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CO-OP NEWS

A Publication of the North Coast Co-op • July 2016

Local Produce Recipe p. 4

PLUS

p. 1 We ♥ Our Members Giveaway

p. 6 Thrill of the Grill Raises \$2,086



Peach Beet BBQ Sauce p.4

CO-OP NEWS
NORTH COAST CO-OP
811 I STREET
ARCATA, CA 95521

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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 or send them to: Co-op News, 811 I Street, Arcata, CA 95521. Deadline for letters is the 10th of each month.

We ♥ our members giveaway!



Win all this!

July is national hot dog month, and the time between Memorial Day and Labor Day is considered “hot dog season”! Americans consume about 70 hot dogs per person each year, and nearly 1 billion pounds of hot dogs were sold at retail stores in 2015! In celebration of this, one lucky Co-op member-owner can win an assortment of our best sellers, along with condiments, buns, pickles and more to create a real tasty dog! (We didn’t forget the meatless options, either.)

Head to Customer Service at either location to enter!
 (Perishable items subject to availability.)

Deadline: July 31, 2016

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Run for the Board of Directors!



Leah Stamper

Nominating Committee Chair

It's time for the North Coast Co-op Board of Directors annual election period! Our Co-op is governed by a seven-person board of directors that includes two employee-directors and five general-directors. This year there is one vacant employee-director seat

to be filled and two general-director seats. Would you like to serve on the board of directors? Read on!

Attendance and participation at board meetings has been high and we would love to see this continue into the election cycle. Any member-owner able to meet the responsibilities of a board member is eligible to run. If you are interested in running for the board of directors, here are some things you need to know. Board members must:

- Commit to a three-year term;
- Regularly attend board meetings;
- Serve on the Finance Committee;
- Stay informed about committee matters and prepare for meetings (8-10 hours per month);
- Build a working relationship with fellow board members;
- Actively participate in the committees' annual evaluation, planning ef-

orts and relevant Co-op events; and

- Serve on committees.

As a board member, you represent the membership of North Coast Co-op. You will help guide policy and create change that will better align the Co-op with the goals of our strategic plan.

If you are interested in running for the board of directors, you must fill out a candidate application packet. Packets are available at Customer Service and online. Candidate application packets must be completed and returned by July 24.

To learn more about the board of directors and the election process, go to www.northcoast.coop/about_us/board/elections. If you have any questions please contact the Nominating Committee at board@northcoast.coop or call our Membership Coordinator at (707) 382-3109.

ELECTION TIMELINE 2016

July 1-25 Employee Election to nominate candidate for General Election ratification

July 24 General Candidate Application Packets due

Candidate Application Packets are available in both stores (at Customer Service) and online at www.northcoast.coop

September 9 Candidate Forum: Opportunity for members to meet the candidates and listen to their responses from questions submitted by member-owners. Please note: member-owners can submit questions before the forum — we want to hear your questions! Keep an eye out for instructions in future issues of the Co-op News.

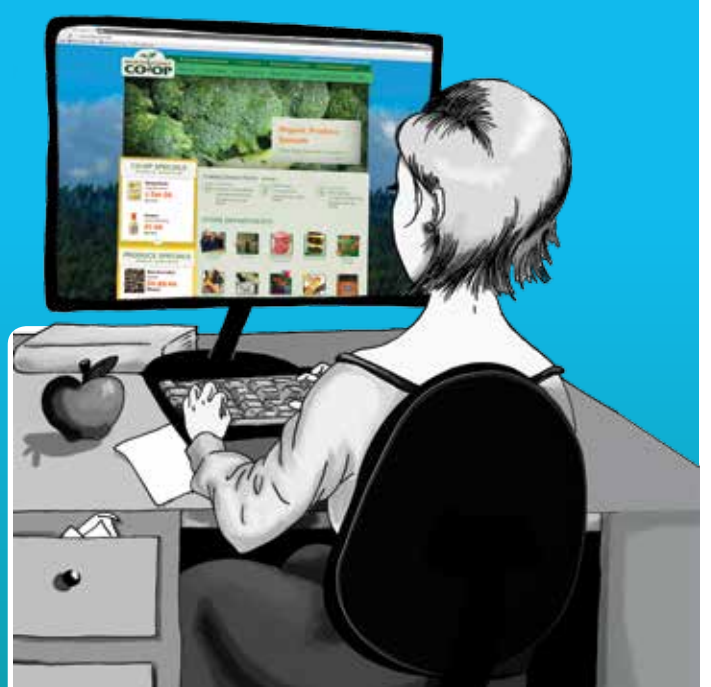
October 3 General Election begins

October 22 Annual Member Meeting: meet & greet with candidates

October 26 General Election ends

October 27 Election results announced

Stay updated with North Coast Co-op at
www.northcoast.coop



Board Meetings • Co-op Calendar • Weekly Sales • Co-op News Articles

June Board Meeting Recap



Dave Feral
Board President

The June Board meeting was very positive and productive. It is so rewarding to work with such a diverse and thoughtful group of people committed to serving our member-owners, the community, and the environment. If you have not attended a North Coast Co-op board of directors meeting in a while, I will take some time now to catch you up!

Within the past year and a half, a lot of positive changes have occurred to help the board and staff continue to follow our mission and lead the way as a grocery retailer

on the North Coast. Last year the board re-activated the Member Action Committee (MAC) to help member-owners bring their ideas to the board for action. In addition, the board developed the Policies & Procedures Committee (PPC) to tackle the burdensome task of bringing Co-op bylaws and other policies up-to-date. This year the board formed the Earth Action Committee (EAC) to drive actions relevant to the environment, and lastly the board has approved the BIG Ideas meeting. The new Big Ideas Gathering (BIG) is an attempt by the Board to focus on the big picture, assess how well the Co-op is living up to the Cooperative Principles and values, and to our commitment to the “triple bottom line” of social, environmental and financial well-being.

Now, I’ll continue to summarize the June board meeting.

Board Secretary and Chair of the Policies & Procedures Committee, Colin Fiske, reviewed the proposed bylaws additions which will include a definition of what a Fair Share membership is. I reminded everyone that there will be no proposed change in Fair Share level. By including a definition of Fair Share membership in the bylaws the document will now be aligned with what is already in practice.

The following motions were made and passed:

1. Support of the Driscoll boycott;
2. Recommendation that there be an operational policy for employee training for inquiring about options and prices for all grab-and-go disposable packaging options including consumer-compostable packages;
3. Recommendation that there be an operational policy for incentivized shopper purchase and use of durable containers;
4. Recommendation that the fiscal year 2017 budget revisions allows for the purchase of compostable containers, marketing funds for Co-op logo durable containers, and contracting with an outside advisor (such as Zero-Waste Humboldt); and
5. C share dividend rate (whole shares) to continue current interest rate of 2.00% APR for quarter ending September 24, 2016.

After all our committees reported, Interim General Manager Ron Sharp presented his report. Here are some highlights:

- Staff is working to update our registers so that it will be possible for senior member-owners to take a 5% discount

on Senior Day and the once a month 5% Member-owner Discount in the same purchase. So for one Tuesday a month it will be possible for a senior member-owner to “stack” their discount.

- Staff will clearly communicate with member-owners that the yearly \$50 minimum purchase requirement is a reminder; member-owners are not automatically getting kicked out of membership for lesser patronage. And, member-owners who are not California residents still need to close their membership, regardless of patronage, due to our securities regulations.
- Staff continues to research the best way to provide electric car charging stations.

General Manager Search update: The board of directors is grateful to staff for continuing to pursue the Co-op’s mission, and for the leadership Interim General Manager Ron Sharp has provided during the past few months while the board continues the national search for a permanent General Manager. The board intends to fill the General Manager position by this fall.

Attend a Co-op Meeting

Board of Directors Meetings
July 7 • 6:00-8:00pm
Co-op Community Kitchen, Eureka

Member Action Committee Meeting
July 13 • 6:00-7:00pm
Co-op Community Kitchen, Arcata

Member Action Committee Meeting
July 13 • 6:00-7:00pm
Co-op Community Kitchen, Arcata

Policies & Procedures Committee Meeting
July 20 • 4:00-6:00pm
Ten Pin Conference Room at 793 K St, Arcata

Nominating Committee Meeting
July 26 • 1:00-3:00pm
Ten Pin Conference Room at 793 K St, Arcata

Additional Change Proposed to Bylaws

By Colin Fiske, Policies & Procedures Committee Chair

As you saw in last month’s *Co-op News*, the board has approved placing some amendments to the Co-op’s bylaws on the ballot this fall. Below is a section that was missed in the June issue. We apologize for this oversight and will update this information on our website so that it is easier

to follow the changes all in one place. If you have comments on this or any other proposed changes to our bylaws, write a letter to board@northcoast.coop or contact our Membership Coordinator at (707) 382-3109. We will continue to answer questions and field concerns as we move through this

process. Member-owners interested in improving the Co-op’s governing documents are always welcome to attend our Policies & Procedures Committee meetings and participate in the process!

Next meeting: July 20, 2016 (see left)

Bylaws Section	Current Bylaw Section	Proposed Changes (<u>Additions Underlined</u> , Deletions Struck-Through)	Proposed New Bylaw Section	Reasons for Proposed Changes
1.02	Any person, including any organizations (except a subsidiary of the Corporation) may become and remain a member of this Corporation by: (a) Complying with such uniform conditions as may be prescribed by the Board of Directors; (b) Making full payment of any non-refundable membership fee as set forth in Section 1.06 of these Bylaws; (c) Making full payment for one A share(s); and (d) If a natural person, being a resident of California.	Any person, including any organizations (except a subsidiary of the Corporation) may become and remain a member of this Corporation by: (a) Complying with such uniform conditions as may be prescribed by the Board of Directors; (b) Making full payment of any non-refundable membership fee as set forth in Section 1.06 of these Bylaws; (c) Making full payment for one <u>Class A Membership</u> share(s), as described in <u>Section 2.02</u> of these <u>Bylaws</u> ; and (d) If a natural person, being a resident of California.	Any person, including any organizations (except a subsidiary of the Corporation) may become and remain a member of this Corporation by: (a) Complying with such uniform conditions as may be prescribed by the Board of Directors; (b) Making full payment of any non-refundable membership fee as set forth in Section 1.06 of these Bylaws; (c) Making full payment for one Class A Membership share(s), as described in Section 2.02 of these Bylaws; and (d) If a natural person, being a resident of California.	This section has been changed to: • Ensure clarity and consistency with other changes proposed below.

Peach Beet BBQ Sauce

Featuring peaches from Hunter Farms and Neukom Family Farms

Peaches are packed with vitamin C and are high in potassium. A summer staple when it comes to preserves and baking, this recipe offers a savory twist. Mixed with beets, peaches are the perfect combination of earthy and sweet flavors for a BBQ sauce base. The lesson to take away from this recipe is that once you have the basic sauce, similar to a ketchup-tomato based sauce, the seasoning can be as simple or complex as you like. Toss in a jalapeño during the mixing process or a few drops of liquid smoke. Add smoked paprika or dry mustard. It is as delicious drizzled on fresh grilled veggies as it is on smoked salmon.



Peach skins being gently peeled.



Peach Beet BBQ Sauce on top of grilled apricots.

Photos by Alenya Felts

Ingredients

- 1-2 small beets
- 2 ripe peaches
- 1 ripe apricot
- 1 clove of garlic
- 1 teaspoon honey
- 2 Tablespoons molasses
- 1 teaspoon Worcestershire sauce
- ½ Tablespoon cider vinegar
- 1 Tablespoon Dijon mustard
- 3-6 crushed pink peppercorns
- Salt to taste

Directions

1. Peel beets and gently remove skins from peach and apricot and discard.
1. Grate beet and garlic clove and remove pit peach and apricot.
2. Add all of the above to blender or food processor and mix until smooth.
3. Mix in honey, molasses, Worcestershire sauce, cider vinegar, and mustard.
4. Add spices and salt to your taste.
5. Keep refrigerated for up to 1 week.

**A chunkier consistency can be achieved with simply hand mashing the ingredients.*

New Ways to Stay Connected



Cassie Forrington

Communications Specialist

As the most recent addition to the Marketing & Membership team at North Coast Co-op, I have been very busy learning all of the ways I can support communication between the Co-op, its member-owners and shoppers, employees and the rest of our vibrant community.

I have a lot of projects in the works, but one of the most exciting and recently completed projects is launching the online version of the *Co-op News*. This is something that has been in the works for a while, and with the support of our web developer, we have finally made it live. Now, you can read the *Co-op News* articles on any device directly on our website, instead of having to view a PDF.

As we have mentioned in the last few issues of the *Co-op News*, we are no longer mailing out the paper version of the *Co-op News* unless member-owners have requested it. Thank you to the many readers who have already gone paperless and signed up to receive the *Co-op News* in their email inbox! Of course, the paper version will continue to be available in stores.

Another exciting project is that there are now more ways for member-owners and shoppers to stay connected with North Coast Co-op. We have set up a variety of email subscriptions, each with a specific

purpose. Want to be alerted when the new *Co-op News* is out? Or just learn about coupons and giveaways? Maybe you want to be the first to hear news from the North Coast Co-op Board of Directors. You can sign up for as many (or as few!) email subscriptions as you'd like at www.northcoast.coop/co-op_news/stay_connected/. Of course, you can always unsubscribe or add subscriptions at any time, and we will always treat your information confidentially and with respect.

I'm excited about being able to provide many opportunities for you to stay connected to our co-op community. As I mentioned before, there are many other fun projects in the works. Please let me know if there are other ways we can meet your needs of staying connected. It's great being on the team, and I look forward to hearing feedback from you, our member-owners, as we continue to improve the ways that the Co-op can serve its community!

Email Subscription Options

- ✓ Co-op News
- ✓ Weekly Sales Flyer
- ✓ Giveaways & Coupons
- ✓ Board of Directors & Membership News
- ✓ Classes, Demos & Events
- ✓ Annual Report
- ✓ Food Recalls
- ✓ Opportunities to Participate

Subscribe at
northcoast.coop/co-op_news/stay_connected/

Refrigeration Crisis Resolved within Record 24 Hours



Ron Sharp

Interim General Manager

off-site storage for preservation. Unfortunately, many of our perishable items would not last throughout the repair and recovery process. Fortunately, our local food bank Food for People was ready and able to distribute these fine products throughout the community and into the hands of those who needed them most.

“We received a total of 7,595 pounds of food from the Co-op. All wonderful foods that we never receive enough of through regular donations,” said Anne Holcomb, Executive Director of Food for People. “We are sorry the Co-op had to deal with such a major disruption in business, but grateful for the food!”

Initially, we anticipated being without refrigeration in our Eureka store for two to four days, which would have been a huge inconvenience for shoppers stocking up for Memorial Day—and Kinetic Sculpture Race—weekend and a significant loss in sales. However, our Maintenance team had the issue resolved and the refrigeration running within 24 hours! Our staff worked cooperatively and diligently to get coolers and freezers restocked as quickly as



Bare shelves in the frozen department of North Coast Co-op's Eureka store during the refrigeration and freezer system failure.

Early Thursday morning before a busy Memorial Day holiday weekend, our Eureka store experienced a massive refrigeration failure. The pressure sensor malfunctioned and over-pressurized the system. As a result, the entire refrigeration and freezer system throughout the store had to be shut down.

Our amazing staff reacted very quickly, and all affected product was moved to

possible.

Many members of our staff from both stores worked long and hard onsite and behind the scenes getting our refrigeration backup to full capacity. The Eureka staff was able to maintain an optimum level of customer service throughout the incident.

We are very appreciative of the team effort! Crises are never fun, but the sense of celebration in the store after working so hard to get everything back in order was palpable.

We thank our member-owners and shoppers for their patience and continued patronage during this time!

A Shout Out to Ace Hardware

By **Duncan Thomas**, Facilities Manager

On a recent Friday evening as I was leaving work, I received an S.O.S. call from our Arcata location that their customer restroom toilet was leaking profusely. Knowing we were about to have a very busy weekend, I ran back up to take a look and discovered that an O-ring had failed.

It was 6:45pm. I wasn't sure when Hensel's Ace Hardware closed and walked over. They closed at 6:30. One of their crew saw me and asked if I needed a hand. I explained that I needed an O-ring to repair the customer restroom. Not only did they provide me with two new O-rings, they made it super easy for me to pay. They also told me how I could get ahold of them in the future if there is another emergency.

Without the excellent customer service from our neighbors at Ace Hardware, we could have had a disaster on our hands—it was fantastic they came to our rescue! Thank you Ace!

Little known fact: Ace Hardware is a purchasing cooperative, an arrangement that allows for lower prices based on higher volume demand. Our co-op is a member of National Co-op Grocers, which is also a purchasing co-op!



From left to right: Rachel Bowler, Pat Anderson, North Coast Co-op Facilities Manager Duncan Thomas, and Ceva Courtemanche in front of Arcata ACE Hardware. Photo by Alenya Felts.

Congratulations! Bike Month Winners



The Co-op celebrated Bike Month this past May by teaming up with Revolution Bicycle Repair to give away two commuter bikes (with helmets) worth over \$800 each! Congratulations to our lucky bike winners John (above) and Tami (not pictured).

Thrill of the Grill Raises \$2,086!

Fun times were had at this year's 11th annual Thrill of the Grill — a Food for People BBQ and benefit fundraiser. The Co-op helped raise \$2,086.50, with all proceeds from this event supporting Food for People's Child Nutrition Programs. For \$5 dollars, attendees had a choice of grassfed beef or non-meat burger, plus a green salad, chips and a drink all while listening to the jazzy sounds of the local band, Dogbone.

North Coast Co-op and Food for People would like to thank our generous donors: Humboldt Grassfed Beef, Tofu Shop, Field Roast, Hilary's Eat Well, Canyon Bakehouse, Oroweat, Franz, Earl's Organic Produce, Annie's Naturals, Bubbies, Sir Kensington's, Organic Valley, Mike Hudson Distributing, Kettle Brand Chips, Lundberg Chips, Mary's Gone Crackers, Hubert's Lemonade, Honest Tea, Obi Probiotic Soda, Teas' Tea and Blue Sky Soda.

Special acknowledgement to: Co-op employees, Food for People, New Directions, our local vendors and reps and all of the volunteers that made this event a success — Thank You!



Beef patties donated by Humboldt Grassfed Beef.



Donated drinks fill an ice tub.



Salad greens donated by Earl's Organic Produce.

Photos by Alenya Felts



Outreach Assistant Ellie Christensen and her daughter enjoy their burgers in the sun.



Maintenance Senior Clerk Don Dell enjoying the festivities.



Eureka Store Manger Toby Massey, Arcata Store Manager Kevin Waters, Eureka Deli Manager Nick Tyner, and Outreach Coordinator Jolie Harvey enjoy the sunshine as they prepare fresh burger patties for hungry patrons.



Local band Dogbone entertains the crowd with their jazzy tunes.

Member Survey

Win a \$25 gift card!

Q: After reading the information on p. 4 and visiting our Stay Connected page online, is there an email category that is missing that you would like to see?

P.S. You can view and sign up for any of these email notifications at http://northcoast.coop/co-op_news/stay_connected/.

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 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: JULY 31



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**Wellness
Wednesday**

10% OFF
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supplements,
skin care

***Wellness Wednesday is the first
Wednesday of every Month**

**NORTH COAST
CO-OP**

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/.

Board of Directors Meetings

- Jul 7** • 6-8pm Co-op Community Kitchen, Eureka
- Aug 4** • 6-8pm Ten Pin Building, 793 K Street, Arcata
- Sept 1** • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

July 13 • 6-7pm Co-op Community Kitchen, Arcata

Earth Action Committee Meeting

July 19 • 5:30-7pm Co-op Community Kitchen, Arcata

Policies & Procedures Committee Meeting

July 20 • 4-6pm Ten Pin Building, 793 K Street, Arcata

Nominating Committee Meeting

July 26 • 1-3pm Ten Pin Building, 793 K Street, Arcata

Co-op Sponsored Events

July 9-16 • Folklife Festival, 38th annual. Spanning an entire week with most venues in Blue Lake, activities include: music and dancing, Annie & Mary Day at Perigot Park, barn dance at the Vet's Hall in Arcata and an all-day free festival finale. More information at www.humboldtfolklife.org/node/2.

July 23 • Movies in the Park, *Star Wars: The Force Awakes*. This family friendly event is presented by the Humboldt-Del Norte Film Commission. Enjoy fresh non-GMO popcorn provided by the Co-op! More information at <https://www.facebook.com/filmhumboltdelnorte>.

Deadlines & Reminders

- July 4** Both of our stores are open regular hours, 6am-9pm, on this Independence holiday
- July 6** Save 10% on Wellness Wednesday!
- July 24** Deadline to apply for general director seats (see p. 3)
- July 31** Member Surveys due (see p. 6)
- July 31** We Love Our Members Giveaway entries due (see p. 1)

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