland

Cosette LeCiel

With the coming of the deli, there are a lot of changes in the cheese department. Some specialty cheeses are available in the new deli, as well as the display cooler. Deli services include pre-cut, cut to order or sliced cheeses. We will also be carrying a whole new array. Try melted cheese on apple pie, or fresh fruit and cheese plates. And enjoy:

Lo-Salt and Lo-Fat cheeses — Farmer's, Pepper Jack, Cheddar and Swiss. All low in fats. Excellent for people wishing to lower sodium intake or on sodium restricted diets.

Natural Green Onion Jack, Farmer's with Caraway Seeds and Farmer's with Dill — Great lightly toasted on Ak Mak, or better still, in a fresh garden summer salad.

Soya Kaas has arrived! — A non-dairy soy cheese made with all natural ingredients. Flavor ripens when cooked like other soy products. Try it in a Mexican meal on a quesadilla, or have soya enchiladas.

Smoked Cheddar or Gruyere — Both excellent sharp flavored cheeses for the cheese connoisseur. Try the following recipe:

NO NUKE NOODLES [For the Perfect Meltdown]

1/2 lb. of Smoked Cheddar or Gruyere, grated or cubed
1/2 pint of Sour Cream
1/4 lb. of Finely grated Romano (save half for topping)
Kelp Powder
1 clove minced garlic
1/2 bunch chopped Green Onions
1 lb. Fresh Noodles (boiled til tender in Mineral or Distilled water with a pinch of sea salt)

Place cooked noodles in a casserole dish, while still hot. Mix in other ingredients. Place in oven at 425° for 15 minutes, or until lightly brown on top.

Sprinkle fresh cubed tomatoes and finely chopped almonds with grated Romano cheese on top. Broil for about 20 seconds, or until glowing brown.

Another meal for a nuclear free zone! Say Cheese Please - and enjoy!

Announcements

Fall Newsletter Deadlines

Deadline for the Fall issue of the OFC News, due out at the end of September, is Sept. 8th for articles and Sept. 13th for community events announcements. Material is picked up at 7:30 in the evening on both deadlines — mail submissions to the Co-op, or drop off in the Newsletter basket in the front office of the Co-op. Questions? leave a message for Diane at the store.

Long Range Planning Committee Formed

All interested Co-op members will want to be part of the Long Range Planning (LRP) process, currently underway. You can be a part of what's happening during these times:

July/August — take part in a survey designed to collect your ideas,
August 25 — attend the Board meeting, open to all members, when the Board will comment on

T'ai Chi Classes Offered

T'ai Chi is an ancient Chinese martial art, and has the advantage of regular exercise combined with a slowness of pace which relaxes the mind as well as the body. It is based on principles of effortless breathing, rhythmic movements and weight equilibrium. Build strength through slow dance-like movements. Relieves tension, improves circulation, puts you in tune with your body. All ages welcome. For info, call Cosette at 357-9476.

Practice Group — Tuesday Evenings, 6:30-8:00, starts in July. **Leisure Ed Class** — Tuesday and Thursday, 12-1, CRC 307, TESC.

the proposal which was drafted from the results of the survey, **Sept./Oct.** — members are invited to comment on the LRP proposal, **December** — Your chance to vote on the LRP proposal.

There are many more steps in this process, and for a more detailed explanation, and people to talk with, see the article, page 1 of this issue.

The 2nd INTERNATIONAL PERMACULTURE CONFERENCE

"Regenerative Systems for an Abundant Future"

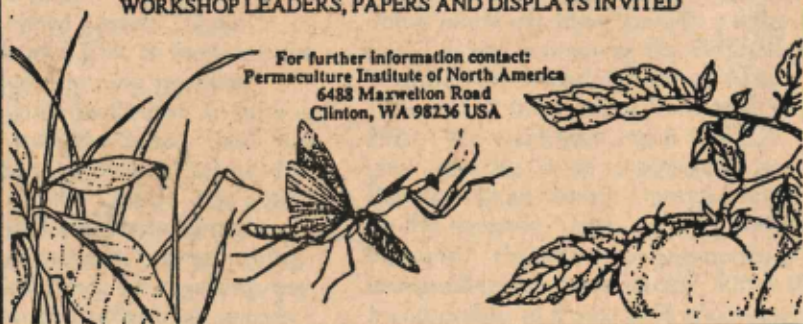
AUG. 8-10, 1986

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
6488 Maxwell Road
Clinton, WA 98236 USA



Permaculture Conference, cont.

the prairie grassland, a complex ecosystem that perpetuates itself without cultivation or fertilizers. At the Institute, Jackson is developing high yield perennials and grain polycultures that mature at the same time and have other qualities that will help make replacement of annual cereal grains with perennials possible.

Over 600 people from around the world will join Mollison, Fukuoka, Jackson and other leaders in regenerative agriculture to exchange ideas and information. Many work toward similar goals in urban planning, forestry, wildlife management, and many other fields involved in filling food, fiber, and energy needs. The conference is designed to bring

this great diversity of people together. There will be a tradeshow, issue panels, workshops, and review of on-going projects. The Permaculture Institute of North America invites everyone to participate in the conference at The Evergreen State College, Olympia, on the days of August 8-10. For further information and registration materials write: PINA, 6488 Maxwellton Rd., Clinton, WA, 98236.

The conference organizers need volunteers to help at information booths, note taking at workshops, and many other tasks both before and during the conference. This is an opportunity to have fun and get to know others interested in permaculture while contributing to the conference. Places to stay for conference participants from out of town are also needed. If you can volunteer, call Susan Buis, 352-9524.



Olympia Food Co-op

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