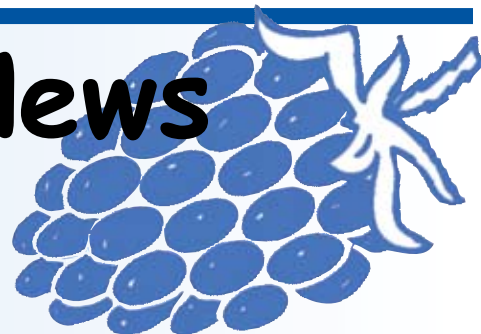




Co-op Community News



In this issue...

Annual Report and Ballot—Page 5

Organic Watchdog Under Attack—Page 9

A monthly publication with your good health in mind

March 2006

THE COMMUNITY FOOD CO-OP'S

Annual Meeting and Party

Regional Sustainability:
Measuring What Matters

Saturday, March 25

at the Ferry Terminal

Featuring music by **Yambiqué**

DOORS OPEN 5:30 PM
HEARTY APPETIZERS 5:30 PM
ANNUAL MEETING 6:20 PM
MEET THE CANDIDATES 6:45 PM
GUEST SPEAKER Eric de Place,
Senior Research Associate,
Northwest Environment Watch 7:15 PM
DESSERT, PARTY, & DANCING 8-10:30 PM

Board Election Kick Off:
Free Event—Bring your
Co-op Card to Vote!

bobpaltrow design



Annual Meeting and Party— A Co-op Sustainability Fest!

This year we expect to throw a nearly 100 percent waste-free party with reusable, recyclable, and biodegradable products.

We'll have our usual kids' space with face painting and other creative activities, displays of the latest Co-op activities, and the Co-op Board election (be sure to vote).

Come prepared to enjoy a smorgasbord of delicious veggie, vegan, and gluten-free hearty appetizers and desserts. The menu includes Szechuan Noodles with Bamboo Shoots and Vegetables, Mixed Greens with Balsamic Vinaigrette Dressing, Ginger Tofu with Spring Onions, Toasted Sesame Seeds and Seven-spice Soy, Grilled Vegetables and Chinese Eggplant Hoisin, Herbed Red Potato and Poached Vegetable Salad, a special Thai Chili sauce, other special sauces, and more. The Swan Bakery will feature its delicious Lemon Cloud Cake, vegan Chocolate Cake, and wheat-free Carrot Cake.

The annual meeting theme—a topic selected from member input—is "Regional Sustainability: Measuring what Matters." Speaking on this topic will be Senior Research Associate Eric de Place of Northwest Environment Watch. As a society, we do not always measure what matters most—the health and well-being of our families, the strength of our communities, and the integrity of nature. Eric will review how the Northwest is really doing and will highlight communities that are taking innovative approaches to creating a better Northwest.

Co-op members will hear the Board candidates speak along with reports on the current state of the Co-op.

After the meeting we'll break out the desserts and music with local ensemble Yambiqué's Afro Cuban rhythms and jazz improvisation—a great treat for those of you who love to dance. Come ready to dance the night away.

Bring your Co-op card and join us for the festivities.

Co-op Community News

is published 11 times a year by the Community Food Co-op 1220 N. Forest St. Bellingham WA 98225 360-734-8158

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

Editor:

Diana Campbell

Design/Production:

Joanne Plucy

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 are provided for informational purposes only and are 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.

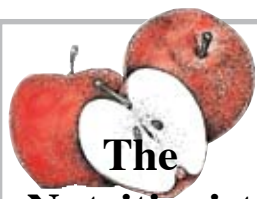


Letters to the Editor Guidelines

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 your letters to:

Newsletter Editor
Co-op Community News
1220 N. Forest St.
Bellingham WA 98225
dianac@communityfood.coop



The Nutritionist Is In Wednesday, March 22 2-4 pm in the Co-op

Bring your questions on nutrition and health to the Co-op's nutritionist, Judy Willis. She'll be available at a table near the front of the store. She's ready for your questions about nutrition, healthy eating, and diet.

February 8, 2006

Board of Directors Meeting Summary

Jean Rogers, Board Administrator

The Board was very pleased with the large turnout of voters for the special election and agreed that the mail-in ballot was instrumental in the increased member participation. There is a significant additional cost but the high level of member involvement seems well worth it. The Board agreed to use the mail-in ballot for the upcoming Board election and to discontinue the \$2 voting coupon to help offset the additional cost.

The Board approved a new logo for the Co-op. The goal was to update our logo to be more adaptable, current, legible, and a strong symbol that incorporates more effective design principles. The new logo emphasizes the word "Community," and the "Food Co-op" lettering is much easier to read. The new logo will be finalized as soon as possible for signs and brochures.

The Board then adopted a policy to create a pertinent yearly topic. The goal is to select a major issue in the community relevant to the Co-op's mission, vision, and values for the purpose of raising community awareness and inspiring community action. The Member Affairs Committee will

research the issue, evaluate approaches, and recommend a course of action to the Board.

The Board also held its annual self-evaluation, reviewing the year's monitoring reports and its group process. It was agreed that the Board is working very well, with good chemistry, respect, facilitation, and administrative support. Recommendations included continued training on policy governance, effective support for development of the new store, working towards more member participation, and bringing more depth and analysis to monitoring reports.

The meeting concluded with an executive session to discuss matters related to the second store project.

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's website at www.communityfood.coop.

The first 10 minutes of every Board meeting are reserved for member input. Our next meeting will be held on March 8 at 7 pm in the Co-op Connection Building. Hope to see you there!



Cordata Store Site Purchase Official

General Manager Jim Ashby (right) and Board Chair Philip Buri sign papers to take possession of property at Cordata and Westerly. The 76,000-square-foot piece of land is for the Co-op's second store. We'll break ground this summer and open the store in September 2007.

Wanted: Environmental Heroes

RE Sources for Sustainable Communities seeks nominations for the fourth annual Environmental Heroes awards. Nominations are being accepted for outstanding work in environmental education, advocacy, restoration, business, and a new youth category in which young people can be recognized for their environmental leadership. RE Sources will also consider a special lifetime achievement award.

Through these special awards, RE Sources honors the un-sung heroes of our community—people who work hard to make our natural environment healthier. Prior award winners include the Co-op, Wendy Scherrer for her dedication to salmon restoration through the Nooksack Salmon Enhancement Association, Doug Clark for his donation of a conservation easement on Clark's Point at Chuckanut Bay, and Bruce Barbour for his pioneering work with biodiesel manufacture.

To submit a nomination, send the following information to RE Sources: your name and contact information, the name and contact information of your nominee, the category

for which you are nominating them, and up to 150 words about their work for our community's natural environment. Nomination forms can also be picked up at The RE Store, Community Food Co-op, Village Books, and Dream On Futon. Nominations are due by Friday, March 10. Send your nominations to: RE Sources, 1155 N. State St., Suite 623, Bellingham WA 98225 or email megana@re-sources.org.



Great Deals Coming Soon from Co-op Advantage

We know good food and we know good deals too. As a Co-op member, you can look forward to another great coupon book this spring featuring offers that deliver big values on your favorite products. Receive savings on products from Health Valley, Annie's Homegrown, Kiss My Face, and many more. Also, look for recipes from Nancy's Organic Yogurt and from Spectrum, and special features on socially and environmentally responsible food manufacturers.

This coupon book is just one small way for us to say "thanks" to you—Co-op member-owners. Your continued support makes our Co-op more than just another

grocery store. Your investment and patronage help our Co-op be successful as an independent grocery store and as a positive community force.

Watch your mailbox in late March or early April for this special offer. Coupons are valid through May 31, 2006. Contact the service desk if you'd prefer to not receive this coupon book.



On the cover— For more than 12 years, Bellingham-based graphic designer and illustrator Bob Paltrow has provided marketing, advertising, and design services. He considers himself lucky to have parlayed his two life's passions—art and music—into his work. Contact Bob at paltrow@soundings.com or 733-2351.

The Co-op Board of Directors

Meetings are on the second Wednesday of every month.

Next Meeting:

Wednesday, March 8, at 7 pm
Co-op Connection Building
1200 N. Forest St.

Members are welcome to attend. If there is something you want to discuss at the meeting, contact Jim Ashby, General Manager (734-8158) or Phil Buri, President (671-3129) by the first Monday of the month so your item can be included on the agenda.

General Manager:

Jim Ashby 734-8158

Board of Directors:

| | | |
|------------|------------------|----------|
| Chair | Philip Buri | 671-3129 |
| Vice-Chair | Derek Long | 592-2614 |
| | Karen Thomas | 650-1397 |
| | Judy Willis | 647-2497 |
| | Negash Alem | 738-9015 |
| | Brent Harrison | 398-7509 |
| | JoAnn McNerthney | 671-0493 |
| | Brooks Dimmick | 758-7610 |
| | Steven Harper | 650-9065 |

Store hours:

Open 7 days a week
8 am to 9 pm

Swan Café Deli hours
8 am to 8 pm

Visit us on the Web at
www.communityfood.coop

Our Vision

A just and livable world with cooperatively owned enterprise as a cornerstone of a sustainable economy.

Our Mission

A consumer-owned grocery store serving our community with quality products and honest information.

Our Values

We are committed to maintaining the economic viability of the Co-op in order to:

Promote cooperative ownership by fostering member involvement and responding to member needs.

Build community by respecting diversity and cultivating connections within the Co-op and Whatcom County.

Encourage informed choices by educating ourselves and our community around issues of food, healthy lifestyles, the environment, and human rights.

Model ethical business and employment practices by acting with honesty, integrity, and respect in the workplace and marketplace.

Promote a sustainable economy by supporting organic and sustainable food production and other environmentally and socially responsible businesses locally, regionally, and nationally.

Letter to the Editor

I just wanted to follow up with a tremendous "Thank you!" for including our composted manure sales in the February edition of the Community Food Co-op newsletter. I was alerted to the posting this morning by a phone call from someone wanting **three** truckloads! That will feed two therapy horses for nearly a month!

Thank you so much for your willingness to help our organization...and we always have compost available!

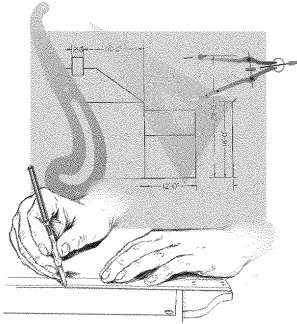
Jessica Allende, Office Manager
Animals as Natural Therapy

2nd Store Update

Holly O'Neil, Member Involvement Facilitator

I was looking through the 2001 Member Surveys yesterday and was musing on how many steps there have been on this journey. In 2001, members were considering the future and deliberating on an impressive range of options: 1) stay the same, 2) move to a bigger location, 3) expand our current location, 4) add a second store, 5) develop food buying clubs and on-line ordering. Those survey results strongly favored the second store option, and after several member forums to feel it out, the Board directed the management to add another store. Between 2002 and 2005 we searched for a site, and finally found a stellar location we could afford. Now we are walking down the pathway to a 2007 opening and, this month we can proudly report these accomplishments:

- Our wetland mitigation plan was approved!
- The project design team has had its



first “roll up the sleeves and get to work” session, with the Architect, the LEED Consultant, and the engineers.

- We have been pre-approved for a loan with WECU (Whatcom Educational Credit Union).
- The Marketing Consultant updated his research and reports that our financial projections still hold strong.
- The 2nd store Deli has just been designed, and Kristin, a member of the Swan Café & Deli staff, told me, “It’s everything we’ve dreamed of!”

Bylaws and Articles of Incorporation passed

Ginger Oppenheimer, Member/Marketing Manager

Nearly 1,600 Co-op member-owners voted in last month’s special election to amend the Co-op articles of incorporation and bylaws. Both passed by wide margins (see table below). Our voter turnout was a whopping 15 percent of the membership. Voting on the Co-op’s bylaws and articles of incorporation is one of the benefits of your membership: you have the opportunity to participate in guiding this store. Thank you to those who participated in this process.

| | Yes | No | Total |
|---------------------------|------|----|-------|
| Articles of Incorporation | 1502 | 74 | 1576 |
| Bylaws | 1468 | 97 | 1565 |

Not all ballots marked both issues, creating a discrepancy in the totals.

Here is a summary of what will and won’t happen as a result of the vote.

- The board of directors is now authorized to declare an annual patronage dividend. This means they can declare a patronage dividend for the members. The amount you would receive is based on the total dollars you spent at the Co-op in a fiscal year. The Board is considering whether to

declare a dividend for 2005—the fiscal year that just ended. Stay tuned for this information.

- Our board of directors and our operations managers will have new titles: the former president is now the chair of the Board of Directors. The board must appoint the president, vice-president, secretary, and treasurer. Our operations managers will carry these titles yet still maintain their job titles. For example, the secretary, by definition in the bylaws, must oversee the membership records. My job, as Member/Marketing Manager already oversees that function, thus, I am logically appointed the secretary of the Community Food Co-op. As mentioned in previous articles and in our special election FAQs, absolutely no responsibilities change as a result of these title changes. Several other things, which are not



2nd Store Project Timeline

2001–2002

Conduct Member Survey
Gather Member Input (ongoing)
Conduct Market Research
Develop Board Policies

2003

Establish Project Team
Hire Architect
Identify Potential Sites

2004–2005

Select Site

Fall 2005–Spring 2006

Design Store

Develop Building Design

Locate Green Materials
Approval of Plans by Board
Develop Construction Documents
Obtain Permits

Summer 2006

Begin Construction
Purchase Equipment

Summer–Fall 2007

Begin Equipment Installation
Complete Construction
Hire Staff
Stock Merchandise
Open Store



Bodywork by Donation

Benefit for the Matt Chase Memorial Fund

March 5, 12–7 pm

Co-op Connection building

Stop by to enjoy a variety of bodywork techniques—massage, Reiki, Bowenwork, Polarity, and Roling—in 15-minute sessions at different times throughout the day.

Donations will go to help the young family of Matthew Chase, who died in a snowboarding accident in January.

For more information, contact Jamesa Noelle at 647-6024.

Volunteer Thanks

Our heartfelt thanks to these very helpful folks

Brianna Boehland
Julie Clinton
Karrin Daniels
Rosalinda Guillen
Erika Jett
Jana Johnson
Craig Kerr
Jeff Maudsley
Megan McGregor
Diana Moss
Ellen Murphy
Chantel Murray
Joan Packer
Rich Prouty
Erin Schadt
Sharon Souders
Campbell Thibo
Anthony Vergillo
Carol Waugh
ZinaQilaa

Annual Meeting and Party Volunteers—We Need You!

Past volunteers have told us they had more fun helping out with the event than if they had just attended as a guest. This is truly one of our most festive volunteer opportunities of the year. You can come early to deck out the ferry terminal or help out during the event. Either way there’s still plenty of time for dining and dancing, along with a \$5 coupon for volunteering.



Join our good-natured crew to help set up (12–5:30 pm), in our kids’ activity area, at the voting table, or at the door (all from 5–8:30 pm). Last but definitely not least, you can join the clean up crew (9:30–11 pm). Any

amount of time you have free to volunteer will be a great help. Add your name to the volunteer sign-up sheet at the service desk or call Jean at 734-8158 for more information.

Volunteer Opportunities

Community Volunteers

The Co-op gives volunteer coupons to members who volunteer with the Bellingham Food Bank, the Small Potatoes Gleaning Project, the Whatcom Land Trust, and the Nooksack Salmon Enhancement Association.

Join the MAC

The Member Affairs Committee (MAC) meets the last Wednesday of every month from 5–7 pm to consider questions raised by our members and to work on board and community-based activities.

Receive a \$5 coupon each time you volunteer. For more information, call Jean at 734-8158.

Community Shopping Day Organization

Explorations Academy

Kevin Murphy, CCN Staff

If you're like most people, your high school years were a personal golden age of exploration, days of crossing new frontiers and moving in to uncharted territory...or at least they would have been, if only the adults on the scene had been a little more cooperative! No doubt, a lot of kids graduate (or don't graduate) from secondary school thinking that limiting the scope of teen age explorations is the whole idea behind high school.

Explorations Academy, an independent high school a block or two from downtown Bellingham, is determined to live up to its name. Explorations Academy is based on the premise that each individual has his or her own unique potential and inherent abilities, and that it is the job of a school to support the process of finding out what those are. "More than most other schools," says Daniel Kirkpatrick, the Director of Explorations, "we focus on character development." The school's motto is "Choose Excellence," but if you think that means leaping over the hurdles of standardized testing, you're definitely on the wrong track. At Explorations, it's understood that there are as many forms of excellence as there are people.

Explorations Academy is a small school comprising eighteen students,

Explorations stresses experientially based education, and many of its projects take students outside the classroom.

three full-time and five part-time faculty members. "Most of our students aren't happy in the mainstream," says Daniel. "They're a lively, entertaining, expressive bunch." At the same time, most of the students are college-bound and each person in last year's graduating class—two students—was successful in getting into the college of her choice. The school was fully accredited by the Northwest Association of Schools and Colleges in 1998.

Explorations stresses experientially based education, and many of its projects take students outside of the classroom. Just how far outside classroom

varies quite a bit. On one hand, Explorations students do a lot of service projects in the community—for example, working on the environmental restoration on Whatcom Creek, which runs right past the school. On the other hand, when I visited Explorations, a third of the student body was on a three-week long trip to Peru—now that's what I call a field trip! It's the fourth international trip the school has undertaken after previous trips to Nicaragua, Ireland, and Thailand. The study-abroad programs always include a strong service component and the Peru group was spending more than a week volunteering at a Peruvian orphanage before heading off to the Inca ruins at Machu Picchu.

Much of the academic work at Explorations Academy is organized around curricular themes called course clusters—typically at any given time half the school is at work on one cluster while half works on another. Each cluster involves a

number of interdisciplinary courses as students consider a big subject area from a variety of angles. Planned clusters for the spring include "Learning," which will address the history of educational systems, developmental biology, memoirs as literature, and more; and "Food"—addressing agricultural economics, organic farming, food literature, and agricultural ecology. In addition to the clusters, students will be studying theatre/music, Aikido, and human sexuality.

Explorations began operating as a high school in the fall of 1995, but can trace its beginnings to a 1987 conversation among three friends (Daniel, his wife Lisa Beck, who teaches at Explorations, and former Co-op board member John Hatten) who were all educators. "It was a classic 'how-do-we-save-the-world' conversation," according to Daniel, "where we were trying to address what's missing in the educational system and how it might be corrected." They founded the Global Community Institute and set about refining a vision and began the process of drafting a mission statement and writing articles of incorporation.

In 1991, Global Community Institute (GCI) incorporated and began running its first programs. These were mainly summer field courses for youth emphasizing interpersonal skills and environmental education, and professional development seminars for educators. In 1993, GCI became a full-fledged tax-exempt, nonprofit organization. Explorations Academy began operating in the spring of 1995.

At \$8,200 a year, Explorations is not an inexpensive high school option, but Daniel says that more than two-thirds of the students receive scholarship aid, with those scholarships ranging from 30 percent to 96 percent of tuition, and that no one has ever been turned away from Explorations for financial reasons. Most of Explorations funding comes from individual donors, many of whom are parents of alumni. Another source of income is the annual FOLK-LIKE Festival—this year's event on May 20 will be the sixth annual. This event is actually both a fundraiser and

an educational/entertainment happening, featuring a wide range of one-day workshops, an evening concert, as well as a dinner auction at Boundary Bay Brewery.

Explorations Academy has a seven-member board of directors, which has most of the traditional responsibilities of a board, such as budgeting. In addition to that, Explorations Academy maintains a Program Council, which includes staff, students, and community members, and which deals more with the day-to-day issues



Explorations students do many service projects in the community.



Explorations Academy offers students diverse, hands-on learning experiences.



of school operations. Finally, there is the Student Forum that includes the entire student body and meets weekly to find ways to nurture the health of the school community. The Student Forum operates under the guidelines of consensus decision-making, and instruction in non-violent communication has been an integral part of the school curriculum.

At this time, more than 10 years after Explorations began, and nearly 19 years after it first appeared as a glint in the eye of its founders, the world, alas, is not yet fully saved. Director Daniel Kirkpatrick probably spends more time fundraising than he'd like. But he's happy with how things are. Explorations Academy is on its feet, providing a lively and dynamic learning environment. "We have an incredible staff," says Daniel, "and we've been blessed with tremendous community support." And then there are the students. "High school is really where you become the person you are," says Daniel. "Being part of that process in someone's life is a real privilege."

Photos courtesy of Explorations Academy



Community Shopping Day Organization

Community Shopping Days

What is a CSD?

Each year the Co-op invites local organizations to apply for a Co-op Community Shopping Day (CSD). Organizations are selected for their service to our community in the following areas: Food, Environmentally Sound Agriculture, Peace, Human Rights, or Environmental Issues. One additional organization is selected with a focus on Education of Youth. 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 Jean at 734-8158.

2006 Community Shopping Day Schedule

| | |
|-----------------|---|
| JANUARY 21 | Community to Community Development |
| FEBRUARY 18 | Opportunity Council—Maple Alley Inn |
| MARCH 18 | Explorations Academy |
| APRIL 15 | North Cascades Institute |
| MAY 20 | Veterans for Peace |
| JUNE 17 | Camp Kirby |
| JULY 15 | River Farm |
| AUGUST 19 | Old Town Christian Ministries |
| SEPTEMBER 16 | Bike to Work and School Day |
| OCTOBER 21 | Nooksack Salmon Enhancement Association |
| NOVEMBER 18 | Bellingham Food Bank |
| DECEMBER 16 | Mother Baby Center |

Annual Report—Election Special Section



State of the Co-op: 2005—A Year in Review

Philip Buri, Board Chair

“Co-ops are acts of imagination.” This was a statement I heard last summer at the Consumer Cooperatives Management Association conference. It reflects the feeling that doing business isn’t all about being profitable or doing things the easy way, but that there has to be a better way to work, interact with one another, and treat staff. The Community Food Co-op, like many around the country, embodies that statement and those values. And we’re reflecting a national trend in healthy co-op growth because consumers are returning to local organizations in search of connection, familiarity, and trust, which sit at the heart of co-ops’ values.

This direction dovetails with the Board of Directors’ ongoing discussions of the Co-op’s role as a store, an educator, and advocate of many things—better ways to work, healthy connections to one another and to our land, and values-based business practices.

In fact, there has been a subtle shift in the national market; mainstream groceries are now realizing the strength of natural foods and organics—these are the strongest growth sectors in the

grocery industry. For many years, co-ops and mainstream grocery stores had completely different clientele. Today, co-ops compete in the grocery business and are even looked at by the mainstream as true competition. We’ve come a long way! But it’s more than just buying a head of organic lettuce—consumers are recognizing they have an affinity with the values that co-ops embrace and want to support, be a part of, and participate in an organization that’s willing to not only sell organic lettuce, but do business as an “act of imagination.”

So how did the Co-op display its values—your values—in 2005? Let’s look back at the year’s triple bottom line.

Financial

In 2005 our growth rate over the previous year topped 10 percent. And our member-owners numbers swelled to just over 11,100. I’m fairly certain that all 11,100 of us sampled the Deli’s dips

and spreads and then couldn’t resist taking some home. The Deli grabbed an additional one percent of the total store’s sales, meeting members’ needs

for healthful, prepared foods. Throughout the entire store, operations were healthy in 2005; staff did an extraordinary job of keeping shelves abundant and giving us excellent customer care in crowded times and tight places. Our member growth fuels our

strong financial position and is one of the clearest indicators of the need for our second store.

Social

Our Outreach department is the soul of one of the Co-op’s values—cultivating connections within the Co-op and Whatcom County. In 2005 our outreach efforts included raising more than \$11,260 for our 12 Community Shopping Day recipients as well as sponsoring an eclectic mix of arts and cultural happenings and donating to more than 120 worthy local organizations (see descriptions, pages 6 and 7). You demonstrated your generosity by

...consumers are recognizing they have an affinity with the values that co-ops embrace.

giving at the registers to the tsunami relief efforts at the beginning of the year and to Katrina relief efforts last fall, both of which had matching funds from the Co-op.

Environmental

The Co-op continues to model ethical business practices for reducing environmental effects. From taking the Whatcom Watershed Pledge—which includes things such as recycling 200–400 pounds of cardboard daily and using the Food Plus program—to supporting Green Power, the Co-op takes an active role in trying to be as green as possible in its current location. In looking ahead, the Board of Directors and the General Manager are committed to a LEED-certified green building as our second store.

With achievements like these, we can all be proud of the values we’re reflecting in our Co-op and recognize the gains we’ve made by performing daily “acts of imagination” throughout 2005.



Looking Ahead 2005

Jim Ashby, General Manager

Forest Street Store

Despite our prediction that the Forest St. store is maxing out on the volume of business it can handle, we’re off to a booming start in 2006 with more than 11 percent overall sales growth in the first five weeks of the year—almost twice as high as last year at this same time. Not all of that growth is from more customers coming through the doors—about three percent of it is due to growth in our average sale. Obviously, sales growth means some more congestion. We keep doing what we can to ease the crowding in the aisles, like the new smaller carts, for example.

The major capital improvement we have planned for the Forest St. store is a new cash register system. We’ve been limping along for a few years with a seriously outdated member system. The problem is not so much the system itself but that the software company that wrote the program no longer supports it. Because of that we haven’t been able to upgrade our cash register software for a number of years.

A number of other co-ops on the West Coast have been in the same boat. A couple of years ago we banded

together to solve our problem. Initially we looked for someone to update the existing membership program. When that didn’t seem cost effective, we looked into underwriting our own membership program, which proved to be very expensive. Finally the group decided our best bet was to find a cash register system that could be adapted to meet our special membership system needs and make a group purchase to bring down the cost for each co-op.

Late last year we selected a system called Catapult from ECRS Corporation. Many co-ops in the Southeast use Catapult and their experience has been positive. Since our group consists of more than 10 co-ops, ECRS was happy to consider a group discount and to work with us to develop a member record system integrated with the cash register functions. We’re aiming to install the new system in late June or July.

Cordata Store

In March we expect to finalize the purchase of the property for the Co-op’s new Cordata store. As part of our due diligence prior to closing we’ve

subjected the property to wetlands analysis, geotechnical testing, and environmental review. It’s come through with flying colors.

The Co-op has signed a commitment letter with Whatcom Educational Credit Union (WECU) to finance the project. When we financed the Forest St. store eleven years ago, local financing wasn’t available and credit unions didn’t offer commercial lending. This time, it’s a dream come true for the Co-op to be working with a local co-operatively owned financial institution on this project.

After several member forums to gather input on the design and layout for the store, our architect Jim Williams is closing in on the final design for the store. As you read last month, he is working hard to meet the members’ frequently expressed desire that the new store retain something of the look and feel of the current store. He recently convened the first meeting of all the engineers and consultants that will be working on the project. The main purpose of the meeting was to have Brennan Schumacher, our green building consultant, go over the LEED points that he and Jim have identified as achievable with this project. Whether or not we’ll go for LEED certification



for the building remains to be seen, but the point system provides a good framework for talking about our green goals.

If all goes well we’ll submit the project for permit sometime in July and we’ll start construction 60 to 90 days after that. We expect the Cordata store will open sometime in the fall of 2007.

2006 will be a big year. The Cordata store will begin to gather momentum while we maintain the same quality products and customer service at the Forest Street store in the face of growing demand.

We know that we have you to thank for our success and we appreciate your continued support. Thanks for another great year.

2006 will be a big year.



2005 at the Co-op

Ginger Oppenheimer, Member/Marketing Manager

In 2005 the Community Food Co-op membership grew to more than 11,000 members. During the last year, I personally talked with many new members who moved to Bellingham, found the Co-op, and joined within weeks of moving here. Their comments often were something like, "This is the best co-op I've ever been in, hands down." It's exciting to hear that people new to Bellingham are motivated to join this community. There are also many members who have supported the Co-op through the three and a half decades of its growth. Together we make a mighty community.

Yet growth brings its own difficulties. Our parking lot is often full. The aisles get crowded. Check-out lines are sometimes long. For some, this is invigorating: I heard one member say during a Dining with Directors forum that she loves the fullness—it means she can bump into friends, meet new people, and participate in discussions that get started right there in the cookie aisle. For some, the Co-op's growth is a little more difficult.

Growth for growth's sake is not healthy and not something we value. But the Co-op is growing because people like you are joining because they seek healthy foods and a thriving community and want to be part of an organization that gives back to the larger community. This kind of growth for a co-op is exceedingly healthy. A co-op exists to serve its members and if a co-op is financially strong, then it can only serve them better.

The Co-op takes its role in the community very seriously. This community keeps the Co-op strong and we, in turn, can help keep our larger community strong by giving back to those in need, by sponsoring arts and cultural events, or by supporting sustainable agriculture. These things only happen because you care to be an owner of the Community Food Co-op—you make it all possible. And thanks to you we'll build an equally strong second store.

Special Events at the Co-op



Martin Luther King, Jr., Day brought an evening of poetry, music, and reflection to the Swan Café in January. In April, members picked up free Sitka Spruce and Pacific Crabapple tree saplings to plant for Earth Day. A new event this year was a class on cooperatives with Bob Marshall of WWU's anthropology department. And October served double duty when we celebrated Co-op Month and Member Appreciation Day. Co-op members enjoyed a day of cooking demos,

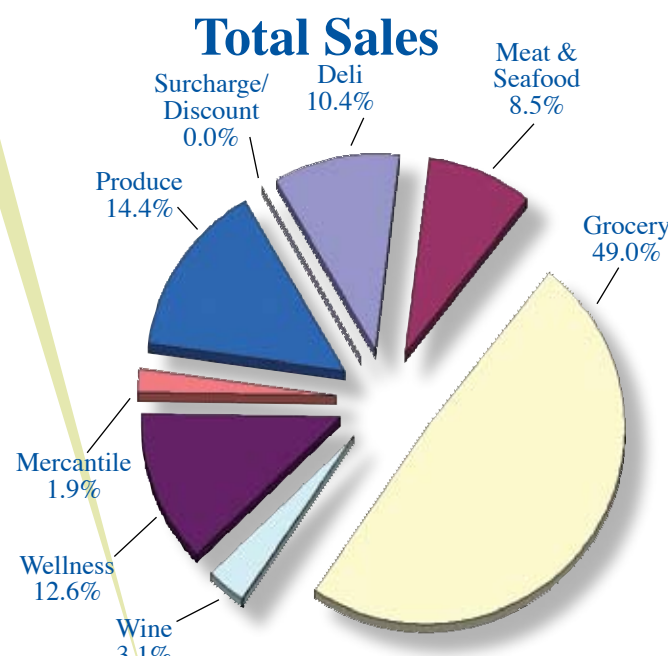
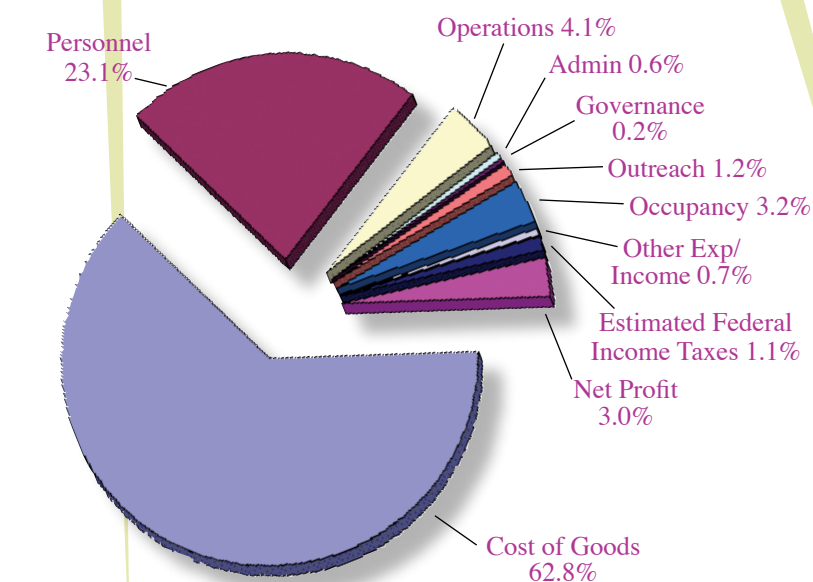
samples, free organic apples, prize giveaways, and video showings. The Tones of Peace marimba band had its Swan Café audience up and dancing for much of the evening. Our live holiday music featured classical duets, jazz with Debra Chang and Nicholas Hoffman, acoustic music with local groups Unto and Random Orbit, harp, recorder, contra dance, Celtic, and old-time music from many talented, local musicians. Another new highlight this year was the Co-op's participation in Eat Local Week, when local farmers shared samples and recipes with Co-op shoppers.



2005 Financial Info

Below are some preliminary financial figures for the Co-op's fiscal year 2005. Sales for the year were up 10.5% over 2004 and, in general, we kept our expenses in line with our budget expectations. Karen Thomas, Finance Committee Chair, will present additional financial information at the annual meeting. Preliminary financial statements will be available at the annual meeting and at the service desk starting March 26.

Expenses & Net Profit



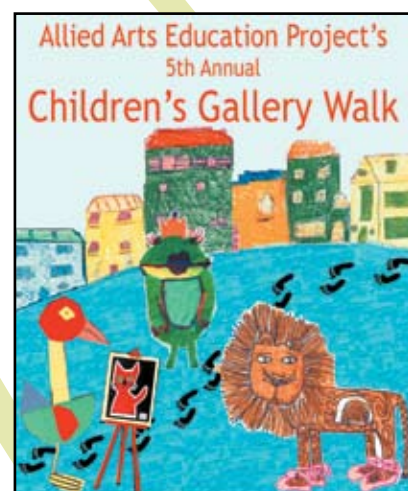
Farm Fund

In 2005, the Farm Fund devoted its resources to the Food to Bank On (FTBO) project, while brainstorming future projects to support sustainable agriculture in Whatcom County. Donations from the Co-op, suppliers, and members paid for nine new farmers to grow food for local food banks and the Sean Humphrey House. The season started up with a new organic farming class for participating farmers, and wound down with a potluck and tour at Double Rainbow Farm. Our first four FTBO graduates are off to a great start, and some will serve as mentors for new Food to Bank On farmers in 2006. The Co-op Board of Directors increased funding for the Farm Fund from \$3,400 in 2005 to \$3,700 for 2006. Farmers and food activists continue to fill the room at Farm Fund meetings, working to expand and maximize the Co-op's support for local, organic agriculture.



Dining with Directors

The great food, company, and conversation at the Co-op's Dining with Directors forums have been discovered, resulting in a full house and a waiting list at both of this year's forums. Over delicious meals catered by the Swan Café, members offered their suggestions on two topics significant to the Co-op. In January we met at the YWCA ballroom for a look at the politics of food and what issues members felt would be the most important in the coming years. The October gathering took place at the Mt. Baker Theatre's Encore Room, where a lively discussion ensued about what focus and approach the Co-op should use if we took a more active leadership or advocacy role regarding growth issues. Member forums on the Co-op's second-store project also punctuated the year with lively dialogue and insightful suggestions to incorporate into the design of the Co-op's second store.



The sponsorship budget represents a small portion of Co-op sales, but to cash-strapped arts organizations and non-profits it can make a big difference!

Sponsorships

A lively mix of cultural happenings keeps Whatcom County hopping and the Co-op does its part to keep the calendar full—sponsoring concerts, festivals, and benefits. Last year we sponsored jazz, classical, rock, and world music concerts. We helped Ladysmith Black Mambazo, David Grisman, and Little Feat come to town, we chipped in for a couple of film festivals, and contributed funds for benefits for the Interfaith Council, the Slum Doctor Programme, and Whatcom Literacy Council among many others. We supported a Shakespeare play, a soccer team, and the Allied Arts Chalk Art Festival.

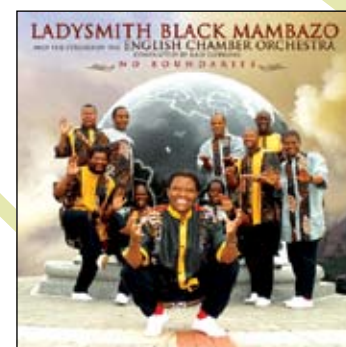


Photo courtesy of Small Potatoes



Photo courtesy of Whatcom Land Trust



Photo courtesy of Oxfam America

Healthy Connections

In 2005, the Co-op sponsored more than a hundred classes through our Healthy Connections class series. There were more cooking classes oriented toward particular health concerns and conditions (diabetes, heart health, etc.) than in the past, but the old standards—classes like Hearty Seasonal Soups, Thai Cuisine, and Ethiopian Cooking—stayed in the mix. Among the most popular health and wellness classes were those devoted to thyroid health, making your own kombucha, and meal planning for gluten intolerance. Filling out the calendar were such eclectic classes as seaweed gathering, birds, and sustainable agriculture. The latest brochure shows there's something for everyone! More than half of the wellness classes are free, and the cooking classes are easily the least expensive offered in town. Classes are also listed on our web page at www.communityfood.coop. And if you'd like to teach a class, or suggest a topic for a class, drop a line to kevinm@communityfood.coop.



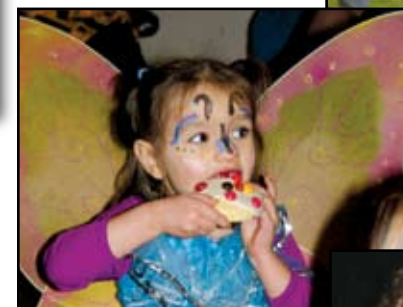
Co-op Parties and Community Events



It's just about time for the 2006 Co-op Annual Meeting and Party, coming up March 25 at the Bellingham Cruise Terminal. It provides an opportunity to remember the rousing good time at last year's annual meeting and party, where about 500 people showed up to enjoy delicious food prepared by Swan Café staff, participate in the business meeting, and hear from the Board of Directors candidates, and last but not least, dance to the reggae and ska of the Kooks. Last year was the third year the event was held at the Cruise Terminal, and every year things have gone more smoothly than the year before. This year's event should be the best yet!

The Community Party, our yearly summer celebration at Boulevard Park, was, as usual, a blast—five bands, blazing hot sunshine, informational tables representing more than 30 non-profits, arts and crafts activities for children, and more. Percussion troupe City of Samba led the Kids' Parade for the second year in a row, lending a major jolt of energy to that tradition. Over 600 burritos were served at a dollar each.

The Co-op's Kids' Halloween Party at Brigid Collins brought out some of Bellingham's best costumes.



Co-op Community News, March

Volunteers

Co-op volunteers are the backbone of many great Co-op programs. They read stories to Co-op kids, help maintain our gardens and award-winning recycling systems, update our information and bulletin boards, help host our parties and events, shop for folks who are homebound, work with local community groups, and assist with Co-op elections and ballot counting. Volunteers also work on special projects, including the research and updating of Co-op brochures such as the Corporate Roadmap to Natural Foods, the Gluten-free Product Guide, and our info notebook on genetically modified foods (available at the service desk). Four Co-op members-at-large also volunteer on the Board's Member Affairs Committee (MAC). True cooperators all, they deserve our heartiest thanks for volunteering their time, skill, and energy at the Co-op.



Photos by Joanne Plucy, Kevin Murphy, & Ginger Oppenheimer

Board Candidate Profiles



Jean McFadden-Layton

Bellingham is the place that I have chosen to raise my family, build my business, and form my community. I want to assist this community to grow in a healthy way and would like to serve on the Co-op Board.

I bring a wealth of knowledge and experience. I worked for Macy's as a buyer and retail manager, which included personnel management, marketing, and new store openings. I was a professional chef for an AIDS organization—my first experience using food as medicine. Now as a Naturopathic Physician, I am even more certain that organic food, environmentally aware household products, and quality health and beauty aids are essential to optimal health.

The Co-op has a unique opportunity to “walk our walk” and show the larger community of Whatcom County how a company can sustain the community while growing as a business. We can lead by example, showing that conscientious choices can be made to enhance the health and wellness of the entire community. We hold ourselves to the higher standard of our mission statement—to have a just and livable world cooperatively creating a sustainable economy.

We are at a unique stage in the lifetime of the Co-op. Our second store will bring these values to more people and be a community heart for the northern area of Whatcom County. We will have new opportunities for education, sustainable building management, and organic food production and service in the new cafe. Together we can lead and educate, I hope you allow me to serve and bring my skills to the group.



Karen Thomas

I have had the honor to serve on the Co-op board of directors for over 10 years. As a mother, wife, community member, and natural-food lover, I am committed to the Co-op's continued success in our community. I believe strongly in the vision, mission, and values of the Co-op and want to continue on the board through the next couple of years as we open a second store.

My previous experience as a Co-op board member, including the four years I served as Board President (2001–2005), is probably my most important skill in being an effective Co-op board member. I have held management positions in various industries and various sized companies, which gives me a broad perspective on business. I also have experience serving on other non-profit and for-profit boards.

Not growing for growth's sake, but growing to meet the needs of our members is important. Growing with integrity also means to me to always keep our vision, mission, and values in mind as we creatively find solutions to our ever-increasing number of members (last count over 11,100).

My vision for the Co-op in the next few years is a successful opening of the second store in an efficient and timely manner. In addition, once the second store is on its way, the board needs to explore what we want to look like in 10 or 15 years given the dramatic growth in Whatcom County.



Philip Buri

I have thoroughly enjoyed serving as the Chair of the Board of Directors, and I would appreciate your vote to serve three more years.

I joined the Board of Directors nine years ago and have served as the Treasurer, Vice President, and President, before getting my new title this year, Chair. Each year the Board refines its ability to set the strategic direction for the Co-op while allowing our talented management team to get us there. I am particularly proud of the Board's use of policy governance—a governing process that requires the Board to focus on the values and ends of the Co-op rather than trying to solve each day's crises. As our healthy balance sheet shows, the Co-op benefits from having the Board set policy and the management team run the store.

Although our Co-op seems to grow each day, the Board of Directors has worked hard to preserve the essential spirit of our store. This will become even more important as we build and open the second store. My commitment is to keeping the Co-op open, welcoming, and diverse—a place where every person can participate.

Thanks for reading this, and thanks for being an owner. It's your Co-op.



Steven Harper

I have been a member, volunteer and a passionate believer in food co-ops for over 30 years, including 13 years at the Bellingham Community Food Co-op. I am a staunch supporter of organic agriculture, working in the organic industry for 17 years, including five years on the National Organic Standards Board. I am also in leadership with the Concerned Neighbors of Lake Samish working to bring controlled and responsible growth to the county.

It has been a pleasure serving on the Co-op Board as chair of the Board Development Committee during the past year. It has been exciting and challenging as we have purchased land, begun to develop the second store, and other important issues such as the member patronage refund. The development of the second store provides the opportunity to model cooperative values and spirit, sustainable building techniques, support for local farms and businesses, and responsible growth to our community. At the same time we must maintain financial integrity to protect our current store, increase diversity, and support our current workers as we expand. We must continue to offer members the organic, natural, and locally grown sustainable foods they desire, and positively differentiate ourselves from area supermarkets.

My knowledge of the organic food industry, strategic analysis and financial skills, consensus decision-making skills, and concern for the future of our community will contribute to the board decision-making vital to the continued success of the Co-op. The Board is presently extremely strong and competent and I look forward to the opportunity to continue to serve. Thanks for considering me for another term on the Board.

VOTE

2005 Community Food Co-op Election Ballot

You must be the member named on your Co-op card to vote (one vote per membership).

BOARD OF DIRECTORS — THREE POSITIONS OPEN * Please vote for no more than three candidates.**

☐ JEAN MCFADDEN-LAYTON

☐ PHILIP BURI

☐ KAREN THOMAS

☐ STEVEN HARPER

Election information and ballots are also available at the Co-op service desk.

Voting begins at the Co-op Annual Meeting & Party on Saturday, March 25—doors open at 5:30 pm.

Bring or mail in your ballot envelope.

Envelopes MUST have the member's name, member number, date, and signature clearly marked.

Envelopes without verifiable member info and signature will be invalid and will not be counted.

Ballots must be received by 9 pm, APRIL 10, 2006.

Organic Watchdog Under Attack

Cornucopia Institute

The Organic Trade Association (OTA) is seeking to suppress the release of a new report rating the nation's organic dairy brands and products. The report will soon be issued by The Cornucopia Institute, an agricultural policy research group that supports family-scale farmers.

The OTA's "campaign of intimidation" comes less than six months after the organic business group was widely condemned for orchestrating a secret, back-door deal in Congress that was viewed by many in the organic community as weakening federal organic regulations to the benefit of large corporations. Now OTA has once again exposed themselves to widespread criticism by attacking one of the nation's preeminent corporate and governmental watchdogs that is protecting organic food and farming.

The report, according to The Cornucopia Institute, is designed to "empower consumers and wholesale buyers in the marketplace" by rating organic dairy brands based on their adherence to accepted ethical practices and conduct.

Last week the OTA sent a special letter to members of The Cornucopia Institute's Board of Directors attempting to convince them to not release the dairy products rating report. The letter suggested that the report—which the OTA has not seen—will sow a seed of "distrust in organic farming and organic products" and noted that OTA is "opposed to tactics that cast doubt on the work of certified organic farms." After the OTA sent their letter to the Cornucopia Board, they then released the letter to the public and strategic calls have been placed to the news media in an effort to discredit the Institute's work.

"This report is a by-product of a five-year controversy that has been smoldering within the organic industry," according to Mark A. Kastel, Senior Farm Policy Analyst for the Wisconsin-based Cornucopia Institute. Since the late 1990s a handful of large industrial-scale dairy operations, with 2,000–6,000 animals in factory-farm conditions, have started producing milk sold as "organic." Among other serious breaches these dairies are accused of is confining their animals rather than grazing on pasture.

"Even though there have been numerous meetings and thousands of letters and e-mails from organic farmers and consumers requesting that the U.S. Department of Agriculture clamp down on these factory farms, as well as surveys indicating overwhelming

support from organic dairy farmers for enforcement actions against those who are scoffing at federal organic law, the USDA have done nothing to date," said Helen Keyes, a Cornucopia board member and certified organic livestock producer. "This puts ethical organic farmers at a competitive disadvantage."

The Cornucopia Institute has said that although they will continue to work with the USDA, they are "appealing to a higher authority"—the organic consumer. According to Kastel, "One way that many organic consumers justify the higher prices for organic food is their support for a more ecological farming model, more humane animal husbandry practices, and a social/economic justice movement that supports family-scale farmers. We hope this report, and our Web-based rating tool, will help organic consumers to vote in the marketplace for brands that truly represent organic ethics, not just marketing hype."

The Organic Trade Association started as an industry umbrella group that originally included farmer and consumer members in addition to manufacturers. However, since hiring high-powered lobbyists in Washington and raising their lowest dues levels to \$300 (larger corporations

contribute tens of thousands of dollars), many of their smaller long-time members have been forced out, and the association is now dominated by major agribusiness corporations that have purchased familiar organic name brands in their bid to capture a piece of the rapidly growing organic food market.

"Since their back-room dealings in Washington became public last fall, a number of OTA's former business members have joined The Cornucopia Institute," said Meg Hannah, the Cornucopia's President. "Our new business members join with more than 500 individual members, mostly farmers, who understand that the economic health of the organic marketplace depends on maintaining high organic integrity," Hannah added. "Don't these large corporations and their lobbyists understand that playing fast and loose with the organic standards has the potential to kill the golden goose?"

At least two powerful OTA members, Dean Foods and the Aurora Or-

ganic Dairy, have been the subject of a series of legal complaints concerning livestock management practices on the huge factory farms they operate. Dean Foods now owns the Horizon brand of organic milk, and Aurora packages private label milk for chains such as Costco, Safeway, and Wild Oats.

"After some delay we are pleased that the USDA is now investigating, in earnest, at least two of the four

complaints we have filed against these large industrial dairies that are 'gaming the system,'" said Kastel. "Although we are still considering taking legal action forcing the USDA to investigate all complaints against these suspect organic farms, our forthcoming report will help consumers

reward the true heroes of organic farming in the marketplace, with its

...playing fast and loose with the organic standards has the potential to kill the golden goose.



information detailing the ethical practices of all organic dairy marketers."

The good news contained in Cornucopia's report is that the group's research indicates

that the vast majority of organic dairy brands contain milk from family-sized farms that share the consumer's conviction that organic agriculture is about more than marketing hype.

"The organic marketplace wasn't built by lobbyists and trade groups, it was built through a loving collaboration between organic farmers and consumers who truly respect their hard work," Kastel stated. "I'm happy to confirm that the majority of organic products are of high integrity, and working together, the organic community will succeed in maintaining more than just the business value of organically produced food."

The Cornucopia Institute is a farm policy research group, based in Cornucopia, Wisconsin. Its mission is dedicated to promoting economic justice for family-scale farmers and ranchers. To learn more about the Cornucopia Institute, visit www.cornucopia.org or call 608-625-2042

This report is a by-product of a five-year controversy that has been smoldering within the organic industry.

Animal Antibiotics Discovered in Common Vegetables

Spreading raw manure on fields from animals treated with antibiotics is a common practice on conventional farms. Unfortunately scientists have now discovered that vegetables like corn and cabbage absorb those antibiotics, which are then ingested by consumers.

"Vegetarians may think the huge overuse of antibiotics in livestock and poultry will not affect them, but that's not true," stated M. Mellon, the director of the Union of Concerned Scientists. "Consumers eating vegetables grown on soil fertilized with manure may be unknowingly ingesting antibiotics." Regular consumption of these antibiotics can then cause bacteria in the body to become resistant.

For more information, see www.organic-consumers.org/foodsafety/antibiotics112305.cfm.



Depot Market Square

Affiliated with Whatcom Community Foundation All gifts eligible for 501-C3 exemptions

Place your name in history!

BRICK PAVER \$50 - Makes a great gift!

BRONZE VEGGIE \$500

STONE TABLET \$1,000

all items engraved

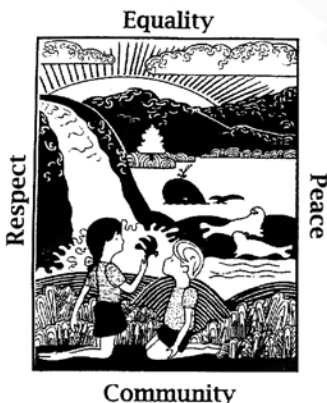
To make a donation:

visit www.depotmarket.org
Whatcom Community Foundation
119 Grand Ave., Bellingham WA 98225
info@depotmarket.org

LAST CHANCE
Donation deadline
May 1st, 2006
Contributions for other amounts greatly appreciated.

Bellingham Farmers Market
opens at Depot Market Square
Saturday, April 1, 2006.

Thank you for your support!



1-360-650-9465
baysidemontessori.com

BAYSIDE MONTESSORI SCHOOL

"Nurturing the Planet
By Following the Child"

Open House Saturday March 25
10a.m.-noon
AGES 3 YRS TO 6TH GRADE
1027 SAMISH WAY
BELLINGHAM, WA. 98229



Health Care for All
it's
Everybody's Right!

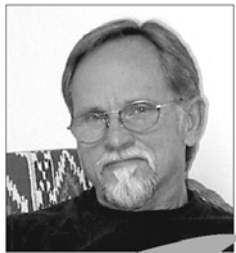
Citizens/Congressional Hearing

March 25, 2006 • 10:00 a.m.
St. Luke's Health Education Center

www.unitedforhealthcare.org • 714.8999 or 733.6867
Co-sponsored by Health Care for All-WA

**With 20 years' experience
in psychotherapy**

**General Counseling
Individuals, Couples,
Families**



**Victor H. Plucy,
M.A.-L.M.F.T
Phone 360-392-2838**

In association with
**northwest
Behavioral**
Most insurance accepted.

Washington State License LF00001225



A.G. EDWARDS.
FULLY INVOLVED IN OUR CLIENTS.

**Are your Values
Reflected in your
Investments?**

JONATHAN BLOCK
Financial Consultant
(360) 647-0267

A.G. Edwards & Sons, Inc. - Member SIPC
2219 Rimland Dr, Bellingham, WA 98226

Buy Local. Buy Used.

**ReUse
Works**

\$79 and up

Washers

Dryers

Ranges

Fridges

Freezers

802 Marine Dr.

OPEN
Mon. thru Sat.
10 a.m. to 6 p.m.
Phone: 527-2646

ReUse Works is a community-owned nonprofit that reduces waste by salvaging, repairing, and selling used appliances. **QUALITY GUARANTEED.**

Also: DONATE your old machine to our job training program and get a federal tax deduction.

**Summer Art Camps
starting July 3**

5½-7 year olds • 8 year olds and up

Visit www.bellinghamart.com
Phone 360.738.8379

**Monart
SCHOOL OF ART**



1701 Ellis Street, Studio 203, Bellingham, WA 98225

Blue Heron Healing



Energy Medicine
Hypnotherapy

release unwanted
illness and patterns
to fully Live
your life NOW

Yvonne Ebert Thut, MA
Masters in Intuition Medicine
909 Harris Ave. Ste 202A 360-671-3782

**OASIS* Physical Therapy
AND PILATES Studio**

Specializing in
REHAB FOR DANCERS & ATHLETES



Ms. Sidney Anderson, P.T.

119 N. COMMERCIAL, SUITE 385
360/676-8077

*ORTHOPEDIC AND SPORTS INJURY SERVICES

FAIRHAVEN MORTGAGE CO

**Honesty and
Exceptional
Rates...Together!**

**Come talk with a locally
owned Mortgage
Brokerage team you
can trust.**



Stuart Plotnick, Nicole Walker
& Janet Webster

401 HARRIS AVENUE, SUITE 310
BELLINGHAM, WA 98225

(360) 676-0670

WWW.FAIRHAVENMORTGAGE.COM

BellinghamProperty.com

Average price of a homes sold in
Bellingham in January \$312,674

*Data from NWMLS
Want to know the Value of your home?



Call Today! 739-6981

More Real Estate Statistics
available on my website

Michael Eisenberg

Your 'Co-op-erative Realtor'

Fairhaven Realty
A Branch of Lakeway Realty

**Freedom
from Pain**

**REVIVE-A-BACK®
Strength Training Rehab**

738-6085
Complimentary 1st
Session

Enjoy Strength

**EXPOSE YOURSELF
LITERATURE
LIVE!**

Bestselling author
of *Cod & Salt*

**Mark
KURLANSKY**

FRIDAY

MARCH 31st

**6:00p -Oyster, Wine & Champagne
fundraising reception with the author!**

Only 40 tickets available - \$50 each. The price also
includes a copy of his latest book, *The Big Oyster*.

\$30 from each ticket will be donated to the
Drayton Harbor Community Oyster Farm Project.

7:30p - Join us in the VB Readings Gallery
as Mark Kurlansky introduces

The Big Oyster!

**VILLAGE
BOOKS**

1200 11th St. in Historic Fairhaven

9a-10p Mon-Sat • 10a-8p Sun

671-2626 • www.villagebooks.com

For all you Volvo lovers!

- Free Volvo inspection
for co-op members.
- Check our selection
of used Volvos.

www.rainbowautoservice.com

Phone Larry at 360.734.6117



Your VOLVO is my specialty!



**Bellingham
Cooperative
School**



- Preschool-Grade 8
- Full-time and part-time options
- After-school care
- Spanish, art, music
- Homeschool support
- 3 acres gardens & playfields



...a country
school...
in the city

733-1024

2710 McKenzie Avenue • Bellingham
www.bellinghamcooperativeschool.com



Deep Tissue • Injury Treatment
Pain Relief • Energy Balancing
Leif Honstad, LMP
Lic. No. MA 19650

Intro Package
3 one hr Massages
only \$99

1209 11th St Ste #3 in Historic Fairhaven

Across from Village Books

(360) 312-3186

Online Appointment Scheduling • www.AncientHealingWorks.com



**Service
Listings**

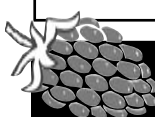
Cedarville Farm CSA
Summer & Fall Shares
Organic, Delicious, Local
592-5594

K&M Red River Farms
2006 CSA Farm Share
Half, Full, Double Shares
Sign Up Now 758-2919

Baby Diaper Service
Cotton Diapers Hit B-ham
(Softly) Best Environmental
Choice 1-800-562-BABY

Tax Preparation
Fast Accurate Easy
Call Joe Davis@756-1040
Authorized E-file Service

Looking For A Realtor®
It Pays To Go With A
Local Who Knows The Area
Matt McBeath @ 510-6908



Classified Ads

Allergy Healing by Shila Moa

A woman came to me after first
seeing a naturopathic doctor for a
food allergy. A blood test admin-
istered by the ND showed both
genetic and food-related reactions
to a certain food. I cleared the ge-
netic components of this woman's
allergy by clearing it from her
chakras using acupressure and ap-
plied kinesiology. I also cleared
emotions related to this allergy
from a past life, family heredity
and an event in this life. A second
blood test proved that the genetic
component of her allergy was
completely healed. For appoint-
ment call 360-671-0783. www.shilamo.com.

Rebecca Bulanlagui MS, CN
CERTIFIED NUTRITIONIST



**Nutrition
Counseling
to keep
you
looking
and feeling
AGELESS**

**A WHOLE-FOODS NUTRITION
APPROACH TO ANTI-AGING,
WEIGHT LOSS, VITALITY, &
LIBIDO**

1229 Cornwall Ave. #313; Bellingham
www.agelessnutrition.net

360-752-0259



**Co-op
Community News**

Advertising Sign-up Dates

| Issue | Sign-up Period |
|-------|----------------|
| April | Feb 25-Mar 5 |
| May | Mar 25-Apr 5 |

Ad space is limited—first come, first
served during the ad sign-up period.
Ads must be pre-paid. Stop by the
service desk or call 734-8185.
www.communityfood.coop

Ask the Nutritionist

Judy Willis, Nutritional Consultant

Q I have noticed that a label may now say “trans-fat free,” but when you read the nutrition label it may actually have some trans fat in the product. Why is that?

A Have you ever tried to add up the fat grams on the side of a label and wonder why the sum of the reported fats never equaled the total fats per serving? This is because until January of this year, manufacturers were not required to disclose how many grams of trans fats (also called hydrogenated fats) were in their product. Over the past few years, it has become apparent that consumption of trans fat has a negative impact on our health by increasing our LDL (bad) cholesterol and decreasing our HDL (good) cholesterol. For this reason, intake of trans fat and saturated fat combined should be totaled to keep your daily consumption less than 20 grams.

New label laws have come into effect as of January 1, 2006 intended to better inform the public regarding the trans-fat content of foods. As the public becomes more aware of the health concerns surrounding trans fats, manufacturers are developing products that are trans-fat free; but that is not all that is happening. Manufacturers have also been working on changing the formulation for trans fats. At one time, trans fats were considered the same as hydrogenated fats, but even that is now changing. Manufacturers have discovered a way to make a hydrogenated fat that is trans-fat free by eliminating the heating process. Trans fats and hydrogenated fats have now become different fats. Therefore, we still need to read the ingredient label to identify hydrogenated



Photo by Joanne Plucy

fats in our food items, and the nutrition label to identify the total grams of trans fatty acids. Caution is still warranted with the new label law however, as a manufacturer can claim “trans-fat free” on the label and the product may still contain a certain amount of hydrogenated fats. The nutrition label provides a “per serving” nutritional breakdown. If a product has 0.5 grams or less per serving, the producer is allowed to say that it is “trans-fat free.” You still need to evaluate if that serving size is a reasonable portion for you. Also, consider if the product is providing any saturated fats. Without realizing it, you could still easily reach the maximum 20 grams of saturated fats recommended for one day. And let’s face it, any product might claim that it is “trans-fat free” but that does not make it a health food.

Quick Facts on Bottled Water Versus Cleaning up the Drinking Water Supply



- Members of the United Nations estimate that if the world took half of what it currently spends on bottled water (\$100 billion annually) and invested it in water infrastructure and treatment, everyone in the world could have access to clean drinking water.
 - But bottled water is cleaner, right? Actually, the U.S. EPA sets more stringent quality standards for tap water than the FDA does for bottled beverages, and roughly 40 percent of bottled water is actually just tap water.
 - 1.5 billion barrels of oil are consumed each year to produce the plastic for water bottles, enough to fuel 100,000 cars.
 - According to the Container Recycling Institute, only 14 percent of plastic water bottles are recycled.
 - A water bottle in a landfill or lying around as litter will take over 1,000 years to biodegrade.
- For more information, see www.organicconsumers.org/foodsafety/Bottled020606.cfm.

Food to Flowers!

Lunchroom Composting Starts in Local Schools



Photo courtesy of Bellingham School District

Food Plus! Recycling from SSC has moved into local cafeterias with the launch of a pilot food-composting program at three elementary schools in the Bellingham School District. Students at Alderwood, Lowell, and Roosevelt are sorting leftover food scraps and milk cartons in the Food to Flowers! program for composting. In addition, custodians are adding in grounds debris, paper towels from bathrooms, and kitchen prep waste. “We’re seeing a reduction of half the waste from lunchrooms from all three schools combined,” said Brett Greenwood, district food service manager.

SSC collects the materials and delivers them to Green Earth Technology in Lynden for composting. The district plans to review the success of the program before expanding to the remaining ten elementary schools in the district over the next few months. For more information on Food to Flowers! Lunchroom Composting or Food Plus! Recycling contact Rodd Pemble, SSC Recycling Manager, at rodd@ssc-inc.com or 734-3490.

The Co-op recycles all kitchen food prep scraps and paper towel waste through the Food Plus! program.



International Women’s Day Celebration

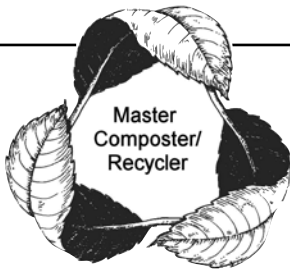
Wednesday, March 8

**4 pm Rally at Maritime Heritage Park
March through downtown to DreamSpace
5–8:30 pm Reception**

Unite locally for worldwide equality, justice, and peace by enjoying this evening of dancing, divas, shows, and more. Join human rights activists that recognize ordinary women as makers of history.

Start with the rally at Maritime Heritage Park and followed by a march through downtown Bellingham ending at the DreamSpace for a reception. Childcare will be provided during the reception. Then join everyone at the After Party at the Wild Buffalo.

This second annual celebration is sponsored by the Whatcom County’s Women’s Alliance—a local, non-profit grassroots organization dedicated to achieving equity and justice for women and girls by strengthening the feminist community. For more information call 360-920-8053.



Master Composter/Recycler Training WSU Extension

**Wednesday evenings, March 15–April 26
Plus five Saturday field trips**

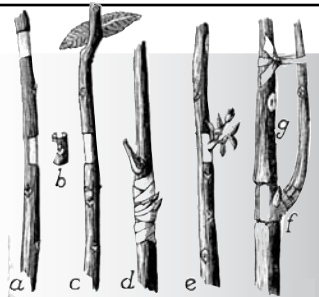
Are you interested in composting and resource conservation? Do you want to help ensure a sustainable future for Whatcom County? If so, join the ranks of dedicated Master Composter/Recycler volunteers.

Each year WSU Extension trains volunteers who then provide advice and leadership about sustainable living throughout the county. Come learn about composting and building your soil. Hire worms to work for you. Find out how people and businesses recycle in Whatcom County, and learn basic tips on reducing, reusing, and recycling.

This year, the class will tour:

- Green Earth Technologies—a first in the US Gore-Tex composting site
- Ostrom’s mushroom farm
- Dairy Farm composting site
- Mt. Baker School system school-wide recycling program
- Living Soil, worm composting site
- Dairy biogas anaerobic manure digester
- NW Recyclers
- Biofuels processor

For more information, call 676-6736, e-mail joycej@wsu.edu, or see their website at whatcom.wsu.edu/ag/compost for the 2006 class and field trip schedule.



Whatcom County Master Gardener Foundation Scholarships

Students pursuing or planning to pursue a career in Horticulture, Agriculture, or related field: This year the Master Gardener Foundation of Whatcom County is offering up to two scholarships at \$1,000 each. The student may attend any institution that offers an accredited program leading to a degree, diploma, or certificate in Horticulture, Agriculture, or related fields.

Applicants must be a resident of Whatcom County, and be a High School senior, graduate, or have a GED diploma. Financial need and grade-point average will be considered.

Applications must be postmarked by March 31. Complete information on requirements and application forms are available from any Whatcom County high school career counselors, or from whatcom.wsu.edu/mastergardener/scholarship.htm.

Healthy Connections

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

All classes (unless noted) are held in the Co-op Connection building on the south side of the parking lot on Forest Street. **Registration requires payment in full.** Stop by the Co-op service desk in person, or call 734-8158 (credit card payment only). For any other information, contact Kevin at 734-8158 or email kevinm@communityfood.coop.



March

Nutrition and Women's Health

with Judy Willis, RD, CD
Monday, March 6, 7-9 pm
Free Event—
Registration Requested

From isoflavins and soy protein to menopause and breast cancer to calcium and osteoporosis. Many products and issues are being aimed at women in particular, often leaving us wondering if we are making the right food choices. Don't be misled by the abundance of information on eating healthy in today's fast-paced race. Come explore some issues specific to women's nutrition with Co-op nutritionist Judy Willis.



visualization, each participant will have the opportunity to meet and interact with his or her "Future Self"—a fully authentic self, in tune with one's dreams and sense of purpose.

Flavors of Southeast Asia with Pacific Café's Robert Fong Wednesday, March 15, 6:30-9 pm \$29 members, \$33 non-members For wine option, add \$7

The diverse cultures of Southeast Asia include some of the most exquisite cuisines in the world. In this class, Robert features Thai Satay, Laotian Summer Rolls, and Penang Chicken Coconut Curry. A six-ounce portion of wine to complement the food is \$7.

Cooking with Chinese Herbs with Pacific Café's Robert Fong Tuesday, March 7, 6:30-9 pm \$27 members, \$31 non-members

Time-honored Chinese soups offer robust health and longevity. Learn about lotus root, ginkgo nuts, lily buds, fai san, and matrimony vine berries. Make clear super-healthy yet tasty brews such as Double-Steamed Beef Broth with Ginseng and Chicken Soup with Wood Ear Fungi.

Flower Essences for a Vital Life! with Diana Pepper Thursday, March 9, 7-9 pm \$10 members \$12 non-members

Headaches? Fatigue? Tension? Stress? Frequent illness? Come to a dynamic discussion on how to use flower essences to correct energy imbalances that feed physical, psychological, and emotional imbalances in your body. We will also explore methods of intuitively choosing the right essences for each situation.



Rolfing Clinic for Children with local Rolfing practitioners Saturday, March 11, 12-4 pm Drop-In Clinic— No Registration Necessary

A no-charge treatment clinic for children 14 or younger. Rolfing is a method of structural assessment and restructuring that uses the inherent mobility of the fascial system of the body to enhance balance and movement. This hands-on manipulation has great potential for working with children, before patterns of injury and misuse are deeply embedded.



Know Your Authentic Self with Andrew Compain Tuesday, March 14, 7-9 pm Free Event— Registration Requested

What does it mean to live authentically? Certified Professional Co-Active Life Coach Andrew Compain will lead participants through an exercise called the Wheel of Life™, in which they develop a detailed "snapshot" of where their lives are today, specifically addressing where in their lives they are living authentically and where they are not. Then, through a directed

On Tofu with Pacific Café's Robert Fong Wednesday, March 22, 6:30-9 pm \$24 members, \$28 non-members For wine option, add \$7

Tofu! Enjoy it steamed, pan-fried, or stir-fried; fresh, salt-cured, or dried. Learn easy, tasty, innovative tofu dishes. Traditional and creative. For \$7, you'll get a 6-ounce portion of wine especially selected to complement the food.

Natural Approaches to Thyroid Health with Ryan Drum, PhD Thursday, March 23, 6:30-9 pm \$20 members, \$24 non-members

Nearly 12 million Americans have diagnosed thyroid disorders, and an

The Medicinal Power of Food with Tom Malterre and Ali Segersten of Whole Life Nutrition Thursday, March 16, 6:30-9 pm \$20 members \$24 non-members

Why is everyone telling us to eat foods like blueberries, nuts, oats, cinnamon, and flax seeds? The Nutritionist and Personal Chef team of Whole Life Nutrition will answer this question and many others as they explore the science and recipes behind the amazing medicinal properties of food. We'll discuss how specific foods affect thyroid function, cholesterol, blood pressure, and blood sugar. Come experience the tastiest medicine around. Menu: Shiitake Tempeh, Steamed Broccoli with Ginger Almond Drizzle, Blueberry Almond Oatmeal, and Berry Nut Cream.



Socially Responsible Investing 101 with Nicole Imthurn-Thorp Monday, March 20, 7-9 pm Free Event— Registration Requested

If you are new to investing or are just beginning to think that investing for your future might be a good idea, this class is for you. In addition to looking at the world of socially responsible investing (SRI), terms such as stocks, bonds, and mutual funds will be clearly and simply explained. You will leave the class with the knowledge to begin evaluating SRI possibilities that align with your personal values.



estimated 15-20 million more have undiagnosed thyroid problems at any given time—and the numbers are going up. This class will present practical ways to promote individual thyroid health before and during thyroid illness—emphasizing the use of food, herbs, seaweeds, and lifestyle changes. Simple home tests for thyroid problems will be described. We'll discuss simple hypothyroidism, Hashimoto's thyroiditis, hyperthyroidism, Graves' disease, and thyroid nodules with case histories, and will consider participants' concerns and cases as time permits. Ryan Drum has lectured on thyroid health at herbal and naturopathic schools and conferences for 10 years.

Introduction to BodyTalk with Lisa Boyda and Tara Lucky (Certified BodyTalk practitioners) Tuesday, March 28 7-9 pm

Free Event—Registration Requested

BodyTalk is a form of healthcare in which the practitioner facilitates communication with the innate intelligence of the body by using neuromuscular biofeedback to locate the aspects of the body/mind that are not communicating correctly and are out of balance with the rest of the body. The process allows the body's energy systems to be re-synchronized so that they can operate as nature intended. BodyTalk has proven effective in a wide range of conditions including depression, endocrine disorders, chronic fatigue, and many others. Learn simple hands-on techniques to decrease stress, increase mental clarity, and balance the body/mind. There will be a drawing for free BodyTalk balancing sessions.

Emotional Stress Release with Marie Matteson, LMP, RC Wednesday, April 5, 7-9 pm \$10 members, \$12 non-members

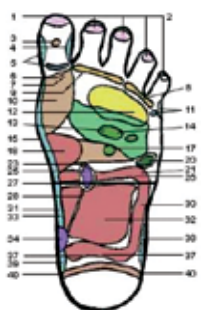
Stress tends to follow the path of least resistance, to areas in our bodies where we may be predisposed to pain. Once identified, utilizing an indicator muscle, the stress and pain may be eliminated. Marie Matteson will introduce simple yet profound techniques based in kinesiology, emergency medicine, nutrition, and stress management to help you diffuse the stress in your life. Learn ways to balance your polarity, figure out if a food or supplement is good for you, and to muscle test yourself and family members for stress. Marie has 20 years of experience in a wide range of healing modalities.



Spring Allergy Survival Hints with Ed Layton, LAc and Jean McFadden-Layton, ND Thursday, April 6, 7-9 pm \$2 members, \$3 non-members

If April is the cruelest month because those lilacs bring on your seasonal allergies, come to this class with acupuncturist Ed Layton and naturopathic physician Jean McFadden-Layton to learn the what, why, and how of feeling better. The class will cover both naturopathic and traditional Chinese medicine solutions, as well as diet, exercise, and lifestyle advice.

Reflexology for Family and Friends with Lona Way, LMP, MEd Monday, April 10 7-9 pm \$5 members \$6 non-members



Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands that correspond to every part of the body. In this relaxed introduction, you'll work with a partner—receiving precise instructions as you go—as well as a reflexology chart. We'll have lotion and tubs of water for washing feet. Bring your own partner for an especially comfortable experience.



Sushi with Pacific Café's Robert Fong Tuesday, April 11, 6:30-9 pm \$34 members, \$38 non-members For premium sake option, add \$8

Hand-roll your own! Learn how to make, roll, and eat creative temaki and nigarizushi, and learn sushi terminology as well. We'll also feature fine ahi sashimi (sushi: with rice, sashimi: no rice) with ponzu sauce. A six-ounce portion of premium junmai ginjo sake is available for \$8.

April

Homeopathy and Menopause with Monique Arsenault, RC Tuesday, April 4, 7-9 pm Free Event—Registration Requested

Almost two million women turn 50 each year, and doctor offices, drugstores and the media are all abuzz with talk of menopause. Homeopathy is one of the safest treatments before, during, and after menopause because it stimulates the natural hormonal balance without the use of harmful drugs. Constitutional homeopathic treatment is best during the transitional period of menopause in order to balance hormonal levels and cure the many accompanying symptoms. You cannot address the complex of these symptoms as separate from the whole individual; for this reason true classical homeopathic prescribing is highly recommended for the treatment of menopause.