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Special points of interest:

- Thank you Matthew for moving forward with the Heart Center project in Sekiu.
- Thank you Jerry George for your level leadership in meetings.
- Thank you Karin for your loyalty and consistency.

“Co-op, a Resilient Organization”

Last year, 2012, was the International Year of Co-ops.

We opened here just prior to that date. We celebrated along with the world-wide groups of Co-ops everywhere. We celebrated as the only Food Co-op in Clallam County. We celebrated our growth, our support, our vision, our members.

Being a Co-op is interesting. It is not just about running a small store. It is way bigger than that.

It is about dreams, community, vitality, progress, community development, quality outcomes and best outcomes for the owner/members of the business; for common unity, which

in abbreviated talk means ‘comm-unity.’

From a brochure I received recently, advertising the National Conference for Co-op’s, I was left feeling deeply connected to its Key Note speakers description.

“(Co-ops are) Resilient organizations that do not rely on any single plan for the future, but are agile and responsive, they thrive rather than merely survive amidst change.”

The conference was called **“Celebrate Innovation and Agility.”** Andrew Zolli was the presenter.

I did not get to go to this conference, but consciously live

the sentiments expressed within the title.

Our Board is ever moving ahead with the attitudes expressed. They are always looking at ideas that will enhance the community, the Co-op community and our liaison with the growth of Co-operation. World wide.

Andrew talks about resilience being the tool that Co-ops have that allows them to bounce back at time of change.

Resilience enhances our personal lives in ways that encourage joy and spontaneity, important attributes for healthy living. Wishing You resilience. In all your endeavors.

Jane

Happiness is a choice..

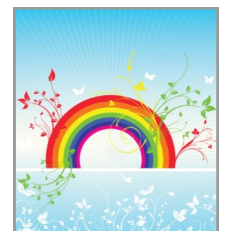
The sun is still our main focus. It is the way we live and the way we think. When the clouds come over, the sun is still there for us. Living the colors of the rainbow in our food, in our thoughts, in our entertainment colors our world, so we resonate with happiness.

Happiness is a choice.!

Choosing fun and creativity, art walking, playing music, doing things that enhance our positive thoughts create better health outcomes. We choose simpler food, we think simpler thoughts and all in all our

world is more comfortable. Being able to make choices is the key.

As Terry says “Co-operation is the Key”, co-operation with ourselves, our journey, our bodies and our choices.



What we eat today walks and talks tomorrow!

What we eat today walks and talks tomorrow my Mum would say holding a nervous stance. She would state it and hope I understood, thus the nervous stance. I would hear it and go ho.. Hum! I knew that while ever my Mum fed me and I lived with her I would eat real food because even in the late 40's it was clear that I was allergic to preservatives!

To get real food there was a plan.

My Dad was in charge of the soil, he composted, turned it layered it and loved it, amended it and vitalized it. Every year he applied it to the home garden and dug it in. He would plant oats, watch it grow and then dig it in. The soil was moist and as he described it—yummy! Look at those worms, they work the soil and they love it—he would say. Proud as punch!

At night, we, my parents and I would sit around the dining room table. It was upholstered with floor vinyl for durability. We each had wooden trays

(which Dad had made) 2" deep packed with this beautiful rich soil, that Dad so loved and was proud of!

We each had a wooden 12" rule that we used to press indents into the soil at 2" intervals. Then with tweezers we placed individual seeds 1/4" apart. When the placement was finished we lightly sprinkled top soil (no potting mix then) and with a sprayer which was copper, lightly watered the seeds. Then they went into the green house.

They were transplanted when they were big enough, into the ground and sold by lifting a trowel full of plants and wrapping them on three sides with newspaper. They sold for three pence (three cents) a bundle.

This in many different ways was my work and play until I went to high school. We saw some TV, new in the house at that time and largely American content. I love Lucy, Bonanza, Grizzly Adams, Bandstand etc. But most of our time was spent outside in the garden working the seedlings, growing flowers and harvesting and eating our own vegetables.

We ate three meals a day, all home cooked. Two of them had meat, mainly lamb.

Breakfast was a grilled lamb chop, eggs, toast always whole meal.

Lunch was fruit whole meal bread with bananas, tomatoes, apples, vegemite, peanut butter or cheese as a whole grain sandwich.

Dinner in the evening was "meat and three veg"; each vegetable was served separately and each had a different color. Salad was popular as all the "veggies" came from our garden. Lettuce, cucumber, carrots, beets, onion, tomatoes, over the top was parsley, chives, water cress; all chopped up in a cup using scissors. This was called "sprinkles". Whenever my Mum served spinach (chard) it was called "a must" anything else was choice.

Our meat was always grilled over a grid, never BBQ'd or fried, I was never sick, neither were my parents. We never carried too much weight.

This is the background to eating I bring to the Co-op. It

is my dream to make it happen. I have lived through many fad diets. The pasta craze, the no egg craze, the no meat, low calorie, no fat, etc. But what I honesty know is, if you grow your own food in soil you prepare, water and care for the food that you eat in its own season you stay well and have lots more free money for hobbies and fun.

- Gardening is a great natural exercise.
- Cooking is a great appetite enhancer.
- Eating with live company is relaxing.
- Health is worth working for.

At the Co-op we sell food to make you well. We have information to keep you informed. We have choice to make you happy. Combine this with what you or your neighbors grow and you **will** make healing happen!

My Mum died last month. I have been thinking of her wisdoms. My Mum was a florist, ran her own business, picked and sold flowers commercially, sewed our clothes and knitted sweaters, socks for my Dad and cooked all our meals. She died last month, she was 92. **Jane**

The Board

President Jerry George

Vice President Terry Hielman

Treasurer Al Pelletier

Secretary Karin Ashton

Board Member Dr Matthew Whitacre

General Manager to the Board (non-voting) Jane Hielman

Enthusiastic Assistant Joshua Woolcock

- Your Board meets regularly on the 3rd Tuesday of each month in the Eatery at the Co-op. All members are welcome to attend the meetings. 6 to 8pm.
- The board is currently working on Alternate Energy for the Co-op and maybe the town of Clallam Bay.
- We are feeling blocked now on the Credit Union acquisition. As we are considered to have no law enforcement in this area!

The BECU has spent a year now looking for partnerships and grants for underserved or money deserts, which we are considered, but to no avail in this economic climate.



The 'School Garden' and the 'Co-op Garden'

Happiness is growing food and feeling sustainable. For 5 years now the Co-op has had its garden in Sekiu. 18 months back the property changed hands and one of our Board Members now owns the property. The garden has lay fallow over time, with renovations and clean up under way, the green house and the garden are fronting up to again produce for the summer.

During the time this property was changing hands, John and Karoline Burdick who led the garden efforts felt it was time

for change. So they negotiated with the school and were granted the use of the Coast Building, the ex-preschool. John, Karoline and Iris Rucker worked long and quickly last year to establish the rocky once river bed ground and put in raised garden beds. They had more success than they thought was going to be possible. It wintered over, growing the most wonderful kale patch. This year, John has built a makeshift green house for the tomatoes, and the starts and they are off at full speed. They are keen to attract folk to help.

Because it is on school grounds a back ground check is necessary before working there, but that is simple and easy.

It demonstrates our engagement, connection and community mindedness. Being on the wave of CHANGE feels good. Visitors to the area are impressed and assured of a future for the population and the area. Believe it or not they are happy about this.

One of our goals is to supply the Co-op with fresh veggies, and the other is to do CSA, Community Supported Agri-



culture weekly boxed produce for a fixed cost, thus supporting the growers and the consumers. Equally sharing the produce harvest for the week amongst the folk who purchase a regular share. We are also putting in commercial eggs, for the Co-op and for the CSA where possible. "The times they are a changing."

Entertainment

The Music Jam Session held every Thursday Evening 6 to 8pm is open to all.

Any skill with music is welcome. Any instrument or vocal finds its voice in this group.

The night is ever changing and eclectic; varied. It is fun, reminiscent, challenging, or just personal to the player. Every-

one gets a chance to play if they want it.

Several folk are trying out instruments new to them and enjoying the challenge. It is great to see and be part of the enthusiasm.

Food is always available at the event. A simple bowl of food vegetarian base or with meat

added. Coffee, tea or choice of cool drinks.

Knowing that 'doing' is the key to happiness, we encourage anyone interested to do something with their musical skills. To be part of a changing face of entertainment in the combined communities of the Northwest Coast.



Quite a crowd!

The Wonderly's & Patti Crawford

Taking lessons on a new instrument can be taxing. But not so for Megan and Luke. Wonderly. They have been taking guitar lessons from Wayne Turner and he encouraged the young musicians to come to the Music Jam to perform their new talents. After they performed the rest of the

jammers joined forces and made it a jam session to remember for everyone. Thanks Wayne, Luke and Megan.

In the photo, front is Maureen Kirchhoff on drum and hidden is Matthew Whitacre on didgeridoo.



Home Delivery from the Quarter Store.

Patti Crawford created a scene by purchasing so much from Unique Junque that she had to have home delivery!

Thanks Judy and Dixie for a wonderful community service, your quality control and your humor.



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The Place with Great Tastes

Karin Ashton



Karin volunteering at the Visitor Information Center in Clallam Bay.

Karin has been a long time resident of Clallam Bay and Neah Bay. She attended Neah Bay School before going to live on the East Coast.

Coming back with her children to raise them in Clallam Bay Karin again settled here and made herself available to many organizations as Secretary and invaluable representative.

Karin is involved in the Messy Palettes Art Group; she is an accomplish artist.

She is involved in the Writers Group of people who are recording the history of the area; she is a published writer.

She has been the Secretary for the West End Youth, King 'Lioness' for the Lions Club,

member of the Community Action Team, West End Seniors, and community revitalization.

Karin has renovated her house; painted it and landscaped it for town improvement.

She is friend to all and has an upbeat sense of group involvement and socialization.

Thank you Karin for all you do, and for what you do for all of us. Especially for taking on as our Secretary. We appreciate your consistency, and willingness to be part of the whole.

History .. Karin's' father was a Civil Engineer, as such he was responsible for the planning and construction of the Catholic Church in Clallam Bay.

Karin is a long time member of the Salon de Refusé of the Corcoran School of Art in Washington DC.

Foster parent to those who need her, mother and grandmother.

Cheers to Karin!!

Karin works alone much of her time, she has painted and landscaped, two homes on the highway here in the Bay. She will work till she drops and enjoys putting the time investment into her community. When she bought the second house, she told us she wanted to keep highway houses active and interesting. You have done exactly what you suggested you would do. Thanks Karin!

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!](#)