



Market & Eatery

The Personality and Purpose of Co-operation



The Circle of Understanding

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Our Local producers

- Laurel Burtness' Bear Creek Naturals and aprons.
- Rita Calamar 's Rust Country soy candles.
- Mary Kay Michelena's Summer sewing.
- Clark Farm Meats
- Vickers Stickers
- Jose's Salsa
- Loudwater Farm Eggs
- Rainshadow Coffee

Co-operation

Team work, sharing, listening, observing, willingness to take on new responsibilities, willingness to act and react, risk taking, turn taking, smiling, caring, learning new skills, playing, trusting, being soulful, making goals, future planning, courtesy, meeting manners, flexibility, reliability, truth and understanding.

Equality

Truth, laughter, smiling, listening, understanding, sharing, relaxation, willingness, spontaneity, trust, forgiveness, openness, releasing, boundaries, strength, happiness, individuality, consideration, understanding, support of each other, love and commitment for the projected outcome.

Both of the above promote people before profit.

Harnessing the talents, abilities and willingness that are present in our team is our view of co-operation.

Working with the energies and ideas, ideals and dreams that we already have is our greatest asset.

So what is the difference between Equality and Co-operation?

Equality has been proven by researchers to improve the overall health of a group of people or a country. Great start!

Co-operation is the joint ownership of a venture to create economic security and resources that all share.

Understanding the basics of a balanced life according to Maslow we need a sense of love and belonging within a group, power to make deci-



Trust in Leadership

sions, fun, freedom to explore, and the ability to exercise survival. Here we see the elements of a Co-op where folk are themselves within a group expressing themselves openly, free to join the discussion and be a valued member of the Co-operative community.

I welcome comments and feedback on this article also ideas for future directions of Sunsets West Co-op. The Board has just done a similar exercise; it is fun to hear new voices and ideas.

Understand that as people are engaged in their best selves, the profits and wellbeing of an organization takes care of it's self.

Happiness rules successfully!

Jane

Benefits of your Co-op....

Co-op benefits that can work for you include a friendly place to work, visit, shop, order, play.

We always have something new and interesting happening here.

Whether it is music jam, the

Co-op piano anyone is welcome to play any time, board games to share, a friendly conversation, Wi-Fi., recipe swap, orders for new products, fresh local food, local products from the extended area, or meeting friends over coffee.

Ask for editing help and calligraphy. Join in recycling. Come to the Board Meetings and share future planning. Join us for Thanksgiving Potluck 2pm at the Co-op on Thanksgiving.

Enjoy being a part of the whole.



Jerry and his first lady..



President Jerry George

On a cold late summer evening I stood with a South African Bushman/naturalist on a ridge overlooking the den of the Slough Creek wolf pack, the largest pack in Yellowstone National Park. We could see most of the 14 pups playing around the den's opening. As we watched I noticed a grizzly coming down the ridge above the den seemingly fancying an easy meal of wolf pups. My companion put down his binoculars and stared, transfixed by the drama, but smiling. Down the grizzly came as the pups played innocently. The bear crouched for a final

charge 50 feet from the chocolate brown fur balls and the sagebrush suddenly erupted with nearly a dozen unseen adult wolves that surrounded the bear.

One wolf behind the bear darted in to nip at its ankle while wolves at the opposite side of the circle left an opening for the bear to escape. The bear could easily dispatch an individual wolf with a single swipe of its four-inch rapier claws, but the circle confused him. He couldn't tell where the next nipper would come from. This maneuver was repeated over

and over until the bear had been herded safely away from the den and the pups, then the circle dissolved leaving only two wolves as a rear guard.

"Amazing," my Bushman companion said. "It is the same with African wild dogs."

Cooperation is deeply embedded in the genome of all social animals because it ensures greater survivability of both individuals and the group. There is strength in coordinated numbers where each individual plays a role. Maybe that's why we humans are so drawn to team sports.

Vice President Terry Hielman



Co-operation leads easily to the concept and acceptance of equality. We are all equal under the eyes of God, and it is easy to live this reality when we take greed and competition out of the scenario.

If we live equally in co-operation with each other and our natural talents and skills, we will not have a need for any controllers. Equal status means

we all contribute to decision making. We have no need for anyone giving us orders, especially if the source of such orders is bureaucratic.

I am sure I am not alone when I say that bureaucracy has long lost common sense. Working through co-operation and equality ensures that we gain common sense and simplicity, and in so doing we enjoy fun in

an ongoing way.

Can you remember when kids used to play for fun, when competition wasn't the 'be all' of every game?

Common sense says we need to return to those times. Give them their equality. Give them co-operative values.

Because kids grow to be adults, before our very eyes.

The Future

When we brainstormed the future 5 year direction of the Co-op we heard many points of view.

Some said they want what we already have to be here intact in 5 years time., bright and shiny.

Others said that they want more regular supply of vanilla

ice cream as a priority.

Others wanted a support staff to support the continual efforts of Terry and myself.

Others said; hardware, a bigger eatery, more menu choices, and so on.

- Terry and I would love more helpers. There is regular cleaning, organizing, sorting of dates and

freshness, labelling shelves, packaging, dishwashing, shelf cleaning, etc.

- You don't need a College Degree to do simple chores, two hours a week would be wonderful.
- True we don't pay money, but working with the team is very rewarding, as is watching your resource grow.



Practical Aspects of Co-operation

It was brought to my attention recently that the Co-op doesn't have enough garbage!

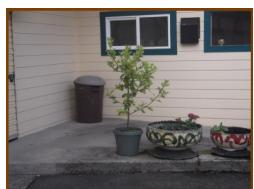
It was pointed out to me that the one bin for the residence and the food store was not full for the weekly pick up. Where was the dumpster?

So... I got to thinking, how is that?

Recycling, we have a space for plastic bags and containers, glass in three colors, and a cardboard recycling dumpster, cans and plastic and glass jars and all of this travels forward with our weekly pick up to Port Angles recycling. Then I

remembered all the trips I/we make to the compost pile in the back yard started up by Karin, our Secretary. Then it came to me that Martin our Handyman takes all the better stuff to the chickens.

And so I had to agree that the Co-op doesn't make enough garbage for the size of its operation!



Thank you Karin, Martin,

Jane, Terry, the chickens and the environment for making

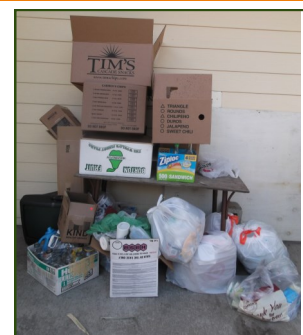
food scraps back into soil. Thanks to all the folk who bring in their clean, sorted recycling for the drop off.

And especially thanks to Tim our Janitor for pointing all this out to me.

I take the sorting in stride and am a bit obsessive about it, I was brought up to recycle everything, and so I do!

Especial thank you to Martin who has currently built us recycling bins for the back door of the Co-op. They are new and already full!

Thank you!



From here..



To here..

Benefits of Equality

“Equality is about honoring. Honoring ourselves as well as all those around us, people as well as animals, even our plants.

In terms of honoring ourselves, what that is for me is to be true to myself—to know what I am doing what I am about. It is about my saying no to others when appropriate, standing my ground when nec-

essary and continuing to check inside for what is in my highest good.

In terms of honoring others - it is for me about noticing the goodness that is there. It does not mean being naïve and letting others harm us. But for me while I stand my ground I can be most appreciative of others' strengths.

I have even noticed that as I

sincerely acknowledge other peoples' strengths it really seems to make a difference for each person.

I also feel it is my job to be supportive of others' dreams, visions and goals even if they are different from my own.

Thank you for the opportunity to share these thoughts.”

Dr Judy Chiasson, Doctor of



Acupuncture and Oriental Medicine

Director; The Vison Project

Judy passed by the Co-op for a wholesome allergy free breakfast and was pleased to stop and chat.

Co-operation

“You made me an omelette sandwich on a special bread, and you gave me soup and I was hungry. It was healthy, nutritious, friendly. It was healthier than anywhere else I have been.” Mary a regular visitor to town.

Jim the wood chuck.....

What can I say? How much wood can a wood chuck chuck if a wood chuck can chuck wood?

Well.. Jim has been chucking it all summer with the intention of keeping Co-op patrons comfortable and warm all win-

ter long. Thank you Jim .. you are greatly appreciated.



Piano movers, Tim, Eric, Jim, Terry, thank you to Aimee for the piano, so many folk love and play it.

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We're on the Web!

example.com


The Place with Great Tastes



Blue Scooter Designs

“All things bright and beautiful can be achieved through co-operation.

A PASSION FOR CREATIVITY, FREE THOUGHT, AND ABOVE ALL, FAMILY



This is why we developed Blue Scooter Design. Sisters-in-law with one goal, taking care of family. That's the reason behind Blue Scooter Design. An outlet for our girls to work together, build confidence, and gain independence while expressing themselves through creativity. All achievable through hard work, passion, patience, and cooperation. We firmly believe we are here for one reason, our family. Well, that and.....flying down the road on a blue scooter with a smile on our face, wind in our hair, and wine in the trunk!



www.bluescooterdesign.com

PLACE STAMP HERE

As sisters-in-law we created 'Blue Scooter Design' to develop creativity and confidence for our girls.

Our girls have learned to share and compromise on creative designs, they are learning to market and become business minded. They are learning that rarely we succeed on our own, it is with an open mind that our journey becomes brilliant and diverse.”

Chris

The sisters-in-law, came back to the store this September, a year on. I immediately recognized them to their surprise. They were excited to tell their story so we sat in the Eatery and shared stories, products and joy.

They said how when they came into the Co-op here on their fishing trip in 2013 they liked Sunsets West Co-op and consequently got to hear its 'creation' story.

On leaving they got to talking and as they talked our meeting grew into the business they share today. I love and admire their project. See them on line at www.bluescooterdesign.com

Chris and Lauri live states apart

Mission Statement

Our Co-op aims to inspire and encourage creative energy within the community.

We aim to engage people in living their dreams.

Sunsets West Co-op is organized to produce, purchase and distribute goods and services for the mutual benefit of its members and patrons,

offering a variety of healthy goods for patrons' choice.

FUNDS RAISED ARE RE-INVESTED IN THE CO-OP FOR GROWTH

We aim to encourage community members to co-operate with one another and nourish their community and its improvement; we aim to involve members in community garden and cottage industries.

A Co-op is a member (worker and customer owned) retail business that provides high quality grocery and retail items at the lowest prices to their customers.

Co-operatives strive to enrich their communities through consumer

education, member/owner rebate programs, member ownership, and the creation of livable wage jobs.

Co-operatives integrate their communities by selling locally grown and produced goods from small family farms and businesses as much as possible.

The Co-operative Identity

Co-operatives are based on the values of self-help, self responsibility, democracy, equality, and solidarity. In the tradition of their founders,

co-operative members are best to believe in the ethical values of honesty, openness, social responsibility and caring for and about others.

So—Happy people for a happy venture ... Working together for the greater good of their own combined communities.

You are welcome to make membership for \$40. Then \$20 per calendar year upgrade. [YOU DO NOT HAVE TO BE A MEMBER TO SHOP HERE!](#)

but are still able to form an enterprise that is constructive and communicative.

Good on you girls for having the courage and insight to take this forward. It involves yoga, web design, pattern making, art sewing, jewelry making, lotions, and the continual search for new ideas.

Enjoy your excitement.

Being excited is the most important thing in happiness. When you are excited you are on vacation every day.

It must be tried to be enjoyed.

Leadership: is about energy and enthusiasm, kind of physical, emotional, moral and intellectual verve or appetite every leader must maintain and feed.