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CO-OP NEWS

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

Co-op Wins Cake Contest

p. 5



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CO-OP NEWS
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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!



Our Co+op Basics program is growing, and that means our co-op is growing! Did you know we have over 250 items in Co+op Basics? Keep an eye out for Co+op Basics signs to check out our everyday low prices on a wide variety of different grocery, household and wellness items. Our co-op gives you so many opportunities to save on products you love! One lucky Co-op member-owner will win an assortment of our favorite Co+op Basics products from across the store, as well as Co-op reusable bags and cups! Head to Customer Service at either location to enter!

Deadline: August 31, 2016

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Cover Photo (from left): Bakery Manager Margaret Uemura, Prepared Foods Manager Lauren Fawcett, and Baker Charlie Dawson next to their first-place redwood-themed cake.

Co-op Supports Driscoll's and Haagen-Dazs Berry Boycott



Melanie Bettenhausen
Marketing & Membership
Director

Member-owners concerned about the treatment of workers at Sakuma Bros. asked that North Coast Co-op discontinue purchasing products from Driscoll's in support of Familias Unidas por la Justicia (FUJ), an independent farmworker union. FUJ has been attempting to negotiate for improved working conditions with Sakuma Bros. in Skagit, Washington for several years. Sakuma Bros. has not been negotiating in good faith with FUJ and has taken retaliatory and anti-union actions.

Our board of directors reviewed this information and decided to support the boycott, but did not take this step lightly. It is our strongly held belief that shoppers should be free to make their own purchasing decisions. In this case, however, the board felt that agreeing to the FUJ request was the best way to support their good faith efforts to improve the working condition for farmworkers at Sakuma Bros.

Who is FUJ?

FUJ is made up of more than 450 members. Many of the leaders and members of

FUJ have worked for Sakuma Bros. for over a decade; some families contributing three generations of labor.

Why is FUJ organizing at Sakuma Bros.?

According to FUJ, Sakuma Bros. has not been negotiating in good faith with the workers. FUJ has been asking for breaks during their shifts, an accountable method to measure the berries picked, a higher piece rate and an assurance of a non-hostile and respectful work environment for over a year. During that time Sakuma Bros. has defaulted on agreements made with the workers and retaliated by firing union leaders working in the fields, splitting up family housing by gender, hiring security guards, and creating a hostile work environment. At this time Sakuma Bros. has stopped negotiating with FUJ. A list of contract wants can be found at <https://boycottsakumaberries.com/why-boycott/frequently-asked-questions-about-fuj/>.

What products does the Co-op carry that are produced by Sakuma Bros.?

Sakuma Bros.' largest customers are Driscoll's and Haagen-Dazs. A large portion of Sakuma Bros.' production of blackberries and blueberries are sold under the Driscoll's label. The Co-op had previously stocked Driscoll's organic strawberries and raspberries, but doesn't currently stock any of their berries. The Co-op had previously stocked Haagen-Dazs' strawberry and raspberry ice creams and sorbets, but no longer stocks these flavors.

Why drop Driscoll's and Haagen-Dazs berry flavors if the problem is Sakuma Bros. and the Co-op doesn't sell Sakuma Bros. berries?

FUJ believes that by dropping all Driscoll's products, and Haagen-Dazs berry flavored ice creams and sorbets, co-ops and other retailers will motivate Driscoll's and Haagen-Dazs to pressure Sakuma Bros. to negotiate in good faith with their employees. Losing large accounts might get the attention of Driscoll's and Haagen-Dazs.

FUJ has provided information about the different channels through which Sakuma Bros. berries reach retailers, and has a list of items and they request retailers and shoppers to boycott in order to support their efforts. The Co-op is following that list.

What else is the Co-op doing to support FUJ?

Our Interim General Manager has written and sent letters to Sakuma Bros., Driscoll's, and Haagen Dazs informing them that we will participate in a boycott against their berries and berry-flavored products until they come to an agreement on working conditions. We have placed signs at the point of sale for products pulled due to the boycott. We are providing information to our employees and member-owners through our *Co-op News* and website. We are sending letters to our distributors and vendors letting them know of our decision to participate in the boycott and encouraging them to participate also.

Who else is participating in this boycott?

We have heard that several west coast co-ops are participating in this boycott, including: Community Food Co-op in Bellingham, Washington; People's Food Co-op and Alberta Co-op Grocery in Portland, and Olympia Food Co-op in Washington;

Ukiah Natural Foods Co-op, BriarPatch Co-op in Grass Valley, Ocean Beach People's Organic Food Market in San Diego, California. There are other co-ops participating nationally, as well as the University of California at Berkeley and United Food and Commercial Workers (UFCW) Local 5. A list of supporters is at <https://boycottsakumaberries.com/honoring-the-boycott/businesses-honoring-the-boycott/>.

What can I do to support FUJ?

Learn more and donate to FUJ at <http://boycottsakumaberries.com/>, stay updated on upcoming events and actions by liking WWU Students for Farmworker Justice on Facebook, or join the FUJ mailing list at wwuboycottcommittee@gmail.com.

Will this boycott really work?

At the time of going to press with the August *Co-op News*, and shortly after hearing from the Co-op, Sakuma Bros. released a statement saying that they had developed a process for a secret ballot that would allow farm workers to vote on whether to be represented by FUJ. More information can be found at <https://saku-mafacts.com/company-news/>.

We will continue to provide updates in the *Co-op News*. We hope that these collective efforts of businesses and individuals will result in fair conditions for workers at Sakuma Bros. Thank you for your support!



One More Bylaws Section Proposed for Revision

Colin Fiske

Policies & Procedures
Committee Chair

In addition to the proposed revisions to Co-op bylaws Sections 1.02, 2.02, 2.08 and 9.03 already published in the *Co-op News* (June and July issues), North Coast Co-op Board of Directors has approved placing revisions to bylaws Section 5.05

on the ballot this fall. Under the current bylaws, voting for directors (on the board of directors) may end at any time, but directors do not take office until November 1. This has resulted in a sometimes confusing "lame duck" period, and has conflicted with the common practice of seating new board members at the Annual Membership Meeting. The purpose of these proposed revisions is to ensure that when new directors are elected, they take office

at or before the next time the board meets to conduct Co-op business—whether that is at the Annual Membership Meeting or any other board meeting.

The board's Policies & Procedures Committee would like to ensure that there is ample time for member-owners to provide input on these proposed bylaws changes. There will be a member-owner comment and question-and-answer session on these proposed bylaws amendments

at the board's meeting on Sept. 1. If you miss that meeting, you can still come to a future meeting or write a letter to board@northcoast.coop.

And remember: if you're interested in improving the Co-op's governing documents, member-owners are always welcome to attend Policies & Procedures Committee (PPC) meetings and participate in the process!

Bylaws Section	Current Bylaw Section	Proposed Changes (Additions Underlined, Deletions Struck Through)	Proposed New Bylaw Section	Reasons for Proposed Changes
5.05	The terms of office for all Directors shall be three years. Directors will be elected such that terms are staggered and will serve no more than three consecutive terms as a director. Each Director shall hold office until the expiration of the term for which he or she is elected and until the election of a qualified successor. Director terms begin on the first day of November of each year.	Subject to the final sentence of this bylaw section, t The terms of office for all Directors shall be three years. Directors will be elected such that terms are staggered and will serve no more than three consecutive terms as a director. Each Director shall hold office until the expiration of the term for which he or she is elected and until the election of a qualified successor. Director terms shall begin and end no later than on the first day of November for each year; however, if the regular annual meeting of members and/or a board of directors meeting occurs after the close of the election but before the first day of November, then director terms shall begin and end at the first such meeting following the close of the election.	Subject to the final sentence of this bylaw section, the terms of office for all Directors shall be three years. Directors will be elected such that terms are staggered and will serve no more than three consecutive terms as a director. Each Director shall hold office until the expiration of the term for which he or she is elected and until the election of a qualified successor. Director terms shall begin and end no later than on the first day of November for each year; however, if the regular annual meeting of members and/or a board of directors meeting occurs after the close of the election but before the first day of November, then director terms shall begin and end at the first such meeting following the close of the election.	This section has been changed to: <ul style="list-style-type: none"> Ensure that newly elected Directors begin their duties at the next reasonable opportunity after they are elected.

Proposed Bylaws Further Explained



Colin Fiske
Policies & Procedures
Committee Chair
& Procedures Committee

Thanks to all of the Co-op member-owners who took the time to respond to the June *Co-op News* survey question about the proposed changes to our bylaws pertaining to types of shares and “Fair Share” membership status. The Policies & Procedures Committee (PPC), which drafted the proposed changes in consultation with the North Coast Co-op Board of Director’s attorney, would like to respond to some of the questions and comments that were raised. We’ve summarized questions and comments from member-owners for clarity and brevity. You can find the original presentation of the proposed changes in the June and July issues of the *Co-op News*.

1. The way the bylaws are worded, and the way the changes were presented in the Co-op News, made it hard to understand what the Co-op’s four classes of shares are and why they exist.

The PPC tried to make our proposed changes as clear as possible. However, the bylaws are a legal document which has to be written as precisely and accurately as possible, and sometimes that can lead to complicated or difficult wording. Regarding the four types of shares, this share structure was created by the Co-op’s *Articles of Incorporation* many years ago. The proposed changes simply add a description of this existing share structure to the bylaws.

The Co-op will soon be publishing

a member information document which explains the types of shares in plain language. To summarize briefly: Purchasing an A Share (“Membership Share”) makes you a voting member-owner of the Co-op; each membership can only own one A Share. Member-owners are encouraged but not required to purchase B Shares (“Sustaining Shares”), which constitute an additional investment in the Co-op but do not pay dividends. When a membership has \$300 invested in B Shares it is considered a Fair Share membership. C Shares (“Co-op Shares”) are another optional form of investment in the Co-op, and do pay dividends; only Fair Share memberships are eligible to purchase them. D Shares (“Investment Shares”) are a type of share identified in the Co-op’s *Articles of Incorporation*, but are not currently being issued. All shares are regulated by the California Department of Business Oversight. The Co-op must apply to issue shares and then must follow the parameters of the accepted application.

2. What does the proposed Section 2.02 mean when it says: “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”?

This language clarifies that the board generally has the authority to determine how many shares to issue and the price of each share. When a member-owner decides to invest in the Co-op, the Co-op “issues” shares. If a member-owner decides to terminate their investment in the Co-op, the Co-op “purchases” the shares back from the member-owner. The board determines when shares can be issued and when they can be purchased, based on the financial state of the Co-op at that time. As the Co-op’s governing body, the board already has this authority, but the proposed changes state that authority explicitly so as to reduce confusion.

3. What is a “non-cumulative dividend”?

“Non-cumulative” means that the dividend may be paid or withheld at the Co-op’s discretion. If the Co-op did not make a profit in a given year, the board

has the option not to pay a dividend on shares. This point is explicitly laid out in Section 9.03(b) of the bylaws. Therefore, the proposed bylaws changes remove the unnecessary use of the phrase “non-cumulative” in Section 2.02.

4. What is a “paid-up Class C share”?

“Paid up” simply means that the Co-op has been paid for the shares it has issued. Thus, this proposed wording in Section 2.02 makes the common-sense rule that the board can only issue dividends on shares which have already been issued.

5. How can shares be issued as patronage refunds?

When the Board issues a patronage refund, some portion of that refund may be in the form of shares in the Co-op (usually B shares). Investing in shares is one way in which member-owners provide the Co-op with the needed capital to operate the business, and issuing patronage refunds partially in shares is one way the Co-op can keep needed cash on hand. When a membership is terminated, the Co-op will repurchase shares and give the member-owner the cash value.

6. If the board raises the threshold for Fair Share membership status, as allowed by the proposed Section 2.08, what will happen to existing Fair Share memberships?

The board already has the authority to change the Fair Share membership status, and the proposed bylaws changes do not add to or reduce that authority. It is also important to note that the proposed bylaws changes do not change the Fair Share membership level, and no such change is currently proposed or contemplated. However, if the board were to change the Fair Share membership level at some point in the future, it would have to decide at that time the fairest way to make the transition. This is a difficult question, and it is one of the reasons that the board rarely changes Fair Share membership levels.

7. How can we avoid the controversy which arose the last time revisions to the Co-op’s bylaws were proposed?

The last attempted bylaws revisions

were indeed controversial. The membership was presented with a completely new set of bylaws, a very complex and extensive document which included changes in policy that were quite significant. A number of member-owners raised serious concerns about the proposed revisions. Furthermore, member-owners did not have the option of voting for certain items and against others; it was an all-or-nothing vote.

This time around, a new committee has formed to work on the bylaws. The Policies & Procedures Committee (PPC) was formed by the board and is made up board members, employees and member-owners of the Co-op at large who are working to ensure that our bylaws are in line with our board policies and our operations. The PPC has chosen to focus on sections of the bylaws that address legal and business issues, with the goal of bringing our policies and practices into alignment. We believe that our current bylaws are basically sound, but there are a few discrepancies, as identified in the proposed revisions. By making incremental changes to the bylaws and explaining the reasons thoroughly, we aim to allow member-owners to vote on specific issues one at a time and avoid unnecessary controversy.

Member-owners are of course always welcome to openly express their opinions about any bylaws changes that are proposed, and to come to PPC meetings to participate in the process of drafting any future changes! Current PPC members are: Colin Fiske (board member), Mary Ella Anderson (board member), John Lucas, Bella Waters (employee) Melanie Bettenhausen (employee), and Alisha Hammer (employee). Any member-owner can participate in the discussion by attending PPC meetings, and anyone who has attended at least three of the last five meetings automatically becomes a voting member. PPC agendas and minutes can be found on our website. Agendas are posted in our stores a week prior to meetings.

There will also be time to discuss all proposed bylaws changes at the Annual Membership Meeting in October. Stay tuned for more on that!

Member Survey

Win a \$25 gift card!

Q: Given the proposed bylaws revisions on p. 2, what questions or concerns do you have?



Member Name: _____

Phone #: _____

Member #: _____

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: AUGUST 31**

July Board Meeting Recap



Mary Ella Anderson
Board Member

The room was packed with members and employees at the July North Coast Co-op Board of Directors meeting at the Eureka store. The agenda, which is available a week before the meeting at Customer Service, was packed as well.

During the member comment period, a delegation from the North Coast Berry Boycott Solidarity Committee thanked the board for supporting the boycott until Sakuma Bros. agrees to negotiate a legally binding contract with the workers of Familia Unidas por la Justicia. The committee will be meeting with staff to provide members with more information about the boycott.

After reviewing the member-owner

feedback on supporting lifting the ban on the sale of raw milk in Humboldt County, and including the comments of member-owners at the meeting, the board voted to support the effort to legalize the sale of raw milk in the county.

Board President Dave Feral reported that he had spoken to representatives of the Hoopa Nation who have requested our help in forming their own food co-op. Discussions are ongoing with Hoopa. Helping them form their own food co-op would be very much in keeping with our cooperative principles Concern for Community and Cooperation Among Co-ops. Dave also announced that efforts are underway to establish a meat processing/butchering facility in the county for local farmers. A special presentation on this topic will be given at the August 4 board meeting, which will be held at 6pm at the Co-op's Ten Pin Building warehouse in Arcata. Please join us.

Board Secretary Colin Fiske gave updates on the various committees. Progress is being made by the Member Action Committee to establish a program for volunteers to work on Co-op projects. The proposal for a single-person membership to align with the bylaws (for all *new* memberships) was discussed and will continue to be discussed. Watch for more on this in future issues of the *Co-op*

News.

Proposals coming from the Earth Action Committee that have been cleared for more investigation include installing an outlet for charging electric vehicles at the Eureka store. This project comes from Roger, a well-known proponent of electric vehicles and a longtime Co-op member-owner. A \$500 limit was placed on investigating the possibility. The waste stream, recycling and compost bins are set to be updated and given new signage with the help of Zero Waste Humboldt.

Board members are also concerned that someone needs to fill the award-winning energy and waste audit role performed by Brenda Harper, who recently retired. Harper will be at the Earth Action Committee meeting in July to talk about energy auditing.

Lastly, the board is moving closer to finding a new General Manager. We have been pleased at the number of qualified applicants and will be starting to conduct interviews in the next two or three weeks. This time of transition from one leadership style to another has been difficult and we are very thankful to Ron Sharp for taking on the interim GM role as we strive to create a more democratic, consumer and worker friendly environment in our co-op.

ELECTION TIMELINE 2016

September 9 Candidate Forum: Opportunity for members to meet the candidates and listen to their responses from questions submitted by member-owners. See p. 7

October 3 General Election begins

October 22 Annual Member Meeting: meet & greet with candidates

October 26 General Election ends

October 27 Election results announced

Questions for the Candidates?

To submit questions to be answered by the candidates during our Candidate Forum on Sept. 9, email them to board@northcoast.coop or turn questions in to Customer Service in either store to Attn: Bella Waters. Questions are due by Aug. 31.

Brio Raising Funds for Expansion



Alex Ozaki-McNeill
Brio Baking Inc.
Investment Manager

Brio Baking Inc. (Brio Breadworks and Cafe Brio) has been an active part of our North Coast community since 1998. Brio is using a unique crowd-funding approach — a Direct Public Offering — to raise funds to expand and improve operations. A Direct Public Offering (DPO) is like a Kickstarter — except the minimum investment is \$1,000 (10 shares) and investors receive shares in the company, an annual dividend and other fun benefits. Our goal is to create a bright future for Brio and to better serve the community we all share.

How is this different from a co-op membership?

Like North Coast Co-op, we support local producers and businesses and strive

to make a difference in our local community. Direct investments allow companies like the Co-op and Brio to operate without relying on big banks and to expand and improve to better serve our community. Unlike North Coast Co-op, Brio is not a cooperative, which means Brio shares are non-voting; Brio is a for-profit Benefit Corporation, which means leaving a positive impact on society and environment is a part of company by-laws. Investors are invited to attend our annual shareholder meeting and attend investor-only events, along with other investor perks listed below. Unlike cooperative investment shares, a DPO has a one-year time frame (from approval date). Investments in Brio Baking Inc. can be accepted until October 2016.

Why should I invest?

You should consider this investment if you agree with our community-based vision and want to support it: connecting people with real and wholesome food, using traditional methods and ingredients, sourcing locally and promoting local farms and producers.

By supporting Brio, you are contributing to the local economy; you are helping to keep local money local; you are supporting your neighbors and friends; you are supporting Main Street not Wall Street; and you are supporting not just one local business, but many. For example, the Co-

op was one of Brio's first two customers back in 1998 and has been supporting us since! That amounts to more than \$2 million the Co-op has spent on Brio products in the last 17 years; currently about 4,500 loaves of bread are delivered to North Coast Co-op each month (they are the first stores to be delivered to in the morning, both Arcata and Eureka locations). Together we are contributing to a thriving local economy—join us!



Brio Investor Benefits:

- Targeted 3.5% annual dividend
- Invitation to annual shareholders meeting and party
- Invitation to special events, exclusive promotions, and more! (Priority reserved for investors of \$2,000 or more)
- Warm fuzzies for supporting local and helping Brio grow!

Check out the video and find more information at www.briobaking.com/invest. Questions? Leave a message for Alex at (707) 822-5922 or email invest@briobaking.com.

Co-op Wins Redwood Cake Competition

Margaret Uemura
Bakery Manager

Our Bakery took home first place in a redwood-themed cake competition at the National Park Service Centennial Celebration in Orick on June 26. Celebration attendees voted for the winner by dropping tiny pinecones into a jar associated with their favorite cake.

Our winning creation was inspired by Trillium Falls, which is in Redwood National Park. Overall 700 votes were cast for the various cakes, representing a variety of styles and flavors and displaying a great deal of talent and creativity.

The process began when Senior Clerk/Baker Charlie Dawson and I sat down to discuss what the cake should look like. We knew we wanted to capture the character of the redwoods and the overwhelming feeling of being surrounded by the world's tallest trees. The cake ended up being a two-layer chocolate cake, with a third layer on top made of rice crispy treat. The rice crispy treat was great because it could be sculpted, it's light weight, and also structurally reliable; we even used it to make the trunks of the redwood trees.

We used house-made fondant to cover the top of the cake and tree trunks. Our redwood branches and needles were made with toasted parsley. The ferns, flowers, and wildlife were carefully piped using North Coast Co-op Bakery's vegan icing. Kristen Zumeta of the Redwood Parks Conservancy stated appreciation for the interpretive value of our cake: "Rangers stood by and talked to kids about trillium, banana slugs and so much more."

In addition to the main cake, we

provided two half sheet vegan cakes for event attendees.

The competition was a great team-building opportunity and we were thrilled to share the experience with so many community members. This challenge could not have been accomplished without the additional experience and skills of Thomas Marcinek, Kristina Crummet, Virginia Bresse, Lauren Fawcett and every member of our Bakery team who make beautiful and delicious things happen every day. I'm very proud of our team for going the extra mile to show our gratitude for the National Park Service!

North Coast Co-op Bakery offers made-to-order cakes for a variety of tastes.



Cakes can be ordered by calling the Arcata store at (707) 822-5947 ext. 295.

Please place orders 72 hours in advance.



Close-up of the winning cake.

New Phone System Improves Service



Ed Smith
I.T. Assistant

We are pleased to announce that by the time you read this a new phone system will be up and running at North Coast Co-op! This is the first phase in a multi-phased project that begins with the Arcata store and is followed by the Ten Pin Warehouse and the Eureka store. The Co-op's current phone systems are different in each location, no longer have technical support, have difficult-to-replace hardware and rely

on expensive service contracts. This new phone system is part of a larger infrastructural overhaul that the I.T. Department has been diligently implementing over the last few years. Both stores now are supplied with a fiber optic backbone that gives the Co-op a secure, dedicated connection to each store and the internet. The new phone system will utilize this amazing fiber optic network, giving the Co-op a direct connection for voice services.

After a careful search, the Co-op went with Barracuda Networks Cudatel phone system. Barracuda Networks has been a long-standing staple in the Enterprise Networking hardware industry and they have recently made the jump into VoIP (Voice over IP) hardware. The beautiful thing about the Cudatel system is that it has a strong agnosticism on both ends of the set-up. What this means to the Co-op is that no matter who provides our access to voice services we can accommodate. Additionally, if the actual phones themselves become

outdated or no longer fit our needs the Co-op can simply replace the phones, rather than doing another ground up phone system installation. This modular style gives the Co-op the flexibility to be up to modern technical standards and poised for any changes in the future.

One of the many new features the Cudatel phone system has is direct calling extension to extension and transferring between locations; once we have everything switched over you will be able to call a location and if necessary be transferred to any other location directly—no hanging up and dialing a different number. This will also include our Ten Pin warehouse and administrative building, facilitating easy communication between those employees, both stores, and the world at large.

When the Arcata store goes live all incoming calls will first ring briefly at Customer Service to give every caller a chance at an interaction with a real human. Should everybody at Customer Service be busy

our automated attendant will pick up and give callers the opportunity to enter an extension number or transfer to a different location. If this turns out not to work as well as hoped, we can quickly and easily change how the incoming calls are handled.

For the curious, we selected Yealink's T46G and T48G wired phones, with a few of Yealink's W52 cordless phones for situations where they are useful (i.e. walking across the sales floor to see if an item is in stock). These were picked due to their very high sound quality, their incredibly simple call parking/pickup and transferring, as well as a number of other reasons.

This new phone system has been a long time coming, but it has been worth the wait. We hope you enjoy the improved communication and service!

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

COOK & SAVE

Eggless Mayo Alternative

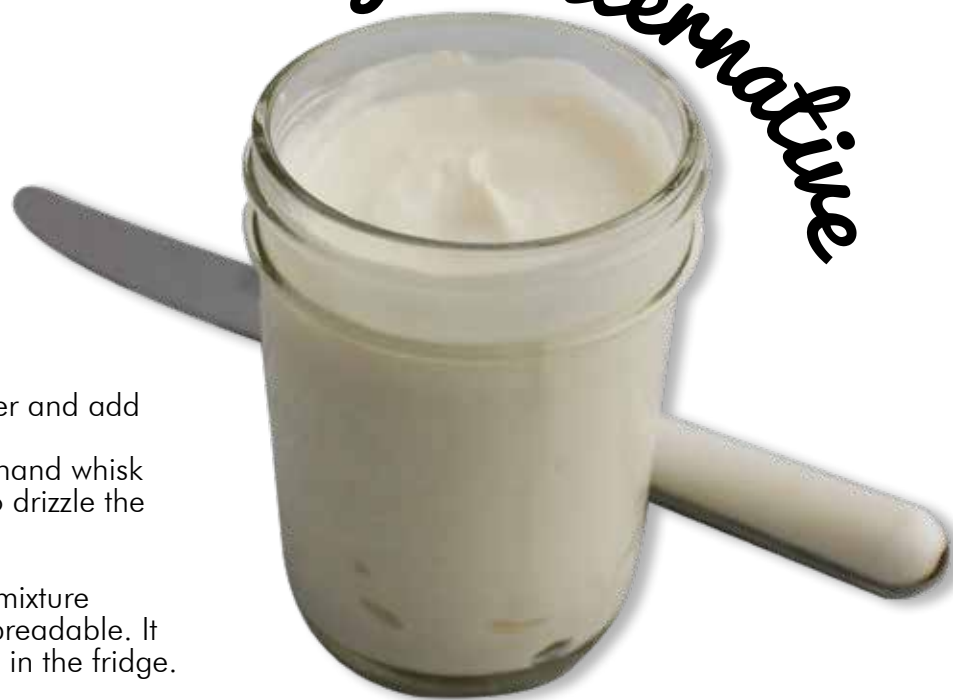
Aquafaba is the liquid leftover from cooking chickpeas or other light colored beans and it has become a vastly popular egg white replacement for those who prefer to go eggless. The proteins and starches along with soluble plant solids that end up in the water after the cooking process lend to its ability to simulate egg whites and yolks in both sweet and savory dishes.

Ingredients:

- 1 Tbsp. fresh juice from 1 lemon
- ½ tsp. apple cider vinegar
- 3 Tbsp. liquid from 1 15.5 oz can of chickpeas, plus 12 whole chickpeas
- 2 tsp. dijon mustard
- ¼ cup extra-virgin olive oil
- ½ cup grapeseed oil
- Salt and pepper to taste

Directions:

1. Combine lemon juice, apple cider vinegar, mustard, salt, pepper, chickpea liquid and chickpeas in a blender and blend at high speed until completely smooth.
2. Add mixture to a stand mixer with whisk attachment and whisk on medium high while drizzling olive oil in slowly until the mixture expands into a creamy liquid.
3. Increase speed of mixer and add grapeseed oil slowly. Alternatively, you can hand whisk if you have a helper to drizzle the oil.
4. After 2-3 minutes the mixture should be thick and spreadable. It will firm up even more in the fridge.
5. Keep refrigerated—it will keep for 3 days.



FIELD DAY
Canned Organic Garbanzo Beans
\$1.19



FIELD DAY
Organic Apple Cider Vinegar
\$4.49



FIELD DAY
Extra Virgin Olive Oil
\$9.99

Co-op Contributes More Than \$12,000 to Support Youth Participation in Local Agriculture

Alanna Cooke

Assistant Eureka Store Manager

North Coast Co-op was well represented at the Redwood Acres Best of Humboldt Fair's Junior Livestock Auction again this year. Carrie Newman and I (Assistant Eureka Store Managers), Casey Tingle (Eureka Meat Department Head) and Toby Massey (Eureka Store Manager) purchased 11 animals in support of local youth, totaling more than \$12,000—five times more animals than any other buyer.

Toby has been attending the Junior Livestock Auction in some capacity for 20 years. Last year he began passing his Livestock Auction knowledge to Carrie and I, so that we can continue to follow in his footsteps by purchasing at the Junior Livestock Auctions. He said

his favorite part of the event is helping support youth education and involvement in agriculture, and for many, their first business responsibilities. I agree that the leadership and integrity lessons they learn by participating in 4-H and Future Farmers of America (FFA) are invaluable.

I feel lucky to work for an organization that views participation in this event as a great effort toward keeping our local food supply intact and in supporting youth agriculture projects in our community. Many of the kids participating, whether it be through 4-H, FFA or independently, use the proceeds from the sale of their animals for their college funds, future projects and for furthering their agriculture and leadership education. This year, more than \$90,000 was raised during the Junior Livestock Auction.

The Co-op is one of the largest supporters and purchasers at the Junior Livestock Auction at the Redwood Acres and Humboldt County fairs. We purchase more animals from the kids than every other grocery store in the area combined. The Co-op has supported agricultural activities at local fairs for more than 30 years. In addition to purchasing at the livestock auction, the Co-op sponsors exhibit awards for show animals, beer brewing and horticulture.

Meat from the auction animals is now available for purchase at both North Coast Co-op locations. Look for “Junior Livestock” signage or just ask one of our friendly butchers. North Coast Co-op is the only grocery store in Humboldt with a full-service meat counter and the ability to “break beef” on site.



(From left) Toby Massey, Alanna Cooke, Carrie Newman and Casey Tingle get their bidding numbers ready at the Redwood Acres Best of Humboldt Fair's Junior Livestock Auction.

August 24, 2016

Community Wellness Center,
908 7th Street, Eureka



Topic: Speaker panel on how the homeless in Humboldt County are being fed

Who is the HFPC?

The HFPC is a group of local stakeholders dedicated to educating the community about our local food system. We facilitate regional conferences and hold bi-monthly educational meetings, providing our members and the community with up-to-date information on issues that impact local food access, production and resources

Open to the public, Free



Candidate Forum

September 9, 6-9pm

Ten Pin warehouse at 793 K Street in Arcata

Meet the candidates running for North Coast Co-op Board of Directors.

After the forum, stay for a showing of the film: Food for Change: the story of cooperation in America.

Food For Change is an 82-minute documentary film focusing on food co-ops as a force for dynamic social and economic change in American culture. This is the first film to examine the important historical role played by food co-ops, their pioneering quest for organic foods, and their current efforts to create regional food systems. Additionally, the film shows how cooperatives today strengthen local economies and build food security. The goal is to educate a wide audience about the principles of cooperation with a focus on healthy food and a healthy economy.



**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/.

Board of Directors Meetings

Aug 4 • 6-8pm Ten Pin Building, 793 K Street, Arcata
Sept 1 • 6-8pm Ten Pin Building, 793 K Street, Arcata
Oct 6 • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

Aug 10 • 6-7pm Ten Pin Building, 793 K Street, Arcata

Earth Action Committee Meeting

Aug 16 • 5:30-7pm Ten Pin Building, 793 K Street, Arcata

Policies & Procedures Committee Meeting

Aug 17 • 4-6pm Ten Pin Building, 793 K Street, Arcata

Finance Committee Meeting

Aug 23 • 5:30-7pm Ten Pin Building, 793 K Street, Arcata

Co-op Hosted Events

Aug 14 • Employee Appreciation Party, held to thank the Co-op's employees for their hard work. Offsite picnic provides food, fun and family. Employees only. Both Co-op locations will be open.

Sept 9 • Candidate Forum from 6-9pm at the Co-op's Ten Pin warehouse at 793 K Street in Arcata. Member-owners will be able to meet candidates

running for the Co-op board of directors and ask questions during a mediated forum. Afterward, everyone is invited to stay for a showing of the film: Food for Change: the story of cooperation in America. More information about the film is at <http://foodforchange.coop/>. Please let us know you are coming by calling our Membership Coordinator at (707) 822-5947 ext. 234 or email membership@northcoast.coop. See ad above.

Co-op Sponsored Events

Aug 6 • Zootini, 10th annual Sequoia Park Zoo fundraiser. Enjoy a leisurely evening of drinks, food and fun at the Zoo, plus live and silent auction items. More information at www.sequoiaparkzoo.net/event/10th-annual-zootini-gala-event/?instance_id=17174

Aug 18-28 • The 120th Humboldt County Fair, Ferndale. Co-op provides ribbons and prizes for several categories, including but not limited to youth horticulture and youth livestock. Learn how to enter your stuff at the fair by visiting www.humboldtcountyfair.org/humboldt-county-fair/enter-show-at-the-fair/.

Aug 20 • Movies in the Park, Time Bandits. 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 www.facebook.com/filmhumboltdelnorte/.

Co-op at Events

Aug 16 • HSU Move-In Day for new and returning HSU residence hall students. Our Outreach department will be on hand to answer questions and offer fresh food samples made in house by our Prepared Foods department. (This an invite-only event hosted by Humboldt State University.)

Aug 18 • HSU HOP Neighborhood Fair for new and returning HSU students and their families. Our Outreach department will be on hand to answer questions and offer fresh food samples made in house by our Prepared Foods department. (This an invite-only event hosted by Humboldt State University.) Member-owners interested in talking to incoming Freshman and transfer students about the benefits of Co-op membership should contact Jolie Harvey at (707) 443-6027 ext. 102.

Aug 24 • Humboldt Food Policy Council Speaker panel on how the homeless are being fed. See ad above.

Deadlines & Reminders

Aug 10 Letters to the Editor due

Aug 31 Member Surveys due (see p. 3)

Aug 31 We Love Our Members Giveaway entries due (see p. 1)

Aug 31 Questions for the Candidate Forum entries due (see p. 4)