

The GRAPEVINE



Summer 2016

Volume 6, Issue 3

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Insect Season

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Wine Tastings at the store

Join Anne each Saturday Noon - 4pm in the Wine Cellar. "Taste often. Drink what you like" -Anne

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 third Thursday of every month at the Rosemont Retirement Center at 215 Killion Rd SE, Yelm, Wa 98597. The next Board meeting will be on Thursday, July 21st at 6pm in the Rosemont Retirement Center.

Local Flavors is Reborn as Yummy Local Foods

Heidi Smith

What is the Yelm equivalent of hearing your band's song played on the radio? Maybe it's walking into the Yelm Food Co-op and finding an entire section devoted

to your products. That's what happened for Susie Kyle, who supplies the Co-op with Garlic Basil Supersauce, peanut butter protein bars, garden burgers, and quinoa salad. "They gave me a whole shelf in

their refrigerator, prime real estate," she says.

Susie creates her concoctions at a rented commercial kitchen near Lawrence Lake that she also manages. Other

See **Local Foods**, page 3

Patronage Refund Gives Back to Your Cooperative

We would like to thank all of our regular shopping members who qualified for patronage refunds this year. If you qualified, that means that you spent at least \$100 at the store in 2015. Naturally, many of our most frequent shoppers bought a lot more than that

from us last year. We are very grateful to everyone for your support.

This year, when we began disbursing patronage refunds, we decided to ask if members would donate the refund back to the store in order for us to improve our equipment. Out

of the nearly \$3200 provided for refunds thus far, over \$1800 was donated back to the store!

\$1800 may not sound like that much, but it would be about enough to buy a repack/

See **Refund**, page 9

General Manager's Report



Barnaby Urich Rintz
General Manager

Riding the bus to work gives me the perfect opportunity to read, and I have taken advantage of that chance very often over the past six months. Lately, it seems like everything that I need to read is on my bookshelves. Most of those books also tend to be my wife's, so thanks to her! In one of my previous articles for *The Grapevine*, I mentioned a book by Peter Block called *Community – The Structure of Belonging*, but then I lost that book for a short time. So I started reading another book of his called *The Abundant Community*. That was a pretty good read. Now I found the other book, and I am finishing it. I mention all of this, because reading these two books completely change my sense of community involvement.

Peter Block's perspective involves addressing how we generally approach individuals, communities, and the society at large. This is not a book report, but some of his ideas can truly transform the conversations that we have. For example, Peter considers the general relationship context in this country as *retributive*, whereas he favors a *restorative* context. The key difference is that *retributive* contexts tend to find fault and manifest solutions with the help of authority figures. *Restor-*

ative contexts focus on welcoming people (*associative life*) and then emphasizing the attributes (*gifts*) that the individuals have in a community that collectively share a common goal. Leadership dynamics and systematic methodologies are minimized in favor of generating conversations and asking questions. Instead of trying to institutionalize our communities, the goal involves empowering individuals through the sharing of their gifts. This style avoids common practices like agendas, goals, duties, and progress reports. Instead, the key elements involve listening, asking questions, and working together in order to find solutions that all of the community members can agree with.

This way of building community could potentially have ulterior political or economic contexts, but these types of contexts can divide people based upon opinion. Certainly, an election campaign requires a political context, and a municipal budget requires an economic context, so Peter's method of community building does not fit for all types of meetings. On the other hand, there are numerous cases in which a more restorative approach can work very effectively.

For example, I now live in a neighborhood that shares one well with the other folks who live on our dead end road. Naturally, we all have an interest in making sure that we all have access to safe water. Beyond the problems with groundwater contamination, potential water use by other neighbors or new developments that could lower the water table, and water use monitoring, there are many

simple concerns that remain unresolved. Every household that uses the shared well pays monthly to ensure that there is a functioning well onsite for an indefinite period of time. But, at the same time, I also know that there are really only two people tending to the issues and finances that relate to the well. I know this, because there was a water line leak recently that could have cost me a lot of money to repair. Fortunately, for me, the leak led to a different house, and the rules state that any line repair is 100% the financial responsibility of the household to whom the line is connected to.

Since we all have a shared interest in making this system work better, what would be a good approach to better involve the rest of the families that rely on this shared well? How is the money that we are paying for the shared well being used in the first place? Would it be possible to reduce expenses by implementing maintenance and repair with some of the people whom we share the well with? Can we use that money to repair the lines for the neighbors who experience a leak? How can I get my community together in order to meet about these and other questions? Peter Block may not agree with the nature of some of these questions, but at least I start the process by asking them. With the principle of associational living, I know that my next step needs to include introducing myself to the neighbors who have not met me yet. Then I would need to work with the other neighbors in order to schedule an opportunity to meet with the entire community in order to address this

shared issue. Then, I guess that I need to listen a lot without judging or giving advice.

This approach above contrasts greatly with how I would handle a situation like this in the past. I would have found the person who was most responsible, ask the person a bunch of questions that may not even be relevant, and then lobby neighbors in order to change anything that I did not like. Although this approach might "Get 'R Done," it could burn bridges and upset good people. Using the language that Mr. Block does, I would consider this latter method of community relationships *retributive*.

When people say that another world is possible, I believe that certainly remains true. Unfortunately, I strongly feel that another world will not come about while using methods of relating to people that are the same as the ones we have been using for at least a century. Instead, a more thoughtful approach that treats everyone as a valuable individual with inherent community building gifts may lead the way to a new future. This change in discourse can make many of us very uncomfortable, but if there is a new opportunity that can result from a simple change in context, it could very well be worth it to all of us.

**Local
Licensed
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Local Foods From page 1

food vendors, including Sandra's Hot Babe Hot Sauce, Colleen Gondolfi of Blooming Artichoke Herbarry, and Blu Helida of Blu Nynja Dogs, also use the space for their businesses.

The kitchen is the fulfillment of a dream that began while Susie was still running Winlock Meadows Farm in Lewis County. She started experimenting with different products and one day, discovered that she had become a food processor. "I still had my farm but I was in the kitchen most of the time," she says. "I finally realized that chapter was closed and it was time to move on."

She opened Local Flavors Market and began selling to local businesses, including the Co-op, which eventually became her only retail space after she realized it was more cost effective to do less. "I stopped selling to other stores and just kept the Yelm Food Co-op," she says. "It's been good because it's allowed me to experiment with products to see what people like. With larger stores I wouldn't have that flexibility." Her next expansion phase includes commercial production equipment so she can increase her production capabilities before selling more.

Recently she completed an Enterprise for Equity training designed to help small businesses get off the ground and decided to re-brand her business as Yummy Local Foods. Customers can now order her creations online with pick-up and delivery options, and of course find them at the Yelm Food Co-op.

Most Co-op patrons are familiar with her products

and have a variety of ways they like to use them. Here are a few ideas from Co-op shoppers and Susie herself :

Garlic Basil Supersauce

"It's a salad dressing, a dip, a spread, and a marinade on any kind of beef, chicken, or fish," says Susie. "You can use it as a sandwich spread or as a way to liven up any boring dish."

Garden Burgers

"They're made of whole grains and fully cooked," she explains. "All you have to do is gently warm them." Some people like to fry them, while others intentionally make them fall apart and put them on salads.

"My favorite is with scrambled eggs in the morning," says Susie. "That's my go to. You can put whatever you'd like on top. Sandra's hot sauce would be great with that. Some people pack it for lunch when it's still frozen and it thaws by lunch time."

Peanut Butter Protein Bars

These gluten-free treats are "almost a meal replacement" according to Susie. "A lot of people will stack them in the freezer. They're great for moments when you just need something."

Quinoa Salad

These have become increasingly popular, she says. They make great alternatives for people who want something fast but healthy. "When someone knows that they want something non-GMO, they can just run in and pick it up at the Co-op."

Making healthy alternatives to fast food available is



all part of her focus on the bigger picture. "I've been working on preserving farmland and protecting our food supply for the last twenty years," she says. "I decide to farm because I didn't want corporations making my food choices. It's important to have healthy communities with strong local food systems."

One idea comes from a customer who loves Susie's quinoa salads. She makes a delicious, easy dinner by sautéing favorite veggies or

whatever she has on hand, adding some cooked chicken or favorite protein, warming it all up along with the quinoa salad (curry is Susie's favorite to serve this way), and topping with some grated cheese and Hot Babe Hot Sauce. "This creates a yummy quick dinner that's good for you," says Susie.

To find her shelf at the Co-op, visit the refrigerated section, or just ask a staff person where her products are, then "taste to believe," her new tag line.

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It's That Time of the Year Again!

Alternatives to Harmful Insect Repellants

Jutta Dewell

So it seems like the spring of 2016 started with a bang, at least as far as ticks are concerned. It looks like they are out in force this year and that brings not only aggravation from bites, but also some dangers from things like Lyme disease. But these parasites are more a danger when you're out in the woods or in meadows with long grass.

Sitting in the backyard also has its dangers from mosquitoes, black flies or wasps, unless you are in a screened-in porch or a gazebo. Mosquitoes are, of course, annoying and the bites itch like crazy, but recently they seem to also be carrying some rather nasty viruses like West Nile. So, what to do?

Most people use conventional insect repellants that

really work, but what is in that stuff that they are spraying on their body and in their face and on their kids, too? Most of them contain a potentially dangerous chemical insect repellent/insecticide named DEET.

The Environmental Protection Agency says it is safe, but suggests that you should wash it off your skin when you return indoors, avoid breathing it in and not spray it directly on your face. So, it's not completely harmless and some people do have adverse reactions to it.

There are safer alternatives that do work, too. My search for them began after my husband had 2 tick bites within a week and customers at the store had been asking for DEET alternatives.

One of the products we carry at the Yelm Food Co-op is BUZZ AWAY EX-

TREMÉ® SPRAY. It's made from essential plant oils and other natural ingredients like Castor Oil (8%), Geranium Oil (6%), Soybean Oil (3%), Cedarwood Oil (1.5%), Citronella Oil (1.0%), Peppermint Oil (0.5%) and Lemongrass Oil (0.25%) and is DEET-free.

Another great cedar oil based product that we also have used is Cedarcide's TickShield© Tactical non-toxic backwoods repellent for people and pets. This is not only a repellent, but also a contact killer for ticks, fleas, chiggers, gnats, no-see-ums, mosquitoes, bed

bugs, lice, wasps, horseflies and a lot of other non-beneficial insects. It is 100% organic and contains 20% cedar oil and 80% hydrated silica, a form of silicon dioxide (sand). It is EWG (Environmental Working Group) verified with a very low level (score 1) of overall hazard (www.ewg.org/skindeep/ingredient/719552/HYDRATED_SILICA).

Cedar oil seems to be the most powerful natural repellent. It was even used by the Egyptians in the mummification process!

Another alternative is to make your own from essen-

tial oils. Recipes can be found on the WellnessMama.com website that use distilled water, Witch Hazel or rubbing alcohol and dried herbs like peppermint, spearmint, citronella, lemongrass, catnip, lavender, etc., but always using one of the mints. However, this is best used on clothing and not directly on the skin since some people, especially children, may find the oils too harsh for their skin.

So there are some really good choices for keeping your outside activities fun and insect free without resorting to things that could be harmful.



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NEWS FROM THE FIELD

May 22 - Oct. 16, 2016 - Sundays, 10 a - 3 p
 Nisqually Springs Farm, 17835 SR 507, Yelm

Paradise Organics Farm's Legacy Continues

When Susan Runnels started working in the field with Robert Foster (known to most as “Bob”) at Paradise Organics about six years ago, she was most impressed with the fact that Bob was growing *REAL* food on the small, five-acre farm that he carved out of a wild hillside of Douglas fir and pure forest. She had been a family friend for 20 years and in the periphery, saw the hard, slow work that

Bob was engaged in to make the farm rich in soil amendments, diversity of heirloom seeds, and a mix of small animals (chickens and ducks) and orchards. All to provide a community resource for good quality food to others.

She started working at the farm as one of the many collection of jobs that she has done mainly in the healthcare industry. Bob realized she was not a total novice to the agricultural world when he saw that Susan could weed like a pro without disturbing the tender roots of the plant in the middle of the weed patch. She had been around growing, picking and cooking in her homeland of the Philippines where fresh food is an important part of the culture. Bob would joke with Susan, when she chose to do weeding over other farm tasks, and tell her to, “Knock yourself out!”

Susan did learn some things from Bob that she hadn’t known before, however, in her tropical Philippines. “Bob had an encyclopedic

mind about plants and soil. And he was always researching what would be the best seed for this climate,” she said. While she came from the Pacific Islands, Bob came from the southern states of Arkansas and Louisiana, and he was passionate about adapting to the Northwest climate and soil.

Bob had a generous nature as well, and would pass along his knowledge about plants, soil and correct planting seasons to hundreds of residents in the Yelm, Roy, Eatonville, McKenna, Rainier and many other small farmsteads in between.

“We are all about community,” Susan would recall him saying. “This farm is a community resource.”

As people began to take the short trip out to Paradise Farm for procuring the top-quality plant starts, a specialized mineral blend developed by Bob and additional staples like fresh harvested vegetables and fruit, honey and eggs, they would

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learn why their tomatoes weren’t doing so well, or how to plant the herbs in the right location. “People continue to come to me now,” Susan said, “and they will say, ‘Bob taught me this, or, Bob helped me with this problem.’”

When Bob passed away suddenly last October, Susan drew back on the many conversations that they had had on the operations of the farm and what it meant to Bob as the

See Legacy, page 8



At Nisqually Springs Farm, Happy Cows = Better Beef

Heidi Smith

Glenn Schorno started farming at age three, when his grandmother gave him 20 laying hens to care for. “We had an old chicken coop at the house, and it wasn’t too secure,” he says. “My business wasn’t very profitable between the raccoons and the coyotes. I learned about losses right away.”

Undeterred, he grew up raising dairy cattle on the 253-acre farm that has been in the Schorno family for several generations. In 2007, the property now known as Nisqually Springs Farm became certified organic, and Glenn bought it from his father last year. “We were looking at how to best use the farm without making it a burden as it passes from one generation to the next,” he says.

Between hosting events like auctions and the Yelm Farmers Market, the farm offers the public a chance to get more involved with where



their food comes from, he says. “People care about the how the animals were raised as well as the quality of the meat.”

The farm also functions as a Certified Humane facility for other local farmers to slaughter their animals. “The alternative is driving for hours, which is more stressful for the animals,” says

Glenn. “The next closest site is in Snohomish County. We lease out a section of our barns for small producers.”

Cattle at Nisqually Springs Farm literally come straight to the field to the facility. “From a humane handling standpoint, it doesn’t get any better than that,” says Glenn. The beef is then processed at Heritage Meats and sold to local companies like the Yelm Food Co-op. “We started supplying the Co-op last year,” he says. “This year, we’re hoping to have product there year-round and keep the store fully stocked.”

Ultimately, he hopes the farm helps to educate children and adults and inspire the Yelm community to get involved with farming. Every October, he collaborates with Crossroads Community Church to offer a pumpkin

patch for school groups. Unlike many similar sites, Nisqually Springs Farm also includes educational activities about what crops need, how it ties in with other local farms, and what being organic means. “I grow sweet corn next to decorative corn, and the cross-pollination gives us some really funky-looking hybrids,” he says. “Hopefully when the kids get to the age where they learn about Mendel and genetics, they’ll remember it.”

He also encourages people to call him if they have any questions. “There’s a lot of confusion between being grass fed, organic, hormone-free, etc.” he says. “There are all of these different segments. I hope that if someone has a question, they’ll contact me directly.”

You can find Nisqually Springs Farm beef in the frozen foods section at the Yelm Food Co-op.

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Local References Available

Wine Cellar of Yelm: Wines From Around the World

The Art of Tasting Wine & "A glass by any other name..."



Anne Marsh
"Virtuose de Vin"

Art? Yikes! Science? I can handle that. I adore the artistic talents of the many artsy friends upon whom I rely for advice. Just ask those who chose the color scheme for the wine shop! Thank goodness there is an actual systematic method of tasting wine. Yes, a step by step system, that from the opening of the cellar I have taught you, so you get an excellent tasting experience. Many of you have shared how it has improved your enjoyment of wine. Keshia

said, "Now that I know how to taste, I enjoy every drop in that bottle, no matter what I've spent on it". Cheers, Keshia!

For all of you, I have great news. Now you'll get the very best tasting experience possible with the addition of brand new Riedel tasting glasses. (Pronounced "Ree-del" like Riesling) That's a German wine glass company which produces a varietal specific, mouth-blown crystal wine glass, scientifically designed to pull out the aromatics and favors of each wine. Just a marketing ploy, you say? I invite you to prove it to yourself.



Save the Date: Friday July 15 & Saturday July 16

You will have the opportunity to participate in your very own experiment in which you'll taste one wine, side-by-side in the original commemorative Wine Cellar glass and our brand new Wine Cellar of Yelm tasting glass. Join me in the wine shop Friday July 15 from 2-7 & Saturday July 16 from Noon - 4. You'll get a kick out of this and be delighted with the results.

Wine Cellar of Yelm Commemorative Glasses for sale!

The original Wine Cellar Commemorative glasses will be retired from their faithful service and go up for auction on July 15, 2016. The proceeds will be used to improve the Yelm Food Co-op so we can bring you a better shopping experience.

A Special Thank you ... Cellar Angels

Wine Cellar of Yelm officially "opened" on December 21, 2012. Since then we have been blessed to have Cellar Angels make donations of items. You need only walk in and your eyes can't miss all the beautiful lighting and lovely little touches that add to the boutique feel - all of which brought to life the vision I held for the Wine Cellar. Those of you who painted the room, dropped off the little fairies that hang, little wooden cheese trays, the tasting flight holders that display glasses, the beautiful light sets & baskets ... Thank you. Your gifts mean the world to us. I wish to make special mention of the Cellar Angels from the office of *Dr. Terry Franks, Chiropractor in Rainier, WA. Carol & Dr. Terry Franks and LeAnn Todd* very generously gifted us these amazing wine glasses, and commissioned their friends *Beverlee and Ward Whitson of Funktional Art Works in Stanwood, WA* to gift us the beautiful etching on each glass. A thousand thank you's. Endless love....

Upcoming Events!

Happy Hour events are held from 4-7 p.m.

July 29: Meet the wine maker Phil Cline of Naches Heights Vineyard (live in person)

September 16: Meet the wine maker Chris Smeaton, Holloran Vineyard Wines (live in person)

If you wish to make a donation to the Yelm Food Coop to help us build the new wine cellar which will include seating, state of the art shelving and relocate the A/C system, please see Barnaby.

Your contribution is tax deductible.

A TASTE OF THE WORLD HERE AT HOME...

*Join Anne each Friday from
 2 p.m. to 7 p.m.
 & Saturdays from Noon-4 p.m.
 at the Wine Cellar of Yelm
 Inside the Yelm Food Co-op*

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

Why I'm a Yelm Cooperative Member

Back in 2005 I read an article in the Nisqually Valley News about a group of people who were joining together to open a food co-op and vowed to join the cause. In March 2006 the organizers held an event in the city park asking everyone to vote on a logo. I attended, voted on a logo and joined. I also decided to join the Steering Committee to help them grow towards opening a store. I was beginning to see the benefits of choosing an organic and natural foods lifestyle and was frustrated that at the large stores it was challenging to find these foods. I had to travel to Olympia or up north. I wanted to see something more dedicated in Yelm so I could keep my money local.

Ten years later I find myself committed more than ever to a natural, organic and local foods lifestyle and excited to see what my annual member dues do for the store and our community.

So, what do your membership fees do for you as a shopper and for our community?

Equipment replacement/repairs.

To offer new and increased shopping options for you, the YFC has to keep its equipment in good shape. In the past year we have replaced two freezers and paid for repairs on other equipment. Last month we lost the use of one of our A/C units so when the heat came in early June, all the units in the store had problems. One freezer

which was already having problems went out completely. For all of you who have equipment at home, you know there is always an ongoing need for repairs and replacements!

Store upgrades.

In 2015 we upgraded the produce cooler with a misting system that greatly reduced our produce loss. And have you noticed the good looking new signs and lighting on the outside of our building? Now our store is clearly visible to traffic going both directions on Yelm Avenue.

Yelm Farmer's Market.

Membership money created our Farmers Market and supported this great addition to our community while it was growing and gathering sponsors. Over the last four years, it has grown and thrived and provides a fun outing every Sunday where individuals and families can take home locally crafted cheeses and breads and farm fresh vegetables and fruits.

Yelm Community Gardens.

When this project is ready to start, membership money will be a base of support for the Gardens.

Credit/debit card surcharge is waived.

Because merchant service companies charge the store a fee every time a purchase is made with a credit or debit card, this amounts to a hefty

See Member, page 10

Legacy

From page 5

founder, instigator and cultivator of Paradise Organics. "I had just a couple of choices," Susan said. "I could just stop farming and producing the way that Bob had taught me, and really, a whole community how to grow – or, I could put in as much passion as I could into the work to honor him and continue to produce *REAL* food."

He would say to me, when we sat down at the table and calculated that he only made \$1.39 per hour on the farm, "People will be coming to get their food from the farm." And it was with those thoughts that Susan chose to continue to the work.

It has been not all a bed of roses, however, to pick up the legacy that Bob created and keep it going. The farm lost its most hard-working caregiver even while Susan was a strong second at Paradise Organics. "I took a lot of things for granted that Bob just did, like plant exactly with the right timing," she recalls.

Susan can produce quite a volume of food for the community on her own, with an enriched foundation of soil built up over the years, help from neighbor friends and a reputation of providing the highest quality of vegetables that taste amazing. She does need another half of the equation, however, to make this continuation of the farm realize the legacy of Bob Foster – the foods are perishable, and they need to be bought and eaten by the members of the community as this flush of spring and summer crops come on.



So come out to get your vibrant, passionately-grown spring lettuces, greens, spring onions and squash either at Paradise Organics' Farm Store (open Monday-Friday 10am – 6pm), in Rainier under the Shell Station canopy (open Saturdays only, 9:30am-4pm) or at the Yelm Farmers Market on Sundays, 10am – 3pm. And continue coming in the summer-- when delicious fruits, tomatoes, peppers and more are provided to the community through Paradise Organics!



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Calling For New Members! Join Us!



For all new members who pay their annual fee in full, the Yelm Co-op will present you with a logo-enhanced bright green bag, filled with delectable surprises. Just speak to any cashier, who will be delighted to sign you up as a member. Thank you for joining us in bringing clean, healthy food to Yelm!

Refund

From page 1

deli scale and a set of 10 new bulk bins. At this time, we have not decided exactly how we are going to spend the money. But be assured every dollar donated back to the store will go directly into purchases for new equipment. We will have a small article about what we spent the money on in the next issue of the *Grapevine*.

We believe that your generosity exemplifies how much our members want to see our cooperative grow and expand. Please accept a very big THANK YOU from all of us!

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:

yelmfood.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!

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!



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



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929

Member

From page 8

cost to the store. Non-members are charged the fee – 3% of their purchase total. But Yelm Cooperative members have this fee waived and have the freedom of using their card with no extra charge. In addition, the fee is waived for first time shoppers as a thank you for shopping at our store, and is also waived for military and food stamp shoppers.

Monthly specials.

Every month, the store selects products for special discounts. Members receive a higher discount on these items than non-members. You'll be able to see the items on special by looking for the yellow cards that have two prices on them throughout the store.

Member-only bulk buying privileges.

If you use large amounts of a product, bulk buying is a terrific way to save money – you can save up to 25% off retail prices! You select the items you want from the catalogs available in the store and store staff special order them for you. Staff are always ready to help you if you are new to bulk buying, so never hesitate to ask.

Because membership money is spread across many projects, we also have the Wish List/Donation money which is 100% dedicated to the store. The Patronage refunds that were donated back to YFC will be exclusive to the store as well. Target projects could be a new deli scale, new/newer computers especially the Point of Sale (POS) system (cash registers) that are still on Windows XP. Currently, we have a broken freezer which would take precedence. More than half of the allotted Patronage money was



donated back to us and for that I say a very big THANK YOU for further investing in your store!

As we continue to operate the store, ongoing upgrades will continue to be needed and they will need to be funded somehow. If a large upgrade is needed, the store must look to a bank loan. And most banks want to see strong support from its members in order to loan money. A healthy member base can make a major difference in the store's ability to access a loan. They need to know that the Yelm community is going to continue to support the Co-op.

There is also an expansion project on the drawing board that will help us grow into the future. It includes a full meat/cheese counter, fresh baked breads, and a juice/coffee bar just to mention a few. These may come with a larger store or we may remodel in place.

Here at the YFC we are always endeavoring to keep up with changing trends. We remove products when we need to. Even locally, we monitor our vendors. If we find they

are using GMO products to produce their line, we phase them out. We use signage in the store to point out products that are certified organic or certified GMO-free so our shoppers always know what they are buying.

Why is it important to continue to support your Co-op? Joining and supporting the Yelm Cooperative says you value the product line the YFC is carrying; that natural and organic foods are important to you; and that you do not want chemical and/or pesticides in your food, causing future health problems. It says that you want to support local farmers and producers. It says you want to put your money into local businesses, rather than sending your dollars far away to large corporations. And it says you value that the store will be here for you – close by and trying hard to serve our member and non-member shoppers to the very best of our ability.

I have abandoned my junk-food-junkie habits and have become an organic-food-junkie and I feel great. Am I

100%? No, but I'm getting there. I cannot imagine ever going back to my old shopping and eating habits.

It feels good knowing that we at YFC are doing the best we can to give back to our community by offering these natural foods and that our members' money is helping support a Yelm Food Co-op store and a Yelm Farmers Market – healthy places for healthy people.

If you're not yet one of our wonderful members, JOIN US!

WINE TASTINGS AT THE STORE

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

*Join Anne each Saturday
from Noon - 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.*

Annual Membership Meeting



Saturday, September 10th
1:00 – 3:00 pm
with free eats to follow

Yelm Adult Community Center
(Senior Center on 103rd Ave)

Hear about what we've accomplished together with you this year

Important! Vote for Board members!

Go to yelmfood.coop, click on “Our People,” click on “Board Members” to read the bios of Debbie Lusk, Carl Zambuto & Terry Kaminski.

Participate!

Vote!

Be Knowledgeable and Build Community!

Working-Members Needed

Looking to explore the opportunities available as a working-member of the Yelm Food Cooperative? 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 he will take 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



More Information

On the web

yelmfarmersmarket.yelmfood.coop

On Facebook

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