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CO-OP NEWS

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

North Coast Co-op Recognized as Sustainability Star p. 1



Run for the Board p. 4

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CO-OP NEWS
NORTH COAST CO-OP
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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.



Don Dell (left), Maintenance Senior Clerk, and Derik Powell (right), Maintenance Department Head, hold the Co-op's award in the Arcata store Produce Department.

Co-op Receives Sustainability Star Award

At the National Co-op Grocer's bi-annual national meeting in North Carolina in April, North Coast Co-op was recognized as a Sustainability Star! We tied The Food Co-op in Port Townsend, Washington, as the two co-ops in the nation with the lowest energy use per square foot. Specifically, our recognition included:

- A 10% reduction in energy use per square foot at our Arcata store (over two years),
- Innovative water efficiency measures,
- Increased reuse and recycling by over 44 tons,
- Began tracking refrigerant escape,
- Has USDA Certified Organic facilities.

We are very proud of this recognition and commend our employees for working hard to make these changes in our operations. From our Maintenance team who instituted

the water savings, to the increased recycling in our production areas, to the cooperative effort to maintain our organic certification, we thank everyone for contributing to success in our sustainability efforts.

We especially thank former employee (now retired) Brenda Harper for her initiative and tenacity in getting us started on a path toward measuring our energy and waste. Without data, we would not know how well we compare to others, nor how well we are doing in reaching our own goals around environmental responsibility.

Getting a tracking program in place is complicated and requires good systems. It also requires good software. Special thanks go to National Co-op Grocers for launching their Co-efficient sustainability software in order for co-ops to measure their impact on their communities. We are Stronger Together!

Pictured on Cover: Brenda Harper, former Consumer Education Coordinator (now retired), holds the Sustainability Star award. Photo by Alenya Felts.

**“Opt In”
to Continue
Receiving the
Co-op News**

Staying connected with our community is one of North Coast Co-op's top priorities.

Our Co-op News is available to read online in full every month, and we have printed copies in both stores. **Beginning with the July issue, we will no longer mail the Co-op News to homes unless member-owners opt in by June 22.**

There are three easy options for staying connected to North Coast Co-op:

1. Opt in to continue receiving the printed Co-op News by calling Bella Waters at (707) 502-3555 ext. 135, or send an email with subject line “Opt In” to membership@northcoast.coop - include membership number and mailing address. (Check out the May issue of Co-op News for more information about our switch to paperless.)
2. Opt in to receive a notification in your email inbox each month that the latest issue of the Co-op News is available online or to pick up in stores by sending an email with subject line “Go Paperless” to co-opnews@northcoast.coop.
3. Sit back and relax if you're one of the 1,000+ member-owners who have already done one of the above. You'll have the Co-op News in your hands (or your inbox) in no time!

Thank you for being a part of
our Co-op family!

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COOK & SAVE

Paprika & White Wine Bucatini

By Jolie Harvey, Outreach Coordinator

This one-pot pasta meal is easy and versatile. If you can't find bucatini — a thick spaghetti with a tiny hole through the center — use a regular spaghetti. In our version, we used Field Roast Italian Sausage, which is on sale in June. Make it your own and add any number of ingredients: sundried tomatoes, olives, spinach or kale, mushrooms, etc.

Ingredients (serves 4)

- 2 Tablespoons olive oil
- 1 large onion, chopped
- 1 pound Italian sausages, casings removed
- 3 Tablespoons sweet paprika
- 1 teaspoon salt
- Fresh black pepper, to taste
- 2 cups white wine (can be substituted with water)
- 3 – 3 ½ cups chicken or vegetable stock
- 1 pound bucatini or spaghetti (uncooked), broken in half
- ¼ cup grated parmesan, plus more for garnish (optional)
- Fresh flat-leaf parsley, chopped for garnish (optional)

Directions

1. In a large, wide sauté pan with lid, heat the olive oil over medium-high heat. Add the onions and sauté until translucent and starting to brown.

2. Add the sausage and crumble as it browns. Once the sausage is cooked through, about 4 minutes, add the paprika and salt. Sauté for 30 seconds to one minute to release the oils and flavors of the paprika.

3. Deglaze the pan by pouring in with the white wine or water. Scrape the bottom of the pan as it bubbles to release the bits of flavor.

4. Add 1 cup of the stock. Once it comes to a boil,

add the bucatini and reduce the heat to medium-low. Cover the pan. Stir often, making sure the pasta doesn't stick to the bottom. Once the sauce begins to reduce and thicken, add stock one cup at a time, stirring and covering in between stirs. Continue doing this with the remaining stock until the pasta is cooked through. It will take anywhere between 16-18 minutes.

5. Once the bucatini is al-dente (cooked but firm), toss in the parmesan and some black pepper. Check for seasoning and adjust with the salt.

6. Serve on a plate, garnish and enjoy!



Photo by Alenya Felts

coop deals

FIELD ROAST
Veggie Sausage

\$3.99

12.95 oz



Price valid from May 31 through June 13



BIONATURAE
Organic Extra
Virgin Olive Oil

\$16.99

25.4 oz

Price valid from May 31 through June 27



THRILL OF THE GRILL

\$5

FRIDAY, JUNE 17 | 11:30 AM to 2 PM |
Co-op's Eureka store parking lot at 4th & B

Barbecue & Benefit for Food for People

All proceeds from this event will support
Food for People's Child Nutrition Programs

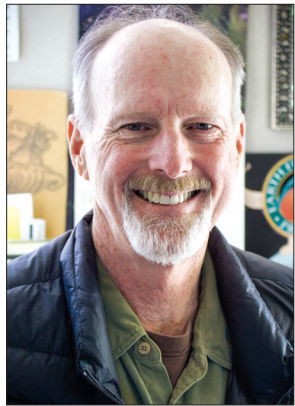


hot-off-the-grill burger

grass-fed or veggie • plus fixin's • sides • drink
Live Music provided by Dogbone

NORTH COAST
CO-OP

Eureka Remodel Update, New CFO, Local Products and More



Ron Sharp
Interim General Manager

“ We are very excited to be moving into summer and seeing more farm fresh, locally grown organic produce in our stores. ”

several departments along with new product displays like the new bakery racks in our Bakery department.

Many of our staff members have had the opportunity to take various trainings and/or trips that are both fun and also increase their product knowledge. Our Wellness staff in both stores have taken some recent trainings and several of our buyers have had the opportunity to attend trade shows, bringing back a wealth of information on new products and trends.

During the bi-annual National Co-op Grocers meeting for general managers (or the equivalent) we received a Sustainability Star award for our 10% reduction in energy use per square foot at the Arcata store over two years, instituting innovative water efficiency measures, increasing re-use and recycling by over 44 tons, tracking refrigerant escape, and having USDA Certified Organic facilities. We tied The Food Co-op in Port Townsend as the two co-ops in the nation with the lowest energy use per square foot. We are continually looking for additional ways to reduce our energy use and enhance our leadership among co-ops in the area of sustainability.

Our IT wizards, Jason and Ed, have been making many improvements in our stores including a vastly improved phone

system that will result in better, more responsive customer service, and the new system will also allow for transferring calls between stores, which will save us much staff time and delays in customer service. They also installed the Rockbot music service in both stores and the improved music service has been very well received by customers and staff alike.

Our support for local producers and growers has never been higher. The products from our bioregion have been averaging well over 22% of our total sales every week and we continue to add new locally produced products to our shelves. We are very excited to be moving into summer and seeing more farm fresh, locally grown organic produce in our stores.

We have also added some great recent new hires to our staff including Cassie Forrington (formerly of Boujie Baking) as our new Media Specialist, Kristina Harris as our new CFO, and Dominique Johnson as our new Arcata Assistant Store Manager. We feel fortunate having them along with many other great new employees joining our team.

We are very happy sharing all of these new changes and enhancements with our member-owners and customers.

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See pg. 1 for details

Member Giveaway



June is national Fresh Fruit & Vegetable Month. You can celebrate all month long by grilling up your favorite fruits and veggies. Yes, grilling fruits and veggies is easy and delicious! All you need are functional grilling essentials and accessories (pictured to the right) — skewers, charcoal, sauces and seasonings—and lots of fresh fruits and veggies, of course. With these supplies, you’re sure to create some fun, fantastic flavors. So fire up that grill and enter to win!

To enter, make your way to Customer Service at either of our locations. Produce selection subject to availability. Must be a member-owner to enter.

Deadline: June 30, 2016

May Board Meeting Recap: Support for Farm Workers, Zero Waste, Earth Action Committee, and the Disappeared



Cheri Strong
Vice President

waste prevention. We should strive to reuse before we recycle. In addition to reusing and recycling we need to look at ways to reduce consumerism. One of the goals is to foster individual responsibility for our actions. For more information email contact@zerowaste-humboldt.org. Join the race to zero!

Spokespersons representing the Driscoll Berry Boycott have asked the board to support farm workers in their effort to obtain a fair contract from Sakuma Berries, a supplier to Driscoll, by supporting a boycott of Driscoll products. This matter will be discussed at next month's board meeting. Meanwhile, look for educational materials at both stores. For more information go to www.BoycottSakumaBerries.com.

Update on the General Manger search: ads have been placed nationally, regionally and locally. Applications have been coming in. If you, or anyone you know, is considering applying keep in mind that the deadline

is June 10.

The board recommended to the Interim General Manager to allow senior members to stack their member-owner discount with their senior discount once a month. Feasibility is being researched.

The board has formed the Earth Action Committee. Its goals include embracing the challenges of moving towards environmental and socially responsible activities in order to regenerate and strengthen ecological and social, local and global relationships. The next meeting will be Tuesday, June 21 from 6 – 7:30pm in the Co-op Community Kitchen, Arcata.

Concern was expressed about employees who mysteriously disappear. State law prohibits discussion by employers about individual personnel matters. I would like to express appreciation to all current and past employees for their dedication to the Co-op.

There was ongoing discussion about the

proposal to start a program for low income individuals, called the Co-op Access Program. Several board members will meet with a group from the management team to explore questions and bring a feasibility analysis to the board.

It was pointed out that one of the proposed bylaws changes, which would designate the first name on a membership as the voting person of the membership, could be perceived as discriminatory towards women because women tend to be the second person on Co-op memberships. More about proposed bylaws changes at the June 2 board meeting.

This month's meeting had numerous topics that can lead us all down the path of having more tools for the collective well-being of our community.

The June board meeting will be Thursday, June 2 from 6 – 8pm at the Co-op Community Kitchen, Arcata. Please join us.

Representatives from Zero Waste Humboldt gave a short presentation at the May board meeting. Arcata generates over seven thousand tons of landfill annually. They advocate for resource conservation and

Join Us for Our First **BIG IDEAS** Gathering!

Colin Fiske
Board Secretary

The new Big Ideas Gathering (BIG) is an attempt by the Board to focus on the big picture. While the Board has plenty of day-to-day tasks to ensure good organizational governance, we think it's important to take a step back periodically and 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. The BIG will be an informal meeting to reflect on these topics, as well as to discuss any "big ideas" for the Co-op which might not get due consideration through normal board and management processes. All member-owners are welcome to join the Board for our first BIG meeting on Thursday, June 9 at 6pm at the Co-op's Community Kitchen in Arcata in the Plaza Point building across from our Arcata store.

Thurs, June 9 • 6pm • Co-op Community Kitchen in Arcata

Election 2016 Timeline

June 1 General & Employee Candidate Application Packets available at Customer Service and at www.northcoast.coop

June 19 Employee Candidate Application Packets due by 9pm

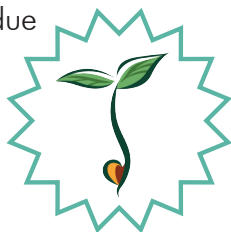
July 1-25 Employee Election

July 24 General Candidate Application Packets due

Sept. 9 Candidate Forum

Oct. 22 Annual Membership Meeting

Oct. 3-Oct. 26 General Election



Run for the Board of Directors!

by **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 member-directors. This year there is one vacant employee-member seat to be filled and two member-owner 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 efforts and relevant Co-op events.
- 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 starting June 1. 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.

New Changes Proposed to Bylaws



Colin Fiske
Policies & Procedures
Committee Chair

After extensive work by the Policies & Procedures Committee (PPC), the Board has approved placing some amendments to the Co-op’s bylaws on the ballot this fall. These changes revolve around types of shares and Fair Share membership status. The PPC proposed the changes because of the recognition that the existing bylaws do not define “Fair Share”—a long-used membership status at the Co-op—even though there are references to that term. The changes also provide additional information about the four types of shares issued

by the Co-op, as defined in our Articles of Incorporation, which relates to Fair Share status.

The PPC would like to ensure that there is ample time for member-owners to provide input on these proposed bylaws changes. There is a member-owner comment and question-and-answer session on these proposed bylaws amendments at the Board’s meeting on June 2. We will also continue to answer questions and field concerns beyond the meeting. If you have any questions, comments or concerns, please consider writing a

letter to board@northcoast.coop or call our Membership Coordinator at (707) 502-3555 ext. 135.

Please note that the PPC is also working on a few other proposed bylaws amendments. If the Board votes to put any of them on the ballot, we’ll let you know. And remember: if you’re interested in improving the Co-op’s governing documents, member-owners are always welcome to attend PPC meetings and participate in the process!

Our next meeting is June 15, see p. 7.

| Bylaws Section | Current Bylaw Section | Proposed Changes (<u>Additions Underlined</u> , Deletions Struck Through) | Proposed New Bylaw Section | Reasons for Proposed Changes |
|----------------|--|---|--|--|
| 2.02 | <p>Share Ownership.</p> <p>A. Share ownership entitles a member to only one (1) vote in the affairs of the Corporation, irrespective of the total number of shares a member owns, and to all the rights of membership as described by statute, the Articles of Incorporation, and these Bylaws, subject to other requirements of section 1.01 of these bylaws. Pursuant to Subsection (b) of Section 9.03 of these Bylaws, the Directors may declare noncumulative dividends on any shares other than Class A not to exceed any maximum rate established by statute. No Dividends of any kind may be declared on Class A shares.</p> <p>B. The Corporation is authorized to issue four classes of shares as follows: Class A – Membership Shares Class B – Sustaining Shares or Fair Share Class C – Co-op Shares Class D – Investment Shares</p> | <p>Share Class and Ownership.</p> <p>The Co-op shall have four (4) classes of shares, with such shares <u>Share ownership entitles a member to only one (1) vote in the affairs of the Corporation, irrespective of the total number of shares a member owns, and to all the rights of membership as described by statute, in the Articles of Incorporation, and these Bylaws, subject to other requirements of section 1.01 of these bylaws. Pursuant to Subsection (b) of Section 9.03 of these Bylaws, the Directors may declare noncumulative dividends on any shares other than Class A not to exceed any maximum rate established by statute. No Dividends of any kind may be declared on Class A shares. All shares shall be purchased or issued in amounts to be determined from time to time by the Board of Directors, subject to applicable law.</u></p> <p><u>Class A Membership Shares. Each membership shall purchase and hold only one (1) Class A Membership Share. No dividends shall be paid on such shares.</u></p> <p><u>Class B Sustaining Shares. Each membership may purchase Class B shares. Dividends will be determined by the Board from time to time, subject to applicable law. Any patronage refunds not paid in cash may be distributed to the member-owners in the form of Class B Shares or fractions thereof.</u></p> <p><u>Class C Co-op Shares. Each Fair Share membership, as defined in Section 2.08 of these Bylaws, may hold a maximum number of Class C Shares as set by the Board. Class C Shares and fractions thereof may be issued as a share dividend credit, or patronage refund or upon a share split, reverse share split, or other change affecting outstanding C Shares. The Board of Directors may declare dividends on paid up Class C Shares not to exceed applicable law.</u></p> <p><u>Class D Investment Shares. Class D Shares are defined in the Articles of Incorporation.</u></p> <p>B. The Corporation is authorized to issue four classes of shares as follows: Class A – Membership Shares Class B – Sustaining Shares or Fair Share Class C – Co-op Shares Class D – Investment Shares</p> | <p>Share Class and Ownership.</p> <p>The Co-op shall have four (4) classes of shares, with such shares described in the Articles of Incorporation, and these Bylaws. All shares shall be purchased or issued in amounts to be determined from time to time by the Board of Directors, subject to applicable law.</p> <p>Class A Membership Shares. Each membership shall purchase and hold only one (1) Class A Membership Share. No dividends shall be paid on such shares.</p> <p>Class B Sustaining Shares. Each membership may purchase Class B shares. Dividends will be determined by the Board from time to time, subject to applicable law. Any patronage refunds not paid in cash may be distributed to the member-owners in the form of Class B Shares or fractions thereof.</p> <p>Class C Co-op Shares. Each Fair Share membership, as defined in Section 2.08 of these Bylaws, may hold a maximum number of Class C Shares as set by the Board. Class C Shares and fractions thereof may be issued as a share dividend credit, or patronage refund or upon a share split, reverse share split, or other change affecting outstanding C Shares. The Board of Directors may declare dividends on paid up Class C Shares not to exceed applicable law.</p> <p>Class D Investment Shares. Class D Shares are defined in the Articles of Incorporation.</p> | <p>This section has been changed to:</p> <ul style="list-style-type: none"> • Provide additional information on the types of shares issued by the Co-op; • Remove a misleading reference to Fair Share status; • Codify the existing practice of requiring Fair Share status for member-owners to invest in C Shares; • Clarify some wording and eliminate duplication with other parts of the Bylaws. |
| 2.08 | (Not in our current bylaws) | <p>Fair Share Membership Status Definition. A “Fair Share” membership status is attained when a membership owns one (1) Class A Membership Share and the minimum number of Class B Sustaining Shares as determined from time to time by the Board of Directors.</p> | <p>Fair Share Membership Status Definition. A “Fair Share” membership status is attained when a membership owns one (1) Class A Membership Share and the minimum number of Class B Sustaining Shares, as determined from time to time by the Board of Directors.</p> | <p>This section has been changed to:</p> <ul style="list-style-type: none"> • Add a definition of Fair Share membership status to the Bylaws. |
| 9.03(e) | To Members with the status of “Fair Share”, the Board may distribute up to 100% of such members’ patronage refunds and dividends in cash. | To Members with the status of “Fair Share”, the Board may <u>uniformly</u> distribute up to 100% of such members’ patronage refunds and dividends in cash. | To Members with the status of “Fair Share”, the Board may uniformly distribute up to 100% of such members’ patronage refunds and dividends in cash. | <p>This section has been changed to:</p> <ul style="list-style-type: none"> • Clarify that the Board must treat all Fair Share members the same with regard to distribution of refunds and dividends. |

North Coast Cooperative, Inc. Unaudited Financial Statements

Income Statement

Quarter Ending March 26, 2016
Quarter 4, Fiscal Year 2016

| | |
|---------------------------------|------------------|
| NET SALES REVENUE | 8,504,557 |
| Cost of Goods Sold | 5,293,379 |
| GROSS MARGIN | 3,211,178 |
| Payroll Expense | 1,730,116.32 |
| Payroll Taxes | 216,418 |
| Personnel Expenses & Benefits | 374,114 |
| General & Admin Expense | 400,823 |
| Occupancy Expense | 419,918 |
| Total operating expenses | 3,141,389 |
| Other Income (expense) | 15,386 |
| NET INCOME (LOSS) | 85,175 |

Balance Sheet

Quarter Ending March 26, 2016
Quarter 4, Fiscal Year 2016

| | |
|---------------------------------------|------------------|
| Assets: | |
| Current Assets | 3,821,847 |
| Property & Equipment | 2,546,015 |
| Other Assets | 423,267 |
| Total Assets | 6,791,128 |
| Liabilities: | |
| Current Liabilities | 2,166,754 |
| Long Term Liabilities | 21,000 |
| Total Liabilities | 2,187,754 |
| Member Equity: | |
| Current Owner Shares | 3,960,588 |
| Retained earnings | 642,786 |
| | 4,603,374 |
| Total Liabilities & Equity | 6,791,128 |

New CFO Steps into Net Profit for Qtr 4



Kristina Harris
Chief Financial Officer

Having been born and raised in Humboldt County I am happy to finally be returning home after 33 years in Santa Rosa, California. I have spent over 30 years of my career in finance management and look forward to bringing a fresh perspective to the Co-op. While I spend my work day immersed in numbers, I enjoy spending my free time with family and contributing a positive difference to my community.

Having just stepped into my new role at the Co-op as Chief Financial Officer in mid-May, I am thrilled to see that the fourth quarter of fiscal year 2016 (April 2015-March 2016) ended strong with sales of \$8,504,557. The Arcata store sales were 4.2% above last year's and exceeded the budget projection for the quarter by 6.4%. The Eureka store sales exceeded last year's by 2.0% and on track with expenses over budget by only .3%. In summary, our combined quarterly store sales are higher than we projected by \$510,819 and expense is \$196,000 higher than budgeted due to the cost of increased sales, which resulted in quarterly net profits of \$85,175 (in comparison to last year's fourth quarter net loss of \$515,482).

Our year-end audit has not yet been completed. Look for year-end results with the Annual Report this fall. We've had an incredible year exceeding financial expectations. I look forward to the coming year at North Coast Co-op and serving you.

I hope to meet you at the Annual Membership Meeting on October 22. I hear it's a great event with exceptional food.

Member Survey

Win a \$25 gift card!

Q: Given the proposed bylaws revisions presented on p. 5, what questions or concerns do you have?

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: JUNE 30



~~2,200~~ ^{1,080}
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***Wellness Wednesday is the first Wednesday of every Month**

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 http://northcoast.coop/about_us/board/.

Board of Directors Meetings

- Jun 2** • 6-8pm Co-op Community Kitchen, Arcata
- Jul 7** • 6-8pm Co-op Community Kitchen, Eureka
- Aug 4** • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

- June 8** • 6-8pm Co-op Community Kitchen, Eureka

Big Idea Gathering (see p. 4)

- June 9** • 6-9pm Co-op Community Kitchen, Arcata

Policies & Procedures Committee Meeting

- June 15** • 6-8pm Ten Pin Building, 793 K Street, Arcata

Nominating Committee Meeting

- June 21** • 1-3pm Ten Pin Building, 793 K Street, Arcata

Earth Action Committee Meeting

- June 21** • 6-7:30pm Co-op Community Kitchen, Arcata

Co-op Sponsored Events

- June 1-5** • Pony Express Days, hosted by the

McKinleyville Chamber of Commerce. This fun, family-friendly, community event includes a chili cook-off, pancake breakfast, parade and festival and so much more. Information at <http://mckinleyvillechamber.com/pony-express-days>.

June 4 • Lemonade Day, hosted by Arcata Economic Development Center, empowers today's youth to become tomorrow's entrepreneurs. To set-up a Lemonade Stand at either Co-op store location, please contact Melanie Bettenhausen at (707) 382-3128 or melanieb@northcoast.coop.

June 5 • Humboldt Tri-kids Triathlon, 26th annual, is for ages 7-18. Participants get to swim, bike and run their way to the finish line. More information at <http://trikids.com/>.

June 25 • Movies in the Park, Labyrinth 30th anniversary with David Bowie tribute DJ set. 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/filmhumboldtelnorte>.

Co-op Events

June 17 • Thrill of the Grill, to benefit Food for People, at the Co-op's Eureka store location from

11:30am to 2pm. All proceeds go to local food bank Food for People and their child nutrition program. (See p. 2)

Co-op at Events

June 26 • National Park Service Centennial Celebration, hosted by the Redwood Parks Association. The event is free and open to the public with an opportunity to participate in a cake design contest. Our very own North Coast Co-op Bakery will be participating with a redwood themed cake. More information at <https://redwoodparksconservancy.org/>.

Deadlines & Reminders

June 1 Board of Directors Application Packets available (see p. 4)

June 19 Deadline to apply for employee director seat (see p. 4)

June 22 "Opt In" to receive paper Co-op News by mail (see p. 1)

June 30 Member Surveys due (see p. 6)

June 30 We Love Our Members Giveaway entries due (see p. 3)

July 24 Deadline to apply for general director seats (see p. 4)