



Edible Seaweed class on Fun days at the Co-op! Thanks Jessica..

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Special points of interest:

- Thank you to everyone who has ever helped in any way! It takes a village to run a store!
- Thank you travelers who come see us, we love your stories.
- Thank you to the voices in Seattle that send folk here regularly to check us out!

# Sunsets West Co-op

## Market & Eatery

### One Decade!

### A time for Review

The 2nd of July this year is the Co-op's first Decade, our 10th Anniversary.

Some of you have been with the Co-op for the full 10 years. First as West End Co-op and then Sunsets West Co-op which was official in 2010.

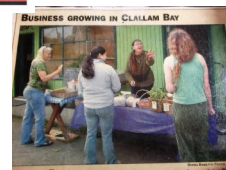
Diana Goplen is member number one, and the instigator of the action to start the project, by putting up a road-side fruit stand in the summer of 2007. Terry and myself number two, Jon and Karen Gallie, number three and then Sue Heiny number four. The four families stood alone for a while whilst the idea grew into the Co-op endeavor. It is always good to do what you believe in or follow the thread to make the

living dream.

The day we started, Sue, looking on, said, "THIS WILL BE SUCCESSFUL!" Good projection Sue!

Now 10 years later here we are, together we have built a memory that will last for ever, of how the little village in the northwest corner of the continental US got to be a show horse for robust actions; building that which some said could not be done!

We will run in the Fun Days Parade, we will have a wonderful smell of fresh popcorn coming from the Co-op on Fun Days and will be standing strong in our conviction of **HAPPINESS** through **'Dreams becoming Action and Actions Becoming Reality!'**



If you dream it, you better do it! ... is my learning in life.

### A FUN RIDE

Forks Old Fashioned 4th July Float promoted our 10 year celebration with a ride on their float on Clallam Bay/ Sekiu Fun Days last year.



### Where Dreams become Actions and Actions Reality!

So many people have shared the building of the Co-op. A Co-op is a business venture which is owned by many people. In our case 183 folk at this time have an equal share ownership in the Co-op. They have the power to suggest operational ideas and structure for the Co-op. It is not

run like an ordinary business, it is way more flexible and therefore has a greater chance of survival. The Board is the owner members representative and so the business grows in alignment with the needs of the owners. We dreamt it, we did it! Quite a group of us!

**INTERNATIONAL  
CO-OPERATIVE  
PRINCIPLES**

- VOLUNTARY AND OPEN MEMBERSHIP**
- DEMOCRATIC MEMBER CONTROL**
- MEMBER ECONOMIC PARTICIPATION**
- AUTONOMY AND INDEPENDENCE**
- EDUCATION TRAINING AND INFORMATION**
- CO-OPERATION AMONGST CO-OPERATIVES**



*Co-op Legend—Co-op's are member/owner/worker inspired*

Co-op's are magic because they keep their prices down and service up in three ways:

1. The Co-op is member/owner/worker run, that is, the ownership shares the responsibility of the daily operations of the store. The member/owner/workers are not paid for the work they do, because their reward is present in the lower cost of goods and services to
2. The more happy personalities that are present on the floor, the higher the success.
3. Burn out level is way reduced. Appeal grows.

We are concerned that there is a low investment from member/owner/workers in supporting the daily running of the

Co-op and the yearly update of membership fees here in Clallam Bay. Folk who share their time to work with this Co-op are entitled under our policies to a 10% reduction on their grocery purchases.

We choose to be drug, alcohol and tobacco free, to be safe and fair to all parties involved.

We wish for only a small amount of time from owner/member/workers within their skill sets, as we are moving into the next decade!

*Co-operation .. Environment .. Stewardship*



Don Baker of the Clallam Bay Sekiu Lions Club is seen with the dumpster and the 'big bag'. The 'big bag' went to North Carolina for recycling.

Last weekend, the 29th April, 2017, Coast Savers held the yearly Coastal Clean-up here in the North West and many other places.

A lot of environmental activities were held whilst volunteers walked and carried and dumped in to dumpsters at vantage points along the way.

This year a special hard plastics collection was made and is being transported to the east coast in a huge white plastic bag labelled as being from the west coast. Four feet square form our area!

A truck tire, down to debris in every form was pulled from the beaches, beaches that are both isolated and in full view of the

highways. Huge quantities of beer cans, china obviously from Cruise ships, and all sort of items were found. In Forks they held a film night complete with fresh popped popcorn, and umbrella parade, the 'huge fish' display and lots of games and activities for all ages. A huge event that was very successful again this year.

*Your Board*



Carol, Karin, and Terry, Bruce, Joanne, Matthew and Jane were not in the photo.

- Terry Hielman Vice President
- Karin Ashton Secretary
- Matthew Whitacre
- Carol Crilly
- Bruce Robinson
- Joanne Robinson

..... have secured a loan for the refrigeration equipment. Thank you to all who have helped along the way to make our monetary deposit look so grand.

We have been able to purchase a Turbo Air 2 door freezer and a sandwich prep frig for the kitchen which we seriously needed. That means the ice cream tubs will be back in abundance very soon.

Over our decade we have enjoyed the support of many Board Members. They come to us with a plan, when the plan is complete they move on. We love this aspect of folk and appreciate that they share their

best attributes with us.

Some like Karin have been there the whole time. Karin this is your decade celebration also!

We are looking forward to getting our summer hanging baskets. The Special Ed class at the high school make these each year.

Listen for our ad on the Forks Radio July 3,5,7 from 12pm — 1pm.



## Tea – a new look at a traditional beverage

Interested in a calorie free superfood that costs only pennies? Drink a cup of green tea and you will get more antioxidants than a serving of brussel sprouts or berries. Tea made from the leaves of the plant *Camellia Sinensis* is the most commonly consumed beverage going back thousands of years. Tibetan monks relied on tea to support meditation through its ability to promote both alertness and a calm ability to focus. The combination of caffeine and an amino acid called L-theanine, exclusively found in tea, generates a relaxed attentiveness.

Both black and green teas are beneficial, but because green tea is less oxidized, it contains more of the catechins, which are assumed the primary constituent responsible for its health benefits. Tea is the richest source of catechins with twice the content found in cocoa or blueberries. The anti-cancer activity of green tea, attributed to catechins, is the most well demonstrated benefit, with over a 1000 published studies supporting its ability to prevent cancers of all types. Both black and green teas are also beneficial for preventing heart disease, primarily by reducing oxidation of the fat molecules and altering fat deposition in the blood vessels. Like other green plants, tea contains chlorophyll, an antioxidant which helps the body detoxify.

White tea is harvested from slightly immature plants and is minimally processed, so it has a mild, fruity flavor that I would describe as pear-like. What about red tea? Red teas come from an entirely different plant

with its own unique properties. If you prefer the intensity of black teas, Oolong is only partially fermented and closer in composition to green tea but tastes like black tea. Flavored teas blended with fruits and herbs expand the options. Black tea combined with citrus is a classic. Infusing the aroma and flavor of a flower like jasmine into green tea is a traditional preparation in China. A chai tea spiced with ginger and cinnamon and mellowed out with milk is a favorite beverage in India. You can even create your own flavors using fresh herbs like mint or wild rose petals. I love how drinking tea rather than coffee gives me so many new flavors to try.

Does brewing technique or water temperature matter? Whatever method produces the flavor you find appealing is acceptable. Most teas will taste best if brewed with water below a boiling temperature and only steeped for 3-5 minutes. Keep in mind a longer brew time will extract more caffeine. Even using the same tea leaves for multiple batches is recommended for a tea like Oolong - and is actually my preference for most teas. Using a French press to brew your tea allows the leaves to fully disperse their constituents throughout the hot water more effectively than a compact tea bag. When craving iced tea throughout the summer, prepare by brewing hot tea and then chilling in the refrigerator or over ice. Fruit flavors pair well with iced tea - try fresh or dried berries with hibiscus or rose hips for a vitamin C and antioxidant rich beverage.

Another alternative to a cup of

tea is Kombucha, with the tea fermented by bacteria and yeast and usually served carbonated and chilled. In addition to the antioxidants in the black or green tea, we also benefit from the probiotics generated during the fermentation process, which help populate your gut with beneficial bacteria.

If you can tolerate more caffeine, consuming the tea leaves provides a more concentrated source of all the beneficial compounds in green tea. Matcha tea is ground into a powder and traditionally prepared by adding to hot water and frothing into a foamy texture. I like to use green tea powders mixed into foods like nut butters and backpacking oatmeal for a welcome burst of energy when out hiking.

The Co-op stocks an impressive variety of boxed tea bags, loose leaf teas, bottled Kombucha and iced tea in the cooler, and Matcha green tea powder (which can be ordered through Azure Standard). They also offer fresh brewed teas in the café so that you can order a single cup of tea if you want to experiment and sample new flavors. And there is no need to sacrifice a fortune for a manipulated green tea supplement in capsules, just grab one of the little bags of loose

leaf tea that the co-op repackages and sells for a reasonable dollar or two.

Perhaps we should contemplate embracing a ritual of brewing a cup of tea in a ceremonial manner and then devoting time to a meditative practice in the Tibetan tradition - where the health promoting benefits of mindfulness and gratitude interact with the unique constituents of the *Camellia Sinensis* plant to support a healthy body.



Our tea bar, all the white lids are choices of loose leaf tea. The French Press 'coffee makers' are also very good for tea, in fact they are wonderful. I use them all the time.

Tea Tea Tea! At the Co-op...



# Sunsets West Co-op

16795 Hwy 112 Clallam Bay WA 98326 - 0204

PH: 1 (360) 963 2189

Fax: 1 (360) 963 3114

[sunsetswestcoop@yahoo.com](mailto:sunsetswestcoop@yahoo.com)

We are back on the web

[www.sunsetswestcoop.weebly.com](http://www.sunsetswestcoop.weebly.com)

Living Today like there is a tomorrow!



## 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 COOP 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, volunteer discount programs, member ownership.

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

## The Cooperative Identity

*Values: Cooperatives 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 combined communities.*

*You don't have to be a member to shop here!*



## Recycling and Re-using

fill the Econovan and take it to Port Angeles Transfer Station. It is catching on and more folk in our communities are recycling. We have a single black clip-on lid garbage can that we don't fill each week from the Apartment and the store.

We compost, feed chickens and until recently fed pigs off the scraps of the Co-op kitchen.

Something that has drawn a lot of attention is the addition of the single use fabric towels we supply for the bathroom. One of our members makes them for us, I launder them daily, and love the feedback from patrons of the Co-op, "They actually dry your hands!" Or, "Can I take it and use it as a napkin at the table as well?" they say with a satisfied

smile.

I feel good when there is very little going to the landfill. One of my favorite sayings is "Throw it away!" "Where is away?"

I live to the theory of, "Leave no trace, but make the world a better place"! (for my having been here) No tomb stones for me... just fond memories.

We don't buy grocery bags, we rely on you all to bring them to us to re-use.

We re-use egg cartons back to the egg growers.

We sell bulk where possible, you pack .. you save!

Our fixtures are all re-used, but... Our frigs that we have been saving for for many years,

are on the horizon. They are new!

This week I will order the freezer and the frig we need to complete our refrigerated displays and maintain food safety guidelines for our communities.

In a way I am glad that we waited, although it feels like I have been calling them to me for a decade! (which I have).

Recycling gives us more financial flexibility to stock the store and less ordering time for new paper and plastic products. I like it!

**Jane**

All my life recycling and re-using has been my first priority. To the extent I would tear each stamp off of envelopes and save them for collectors! As I got 'smarter' I realized it was probably a little too much, so I settled for composting and, running the washing machine water back onto the garden and sorting the recycling into bins for collection.

So the Co-op image is a good one for me.

Every week we, the Co-op team,