Volume 2 Issue 2—February 2018

Prairie Newsletter

From the President's Desk

By Carl Zambuto Greetings, Yelm Food Co-op members!

It's a new year, and we have new beginnings. Many of you already have read or learned that the board decided to release our general manager, Barnaby. We want to express again our thanks for his faithful service of five years. We know that he put his heart and his soul into his work. I have always admired, and appreciated Barnaby. The decision we made was with careful consideration, and we believe to be in the best interest of our co -op now at this time and going into the future.

We have now formed a management group consisting of three board members and three staff members. These people are working together as a team, handling the operations of our store. On the board side we have Debbie Lusk as head facilitator, Jeevan Anandasakaran for systems, inventory, computing and website, and Diane D'Acuti on human relations. On the staff side we have Jutta Dewell, Debbie Burgan and Emily Rankin. These six people are working together in beautiful harmony, utilizing their skills and rather vast combined experience as one unit. Emily reported to me recently that it appears that everything is running smoothly. We are pleased.

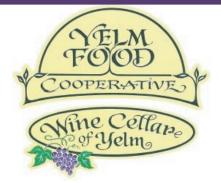
What we have in the works also right now is a revamp of inventory control. We will be utilizing our point of sale system in more comprehensive ways to achieve a much tighter tracking system so we know where we are at in real time. We also have plans for a new website that will be fully interactive. Jeevan is the lead person on both of these projects.

Another very beautiful thing that has happened, and has been a dream of mine since I came on the board two years ago, is the entire paid staff and the entire board now have total, unhindered access to each other, where we can communicate freely on any subject or issue on our minds. We are coming together as a group, a team, a family. The energy is good, and our staff appears to be happy throughout, and that makes me happy. What I hope for and intend over time is this communication will spread to our volunteer staff, then our membership, and eventually, our community at large.

We also want to announce the addition of three new volunteer working members! They are Kimberly Spruell, Chime Trovillo, and Catie Holstein. Welcome, and thank you for volunteering at our co-op. And for those to whom it has not yet occurred, your board members are also volunteer working members! We volunteer our time, effort, and energy to support our organization.

Another new development is we are now holding our monthly board meetings at YOUR co-op store! We want to be seen, we want to be accessible, we want you to know we are here, and we want to invite you to our meetings. We had our January meeting in the break room and broke a record since I've been here. We had THREE members attend our meeting, and ask questions and provide advice or feedback. We want to thank them for this, and we hope to also see you some time soon. We meet the third Thursday of every month at 6:00 PM.

I've probably gone over my space limit, so I'll sign off for now. It is a privilege to serve you and this organization.



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

Deli Sandwiches have arrived!!!!!!



We now have Deli Sandwiches for sale! Our first offerings are:

- Organic roast beef with Swiss cheese, romaine lettuce hearts
- Organic turkey breast with mild cheddar cheese, romaine lettuce hearts
- Black forest ham with Monterey jack cheese, romaine lettuce hearts All on a ciabatta sandwich rolls..

We will have Soy Free Veganaise, Dijon Mustard available on the side.

Feeling Stressed[®].

Here's Dr Mike's 'In a Nut Shell Stress Reduction Course'!

1. Breath – Get control of your breathing. <u>In all cases</u>, stress is associated with an abnormal, out of whack breathing pattern. Take in a deep breath, about 3 seconds, fill up the lungs expanding the upper airways, pause for about one second, then naturally let it out, about 5 seconds.

This helps activate the Peaceful Nervous System (Parasympathetic) like the brakes in a car, and it helps take the foot off of the gas, i.e., the Stressful Nervous System (Sympathetic). For mild stress do this for 2-5 minutes, moderate stress – 5-10 minutes, moderate to severe stress 10-15 minutes. Do not hyperventilate. Breathes should be relaxed and slow.

2. If you are alone, then immediately put a big fat fake smile on your face. You will know if it is big enough because you will chuckle, will feel it in your belly, like a brief laugh. Then you have released powerful molecules from your brain into your whole body that relax and calm: Dopamine – feel good, Serotonin – mood lifter, Endorphins – body's natural pain killer, and Oxytocin – 'the huggy' molecule. Repeat.

3. Slow down a little – slow your pace a little if you are in a hurry – just slowly keep slowing your pace until you can feel a difference – hurrying can activate the stress nervous system, like punching the gas pedal, slowing down helps to activate the peaceful nervous system, like gently applying the brakes. Page 2

