

## Spring 2013

Volume 7

Volume 1

Spring



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### Special points of interest:

- Thank you to George Eastman, for your service to the Co-op over many years now. You served us well as our office supplies supplier and Costco order provider!
- You gave us exemplary service.
- Thank you!

## Sunsets West Co-op



# Market & Eatery

## *HARVESTING THE SEEDS OF OUR LABORS ....*

What you believe becomes your world!

Winter was wonderful, it heralded the beginning of a new phase of Co-op life. Giving us time to look at the big picture.

This was the first full winter in the new store, with gentle weather, the daily eatery service, and the wonderful wood stove; it enhanced the feelings of comfort, friendship and security for many.

It was the beginning of a new freedom for us all with renewed enthusiasm as we brainstormed our future programs.

The goals set just after we moved in here were:

- ◇ In one year to have financial flow. That has happened. We have reached

a benchmark of fluidity.

- ◇ Within two years to have established a Credit Union service for our communities. That has been ongoing. No final outcome yet, but hope still abounds.

- ◇ Within five years to have renewable energy for the Co-op and the town.

Happiness shows as the horizon of our time investment expands into realized dreams.

The group is committed to keeping the shared dreams active and the ideas flowing .

- We are hoping to have our own van soon for pick up and delivery.
- We are hoping that having our own van means full

recycling again.

- We are supportive of the Artist Recycling Bin program that Bob Wall of Compass Rose is sponsoring through the Chamber.
- We are excited to be a motivational part of the Slimy Eel (Hag Fish) business which is now in start up at the old Cannery. Thanks to Wild Ocean Fisheries US Inc.
- We are pleased to be part of the creation of 15 jobs in town at the Old Cannery.

We are reaping the seeds of our labors. Dreams do come true!



## *Annual Member Meetings*

Our Annual Member Meeting, which happens in Winter each year, will become a health fair as well.

The Event starts each year with our Annual Business meeting to which anyone is welcome to come along and hear the state of the Co-op from each of the Board Members and players in the

Co-op team.

Next year we will have space for any members of the Co-op to set up a table for their own enterprise.

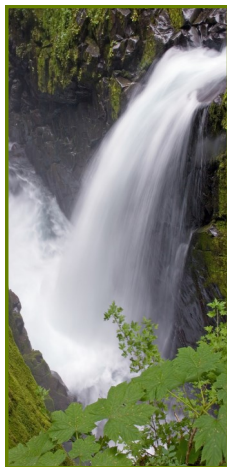
Last January 2013, we had a table prize for each table drawn from participants, good prizes went out to the interested parties.

We had great music from our Jammers and healthy tasty conscious food from our Pot Luck table.

It was rated as a great show! Plan ahead for next year as we celebrate annual successes with Co-op friends. Planting the seeds of thought this Spring.

## Spring Living for Quality of Life

The joy of eating is not in my view luxury, exotic or indulgent, but instead simple, vital and health giving. Your body will tell you what that is, through its overall health, resilience, and beauty.



The secret is in living and eating from the same place.

In winter 'they' say we need more oranges for vitamin C. Where do oranges come from? California, Florida, Brazil or Mexico? The Inuit

of Alaska in the 1800's lived well. Did they get oranges regularly? Most probably never hear of Florida or California, and the orchards that abound there, certainly not the orange concentrate Brazil and USA combined!

They had their own sources of food, nutrition, food preservation and preparation. They survived!

It is the same for us. Those of us that live in a classified 'food desert' which we all do here are at risk of invasion by the corporate world. Wal-Mart for one has made a decision to invade the

'food deserts' as classified by the USDA, in order to supply 'nutrition' to the isolated. Where does this nutrition come from, is it local to here? Most of it comes from China and other distant lands, with organic mostly from Mexico or China.

The more we eat local, the stronger our immunity and vibrational strength grows.

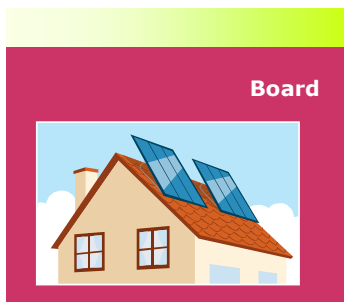
A community is linked by common vibrations and feelings. We are proud of our ability to provide for ourselves, we are sustainable, meaning we will continue on as a population living and

breathing our own choice of vibration. Why live in a beautiful place, breath clean air, drink fresh water when we smoke or pollute it with our imbalanced food choices suited to other communities? We have wonderful land for growing and with some care we can develop this into a lifestyle choice that strengthens us all.

Happiness is the choice we are looking at! Taking charge of our life is the Goal!

**Jane**

## Your Board Spring 2013



The board are most supportive in the daily smooth running of the store and make every decision a joy to activate.

Thank you all!

- President: Gerald George
- Vice President: Terry Hielman
- Secretary: Karin Ashton
- Treasurer: Al Pelletier

Ex-officio: Matthew Whitacre

General Manager:

Jane Hielman (non-Voting)

Senior Community Service:

Krista Van Tassel

News: the Board has met with the PUD. They have sent out an Energy Smart representative, a letter have been written, and we are into our third conversation about the Renewable Energy Project.



The Co-op's new van has been loaned to the Co-op through a member loan. This will enable us to do our own pickups in better timing. Thanks to member 16!

## Your Co-op Home Style Eatery



The Eatery is open every day. I cook what I choose and it is usually vegetarian, using a selection from the following; tofu, nuts, beans, rice, grains vegetables, herbs and spices.

It is good, simple, tasty, food and very nourishing.

I serve it in a bowl and charge \$5.50 per serve. Sometimes it is soup and other times it is a

meal but always home made here on the premises.

Meat is a choice that we can add. I love meat, but find that the travelers are excited to find the choice of 'no meat' available to them.

The surfers of which we have many, love the gluten free, vegetarian high energy food that we are serving.

Meat is not the demon that we are told. It is the quality of the meat and for that sake, vegetables as well that is the problem.

As sustainability grows we are intending to work with local meat and fish that is vibration ally sound for our use, then we will introduce more of the good 'stuff'.

Come take a taste , it is good!

## Head Gardener wanted for the Co-op Garden



The Co-op has an established garden and it has an opportunity that will attract a gardener, especially one who is willing to teach others the finer points of local gardening.

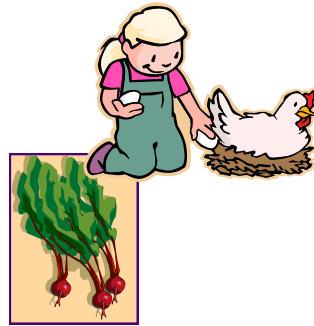
It is on Snob Hill and has a unique climate .

We have the need for considerable amounts of produce for the Co-op and spring is already here. We are interested in extended season production. We ask that the person or persons interested should grow their

specialty and start a unique program of local food supply.

### HOME GARDENERS

We are keen to work with you on your excess. Bring it in we are happy to negotiate collection if you have a quantity to share.



### FREE CAR SHOW

The Horseless Carriage Club of Seattle and Tacoma will be here in force to drive in the Fun Days Parade and then set up a display in the school grounds.

They chose the venue before they knew it was Fun Days and are really excited to share our event with us.

The vehicles will range anywhere from the 1920's to the 1960's, depending on what they choose to drive on the day.

There will be some folk coming from Victoria as well.

Spread the word and help us make this a memorable day for everyone.

### MOVIE NIGHT

At the Co-op Saturday April 6th at 7pm for potluck and 7.30 the movie. Movie will be 'Escape Fire'.

### Employment Opportunity

exists at the Old Cannery, Wild Ocean Fisheries US Inc. is looking for 15 drug-free workers. Contact the Co-op for information.

## 'Flowering of Spring' Thoughts from the President

Don't let the weather confuse you. It is officially spring.

Daffodils are blossoming. There's at least a hint of red in the salmon berry, and bald eagles are making amorous passes at one another. AND your Co-Op is unfolding from its winter hunker, stretching its metaphorical wings envisioning ways to spruce the place up. We're seriously looking at al-

ternative energy technology and programs for the Co-Op and our community. If you have thoughts or personal energies in ways we could cut our electric bill, please talk with Terry. We would love your participation.

On the beautification side of things, we have a small but potentially productive "garden" that's currently doing

a very poor job of growing pebbles. Can you help us turn this barren waste into a community garden? Talk to Jane.

We know and appreciate all you have given to make our Co-Op a success, but any contribution you can make to these projects would be a wonderful help. Thank you.

**Jerry George**



## Members and Memberships

We now have 129 memberships, covering 215 folk.

Taking up from last winter

...Karin Ashton, Maureen Kirchhoff, Tom/Sheri Marshall, Martha Ellul/Paul Blake, Frank/Barbara Williams, Erik/Cari Rohrer, Don/Deede Woods, Andrew Hoschar, Kathie Meyer, Karen/Bob Crouse, Gus/Mary Kay Mich-

elena, Maria/Jason Roberts, Beth Seltzer, Kara/Steve Belzak, Lyndy/Paul Shields, Libby Cope/Gwyn Prater, Jackie Gonzales, Jessica Latourelle, Karolyn Burdick, Kathleen Wilson-Brumagin/Scott Brumagin, Mark Halvorsen/Melaine Hunter.

The person who signs the membership form is the mem-

ber.

Thank you all for your interest, faith and support.

Memberships make us strong, they provide the investment in the capital account to support the Co-op. In the past it has been used to build in the infrastructure of the kitchen and into the future will back the integrity of the Co-op.

Membership means investing in the secure future of our communities and our sustainability.

Keeping us all part of the whole.





# Sunsets West Co-op

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## The Place with Great Tastes



### 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,

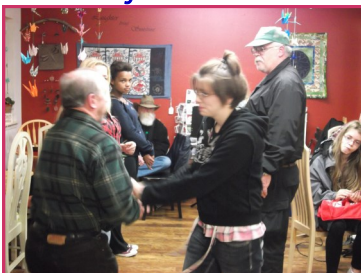
co-operative members are best to believe in the ethical values of honesty, openness, social responsibility and caring for and about others.

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!**

## Welcome Terry Hielman to the Board

### A Very Keen Dancer



Terry is the back bone of the store, he not only knows what goes on here, but is a wonderful mentor, arbitrator, and innovator.

His artistic skills enchant many, his voice and drumming at jam sessions is strong and steady.

His voice holds the attention and his love and knowledge of lyrics is astounding.

Terry's favorite word is 'simple' . If it is not simple then he is not interested.

He has a long background in sports, coaching and team play.

He is heading up the Committee for the Renewable Energy efforts with the Board. If you have anything to share please come see him. He is interested

in all previous efforts and successes, ideas and ventures.

He is always here or in Forks!

Terry unpacks and prices the orders and stocks the shelves. He takes care of all the dish washing, simple maintenance and day to day organization of the garbage, re-cycling, banking and clean up. He renovates anything that needs it, maintains the wood stove and is the resident sign writer. He carries and packs anyone's car, keeps me on task, edits everything I write, and makes sure I eat regular meals as this maintains my best self.

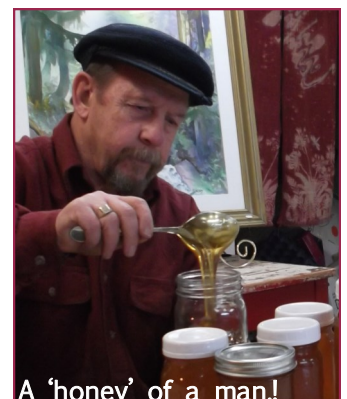
He fills honey jars, packs spices, packs the snacks, and helps Al any chance he gets.

Terry never got the opportunity to learn tools as a youngster, growing in a sport and academic household. So anything new is motivation to him.

Thank you Terry for 23 years of friendship, 21 years of marriage and your optimism and determination. He is now the driver for the Co-op Van!



Always willing to lend a hand.



A 'honey' of a man!