

# Coos Head Food Co-op

Celebrating 42 years

## Spring 2013

### Mark your Calendar

**May 5th**-Happy Cinco De Mayo!

**May 8th**-North West Wellness will be here providing a variety of low cost **Health Screenings from 9am-1 pm** no appointment is necessary [www.nwwellness.com](http://www.nwwellness.com)

**May 12th**-Happy Mother's Day

**Wednesday, May 22nd**— **Owner Appreciation Day!**

Co-op Owners receive 10 % off

### Sample local Oregon

**100% Grass Fed Beef 4-6 PM  
ON SALE in May**

**May 23rd**-showing of the documentary **Genetic Roulette at the Coos Bay Fire Station 6:00 P.M.**

**May 25th**-Rally to label and educate about **GMO's**  
See more on page 2

**May 27th**-Closed for Memorial Day. We have all the fixings for an organic picnic and BBQ. Gluten Free buns, Local pickles from Sweet Creek, Annie's Ketchup, and Beer of course. Enjoy the Holiday

**June 16th**-Fathers Day, BBQ local grass fed beef for Dad

**June 21st**-Summer Solstice Get ready for Summer!

Do you have your Sunscreen?

**July 4th**-Sorry We Will be Closed for the 4th

**July 19th**-Sip & Stroll Wine & Beer tasting in downtown North Bend. Make a date and bring a friend.



## Welcome New and Returning Board Members

Our results of the board of directors elections for this year have been confirmed. One new board member and two returning board members were on the ballot. 482 ballots were mailed to co-op owners current in their dues.

There were six positions open and three candidates.

Members could vote for up to three.

88 ballots were returned by close of business April 18th, of those 82 ballots were valid with a member number or name, 6 could not be validated.

The tallies were counted for each member

Maurice Wray 85

Sally Bogardus 85

Carter McClaren 85

They are joining;

Margie Ryan, Sue Scott, and Kathy Castelein

I would like to extend a special thanks to all of them for serving the Co-op both in the past and the coming year.

**Thank you all for voting, and supporting your co-op!**

On March 21st, our board president Maurice Wray was at work and it became evident to his co worker that something was very wrong. So an ambulance was called. While being loaded into the ambulance, Maurice called to let the board know he would not make it to the meeting. That's the kind of dedication he has to the Co-op! He is happy to be home recovering. In his own words,

“An extremely powerful force was created from everyone's collective prayers, thoughts and well wishes. Thank you for your positive contribution! It helped save my life! Many, Many THANKS Maurice”

Visit us at [ww.coosheadfoodcoop.org](http://ww.coosheadfoodcoop.org) or on our Facebook

## Owner Appreciation Day

Wednesday, May 22nd

## Oregon Grass Fed Beef

## Samples 4-6 P.M.

OWNERS RECEIVE

# 10% OFF ALL DAY

Board meetings are the third Thursday of each month  
5:30 p.m. ESD Building, 1350 Teakwood, Coos Bay.  
All members are welcome!

The Co-op Owners and Patrons  
**Celebrated 42 Years**  
 at an Anniversary party  
 Catered By Black Market Gourmet  
 February 10th  
 Owners met Local Vendors



## March Against Monsanto in Coos Bay

A rally will take place Saturday, May 25th 1:00 PM at the Coos Bay board walk.

March Against Monsanto is a national event taking place in cities across the country, and the world.

Here are a few things this rally is promoting:

- \* Labeling of GMOs and GE foods
- \* Support Local, Natural, and Organic foods
- \* More testing on environmental and health effects of GMOs
- \* Educate about GMOs and GE foods
- \* Tell politicians that we have a right to know what we eat, and demand stricter regulations on Monsanto and other large corporations.

If you would like to learn more about the event, be a sponsor, volunteer, or participate in any way email

Erin Dye [mamcoosbay@yahoo.com](mailto:mamcoosbay@yahoo.com)

Here is the link to the donation page:

<http://mamcoosbay.blogspot.com/>

Let's show our support on May 25th

Co-op owners, shoppers and local Vendors gathered for a great event at Black Market Gourmet. Wow, What a turn out we had more than 140 people attended. Local vendors provided much of the food for the event. Oregon Grass Fed Beef, Valley Flora, Organic Valley Co-op, Sunrise Cheese, Springfield Creamery, Oregon Cracker Company gluten free crackers, Surata Soyfoods tempeh, Carmin's Chips, & more.

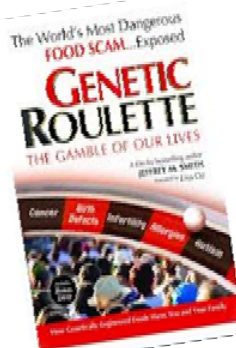
Sally Bogardus, board member, local vendor, and artist manifested her vision of bringing us all together to celebrate our Co-op Community, build our membership and EAT fantastic LOCAL, organic food. Again we would like to thank Chef Jardin and Kristin for accommodating us at their fabulous establishment.

Music was provided by Brian Cutean from Eugene who also shared "GMO, OMG" buttons to those attending. Photos of the Co-op's humble beginnings and new posters of various co-op related messages decorated the walls.

Lee Wright photographed the event.

We had a great time and attendees talked about it for several days after.

**PLEASE Return  
 Your CO-OP SURVEY  
 by MAY 31st**



**Free Showing  
 Genetic  
 Roulette  
 Saturday  
 May, 23rd  
 At 6 P.M.**



Coos Bay Fire Station  
 Community Room

**JOIN US**



# MAY SALES

## BULK

- Organic Apple Rings
- Organic Fresh Ground Peanut Butter
- Aunt Patty's Semi-Sweet Chocolate Chunks
- Organic Chia Seed



SALE reg. price

### By The LB

10.49	11.99
4.89	5.89
5.39	6.39
13.99	14.99

## CHILL & FROZEN



### By The Each

	Reed's Culture Club Kombucha	2.99	3.49
DF	Tofutti Sour Supreme & Better Than Cream Cheese	2.99/3.29	3.49/3.89
GF	Food For Life Tortillas Brown Rice, Sprouted Grain, & Sprouted Corn	2.79	3.69/3.89
	Oregon Grass Fed Ground Beef	4.99	5.99
GF	Udi's Gluten Free Bagels	4.89	6.19
	Udi's Gluten Free Burger Buns	3.69	4.69



## GROCERY



NEW	ALO Aloe Vera Drink	2/\$3	2.19
	Amy & Brian Young Coconut Juice	2.19	2.99
	Annie Chun's Seaweed Snacks	1.29	1.69
	Annie's Cheddar Bunnies & Snack Crackers	3.29	4.29
	Annie's Naturals Dressings & Vinaigrettes	2.89	3.89
	Back To Nature Crackers	3.49	4.19
	Blue Sky Sugar Free Sodas	0.69	0.99
GF	Bob's Red Mill GF Pancake Mix	2/\$6	4.79
	Chocolove Chocolate Bars	2.19	3.19
	Green Mountain Gringo Corn Tortilla Chips Non-GMO	2/\$4	2.99
	Jeff's Naturals Castelvetrano Green Olives	3.99	5.99
NEW	Jovial Einkorn Cookies	3.49	4.89
	Mt Hagen Freeze Dried Coffee Regular or Decaf	9.99	11.49
	Napa Valley Extra Virgin Olive Oil 25.4oz	11.29	14.59
GF	Nature's Path Select Organic & Envirokidz Cereals	3.49	5.29
NEW	Pacific Natural Foods Hemp Milk	2.99	4.19
GF	Lundberg Rice Chips	2.49	3.49
GF	Sesmark Foods Rice Thins	2.29	3.39
DF	So Delicious Coconut Milk Beverage	2.29	3.19



## Health & Beauty/ Supplements

	Beauty Without Cruelty Rosemary Mint Tea Tree Shampoo & Conditioner	8.99	10.99
	Solaray Multidophilus 12, Cran-Actin, or D-Mannose	29.99	35.99
	Yerba Prima Psyllium Husks Capsules or Whole	9.99	11.49/13.29



## Non-Foods

NEW	Coshell Coconut Charcoal Briquets 9#	5.99	8.99
-----	--------------------------------------	------	------

## NEW ITEMS AT THE CO-OP!!!

- 22 Days Nutrition Organic Nutrition Bars- Wonder Energy Bar & Nirvana Protein Bar
- Aunt Patty's Low Sugar Cantaloupe Spears (Bulk)
- Aunt Patty's OG Creamed Coconut
- Blacklock Ribs- From Langlois, OR
- Bob's Red Mill Buttermilk Biscuit Mix
- Bob's Red Mill GF Biscuit & Baking Mix
- Bob's Red Mill OG Kamut Flour, OG Sorghum Flour & OG Quinoa Flour
- Brother Bru Bru's OG African Chipotle Hot Sauce & OG Chili Pepper Sauce
- Earth Friendly Hand Dish Soaps: Almond, Apricot, or Grapefruit
- Field Day Peanut Butter: Creamy, Crunchy, Salted, No Salt
- Ginger People Ginger Beer: Ginger or Lemon Ginger To Satisfy Any Ginger Craving
- Jyoti Aged Basmati Supreme Rice & 4 Ready To Eat Entrees: Channa Dal w/ Zucchini, Mung Dal w/ Spinach, Masala Chhole & Saag Paneer
- Napa Valley Naturals Pinot Grigio & Pinot Noir Wine Vinegars
- Nature's Path Qi'a Super Food Cereals: Regular, Apple Cinnamon, Cranberry Vanilla- 2T & Some Milk Is All You Need!!
- New Varieties Green Valley Organics Lactose Free Kefir- YUMMY
- Rising Tide Northern California Wildcrafted Sea Vegetables & Chewnami Sesame Seed Nibbles: Ginger or Maple- SUPPORT LOCAL!
- Roasted and Salted Peanuts (Bulk)
- Shady Maple Farms Stroopwaffels: Maple or Honey Maple- Back By Popular Request
- Square Bar- Gluten Free, Dairy Free, Down Right Delicious Nutrition

**GloryBee® Foods**



# We want to hear from YOU

It's Spring, and the trees and flowers are blooming, gardens, grass, and weeds are growing, everything is green and fresh. We are all looking forward to more good weather, and sun to come.

The Co-op had a growth spurt too. February was our 42nd anniversary month, and we had 18 new owners join! A record for any month during the last year.

Owner numbers have grown from 414 last April to 522 this year. That's a 20% increase!

The Co-op has also experienced steady growth of annual sales, and we have been profitable enough for the board to declare a dividend to qualifying owners for our second full year as a Co-op. Being a qualified owner means: purchases made by an owner current in their dues for the period Jan. 1st-Dec 31st 2012.

Under the IRS rules, the portion of a Co-op's net income generated by its owners is not taxable income to the Co-op or its owners. This money can be used to reinvest in the Co-op, or be returned to the owners. When the Co-op year end shows a profit greater than its needs, a dividend will be distributed back to the owners as an overpayment. This fiscal responsibility insures our co-op thrives, and continues to provide a resource for our owners and the community. Our thriving Co-op insures a place where local products are available to the community.

WE make the choices about what WE carry.

In this newsletter we have included a survey. We want to know how the Co-op is meeting your needs and what we could do better.

**Please take the time to fill out the survey  
and return it to the co-op by the end of  
May. Thank you**



Pickett Farm vegetable, herb, and flower starts are in for the season. The selection is ever changing and growing so keep checking for the varieties you want. Cari uses organic soil in sterilized pots. These starts are hardened off and ready to transplant into your garden.

“ It says a lot about a community that supports a coop.”

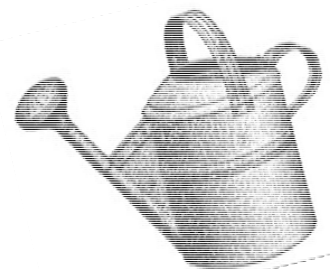
Quote from traveler passing through.

And ours does!



Annie Linwood, a long time patron of the co-op and local produce provider, sampled Fresh Nettle Smoothies at the Co-op. She lives in the rural area of Reed-sport on Tenmile Lake with her family growing a garden, working with wood, being a mom, and harvesting nettles and watercress this time of year. She is a certified nutritional therapy practitioner, NTP.

The watercress and nettles available in the coop's produce department are wild-crafted from the area around her farm. She has found nettles to be a beneficial remedy for her allergies and hayfever.





Coos Head Food Store  
1960 Sherman Avenue  
North Bend, Oregon 97459

**Presorted Standard**  
**U.S. Postage Paid**  
North Bend, Or. 97459  
Permit #84



### Sample LOCAL Oregon Grass Fed Beef on May 22nd from 4-6 P.M.

Joe Pestana, owners of Oregon Grass Fed Beef raises antibiotic and hormone free 100% grass finished beef in Langlois. Grass finished beef being a healthier option than corn fed beef because of the fatty acid ratio. Grass fed beef has 1/2 the cholesterol and 1/15th the omega 6 of grain fed beef. The cattle are raised in a humane way on grass all their lives.

The optimal 1:1 ratio of omega-6 to omega-3 fatty acid profile is a result of eating a diet of grass. Grain finished beef have a ratio of 15:1 or worse and most nutritionist will agree health problems develop at a ratio much lower than that. So Enjoy the BBQ season and eat Oregon Grass Fed.

It is possible to special order 1/4 or 1/2 just ask.

### Remembering Carol Vernon, 8-21-1943 to 4-4-2013

Carol was known in the community for her amazing talent as an artist, who worked in several mediums. Carol was the chair of the Fine Arts Department at Southern Oregon Community College, where she taught Sculpture, Art History, Basic Design, and Ceramics for 30 years.

She also designed numerous business logos including our Co-op logo.

The 5 people in a circle holding hands is representative of owners supporting the Co-op together for their common interest.

