

February/March 2015

Volume 5, Issue 1

**Sales and Deals**

See the promotions for February and March! Pages 4 & 5

**Board meetings**

Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board meets at 6 p.m. on the second Thursday of every month at the Rosemont Retirement Center at 215 Killion Rd SE, Yelm, Wa 98597.

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# Plastic Bags vs Reusable Bags

**Debbie Burgan**

What is your preference? Do you prefer plastic? Or do you prefer reusable bags? If you prefer reusable, do you use woven, non-woven polypropylene, or something durable and washable like cotton?

Last July, Thurston County passed into law its ban on plastic grocery bags for Lacey, Olympia and Tumwater. Although Yelm, WA is in Thurston county, it is not part of this ordinance. Below are the details that I took from Thurston County's website. The link to it is at the end of the article.

Let me know what you think after reading this article. My question is this: Are the cheap polypropylene bags any better than the plastic bags, or should I invest in a few durable



bags that are easily cleaned and will last over a 100 uses?

**Ordinance**

Lacey, Olympia, Tumwater, and unincorporated Thurston County have adopted an ordinance that bans stores from giving out

many types of single-use plastic bags. Stores must also charge at least 5 cents for paper carryout bags to encourage people to bring reusable bags.

The ordinance took effect July 1,

**See Bags, page 3**

# 2015 Produce Update

**Kate Morgan**  
Store Manager

and longevity of the produce that we sell.

Due to the fact that we are a small store, we have often been unable to carry product that sells slowly. This year, it is our desire to keep the produce section looking fresh and spiffy, and to increase the products available for our customers. We hope the new setup and display encourage shoppers to make YFC a one-stop shop for their fruit and veggie needs (in addition to the Farmers Market, of course). We have already witnessed a marked increase in sales in some



of the products that we carry.

Another benefit from increased sales comes in the form of lower prices. With higher turnover, we will be able to move in the direction

of ordering whole cases of product at a time. This will save us the split case fees that we incur from Organically

**See Produce, page 5**



# General Manager's Report



**Barnaby Ulrich Rintz**  
General Manager

Happy New Year to all of our readers! 2014 was a strong year for the Yelm Food Cooperative in terms of sales, and we hope to follow-through with upgrades to the store into 2015. Although many of our improvements include equipment, new products, and better service for our shoppers, a lot of the upgrades that we tend to as a staff will never be seen by a customer. For example, most of the paid staff worked with me to draft our budget for 2015. Certainly, YFC employees have strong skills with numbers, but budgets involve a series of complicated steps that attempt to generate sensible expectations for store performance in an ensuing year. I think that having prior year financial statements makes the task much easier than making up numbers for a start-up. But none of us are fortune tellers, and trying to predict the cost of expenses like electricity can often blow up in the face of the people putting a budget together. Our electrical use may increase dramatically if we add new refrigerating fixtures like our new produce merchandiser. Moreover, the cost of fossil fuels can drive the price of all energy sources through the roof. Ultimately, we need to give our best guess, and then try to hold firm in the case of unexpected cost increases. Now that we drafted a budget for 2015, we will begin to analyze our actual performance against our proposed budget in order to adequately adjust our fiscal expectations on a monthly basis.

Budgets and forecasts involve merely one aspect of the store concerns which will improve our store and, subsequently, our sales. Other areas of discussion involve training, researching, reviewing, and planning. When it comes to planning, we will not spend as much money on major changes for 2015. Instead, we will focus on some minor improvements to the bulk area, produce, and the front end. 2016 is the year that we hope to begin a revamp of the store that will make us more like a full-service health food store than what we are now. Prepared foods are critical to providing our shoppers with the spectrum of goods that our competitors like Safeway and QFC already have. But, for now, I would like to write about personnel-based improvements.

The managers of Yelm Food Cooperative meet every week in order to touch base, and in order to keep our eyes on the money stream. We want our store to be attractive, warm, and friendly. But we need our store to operate in a fiscally responsible fashion. The more that our staff understands the value and use of the dollars that we make, the more we can provide the kind of shopping atmosphere that puts customers at ease. We have taken great strides in making many things happen over the past two years - shopping carts with baby seats; a corner for kids to play so that the parents can worry less while getting groceries; literature about food nutrition, preparation, production and - to some extent - legislation; a produce merchandiser that properly capacitates and displays sensitive fresh fruits and vegetables; air conditioning that relieves customers, equipment, and foodstuffs. If we did not pay close attention to how we spend and use money, none of these projects could have occurred. Your shopping dollars do more than pay a few bills: They make the vision of a full-service, community-oriented, safe food grocery store possible. In a rela-

tively short period of time, our little store could flourish as a shopping destination that prioritizes the health and well-being of the people in our neighborhood. Keeping our entire staff on board with this vision will be a priority in 2015.

When I first started working at YFC, I drafted training and personnel manuals for basic work duties like cashiering, stocking, and helping on the shop floor. It has been nearly two years since then, and a lot has changed. Although the training manuals are not entirely obsolete, they definitely need significant adjustments. Just having one person draft these manuals leaves the material very one-dimensional. Although we are just a small grocery store, it is amazing how many little rules and methods each staff member needs to know in order to help us operate properly. For example, a cashier has to fully understand what it means to be a member, and they need to encourage non-members to join. Since the last time that I last updated the cashiering manual, our corporate status has changed: We are now a 501 c 3 nonprofit organization. This important shift in business structure dramatically alters how we give potential members incentive to join. Not only that, but we still want to convey the benefits that some non-members receive through reciprocation.

Members of other grocery cooperatives and active military do not get surcharged when using credit or debit cards, but other non-members will get surcharged. At the same time that we want new members to join, we also hope to encourage

non-members to take full advantage of the opportunities that they receive as well!

Another critical part of the operation of YFC involves The Board of Directors (BoD). I have full faith in the skills of our current BoD to provide the direction necessary for the improvements that I have proposed over the next two years. It is not easy to represent over 1000 people while directing a grocery store to the sustainable 'promised land'. Risk is a factor with any business, including 501 c 3s. In order to remain a viable competitor, we are focused on upgrading our store dramatically by 2017. Any major upgrades cost a lot of money, and loans might not be an option. We have an exciting future to look forward to with all of our planned changes. In the spirit of true cooperation, our dedicated Staff, Board of Directors, and Volunteers are ready to make great things happen.

*Note: I have only mentioned the planned improvements for 2015. The plans for 2016 are only in the initial idea phase, and a detailed proposal for these plans will not become available until late in 2015. Since the plans for 2016 are large in scale for our store, the feasibility of these plans may interfere or even halt any potential implementation. I am not divulging these plans to the general public at this point for this reason.*



**GAYATRI YOGA CENTER**

# Celebrating the Co-op Team

Heidi Smith

## Celebrating the Co-op Team

Everyone contributes. Some may do one four-hour shift a week, others may help with specific events like Beer & Brats, while some may work more than two shifts per week. But throughout the year, everyone connected with the Yelm Food Cooperative, employees, volunteers, and working members, all support its success. Those contributions were recognized at the annual Appreciation Party on December 14th in a festive night filled with outrageous food and great wine. "It's important to acknowledge the

people who volunteer their time and energy to support the co-op and make it grow - to honor them for their time and energy," says event coordinator Barbara Morando.

"I think everyone really saw how much they were appreciated because it was clear that a lot of thought and effort went into the event," says Manager Kate Morgan. "I was really impressed with how beautiful the setting was and how much the organizers had put into it." Local chef Dawn Young of Early Dawn's Eatery created a delectable spread and Anne Marsh provided matching wines from the

Wine Cellar of Yelm.

Volunteers are essential for the running of the store, says Kate. "They get their discount and a couple of little perks, but other than that, they don't get a lot of appreciation. A lot of customers don't realize that they're volunteers." Board Treasurer Tom Dewell was struck by how many of the people being recognized have been part of the organization for years, if not from the beginning. "This organization was founded and kept alive for so many years by the hard work of people who have decided this is a cause they want to support and are willing to give time and energy to

make it so," he says. "Volunteer-based organizations are so tenuous because those folks can walk at any time, but so many of ours have stayed and stayed and stayed."

Aside from a chance to acknowledge everyone, the event offers another opportunity. "Even as an employee, I don't get to interact with all the volunteers who might come in once a week," says Kate. "People get to meet other working members and volunteers that they might not even know. Events like this form a community relationship. Getting to interface with the board and all the people involved just makes it stronger."

## Bags From page 1

2014. The information below will help retailers and shoppers understand the ban.

### Ordinance details and exemptions

Below are some highlights of the ordinance. The ordinance took effect on July 1, 2014 in Lacey, Olympia, Tumwater, and unincorporated Thurston County. *[Yelm is incorporated so this ordinance does not affect us.]*

#### Summary

- Retailers may not provide customers with single-use plastic carryout (shopping) bags, including those promoted as compostable, biodegradable, photodegradable, or similar.
- Retailers may provide customers with any size recyclable paper or reusable carryout bags.
- Retailers must charge a minimum of 5 cents for each paper carryout bag of 1/8 barrel (882 cubic inches) or larger. These are typical grocery bags with a flat bottom greater than 60 square inches.
- Retailers may charge a fee for smaller paper bags or provide them free.
- Retailers keep all revenue from paper bag fees. The charge is a taxable retail sale.
- Retailers must show all bag charges on any receipts provided to customers.
- Retailers may provide reusable plastic carryout bags (2.25 millimeters or thicker) with or without a fee.
- Paper bags 1/8 barrel (882 cubic

inches) or larger must contain an average of 40 percent recycled fiber and display the recycled content on the outside of the bag. Recycled fiber and labeling is encouraged for all sizes of paper bags.

*Note: Retailers with existing supplies of plastic carryout bags on site before July 1, 2014 may use them until supplies run out.*

#### Exemptions

Retailers may provide reusable plastic carryout bags (2.25 mils or heavier) for free or for a charge.

Customers using vouchers or electronic benefit (EBT) cards from state or federal food assistance programs for grocery purchases are exempt from the 5-cent paper bag charge. Food banks and other food assistance programs can still distribute items in plastic bags.

The following types of bags are still allowed:

- Plastic bags used in stores for bulk items or to protect vegetables, meat, fish and poultry, frozen foods, flowers, deli foods, etc.
- Plastic bags for take-out orders from restaurants and grocery store delis. Recyclable paper bags are encouraged.
- Dry-cleaner, newspaper, and door-hanger bags.
- All plastic bags sold in packages (bags for garbage, yard waste, pet waste, etc.)

But are all reusable grocery bags the same? Do they have a shelf life? If so, how long is it? The most important thing that determines the

life of a bag is the quality of the materials. The next aspect involves the material being used to make the bag. Is it washable? Another important question is how efficient is the process of making bags with a particular raw material.

For instance, polypropylene bags are the most common reusable bags on the market. This is the kind of bag that we sell at the Yelm Food Cooperative. Polypropylene bags require about 28 times as much energy to produce as the standard disposable plastic bag. Also, the location where they are produced affects the shipping costs, and it can increase the carbon footprint as well.

Unfortunately, most locally made, high quality bags - like cotton - will cost more than those shipped from overseas. On the other hand, good reusable bags usually last far longer than the cheaper bags. For instance, a cotton bag "made in the USA" might cost \$10 or more, but it can be washed repeatedly for many years of productive use. One study shows that a cotton bag has to be used 131 times to compensate for the negative costs of the plastic disposable bags that many local governments are now banning. The inexpensive polypropylene bags may cost about \$3, but they only have a handful of uses. If they are poorly constructed, then they will fall apart even sooner.

Recently, our Farmers Market

Manager, Karen Rae found some pretty sturdy bags made in India. They retail for \$10 and will last a long time if taken care of.

Things to remember when buying bags:

- Choose bags that will last a long time;
- Consider where the bags are manufactured;
- Consider what materials the bags are made of;
- Purchase bags you will use;
- Remember to use the bags!

My personal choice, after having researched for this article, is to move away from the polypropylene bags to sturdier, washable bags. Since most of my bags are falling apart, I'll be culling the herd and moving towards bags that are more durable and environmentally responsible. My choice for these bags would be that they are made out of cotton and made in the USA.

## WINE TASTINGS AT THE STORE

*"Taste often. Drink what you like."*  
— Anne

Join Anne each Saturday from 1-4  
p.m. in the  
Wine Cellar.

*It's fun. It's casual. It's tasty and no  
one ever left sorry that they visited.*



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Amy's Lower  
 Sodium Lentil  
 Soups  
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Van's Blueberry Waffles

**WHEAT FREE**

Member  
 Price

**\$2.71**/9oz

Evol Chicken Burrito



Member Price

**\$2.22**/6oz

Lucini Pasta Sauces  
 Member Price

**\$7.49**/25.5oz



Spectrum Flax Oil  
 Member Price

**\$8.83**+tx/8fl oz



Vitamin D Sunny  
 Gummies  
 Member Price

**\$11.26**+tx/100ct



Ancient Secrets Nasal  
 Cleansing Pot  
 Member Price

**\$10.33**+tx/ea

Cleanwell  
 Disinfecting  
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 Member Price

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 Potato Chips  
 Member Price

**\$2.93**/5 oz



Peanut Butter Newman O's  
 Member Price

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479 Popcorn  
 Member Price

**\$2.45**/bag



Twinings  
 Organic Tea  
 Member Price

**\$4.30**/20ct



Organic Food Bars

**ALL KINDS!**  
 Member Price

**\$2.72**/2.4oz



So Delicious  
 Coconut Milk  
 Member Price

**\$2.45**/Qt

Endangered Species Chocolate  
 Bars **ALL KINDS!**

Member Price

**\$2.97**/each



Jeff's Naturals  
**ALL OLIVES!**  
 Member Price

**\$5.45**/7.5oz



Andalou Lotions  
 and Gels  
 Member Price

**\$7.68**+tx/8.5oz



Greek Gods  
 Yogurt  
 Member Price

**\$4.64**/24oz

Prince of Peace  
 Jasmine Green  
 Member Price

**\$6.39**/100ct



# The Cure for Your Holiday Sugar Hangover

**Heidi Smith**

Let us guess: your friends, relatives and neighbors dropped by during the holidays bearing individually wrapped chocolates, homemade cookies, pumpkin pie and more. Delicious as they undoubtedly were, at this point the sight of one more sugary concoction might send you over the edge. Fortunately,

ly, the Yelm Cooperative has an antidote: sugar-free jams, jellies and preserves from Nature's Hollow. The company also makes honey, maple syrup and an all-natural sweetener that are perfect for anyone looking to tone down their sugar intake. As an example, while regular maple syrup has 53g of sugar per serving, Nature's Hol-

low maple syrup has zero.

The secret ingredient is Xylitol, a natural sweetener with a very low glycemic index and few calories. Nature's Hollow uses Xylitol in all of their creations, which makes them ideal for diabetics, and those looking to manage their waistlines now that the holidays are over. Unlike many artificial

sweeteners, it also tastes good. "I love the ketchup and jams," says co-op purchaser Florence Vincent. "My diet requires I cut out sugar completely, so the products are a god-send for me."

Visit the Yelm Co-op and pick up a jar or two and kick off your new year on a healthy note!





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	Blue Monkey 100% Mango Juice Member Price <b>\$1.74/12oz</b>		Garden of Eatin' Tortilla Chips Member Price <b>\$4.64/16oz</b>		Desert Pepper Salsas Member Price <b>\$4.07/16oz</b>		Koyo Plain Noodles Member Price <b>\$1.04/1.9oz</b>
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	Caesar's Gluten Free Frozen Meals Member Price <b>\$5.80/11oz</b>		Bella Terra San Marzano Tomatoes Member Price <b>\$4.91/28oz</b>		Amy's Allo Mattar Member Price <b>\$2.67/5.5oz</b>		Barbara's Select Cereals Member Price <b>\$3.36/box</b>
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	Bach Rescue Pastilles Member Price <b>\$5.87+tx/50gm</b>		Quantum Super Lysine Cream Member Price <b>\$5.35+tx/0.25oz</b>		Quantum Zinc Lozenges Member Price <b>\$1.83+tx/35ct</b>		Nature's Gate Toothpaste Member Price <b>\$3.94+tx/6oz</b>
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	Select Beanitos Member Price <b>\$2.43/6 oz</b>		Cisse Baking Mixes Member Price <b>\$8.13/18.9 oz</b>		Choice Organic Teas Member Price <b>\$4.10/13 oz</b>		Silver Hills Mack's Flax Member Price <b>\$3.89/22oz</b>
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	Food For Life Cereal Starting At <b>\$6.15/16oz</b>		Cascadian Farms Frozen Vegetable Member Price <b>\$2.67/16oz</b>		Farmers Market Pumpkin Member Price <b>\$2.45/15oz</b>		Earth Friendly Wave Auto Dish Gel Member Price <b>\$4.29+tx/40oz</b>
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	Golden Temple Strawberry Hemp Granola Member Price <b>\$3.42/pound</b>		Shelton's Ground Turkey Member Price <b>\$4.62/16oz</b>		Organic Bulk Peanuts Member Price <b>\$4.03/pound</b>		Dr. Praeger's Fish Sticks Member Price <b>\$6.05/11.2z</b>
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**Produce** From page 1

Grown Company, our main produce supplier. We will then be able to pass those savings on to customers.

There is also big news from one of our local farmers. Mari's Farm has undergone some exciting changes during the last year. According to Mari, "Things are going really well on the farm and we are very much looking forward to this next growing season. With the completion of two greenhouses, we should be able to start selling at least spring mix by the end of January." This will be about six weeks earlier than last year. Beyond that, they are working on being able to grow year round.

All in all, 2015 is looking like it will be a fabulous year for produce

at the Yelm Food Coop. We are always looking for more local suppliers that are in line with the Coop's vision for quality, sustainable produce. If you are interested in becoming a vendor, come in and fill out one of our Vendor Interest Applications. We look forward to seeing you soon in the produce department.



# Cooperatives: the backbone of our local economy

**Tamara Ulrich-Rintz**

This installment concludes our feature on cooperatives in The United States. This part will emphasize the importance of Cooperative businesses within our local and national economies. As I mentioned in my first article, October is National Cooperative Month. The United Nations declared 2012 to be, "The Year of the Cooperative Business." The crisis of 2008 exemplifies the failure of our current economic system. Cooperatives present fiscally viable and principled business models that our national economy could begin to rebuild itself with.

In 2005, I had the pleasure to attend the Consumer Cooperative Management Association in Albuquerque, NM. One of the key note speakers was Historian, Political Economist, Activist and Writer Gar Alperovitz. In his address, he made it clear that our national economy is in crisis, and things will get worse before they get better. He also emphasized that the cooperative businesses are the structures that will lay the foundation to rebuild our nation's economy. Nearly 3 years later, the stock market suffered its worst crash to date (the Dow dropped over 700 points), and the Emergency Stabilization Act of 2008 was signed into law by George W. Bush. This bill created TARP (Troubled Asset Relief Program) - a program that authorized the United States Treasury to spend up to \$700 billion to purchase trouble assets, both domestically and internationally. For a

complete list of Corporate businesses that received economic aid, go to <http://projects.propublica.org/bailout/list>. There are no Cooperative entities on that list.

Recently, Scott Gast from Orion magazine interviewed Gar Alperovitz. The complete interview can be found on Gar's website: [www.garalperovitz.com/2014/06/](http://www.garalperovitz.com/2014/06/). Gar reiterated the "increasing dysfunction as the impetus for the rise of another economy, one built from the ground up by democratically owned organizations like cooperatives, community land trusts, and municipal institutions. But aside from being owned by members rather than by shareholders or individuals, cooperatives differ from many traditional businesses in their values and motives. Also, they're not required to grow, but they can and do, which is important in terms of designing an alternative to capitalism, because we need to get beyond the existing economy's drive to use resources and produce waste, including carbon emissions, in ever-increasing quantities."

An insightful statistic brought forth in the article pertains to the question: How many people and how much capital are involved in cooperative institutions? Gar answers, "There are around 130 million Americans who are members of co-ops. The credit union sector, which is part of the co-op sector, has more or as much capital as any one of the big five New York banks. The nonprofit sector is about

10 percent of the economy. And you can add in employee stock ownership plans, municipal enterprise, and community land trusts. All of this is part of a larger movement toward democratically controlled and owned pieces of the economy, which is slowly building new institutions and infusing them with a different culture, ethic, and environmental concern."

Having just relocated from Madison, Wisconsin, a historically progressive community that boasts many cooperative businesses, including Grocery Co-ops, Housing Co-ops, Union Cab Co-op, Isthmus Engineering, Just Coffee, and Lakeside Press, I was pleased to find that Washington has a thriving Cooperative History of its own. REI started in 1938 in Seattle and currently grosses over \$2.25 billion in annual sales. PCC is the largest Natural Foods Consumer Cooperative in the US, which is also headquartered in Seattle. In Thurston County, there are 2 local Natural Food Cooperatives to choose from in Olympia and Yelm. Pierce County has the upstarts Tacoma Food Cooperative and Mountain Community Cooperative in Eatonville. Finally, many grocery startups, like Kitsap Food Co-op in Bremerton, are closing-in on a storefront that could potentially open 2015.

It is critically important to invest in cooperative businesses. They fuel our economy at a local level. Every Co-op has its distinct structure and mission statement. But they are unified by the

same Cooperative Principles, and all Co-ops serve the needs of their members and respective communities. Cooperatives are fiscally accountable and democratically run by its members. Therefore, the bar is set very high in terms of service, knowledge, products/merchandise, and stewardship. REI, for example, gives members an annual dividend based on their qualifying purchases during the fiscal year. In addition, they give over \$4.2 million to 300 nonprofit organizations for preservation and restoration projects in over 650 greenspace locations (Fiscal Year 2014). Olympia Food Co-op offers many different types of membership to afford any budget. If you qualify, you can receive a 10% discount on your grocery purchases. Lastly, Yelm Food Co-op is a 501c3 nonprofit entity. Your annual membership is fully tax deductible, and your patronage supports YFC's partnering organization The Yelm Farmers Market.

I have dedicated my adult life to being employed by, and supporting, Cooperatives. I hope that my three articles published in Yelm Cooperative's 'The Grapevine' have been empowering and educational as the Cooperative realm continues to strengthen the global economy. All of the Cooperatives mentioned in this article have websites. Please look them up with your search engine to receive more information about their mission within their given communities.

## YFM 2015 SEASON GOALS

2014 was a break-through year for the Yelm Farmers Market! Look what we have planned this upcoming season!

**\$130,000 in Sales – at least!** \$130,000 which does not disappear out of the region but goes directly from our people to our people, strengthening both our local food security and economy.

**14,000 visitors** Each year the public's awareness of the diminishing nutritional value of supermarket food is growing exponentially. 2015 will see many more events at the farmers market. Entertainment and education are key additional draw cards for families. The introduction of the **EBT Incentives Program** will help introduce many additional people to our market.

**EBT Incentive Program** This season we introduced EBT (Electronic Benefit Transfer) to the market enabling food stamp dollars to be swapped for Marketdollars. In 2015 we wish to further increase access to our lower income community members by offering an incentive program. This will see folks getting double their market dollars (up to \$10 extra each per market) ensuring that fresh, healthy, local produce is financially accessible to all in our community whilst simultaneously bringing more potential income for our farmers and producers.

**40 vendors – Average 32 per market** Now that we have proven our worth as a retail outlet for local farmers and producers, we are looking to add mushroom, cheese, milk, egg, poultry, salmon, jerky, jellies & preserves, wine/beer/cider vendors to our 2015 offering. The additional vendors will include start-up businesses right here in our community.

**23 Non-Profit Booths** Each week one non-profit organization gets the opportunity to educate & promote their activities at the market for free. This is a fabulous opportunity for both the non-profits and the community and was incredibly successful in the 2014 season. The groups that participated were incredibly diverse and included FFA, Toastmasters, Rotary, Spark Club, Waste Less Thurston, Rainier Community Garden, Relay for Life plus many more local clubs and charities.

**Local Musicians/Performances** We've got our fingers crossed that the Farmers Market Coalition (FMC) will be successful in negotiating with the big three music licensing companies to enable us to promote local musicians & entertainers at each market without the crippling fees we currently have to incur (over \$100 per market).

*If you're interested in being a vendor, a volunteer, a sponsor, a musician or in any of our programs please contact Karen [yelmfarmersmarket@gmail.com](mailto:yelmfarmersmarket@gmail.com)*



# Musings of the Board President

**Bill Wyman**

Yelm Cooperative Board President

I have a couple of thoughts this month that I wanted to share. The first one relates to the Co-op. I was thinking... What makes the Yelm Cooperative successful? Two words: volunteers and passion. The Yelm Cooperative began just 9 years ago with a steering committee composed of a small group of dedicated people with a passion for fresh local food and other healthy products. Over the years, this passion has grown from a weekly buy club at the Yelm Worm Farm into a million dollar/year operation. How did this happen? Hundreds of vol-

unteers over the past 9 years have donated thousands and thousands of hours to create and hold this vision. These dedicated people have covered every aspect of YC operations over time. From Board members to cashiers, from committee chairs to floor mopping, The YC at its core runs on volunteer help. In 2014, the Yelm Cooperative (YC) was again blessed to have over 70 people volunteer to help in various capacities. For the first time, the Yelm Food Co-op grossed over \$1 million dollars in sales. Moreover, the 3 year old Yelm Farmers Market generated over \$100,000. If you would like to be part of this exciting organization, please stop by the store and

speaking to a manager about the various opportunities.

What is new at the YC in 2015? This will be a BIG deal. The YC is in the process of changing its membership tracking system to an application called Compass. When the transition is completed in February, Compass will track membership, donations, and sponsorships with a state of the art system custom designed for the Co-op. There will be a hotlink on the website where members and donors can use the new online kiosk to track their status, sign up, or make donations. This system is already up and working on the Yelm Farmers Market website where you can sign up as a donor

and even make automatic monthly donations of as little as \$1.

As spring arrives, my thoughts turn to gardening. First, it is time to top dress my garlic. This year, I cut back and only planted about 300 bulbs. Sorry friends, I won't have as much to give away. Second, I better get busy and prune my fruit trees. With this weather, they will be blooming in March. I already cut back my grapes, but what about those blueberries? Thoughts of new vegetables and our dear friend Kellie Peterson at Gordon's already has seeds. That always gets me going.

I am looking forward to a great year.

## Make your own and know what's in it!

**Jutta Dewell**

Store Manager

Part of what the Yelm Food Co-op has always been about is knowing what is in the things that we buy from the store. This includes both food and non-food. So, I began to choose my food more carefully, and I started looking into all of the other things I used for personal care or for home care.

Since I had read a number of articles about the potential dangers of conventional toothpaste and deodorants, I began from there. I have been making these products from scratch for several years now. There is quite a lot of research that supports the reasons for shifting towards homemade remedies and I will include links to a couple of good websites at the end of the article. The recipes below make enough for a small storage jar, about 4 oz.

### Toothpowder

#### Ingredients

- 3 tsp Bentonite Clay
- 3 tsp Baking soda
- 1 tsp Salt, Real Salt or Himalayan salt
- 1 tsp MSM
- 1 tsp Myrrh powder
- 1 tsp White Oak Bark Powder
- 1-3 drops Essential oils like peppermint



(Most of the ingredients are available at the Co-op. If not in stock we can get them through the Buy Club)

#### Preparation

Mix each of the dry products together in a small bowl. Make sure the salt is ground very fine. Otherwise, it can damage your gums. I use a mortar and pestle to get it to almost a powder. Add a few drops of the essential oils at the end. Use the oils sparingly in order to give the powder an appealing scent. Avoid making the preparation too moist.

**Links:** On healing clays like Bentonite or Pascolite: [wellnessmama.com/5915/benefits-of-healing-clays](http://wellnessmama.com/5915/benefits-of-healing-clays)

About natural living, with several recipes including one for deodorant like this:

[www.passionatehomemaking.com](http://www.passionatehomemaking.com)

Regarding general wellness with facts about store bought toothpaste: [www.joyoushealth.com/blog/2013/11/13/whats-wrong-with-your-toothpaste](http://www.joyoushealth.com/blog/2013/11/13/whats-wrong-with-your-toothpaste)

### Deodorant

#### Ingredients

- Coconut Oil, 1/3 cup
- Baking Soda, 2 Tbsp
- Arrowroot powder, 1/3 cup
- Essential Oils, 10 drops (optional, I don't use any)

#### Preparation

Melt the coconut oil until it is liquid, but not hot. Combine equal portions of baking soda & arrowroot powder. Then slowly add coconut oil and work it in with a spoon until it maintains the consistency that you desire.

This recipe will not stop you from sweating, but it will make you odor free. You might have stains on your clothes, but you can wash them out.



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# Working Members Needed

The following positions need to be filled by working-members and qualify for discounts and other fabulous benefits.

**Cashiers** Strong communication and customer service skills, initiative, understanding of the Co-op structure, and ability to multi-task. This position requires a strong knowledge of basic math functions, calculators, and computers or experience with Point of Sale systems.

**Stockers** Self-motivated, customer service skills, and the ability to lift up to 25 lbs. Will work the floor as needed under direction of the shift lead or manager.

**Price Comparison Shopper** Self motivated person who will conduct weekly price comparisons of YFC products with local Yelm and Olympia markets.

**Graphic Artist** Experienced in computer graphics required. We need a person to create flyers, cinema ads, e-mail ads and announcements. This is sporadic but critical work and typically needs short turn around.

**Event Planner** Must have above-average communication and organizational skills. Be able to multitask, think outside the box, and troubleshoot problems. The planner must have the ability to work with all types of people and be able to visualize an event not only from start to finish, but also the steps needed to accomplish it.

**Grant Writer** During these formative stages of the new Co-op vision the Co-op cannot pay for this work. The position can be reviewed every 90 days as the financial conditions of the organization change. This is a Pro Bono position.

**Advertising/Promotion Director** Plan and direct advertising policies and programs or produce collateral materials, such as posters, coupons, or giveaways, to create interest in the purchase of Co-op store products or any other service for any part of the entire Yelm Cooperative organization. This is a Pro Bono position.

**Communications/Public Relations Director** He/she will produce and disseminate materials for communicating information about the Co-op and its programs; coordinate the content of the Co-op website/Facebook page and production of the Grapevine; develop and oversee the Co-op's branding and image; represent the Co-op with the media; and maintain an updated photo library and database of contacts. This is a Pro Bono position.



**Yelm's Only Natural & Organic Market**

**Monday - Saturday**  
9 a.m. - 7 p.m.

**Sunday**  
10 a.m. - 5:30 p.m.

**308 Yelm Ave E, Yelm, WA 98597**

**Phone: 360-400-2210**

**Fax: 360-400-4021**

**E-mail: yelmfoodcoop@gmail.com**

[WWW.YELMFOOD.COOP](http://WWW.YELMFOOD.COOP)



**Layout Design**  
Daniel Wyman  
**Grapevine Logo**  
Christina Maggio

### Be part of The Grapevine!

The Grapevine has several volunteer opportunities available. Additionally, we accept advertisements, articles, and recipe submissions from all Yelm Co-op members. The Grapevine reserves the right to reject any submission and to edit all submissions for content and length if necessary. We appreciate your comments and suggestions.

Contact us by email at [yelmfoodcoop@gmail.com](mailto:yelmfoodcoop@gmail.com)



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