



Market & Eatery



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Gifts...

I am grateful for the gifts that have come to me lately. The Board of the Co-op have honored the fact that I need a break and together and individually they have come to the fore to support my needs in what ever way they can.

Thank you all.

Intensity is a soul-destroying choice and I know too well the risks I take in being too intense. I have had, in my past, several mini strokes from just such investment.

The gift of life is all we are given. Learning how we operate the vehicle of our physical bodies, mind and spirit in wellness is the learning we all have.

Years back now Terry and I were given the title of Healing Hearts through Love and Un-

derstanding by our friends. I had to learn myself first before I could be there for others.

So ... On my weekly 6 hour vacation this week I went to Lake Crescent Lodge. I caught the 9.20am bus, safe, reliable and friendly, to the lake which to me is always calm, the trees and the forest which give me peace, emotional protection and gentleness. The environment that economics has created there is friendly, both the staff and the chemical free zone. Someone, other than me does the maintenance and the housework, folk are cheery and welcoming, and there is order and comfort. I sat by the fire as it 'lived' crackling and jumping. I looked at the tree to the left on this page and to the gift box at the bottom. I found myself wishing that I could be given a gift, a special gift, something of

value and purpose to my life. Something I really wanted.

Last night I dreamt, this morning in the shower it 'popped'. The gift that I look for is.. The understanding that love is all around us. It is real, bright as the lights on the Christmas tree to the left, it is tall and strong and peaceful as the forest, flat and calm as the lake, friendly and reliable as the bus service. It is all there. All I needed to do was STOP, LOOK, LISTEN and FEEL!

I now realize that I am gifted with the friends I have and the understandings that we share.

Having the right gift for everyone is easy, just love them for who they are and give them what they want!

Respect and time!



Special points of interest:

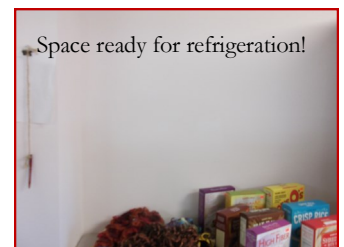
- Groceries at good prices
- Free-Range fresh eggs
- Interesting new stock
- Daily menu
- In-house catering
- Holiday Pot Lucks
- Meeting venue
- Free Wi-Fi
- Fun Place to visit

Your Co-op ~ Your Refrigeration

We, the Co-op, started in business in 2007. We have worked the Co-op every day since, there are a lot of us! As with most businesses the cost of refrigeration is a stumbling block. Because we are keeping prices down to sustain folk in our local economies we do not claim a large profit from sales or services. Thus over the 6

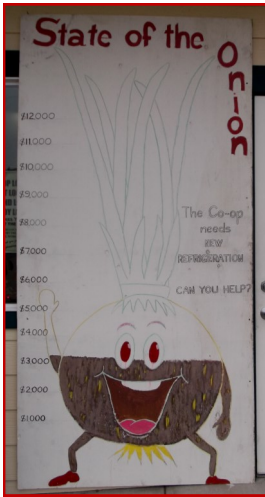
years, we have attained several used commercial refrigeration units and have several large empty spaces. We wish to fill these empty spaces with an open produce merchandiser and a commercial glass, swing, two door freezer. The cost is high and so we wish for help in getting these items which will improve our service and assist

us to maintain better quality, food storage and presentation.



Gifts..

Jerry George President of the Co-op



One of the greatest joys of a Co-op is that the entire business is organized around the central principal of sharing — gathering resources and sharing them with members of our community. That is the sole reason for being.

For several years members of our venture have been valiantly struggling with nutrient-poor glacial soils to find those special elixirs or concoctions that will create locally grown produce to feed our members, our community healthy alternatives to the meager, wilted fare that makes it out to the West End. The gardeners have persevered, mixed and turned, test-

ed, mixed and turned some more and have succeeded marvelously in bringing forth kale, beets, potatoes and all manner of other vegetable delights that can be shared through out Co-op

But.... We, the Co-op are ill-equipped, we ain't got the proper refrigeration to display and protect the gardener's miracles in a way that you, our neighbor-members can appreciate the quality, the beauty and the nutritional value of the produce sufficiently to take it into your homes.

OK, that's a little over the top, but the point isn't. Produce is fragile and has to be properly

refrigerated to be appreciated and preserve its nutritional riches. We, your Co-op, needs a produce refrigerator to ensure the quality of our member-gardener products can be valued and bought by our customers.

Our gardeners have done their part. The Co-op has raised over \$3,200 toward the \$5,000 plus that we need to purchase a proper refrigerated display case. The new crop will begin showing up in the store in April.

Any help you can give us in raising another \$2,000 would be greatly appreciated by the entire community.

Thank you, **Jerry**

Al Pelletier Treasurer to the Co-op

About gifts: "And now these three remain; faith, hope and love. And the greatest of these is love." **Al**

Karin Ashton Secretary to the Co-op

Karin, thank you for the turkey you donated to the Co-op. We cooked it and had a Community open Pot Luck for Christ-

Terry Hielman Vice President to the Co-op

"When you wish upon a Star..." as the song goes. Walt Disney was close, so close to the Truth!

We are all granted the gift of manifestation through the Creator.

Jane and I live our lives through meditation, and have

mas Day. It was delicious! What a great gift, thirteen folk shared the meal and the turkey was especially delicious. Another form of gifting from the heart and soul of one, to the heart and soul of others. Friendships were made and fun was had by all who shared the vitals.

been manifesting our needs for many years.

Each one of us has the choice to accept this gift.

Choose which gift(s) you need, and if they are in accord with your good health and true happiness, these will be granted. Understand that this occurs in spiritual/universal timing, not

Wondering how safe your stove or chimney is?

Sunsets West Co-op members with up-to-date memberships qualify for a free stove and/or chimney inspection in Clallam County.

Regular cost: \$28.00 plus sales tax

No requirement for any purchase

Limit: One inspection per membership

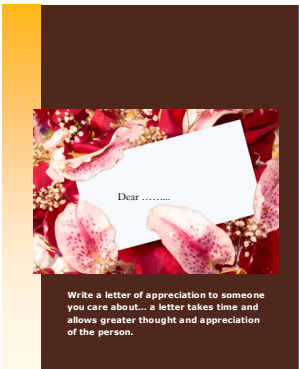
Offer expires October 31, 2013

Some additional restrictions may apply

Call Sekiu Chimney Sweeps at 963-2864 for details

timing according to your expectations.

Make a choice. Happiness or Despair.. one or the other, not both. **Terry**



Manifestation is like magic, you never know what the wish will end up looking like or where it will take you!

The Gifting Garden

Since 2008 the Co-op has had its own garden and its own gardeners, starting at Funk Ballard Alley and moving on to the 'Preschool Grounds'.

John And Karolyn have had many different hands helping in the process and always have reported fun and gratitude for the help that has come along. They are 'gifted', they and their helpers. They have learned and practiced, practiced and learned. They consult the WSU service at the County when in doubt and continue to learn. They have given the communi-

ties here a wonderful gift, the gift of fresh local produce. They have proven how wonderful the gardening can be here, they have shown flexibility and cunning. This a true gift of love and nutrition. THANK YOU! Come see the power point presentation on Groundhog Day.

Thank you Eric. for lifting and toting...

In-House comments on "GIFTS"

"The only real gifts are hand made." Laura
"Giving for the sake of gifting is not OK." Marg
"I don't like Christmas, I can't wait till it is over and the house looks normal again, no mess from the tree, no disruptions and no fuss." Lora
"I just love the whole thing." Rene

"Best gift of all is the gift of love and understanding for each other." Jane
"We have just celebrated our 22nd Anniversary of marriage on the same journey, that is a wonderful gift." Terry
"The perfect gift is something that the person can't do for themselves." Trish
"A Gift is a blessing freely

given with no expectation of recompense." Sudi



Thank you Patti for all your bending and stretching..

More Customer Comments

"Our daily beach walks along the strait at Slip Point are a gift of peace, health, beauty and sanity. Money isn't everything." Wendy and Rod Erickson
"Being treated well by others is the greatest gift." SM
"Gifts can be a magical way to show someone you care. As my attitude about life has shift-

ed, I find that the best and most memorable gifts are experiences, not stuff. Sharing a moment in time with someone you love will last when all the stuff is old, broken, moldy, forgotten." Mary Scott
"If someone doesn't know me and they give me gifts, then I question them. Like the Trojan

Horse!" Steve
"Surf?" Aaron
"The uninhibited look in a child's eyes and the pure laughter from a child's heart. That is the gift of life" Tut
"I am a giving person, I give it all out!" Robbi

Gifts of Music & Friendship

The Jam Sessions have been continuous for over 18 months now. Only about four sessions have been missed due to holidays or weather conditions. Each week is different, depending on who comes along and what the group wants to play. Hop comes from Forks, and some from Neah Bay. It is warm, comfortable laughter filled and celebratory event. Audience fills the spare tables and sing-alongs fill the air. Meals are purchased and friendships made.

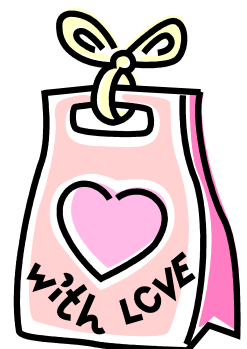
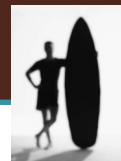
Annual Member Meeting February th at time and venue to be notified on the web site.



The Jammers... 2013

"A warm dinner after a cold day!" Nathan

"Gifts come in many shapes, sizes and occasionally in disguises!" Justin



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sunsetswestcoop.com

The Place with Great Tastes



The Idaho-Sunsets chickens!



Matthew and Wayne at Jam Session.

Matthew on the Tin Whistle!



Matthew Whitacre Board Member

Can words describe the dynamic, personable, always ready, friendly, available and adaptable Matthew?

Well I have tried a few and they do fit, but the list could be endless.

Matthew came to town just three years ago. He walked into the old Co-op like he owned the store .. just the right attitude for any owner member of the Co-op. He was used to the concept of Co-oping and made immediate membership.

He hung with the little store in a loyal and committed way. He cared so much for the emerging enterprise that had started that he soon became heavily invested. He has been a guid-

ing enthusiastic light over the three years and has supported every move the Board and the managers have made. Plus a few more very adventurous ideas along the way.

He has helped us into SNAP benefits, a flock of chickens for Co-op eggs production, shelving for the store room, classes, personal development groups, meditation, laughter, and lots of friendship for the managers and their journey. Matthew believes in working together for unity.

He believes in loving and caring for everyone, equally.

He is gifted in so many ways that it is hard to tie my

thoughts down.

He has filled his car to overflowing on many occasions. He found a free bulk food bin in Idaho along with 16 chickens; he bought a tow hitch and hired a trailer and brought us back the makings of the bulk room and the Co-op Chicken Enterprise. He has been on the Board now for two years.

But best of all Matthew makes a great pot of tea, plays a mean Tin Whistle and tells wonderful stories of his life and his adventures. He is loyal, friendly and courteous, a wonderful asset!

Thank you for everything

Matthew. *Jane*

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!](#)