



Market and Eatery



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Special points of interest:

- Thank you Michelle for the Licensing changes and the EBT
- Thank you Matthew for your services to the Co-op garden at Funk Ballard
- Thank you Al for everything.
- Thank you Terry for all you do.

It's Been a Year! .. 5th December 2011~2012

And what a year it has been!

Thank you's to everyone who has shopped, worked, travelled, picked up orders, given words of encouragement, repaired items and restored them, offered furniture, been happy around us and held the dream in place.

Without you it would not be what it is today.

Sales have stocked the store and variety is our key note; we still pride ourselves on the Treasure Hunt theme of stocking shelves and supplying needs. We have a Mexican and Asian, bulk and basic, unique and interesting and above all local component to the experience.

Our web page is actively being sent to all members with email and in return it is giving us feed back. Thank you to those of you who have time to read and reply.

Our consignors have kept up their quality and investment and allowed us to represent greater diversity in our store.

The returning visitors each year love the transformation that the town is showing them. They love it here as we do and expect to have joy when they arrive.

Our eatery is open with a limited menu; I am doing it myself as I wait for a cook who will love to work here. The daily soup is home made on the

premises, tasty and hot, the wood stove is fired up and the gluten free rice/cornbread is on the daily menu. It is gluten free which is good for us all and our digestion. I am learning your tastes and needs and enjoy serving you. I am waitress 101! It's never too late to learn a new skill.

The Jam Session on Thursday is fabulous, always different and fun. We have a new person in town who is cooking vegetarian food with great flavor on the Thursday nights, one bowl, 5.50, guaranteed to please. So dinner, music and dance in Clallam Bay each and every Thursday night. Bring your instruments or yourself and get ready for the fun.

The Co-op is now 5 1/2 years old and still growing.

Annual Member Meeting & Celebration

For members and their friends:

January 19th
Sekiu Community Center
Rice Street Sekiu 98381
1pm to 4pm Upstairs
Jane for the Co-op

Our Annual Member Meeting will be held on the 19th; we are planning for a Pot Luck of delicious food, information tables by the Board and various guests providing tastes and textures of the Co-op. There will be live music by the Co-op Jammers who play every

Thursday night at the Co-op, and possibly even a folk dance.

Our Annual Meeting will be held in the first hour and then the fun and food.

Come help us celebrate our third AMM and entry in to our **6th year** in business.

Your commitment and friendship is invaluable to us all.



Get well and stay well, let good food be your medicine.

Winter words from Libby, our

There is a lot more to preventing sickness than washing your hands and covering your sneeze. It starts with the body's built-in line of defense: the immune system. Here are five easy ways that you can prime your white blood cells for a healthier winter:

1. **Sleep.** Make it a priority.
2. **Onions, garlic and ginger.** Full of anti-microbial and immune-boosting nutrients, these can be added to an egg-

scramble for an easy, protein-rich breakfast.

3. **Cut the cheese.** More importantly, cut the milk. Cow's milk creates an immune-response that results in extra mucous in our nose and throats and takes up immune resources that we need to fight off viruses and bacteria.
4. **Cut the juice, too.** Our immune systems are literally out-of-commission for up to 3 hours after consuming a cup of orange juice. Still want to boost

your immune system with vitamin C? There's more vitamin C in a real orange, strawberries and even potatoes than that cup of OJ.

5. **Be happy.** Take a walk, play with your pet, share smiles and hugs with your loved ones. All of these things reduce stress and, if you needed another reason that you'd want to reduce stress, here it is: stress wipes out your immune system.

Cheers to happiness and health in the New Year!

“Confessions of a Disloyal Member”

Known as Loyal by Jane!

I have lived here long enough to know the tradition is to at least once a month, drive to 'town', and buy two or three carts of groceries. And we sometimes check with the neighbors, and shop for them, too. As we all know, you can't find half the stuff you want in Clallam Bay, and it won't be on sale if you do.

After I became one of the many owners of Sunsets West Co-op, I had to try to break this long-held habit. One of the purposes of the Co-op is to

have a local source of things we all need.

It took a while to change my mindset, and I might still back slide once in a while. (Don't tell Jane) But at least, I know to feel guilty about it when I do! I mean, our community needs the business, and the Co-op can't exist with out members using it. And everything I buy there, helps just a little toward getting more refrigeration, more inventory, and other things our community needs to have. I don't know how Jane does the fantastic job she does in having such a selection at

very reasonable prices. (I've heard that small stones are a factor, but can't verify that.)

So I ask all of you to try some of the following:

1. If you know you will need something in a few weeks, ask Jane to get it for you
2. Shop at the Co-op the day before you go to 'town'.
3. At the least, remember to at least feel guilty when you help out other businesses instead of your own!
4. See you at the Co-op! **AL**

President Jerry George
 Vice President Vacancy
 Treasurer Al Pelletier
 Secretary Karin Ashton
 Board Member Trish English
 General Manager Jane Hielman

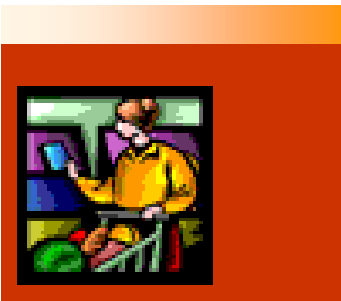
Store Keeper Terry Hielman
 We are currently open to a new face on the Board.

We welcome Jerry George and Karin Ashton as they put themselves up to the member-

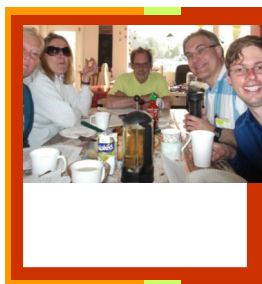
ship for election this Annual Member meeting. Ballots have been mailed or emailed to you .

Thank you to the folk who are willing to be part of the Governance of the Co-op.

You are most appreciated.



Your Board October 2012



Members and Memberships

We now have 126 memberships.

Taking up from the Summer Newsletter of 2012 members: Robert Stephens and Thu Trang, JoAnn Willard, Glen Hagemann, Lisa/Rafael Salazar, Heather Vanzant, Adrienne Akmajian, Christi Lange, Ali Baker/Brian Harman, David Swan, Dan Kelly, Ted Arestad, Mary Vest, Amy/Rock Cramer, Nick Stanley, Nydia Levick, Cindi Hart, Col-

leen Larsen, Janette Stewart, Sharon Wilson, Cathy Pfister, Dave Lefko, Nathan Croston, Jeanette Gilmore, Ted Mural, Cheryl/Brad Hatt, Cheryl Pelletier, Deborah Trantham, Mollie Rights/Jerry George, Carol Schultz, Betty Cox, Jack Benedetto/Suzi Campbell, Valerie Mohr, Jamye Wisecup, Melissa Peterson-Renault, Loretta Klock, Wayne/Carol Turner, Carol King/John Aexel, Linda Dillard, Jackie/Dan Ahrens, Arlen/Donna

Lynn Olson, David/Tera Holmquist, Joseph Murray, Phillip Borde, Sharon Randall, Stephanie Parker, Vince/Marilyn Gipson, Sharon Brongil-Ryan, Anthony Szabo/Maria Sed, Tim Van Riper, Mary Meyer, Tonia Signor, Rebekah Brooks, Sarah Espinosa, Jeffrey Shuffelen, Eddie Bow3lby, Iris Rucker, Arletta Gustafson, Jim/Dar Williams, Trish De Poe, Carol/Jon Davison, Robert Critchfield, Brian/Patti Adler. Thank you to you all for your faith and patronage.

To be continued another time.



Creative Kids

We have a group of Creative Kids in our community who are exploring the world of commercial art. They come to the Co-op regularly and are happy and busy in the winter hours doing art and painting, drawing and talking, playing interactive and physical games and always making new plans for fun and occupa-

tion. They are Atokena Abe, Audrey Pilatti, Edna Pilatti, and sometimes Mikaella Critchfield.

They make art. Terry gets it copied and turns it into a card making session. They present their own work for sale at the Co-op. We plan to increase this program and make a full rack

of children's art for the stock in the store. It is proving popular and they are doing a great job.

Their present occupation is to make up a calendar for 2013. The art work is finished, just the formatting to go and they are ready to sell their works. Some of the proceeds will go to the Co-op to cover the ma-



Wood Pellets to keep the home fires burning ...

We now stock regular supplies of wood pellets. We have chosen to go with the Kleen Burn brand and have regular stock. One ton on the concrete floor is of comfort.

Do any of you remember the creaking of the wood floor in the first Co-op building? John

Burdick used to say, "it is an upstairs, remember not to overload the weight capacity!"

And we were careful and we did overload as well, thus the creaking.

We have started a small amount of hardware and will continue to expand.

We have decided not to go ahead with the liquor license at this time.

We now have bread delivered and so have a regular supply for the first time.



Sunsets West Co-op

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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 year upgrade. YOU DO NOT HAVE TO BE A MEMBER TO SHOP HERE!

www.sunsetswestcoop.com

The Place with Great Tastes

Gratitude to all Past & Present Members of the Board



Over the years we have had a large number of folk give of their time, skill and interest to further the actions of the Co-op by serving on the Board of Directors.

I thank each and every one of you for the skills, gifts and strengths you have brought to the positions that you have held.

As we pass through life choosing the pathway that offers itself to us, we always take the one that seems right. That is because it is right, otherwise we would make a different choice and then that one

would be right. I often have people say to me that they think they make poor choices; I say it is still a choice and it only serves to better the options into the future.

With the Co-op I have noticed that the pathway goes forward, the vision is always there, the ideas keep flowing.

When a block appears, that is when we attract a different personality or skill that is extra special for that moment. This in turn forges passage through the block and off we go again.

For those of you who have forged ahead and taken us with

you .. Thank you!

I love the rotation, I love the security of those who have been there all along.

I love the Co-op and I love the people who understand its value and service.

We have something really special here, as our new President, Jerry George said recently in the Forks Forum, “The Co-op is like community glue, it sticks it all together.”