



Coos Head Food Co-op

Celebrating 46 years

Summer 2017



Calendar of Events

August 10th- North West Wellness: low cost health screening from 9-12. Appointments are optional.
 August 17th-learn about DEO-WHIP. Natural eco-friendly paste style deodorant. Get a sample to try, locally made
 August 18th-Yogi for Life aururvedic cream samples today. Also Kings Herbal pain cream samples
 August 21- Solar Eclipse
 August 27th- Join us in the kitchen and learn how to make jam using Pomonas Pectin for low sugar or sugar free jams limited to our space, reserve your place. We will start at 11:00 AM
 August 31st- Marks 1 Year in our new building. Samples from the deli will be offered. Celebrate our success.

September 4th-We will be open Labor Day. Shorted HOURS Please note open 10-5.

 September 9th-Visit Valley Flora Farm. Bus leaves at 12:50 Tour starts at 2 PM Reserve your space on the bus. A Snack and drink will be provided.

September 10th-16th marks the 28th anniversary of Organically Grown in Oregon Week.

September 24th-Co-op Annual Meeting and Albacore BBQ 1-4 P.M. meet at the Gazebo at Sunset Bay Park. Bring a potluck dish to share and your own tableware. BBQ Albacore and drinks will be provided. Please label dishes GF, DF, Vegan & LOCAL

October is CO-OP Month.

FAIR TRADE month, & Non-GMO MONTH

October 31-Halloween TRICK OR TREAT get something good to eat at the Co-op!

August 31st-ONE YEAR MILESTONE

Last year at this time, we were planning the physical move to our new location. With the help of many of our owners, we did it in record time. The feed back from local long term shoppers, and visitors to date has been very positive.

We are meeting our projections and doing well! Our deli has developed, and grown steadily, offering delicious organic ready made food for the community. The grab 'n' go salad options have expanded. Sandwiches and Soup are very popular. The newest soup is Quinoa Chowder. Just recently, Pico de gallo was introduced, made with heirloom tomatoes. The Coastal Garden Vegan Sandwich is made with seasonal ingredients: walla walla onions, red bell pepper, cucumber, heirloom tomato, watermelon radish, local sunflower micro greens.

Fresh Carrot juice, carrot blends, and wheatgrass juice are also made in the deli. The produce department is praised often for being the freshest in town. The team maintains high standards.

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Owner Appreciation Days
August 17th, 18th, or 19th
 choose your day of savings
Owners Receive 10% off

Clip and Save

Co-op Owner Coupon
for 10% off
1 shop during Co-op Month
 Valid October 1st thru October 31st

Visit us at www.coosheadfoodcoop.org
 or on our Face book page

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

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The kitchen will have a hood installed soon, so we will have an oven.

We have accepted a bid to install a catch basin, to drain the standing water that accumulates in the parking lot. Part of our Energy Trust incentive was for preparing the roof of the back building to accept solar panels.

To further explore that option, the board has approved to have Sol Coast apply for a USDA Rural Grant for solar panels.

There have been several suggestions / requests to develop the community room. We plan to install doors to the unfinished space, to minimize the heat loss during the winter months, and to add an awning to the delivery door to keep the freight crew dry.

“It says alot about a Community that supports a Co-op”

WELCOME

Robyn Magruder

was

Appointed to the

Board in July

**Thank you for
serving your**

Co-op

A huge Thank You to our Volunteers & Crew

Throughout our relocation project Al Roberts was the volunteer coordinator. He also calls for volunteers to help count our quarterly inventory, and fold and tape the quarterly Newsletter for mailing.

Our Inventory Crew consists of the Staff, & Volunteers. -Al Roberts, Roland Ransdell, Barbara Fowler, Dianne Zarder, Scott Fairchild, Maurice Wray, Patty & Doug Landes, Margaret Partner, Deborah Rudd, Dave Curley, Burley Young, Dave Cane, Janet Cado-nau, Jen Shafer, Mike Potter, Lauren Peterson, Robyn Magruder, Karin Richardson, Mike Powter, Bonnie Richmond, Richard Kuznitsky, Susan & David Jordan, Skylar, Sal, Jonah. Hope I didn't forget someone.

Also, many thanks to Mike Graybill for bringing fill dirt for the front lawn and Al Roberts for weeding. And Thanks to Jerry Kirkeby for donating a hood for the stove in the kitchen.

And...to our nice neighbor Denny Powell for mowing the grass.



Patronage Dividends for 2016

In November 2010, owners voted to incorporate the store to become a co-operative under Oregon law. With this designation, the co-op is now authorized to distribute patronage dividends. A patronage dividend is simply a return of a portion of the profits created through store operations. The dividend calculation is based on the amount each patron has spent over the corresponding time period. This is a more fiscally responsible approach to providing a financial benefit to our patrons rather than a daily discount. The dividend helps reduce the co-op's taxable income and provides a non-taxable return on a patron's invest in the store.

In 2016, the co-op underwent a transformation that made this year's dividend payment a little tricky. With the move to the Coos Bay location, financing the remodel and new equipment, and purchase of the parking lot, the co-op barely eked out a profit from operations. However, due to the sale of long-term assets, and through consultation with our CPA, the co-op will have more funds available to distribute a dividend for 2016. The difference will be the time period used to calculate this year's dividend amount. That time period will start from the first full year of incorporation, 2011 going through 2016.

Over this time period, we will distribute approximately \$1700 to 260+ qualifying owners.

As of June 2017, we have 907 owners!!!



Valley Flora Farm Tour Reserve your space on the bus, and take a tour to our Local Farmers Valley Flora up Floras Creek



Betsy moved to Floras Creek in the early 70s, where both Abby and Zoë were born and raised. After college, Abby returned to the farm and started up a salad greens business in 1997, known as Abby's Greens. She developed a loyal following of chefs, retail stores and other local salad devotees.

Ten years later, after working for various organic farms and non-profits, Zoë and her two draft horses came home to Floras Creek to expand the farm. In 2008, Valley Flora was born, a three-way farming collective.

Today, Abby continues to wear the "Greens Queen" crown; she manages the salad production and is the resident apple and orchard expert.

Betsy has carved out her niche in the greenhouse, growing row after row of tomatoes, peppers, cucumbers, basil and summer squash.

Zoë, with the help of her farm hand Roberto, rounds out the produce line-up with berries, flowers, asparagus, and scores of other outdoor seasonal row crops.

Now with 2 children each, the "Florettes" feed over 100 Harvest Basket members through their community supported agriculture program, and help keep the pantry stocked at dozens of local restaurants, food banks, and retail stores, (like us, for example)



Mark your calendar for
September 9th
To Visit Valley Flora Farm
where your local food is grown.



Local Produce Season

Local Organic Blueberries from Twin Creek Ranch have just arrived.

Valley Flora's local strawberries come in each Wednesday.

Place a special orders for flats of either to freeze, make jams, smoothies, pies or just eat. Learn to make Jam at the Co-op August 27th, Reserve a space.

We will continue to have local kales, chard, collards, Abby's Greens, Arugula, Chioggia bunch beets, and 4 varieties of beautiful lettuce. Red butterhead has been the most popular so far.

Local whimsical flower arrangements from Sky Farm are another new local addition.

We now have a hanging scale for estimating produce weights in the Produce Department.



Valencia Oranges, the Summer Citrus

One good thing about Winter is the wide variety of citrus fruit available. In Summer, we're grateful for Valencias, which are the only orange available outside the typical citrus season. Valencia oranges are usually thin-skinned and have few seeds. They are considered one of the best oranges for juicing, because they're juicy, and don't oxidize readily.

Valencia oranges often go through a natural process called "regreening" in the late spring and summer. Regreening happens when warm temperatures cause chlorophyll to return to the peel to protect it from sunburn, causing a greenish tint. So don't be detoured by greenish Valencias. The color of skin has no effect on the sweetness or quality of the fruit and regreened oranges can actually be sweeter.

A medium orange has only about 60 calories and provides 116% of the daily value of vitamin C; 13% of dietary fiber; 10% folate; 8% thiamin; 7% potassium; 6% vitamin A; and 5% calcium.

Rosa is Retiring

After serving the Co-op for almost 19 years Rosa is retiring. She and her husband moved here from Eugene, when he transferred with the State Park Service. Rosa previously worked for Golden Temple, and other retail businesses with a sustainable mission. She found something familiar at the Co-op. We were fortunate to have her join the Co-op team, with her background and dedication to the organic & local food movement.

We thought she was an absolute perfect fit! And she has been, all these years. Working at the front end, she has been the conduit from the members and shoppers, to the ears of the management and the board. One of her great talents is knowing just how to respond in delicate situations. She has always observed and listened to Co-op owners and patrons' desires and suggestions. Serving regulars, she has made many "Co-op" friends, and has a knack for remembering names. Her wry sense of humor and compassion will be missed in the store. If she was absent, people would ask about her whereabouts. (even five year old Sean) We will miss working with her. I am sure many of you will miss seeing her when you shop. (We hope she will consent to being a sub once in a while!)



THANK YOU FOR SERVING OUR CO-OP COMMUNITY!

The Co-op Owner Annual Meeting & Albacore BBQ

is a time we all get together for great food and meeting other owners. Hear what is happening from the board and management about the state of things at your Co-op.

As an owner, you have certain Rights, Responsibilities, and Benefits.

- *Support a Cooperative Business
- *Votting for the Board of Directors to Represent you
- *Voting on by-law Amendments
- *Option to attend the Annual Meeting
- *Option to serve on the Board
- *Receive owner discounts and coupons

One small task needing to be voted upon (and the board decided we could do this at the annual meeting) is a by-laws change of the Co-op's Primary Address which NOW reads:

Article 1 Section 1.4 – Principal office. The principal office of the Co-op shall be located at 1960 Sherman Avenue, North Bend, Oregon 97459.

Of course we need to change it to 353 S. 2nd Street, Coos Bay, Oregon 97420.

The by-laws can be found on our website. If you do not use a computer, and would like a copy, we can provide one for you.

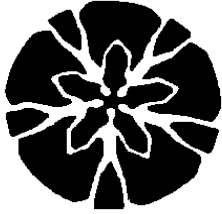
Bring a potluck dish, and your own table ware, come meet new people, and enjoy a delicious BBQ!



We have a NEW Phone System

We have a new long awaited phone system at the Co-op, also an intercom. Both were installed on July 19th, and we are learning new habits while we use the system. Now when you call, you have the option to leave a message for a specific department, or leave a message in the general mailbox. We can transfer calls to another department, if you don't get the person or department you desired. We hope this transition goes smoothly for all involved.





Coos Head Food Co-op
1960 Sherman Avenue
North Bend, Oregon 97459

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

Join us for CHFC Annual Meeting and Potluck

Sunday, September 24th from 1-4 P.M.

at the Sunset Bay Gazebo

Bring a side dish to share

Please label your dish gluten free, dairy free, vegan, etc.



BBQ Tuna & Drinks

will be provided by the Co-op

Please RSVP for TUNA count by Sept. 17th

(541)756-7264