



# Sunsets West Co-op



## Market & Eatery

**WE are  
7 years  
old ..**

*Article written for the  
National Co-op  
Newsletter Exchange*

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**Special points of interest:**

- We have a Messy Palette Art League display every month
- We have audience space for the Jam Sessions.
- We have many talented musicians in our communities.
- We wish Al Pelletier health and happiness as he recovers from his heart surgery.

**Co-op year in Review**

July 2013- June 2014

How can one break the years apart when being a Co-op means being on a roll?

Sunsets West Co-op has enjoyed 'the best' sunsets for 2.5 years in our new location. We have grey whales this week spouting and breaching to delight our nature-loving population and eagles on fly by. The sun is visible and our folk are sporting sunburn. Not bad for a coastal, Salish Sea, rain-forest!

We started our little Co-op in 700 Square foot with 180 of those square feet for storage. We grew from a re-investment of just \$300 and overflowed right out the door.

Now we celebrate every day in our 2,000 square foot, 'super store'. This store is easy clean with fresh new paint, new floors, air conditioning, walk-in cooler, commercial kitchen and delivery van. Bright décor, homey eatery and music jam

venue. Almost everything has been donated by our member owners, with our Treasurer and Vice President doing the refurbishing and installing. Handy having a Chimney Sweep for a Treasurer! Thank you Al!

We think seven years equals Magic!

Outside of our physical location we have a chicken yard plus two other member/growers producing amazing, huge, orange yolk eggs.

We have a Co-op/School partnership for our produce garden. We have member co-operation right now to purchase our first produce merchandiser display case – a big jump for us.

We have no debts!

We have active member/owner/workers.

We have an active vision of sustainability, great for our geographic isolation.

We have access to three green houses and are beginning extended season production.

We have full recycling going out to the next city

60 miles away via our delivery van. We have inter-store support for stock acquisition.

Our local economy is growing – the Co-op shares its site with three other businesses – all glowing with optimism and enthusiasm, encouraging other business ventures through its open door policy and healthy choices!

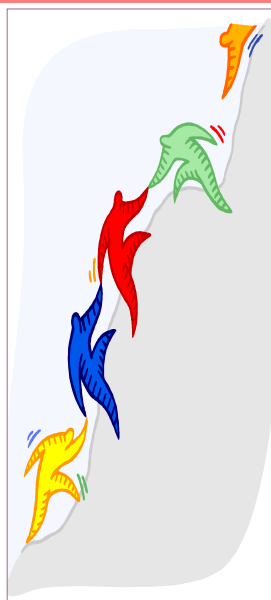
Growing our own Co-op through diversity meant, increasing our Board to its newly installed eleven people with geographical, social and ethnic diversity.

We are thrilled with the community's development based in social, economic and cultural growth through honesty, truth in communication and openness. Fair trade for all!

We invest happily in our Co-operative values!

*Jane*

Thank you .. all of you who have supported the program in every way ~it takes a team.



*We never know just how helpful we are when we are part of a team.*

## *Dealing with change...*

### **Change**

Frightening, exciting, adventurous, disconcerting, and the list goes on. But without change we don't grow, we don't face new trials or feel the thrill of achievement. Seven years ago there was a produce stand and a dream. Today there is a community owned healthy grocery and eatery. Yes, the Co Op is smaller than Safeway or Albertson's, but you'll find goodies on our shelves you

won't at either of those stores and often cheaper even without considering the \$4.00/gallon petrol costs.

We've gone through some big changes reaching this point and now we're changing all over again. You'll see a number of your neighbors happily slaving away at support tasks in the store. Please thank them for their service. These wonderful folks are freeing Jane and Terry, our managers, to carry us

into the next phase of the Co Op's growth – more fresh, locally grown and produced products; more inventory and better shelf controls; broader eatery program; Wednesday and Thursday Jam sessions; Monday craft afternoons; you name it. Come join the crew and lend a hand if you have a moment. I can assure you your efforts will be appreciated and fun will be had.

Thank you!

Jerry George President

## *My own life.. Jane*

I was told and have proven for myself that it takes one of two things for people to change.

1. Chaos. When faced with the confusion of natural disaster, injury, sickness, death or loss. We pass through confusion and fear, before we take control. Taking control always leaves behind a memory of weakness that which

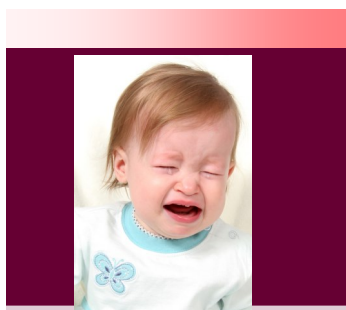
we never want to revisit.

2. Anger. "Get me angry enough and see what I am capable of", I used to say to my children. Why did I waste my time? I could have just taken control. But I must have enjoyed the build up and explosion, which in turn created chaos!

What anger really says, is leave me alone! What chaos really means is help me!

Work that one out!

Yes, change is a choice.. One that takes 100 days to establish and appreciate . I have learned to love and expect change for my health to maintain a continuum and balance.



**Go away but please make me comfortable .**

## *Unique Junque, Terry, Me, Karin on Change ..*

I see the town coming alive, I am so happy about that. I love this little town. Dixie

The only one who likes change is a wet baby! Terry

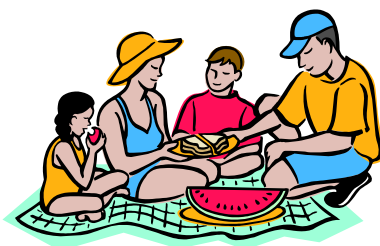
After 'fighting with the computer over a simple issue of choice. I started to walk away, saying I have had it! Enough is enough! As I got up I saw the button I have been searching for, for months.. Oh well ..

There goes anger again! And here comes the ability to accept that there is only time and the right time. Patience is the best tool a person can develop. Jane

Summer has been great so far. Weather is the ultimate glory this year. Edible Co-op garden is looking beautiful. Borage especially is abundant, also calendula. Nasturtiums got a slow start but are coming

along. Mint continues to spread and chives thrive. Looking forward to drying and packaging these products for fall/winter sale. Anyone interested in helping move the compost into the second phase of its process are welcome to help. Karin Ashton

We all love the bounty that the weather change makes. The beauty of the greening woods, the wild flowers along the road side, and the gardens producing products to eat and enjoy.



**Eat what you grow.**

## Red Hats

What a treat I have had whilst the Breakwater Restaurant has been down.

The merry, chatty and unabashed Red Hatters asked to meet at the Co-op. I enjoyed their games, fun, color, and personality loaded evening adventures. It is always fun for me to move into a new group of people and be part of their pleasure.

See what they enjoy and how they celebrate life. I am impressed with the group and their ideals.



When we all moved back into the new space we discussed who would look after the gardens and how it would be organized. The garden that no matter how hard anyone worked on it never looked loved and attractive. Sooooo.... Between the Co-op, Karin Ashton, Unique Junque, the Red Hatters and the Moody's the plan was born.

## Shirley on Change...

In 2010 I went back to school after many, many years. The massage therapy program I entered was intense and challenging, and I was the oldest one in my class. My instructor told all of us we would be different people at the end of the year. She was right. I had not only achieved a new profession, but I found my life and thinking had expanded so much.

I proceeded to create and build my own massage business on a small scale, another challenge. Although I did have success, I found myself getting a little bored. In 2013 I was offered a job and a chance to learn another new profession. This has felt like going to school again. There have been many challenges, and I've discovered that I actually like challenge and get bored without it. I've continued to

change as a person and have learned new levels of patience and many new experiences with people. I've become a stronger person, and my confidence has increased.

What I tell people is that it is never too late to try something new, and that we have the power to change our lives. However, we must first be willing to change our thinking, even if it's just one thought to start with. If that one thought is the even just the belief that we can change our lives, then we have begun. The adventure begins...

Did you know that many flowers are edible?



From here ...



To here...



And here...

Love is all around you. It is only a breath away. Indeed, it is in every breath you take. So breathe! Breathe in love!  
By Shirley Cosentino



Is everywhere ..

## Helping Out..

Lots of you in many different ways say how much you appreciate the Co-op, the fun people who come here, attractive space or the attitude that you get when you come to the Co-op. I have been told how nice it is to be trusted, receive clear communication, support when it is really needed and respect

for all. I thank all of you who have spoken to any of us in this way. Our Presidents goal is to create equality, trust and sharing. **Keep us in your loop of communication and tell us what you would like to see the Co-op do into the future.** Co-operation happens through trust and sharing, care

and understanding. We are grateful for the helpers who are coming in regularly now to help us move on and up. I am spread very thin now and need support in the store regularly. Terry and I both put in 12 hours most days, doing so many tasks that if one of us is out it takes more than 12 to

pick it up again. We do not get any payment, that is how a Co-op works. We all share to make better choices for our people. If we didn't share the work then the prices would have to rise, and the service would go down. Lets work together to make what we want work.



## Sunsets West Co-op



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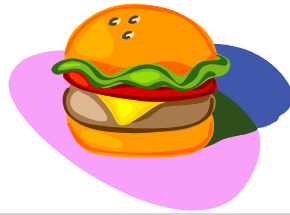
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## www.sunsetswestcoop.com

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### The Place with Great Tastes

Try your Co-op for lunch some day ... bring a friend.



Two lovely ladies, Judy and Gayle, came to the Co-op for lunch... this is their offer, spread the word.



### Co-operation comes in many forms.

#### USDA 504 REPAIR PROGRAM

**Sunsets West Co-Op May 28, 2014**

**HEADLINE:** USDA Offers Rural Residents Low-interest Repair Loans

**TEXT:** What's the first thing you think of when you hear about the United States Department of Agriculture... farming programs or may-

be meat inspections? The USDA *does* help in those areas, but they *also* offer housing programs for rural residents. USDA Rural Development is dedicated to improving the quality of life for people who live in rural areas through housing and home repair programs. The USDA's 504 Repair Program offers low interest loans and senior grants to very low-income homeowners to repair, improve, or modernize their homes or to remove health and safety hazards.

To be eligible, an applicant must own and live in their home, be unable to obtain affordable credit elsewhere and must have incomes below 50 percent of the area median income. They must have a decent credit history and the assessed value of their home cannot exceed program limits. An applicant must need to make repairs and improvements to make their home safer and more sanitary, or to remove health and safety hazards. Grants are only available to

homeowners who are 62 years old or older and are available to those people who cannot repay a Section 504 loan.

Some of the eligible repairs include correcting health and safety hazards such as electrical issues, water and sewage disposal problems, roof repair or replacement, structural repairs and disability accommodations. Authorized repairs also include home weatherization modifications such as insulation installation, window replacement, and heating repairs. Utility hookup or installation and/or assessment fees are also eligible for the program. Repairs to a manufactured home are allowed, provided that the applicant owns the land and the structure is on a permanent foundation (or will be placed on a permanent foundation with the repair funds).

Loans of up to \$20,000 at 1 percent interest are available for up to 20 years and grants of up to \$7,500 are available for qualifying

home owners 62 years or older. Loans and grants can be combined for up to \$27,500 in assistance.

There's no time like spring to get necessary home repairs completed. Spring is a great time to get your home ready before next winter hits. Consider having your roof repaired or replaced, repair your heating system or have your septic system inspected or maybe you need some accessibility features installed such as grab bars or a new ramp to your front door so you can enter and exit your home safely.

If you are interested in a USDA 504 Repair loan, contact the USDA Rural Development Office in Port Angeles at (360) 452-8994 x 4 for a free Pre-Qualification Review Request and information sheet. Other qualifications and restrictions of this program may apply. For more information on USDA Rural Development Programs, visit their website at [www.rurdev.usda.gov/WA](http://www.rurdev.usda.gov/WA).

### 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!](#)

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## Change in Thinking...Home Repair Opportunity