

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.com

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 Veganise, 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. In all cases, 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.

IT IS ONLY NATURAL

Like anything worthwhile, crawl, walk, run. Play with each technique one at a time for 2-3 weeks, then start combining them. This can be a powerful investment in oneself, but remember 25% effort in, 25 % results out, 100 percent effort in?

This is not a substitute for your health care provider's medical advice, but many of my patients find these useful, individually or together, to help curb, diminish and get better control of their stress.

To your Health!

Dr. Mike
 Michael Carruth, MD, EAMP/LAc, MAcOM, Dip.OM
 (Licensed only as an Acupuncturist in WA State)
 See www.bvac.biz for more resources related to this topic

Featured Members Only Sale Items—More in Store



**ALO
 VERA
 DRINKS**

Member Price
\$1.45 /EA



**BAHLESEN
 MILK/CHOC
 COOKIE**

Member Price
\$3.13 /EA



**BIONATURAE
 EGG NOODLES
 TAG/PAP**

Member Price
\$3.24/EA



**BRAGGS
 LIQUID
 AMINOS**

Member Price
\$4.33/16 OZ
\$7.14/32 OZ



**BROWN
 COW
 YOGURTS
 Plain/Van
 /Maple**

Member Price
\$4.38/32 oz



**DR
 BRONNER
 COCONUT
 OIL**

Member Price
\$9.01/14 OZ
\$16.53/30 OZ

**MARLOS
 BISCOTTI
 ALL
 FLAVORS**



Member Price
\$4.67/EA

**PETER RABBIT
 SQZ PACK FOODS**

Member Price
\$1.61/EA



**EARTH
 FRIENDLY
 LIQUID-
 LAUNDRY**



Member Price
\$6.42/50 oz



**BOIRON
 SINUSALIA**

Member Price
\$9.48EA



We will be featuring a different coffee each month. For February we will have Love Buzz by Equal Exchange. The cost is **\$9.99/Lb**



One block from the Co-op!



360.878.2000

YELM YOGA CENTER
 14523 Regal Lane SE Yelm WA 98597
 Call today 360 894 1141

Pizzeria
La Gitana
 Wood Fired Oven
 (360) 400 2929

**Alive & Well
 MASSAGE CLINIC**
 Unit A, 109 Binghamton 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