

FREE TAKE ONE! FREE TAKE ONE! FREE TAKE ONE! FREE TAKE ONE! FREE TAKE ONE!



Community FOOD CO OP

Co-op Community NEWS

March 2013

A publication with your good health in mind



Community Food Co-op
1220 N. Forest St., Bellingham WA
315 Westerly Rd., Bellingham WA
360-734-8158
www.communityfood.coop

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ANNUAL MEETING & PARTY

Access to Healthy Food

When

Saturday, March 16, 5–10 pm

Where

Bellingham Cruise Terminal

355 Harris Ave. (in Fairhaven)

Event Schedule

Buffet (5:30 pm until it's gone)

Meeting Schedule (6:20–8 pm)

-  Guest Speaker Anjali Englund—
Outreach and Development Coordinator
at Opportunity Council
-  State of the Co-op address
-  Board candidate panel
-  Lexicon of Sustainability display

Entertainment

-  The Gallus Brothers (5–6:15 pm)
-  Kids show with Bonzo the Clown and
Juggler Jason Quick (7–8 pm)
-  Polecat—Dancing and dessert (8–10 pm)

Bring your member-owner card to vote.

Community FOOD CO OP

At this Year's Annual Meeting and Party

The Co-op's Annual Meeting and Party will once again take place at the Bellingham Cruise Terminal, with its great location on the waterfront and space for music, dancing, and activities.

Doors open at 5 pm with the extremely fun and talented Gallus Brothers playing Good Time Rags and Suitcase Blues to entertain you while making your way to the buffet, catered by the Co-op deli. Added frivolity will be provided by members of the Bellingham Circus Guild, and local Co-op suppliers will be sampling goodies on the first floor.

The buffet opens at 5:30 pm (all items except bread are gluten free)

Poached Salmon, Roasted Roots, Raw Deal, Goat Cheese and Lentils, Wild and Craisy Rice Salad, Breadfarm and gluten-free rolls, foccacia, and assorted cookies, bars, and cupcakes for dessert.

The meeting starts at 6:20 pm and highlights one of the six goals of the Co-op's new 10-year Strategic Plan—Access to Healthy Food. Our guest speaker Anjali Englund, the outreach and development coordinator at the Opportunity Council, will discuss healthy food access in Whatcom County and share innovative solutions and partnerships being pioneered by the Bellingham Food Bank, local farmers, and other organizations to promote healthy food access for all.

The Lexicon of Sustainability, a large-format "information art" photo collage documenting the emerging language of sustainability in food and farming, will be on display upstairs in the meeting room before and after the meeting. Learn more at www.lexiconofsustainability.com.

We will have the usual happenin' kids area with snacks and activities. The children's show features juggler extraordinaire Jason Quick, Bonzo the Clown, and storyteller Campbell Thibo.

After the meeting (approximately 8 pm) we'll close out the evening with dessert and hit the dance floor with one of the premier Northwest bands—Polecat. Their infectious mix of Americana and bluegrass will get everyone dancing!

Community FOOD CO OP

The Co-op Board of Directors

Meetings are on the second Wednesday of every month.

Next Meeting:

Wednesday, March 13 at 7 pm
Roots Room at the Cordata store
315 Westerly Rd. at Cordata Pkwy.

Members are welcome to attend. If there is something you want to discuss at the meeting, contact Jim Ashby, General Manager (360-734-8158) or Megan Westgate, Chair (360-592-5325) by the first Monday of the month so your item can be included on the agenda.

Jim Ashby, General Manager 360-734-8158

Board of Directors:

Megan Westgate, Chair	360-592-5325
Brooks Dimmick, Vice Chair	360-734-1351
Mariah Ross	360-820-5251
Steven Harper	360-650-9065
Brent Harrison	360-398-7509
Rosalinda Guillen	360-381-0293
Beau Hilty-Jones	360-318-7517

Co-op store hours— Open 7 days a week
Cordata—7 am to 9 pm
Downtown—7 am to 10 pm

Co-op deli hours—
Cordata—7 am to 9 pm
Downtown—7 am to 9 pm

Visit the Co-op website at
www.communityfood.coop

Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training, and information
- Cooperation among cooperatives
- Concern for the community

Co-op Community News is produced by the Community Food Co-op and published eight times per year.

Downtown 1220 N. Forest St. Bellingham WA 98225	Cordata 315 Westerly Rd. Bellingham WA 98226
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360-734-8158 (both locations)

Co-op Community News is published as a service for owners. Letters from owners are welcome (see guidelines below). The deadline for submission of letters is 8 pm on the 5th of the month preceding publication.

Editor: Laura Steiger	Design/Production: Joanne Plucy
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Opinions expressed in the *Co-op Community News* are those of the authors and do not necessarily represent those of the Co-op Board, management, staff or members. Nutrition and health information is provided for informational purposes only and is not meant as a substitute for a consultation with a licensed health or dietary practitioner.

Acceptance of advertising does not indicate endorsement by the Co-op of the product or service offered.

Letters to the Editor Guidelines

Letters must include your name, address, and a daytime phone number. Please respect a maximum of 150 words. Due to space considerations, we regret that we may not be able to publish all letters.

Please send letters to:

Newsletter Editor, Co-op Community News
1220 N. Forest St., Bellingham WA 98225

or email editor: lauras@communityfood.coop

Third Thursday Local Music Series

3-oh

Thursday, March 21, 6–8 pm

Downtown Co-op Deli

3-oh is Les Campbell, Jim DeBari, and June Thompson and features two guitars, the occasional banjo and, most importantly, ringing three-part harmonies. Drawing from all sorts of genres, their sets include a number of original songs and old favorites, as well as obscure cover songs from the 1930s to today. They especially enjoy twisting and tweaking old chestnuts until they sound like a new and altogether different kind of nut.



Photo courtesy of 3-oh

January 9, 2013 Board of Directors Summary

Jean Rogers, Board Administrator

- Member-owner forum: Members presented concerns and requests for action related to the UNFI strike (UNFI is a major natural foods distributor for the Co-op).
- Study and Engagement topic: Organic Standards, presented by Board director Steven Harper.
- Scoping comments for the Gateway Pacific Terminal project: The Board hopes to finalize comments soon and post on Co-op website after completion. The comments request a study of impacts that could potentially affect the success of the Co-op and the well-being of the community we serve.
- UNFI strike: The Board discussed the concerns and requests presented by member-owners, and identified initial areas for action. A follow-up session was scheduled.

Complete minutes for this, and all Board meetings, and a complete copy of the governing policies are available at the service desk. You can also find complete minutes of the Board meetings posted on the Co-op website at www.communityfood.coop.

The first 10 minutes of every Board meeting are reserved for member input. Our next meeting will be held

February 13, 2013 Board of Directors Summary

Jean Rogers, Board Administrator

- Member-owner forum: Co-op owners and Jobs with Justice co-chairs Betsy Pernotto and Carole Jacobson thanked the Board for showing solidarity with striking UNFI workers (United Natural Foods, Inc.). Jobs for Justice also expressed appreciation for the actions taken by the Co-op.
- Study and Engagement topic: Consumer Perceptions about Organic Standards.
- Directors finalized their responses for a National Cooperative Grocer's Association (NCGA) survey to gauge current growth strategies and barriers for food co-ops.
- The Board approved a year-end bonus of 40 cents per eligible hours worked in 2012. Board directors felt the bonus acknowledged the good work of the co-op staff and management.

on March 13 at 7 pm in the Local Roots Room, at the Cordata store, 315 Westerly Road. The March Study and Engagement session will discuss farm workers in Whatcom and Skagit County for the first half hour of the meeting. Member-owners are welcome to attend the session or the full meeting. Hope to see you there.

Your Vote Counts! Vote in the Co-op Board election through March 31



The Co-op's 2013 Board election is in full swing, and owners can cast their votes until 10 pm March 31. Unlike conventional stores, co-ops are guided by the Seven Cooperative Principles, the second of which is Democratic Control. Owners enjoy equal voting rights (one owner, one vote) and participation in decisions affecting them. Each year Co-op owners vote for the Board candidates they want to authorize as decision makers on the membership's behalf—charging them with keeping the Co-op healthy and successful, listening to member concerns, and advancing the Co-op's mission, vision, and values.

Voting ensures that we continue to have a full slate of Board directors working effectively to represent you—the owners. This year we have an especially strong slate of five candidates running for four open positions on the Board. These folks have offered to volunteer their time, effort, and skills to work for the benefit of the cooperative and its owners, and we would like to thank all of them for running for the Board.

TO VOTE

Go to www.voting.coop and browse the "Board Candidates" page to read in-depth profiles about our candidates. Then click on "vote" and follow the instructions to login and select up to four candidates. You can also find the link to the voting site at www.communityfood.coop. If you want to vote at either store, stop by our voting kiosks located near the service desks. If you prefer a paper ballot, just ask at the service desk. If you have any trouble voting contact Board Administrator Jean Rogers at 734-8158 ext. 217 or jeanr@communityfood.coop and I'll make sure you can vote.

Voting in the annual Board election is one of your most immediate ways to have a voice in the store that you own. We urge you to participate in the election each year so that your voice is heard. Read each candidate's statement and consider his or her qualifications. Attend the annual meeting on March 16 and listen to candidates as they participate in a panel and answer questions. Talk with current Board members to get their perspective. However you gather information and come to your decision, just make sure you vote. Let's make 2013 a record-breaking year for member involvement at the Co-op—vote for your Board representatives!

Did *In Season* arrive in your mailbox?

New Co-op Magazine Mailed to Owners

If you didn't receive the Winter/Spring 2013 issue in early February, verify your mailing address at the service desk.

If we have your current address, you won't miss out on the next great issue!



Food You Can Trust

From *Natural Home & Garden*, by *Natural Home & Garden Staff*

Shopping for healthy, responsibly produced food can be a challenge. From confusing labels and long lists of complex ingredients to loose government regulation, identifying the foods that are truly good for our families and the environment can be a tricky proposition. Some companies, however, have made their business out of offering reliably healthy products that prioritize the health of their customers, their producers, and the environment. In looking to identify such sustainable food companies, we partnered with the folks at GoodGuide, an organization that rates hundreds of companies on their health, sustainability, and social attributes. We asked GoodGuide to offer us their top picks for national food companies that offer a wide range of products—focusing on those that offer healthy items and avoiding companies owned by larger parent companies that may not be doing as much good.



Frontier Natural Products

Member-owned co-op Frontier Natural Products prides itself on its values of integrity, social responsibility, and openness, as well as its support of organic agriculture, fair dealings with small suppliers, and community and environmental programs.



Numi Organic Tea

Numi Organic Tea was founded by a brother-sister duo looking to introduce exotic, premium organic, and fair trade teas to the U.S. market. The company is rooted in the principle of creating a healthful product that nurtures people and honors the planet.



Organic Valley

A farmer-owned cooperative, Organic Valley was founded in 1988 to support rural communities and protect the health of family farms through organic agriculture. The cooperative's 1,687 family farms produce an array of meat and dairy products.



Lundberg Family Farms

Family-owned and operated Lundberg Family Farms uses eco-friendly farming methods to produce a variety of rice and rice products.



Nature's Path Foods

A "fiercely independent" family company based in British Columbia with three distribution centers in North America, Nature's Path's guiding principle is "always leave the soil better than you found it."



Clif Bar and Company

In addition to sustaining its business and brands, Clif Bar and Company's "5 Aspirations" include sustaining its community, its employees, and the planet.



Newman's Own Organics

Created in 1993 by Nell Newman as a division of her father's philanthropic food company, Newman's Own Organics aims to offer organic, healthy snack foods.



Eden Organic

The oldest natural and organic food company in North America and the largest independent manufacturer of dry grocery organic foods, Eden Organic is rooted in Michigan and buys all of its food directly from farmers, most within a few hundred miles of its home base.

Excerpted from Natural Home & Garden, a national magazine that provides practical ideas, inspiring examples, and expert opinions about healthy, ecologically sound, beautiful homes. To read more articles from Natural Home & Garden, visit www.NaturalHomeMagazine.com or call 800-340-5846 to subscribe. Used by permission. Copyright 2012 by Ogden Publications Inc.



Photo courtesy of Kuntz and Company

Co-op Grant Benefits Performance about Asperger's

Jean Rogers, Board Administrator

The Co-op Board's Member Affairs Committee (MAC) began 2013 by providing a \$400 grant to support *Hello, my name is You*, a dance and theatre piece that shares the life of Cooper, a 28-year-old Bellingham resident who has Asperger's Syndrome. The piece is presented by Kuntz and Company, a local, nonprofit, professional dance company that produces original dance/theatre pieces that invite community members to participate in productions that tell their stories, especially those not often featured on the public stage.

Three sold-out shows were held at the Firehouse Performing Arts Center with a post-show discussion after each performance. The Co-op's MAC grant helped the company cover the cost of the venue and to offer pay-what-you-can tickets to the community. Artistic Director Pam Kuntz said, "The show was a huge success. Because of the MAC grant many people who don't normally come to the theatre came to see this piece. There were folks on fixed-income and living-assistance who were able to make the show. Several of these individuals approached me afterwards and thanked us for allowing them access, and for creating this work. It allowed a window into a challenging topic for people to understand."

Pam added, "In looking for another community partner we felt the Co-op was the obvious choice. Our project fulfills the Co-op's goals to respond to time-sensitive funding needs and to support innovative, timely community projects benefitting the health and well-being of our community. The company has been approached by two people in Seattle and one in Olympia about bringing the production to their community, and has also been asked to present it again in Bellingham."

The Member Affairs Committee also approved a grant for a community children's garden at Christ Episcopal Church in Blaine. The produce grown by the children is donated to the Blaine Food Bank. We'll write more about the garden project in a future newsletter, after the gardening season gets rolling.

Read more about *Hello, my name is You* and watch a three-minute video of the performance at kuntzandco.org.



Save the Date—Whatcom Farm-to-School Celebration

Friday, April 26, 7-9 pm
Squalicum High School Free Event

- Food, Festivities, Fun
- People's Choice Judging of the Ideal Real Meal Contest—taste and help decide the future of school food
- Jason Quick the "One-Armed Juggler" balances his diet
- Premiere showing of the "Veggies Go Viral Video Contest" prizewinners
- And more...

More information at whatcomfarmtoschool.org.

Sign up for E-news

Stay up-to-date on the latest food and farming news, Co-op and community events, book recommendations, and more. Sign up for our monthly e-newsletter at communityfood.coop or on our Facebook page.

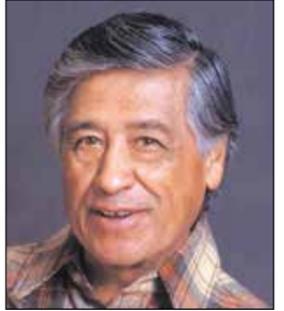
Join us for the live recording of **The Chuckanut RADIO HOUR** featuring **RUTH OZEKI** in the Heiner Theater at Whatcom Community College 237 W. Kellogg Rd., Bellingham

Tuesday, March 19th 6:30pm

brought to you by **VILLAGE BOOKS** 1200 11th St. in Historic Fairhaven 360.671.2626 • Open Daily • VillageBooks.com



Tim Flores assists a shopper with researching unfamiliar product ingredients.



Continuing the Legacy of Cesar Chavez

A benefit for Community to Community Development

Friday, March 29, 5:30–7:30 pm

St. Luke's Community Health Education Center
3333 Squalicum Pkwy.
Bellingham

Save the date for the 7th annual Community Supported Justice potluck to honor the legacy of Cesar Chavez and the work of Community to Community Development (C2C). The event also honors the work of keynote speaker Aurora Martin, executive director of Columbia Legal Services.

More than ever, C2C needs the support of the community as it moves into a critical year for immigration and economic, gender, and racial justice. Continue the legacy of Cesar Chavez and help fund the movement at the grassroots level, raise awareness, and build community.

Columbia Legal Services is a statewide nonprofit civil legal services program whose mission is to achieve social and economic justice for low-income people in Washington state. The program has a long history of serving farm workers and immigrant working families to ensure the protection and advancement of equal justice and opportunity for all.

Cost: A healthy potluck dish to share and \$5 solidarity donation. Dessert provided by Las Margaritas. Details at www.foodjustice.org.

Reference Tools in the Co-op's Wellness Department Know Your Ingredients

Tim Flores, Downtown Wellness Assistant Manager

If you are an avid label reader you may have come across an unpronounceable word or two on a product ingredient list and wondered, "What the heck is that?" If this is the case, the Co-op can help you find the meaning of that word. Whether you're new to the Co-op, or a long-time owner, you can come to us to research unfamiliar products and ingredients.

The wellness desks at both stores host a wealth of information sources. A wellness staff member is available every day of the week to assist you with product selection and with researching information about health and beauty topics that you may not be familiar with. Sometimes trying new things can be a fearful jump into the unknown, but with the right information and assistance from our wellness experts you can feel confident in your product selection.

Wellness department staff cannot

provide medical advice, but we can provide information helpful in making your own informed decisions about product selection. We also have a good deal of experience using products ourselves and gathering feedback from other shoppers. Even if you have questions about a product or an ingredient unfamiliar to us, we have quick and easy access to many research tools to find the answers you are looking for.



If you prefer to do your own research, self-help reference libraries located at the wellness desks have information

regarding health, supplements, diet, herbal guides, homeopathy, pet care, and a variety of other subjects. You can also access "Aisle 7," a self-help computer system containing much of the same information as the reference libraries, but in an easy point-and-click format.

Among the reference materials are two books in particular that I am partial to for finding information about those pesky, unpronounceable scientific words. These books are available only for in-store use in the reference libraries. *The Consumers' Guide to Cosmetic Ingredients* and *The Consumers' Guide to Food Additives*, both by Ruth M. Winter, are a wealth of information. They are A-Z guides with detailed ingredient information—is it chemical or natural, where does it come from, has it been tested and determined to be safe or does it pose possible health risks. The answers can be a little frightening or, alternately, very reassuring. Either way, the knowledge gained gives you the power to make informed decisions.

Visit the wellness department and we will be happy to help you locate and use our reference materials, and assist you in making informed choices for the health of you and your loved ones.



20th annual Whatcom Conservation District Native Plant Sale and Expo

Saturday, March 23, 9 am–2 pm

Whatcom Community College

Pre-order deadline: Monday, March 11

The Whatcom Conservation District's annual plant sale promotes the stewardship and conservation of our natural resources. Planting native trees and shrubs can provide positive benefits to your property and the natural environment such as improved water quality, enhanced fish and wildlife habitat, reduction of wind and soil erosion, cleaner air, reduction of energy costs, and beautification of your property.

All proceeds support the WCD's conservation education program.

Purchase plants at the open sale on March 23 or pre-order with a minimum purchase of \$100. Can't meet the minimum? Invite neighbors, friends, and family to share an order with you. Experienced conservationists are available to answer your native plant questions.

Plant descriptions, pre-order forms, and native plant resources available at www.whatcomcd.org or 360-354-2035, ext 3.



25th annual Fairhaven Plant and Tree Sale

Saturday, March 30, 10 am–3 pm

Next to Fairhaven Village Green



Get ready to garden at the 25th annual Fairhaven Plant and Tree Sale in the gravel parking lot next to the Fairhaven Village Green. Shop from more than 25 local and regional vendors all in one location, with a portion of sales to benefit Fairhaven Neighbors. You'll find just about everything

for your garden including perennials, ornamentals, trees, vegetable starts, bamboo, and other unique plants not found at your typical nursery.

For more information, look for "Fairhaven Plant and Tree Sale" on Facebook, or contact Thom Prichard at 360-671-5517.





At the January 2013 Dining with Directors forum, Northwest Indian College Lummi Traditional Plants Educator Vanessa Cooper gave a presentation about indigenous foods and diets in our region (left).

Table decorations featured centerpiece arrangements of western red cedar, rose hips, and snowberries—all staple items with traditional uses in Lummi households (right).



January Dining with Directors Forum Reclaiming Our Food A Closer Look at Supply Chains and Local Needs

Holly O'Neil, Board Facilitator

The YWCA Ballroom was packed full of Co-op member-owners at the January Dining with Directors Forum to hear from Vanessa Cooper, Lummi Traditional Plants Educator at the Northwest Indian College. Vanessa talked about the Traditional Plants and Food Program, which was established in 2008 to conduct research about the indigenous foods and diets in our region with a goal to develop a successful model for culturally appropriate, community-based research on food and nutrition. In turn, the research will be used to create a modern-traditional diet—close to traditional food but with nutrition in mind.

An important part of the research was interviewing native elders about the foods they remembered eating and how those foods were harvested and prepared. Often, these conversations, or simply the smell and taste of traditional foods shared with elders, would trigger precious childhood memories, and “some elders would have tears in their eyes, just recalling those memories,” explained Vanessa.

Building from this research, 25 families have been coming together monthly to share food and stories. These families are combining traditional foods, such as nettles and camas root, with fresh produce from weekly

CSA boxes. “It is amazing, when these families come together,” Vanessa said. “Their stories are so powerful, and families learn that they have stories and gifts to share that they didn’t even know they had.”

The rediscovering of traditional diets is significantly helping improve the health of these families, which is one of the primary goals of the program. “One hundred years ago there was no diabetes or heart disease in the Lummi community,” explained Vanessa. “There are no words for these diseases in the Lummi language.” With this program,

these 25 families are reclaiming their food and their health, and they are documenting their process through a Lummi cookbook with stories, pictures, and recipes to show what they have discovered. Of course, Co-op member-owners all wanted a copy of the upcoming cookbook, and were excited to learn more about traditional foods. Many thanks to Vanessa for her inspiration!

Learn more about the Traditional Plants and Food Program at www.nwic.edu/content/traditional-plants.



Table discussions at Dining with Directors forums give Co-op member-owners the opportunity to share ideas and perspectives.

Photos by Laura Steiger & Jean Rogers



Farm Fund

**Who benefits from the Co-op Farm Fund?
We all do!**

Donations accepted at all registers, by mail, or phone.

For more information, contact Farm Fund administrator Jean Rogers at 360-734-8158 ext. 217 or jeanr@communityfood.coop.



Five Tips for Traveling & Eating Well

Lisa Dixon, Registered Dietitian and Nutritionist

Many of us will be leaving the Pacific Northwest for spring break destinations, a summer vacation, or perhaps just a long weekend. One of the best ways to explore a new destination—be it another American city or another country—is through its food. Here are a few tips for exploring new food cultures, without coming home in need of a new pair of pants.

- 1. Be adventurous, and make the calories count.** When you're traveling, try something new. Don't waste a meal on something you can eat at home. Try the roasted goat shakshuka or the alligator fritters. Bottarga on spaghetti? Of course. That's not on the menu at home.
- 2. Share.** The best way to exercise portion control: share with your travel

partners. Order one appetizer and one entrée or four small-plate items per two people. It's always enough food, and will leave you a little room for dessert. And the more people you have at the table, the more food you get to taste.

- 3. Don't skip meals.** Skipping meals always backfires. You think you're "saving up" for a great dinner and then you overeat, usually beginning with the bread basket, because you're famished. Try to snack your way through the day, searching out unique food finds for breakfast and lunch. Never had a Satsuma? Have one for a snack. Stumble upon a taco truck with a long line of hungry customers? Stand in line and try it out. When in doubt, ask locals for recommendations. With enough recommendations you'll find the best delicacies in town.

- 4. Stop when you're full.** Listen to your hunger cues. Hopefully, you've snacked throughout the day and are now sharing a wonderful, locally inspired dinner with your travel companions. Eat slowly, reminisce about your day, relish the food you're sharing with those you love. Pay attention to when you begin to feel full. Your body will thank you. And even better, you'll feel like eating breakfast the next morning.
- 5. Walk.** A lot. The best way to find the heart of a city or region is to explore on foot. Whether it's pounding the



concrete in San Diego, walking the beach in Tulum, or exploring the trails in Argentina, walking is the best way to see and experience a new locale. Even better, it's good for your heart, your body—and your soul.

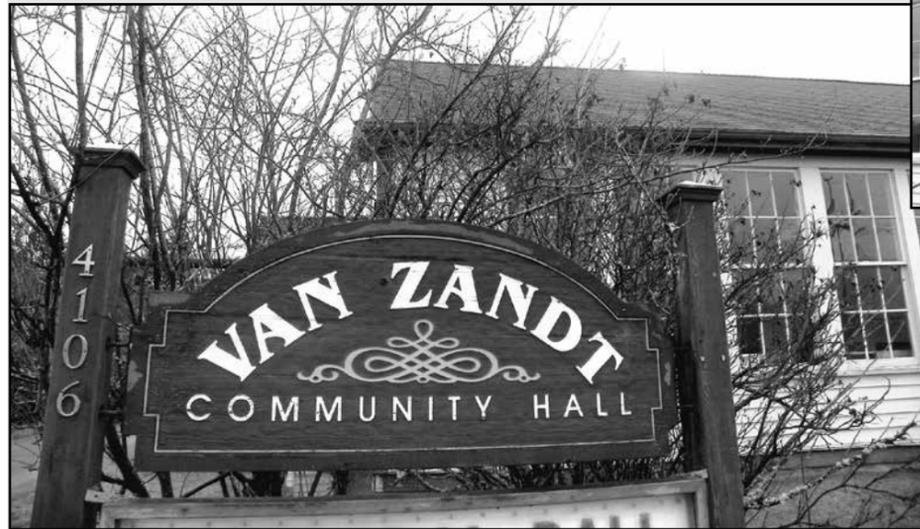
Lisa Dixon is a Registered Dietitian and Nutritionist and founding partner of NourishRDs, specializing in real foods nutrition counseling and communications. Be sure to check out Lisa's schedule of upcoming cooking classes and workshops through the Co-op's Healthy Connections program. You can also find Lisa's recipes and articles on her blog at www.nourishrds.blogspot.com.



March 2013 Community Shopping Day Organization

South Fork Valley Community Association

Robin Elwood, CCN Staff



The Van Zandt Hall has served the South Fork rural community since the 1920s (left and above).

Photos courtesy of South Fork Valley Community Association

I grew up in a rural area of eastern Washington at a time when the remains of rural society still lingered. Most of the farming population had moved to towns as farms mechanized and grew bigger, but a skeleton of the community still existed in the form of old buildings. Grange halls, school buildings, and small general stores still stood, albeit run down, abandoned, or tended by a few elderly neighbors.

My growing-up years saw a succession of endings as old buildings with beautiful windows fell into disrepair, burned, or were abandoned to the weather. I have retained a deep nostalgia for funky social halls, and for the history of neighbors working together to create a physical center for their small communities.

So when I first visited the Van Zandt Community Hall a few years ago the building was immediately familiar to me—a large plain wooden room, a kitchen filled with coffee urns and linoleum counters, and beige metal folding chairs stuffed in every closet. Broken bathrooms and a lot of function-over-form wiring projects also seemed quite familiar.

It wasn't until I visited the hall again this winter that the differences from eastern Washington really struck me. In fact, this month's Community Shopping Day (CSD) organization represents a sort of alternate universe to my memories. Sure, the building

dates from the 1920s, but far from falling into decay, it is in better shape than when I first saw it. The South Fork community it serves is living and vital, and Valley residents have been tending organic gardens and farms for two generations or longer. And, although the hall features a rather perfect row of old windows that seem vaguely familiar, they look out not on

wheat fields, but on good-old South Fork rain and fog.

The March CSD organization isn't actually the Van Zandt Hall itself, it's the South Fork Valley Community Association (SFVCA), and the hall is just one of their responsibilities. As their application explains,

"Like all communities, we believe ours is special, and like most rural communities, we know how to share and make do."

"We focus on building community by creating opportunities for our rural families to connect."

"Like all communities, we believe that ours is special, and like most rural communities, we know how to share and 'make do.'"

While volunteers are continually involved in supervising building usage and administering physical needs of the hall, our programs are what truly define us. We focus on building community by creating opportunities for our rural families to connect.

So the hall, and the events it shelters, is just one of the SFVCA's ways of creating sustainable community. It is also the radio tower for the Association's own radio station, KAVZ-LP FM, which broadcasts music, local news, public affairs, current events, and other topics relevant to the community. And behind the hall is the Josh

VanderYacht Memorial Park, which features kids' toys, a bandstand, and numerous options for playing in the rain.

"There's always a lot happening," SFVCA Board President Jeff Margolis told



Funds received on SFVCA's Community Shopping Day will go toward replacing the hall's dated, inefficient wiring and lighting fixtures.

South Fork Valley Community Association

Contact information:
SouthForkValley@aol.com
360-592-2297

me. "Thousands of volunteer hours have been contributed on all the projects. The whole enterprise has survived more than 60 years on cooperative energy! There's no tax money or local mill or industry paying for it. The South Fork is a small population, but people deliberately choose to move here and there's a real commitment to sustainable community."

Funds raised on SFVCA's shopping day are intended to help sustain that goodwill during events such as community potlucks. The Van Zandt Hall has wiring, but not enough of it, and not in all the right places. As their application tells it:

"For years extension cords get coffee pots from kitchen to serving area, sometimes shutting down electrical circuits. For years candles light serving tables, because neither lighting nor outlets exist near the kitchen. 'What's this?' echoes as people peer into semi-dark potluck dishes!"

Board members have met with an electrician and staff from Sustainable Connections' Energy and Renewables Program to devise a plan to make the atmosphere more conducive to the hall's intended uses. They hope to add eight overhead lighting fixtures, five fans, eight sconce lights, 14 feet of track lighting, six new electrical plug-in sites, and other upgrades. If necessary, this project may be completed in phases, but CSD funds should make a serious dent in the cost.

As Jeff headed back to his day job, I asked what lessons the SFVCA might have for the larger community.

"Well, we'd like to see more places in the county like it. Basically, what the hall has done is contribute to internal coherence. It is an element that pulls the community together, and provides a secular space for gatherings. Harvest festivals, seed exchanges, potlucks, farmer and artisan markets, performances, candidate forums, and so on. What I'm talking about is a venue for the public to come to events of cultural value."

What are Community Shopping Days?

Each year the Co-op invites organizations to apply for a Community Shopping Day (CSD). This year organizations were selected for their service to our community in the following areas: food and sustainable agriculture; social justice, peace, and human rights; ecological issues; education; health and well being; and community health. The Co-op's Member Affairs Committee (MAC) reviews and recommends 12 organizations, and the Board of Directors gives final approval. For more information, contact Karl Meyer at 360-734-8158, ext. 160, or karlm@communityfood.coop.

2013 Community Shopping Day Schedule

1/19	KMRE Radio—102.3 FM
2/16	Northwest Wildlife Rehabilitation Center
3/16	South Fork Valley Community Association
4/20	YWCA of Bellingham
5/18	Friends of the Nooksack Samish Watershed
6/15	Friends of the Lynden Public Library
7/20	Whatcom Peace & Justice Center
8/17	La Leche League of Bellingham/Whatcom County
9/21	Whatcom County Re-entry Coalition
10/19	Bellingham Childcare & Learning Center
11/16	Washington Sustainable Food & Farming Network
12/21	Make.Shift Art Space

Volunteer Thanks

We want to express our gratitude to our volunteers. These folks helped out with various tasks in the stores, helped with the newsletter, and participated in the Member Affairs Committee. We appreciate you!

Adam Garman	Kate Birr
Carol Waugh	Katie Chugg
Carrie Lewis	Kevin Lee
Charles Law	Lisa Heisey
Colleen	Mike Straus
Wolfsberg	Nancy Metcalf
Cynthia	Nathan Chapman
Ripke-Kutsagoitz	Richard Stout
Dan Hauer	Robin Hammond
Diana Campbell	Seraida Vazquez
Erika Jett	Seth Mangold
Erin Thompson	Shirley Jacobson
Gabriella Andrews	Troy Kyles
Grant Renee	True Monahon
Jenny Dennis	Zachary Robertson
John Lawler	

Co-op members who volunteer receive one \$5 coupon each time they volunteer for 1/2 hour or longer. Opportunities include limited in-store tasks, cooking class assistance, newsletter distribution, participation in the Member Affairs Committee, and helping out at events and mailings. Co-op members who volunteer at pre-selected nonprofit organizations may also be eligible for a Co-op volunteer coupon. For information, contact Karl Meyer at 360-734-8158, ext. 160, or karlm@communityfood.coop.

Healthy Connections

Cooking, health, and well-being classes offered by the Community Food Co-op



Full class descriptions on our website • New! Online class registration now available • Full class descriptions on our website

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March					1	2
3	4 Backyard Dry Beans & Grains Krista Rome 6:30-8:30 pm DT • CO-OP • \$5	5 Bon Anniversaire, Julia Child! Karina Davidson 6-8:30 pm COR • WCC • 🍷 • \$39	6 Simple Cooking for Delaying Diabetes Lisa Dixon 6-8:30 pm COR • CO-OP • \$29	7 Sizzling Shellfish Robert Fong 6:30-9 pm DT • WCC 🍷 \$45 Immune System Health Jim Ehmke, CN 6:30-8:30 pm COR • CO-OP • \$5	8	9
10	11 Slow Food & Nourishing Traditions Gigi Berardi, PhD 6:30-8:30 pm DT • CO-OP • 🍷 • \$8	12	13	14 Thai Favorites Robert Fong 6:30-9 pm DT • WCC • 🍷 • \$39	15	16
17	18	19 Thai Favorites Robert Fong 6:30-9 pm DT • WCC • 🍷 • \$39	20 Control Your Hormonal Health Jim Ehmke, CN 6:30-8:30 pm COR • CO-OP • \$5	21	22	23
24 31	25	26 Back Pain: Self-Care & Treatment Lindon Keeler, DC 6:30-8 pm COR • CO-OP • Free	27 Embodying the Heart of a Healer Deb Zucker, ND 6:30-8:30 pm DT • CO-OP • \$5	28 Make Organic Bath & Beauty Products Elena Lipson 6:30-8:30 pm DT • CO-OP • \$35	29	30
April					5	6
7	1 Introduction to Qigong Kelly Hong-Williams 6:30-8 pm DT • CO-OP • Free	2 Eat Right to Beat Disease Lisa Dixon, RD 6-8 pm COR • CO-OP • \$15	3 Cardiovascular Health Jim Ehmke, CN 6:30-8:30 pm COR • CO-OP • \$5	4 More Healthy Aging Strategies Richard Tran, DC 6:30-8 pm DT • CO-OP • Free	12	13
14	8 Make Raw Gluten-free Crackers Elizabeth Cardarelli 6:30-8:30 pm DT • CO-OP • \$15	9 Delaying Diabetes Lisa Dixon, RD 6:30-8:30 pm DT • CO-OP • \$15	10 Bone Health Jim Ehmke, CN 6:30-8:30 pm COR • CO-OP • \$5	11 Best of Spring Lisa Dixon, RD 6-8:30 pm COR • WCC • 🍷 • \$39	19	20
21	15 Mental & Emotional Health with Nutrition & Herbs Mystique Grobe, ND 7-9 pm DT • CO-OP • \$5	16 Wine Tasting 101 Part 1 Laurent Martel 7-8:30 pm COR • WCC • \$89	17 Spice Up Your Spring with Robert Fong 6:30-9 pm DT • WCC • 🍷 • \$39	18 Mexican Kitchen: Soup of the Seven Seas Ana Jackson 6-9 pm COR • WCC • \$39	26	27
28	22 Make Masa & Tortillas from Scratch Krista Rome 6:30-8:30 pm COR • CO-OP • \$20	23 Wine Tasting 101 Part 2 Laurent Martel 7-8:30 pm COR • WCC • \$89	24	25 On Sushi Robert Fong 6:30-9 pm DT • WCC • 🍷 • \$49		
	29 Canning 101 Part 1 Susy Hymas 6:30-8 pm COR • WCC • \$59 (Parts 2 & 3 held May 6 & 13)	30 Wine Tasting 101 Part 3 (same as Apr 16 & 23) Essential Oil Remedies Michelle Mahler 6:30-8 pm DT • CO-OP • \$20				

Full class descriptions on our website • New! Online class registration now available • Full class descriptions on our website

Healthy Connections Instructor Spotlight:



While many grocery and department stores have a section called Health and Beauty Aids, the beauty aids and cosmetics are often anything but healthy. Elena Lipson worked for years in the beauty industry, but as she researched the ingredients in the products she was using, she learned just how toxic many of them are. Her conclusion: "The very industry that promises to make us beautiful and more youthful is slowly making us sick."

On March 28, Elena offers a workshop "Make Your Own Organic Bath & Beauty Products." In this workshop, Elena will show

how to make scrubs, soaks, and other skin and beauty products that rely on simple inexpensive ingredients. "Your body, wallet, and the planet will thank you for it," says Elena. The class is at the Downtown store's Connection Building, and participants will receive hands-on instruction, as well as recipes for bath and beauty products. Elena invites you to "swap those expensive, chemical-laden, store-bought products for greener, safer, and more affordable alternatives!"

"My work has evolved over time," says Elena. "I've navigated through various roles including beauty salon manager, executive recruiter, training manager, and skills coach, to finally starting my own online retail business and green lifestyle blog called thecodiva.com."

"My personal family path has led me to research the topics of health, nutrition, and food allergies. I have read hundreds of books, studied yoga, created a meditation practice, cultivated a passion for raw

foods and continue to learn, listen, and walk my own spiritual path."

Elena, who grew up in Brooklyn, New York, teaches a variety of workshops that share themes of health, environmental awareness, and self-empowerment through developing one's intuition. "I believe that the most powerful change you can make in your life is to learn to tune in to your own inner, wise voice," she says.

For more info, visit www.elenalipson.com and thecodiva.com.

HC Class Legend

Locations:

DT = Connection Building at the Downtown store, 1220 N Forest St, Bellingham
COR = Roots Room at the Cordata store, 315 Westerly Rd, Bellingham

Registration:

CO-OP = register online at www.communityfood.coop; click on Co-op Calendar, then click on class title. (Need help registering? Service desk staff can guide you.)

WCC = co-sponsored by Whatcom Community College, register at 360-383-3200 or www.whatcomcommunityed.com.

🍷 = additional fee for wine option, payable at class.

Please do not wear strong fragrances to class. Financial aid is available for some classes. For info on this, and for other class questions, contact Kevin Murphy at 360-734-8158, ext. 220, or kevinm@communityfood.coop.

Wine Notes

Discovering Heritage Regional Wine Grapes

Vic Hubbard, Downtown Store Wine Manager

The rock stars of the wine world are the international wine varieties like chardonnay, merlot, and cabernet sauvignon, but there are literally thousands of wine grapes that have never made the leap to the international stage. Italy alone is reputed to have more than 5,000 grape varieties that are used for wine.

There are plenty of old-school small producers in the world continuing to make wines with traditional regional grapes, the same grapes used by generations before them. These aren't commodified wines made to impress wine critics, but small production wines that convey a sense of place—wines that provide a connection to the land, the history, and the tradition of the region.

We are fortunate to have a good representation of regional wines on the Co-op wine shelves. For this month we would like to feature some of our recent favorites.



Domaine de Lauriers, Rolle 2011, Pays D' Oc, France, \$10.95

This wine is made by the Cabrol family who purchased the winery in 1969. The grapes are grown in family-owned vineyards overlooking the Mediterranean in the Southern French region of Languedoc. This is the region where the wine grape rolle thrives, although it is rarely seen outside of the area.

Rolle (also called vermentino) is also grown in Corsica, Sardinia, and in Italy along the coast of Tuscany.

Rolle is a late-ripening varietal, harvested when golden ripe, giving the wine a transparent golden hue. This is an incredibly well-made wine with just the right proportion of richness and acidity along with aspects of honeyed lemon, mango, fennel, and soft minerality. One hundred percent stainless steel-fermented and -aged, the clean flavors dissolve into a dry finish. Match this wine with lemony halibut or crab cakes. It also makes a great aperitif with green olives and mild cheeses.



Tenuta delle Terre Nere Etna Rosso 2011, Sicily, Italy, \$14.95, Certified Organic Agriculture

Drinking this wine made from organically grown heritage nerello mascalese grapes grown at 3000-foot-elevation vineyards on the flanks of the smoking volcano Mt. Etna is a bit like drinking history. Wines made in this region of Sicily date back to at least the ancient Greeks.

When Cordata Co-op wine manager Tim Johnson and I sampled this wine, we were amazed at the quality of this under-the-radar red. It has transparent light brick-red color and "weight" similar to pinot noir. The volcanic soil of Mt. Etna seemed to shine through in the wine's exotic mineral flavors that resembled something akin to red dust from Mars. In addition, we noticed plenty of herbal notes like oregano and marjoram, and we liked the aspects of dried rose petals and pie cherry.

For a pairing made in heaven, try this wine with eggplant Parmesan. Also good with spicy cioppino (tomato-based

Sicily's Mt. Etna offers a peaceful vineyard setting (right). At times when the volcano demonstrates its angry, sooty side (above), it adds nutrients to the surrounding grape-growing landscape.

seafood stew), pizza with anchovies or sausage, and other tomato-based dishes.



Philippe Ravier Vin de Savoie, Mondeuse 2011, France, \$12.95

Mondeuse has been called one of wine's "founder grapes," as it is thought to be a grandparent to modern grape varieties like syrah. It has been the most important red varietal in the Savoie (Savoy) region of France since ancient times, growing in deep valleys extending into the Alps. Almost forgotten a few years ago, mondeuse has seen a renaissance in recent years as growers have homed

in on more ideal vineyard locations and used more modern techniques.

For those looking for relief from high-alcohol fruit bombs, this moderate-alcohol, medium-bodied, Beaujolais-like red may provide a good alternative. Quaffable and fresh tasting, try it lightly chilled with lighter cheeses, soups, or cold cuts.

Wine Questions?

Co-op Wine Buyers Vic Hubbard and Tim Johnson invite your questions or comments. Send email to vich@communityfood.coop or timj@communityfood.coop.

Eco-fun for Kids (and their adults)

Kate Ferry, Co-op Owner and Blogger

Many years before my family's public and personal choice to begin embracing a more eco-friendly and local lifestyle, we made the choice to abstain from fast food. After our daughter Beckett was born, we used our avoidance of fast food to explain why we didn't support mass-market meats, colored cheeses, and food that only resembled something edible. But, when our second daughter Camden was born, I broke down. I hit a breaking point with a combination of endlessly dreary weather and a six-week-old infant and a three-year-old who were both testing my sanity. We went to the golden arches. It was a choice between preserving my mental fortitude and enduring a gut ache or a breakdown for Mommy.

Times have changed. The girls have gotten older and I get a solid six hours of uninterrupted sleep at night, but the weather is still unpredictable and our good days are interspersed with the occasional bring-Momma-to-her-knees days. But, now there is a new hangout—Perch and Play. Perch and Play is an indoor play-area on State Street in Bellingham that has become our favorite place to go when we need a change of scenery or a place to get the wiggles out on a rainy day.

Perch and Play is the perfect combination of kid-centered fun and adult-friendly relaxation. The kids' areas are clearly designed from the point of view of a youngster. The portion of the play area

for older kids is focused on a huge climbing structure from Cedarworks that is artistic and functional. The entire play structure is solid wood with water-based stains and eco-friendly low VOC (volatile organic compounds) sealants. In addition to the climbing and sliding area, the perimeter of the play structure offers dress-up clothes, building blocks, a reading corner, a doll house, and endless other opportunities for creative play. The play area that's focused on little-ones younger than two years old is full of wooden toys with natural textures, bold colors, and good ol' motor-skill-building intricacy.

I work hard to support local, and I think of it as an added bonus when I'm able to support a local company that's doing the same thing. The café that adjoins the play area features an extensive menu for both sophisticated appetites and picky eaters. The good eats are served on delicious Avenue Bread and Bagelry bagels from Bellingham, and the coffee is from Batdorf and Bronson Coffee Roasters in Olympia.

When it comes to food-waste and packaging, reusable and compostable is where Perch and Play is at. Drinks are served in



Perch and Play is cheerful, safe, and well-kept, and provides eco-friendly play structures for children to burn off excess kid energy. It recently won the Best New Business category in the Bellingham Business Journal's 2013 Readers' Choice Awards.

Photos by Joanne Plucy

glass mason jars with reusable BPA-free lids from Cuppow, and the food is served on reusable trays and household dishes lined with compostable paper. Even the birthday party rentals that Perch and Play hosts have an eco-friendly focus with reusable decorations like fabric bunting, oil-cloth table coverings, and dishwasher-safe serving dishes and utensils. My kids are budding recycling and composting experts and I appreciate visiting a place where we can practice what we preach at home.

As an eco-momma who is also striving to support local, I honestly value and appreciate a Whatcom County company that has put together a hangout that meets almost all of our family's needs. When we go to

Perch and Play my children are happy, and I can feel like something more than just a momma and enjoy an uninterrupted conversation while still keeping an eye on the kids from my "perch." I wholeheartedly support Perch and Play because a lot of the eco-conscious choices my family is making are echoed in the play place's environment, activities, and healthy food options.

Learn more about Perch and Play at www.perchandplay.com.

Find Kate Ferry's blog at sacredbee.net to follow the Ferry family's effort to buy organic and local, reduce their waste, and eliminate artificial and harmful products from their home.