



April/May 2015

Volume 5, Issue 2

April/May Promotions

See Pages 6 & 7 for sales!

General Manager's Report

Hear from Barnaby. Page 2

Synergism

Read about synergism at our co-op. Page 3

Ice-Chip Grannies

Learn about their other company. Page 4

Seasonal Eating

See Page 5 for more about this lifestyle.

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.

Be Part of the Grapevine

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Email: yelmfoodcoop@gmail.com

Against all odds

We celebrate our 8th Birthday on April 27th

Jutta Dewell

On Friday, April 27th 2007, the Yelm Food Co-op opened its doors in Frontier Village at the corner of First Street and Mosman Avenue. OMG, had we known what we were doing, we probably wouldn't have a store today. That explains why a small group of people (the Steering Committee) without any prior grocery experience actually decided to go for it.

The Yelm Cooperative got



its start in 2005 and was, at that point, just a Buy Club with members grouping together to make bulk orders

from Azure Standard and United Natural Foods Inc.

See **Birthday**, page 9

Springtime Hikes

Kate Morgan

It's finally springtime! The days are getting longer, the flowers are blooming, and the birds are chirping. If you're like me, this means you're itching to get outside and revel in the great outdoors. One of my favorite summertime haunts is of course Mount Rainier, but in the early spring it can still be quite snowy up there. If you're an elevation junky, or in to longer backpacking trips, then you are probably looking for

good early season locations. If you're just curious about ways to get outside and moving in the Puget Sound area, then you may be looking for springtime options as well. Either way, I've got a couple of great suggestions, and the Coop has plenty of goodies to fuel your adventures.

For trips in the Northern and Central Cascades that gain some elevation and are mostly snow free, Memorial Day weekend is often the first good opportunity – especially for extended backpacking

trips. For day and conditioning hikes, there is usually a bit more available early on.

We also have a seriously low snowpack this year. The only good thing that can be said about this situation is that there may be some great spots clearing up earlier than usual.

One such example is Mount Rose up near Hoodspport. According to recent trip reports, it is already snow free. Mount Rose is a nice alternative to its companion Mount Ellinor,

See **Hiking**, page 3

General Manager's Report



Barnaby Urich Rintz
General Manager

Once again, all of us in Yelm get the chance to enjoy another anxiously awaited spring! You may be thinking about the fantastic growing season starting-up. Or maybe the warmer weather floats your boat. One thing is certain: The proverbially hibernation period has ended, and now marks the time to appreciate a change for the better. Folks can enjoy all of the great outdoor activities that give us so much more pleasure when it feels nice outside.

This time of year often motivates people to do different types of cleaning as well. Tax season rears its heads these days as well, so clearing-out the desk drawers in order to find the paperwork that you need becomes a priority. Winter often forces us to stay indoors. This can lead to a major mess in our own living spaces. We may have simply lacked the motivation to handle it when the weather dropped below freezing. Your garden could probably use some preliminary clearing and prep work right about now too. Spring cleaning provides symbolic hope for longer and warmer days. We also get the chance to clean the cobwebs that have built-up in our minds during the winter when we fail to get the fresh air and exercise that we desperately need every day. I feel better already just writing this!

With spring cleaning as the theme of this article, I would like to start by mentioning the metaphorical side of this topic. Winter represents the end of an era, as it were. Negative concepts, like death, aging, and cold, are indelibly associated with winter. This is kind of unfair. A season should not carry such a burden, and some folks enjoy the outdoor and indoor events associated with winter-time.

In my experience, winter has become more or less just another season. After all, cold temperatures help to preserve the body. Cryogenics is one example. Heat means activity, dissipation, and even the loss of useful energy. Cold contains the absence of energy, and therefore, reduces energy use in some cases. Of course, you probably would not agree with me after your utility bill arrives, but remember how expensive a hot summer can be!

Spring presents a happy medium between the two - not too hot, not too cold. Power consumption goes down, browns turn green, and the days get longer. Now we have the opportunity to remove the studded tires, clean-out the toolshed, and bring to light those things that have been hiding in the dark.

Spring also represents rebirth or reawakening. For far too long, many of us have sunk into the despair of living in a world that appears to favor very few people at the expense of most everyone else. A new timeline provides us with the hope that we will work to improve poor living conditions. We can affect the world in a positive way despite the inequality observed in images taken from far away - and even some that come from close by. I have

experienced many aspiring moments combined with experiences that have been less pleasing. Lately, I continue to remember that we demonstrate our freedom by expressing ourselves without covering to the judgement of others. It is only when we defer our inalienable right of expression that we make ourselves subservient. As we continue to find like-minded individuals that work with us toward a common ground, we also tend to develop a deeper sense of belonging and hope.

The expression of our freedom transcends how we work toward making our world a better place. As we begin to reawaken our minds, we then can remove the parts of our lives that keep us dirty, polluted, or soiled. Concerns related to how our thoughts affect our brain function, our manner of relating to other people, and even to what we want to do with the rest of our lives, develop a new meaning. Instead of just trying to gussy-up our own surroundings, we can start to pay attention to how we can improve the

conditions that all of us live with. Indeed, what happens across the globe can still directly affect people here in Thurston County. We stand a better chance of improving the planet as a group than as individuals.

Naturally, this brings us back to Yelm Food Cooperative. April will mark the eighth anniversary of our store. It will also be the third year in our new location. The number of accomplishments achieved could fill a small phone book. Opening a grocery store on less than \$30,000 is quite a feat in the 21st century. A lot of volunteer work and crafty spending went into providing all of us with the fortune of having this grocery cooperative. Keep in mind that Yelm Food Cooperative carries about 3,000 products with an emphasis on local, non-GMO, organic, and ethically sourced products. Many facility and store improvements have upgraded the original vision. And the optimists among us continue to provide emotional inspiration while we plan to make this a full service, 21st century grocery store in just a couple of years.



GAYATRI YOGA CENTER

Synergism at our co-op

Willa Cain

Walt Disney once stated that, “You can design, build and create the most wonderful place in the world, but it takes people to make the dream a reality!” With that in mind, what would Yelm be like without this wonderful diamond in the rough known as Yelm Food Cooperative (YFC)? Where would one go to find our local farmers fresh deli-

cious vegetables, yummy honey and bee pollen, or locally prepared salads, hummus, salsas, and sauerkrauts – that are all GMO free, and use many products grown with organic practices.

Add to that the fantastic success of the Yelm Farmers Market (YFM), which has experienced substantial growth with its new manager. Yelm Cooperative is the organization that oversees both YFC

and YFM, and the plans for a Community Food and Education Program continue with the hope that a community garden site in the Yelm area will show-up soon!

Yelm Cooperative (YC) has recently received public charity 501 (c) 3 nonprofit status for all operations under its umbrella. That means you can itemize any membership payments or donations that you give to YC. Of course,

this does not include food purchases. But donations towards efforts, like improving our refrigeration units, or giving money so that the YFM could host local musicians, can now be written-off of your taxes!

Here at YFC, we have pressing needs very often. Just recently, one of our refrigeration units needed a repair that cost so much that it made more

See Synergism, page 11

Hiking

From page 1

which is taller and can get quite crowded. By all accounts though, it appears that Ellinor may shed its snow early as well, making it a good one to bag in the springtime before the flood of hikers descends. Either mountain would make a great conditioning hike, as both have a fair amount elevation gain. A good conditioning hike list for the Puget Sound area is available on the Washington Trails Association website.

www.wta.org/go-hiking/seasonal-hikes/spring-destinations/conditioning-hikes

In terms of backpacking trips, early spring is still often for planning mode. Mount Hood National Forest is a pretty safe bet most of the time, since it warms up a bit earlier down there. The Goat Rocks Wilderness area is also a good potential to check out. But you'll likely still be looking into late May and June. Of course, there is always the coast and the Hoh Rainforest, though it is a drive.

If you're looking for something a bit gentler, but still wanting to cover those miles, Packwood Lake is always a nice option. It is a good day

hiking destination, as well as a potential overnight camping location. The lake is also a popular fishing spot. Spring is a great time of year to visit, as you don't yet have the rush of summer hikers. There are a lot of other hiking options in the Packwood area to check out as well. The Olympic National Forest and Gifford Pinchot National Forest are also great places to visit with plenty of hiking opportunities. And don't forget about the Mount Rainier area. Even though the Paradise lodge is usually only open from May to October, Longmire is up and running all year round. If you're not snow averse, there are many more options.

You have to be willing to drive a little ways to hit some of these spots though. So what about places that are a little bit closer to home? There's always the Nisqually Wild Life Refuge, right in our own backyard. It's an especially great location for children and families. The trails are very well maintained and there is plenty of wildlife to see. The Pack Experimental Forest, Capitol State Forest, Tolmie State Park, and Millersylvania State Park are right nearby as well.

Olympia has some great

city parks too, including Watershed and Priest Point. There is also the Yelm to Tenino bike trail, which you can take all the way up into Olympia if you so desire. And of course, there are plenty of Weyerhaeuser access points in our immediate area. Just be careful to check that the place you are visiting is open without a permit, or that you have a valid permit for the time of year. The Weyerhaeuser Vail area, for example, is open without a permit from February 1st- July 31st. For more information visit their site here

www.wyrecreationnw.com/StatePage.aspx?state=WA

Stop by the Yelm Food Coop and load up on energy



Mount Rainier from Fossil Rock, Weyerhaeuser

bars, trail mixes, fresh fruit, and more. Or shop in bulk and get the raw ingredients to make your own trail goodies. Remember to always pack the 10 essentials (see link below for a list), tell someone where you're headed, and check trip reports if they are available. Happy trails!

More sources:

www.wta.org/go-hiking/hikes/packwood-lake
www.wta.org/go-hiking/hikes/nisqually-nwr
www.wta.org/go-hiking/hikes/mount-rose
www.wta.org/go-hiking/hikes/mount-ellinor
www.fs.usda.gov/activity/mthood/recreation/hiking
www.mountain-forecast.com/peaks/Goat-Rocks
<http://capitolforest.com/>
www.parks.wa.gov/546/Millersylvania

The 10 Essentials:

www.rei.com/learn/expert-advice/ten-essentials.html

Vegan Corner

Eleanor and Lee

Unless you live in a busy cosmopolitan city like LA, being vegan and eating out is rather a hit and miss affair, and it is not the easiest of experiences. It is wonderful to be able to choose anything from the menu knowing that all the food is vegan, and that the wine is too. Trained vegan chefs are very knowledgeable and inventive, and vegans and non-vegans alike are truly amazed by the tasty food on offer. The experience of eating out at a non-vegan restaurant is a different story. Some places, if you are lucky, offer a vegan option other than a salad, but you have to be very aware of the hidden ingredients that could be in the sauces and spreads. We recently had a very nice homemade vegan burger, but then we realized that the buns were egg glazed and the spread was non-vegan. This rather makes a mockery of the one vegan option. We alerted the chef, and he immediately put this right. So it's always worth politely speaking out

and informing chefs of what to use and what to avoid. All restaurants should step up a notch and realize that there are people out there who do not want to eat meat or dairy and offer more choice.

Couple of interesting footnotes:

Ikea now offer vegan meatballs thanks to pressure from PETA.

Gandhi, born 1869, probably the most famous of all vegetarians, is still honored at The Inner Temple in London. He trained there as a lawyer, and they still offer a vegetarian option every day in his memory. Quite a legacy and another nice story about Gandhi is that he became very ill and had to drink milk, but he refused to drink cow's milk (yes even then) because of exploitation. So he bought a pet goat and took it everywhere with him for his milk as a compromise - ever compassionate even though he always regretted having to drink milk at all.

So eat out and enjoy but be aware.

Ice Chip Grannies' Other Company Adds Humor to Health



Heidi Smith

Before Ice Chips Candy, before Shark Tank, before Beverly Vines-Haines and Charlotte Clary were the 'Ice Chip Grannies', there was Healing Leaf. This original line of all-natural salves was one of the first companies created by Vines-Haines and Clary (aka 'the grannies'), and is still close to their hearts. "Healing Leaf is a perfect reflection of our goal to create natural and safe skin care products," says Vines-Haines.

Their first product was created as a way to help a friend who was suffering from a severe fungal infection. "He was an Air Force pilot who had served three tours in Vietnam and often had to wear heavy boots for days at a time. So we formulated an anti-fungal salve, went out and bought the ingredients, and cooked their invention up on Charlotte's stove," says Vines-Haines. They mailed it off to their friend and eventually they heard from him that it worked.

From there, they went on to create a slew of products

bearing creative names like Zappa Zit (acne solution), Splat! (Food Stain Remover) and Ahhh . . . (muscle relief). The Yelm Co-op currently carries Sandal Toes (Nail Fungus Solution), Skin Wizard (Skin Care Solution) Massage in a Bottle (Extreme Joint Pain Relief) and Psoria-Cease (Psoriasis Solution), which tends to fly off the shelves. They are all non-GMO and are not petroleum based, unlike many skin care lines. "Often people forget products placed on their skin or scalp are rapidly absorbed into the bloodstream and circulating through their bodies," says Vines-Haines.

While Ice Chips takes up much of their time, "we intend to continue our focus on natural products whenever possible," says Vines-Haines. "We have employees who are well trained in making our skin care products and they often give us ideas and suggestions. Charlotte and I have many ideas we hope to implement in the future and our health and beauty aid line has a bright future."



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

A Seasonal Eating Lifestyle

Debbie Burgan

“The seasons have an effect on everybody’s lives, wherever they live and whatever their age, lifestyle, or occupation. Whether we are aware of them or not, the seasons act as a constantly changing backdrop to our lives. The impact of the season on the sounds, sights, and smells of the world around us influences how we dress, what we do, and how we feel.”¹

In the past few years I have been thinking a lot about eating seasonally. I wonder how easy it is in this day and age? I have often thought of returning to my childhood days where I saw myself as eating less processed food. When I actually began to think about how my family ate though, I realized that we were a post-war family in the suburbs. What did that mean? Our meat came from the local grocery store around the corner, which was great, but 90% of our vegetables were canned. I grew up on canned corn, green beans, lima beans etc. Potatoes were bought in 10# bags. Fruits were available from the local grocery store, and we ate a lot of bananas, apples and oranges. We didn’t have fresh corn on

the cob until I was a teenager, because my parents didn’t have time to seek out local farmers.

Both of my parents worked. We all helped with the cooking because mom worked the 2nd shift at a hospital. All 6 of us helped get food on the table for dinner, but again, half of the meal was processed. I think back on how good the meats were then, and now it seems that things have flipped. I can find lots of fresh fruits and vegetables now, but getting good organic or quality natural meat can be expensive. Eventually, my mom moved into organic gardening when I was in high school, which was when we began to experience great, fresh vegetables.

Recently, one of our vendors commented that the pork industry is now owned by China. I looked it up, and it is fairly true. Check out this PBS story-

www.pbs.org/newshour/bb/whos-behind-chinese-takeover-worlds-biggest-pork-producer

Even if this is only partially true, the trend towards the globalization of our food supply continues to be a huge issue. As such, local meat farmers are only becoming more important. Let me state that I am not slamming China. I am only pointing out that as large corporations and/or countries take ownership of parts of the food chain that we rely on, I have to question how healthy the food actually is. If I am trying to “eat clean”, meaning free of pesticides, growth hormones etcetera, do I want to be eating their products?

For me, eating more

healthy includes eating less meats and more vegetables/fruits. This can help offset the high cost of organic/natural meats, but for large families this may still not be enough.

At Yelm Food Co-Op, we are diligently working on our product lines to verify GMO free products as well as organic. We plan to have all of our products free of GMO strains as well as being certified organic or verified natural, but that is a slow process. We have found that most of the GMO free products are not always organic. This is largely due to the cost of organic certification. When we do find products that are both GMO free and organic, we make sure we advertise that for your benefit. Certified Organic products are always GMO free, but many products that are labeled ‘natural’ may not be GMO free. Moreover, GMO free products that have natural ingredients still remain a far cry from the methods used to produce organic food.

So what does eating seasonally mean? My first thought is that if I only eat what is grown in my local area, it seems pretty limiting. Off the top of my head, I am thinking no bananas, lemons, or oranges. Yes, I have a limited view of this. Please bear with me as I explore the seasons and foods available.

For starters, when I say I



want to eat seasonally, I also have to define how local I am going to be: local as in the Yelm area? Olympia? Western Washington? During the winter months, almost all of our produce comes from Organically Grown Produce (OGC). The majority of their winter supplies ship from Mexico all the way up to Washington, but they do have product from other locations as well. This means that we have to consider the environmental impact of shipping/trucking the food in, plus the added expense of ‘the middle man,’ OGC.

Obviously, growing your own food is the best, but for many that is not necessarily an option. Late spring, summer, and fall foods are abundant at Farmers Markets. However, they are sparse in the winter, so we are then dependent on our local grocery store. Even greenhouses can be expensive to run through the winter, although it’s not impossible.

My personal goal is to move in the direction of seasonal eating, and over the coming year I will do a series of articles pertaining to each season. Feel free to stop me in the store with any thoughts/ideas you might have.

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\$4.68/8oz



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\$3.64/6pk



Tasty Bite Noodles

Member Price

\$2.45/8.8oz



Talenti Quart

Member Price

\$7.67/ea



Monteballo Organic Pastas

Member Price

\$3.26/16oz



Garden of Eatin' Tortilla Chips

Member Price

\$2.90/8.1oz



Gardein Fishless Filet

Member Price

\$4.05/10.1oz



Reed's Ginger Brew

Member Price

\$4.35/4pk



Van's GF Blueberry Waffles

Member price

\$3.05/9oz



Woodstock Frozen Vegetables

Member Price

\$2.41/10oz



Lily's Chocolate
no sugar added

Member Price

\$4.06/3oz



Hardbite Potato Chips

Member Price

\$3.33/5.2oz



Virgil's Soda Pop

Member Price

\$4.60/4pk

Pamela's Shortbread Cookies

Member Price

\$3.91/7z



Blue Diamond Nut Thins

Member Price

\$3.01/4.25z



Carrington Farms Coconut Cooking Oil

Member Price

\$12.80/16z



Boulder Adzuki Bean Chip

Member Price

\$3.20/5z

Vikos Spreads



\$5.39-

6.15/7z



Three Twins Ice Cream

Member Price

\$4.80/16z



Shelton's Turkey Chili

Member Price

\$3.70/15z



Avalon Lemon Hair Care

Member Price

\$6.95_{tx}/11



Jason Toothpastes

Nutrismile & Powersmile

Member Price

\$4.85_{tx}/tube



Biokleen Bac-Out Spray

Member Price

\$6.75_{tx}/32z



Ecos Laundry Liquid

Member Price

\$10.95_{tx}/32z

Healthy Planet, Happier You!

May 2015 Flyer!



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Tropicos
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Member Price

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Member Price

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Member Price

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Conventional
Kettle Chips
Member Price

\$2.17/5 oz



Biokleen Dish
Liquid
Member Price

\$4.62/32oz



Terra Tropical
Chips
Member Price

\$2.74/5 oz



Koyo Rice
Cakes
Member Price

\$2.10/6oz



Lilly's Hummus
Member Price

\$3.05/12oz



Blue Monkey
Cocoa Dusted
Coconut Chips
Member Price

\$2.13/1.4oz



Greek Gods
Yogurt
Member Price

\$4.64/24oz



Stahlbush Farms
Frozen Vegetables
Member Price

\$2.42/10oz



One Earth Dog
Biscuits
Member Price

\$3.39/22oz



Just Mayo
Member Price

\$4.29/16oz

Manager Jutta Dewell Make the Co-op Your Meeting Spot

Heidi Smith

Walk into the co-op on most days and you'll inevitably run into Manager Jutta Dewell. Jutta has been pivotal to the life of the store. You might think that she was born knowing about gluten and GMOs, started volunteering at co-ops since pre-school, and has always embraced the world of retail. You'd be wrong.

"In Germany, I worked for a car rental company and oversaw many, many BMWs," she says. "Before I came here I'd never worked in retail and didn't even know what a co-op was. I used to go to the one in Olympia and think, 'Oh my God, it's so expensive.'"

But when the idea for the Yelm Co-op was conceived nearly a decade ago, she became a member of the steering committee and was part of the team that led to the opening of the store. She was one of the first to become a member and continued to volunteer, at one point becoming a board member, and today, one of three managers.

"I've never been a volunteer in my life before coming here," she says. "I had the time to do it, and they needed

help." Years of volunteering and contributing in any way she could eventually led to her current position. "I was part of creating my own job," she explains. "I was happy to do that. This is different than just working for a company."

The experience has given her a special appreciation for those who donate their time today. "I am impressed with how many people contribute. That is something I've never experienced before. Without working members and volunteers, we could not make it," she contends. "We can't pay everybody, unfortunately, and it's amazing. We have some volunteers who come every week, several times."

To Jutta, ambience is a critical component. "The atmosphere has to be nice," she says, "for the volunteers and also for the customers. You want to come here. That's what I always think. Just enjoy the atmosphere or learn something, or meet someone that you know and can talk to - that's part of it all."

Over the years, she's been continually inspired by the idea of a sovereign community.

"The co-op is part of that," she says. "No corporation owns us. Our goal is to have more and more local people sell their products here. We also educate people about what it really means for the economy when you buy locally. More people are waking up to the fact that the food they eat is not the best. They are coming to the store and they want to know. That's where I see the co-op is so important."

Sneaky's Takes the 'Junk' Out of Junk Food



Heidi Smith

There you are, strolling the aisles of the Co-op and virtuously filling your cart with fruit, vegetables, and a few products whose names you can't pronounce but they look healthy. Your intentions are good, your heart is pure - and then you get home. "If you're like me, you buy all of these healthy foods but then the first thing to go is a bag of potato chips," says Tish Watford. "Where we tend to break down a lot is in the snack department." Her solution was to invent Sneaky's, popcorn dusted with nutrient rich spirulina powder that is made of all organic, non-GMO, gluten-free ingredients.

"I hope that people will see it as a way of creatively incorporating superfoods in something other than smoothies," she says, "especially parents. Maybe it will light a creative spark." She also hopes that Sneaky's will help people "rethink what they're buying; each ingredient and the purpose it serves. In the broader sense, it's about understanding what's in our food. Why is this in here?"

Tish's first taste-testers

were her parents. She was living in a small town in Alabama that didn't really have any healthy food options. After a visit to neighboring Tuscaloosa, she brought home some spirulina. Her son wanted popcorn, so she decided to experiment with it. "It was a little salty at first," she laughs. Since moving to Olympia, she's perfected the product and introduced it into local health food stores, including the Yelm Food Co-op.

Before launching Sneaky's, the only business she'd owned was in tax preparation. Tish holds a master's degree in accounting and financial management. "The food world is so much different from offering a service," she says. "It's so good to be in this area. I've learned a lot on my own but also from other Olympia-area *foodpreneurs*. Everyone is ready to share their knowledge."

Her next step is an alternative version of kettle corn "without the corn syrup," she says. For now, look for spirulina Sneaky's in the snack section of the Yelm Food Co-op. You can put it right next to your vegetables.

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.

BirthDay From page 1

The first pickup site was at Yelm Earthworm and Casting Farm on Lawrence Lake Rd. But we all knew that we had to have a real store soon to fulfill the original dream. In Jan 2007, an opportunity presented itself and we had to act fast. The rent was reasonable, the location was good, and it all seemed perfect. There was a lot of work to be done: remodeling a former Second Hand store, painting the walls, preparing a kitchen area that had to be approved by the Thurston County Environmental Health Department, figuring out how we would pay the bills, etc.

Ektara Jarecki, Debbie Burgan and I placed the first order with United Natural Foods at Debbie's place. It took us 8 uninterrupted hours to do so. Fortunately for us, UNFI had many vendors who would provide placement -"free fill" or heavily discounted products - for new stores. We only had about \$20,000 to begin with. Most co-ops won't even think about starting the process without a million in the bank. Receiving placement from suppliers was a Godsend and allowed us to more or less fill the store.

Back to the first order: Of course, we did not want to miss anything that we could get for free or cheap...Did we really need this stuff? Did we get the right goods to sell? Well, that's another story... All I remember is, when the first customers entered the store, many looked around for a moment, turned around and left. We probably looked more like a pharmacy or household product store than a grocery store. Anyway, I was convinced that they all

would be back eventually.

Marilee Wallace was our first hero. She was willing to keep the doors open, working every day for hours for the first month! Then other volunteers started showing up, most of the Steering Committee members took shifts, and we were off!

At first, we didn't even have produce or a produce chiller! We eventually got a beverage cooler so we could have a few produce items and bought ice every day to keep the goods as fresh as we could. In those first few years, we had a lot of "burn-outs" (people coming and going), since it was just a huge amount of work!

Florence Vincent, our first paid store manager and buyer, showed up at a time where we were already running out of energy. She had the gift of knowing what products to buy that our customers actually wanted. More and more volunteers came and we were starting to make money being open 6 days a week. But still, it seemed that we didn't know from day to day whether we would be open the next day. Challenging times! To make a long story short: For the longest time, my husband Tom and I had many sleepless nights, asking ourselves what we were doing. But, we felt like we just couldn't leave. The Yelm Food Co-op seemed to have a life on its own; it was supposed to be there. And thankfully, there were a bunch of us who felt the same way.

We also felt sometimes that people were betting on our failure. But the Co-op survived when QFC and

Saars didn't. And for some reason, whenever we thought we would have to give up, someone new, the right person at that time, showed up and helped us turn things around. We have a very long list of people who were at some point in time involved, some more than others, but they all counted in the long run. Without them, we might have given up.

The next big step was moving into our new and present location. We had been told by a Co-op consultant that the maximum sales in our first location would be \$500,000. By the end of 2011, we had already reached \$800,000. The problem was that we couldn't move around in the store. Deliveries were getting to be a pain, people were going crazy and some customers didn't feel comfortable in a crowded store.

Finding a new place was not that easy since Yelm didn't have many options. Fortunately, Kellie Petersen from Gordon's Garden Center asked us to move into her Patio Shop, since she didn't need so much space anymore. That move was not easy and it was done by volunteers / working members only. So many people showed up (over 100)! It was amazing! Again, without all those people, we would not be where we are now.

Did you know that we opened the doors in our new and present location on April 27th 2012? Yes, exactly 5 years to the day from opening the first location! Is that a coincidence? No, it's just a good sign that we will always be around against all odds. There is a purpose for our wonderful, independent, natural and organic store.

We want to make a difference.

On a side note: Since we opened, we have had several people from prospective Co-ops (from as far away as New York!) call us to ask advice. Not exactly the blind leading the blind, but close. On the other hand, we had done it and they were impressed.

On April 27th, please come in the store and say or sing "Happy Birthday" to the Working Members and Staff. Please keep in mind the majority of the people who work in the store and outside of the store are volunteers and our history has shown how important they are. Not a single person was paid at the beginning, but we all had a dream and wanted this Co-op in Yelm.

Today, we still depend heavily on our working members, so if you want to be part of something great, with a promising future (even though you can't see it yet), get involved! We want to build our community with you!



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Become a Vendor

It's countdown to the 2015 Farmers Market season! Priority Vendor Applications close on **Monday, April 6th**. Potential vendors may still apply after this date but there is no assurance of acceptance as positions are filled up.

Vendor guidelines & applications are available from our website (yelfarmersmarket.com) or from The Yelm Food Co-op store.

If you have any queries, please don't hesitate to contact the manager, Karen by email: yelfarmersmarket@gmail.com or call her (360) 894 1164.

We would love you to join us!



Volunteer Opportunities – Yelm Farmers Market

Our fabulous farmers market is only possible with the help of volunteers. Join us in this wonderful venture. The season begins on Sunday, May 31st and runs through October 25th. There are many ways you can help ...

Market Set-Up (8.45am - 10.15am) - Includes lifting, setting up canopies and hand wash station, putting out signs etc

Information Booth (9.45am - 3.15pm) - Assisting with customer queries, processing Debit & EBT cards, selling merchandise etc

Market Tear-Down (3pm - 4.15pm) - Includes lifting, taking down canopies, returning signs etc

Children's Activities - There will be many ways you can help with our new Children's Program

Shifts may be joined together or the longer ones may be split. Volunteer hours may be used as Yelm Food Co-operative volunteer hours.

If you are at all interested in joining our wonderful team please contact Karen by email yelfarmersmarket@gmail.com or call her (360) 894 1164.

Seeking 2015 Market Sponsors!

Wonderful opportunities abound for the potential sponsors of the 2015 Yelm Farmers Market. We are offering a diverse range of packages that cover 22 markets, each one highly advertised. This is a phenomenal opportunity to have YOUR business affiliated with THE community event of Yelm. If you are interested in supporting regional food security, community health, local business development, education and family entertainment, we'd LOVE to hear from you! Please contact Karen, the market manager, at yelfarmersmarket@gmail.com or call (360) 894 1164



A huge 'Thank You' to our Major Sponsors



YELM FAMILY MEDICINE, PLLC

Did you ever play "Store" as a kid?

If you did, your YELM FOOD CO-OP offers you the chance to do it for real!

If you would like to be part of a big dream and want to help people change to a healthier lifestyle, work with great motivated people, gain some valuable experience and earn some cool benefits, come into the store and pick up a working member application form or download it from:

<http://yelfood.coop/working-member-application-form-2/>

If you have ever thought about volunteering for the good cause, this could be it! We are looking for self-motivated people to support our beautiful store by filling the shelves, cashing out our members and customers, keeping our store clean and many other tasks that need to be done. We are looking forward to meeting you!

6 Reasons Yelm Co-op Inspires Kate Morgan



Heidi Smith

Reason #1: She was a Co-op Kid

Kate Morgan was raised on a steady diet of co-ops. “Since I was little, my family have always been big co-op shoppers,” she says and in fact her mother Linda was one of the first members of the Yelm Food Cooperative. “She was always telling me that I had to come in the store, and I got excited and wanted to help.” That desire led her to volunteer four years ago, and today, Kate is one of three managers who share responsibility for the store under the direction of General Manager Barnaby Urich Rintz.

Reason #2: She Loves Food Education

“I love educating people about food and food security,” she says. The store provides plenty of opportunity. According to Kate, “In Yelm, people may come in because they’re starting to experience some food or health related issues or they hear about it in the news. There’s a lot of explaining of what a co-op is in the first place.”

Reason #3: Other Co-ops Want to Know Yelm’s Secret

The store’s progress in it’s first five years has been quite impressive.. “We started with way less money than a lot of co-ops, and, we broke a million dollars in sales this year. That’s really incredible. Sometimes we get calls from other start-up co-ops that want to know, ‘How did you do that?’” she says, smiling.

Reason #4: Creating a Strong Food Backbone in the Community

“I’m very excited about what Karen Rae is doing with the Farmers’ Market, because it’s something we haven’t had in this community,” she says. “Linking customers from farm to table and selling some of those products at the store creates a stronger food backbone in the community that can support itself and ride out hurdles.”

For example, she points out, currently the store is carrying produce from local farmer Mari Mann’s greenhouse. “There have been all of these freezes going on in the south, but we have this supply that’s local and fresh, and the price isn’t affected by what’s going on in the country or in the world.”

Reason #5: She Gets to Use Her Training

Although her degree from The Evergreen State College is in physics, she also learned about working with diverse groups during her time there. She was one of the original creators of what is now The Flaming Eggplant student-run cafe.” It started out in a class,” she explains. “We created the groundwork and got the vote passed by the students in order to collect a fee to get the start-up money. I had to learn how to delegate, form committees, and communicate within the different groups in a setting where they had other classes, so we had to work together with the different priorities.” That experience has definitely helped her in her managerial role, she says.

Reason #6: The Co-op is the Anti-Big Box Store of Yelm

Kate believes that the store plays an important role in the community. “I love that we’re fighting back against the drive-thru, big box store quality of Yelm,” she says. “I like that we can support local businesses, that we have a community strong enough that we can support local farmers.”

Save When You Buy in Bulk

Did you know? As one of the benefits of being a member of the Yelm Cooperative you can save big bucks when you make bulk purchases through the Yelm Food Co-op's Buy Club. Anything that we have in the store, and thousands of things that we don't stock, can be ordered through one of our suppliers.

Order forms are available at the Food Co-op, or on our website, yelmfood.coop. Buy in Bulk and Save!

Synergism

From page 1

sense to buy a new unit. This new piece of equipment cost thousands of dollars, but it was well worth it. We have also installed a larger refrigerated produce case, and we are working on a new front desk, and we will have a misting system for our water-sensitive, refrigerated produce soon. We still have many other equipment needs.

The Wine Cellar of Yelm still requires more shelving similar to the great wood racks that were installed last year. Our deli printer stopped working, and we need a new one. Many of our bulk bins need replacing. We also want to expand bulk options with grinders and liquid commodities. All of these improvements happen with a combination of donated labor, paid contractors, and revenue from operational capital. Any donations that we get allows us make even better, faster improvements to the store. If you want to give to a particular store improvement, or if you want to put money into a general fund, please talk with a staff member, email, or call us at the store.

Many great plans exist for this wonderful place in Yelm known as YFC. We are very excited about it. The people involved with YFC, be they customers, managers, paid staff, working members, Board of Directors, and visitors generate the synergism that makes our little store very special. As we continue the dream of making healthy food accessible to the Yelm community, our dreams continue to evolve the reality that makes us Yelm Food Cooperative.

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.

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