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# CO-OP NEWS

A Publication of the North Coast Co-op • Dec. 2016

## *Gift Picks at the Co-op* p. 2

*... including new  
Co-op clothing!*



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**Plus**

p. 1 Letter from  
the Editor

p. 4 Share the  
Spirit

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**THE COOPERATIVE PRINCIPLES:**

Voluntary & Open Membership  
Democratic Member Control  
Member Economic Participation  
Autonomy & Independence  
Education, Training & Information  
Cooperation Among Cooperatives  
Concern for Community

The Co-op does not officially endorse the services or products of any paid advertiser. All articles, columns and letters are the expressed opinion of the author and not the Co-op News.

**LETTERS TO THE EDITOR**

Letters must include your name, address, member #, and telephone #. Letters should be kept to a maximum of 250 words and may be edited. We regret that we may not be able to publish all letters due to limited space. Email your letters to [co-opnews@northcoast.coop](mailto:co-opnews@northcoast.coop) or send them to: Co-op News, 811 I Street, Arcata, CA 95521. Deadline for letters is the 10<sup>th</sup> of each month.

# Letter from the Editor — Dec. 2016



**Cassie Blom**

Marketing & Membership Director

The leaves are changing, the air is changing, and our appetites are changing as we begin to savor rich bisques and hearty casseroles. It is a time when we hunker down with those we love, gather closely around food and drink, and count the blessings in our lives. Fall is fully upon us, and it is indeed a season of change.

As I'm sure many of you do, I often find myself reflecting on the months past at this time of year. There is no question that the last several months have been tumultuous and highly energized. Whether you have spent the last few months passionately discussing the issues you hold dear, or have built a fort made of pumpkins and pillows to insulate yourself from the world, this autumn has rocked most people in ways seldom experienced before. And yet, I cannot help but feel overwhelmed with gratitude for the good

things in life that remain constant and strong.

Amid the changes happening so rapidly in the rest of the world, Humboldt County residents typically enjoy a slower pace of life. For that, I am grateful. In fact, for me, where I live holds many blessings.

Here in Humboldt County, we are blessed with an extraordinary sense of community. Surrounded by one of the most beautiful environments on this planet, we highly value the place we call home, and we highly value the others who live here. We value our relationships, the ever-changing challenges that we all face

together, and our mutual appreciation of our unique little corner of the world. I have heard from many member-owners that one of the reasons they love the Co-op is the familiar faces they get to see and chat with when they do their shopping. Indeed, the Co-op is community.

We have all chosen to put down roots here; growth cannot happen without roots. Roots keep us stable, grounded, connected. Roots allow us to be vulnerable and face challenges, whether those challenges are imposed or cultivated. Roots are the foundation upon which we can grow, branch out, and stretch our faces to the sun. The Co-op has been a nurturer of roots, both fresh and deep, for

decades. Through times of change, we have been able to find our community strongly connected through the Co-op. I am grateful for the Co-op community and our community at large; I am grateful that I have been able to put down roots in such a unique and lovely place.

“The Co-op has been a nurturer of roots, both fresh and deep, for decades. Through times of change, we have been able to find our community strongly connected through the Co-op.”

As the world continually changes around us, whether quickly or slowly, it is refreshing to take a deep breath, hug the people you care about, stretch those roots a little deeper, and appreciate the blessings. The holiday season is often a time to celebrate community, light and love, but that focus feels even more significant this year. As uncertainty sits ahead, I hope you find comfort and kinship in our community. As the days get shorter and darker, I wish your hearts to be fuller and lighter. And as you fill your home with good food, good people, and good cheer, remember to express your love to those around you. I know I will.

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## Holiday Hours

**Dec. 24**  
closed at 7pm for  
Christmas Eve

**Dec. 31**  
closed at 8pm for  
New Year's Eve

**Dec. 25**  
closed all day for  
Christmas

**Jan. 1**  
open at 8am  
New Year's Day

# Gift Picks at the Co-op



1



4



2



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3



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from Wendy Davis, General Merchandise Buyer

- 1 **Now Foods Diffusers** – They work with tap water and any essential oils. Three designs to choose from – bamboo, faux wood flower or laser cut steel, all with radiating light colors.
- 2 **Rosewood Naturals Candles** – Handmade locally in Eureka from 100% beeswax.
- 3 **Aloha Bay Mini USB Salt Lamps** – Some are pink, some are white, some change color, but all of them reduce negative ions, and we like to think negative vibes, too.
- 4 **Co-op Logo Tees and Hoodies** – Organic cotton tees, organic cotton/recycled poly fleece hoodies. Featuring new art from local artist John Wesa!
- 5 **Rock'n Socks** – Socks made from regenerated or organic cotton yarns. Stripes or solids, crew, knee high, or over the knee, these will make a great gift for the sock lover in your life!
- 6 **Island Bamboo Servingware and Cutting Boards** – sustainability can be beautiful! These boards feature rainbow paka and white birch wood and the fastest growing hardwood/grass on the planet: bamboo.



Above: John Wesa in his McKinleyville studio.



Above and Below: John Wesa's art in progress.



Above: Prints of apparel-bound art.



Photo credit: Alenya Felts & Zev Smith-Danford

## North Coast Co-op Apparel Designed by Local Artist John Wesa



Front of apparel

# November Board Meeting Recap



**Leah Stamper**  
Board President

November's board meeting welcomed new board member Robert Donovan, and incumbents Mary Ella Anderson and employee director Ed Smith to their seats on the board of directors. Mary Ella and Ed were both appointed to fill vacant board seats last year and Robert is new to the board of directors. We welcome them all to their new terms! New board membership called for reestablishing officers on the board. These officers were proposed and unanimously approved by the board at the November meeting. As a result, the new officers are as follows: Leah Stamper—President, Cheri Strong—Vice President, Colin Fiske—Secretary, and Mary Ella Anderson—Treasurer.

The meeting opened with the usual member comment period. Discussion turned to the Annual Member Meeting

(AMM) and a member mentioned that they believed that attendance was very low. Staff members gave some feedback that they felt that attendance was good, with the usual returning membership in attendance. Overall feedback that was left at the AMM was very good. All of this discussion will be considered in planning the 2017 AMM, and we will be setting the date soon because—believe it or not—October 2017 is already filling up fast!

The Member Action Committee (MAC) continues to discuss the issue of senior discounts. Some members have expressed the concern that the Co-op does not offer a senior discount that is comparable to other local stores. Both the board and the MAC are discussing possible ways to support senior members of the Co-op.

The Earth Action Committee (EAC) reports that the bus stop that we had hoped to have at the back of the Arcata store is not feasible at this time because the bus route that travels behind the store on Saturdays is not technically a route, but rather just a safety detour to bypass the plaza during Farmers Market. The EAC will explore other public transportation options when possible. Discussions also continue around the Zero Waste Policy that has been proposed. The board moved to request Co-op staff research the possibility of a food delivery service for members, as proposed by the EAC.

At the Policy & Procedure Committee (PPC) last month, the discussion centered around two primary topics, the single member policy and the purchasing policy. Both of these topics are in the early stages of discussion. More information will be brought to the membership as it develops, but input at the committee level would also be greatly appreciated. See the website or the Reference Guide on page 7 for more information about meeting times.

As always, there are many other things happening at the Co-op and General Manager Melanie Bettenhausen gave us updates in her GM report. If you are interested further details of this meeting, please request a copy of the minutes for your review, or view them on our website at [www.northcoast.coop](http://www.northcoast.coop). If you would like to attend the board meeting in person, we welcome you! We are striving to make board meetings as interactive as possible while still completing the agenda in a reasonable amount of time. If you want to be involved in the discussion of issues and proposals to the board, please consider joining us at the committee meetings, this is where the majority of discussion and input happens. We hope to see you soon!

The board of directors is very excited looking into the next year. The board and committees are working on many different projects and ideas moving towards implementing our Strategic Plan.

As we move forward we appreciate the tremendous amount of effort that staff is making at this very busy time of year. Filling staff vacancies and managing unforeseen challenges such as the hot water heater breaking in the days just before Thanksgiving are challenges that would overwhelm most of us. As a board, we are continuously amazed at the tenacity and dedication of the Co-op staff and we strive to support a healthy environment for the Co-op employees.

It's hard to believe that we are coming to the end of 2016, but here we are! While we know change can be slow, we hope that you will come participate and help us shape the coming year at the Co-op. When you see board members in the store or in the community please come say hello. We are here to serve you and contribute toward a co-op that serves us all.

## December Meetings

### Board of Directors Meeting

**Dec 1** • 6-8pm Ten Pin Building, 793 K Street, Arcata

### Member Action Committee

**Dec 14** • 6-7pm Ten Pin Building, 793 K Street, Arcata

Win a \$25 gift card!

## Member Survey

**Q:** After reading the Letter from the Editor on page 1, how do you feel the Co-op connects you to your community?



Member Name: \_\_\_\_\_

Member #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Detach this entry form and return it to the Member Survey box located near Customer Service at either store location. Be sure to include your name, contact information, and member number so that we can contact you if your entry is drawn. You can also send your ideas to [co-opnews@northcoast.coop](mailto:co-opnews@northcoast.coop) with "Member Survey" in the subject line. Must be a member to enter. Co-op employees and their families are not eligible to win. **DEADLINE TO ENTER: DECEMBER 31**

## Welcome to Our New Board Members



**Mary Ella Anderson**



**Robert Donovan**



**Ed Smith**  
Employee Director

**Both proposed Bylaw packages were approved by membership**

**Package 1 contains Sections:**  
**1.02(c)** — Qualifications of Members  
**2.02** — Share Class and Ownership  
**2.08** — Fair Share Membership Status Definition  
**9.03(e)** — Annual Allocations and Distributions of Surplus

**Package 2 contains Section:**  
**5.05** — Terms of Office

# Share The Spirit

## support our local food bank

— Now through January 1 —

Make a donation at the register to support our local food bank, Food for People.

The Co-op will match total donations up to \$5,000!

# coop<sup>TM</sup> deals

*Even more great deals on shelves!*

Pick one up in store or online  
at [www.northcoast.coop](http://www.northcoast.coop)



# Sparkling Wine Guide

by Bob Stockwell, Wine Buyer

1

## Montmartre Brut Sparkler

From the southwest of France, made up entirely of Ugni Blanc, this sparkler is crisp with spritely white fruit. A great buy!



1

2

## Santa Julia Blanc de Blancs Sparkler

This sparkler hails from Argentina. This 100% organically grown Chardonnay features lovely flavors of apple and peach with lip smacking acidity...quite a pleasing sparkler.



2



3

3

## Cantine Elvio Tintero Moscato d'Asti

Sustainably farmed in the Piemonte region of Northwest Italy, this 'frizzante' (lightly sparkling) style wine is slightly sweet, low alcohol and just lovely before dinner with cheese and fresh fruit or after dinner with your favorite dessert.



4



5

4

## Tiamo Prosecco NV

Tiamo, meaning 'I love you' in Italian, is an ideal sparkler for blending in that morning mimosa or as an afternoon aperitivo. Prosecco is a grape varietal as well as the name of the sparkling wine. In this case, the grapes are grown organically. This is a slightly sweeter 'extra dry' style as well as lightly sparkling 'frizzante' style (not quite the fizz of a Champagne). This bubbly is quite popular in the Veneto area where it is produced.



6

6

## Roederer Estate Brut Rose NV

Owned and run by Champagne House Louis Roederer, this is yet another world-class venture in the Anderson Valley. The Roederer Brut Rose is probably my favorite sparkler made in California...especially in the \$30 and under range. Although one of the most serious sparklers of the group, it is still affordable.



7

7

## Taittinger Champagne, Brut La Francaise

Always a winner! Lovely minerality, hints of lemon and apple. This is the go-to sparkler for that very special occasion. Try with oysters, goat cheese stuffed dates or...just because.

**Note: Some products featured may not be currently available in both stores. Ask Wine Department staff for their favorites!**

5

## Scharffenberger Brut NV

This Anderson Valley sparkler is a French-owned house. Very traditional in style and quite elegant at half the cost of a Champagne. Started by John Scharffenberger (of chocolate fame) in 1981, it is now run by Maisons Marques & Domaines who continue to make marvelous, elegant yet affordable wines.



# Oatmeal Stout Gingerbread

By Ellie Christensen, Outreach Assistant  
& Jolie Harvey, Outreach Coordinator

Gingerbread has been baked in Europe for centuries, often consumed as a festival or holiday treat. The addition of ginger to breads and pastries became popular with the discovery that ginger helped with preservation which led to variations from crisp, flat cookie shapes to dark squares of thick bread. Gingerbread cookies of certain shapes came to be associated with different times of year. You might eat a gingerbread flower at the Easter fair and a bird or leaf shape to celebrate autumn. In this recipe, we have taken a page from the Old World to create a dense, rich loaf of gingerbread. The stout beer adds notes of earth and malt to create a wonderfully unique flavor profile. Traditionally served with whipped cream or a dusting of powdered sugar, consider a drizzle of salted caramel or rich fig jam. Enjoy!

## Ingredients:

- ½ Cup brown sugar
- ¼ Cup apple sauce
- ¼ Cup butter, softened
- ½ Cup dark molasses
- 1 egg
- 2 ½ Cups unbleached flour
- 1 ½ teaspoon baking soda
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- ½ teaspoon salt
- 1 Cup room temperature stout
- 1 pat of butter to line baking pan

## Directions:

- Preheat oven to 350°F.
1. Grease baking dish generously. Do not dust with flour!
  2. Sift flour, baking soda, salt, cinnamon, ginger, cloves, nutmeg together in a large bowl.
  3. In a separate bowl mix brown sugar, apple sauce, molasses, egg and butter until smooth.
  4. Pour oatmeal stout and wet ingredients into flour mixture and fold until blended. Do not over mix.
  5. Pour into pre-greased 8 x 4 x 2 ½

loaf pan.

5. Bake for 30 minutes and then check for doneness by inserting a knife or toothpick into the center of the pan. If knife or toothpick comes out wet, return to oven for additional 15 minute increments until done.
6. Allow to cool completely before removing loaf from pan.

Serve with Strauss Family Farms Heavy Whipping Cream and dust lightly with powdered sugar

# We ♥ Our Members Giveaway!

We love our Home & Gifts selections this time of year and we hope you do, too! So many new items, seasonal products, and local favorites to choose from. We've collected a gorgeous basket of goodies that one lucky member will win! The package includes an essential oil diffuser, locally made candles, essential oils, reusable bottles, a 2017 calendar, reusable containers, and more! All packed up in a beautiful fair-trade Bolga basket to reuse for years to come. Stop by Customer Service in either location to enter!

Enter to win at either Co-op location at Customer Service.

**Deadline to enter:  
December 31, 2016**



# Wellness Wednesday

**10% OFF**

bath & body, supplements, skin care



**NORTH COAST CO-OP**

Wellness Wednesday is the First Wednesday of Every Month

# smoothies, fresh juices & kombucha on tap

*made with organic fruits & veggies*



Bring or Buy a Reusable Cup, Save 10¢ at the Register

## Co-op News Reference Guide

### Board of Directors Activities

Co-op member-owners are encouraged to attend board and committee meetings. Learn more about the board, and find meeting agendas and minutes at [northcoast.coop/about\\_us/board/](http://northcoast.coop/about_us/board/).

### Board of Directors Meetings

**Dec 1** • 6-8pm Ten Pin Building, 793 K Street, Arcata

### Member Action Committee Meeting

**Dec 14** • 6-7pm Ten Pin Building, 793 K Street, Arcata

### Co-op Sponsored Events

**Nov 1 – Jan 1** Food for People Holiday Spirit Food and Fund Drive, 24th annual. Drop off your non-perishable food items at our Arcata and Eureka store locations. More information at <http://foodforpeople.org/>

**Nov 1 – Jan 1** Food for People Share the Spirit event. Donate at the register at our Arcata and Eureka store locations to support Food for People. The Co-op will match total donations up to \$5,000. More information at <http://foodforpeople.org/>

**Dec 12 – Dec 29** Stories of the Season KHUM reads holiday stories every Mon. – Thurs. evening at 9:00pm, plus stories all Christmas Eve evening and Christmas Day.

### Co-op In-store Events

**Dec 2** KSLG Warm & Fuzzy Coat Drive – KSLG broadcasts live from the Eureka store to encourage donations to the Betty Chin Warm & Fuzzy Coat Drive, 6:00am – 6:00pm.

**Dec 6** KHUM Food for People Food & Funds Drive – KHUM broadcasts live from the Eureka store to

raise food and fund donations for Food for People, 10:00am – 6:00pm.

### Deadlines & Reminders

**Dec 31** Member Surveys due (see p.3)

**Dec 31** We ♥ Our Members giveaway deadline (see p. 6)

## Holiday Hours

**Dec. 24**

closed at 7pm for Christmas Eve

**Dec. 25**

closed all day for Christmas

**Dec. 31**

closed at 8pm for New Year's Eve

**Jan. 1**

open at 8am New Year's Day