



Market and Eatery



Random Acts of Kindness

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The idea of paying it forward is not new, or is it? To offer to share your wealth of experience or time with another is always rewarding, it covers you for many reasons. I love to have someone say how much they appreciated the gesture and often for unknown (to me) reasons that make a lot of sense. Some ideas are:

- Pay for someone's coffee
- Leave a lasting eye contact memory with a smile
- Carry someone's groceries to their car
- Hold a door open
- Donate some time
- Participate in an event to support a local cause
- Compliment someone
- Refer a local business or service to someone to save them time or money
- Join a local organization

- Help a neighbor with a chore
- Stop a rumor from spreading by telling the truth. Truth is often shocking but worth while in the end
- Stand up for someone you know is in need of it

Generosity has many levels, the best of all is the lasting memory of care, thoughtfulness and individuality. We all appreciate someone thinking about us especially when we are in need. Kindness spreads quickly. Start a kindness revolution today!

When I lived in Canada, I was part of a Random Acts of Kindness Team. I didn't know it at the time, but looking back it was clear that that was what

my life path was demonstrating. The Co-op is my random act of kindness. I love what I do and do what I do with love. Love means care, kindness, understanding, generosity, and best of all interest in my fellow man.

Aside: inside every woman there is man, lady is lad, female is male, she is he ... we are all in this together!

Looking after each other makes for community, or as I like to understand, 'common unity'!

Jane



Special points of interest:

- Thank you Martin Berntsen and Joshua for picking up for Terry
- Helen Crawford for mail pick up and your smile
- Customers for your support
- The Board for your reliability
- The sun for continually shining in our store

Kindness Contagion

I went to Forks (Twilight town) by bus, (37 minutes away from here). I missed the bus back by 1 minute as I saw it drive away. A car was parked by me, the driver said hop on in. She chased the bus to Sappho where I was able to get on. THANK YOU!

I loaned a lady \$11 dollars, I thought I would never see it again, but back it came the

next week, today!

Our Co-op President and his wife for giving us the day off.

Melissa for building a new local product for the Co-op.

Carol Schultz and Tim Hulbert for inventory count.

Jim and Olly for hot firewood cut and stacked ready to burn.

Scott for showing us the Auction site for commercial

goods.

George Keller for distributing the Coop Newsletters.

To all the readers who follow the movements of the Co-op.

All the members who have made this happen.

Karin for continued help of all kinds.

To Diana for the meals she brought when Terry was out for 5 weeks.

President Jerry George



Three words: kindness, gratitude, forgiveness.

Translated into action on a personal, one-to-one level, these three actions have more power than all the world's terrorists, politicians, and weapons combined.

Forget all the horrific nastiness in the news. We are all neighbors out here on the remote West End. This is where we can and are making a difference; among our neighbors on the West End.

Out here, as most of our members have noticed, it doesn't take a lot of kindness, gratitude and forgiveness to go a long way. Officially or not, it's winter now, let's keep our eyes and hearts open and be there for one another.

Thank you.



Mollie and I wish you the very best for your holidays.

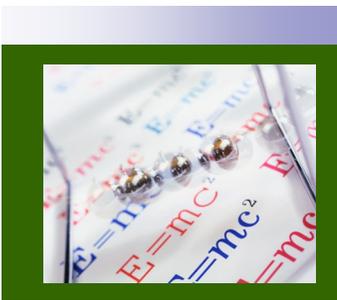
It doesn't matter what language we speak, there is always room for emotional understanding .. love and kindness. It feels good to make this a leap in emotional growth.

Jane

Happy Holidays and especially a

Vice President Terry Hielman Part 1: Wisdom

Einstein's Theory of Relativity



Re the disappearance of some perspectives, namely *Wisdom, Common Sense, Instinct and Social Communication Skills.*

The first of these is Wisdom. The gaining and accumulation of academic material over a number of years has become the cultural gauge of success.

Couple these gains with adequate research skills, and you have the ability to succeed in various ventures.

Is that all there is?

Wisdom comes from the process of meditation, and ideally this new information is added to the academic base, according to our needs. The best example of this comes from Al-

bert Einstein, who gained his formulae from meditation and was gauged a genius.

We all have intuition! We all have imagination! To deny their existence denies our potential!

Wouldn't it be pleasant to belong to a community which was renowned for is Wisdom?

Board Member Matthew Whitacre

As 2014 comes to an end and we move into the new year, I often enjoy pausing for a moment and reflecting upon all that I am grateful for over the past year. And indeed this has been a year filled with much appreciation and gratitude . Having spent the past 9 months traveling the United States, visiting various towns, national parks, Spiritual Communities and Self-Sustaining "EcoVillages." I am thankful

for all of the wonderful people I meet along the way. Those who kindly provided guidance and recommendations for nearby places to visit, those who kindly gave me directions when I was lost, those who provided me a place to stay, couch surf, or even a place to pitch a tent, and those who shared their stories and laughter with me and kindly listened as I shared my own stories with them. I am grateful to

have witnessed folks courageously coming together within their communities to solve the difficult challenges that many small communities face during these times in which we live. This has truly been a year filled with wonderful adventures and miracles, growth and friendship, trust, faith and ultimately....inspiration. And it is with gratitude that I eagerly look forward to what 2015 may bring!!



Beginnings of our Co-op, in its entirety. The village road side stall. 2007. with co-operation we got it together.

Guests of Hospitality



Years ago whilst visiting London, England, a man who owned the Nikki Hotel in

Paddington accommodated us as guests of hospitality. Our monies had not come through etc., so we found ourselves in a new place without the necessary to enjoy the lifestyle. He gave us a hotel room over Christmas and fed us Christmas Feast along with his 'there assembled, Cypriote Family'. We left and travelled on.

Today three young Londoners came to the Co-op, I was al-

ready into writing this newsletter, talking to everyone who came in about Random Acts of Kindness and the London story came to me.

I fed them soup and English Muffins, tea and pie and we talked. I realized how grateful I felt to the Cypriote Londoners for their hospitality and paid it forward to the three young men. It is never too late!

It felt good.

A couple of months ago, whilst visiting Olympic Graphic Arts in Forks, I was looking intensely for Marker pens for the Co-op. Not finding what I wanted

I redirected my thoughts back to Joyce and my purchase.

I turned quickly as I felt a tap on my shoulder to see a lady whom I did not know. She smiled and said is this what you were looking for? Sighting a set of colored markers, I nodded, but knew it was too late to add it to my purchase.

Joyce put it into my bag, as I fussed over the moment, she said, "it was paid for by the lady here." The lady ended up being Trina from Ray's. I had not met her before .

Thank you Trina, I won't forget you.

Little things count.



Random Acts of Kindness from Co-op Shoppers

Random Acts of Kindness...

Kindness leads to kindness, creates friendships .. builds connections .. improves community ..

"When it hits you, you want to pass it on! It's a kind of contagion" Teresa Falkenberg

Surfers

"Last Friday I left my wallet in a taxi in Seattle. To my delight,

come Sunday, I was contacted by a friendly young girl who was happily returning my wallet to me!" Matt E

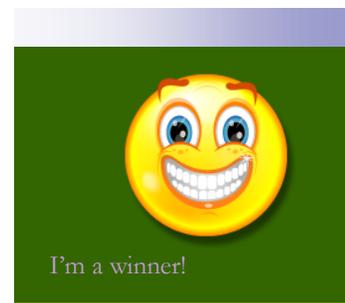
"I left two bars of soap that I had purchased at the Co-op, and one of the owners was nice enough to hold on to them until I returned!" Peter R.

One Group of Surfers shared with another..

"Free egg nog, changed my life!" Kyle

"My mom was shopping at a nice women's' clothing store randomly while waiting for a table at a restaurant. She tried on a nice sweater and the store clerk and a customer both commented on the sweater saying she looked great in it. A bit later while leaving and not purchasing the sweater because it was a bit too pricey, the store clerk said she could take the

sweater. My mom questioned The clerk said that the other customer bought it for her and then snuck off!"



The Girls at the Quarter Store ...

"The girls at the quarter store", how many times do I hear that comment?

If I took up a gratitude collection I think that they would score very highly, if not top the list of those deserving our gratitude.

They have worked for over ten

years, giving of time and wisdom to anyone who wants it, they know us and our habits down pat! They sort wash clean, restore, repair, and present us with a 'mold free' environment for the recycling of our stuff, both necessary and trivial. They cater for birthday gifts, Christmas decorations,

and mere extravagances! They are paying us forward a LONG way, thank you girls.

The red hatters have planned and presented a garden of beauty for the town and the highway. They tend it and decorate it. The benches have now taken on a casual and coordi-



nated style. Every little bit helps, as we share responsibility for our presentation to the world. Paying the aesthetics forward to create great impressions.

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 calendar year upgrade. [YOU DO NOT HAVE TO BE A MEMBER TO SHOP HERE!](#)

The Place with Great Tastes

INTERNATIONAL CO-OPERATIVE PRINCIPLES

- ◇ Voluntary and open membership
- ◇ Democratic Member Control
- ◇ Member Economic Participation
- ◇ Autonomy and Independence
- ◇ Education Training Information
- ◇ Co-operation between Co-operatives
- ◇ Concern for Community

Redesigning "Compass Rose"



Bob Wall

We say good bye and good luck to our business neighbor Bob Wall who started the fun and fabulous Compass Rose.

Bob took on a building that had not been 'loved' for many years. He painted, scrubbed, re-guttered, repaired the roof, stopped the leaks, and turned the old spare parts store into a treasure house of goodies.

The travelers loved the store, the T-shirts with a humorous or artistic flare, fish talk and local fish knowledge; hoodies, magnets, postcards, local artists and crafters. He represented them all with pizzazz and enthusiasm.

Bob felt like he was a pioneer, some times criticized but most-

ly loved for his skills, abilities and forward thinking.

Bob we would like to thank you for your care, skills and friendship whilst you have been here on Hwy 112. You created beauty, where there was little and your character attracting the fishing population with insider knowledge and support.

I wish you well as you move on in your field of internet business, Custom Rod building and screen printing.

Thank you for partnering with us on the main drag in Clallam Bay. I know you chose this spot to be with the Co-op and our sister enterprises.

We appreciate you and your efforts.

Good Luck in the future and may you prosper.

