



Coos Head Food Co-op

Celebrating 42 years

Fall 2013 NEWS

Upcoming Events

November 10th—Join us for the **rescheduled Annual Meeting** at our new building located at 351 S. Second Street in Coos Bay. Bring a potluck dish to share and your personal table ware. Please label your side dish for gluten intolerance, vegan, if df, and the co-op will provide the tuna and beverages. Please RSVP so we have enough tuna, chairs & tables for everyone. See you at the Co-op's **new** building from 1-4 P.M.

November 15th—Sip n' Stroll, 5-7 P.M. Sample beer and wine at the Co-op and other participating downtown merchants. Mingle with other community members while supporting a local cause.

November 16th—Owner Appreciation Day. Samples start at 11:00. Members SAVE 10% all day!

November 27th—Pick up your FRESH Mary's turkey or turkey breast and your last minute holiday fixings!

November 28th—Closed for Thanksgiving Day.

December 5th—4-7 PM. Sample quesadillas made with Carmen's NEW GMO-free tortillas, Organic Valley cheese, and NEW chipotle enchilada sauce from Sweet Creek locally made in Elmira.

December 14th—Special Bonus Member Day. Enjoy samples from 11:00 till gone. Buy holiday gifts, stock up on all your favorite food and save 10%.

December 24th—Close at 4:00 p.m.

December 25th—Closed for Christmas Day

January 1st—Closed New Years Day

Happy Holidays!

"I Own a Grocery Store"
Coos Head Food Co-op
buttons available now!



Sample Seafare Pacific Smoked
Salmon Chowder & Seth's
Sourdough Bread on Member Day
Saturday, November 16th



Shop & Save

Owner Appreciation Days

Owners Receive

10% off BOTH days

Saturday

November 16th

Owners receive 10% off all day

Samples start at 11:00

& Owner Gift Day

Saturday

December 14th

Receive 10% off all day

(Some restrictions apply.)

This year we will have an extra owner appreciation day on December 14th. Avoid the malls and plan to share the gifts of basic needs from the Co-op this year. Take the pressure off the holidays and enjoy your time with friends and family.

Visit us at www.coosheadfoodcoop.org
or on our new Facebook page.

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

2013 Annual Report

It's Coos Head Food Co-ops 42nd year in business and our 3rd year as an Oregon Co-operative. 2012 was the International Year of Co-operatives. We had 63 new owners join the Co-op during 2012. From January through September 2013 we have had 63 new owners join the co-op. At the end of September we have grown to 560 with the potential for so many more!

Financials

Gross sales in 2012 were good and 4.81 % higher than 2011. We did show a healthy profit and so we were able to distribute patronage dividends which also was a tax advantage to the co-op since we could deduct the total profit from members in a dividend expense and of that pay out the 20% dividend expense. This saved the co-op in federal and state taxes.

Qualifying owners received their checks mid-year and we emphasized the importance to cash the checks because any uncashed checks will have to be claimed and reverse that tax advantage. Some owners asked if we could give a credit through our POS, unfortunately the legal answer was not in the State of Oregon. Owners could cash their checks towards their Co-op purchases however.

After the learning curve, the first patronage dividend checks were sent to qualifying owners.

In the spring we began to prepare for the planned sidewalk and road work improvements. Hoping to make the back door entrance easier to use, the concrete and wood landing at the top of the stairs was cut to make a flat landing. We suggested shoppers use the parking in the back to prepare for the construction on the highway and sidewalk. In the end we did experience a drop in our sales during the last quarter of the year. However over all we enjoyed growth over the previous year.

Our new website went live in the beginning of 2012 and the board spent most of the year working with a realtor looking for a possible new building for the Co-op.

Community Relations

The "It's in the bag Program" started April of 2008. Each month the co-op tracks the number of reusable bags our patrons use when you shop. Last year 11,020 sustainable bags were tallied and our donation at .05 cents each sent a donation of \$ 551.00 to South Coast Food Share. Each dollar is equal to 7 lbs of food, **so YOU (our Co-op shoppers) provided 3,857 lbs. of food to people in our community.**

The Co-op also donates short dated items on to Crossroads Café just a couple doors away from us.

We also Northwest Wellness screening to a small space the Co-op to provide low cost health screening about 4 times a year.

Coos Head donates to the efforts to label genetically modified foods. Every October we join with other Co-ops across the country and pick a day to Contribute 1% of our Sales to the Howard Bowers Fund. Howard Bowers was a leader in the Co-operative movement and this fund helps co-ops with education.

I would like to extend a very special thanks to the amazing- John Schaaf our project manager, Gregory McClaren, our community relation committee, Carter McClaren, on our finance committee, Al Roberts-volunteer coordinator, Kathy Verger Muscus, on the fund raising committee. And all the other volunteers, both long term and more recent.

Also our team of employees and board of directors for their commitment to serve for the co-op.

Special thank you to Sally Bogardus, former board member. She was instrumental in organizing our 42nd anniversary party last February and she has been passionate about promoting the Co-op in our Community for many years.

The new volunteers that have come forward from our community to help with this project take me back to when I first became involved in the Coos Head Food Store. I think what really drew me to Coos Head at the time was the group effort and way I was welcomed to participate as a volunteer. There was a real sense of camaraderie back then, and I feel it coming back to us.

At the center of all this is our amazing volunteer project manager John Schaaf, co-op owner and long time co-op shopper.

My understanding is we also have his wife, Judy, and former board member, Sally Bogardus to thank for his involvement.

Of course we could not accomplish any of this without the support of all of you, it takes all of US.

Financial		Reports					
		2011		2012		2011	2012
Income statement				Balance sheet			
				current assets	515,100.29		583,311.76
Total Sales	1,168,362.94	100.00%	1,227,454.79	100%	assets	10,070.65	10,924.15
sales discounts	(15,357.15)	-1.30%	(14,656.55)	-1.19%	patronage dividend	39.90	1,296.51
total income	1,153,005.79		1,212,798.24		Total assets	525,210.84	595,532.42
CGS	777,077.25	67.40%	838,270.02	68.29%			
gross profit	375,928.54		374,528.22		current liabilities	39,444.72	38,670.31
Expenses	338,728.47	29.40%	341,662.07	27.84%	Total liabilities	39,444.72	38,670.31
					Equity		
other income	19,038.92	1.70%	24,873.94	2.03%	Membership Capital	64,849.71	83,638.21
30,932.39		2.70%	30,951.67	2.52%	Deferred Patronage Div.	24,693.56	50,188.68
					Retained Earnings	370,916.25	396,246.80
Net Income	25,306.60	2.20%	26,788.42	2.18%	net income	25,306.60	26,788.42
					Total Equity	485,766.12	556,862.11
					Total liabilities&Equity	525,210.84	595,532.42



Seth's Brick Oven Bakery -Sourdough Breads

We're pleased to welcome a new local producer, Seth's Sourdough! Seth's makes hand-made sourdough breads baked in a wood-fired brick oven. The sourdoughs are made using the highest quality organic ingredients, stone-ground wheat and rye, and a long, slow fermentation process, which produces a nutrient-dense, easily digestible bread with a lower glycemic index than commercial breads. Imagine the perfect balance of a crusty bread with a soft chewy interior. We can't wait for you to try it!

Sample Seth's Sourdough on Member Gift Day—Saturday, December 14th.

The Report from Provender

This year, I had the pleasure to attend the Provender Alliance Conference in Hood River, Oregon. The conference is held annually and brings together people from the natural foods community from throughout the northwest. The theme of this year's conference was Cultivating Change through Intentional Relationships.

I was especially moved by one of the keynote addresses, a panel of six members representing four organizations discussing From Grassroots Activists to Change making Entrepreneurs: How Purposeful Relationships Create a Better World. Their presentations were a great reminder as to why we are committed to the natural foods and products industry and an affirmation that we all truly can make a difference in our co-op, our region, the country, and the world. This was a fantastic panel of visionaries who truly do cultivate change in the world every day.



Tom Hanlon Wilde from Equal Exchange read a letter translated from Arnaldo Neira Camizan, the president of the Peruvian coffee co-operative Nor Andino. Camizan's letter was so thoughtful in expressing his gratitude for the opportunity to provide a high quality coffee to U.S. customers. He wrote that since partnering with Equal Exchange, the lives of the members of his co-operative have greatly improved. It was amazing to see that one organization's determination actually affects the lives of individuals half a world away.

Bená Burda, founder of Maggie's Organics, conducted a brief interview with some of the employees working at their production facility in North Carolina. Many of the workers said they felt good doing work they enjoyed. One man said he feels like he has a voice in the company. Another said that as a father, he appreciated the company's flexibility so he can spend more time with his son. The working conditions they described were not what we typically imagine when we think of factory work.

Theresa Marquez and Steve Pierson spoke from Organic Valley, a dairy co-operative of over 1,800 family farms, including 9 in our area. They talked about the terrible fire they had at their headquarters in May of this year. Fire fighters from 11 neighboring communities came to their aid as well as farmers, retailers, and even customers of some of the retail co-ops that carry their products came forward to help them. Their experience was an affirmation that working together, we can affect great change.

James Henderson came from Hummingbird Wholesale, a distributor of bulk products, including many we carry at the Co-op. He was joined by Jason Hunton of Hunton's Farm, one of the many local farms Hummingbird is partnered with. They talked about their relationship and how they both liked growing things, eating good food, and kids. They discussed the challenges for a small farmer to get started and to thrive and how Hummingbird helps their farmers overcome some of those challenges.

The panel was a heartwarming reminder that there are people committed to doing good in the world, and makes us at the Co-op proud that we support these companies and many others like them. Together we truly can make the world better.



Newsletter contributors ; Deb Krough, Bridgett Mauck, Cari Pickett, Ahlyn Bodhi



NOVEMBER SALES

BULK

Organic Arrowhead Wild Rice
Organic Cinnamon
Organic Dark Chocolate Chips
Organic Pecans



SALE Reg. Price

By The LB

6.99	7.69
.44 oz	.50 oz
6.49	7.39
14.39	15.29

CHILL & FROZEN

Organic Valley Cream & Neufchatel Cheese 8oz

Reed's Culture Club Kombucha



DF Soyatoo Rice or Soy Whip Topping

DF Tofutti Better Than Cream Cheese & Sour Cream Supreme

GF Food For Life English Muffins Regular or Gluten Free

DF Luna & Larry's Coconut Bliss Non- Dairy Ice Cream

Rising Moon Organics Ravioli 8oz



By The Each

3.19	3.89
2/\$5	3.49
4.49	6.29
2.99	3.89/3.49

25% OFF

4.99	6.99
3.59	4.89

GROCERY

Amy's Organic Soups (Select Varieties)

Annie Chun's Noodle & Soup Bowls

Back to Nature Crackers

GF Blue Diamond Crackers



GF Bob's Red Mill All Purpose GF Baking Flour



Field Day Broths Chicken, Beef, or Vegetable Reg or LS

Frontier Vanilla Extract 4oz Alcohol or Alcohol Free

NEW Imagine Foods Organic Stock Chicken or Vegetable

Lundberg Select 1# Bagged Rice

Napa Valley Naturals Specialty Vinegars

Panda Licorice Chews Boxed



Sesmark Foods Brown Rice, Sesame, & Savory Crackers

NEW Silly Cow Hot Chocolate- Great Gift, Glass Bottle



25% OFF

3.99	4.99
3.19	4.19

20% OFF

2.89	3.79
2.39	3.39



Spectrum Naturals Non-Hydrogenated Vegetable Shortening

Sweet Leaf Sugar Leaf- Stevia and Cane Sugar Mix for Baking

Teeccino Herbal Coffee Original or Vanilla Nut

7.39	8.39
6.29	8.29

5.79	7.79
------	------

8.59	10.59
------	-------

Health, Beauty & Supplements

Nature's Life D-3 2000IU 240SG

Olbs'a Pastilles Cough Drops

Thompson Calm & Relaxed

Tiger Balm Pain Patch



14.99	17.99
5.49	7.19

11.99	13.99
6.99	8.79

Non-Foods

Bon-Ami Polish & Cleanser



1.19	1.89
------	------

Coos Head Food Co-Op 1960 Sherman Ave North Bend Oregon 97459 541.756.7264

Open 7 Days to Better Serve You!! Happy Thanksgiving from the Staff at Coos Head Food Co-op

Fill Your Pantry SAVE TIME and MONEY When You Special ORDER

Owners save 10%

If your family uses large quantities of certain items, or you like to buy ahead on staples you don't want to run out of, consider placing a special order.

As a member you save 10% on items you special order by the case or bulk bags.



FREEZER WANTED

The Co-op is looking for an upright freezer to store extra stock in the back.

Floor space is limited .

Please call and ask for Deb if you have one in good working order.

THANK YOU

October Was Co-op Month

NOFA Notes, the newsletter of the Northeast Organic Farming Association of Vermont, gathered some interesting stats on co-ops this summer from the National Cooperative Grocers Association, the International Co-operative Alliance, and the University of Wisconsin Center for Co-operatives. Since October was National Co-op Month, it seemed like a good time to take a look at some of the impressive numbers-and benefits- of co-ops.



- Food Co-ops nationally represent 1.3 million consumer members.
- The average food co-op sources from 51 local farms and 106 local product producers.
- 20% of products sold in co-ops are local- 3 times more than privately or investor-owned grocery stores.
- 38% of coops revenue is spent locally.
- For every \$1,000. spent at a food co-op, 1,600 is generated in the local economy.
- 19% of revenue is spent on the local wages and benefits.
- 13% of profits are donated to charity

Co-ops worldwide have over a billion members. They create 100 billion jobs-more than all multi-national corporations put together. There are almost 30,000 co-operative enterprises in the U.S. that create more than 2 million jobs. They account for more than \$ 652 billion in revenue, and have income of 133.5 billion and assets of \$ 3 trillion.

Something to Fill your Stocking?

NON-GMO Body and Bath Products from Andalou Naturals

Hand made wooden ornaments from sustainably harvested lumber.

Jeff's Castelvetroano Olives- how many folks have had these?

Socks from Maggie's

Fair Trade Chocolate Bars from Theo, Lily's, and Alter Eco

Dr Bronner's lavender hand sanitizer—for the car, diaper bag, picnic basket, or at your desk.

Booda Butter-for hair, skin, nails, and lips.

Vitamins, toothbrushes, tooth paste, soap, mouth wash, essential oils.

Kishu Charcoal-absorbs toxins in tap water, after 4 months use as odor absorber.

Fly with this one!

Glass Water Bottles with wide or narrow mouth. Wide for your Kishu charcoal filter.

Schmidt's Deodorant-aluminum free, propylene glycol-free, paraben free,& phthalate-free



Maggie's Fair Trade Socks

With the holiday season approaching, Coos Head will be offering more products that you can feel good about giving to your loved ones. Come see our new selection of organic cotton and wool socks for the whole family from Maggie's Organics. Maggie's has been around since 1992 making certified organic and Fair Trade cotton and wool products. Their story began when owner Bená Burda learned that while cotton is only grown on 3-5% of the world's cultivated land, the crop uses 10% of the world's pesticides and 25% of the world's insecticides. As the company grew and learned more about the damaging effects of the textile production chain on the environment, communities, and individuals, Maggie's committed to finding responsible ways to produce their products every step of the way. Today, all of Maggie's socks are produced in North Carolina, their legwear is produced in Global Organic Textile Standards-certified facilities in Peru, and the rest of their apparel is made in worker-owned sewing cooperatives in Nicaragua. Maggie's is truly a company with a conscience, creating beautiful and durable products that Coos Head is proud to offer.

Make a Gift Basket with local products

Local Seafood -

Seafare Pacific Healthy Seafood in a pouch, Pisces Premium Albacore Tuna, Chuck's Smoked Tuna
Black Market Gourmet Pili Pili Relish, Organic Valley Cream Cheese – refreshing spread on celery
Glass Jar of Beautiful Bulk Foods grown in Oregon on small local farms.

TREAT someone to local Grass fed MEAT and Oven Springs Bread or Rolls
Sweet Creek Enchilada Sauce, Decasa Bean Dip, and Carmen's NON-GMO tortillas
Café Mam fair trade, locally roasted coffee

Heavenly Honey & Sweet Creek Jams

Blue Lotus Chai

Mountain Rose Herbs, Spices, and Teas

Local CD's by Lynda Cole

Co-op logo Bags and Gift Certificates



Tell us how you like the Gerry Franks

Many of you recognize the bright round green label of Oregon Grass Fed Blacklock Beef found in our freezer. Ground beef, steaks, roasts, ribs, and liver, from owner Joe Pestana, who raises 100% grass fed and finished beef, which has an optimal 1:1 ratio of omega-6 to omega-3 fatty acid profile because of their grass diet.

Well last year Joe told us he expanded his line and was now offering Gerry Franks, a tasty hot dog that was well received—of course we wanted to add it to our offerings for our customers. I noticed one of the ingredients was dextrose, which is often derived from corn. Most corn is a GMO crop

these days so I asked Joe if he knew the source of his dextrose. Since he only processes animals one time a year, the franks were already in the freezer. He was getting such a good response from the franks elsewhere and was concerned about changing the recipe in case it would affect the flavor his customers had grown to enjoy, but he said he would look into it.

So this year he made special, dextrose free Gerry Franks for the Co-op.

The label says **specially made for Coos Head Food Co-op.**

How great is that? We asked, he listened, and he made a change for us—an added benefit of buying from a local supplier.

Let's tell him if he did the right thing! Please give us your honest opinion about the Oregon Grass Fed Gerry Franks specially made for us.

We love the new franks. Way to go, Joe!

Photo of Joe cooking grass fed sliders and Gerry Franks to sample at the co-op.





Ask about local Deck
Farm Heritage Bronze
Breasted Turkeys
Special order only

ORDER

Your fresh **hormone free** or **organic**

Mary's Turkey
Or Turkey Breast

Organic 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb.
Hormone Free 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb, 25+
Turkey Breast 4-8 lb, 8-12 lb.

For **Pick Up Wednesday, November 27th**

No animal by-products, hormones, preservatives or additives. Mary's are **not** injected with Gluten
Stock limited to what has been preordered. **Sign up early for best selection!**

Local Cranberries

Local Cranberries are in from the Berry Patch Farm. The Co-op buys Fresh and Frozen Cranberries from this local farm. Tom and Virginia have decided not to renew their organic certification but continue to grow with organic practices.

Local cranberries will be \$3.50 a pint this year. Local quince available while they last—added to your cranberry sauce will help it gel.

Cranberry Quince Sauce

1 lb local cranberries
2 quince—peeled, cored and cut into 1 inch pieces
2 slices, lemon, including the peel
2/3 c water
1 3/4 c sugar or to taste (or sweetener of your choice)
1 tsp vanilla
Simmer cranberries, quince and lemon in water 45 minutes or until mushy. Add sugar to taste and cook until sugar is dissolved. Turn off heat and stir in vanilla. Blend in blender or food processor until smooth. Pour into clean containers and enjoy with turkey, baked winter squash, french toast or pancakes.

Raw Kale Salad with Creamy Tahini Dressing

1 bunch curly kale (green or red)
Sea salt
1 avocado, peeled and chopped
4 to 6 carrots, peeled and shredded
2 t sesame seeds
Seeds of 1 pomegranate (optional)

1/4 c tahini
1T white miso
1/2 T brown rice vinegar
1/2 teaspoon toasted sesame oil
Big pinch red pepper flakes
Small handful chopped cilantro
1/3 C water
Dash of tamari or soy sauce (optional)



Pull the kale leaves off the tough stems and discard stems. Use a chef's knife or your hands to chop or tear the kale into small, bite sized pieces. Sprinkle a pinch of sea salt over the kale and massage the leaves for a couple of minutes. (This softens up the kale and makes the dressing stick to the leaves better. And it's kind of fun!) In a small bowl or 8 oz mason jar, whisk together the salad dressing ingredients. Drizzle the dressing onto the leaves and toss thoroughly. Let salad rest for ten minutes before eating. Top the salad with carrot, diced avocado and some chopped carrot greens, if available/desired. Sprinkle the salad with sesame seeds and serve. Add pomegranate seeds for festive color and crunch.



Organic Valley
real
cheese

singles cut in quarters with slices of Organic Prairie Summer Sausage makes a quick and easy party tray. Just add your favorite cracker or veggies.





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

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

Coos Head Food Co-op
Annual Meeting, Potluck & Tuna BBQ

Sunday, November 10th, 1-4 P.M.
at the Co-op's New Location

351 S. 2nd Street, Coos Bay

Bring a side dish to share

label your side dish for gluten intolerance, vegan, dairy free, etc.

BBQ Tuna & Drinks

will be provided by the co-op

Please RSVP for TUNA count