

# Prairie Newsletter

## Happy New Year!

By Barnaby Ulrich Rintz

**Looking** Backward, last year provided a combination of possibilities and obstructions for Yelm Food Cooperative. We began the year with positive profit margins, but sales subsequently lagged early and often. Overall, last year was okay, and the wine department experienced an increase of nearly 25% last year. Unfortunately, we lost a major part of a large buy club account, and store sales outside of wine were almost the same as last year. In addition, growing expenses in payroll and small equipment purchases negatively affected our cash flow as well.

**Around** the middle of the year, we also learned that we had to restructure our business due to no fault of our own. This process took a lot of our time away from store development and maintenance. Nevertheless, we believe firmly that a successful 2017 can happen despite the distractions that we still continue to face.

**One** of the biggest changes involves membership. We now have an equity-based structure for membership that will include either a full share payment of \$100 or installment payments of \$25/year. We have also chosen to give credit to members who had YC memberships that extended into 2017. That credit is based upon how many months in 2017 the YC membership is valid and which payment level the membership is on. Some people get a free membership for 2017 due to the fact that the old member levels were higher than the new levels for the most part. Unfortunately, senior and working member discounts on membership have been removed which is similar to how it was before the membership changed in 2012. Please make

your membership payment soon, however, if you are a YC member, because your credit will decline every month.

**Just** like many of our shoppers, we believe that barista and deli services could benefit the store and customers alike. This possibility is nearing reality as we prepare for a launch in spring of a major store remodel. We still face a lot of work ahead before this upgrade becomes a reality, but I feel confident that we can provide superior food and beverages from our current location. Originally, I proposed a remodel that would cost about

\$150,000 to our Board of Directors. Although the proposal received a lot of support, the idea had some logistical issues which led to the scaled-down upgrade that we now hope will happen very soon. Please stay tuned for future details.

**Some** other changes with the business in 2017 include modifications to our newsletter and marketing. 2016 gave us the chance to better determine what type of marketing seems to work best for the store, and we will move forward with those ideas. With the newsletter, our

old system of working to create a 12 page document every few months exposed some real weaknesses. For 2017, we plan to have monthly newsletters with less content and more up to date information. We definitely have many plans right now, but I must admit that we find ourselves behind the '8-ball' when it comes to execution.

At any rate, we certainly hope that our shoppers – and the Yelm community at large – have a fantastic 2017!



**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**  
**www.yelmfood.coopyelmfoodcoop@gmail.com**

## Stay Healthy Through The Winter Months

By Christine Jarlik-Bell

**During** the winter, our bodies are thankful for some extra help to boost our immune system and avoid getting sick. One of the vitamins that can help is Vitamin C.

**There** is nothing wrong with taking supplements, but personally I choose to brew myself a cup of tea with rosehips.

Why? Rosehips contain the most usable form of vitamin C in existence and contain a wide variety of antioxidants (many of which are still undiscovered). Anthony William states in his book 'Life-Changing Foods' that rose hips are more anti-inflammatory than other sources, they help to increase our count of white blood cells and they are a particularly helpful catalyst for battling virtually any type of infection. A side note: Rosehips are amazing for alleviating UTI's (Urinary Tract Infections) – much more powerful than cranberries.

**We** sell rosehips in our bulk herb section: For one cup of rosehip tea: take 1 teaspoon of dried rosehips and steep them in 1 cup of boiled water for 5 minutes or more. Once you made the tea, add a squeeze of lemon and some local raw honey to make the vitamin C content highly effective. Drink as often as you like - Here is to your health!



### Nothing like a fine wine

Learn everything you need to know about the Wine Cellar of Yelm.



Join Anne  
every Friday 2p-7p  
and  
Saturdays from Noon-4 p.m.

*"Taste often. Drink what you like."* — Anne Marsh  
Virtuose de Vin

### 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.

### Working-Members Needed

Cashiers—Stockers  
Price Comparison  
Shopper—Graphic Artist—  
Grant Writer—  
Advertising Promotion  
Director Planner—  
Communications/Public Relations

These are volunteer positions.



### Working Computers

360-458-7430

New and Used Laptop and Desktops



Unit A, 109 Binghampton Street West  
Mail: P.O. Box 512  
Rainier, Washington 98756

Brenda Surerus, BPE, LMP  
Lori Drayson, LMP

360-446-0116

Specializing in...

- Sound Vibrational Healing Therapy
- Deep Tissue Massage • Injury Work
- Lomi Lomi • Hot Stone Massage
- Cranial-Sacral Therapy
- Visceral Manipulation
- Lymphatic Drainage
- Aromatherapy



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929

### CASCADIAN CUT FRIES or SPUD PUPPIES

Mem Price  
**\$3.06** /16 OZ

### BIONATURAE TOMATO PASTE



Member Price  
**\$2.80** /7 OZ



### BARBARAS SPOONFULS ORIG/

Member Price  
**\$3.35** /14 OZ



### LUNDBERG RICE CAKES

Member Price  
**\$3.25** /8.5 OZ



### TASTY BITE ASSORTED ENTREES

Member Price  
**\$2.67** /10 OZ



KEVITA  
TURMERIC GINGER  
TONIC Member Price  
**\$2.64** /15.2 OZ

### ANNIESHOME BERRY BUNNY FRUIT SNACK



Member Price  
**\$4.16** /4 OZ



### GARDEN/ETIN ASSORTED CORN CHIPS

Member Price  
**\$2.70** /8.1 OZ



### JASON'S POWERSMILE TOOTHPASTE

Member Price  
**\$4.84** /6 OZ



### RW KNUDSEN LEMON RECHARGE OG

Member Price  
**\$3.01** /32 OZ

## WHILE SUPPLIES LAST!



NAPA VALLEY  
MARINARA  
Mem Price  
**\$4.55** /EA



NAPA VALLEY  
SHERRY  
VINEGAR  
Member Price  
**\$6.00** /12 OZ