

alberta co-op
grocery

good. local. food.

1500 NE Alberta Street
Portland, OR 97211
www.albertagrocery.coop
Open Daily - 9am to 10pm

PRSRT STD
US POSTAGE
PAID
PORTLAND OR
PERMIT NO. 3142

15% off for all owners :: owner appreciation day :: october 13th
see inside for details

printed on recycled paper with soy based ink

calendar of events

All of October

Fair Trade Month

Look for Fair Trade displays and labeled products throughout the store!

All of October

National Co-op Month

Look for co-op labeled products in our store and support local co-op business in Portland!

October 1 - 13

Fall Owner Drive

All new and renewing owners will receive a thank-you coupon for \$5 off a purchase of \$25 or more.

October 2

Board of Directors Meeting

Redeemer Lutheran Church, NE 20th and Killingsworth
6pm-9pm

October 13

Owner Appreciation Day

All active owners will receive 15% off purchases, all day!

October 17

Board Management and Development Committee

Townshend's Tea
6:30pm-8pm

October 18

Community Engagement Committee Meeting

4928 NE 15th Ave.
6:30pm-8pm

October 30

Working Owner Orientation

Meet at the front of the co-op.
5pm

For more information and a calendar of future events, visit our website:

www.albertagrocery.coop



autumn 2012 **alberta co-op
heart beets**



a letter to our owners

Dear Owners,

The autumnal equinox has come and gone, and in the co-op world, this means we’re about to get down to business.

The fall brings about a lot of happenings in the co-op world, what with our busy season fast approaching, harvest bringing in all our favorite fall treats, and the dusting off of soup and crock-pot recipes. And this year carries with it a special significance, because as we all know, 2012 is the U.N.-declared International Year of Co-ops. October will find us celebrating National Co-op Month, in addition to Fair Trade Month. Be sure to come in and see our beautiful display of all the products we carry here at Alberta Cooperative Grocery that are either produced by cooperatives, or with Fair Trade ingredients, or both! We always try to prioritize carrying products that are produced by co-ops, and with fair trade ingredients whenever possible, and we have quite a roster to boast about this time around (such as Equal Exchange, Canaan Foods, Once Again Nut Butters, Just Coffee, Dr. Bronner’s Soaps, Alter-Eco Chocolates, Organic Valley Dairy, and many more! You will know them by a tag declaring the product’s certifications). This year, when you’re buying all the fixins for your holiday meals, try incorporating more fair trade and co-op produced products into the fold! Social justice makes things taste that much better.

In addition to highlighting the good work of others around the world, we would be doing a disservice if we didn’t mention the hard work of co-ops all over Portland. Check out our center spread in this newsletter for some more in-depth conversations about the myriad co-ops operating in our city, as well as a directory for more PDX co-ops. It’s a pretty special thing we’ve got going on here.

And in an effort to say “Thank You” to all of you who continue to support our store, we’re once again having our Fall Owner Appreciation Day, on October 13th. All new and renewed owners will get 15% off purchases, all day. And if you spend \$100 or more that day, you’ll get entered into a raffle to win a \$50 gift card to Alberta Cooperative Grocery. Not bad!

Lastly, in keeping with our winter tradition here at ACG, we’re also going to be breaking out the donation bins once again, starting in November, to collect dry groceries and toys in conjunction with Sabin CDC’s annual Food and Toy Drive. We really love the work the folks at Sabin put towards this endeavor every year, and we’re so happy to be able to participate again. And we couldn’t do it without all of your support! Keep your eyes open for more information on the donation drive, and for the bins themselves, coming this November.

Whew! Lots going on, as I said. Not the least of which is the impending full transition to collective management, a path we’ve been on for nearly two years now. Grace Cox, our transitional GM on loan from Olympia Food Co-op, has been an invaluable asset on the road to collectivization, and with her help we’re very nearly there, achieving a goal our membership put before us. 2013 will bring great things, I am sure.

Theresa Calabrese
Marketing Coordinator/Personnel Coordinator
theresa@albertagrocery.coop

open to everyone 9 - 10 daily

1500 NE Alberta St.
Portland, OR 97211

on bus lines 8 & 72

503-287-4333

info@albertagrocery.coop
www.albertagrocery.coop

our mission

Our mission is to serve as a community resource and gathering place, while providing fresh, high-quality, affordable food to the diverse members of North and Northeast Portland. We emphasize products from local, organic, and socially responsible sources, and work to build connections between our customers and their farmers.

in this edition

co-op explores space	pg. 3
collective consciousness.....	pg. 3
the art of fermentation.....	pg. 4
apple fodder.....	pg. 5
cooperation domination.....	pg. 6-7
rumi olive oil	pg. 8
alaffia shea butter.....	pg.8
the art of snehana.....	pg.9
arizmendico-op.....	pg.10
elderberries.....	pg.11
kitchen commons.....	pg.11



help alberta co-op explore space!

by sophia chang,
space livability
committee member

You're invited to a potluck to share and discuss ideas about space livability, the exploration of current and future needs of the Co-op regarding physical space. What kind of community space is important to you? What options (e.g. second store) would best serve the interests of the Co-op and the community it thrives on? These are just some of the questions that we want to answer to expand in a thoughtful, purposeful manner to nurture our vision: local, sustainable, affordable food that is centered around our community.

The Space Livability Potluck will be on Thursday, October 18th from 6:30pm to 8:30pm. Please bring some food or drink to share. I'll bake something delicious like possibly coconut whoopee pies or whatever inspires me in between now and our event. Stay tuned for the location in the e-newsletter and flyers. Please RSVP via email to Jocelyn@albertagrocery.coop.

Thank you to everyone who has answered our surveys so far. We are working on compiling everyone's input, which has been informative and helpful. Also, we're dividing up some research projects, such as looking into how other similar grocery co-ops have grown. While we have received some input, it is vital for us to come together for a more in-depth and nuanced discussion on how we believe the co-op should grow in the future.

If you have questions or cannot make it to the potluck but want to contribute, please email Jocelyn at Jocelyn@albertagrocery.coop. If you're interested in joining the committee, please contact Rachel at Rachel@albertagrocery.coop. We look forward to sharing all the information that we have gathered to the board in November and applying this information to our research.



raising the collective consciousness

by anthony rianda,
grocery team

It's been a long time coming, but it appears that the Alberta Cooperative Grocery will finally become a 100% collectively managed store before the year's end! If you are not familiar with the term, collective management is a non-hierarchical system of operating a business that does not centralize all governing power within one or a few positions on top, but instead disperses those responsibilities equally and relies on the cooperation of the entire staff to manage the store. Basically, every full-time staff person is a manager with equal say in the operations of the business. Naturally, this management style requires a deeper level of commitment from each person, and they must be willing to dedicate a certain amount of time to understand the ongoing inner-workings of the business and participate in the consensus processes. Consensus is a method of coming to an agreement within a large body of people based on discussion and understanding what is best for the group as a whole. We use consensus at staff and team meetings when creating policies, directing day-to-day operations, and overseeing financial decisions.

When I started working at ACG in 2010, the notion of transitioning the store to collective

management was strong in the air. This was just a few months before a special vote by owners and I could feel the tension brewing. There was an undeniably contentious mixture of strident opposition on one side and fervent advocacy for change on the other. Some felt the idea of collective management to be unstable and risky, while others believed strongly in the importance of creating a more egalitarian business structure.

Having previously worked in several other businesses practicing the more common hierarchical model, I had experienced first hand the unfair treatment of the lower-level employees, the wide discrepancy of the pay scales, and I noticed the unsympathetic top-down decisions made by those who were separated by office walls and disconnected from the lower level workers. Before coming to ACG, I didn't think there was another way to conduct business. But after being exposed to collective management my eyes were opened and I was fully on-board to helping create this change.

After the votes were in and the new bylaws were passed, it was official that the store would be making the transition to collective management. I volunteered to be a part of the Collective Management Structure Committee

(CMSC), made up of six staff people, which was tasked with essentially creating the new staff structure from the ground up. None of us were anywhere near experts on the topic, so we began this considerably prodigious journey by educating ourselves. We gathered employee handbooks and documents from other collectively-run co-ops and reached out to people who had the knowledge and experience. We attended trainings and staff meetings at People's Co-op here in Portland and Olympia Co-op in Washington to glean all the wisdom and advice we could.

But unfortunately, by the end of 2011, it was clear that we were still not prepared to make the leap toward collective management. ACG's Board of Directors decided it was best to hire a Transitional General Manager, someone who would not only fulfill the day-to-day managerial roles necessary to keep the store running, but more importantly act as a mentor and guide to ultimately ensure, at the end of their tenure, that we are able to stand on our own legs and continue functioning successfully, sans general manager.

Now as I write this, with only 3 months until our Transitional General Manager parts ways with ACG, collective management seems more attainable than ever. It has been years in the making, and has seemed like a slow beginning, but the Collective Train is certainly rolling ahead full steam!

book review: the art of fermentation

by eli shannon,
grocery teams

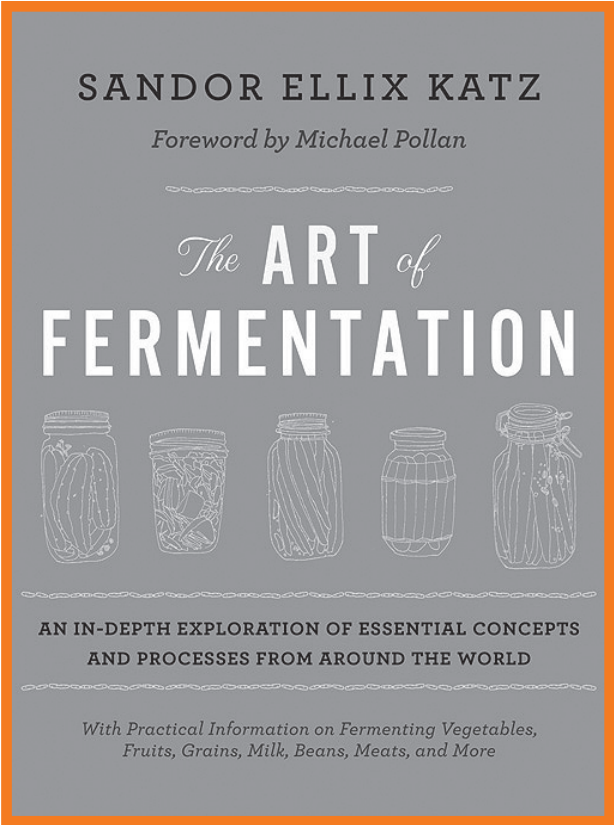
The first thing to note about Sandor Ellix Katz’s new book *The Art of Fermentation* is how beautiful it is. The second thing is how big it is. Not knowing what to expect, having barely even realized that such a book was being published, I was expecting, perhaps, a bigger, fancier, *Wild Fermentation*. But *The Art of Fermentation* is not a bigger, fancier *Wild Fermentation*. Whereas, I consider *Wild Fermentation* to be the best book for a fermentation initiate, *The Art of Fermentation* may not even be of interest to casual fermenters. The subtitle of this new book is “An in depth exploration of essential concepts and processes from around the world”. I can’t think of a more accurate description.

As an obsessive fermenter, this book scratches a deep 3 year itch. The reasons that I consider *Wild Fermentation* so essential are that: 1) it does a good job of explaining the basics, and 2) it provides a variety of recipes that are useful to beginners and experts alike, as well as 3) providing scientific, cultural and histori-

cal contexts for different ferments. *The Art of Fermentation* does not contain a single recipe in its 400+ pages. Which does not mean that it doesn’t instruct on paths to fermenting specific products, but there are no measurements, guidelines or directions in the way that recipes **tell you how to make a thing**. Each ferment is approached differently depending on the author’s expertise and interest in dwelling on it, as well as general available knowledge elsewhere. Sometimes there are many paragraphs explaining in detail, other times there are just a few words of suggestion. Katz provides as much information as possible to give you the freedom to create your own recipe or make decisions about which recipe you may want to use.

To the nerds and obsessive fermenters, such as myself, this information is very valuable. I have spent many hours delving into vast stores of information in print and on the internet to figure out exactly how I want to approach a certain ferment. But having one source to look at to help with a variety of situations feels valuable. The reader is given a firm grasp, not only of the biological reactions and typical scenarios, but of the historical or current cultural significance, and related ferments, I can make up whatever silly thing I want, and have a higher chance of success. And its nice to know that my future experiments will be less likely to involve 5 hours of cross-referencing different material.

The 1st three chapters of *The Art of Fermentation* present the basics of fermentation. The how, why, and with what, if you will. However, they may confuse or bore someone completely new to fermentation. Katz explores the physical and biological, as well as cultural meaning of fermentation and then examines the various processes, techniques and tools. The following 9 chapters are broken up, as best as one can, by type of ferment (“Fermenting Sugar Into Alcohol”, “Growing Mold Cultures”, “Fermenting Sour Tonic Beverages”, and the one I’m most excited about, “Fermenting Meat, Fish and Eggs”) and Katz attempts to cover anything



falling into a category that he has ever heard of. The decades that he has spent fermenting and learning and obsessing pay off for all of us in this new book.

There are also two sections of absolutely stunning full color photographs. At the very least, if you don’t intend to buy *The Art of Fermentation*, peruse the photographs next time you are in a bookstore.

The two final chapters will no doubt be of interest to many Co-op Owners: “Considerations for Commercial Enterprises”, because we all have many friends who want to figure out the logistics of such an operation, but also because as consumers, it will help you understand the unique challenges of small, local producers; and “Non-Food Applications of Fermentation”, which contains some obvious topics (agriculture) and some less-obvious topics (“Fiber and Building Arts”, “Fermentation for Skin Care and Aromatherapy”, “Fermentation Art”)

I want to recommend a copy of this book to everyone except fermentation virgins – to you, I say, grab a copy of *Wild Fermentation*, ferment a few things, do some exploring/research of your own, and get a copy of *The Art of Fermentation* in a year. This book would make a great gift, but also, the references section will lead you to potential great (holiday or not) gifts.

ELI’S LIST OF TOP GIFT RECOMMENDATIONS:

Kombucha: The Essential Guide *Christopher Hobbs*

Brew Chem 101: The Basics of Homebrew Chemistry *Lee W. Janson*

Microcosmos: 4 Billion Years of Evolution from Our Microbial Ancestors *Lynn Margulis and Dorion Sagan*

The Life of Yeasts *H. J. Phaff*

Salumi: The Craft of Italian Dry Curing *Michael Ruhlman and Brian Polcyn*

Vinegar: The User-Friendly Standard Text Reference and Guide to Appreciating, Making and Enjoying Vinegar *Lawrence J. Diggs*

presenting alberta co-op’s newest sister organization:

WRITTEN ON THE BODY massage and acupuncture studio

5005 NE 13th Ave :: 503-473-8515 :: WontheBody@gmail.com

Written on the Body offers massage, feldenkrais, and acupuncture treatments. They offer Alberta Co-op owners a 10% discount on massages services. And for a limited time, they are making this special offer:

50% off
of a first visit
for all Alberta Co-op owners

4

Offer expires December 1st, 2012. Remember to show your owner card to receive the discount!



apple fodder

A year and a half ago I was working in the apple industry in New Zealand. I can't say it was the worst job I've ever had but it isn't at the top of the list, either. I was a grader, meaning it was my job to stand over a conveyor looking at apples, and as they rolled by I had to pick out any that didn't meet the standard we were grading for. The standard varied depending on whether we were

by bryan johnson,
produce and front-end teams



fruit with punctures three square centimeter, blackspot, bee burn was turned into much everything else down the conveyor and by size, placed into stacked onto pallets. twelve hours a day, five



packing for the domestic or the export market, which included Portland. Export fruit had to be nearly perfect but everything kept for domestic

sales could be a bit rougher or more unique, depending on your point of view. Any or more than ters of rustings or sun-cider. Pretty continued was sorted boxes and We worked days a week,

with a bit of a respite on Saturday when we only worked eight hours - all at minimum wage with no overtime, industry standard for seasonal workers. It was alright, more or less tolerable, until one day our supervisor told us, "Okay, starting tomorrow we're working from 7am til 10pm so bring tea." That's when I put in my notice.

Now I'm back in Portland and working at the Co-op where I still get paid to fondle fruit, though for a better wage and with more acceptable working conditions. And here we find ourselves once again in apple season, one of my favorite times of the year! I recently joined some of my colleagues on a farm tour to Organic Orchards, a small apple and pear orchard in White Salmon, Washington, where I met Gary Gottschalk and his wife Judy. The Gottschalks have been growing apples on their small plot of land alongside the White Salmon River since 1994, selling fruit and tasty cider to all three co-ops in Portland and New Seasons Market. They gave us a tour where we saw the small packing plant where they box the fruit with the help of a small crew from the community, their irrigation system, cider press and bottler, and thousands of cute little apples and pears on the trees. Now they're ripe and they're making their way from those trees forty miles away to the Co-op and ultimately to you.

At the time of writing the Co-op has just started carrying the earliest apple varieties from Organic Orchards - William's Pride and Zestar. How could I not take the opportunity to sample them? William's Pride is named in honor of Edwin B. Williams, Emeritus Professor and veteran of the disease-resistant apple breeding program at Purdue University. This variety has been around since the mid-1970s, it has a dark red skin the gradually lightens towards the bottom and a lovely white flesh inside. I found it to be slightly sweet, a bit acidic and moderately tart. I wouldn't consider it tart enough to be a proper pie apple, this is more of shove-it-in-your-face fruit, at least for those among us who prefer their apples a bit on the tart side. The Zestar is a fairly new variety, having been bred into existence in the late 1990s. It's a hardy breed, able to survive cold climates and still produce fruit early in the season. The Zestar I sampled wasn't crisp, but it certainly wasn't mealy either - not like a Red Delicious, by any means. It really wasn't very tart either, but what it was lacking there it made up for in sweetness, and I don't think it's an exaggeration to say this variety would be perfect for making applesauce. Keep an eye on our apples and pears this season, there will be a number coming from Organic Orchards and elsewhere in the Columbia Gorge. Give them a try! In fact, I say give them all a try, especially if you're never heard of it. There are more than 7,500 known cultivars out there and, who knows, you may just find a new favorite.

saturday october 13 owner appreciation day

15% off

for all owners, all day

It's that time again, when we like to say thanks to all our owners by offering **15% off all day long**. It's a great day to stock up and to try a bunch of new products that we will be sampling throughout the store. And to sweeten the pot, if you spend \$100 or more, you will be entered into a raffle to win a \$50 gift card to the Co-op.

Do you know someone that is thinking of joining or do you need to renew your own membership? Now is the perfect time. From October 1st - October 13th, we will be having our annual Fall Owner Drive. All new and renewing members will receive a coupon for \$5 on any purchase of \$25 or more.

We truly appreciate your support and hope to see you on October 13th.

Discount available for active up-to-date owners only. Discount only available on 10/13/2012. Does not apply to Special Orders, Case Orders, Tri-met Tickets, or Sister of the Road Meal Tickets.

COOPERATION

Patient Physician Cooperative (PPC) by theresa calabrese, marketing and personnel teams

Patient/Physician Cooperative (PPC) was established in 2005 as an organization of patients, physicians and member representatives, with two clinics in Houston, TX. Since then, the organization has grown to 36 clinics which are geographically dispersed throughout the Houston area. PPC of Portland is currently being organized by Portland citizens and volunteers interested in making a positive impact on the health status of the uninsured in Oregon. Bringing together health care providers and patients, PPC is working towards their broader goal of putting health care back in the hands of those immediately involved, the patients and their providers, not insurance companies.

The Benefits of a Cooperative Health Care Model:

- Medical Services include: preventative care, physicals, routine care and management of chronic medical conditions, etc.
- Members can choose from Western and alternative or complementary treatments, such as Chiropractic, Naturopathic, Acupuncture, and Massage.
- Members contract directly with their physician. Agreements with other providers can also be made for additional services.
- 1 year of Co-op membership provides access to services in your area, including deals at local businesses & a discount prescription card.
- There are no exclusions for pre-existing conditions nor waiting periods to join the co-op and get primary care services.

While not solely based in Portland, the PPC began organizing a chapter of their cooperative in our city about a year ago. Since then their membership has grown, both of individuals seeking an alternative to big-box insurance companies, and in health care providers. Meetings occur monthly; if you're interested in getting involved, please email Member Services at membership@ppcpdxcoop.org for more information and to join the Portland effort. If you would like to learn more, please visit their website at www.ppcpdxcoop.org, or keep your eyes peeled for upcoming meeting announcements in our weekly e-news.



2012 has been declared by the United Nations as the International Year of the Co-op, but we don't think community support of co-ops should change with the arrival of 2013. So in an effort to spread the word about what co-ops are operating in our fair city, we're highlighting the versions of cooperative business that are happening right here, right now.

Stumptown Printers

by anni mackin, marketing and front-end teams

With just two old print presses, Stumptown Printers started business in 1999 within the old all-ages venue, The Glass Factory. They came out of the 1990s DIY music scene and originally just printed record and CD covers (and that is still a main focus of their business). But as they have grown into a larger space and have added more presses, they now print everything from posters to business cards.

About a year ago, the Alberta Co-op started to use Stumptown to print all of our brochures and some of our other materials. The first time I went to pick up an order at Stumptown, I was greeted by a smile and offered a quick tour of the shop. What immediately struck me about the shop was that it is obviously a place where quality and craft are highly valued. Stumptown specializes in letterpress and offset printing on primarily recycled paper with environmentally friendly inks. Letterpress and offset printing are both intensive traditional ways of printing that require a close relationship between printer and machine and produce a product that is of such uniqueness that a digital printer can never really replicate it. It is simply delightful to stand in their shop and hear their well-maintained machines humming.

Another reason that I love to visit Stumptown is the workers; it feels like entering a home. I'm always warmly greeted by people who obviously love and have immense pride in what they do. There is a sense of camaraderie that they seem excited to extend to any fellow worker. Originally just a three person operation, Stumptown officially reincorporated and registered as a worker cooperative in 2008. They are now completely owned and operated by their workers who each have an equal say in decisions. As they so eloquently state on their website, "We believe that individual worker ownership of jobs and full participation in the daily decisions of the workplace are an integral part of a free and democratic society."



DOMINATION

Portland Collective Housing (PCH)

by anni mackin, *pch member-owner (and alberta co-op staff)*

Portland Collective Housing (PCH) was started in 2003 with the purchase of two large historical houses. One in the Brooklyn neighborhood of SE Portland and one on N. Mississippi. A storefront adjacent to the Mississippi House was also purchased by PCH and, until recently, housed the Blackrose Infoshop. The mission of PCH is to take real estate out of the profit-driven real estate market so that the space can be used to create affordable and sustainable community. For financial and legal reasons, PCH is technically a 501(c) non-profit but it operates the same as most cooperative houses.

Residents of each house are considered member-owners and pay a monthly ownership share instead of rent. This share helps to pay off the mortgages of the houses as well as other loans. Some money is also set aside for repairs and capital improvements. In addition, each house has its own house fund that residence pay into, this fund is used to pay for utilities and shared food. There is a board of directors that manages the organization's finances and ensures that the houses are well-maintained, though each member-owner is expect to help with the upkeep and repairs of the houses. All member-owners of PCH meet on a quarterly basis to discuss the organization, make future plans, and socialize. Of course, the residents within each house frequently get together for meetings and socializing. All meetings and decisions are consensus-based.

Currently, the two PCH houses are occupied by 14 adults, two children, a dog, and a cat. We are also in the process of looking for a new community-focused business storefront to rent on N Mississippi St. Beyond providing housing and space, we are dedicated to living as sustainably and cooperatively as possible. We use grey water systems, use recycled materials for repairs and improvements, actively conserve energy, and buy the majority of our food in bulk from People's Co-op and Alberta Co-op.



more cooperatives of portland

BIKE CENTRAL
220 SW 1st Ave. | www.bike-central.com

BLACKFISH GALLERY
420 NW 9th Ave. | www.blackfish.com

CALVARY COOPERATIVE PRESCHOOL
3516 NE 71st Ave. | www.calvarycooppreschool.com

CATHEDRAL PARK PRESCHOOL
7119 N. Portsmouth Ave. | www.cathedralparkpreschool.org

COLUMBIA ECOVILLAGE
4647 NE Killingsworth St. | www.columbiaecovillage.org

COMMON GROUNDS COOPERATIVE
5010 NE 33rd Ave. | www.cgwc.org

DAYBREAK COHOUSING
2525 N. Killingsworth St. | www.daybreakcohousing.org

EQUAL EXCHANGE COFFEE
1033 SE 11th Ave. | www.equalexchange.coop

FOOD FRONT COOPERATIVE GROCERY
2375 NW Thurman St. & 6344 SW Capitol Highway
www.foodfront.coop

LEE OWEN STONE COOPERATIVE PRE-SCHOOL
2728 NE 34th Ave. | www.leeowenstonepreschool.org

MAGPIE MESSENGER COLLECTIVE
818 SW 3rd Ave. | www.magpiemessenger.com

PACIFIC NORTHWEST GENERATING COOPERATIVE
771 NE Halsey | www.pngc.com

PEOPLE'S FOOD CO-OP
3029 SE 21st Ave. | www.peoples.coop

THE PORTLAND PEDIATRIC HEALTH COOPERATIVE
4445 NE Fremont | www.portlandpedscoop.org

RED AND BLACK CAFE
400 SE 12th Ave. | www.redandblackcafe.com

ROSE CITY PRESCHOOL
5830 NE Alameda | www.rosecitycoop.org

STUMPTOWN PRINTERS
2293 N. Interstate Ave. | www.stumptownprinters.com

TALISMAN GALLERY
1476 NE Alberta St. | www.talismangallery.com

the fruit of ancient middle east olive trees

by eli ronick, *working owner*



The Middle East is certainly not the first landscape one envisions when olive trees come to mind but surprisingly, its trees often predate its European counterparts. Rumi Tree Extra Virgin Olive Oil of Canaan Foods is the fruit of these ancient trees and sells at a more than affordable \$12.99 for a 17 oz. bottle.

The world is ripe with lies, misnomers and half-truths concerning extra virgin olive oil (EVOO) so I'll give a brief overview of what it is and why it's so important. EVOO is the purest olive oil and is judged to have superior taste and health benefits. It accounts for less than 10% of all olive oils. The majority of oils labeled EVOO actually contain either a low-quality olive oil or another oil entirely mixed with a small amount of EVOO, put in for taste.

Renowned scientist Ancel Keys, whose Seven Countries Study examined heart disease around the globe, recommended a Mediterranean diet for Americans, rich in high-quality olive oil. Real EVOO has the good kind of fats, monounsaturated, which help you maintain a healthy heart as well as antioxidant and anti-inflammatory properties that aid in digestion and protect against disease (visit Int'l Oil Council online for full health benefits).

Rumi Tree EVOO is harvested in the West Bank by Palestinian farmer cooperatives. Older, established trees often bear the best fruit and Rumi trees date back 700-1000 years. A "Best Before Date" is clearly written on the label, often a sign of a true EVOO (want a challenge? Try finding it on most EVOOS). Olives are a fruit and like any fruit, they lose freshness from the moment they are picked. To ensure quality, remember to keep your Rumi Tree EVOO away from light, heat and air. Its taste certainly has a kick to it, a flavor equally robust and intense. It's great for everything from dressing a salad to sautéing (at lower temperatures to help maintain quality) to sprinkling on breads, bruschetta and even desserts.

Rumi Tree producer Canaan Fair Trade guarantees to farmers and producers a fair price and healthy and safe working conditions. Online, you can view profiles of Palestinian farmers and producers who have persevered in the West Bank, an occupied territory in which Palestinians are subjected to an "almost systematic campaign" of human rights abuses, as the Independent Commission for Human Rights declared in 2011.

Finding a high-quality EVOO is not an easy task, especially in the USA where manufacturers can literally put anything in a bottle and label it "extra virgin." The FDA merits olive oil adulteration "low-priority" and has publicly stated it lacks the resources to regulate the industry. Admittedly, my passion for EVOO stems as much from my love for what it provides as my realization that I had been misled into buying a fake California EVOO for years that I thought was high quality. Some advice: If you want true EVOO, do your research. We may never know the extent of its authenticity, but I'm apt to trust Rumi Tree EVOO as a fresh, unaltered product at an affordable price, and support Palestinian farmer cooperatives in the process.

Read Tom Mueller's Extra Virginity: The Sublime and Scandalous World of Olive Oil for a more in-depth study of this issue.

alaffia shea butter co-op

from www.strongertogether.coop



When Olowo-n'djo Tchala was a child in Togo, West Africa, he would work alongside his mother collecting nuts from shea trees to sell to government-sponsored shea nut buyers. Women traditionally gather them, and even though shea butter production has a long history as an indigenous product in Togo, it only allows for subsistence wages, if that. Women like Tchala's mother are paid mere pennies for delivering the nuts to the marketplace so the oils can be lucratively extracted from the nuts by others for hair and body care products. Tchala had to drop out of school in 6th grade because his mother couldn't afford to send him any longer.

The situation is even more dire for Togolese girls, as 91 percent of them drop out of school, contributing to West Africa's gender inequity and entrenched cycle of poverty. Very few women know how to read and write and most are denied access to meaningful economic opportunity. Many mothers have to leave their children to find jobs to support them.

When Tchala met Rose Hyde, a Peace Corps volunteer who eventually became his wife, they formed a women's co-op called Alaffia Shea Butter Cooperative in 2004 (after they moved to the United States) with the vision of helping West African communities become more sustainable. The idea was to use the resources the women already had—the skills, knowledge and traditions of natural shea butter production—to empower women, preserve indigenous culture, and produce a high quality skin care product. Their raw shea butter is handmade, using centuries-old practices to naturally extract the oils from the nuts.

Alaffia's shea butter is also produced and sold with fair trade practices. Through fair trade, members get compensated for what their shea butter is really worth, rather than having to accept low returns from the open market. Alaffia is certified Fair Trade for Life: Social and Fair Trade by the Switzerland-based Institute for Marketecology [http://www.imo.ch/index.php?seite+imo_index_en].

Today, Alaffia operates in Togo with over 300 women co-op members, and in Lacey, Washington where Alaffia products are handmade for retail sale. Alaffia shea butter, lotions, shampoo and conditioner, and baby products are now available in 2,000 stores across the U.S., including many local food co-ops.

In addition to providing employment, the co-op funds a number of community projects. Bicycles for Education has provided 3,000 donated bikes to help kids ride the 5 to 10 kilometers they need to travel to get to school. A clinic focused on maternal health assists up to 100 birthing mothers a year. The co-op also provides school supplies and necessary repairs to school buildings. They've also launched an environmental initiative to plant thousands of trees to alleviate the effects of deforestation and climate change in Togo.

This year Alaffia co-op members gave their salary increases to their communities because they said they wanted to help others. They are firm believers that people cooperating across the globe is essential to sustainability in all kinds of communities. Emily Parnham, community relations director for Alaffia said, "When you purchase an Alaffia product, you are placing value on the indigenous knowledge and skills of the Alaffia Shea Butter Cooperative members and empowering these women to create a better life for themselves and their families."

It is not an understatement to say that Alaffia has changed its members' lives. Zebera Tchagoumi joined the co-op last year. Now that she's a member, she no longer has to leave Togo, and her children, to find work. All five of her children are in school. But she is still troubled when she sees friends who are struggling. "They see a change in me," she said. "I hope our efforts become even stronger...so they can benefit as I have."

the art of snehana

by krissy rue,
wellness and front-end team



Fall is upon us, and did you know it is THE driest season of the year especially for Vata types? Do you ever notice your skin feeling tight, your eyes feeling dry, or are you constantly licking your poor chapped lips to keep them moisturized? The body is experiencing the change of the season, and sometimes your personal environment gets a little imbalanced.

I swear by this Ayurvedic treatment called Snehana, for I have experienced profound nourishment as the fall of dryness known as Autumn suddenly graces my skin.

Let me explain; The process which imparts softness and removes dryness of the body is called Snehana. Snehana is a process known as oelating (oil-lating)! What is oelating? Well, its really as simple as applying oil all over the body. Simply delicious sounding, right?

This is an Ayurvedic regenerative practice that has so many benefits. Snehana improves the digestive fire, removes excess fat, warms the body, embraces the mind, induces sleep, adds smoothness to the skin and flexibility to the limbs, and brings clarity and brilliance to the mind and senses. Can you believe you get all this just by applying oil all over your body?

I like to rub my body with yummy oils a few times a week, especially during the dry spells. I usually find myself craving Snehana in the evenings, but it can be an invigorating morning practice. First I decide what kind of oil I would like to use. I feel very blessed having the Co-op be something like my second home not only because I love my co-workers, but it also offers me a great bulk oil bar to choose from. I can bring home a different oil to try every week, and guess what, so can you! Make yourself at home, and fill your containers with liquid gold.

Here are some juicy oils you can find at the coop:

Almond oil VK-P+

A delicate, sweet oil. Rich in minerals and warming in character. I have found that this oil is lighter on the skin, and absorbs fairly fast, leaving skin feeling moisturized and not too greasy. It's really great for people who have naturally oily skin. You know, it is still very important to oelate even if you feel like your skin has oil to spare. The art of Snehana will help to spread out your body's oils evenly, which can also alleviate burning and inflamed conditions of the skin. Almond Oil is great for all skin types.

Bulk: \$14.74/lb \$.92/oz

Apricot Kernel VPK=

Rich in vitamins and minerals. A well known antioxidant, this oil keeps pliability in skin and promotes unctuousness. This oil is great for all skin types especially prematurely aging, inflamed or sensitive skin. Holds up well and doesn't go rancid easily. This oil is slick, medium weight and absorbs easily.

\$4.59/4oz

Avocado Oil

A thick, rich, vitamin-based oil, high in protein, and vitamin E. Lecithin and fatty acids are also present. It is warming in character. Excellent for the liver, dehydrated skin and eczema. Heavy weight, this oil is best cut with other oils, use ¼ to ½ in blend.

Bulk: \$16.75/lb \$1.04/oz

Castor VK-P+

Used for arthritis, and as an anti-spasmodic. This oil works wonders for the lymphatic system, helping to break down lymph nodes, also good for fibroids, cysts and tumors. Molecular wight breaks down with heat for absorption. In other words, when you put this oil on it needs to be warmed prior or when on the body. I like to put castor on where it's needed then I will take a hot bath. Many people like to put a hot water bottle over applied areas, but remember to use old sheets, because castor oil has the worst time washing out. Use small amounts when blending, it is a heavyweight oil.

\$5.29/8oz

Coconut Oil V+PK-

It is the most cooling of all oils. Great for the summer months. It is very soothing, and cooling to skin that has a reddish (hot) but peely, flaky nature. This oil tones and supports elasticity, great for Pitta and Kapha, light but nourishing. Coconut oil is "water dispersing", which means it washes out of clothing really well.

\$9.99/14oz (in Grocery)

Grape Seed Oil VPK=

High in minerals and protein, antioxidant, good general oil for all skin types. Medium weight, an all purpose oil.

\$4.20/4oz

Jojoba Oil VPK=

This heavyweight Oil is like no other oil, partly because it is more like a liquid wax. It is so compatible to your skin's sebum that it can penetrate deeply, and has the ability to trick your skin into producing less skin oil. This waxy substance mimics collagen, and can be used to plump your skin, lips, etc. Great for everyday use, fights free radical damage, is anti-inflammatory, good for any kind of heat in skin. Used for psoriasis, acne, and hair care. Although it is on the pricier side, you can blend this oil to stretch it out. Jojoba has strong antimicrobial properties allowing this oil to keep on the shelf for many years.

Bulk: \$71.37/lb \$4.46/oz

Olive Oil V=P-K+

Yeah that's right, go ahead and expand your uses of this rich, thick, intoxicating oil. You know how good it tastes, well then why not feed this luxurious oil to your skin. Cleopatra would take olive oil, milk and honey baths. It soaks in real nice and fast builds flexibility in muscles, and helps prevent stretch marks. Great price point for a daily medium weight oil, bonus!

Bulk: \$5.99/lb \$.37/oz

Rosehip Seed Oil VP-K

High in gamma-linolenic acid and Omega 3. Tissue regenerators, good for nerve damage, muscle contusion, and burns. Use after injuries or high trauma to the skin. Heavyweight.

Sesame Oil V-P+K=

A rich, thick, warm, sweet oil high in protein, lecithin, and amino acids. It has been used since ancient times in both China and India. Sesame Oil is used extensively in Ayurvedic medicine, because of it's grounding and healing properties. Antioxidant-rich, used for psoriasis, eczema, rheumatism, and arthritis. Draws out impurities, great for Vata and Kapha who needs warmth and circulation, can be too stimulating and aggravating to Pitta types. Like jojoba oil, sesame oil mimics collagen, and can be used as a sunscreen blocking up to 45% of UV rays.

I really like to oelate my hair with sesame oil. When I need to feel held and rooted to the earth I like to saturate my hair with sesame oil, wrap it in an old cotton cloth and then go to bed (remember to really bundle up that night, because the wet hair will drop your bodies temperature). I usually use an old pillow case as well, so the oil doesn't ruin my nice sheets. The next morning I will take a really hot shower and wash out the oil. You will then have to pull yourself away from the mirror, because you can't admire your lustrous hair all day!

Sesame is my favorite oil for the winter, because it is so warming! Another winter trick to keeping the body moisturized and warm is to vigorously rub the body with sesame oil. Then immediately hop into the shower or into a nice hot bath, letting the heat push the oil deep into the body. I try not to wash away the oil with soap, and just do a little pat pat dry when I get out. This trick can really lift those winter blues. Go ahead try it, and don't be shy, sesame will treat you right!

Bulk: \$5.99/lb \$.37/oz

Sunflower Oil V+PK-

Light, slick, bright, golden love, rich in vitamins and minerals. A great all around oil for all types, best for Kapha, stimulates lymphatic system with massage. This oil is, last but not least, offering the lubrication the skin needs without the mess.

Bulk: \$4.59/lb \$.28/oz

We also have some great oils by Soothing Touch. They have a great line of massage oils: sandalwood scented, muscle comfort, and the one and only nut-free oil blend.

How about scenting your own oils? I would recommend using our very special line Veriditas. A minimum amount of essential oil is good for every day use, because essential oils can be drying to the kidneys, and skin. I would not put more then 15 drops for an 8 oz container. You know whats really fun and safe is to infuse your oils with fresh or dried herbs. There are a lot of how to books to reference, but I would recommend James Green's The Herbal Medicine-Maker's Handbook: A Home Manual. You will find clear step by step instruction on making all kinds of herbal crafts and body care delights.

I hope you have a whole lot of fun playing with oils this season. I will keep my oily eyes peeled to admire the Co-op family glowing with the art of Snehana.

the good, the bad, and the ugly of co-ops

by anni mackin,
design and front-end teams and board director



Yup! It's still the International Year of the Co-op! And we are still doing some critical thinking on this economic model called cooperation, so now as we count down the final months of the year, I'm presenting you with the third in a three part series taking an in-depth look at some of the most well-known co-ops in the world. So far we have looked at two of the largest cooperatives in the world, The Cooperative Group and Mondragón. We've seen how globalization, expansion, and hierarchical stratification has made them the toast of the capitalist world but has also distanced them from basic cooperative values and principles. Now for the final installment of this series, we will examine the Arizmendi Co-ops of San Francisco, who are expanding and thriving while still staying true to their cooperative roots.

Part Three: The Good

The second wave of cooperative development that swept America in the 1970s hit the Bay Area of Northern California with a splash. A number of cooperative business opened up around the area including the Cheese Board Collective and Rainbow Grocery (both of which are still surviving and thriving as worker-owned, collectively-run co-ops). A number of co-op associations were also formed to offer mutual support and the Cheese Board Collective even gave financial backing to the development of other cooperative cheese shops and restaurants. But by the 1990s, the cooperative dreams of the 70s were facing the risk of fading into memories as only a few co-ops remained in business. This risk sparked a renewed interest in saving the co-ops that remained, in addition to developing new co-ops. Two new co-op associations formed in the mid-1990s, the Women's Action to Gain

Economic Security (WAGES) and the Network of Bay Area Worker Cooperatives (NoBAWC).

In 1995, another association popped up, the Arizmendi Association of Cooperatives. The organizers of this association were interested in breaking down the barriers that many new worker cooperatives face. They theorized that if older, more established co-ops offered financial and technical assistance and training to start-up co-ops, a community of co-ops would form that would not only be experts at the businesses they run but also experts at co-op development and support and the cycle would keep repeating, spreading worker cooperation throughout the area.

The Arizmendi Association decided to approach the successful Cheese Board Collective with their idea and the Cheese Board Collective agreed to be the first "model" co-op. In 1997, the worker-owners of the Cheese Board Collective helped open the first Arizmendi Worker-Owned Cooperative Bakery in Oakland by providing them with startup funding, their years of operational knowledge, and even their recipes. The new Arizmendi Bakery was a suc-

cess and, in 2000, the Arizmendi Association opened another bakery in San Francisco with workers from both the Cheese Board Collective and the Oakland Arizmendi Bakery contributing funds and knowledge. Today, the Arizmendi Association is made up of six highly successful independent collectively-run bakeries, including the original Cheese Board Collective.

Their unique approach to expansion, I believe, is what has kept the Arizmendi Bakeries true to their values of worker democracy and cooperation. The Cooperative Group and Mondragón have expanded in the traditional way by simply adding more workers and more members. The larger the co-ops have become, the more centralized their power became, and the more disenfranchised the workers have become, the less workplace democracy has prevailed, and the further these co-ops have moved away from the cooperative values that they were created with.

The Arizmendi Association has grown through decentralization. Though each bakery provides support to new Arizmendi bakeries and helps when a fellow bakery is struggling, they are each their own autonomous cooperative; each bakery's collective makes their own decisions about how they operate. This arguably makes for a much stronger business model than traditional expansion because the workers of each bakery have a unique understanding of their business and the neighborhood they serve and can make decisions that best serve their customers and themselves. This decentralized expansion also allows for smaller individual businesses where each worker feels empowered and the values and principles of cooperation become vital tools for success.

The only obligations that Arizmendi Association member cooperatives have to each other is to remain true to the values of workplace democracy and cooperation and to support the Association in creating and supporting more cooperatives. Rather than a tiered hierarchy of bureaucrats governing a chain of bakeries, the Arizmendi Association is a supportive gathering of equals spreading cooperation.

If you visit any of the Arizmendi Bakeries' websites (and they are each as unique as the bakeries) you will see that they are not shy; in fact they are quite proud of being worker-owned cooperatives. And they want to spread the gospel of just how great worker cooperatives are; beyond their own association, the Arizmendi Bakery Co-ops actively participate in other cooperative groups including NoBAWC and the US Federation of Worker Cooperatives. They also will happily tell you how to start your own association of cooperatives based on their unique model of replication. They want workplace democracy and cooperation to take over the world one independent co-op at a time and the only secret that they won't share is their baguette recipe.

For more information, visit:

The Arizmendi Association of Cooperatives' website where you can learn about the association, find links to the individual bakery co-ops, and even get information about how to start your own worker cooperative: www.arizmendi.coop

"The Replication of Arizmendi Bakery: A Model of the Democratic Worker Cooperative Movement", an in-depth article and how-to guide written by Joe Marraffino, a member of the Arizmendi Development and Support Cooperative: www.geo.coop/node/365

"The Arizmendi Association of Cooperatives Development Model", another article by Joe Marraffino: www.geo.coop/node/633

"Graphic History of the Arizmendi Association of Cooperatives", a slide show that visually shows how Arizmendi has grown and currently operates: www.american.coop/content/graphic-history-arizmendi-association-cooperatives

our staff

Amber Hersey, Perishables
Anni Mackin, Design/Front End
Anthony Rianda, Grocery
Ari Perezdiez, Substitute
Brian McCauley, Produce
Bryan Johnson, Produce/Front End
Chris Gadbois, Spirits
Claire Lutts, Produce
Colleen Flanigan, Substitute

Derek Beaumont, Front End
Dusty Bloomingheart, Produce/Front End
Dusty Reske, Front End
Dwaz Anderson, Grocery/Front End
Eleanor Jones, Produce
Eli Shannon, Grocery (on sabbatical)
Elizabeth Dissin, Board Scribe
Ellen Schreiber, Finance
Grace Cox, Management
Hadley Johns, Substitute
Halley Stroth, Substitute
Issa Kitterman, Bulk
Jamilah Bourdon, Substitute

Jim Currin, Front End
Kim Finley, Substitute
Krissy Guillory, Wellness
Luis Gonzales, Substitute
Meagen Alm, Substitute
Micki Waddell, Wellness
Nick Neumann, Bulk
Rachel Heichen, Ownership/ Front End
Richard Cascio, Grocery
Rob English, Grocery
Sara Fey Goldman, Substitute
Steven Hughes, Technology
Theresa Calabrese, Marketing/Personnel

our board

Amber Ward
Anni Mackin
Anthony Noble
Jenn Cairo
Jim Currin, Treasurer
Jocelyn Furbush, President
Mary Sauters, Vice-President
Molly Fitzpatrick
Russ Willis, Secretary
Teryani Riggs

time to drink your berries... elderberries, that is!

by **micki waddell**, *wellness team* Autumn is descending upon us and it's time to get into the groove of enhancing our immune systems. One of the tastiest ways is by taking Elderberry; also commonly known as Black Elderberry and Sambucus. You have likely seen varieties growing in the wild as ornamental plants, in pies, jams, tinctures, syrups and dried, in the bulk herb section at your favorite Co-op (wink). Elderberries are everywhere! And good thing too, as they are not only delicious, they are highly beneficial.

It is the *Sambucus nigra*, or Black Elder that is most commonly used for medicinal purposes. The use of Black Elder flowers has been traced as far back in history as the Egyptians who had recipes for concoctions to treat the skin. The Greeks, however, are most often noted as the first to exploit this plant to its maximum potential. Hippocrates is credited with calling the Black Elder a "medicine chest" for its broad and varied usefulness. The berry is potent medicine that has been used to treat both viral and bacterial infections making it a powerful aid in curing, and preventing, a variety of illnesses.

Each berry is packed with anthocyanin pigments, tannins, amino acids, carotenoids, flavonoids, vitamins A, B and a lot of C. Anthocyanins are considered to be powerful antioxidants that help protect cells against damage. Tannins have shown to be antiviral, antibacterial and anti-inflammatory. If you have ever over-brewed a cup of tea, you know what bitter tannins taste like. Amino acids are essential to life and your overall wellbeing, from building healthy cells to nourishing our muscular sys-

tems. Carotenoids (think yellow, orange and red food) provide further protection of cells and have shown to be beneficial in prevention of disease. Flavonoids offer anti-inflammatory benefits while helping to repair cellular damage. Vitamin A helps keep mucus membranes moist, which is one of our defenses in preventing bacteria from getting to our lungs. Over or under production of mucus can throw our system out of whack and make us more susceptible to, or less efficient in getting over, an illness.

Deficiency in Vitamin B can weaken your immune system and lead to things like fatigue, depression, poor digestion. If you have a vegan or vegetarian diet it is extremely important to supplement B12. This B is critical to the function of not just the immune system, but many of the body's processes. And, last but certainly not least, Vitamin C. While there are many and varied schools of thought on Vitamin C's role in preventing illness and how much to take, most people would agree that they feel better when they are getting sufficient amounts of C in their diets. There is evidence that because of the ability of our cells to store Vitamin C, it helps to fight off pathogens. Extensive studies are always being done with Vitamin C and its role in our immunity so, we know, there's gotta be something to it.

So these little berries are big, medicinal food. They have been recognized as effective against many strains of influenza as well as the common cold and although they are considered a folk remedy, there have been countless modern studies done on their effectiveness. Elderberries can also be an economic remedy because the syrup is easy to make at home.



elderberry syrup

by micki waddell, *wellness team*

1 cup Dried Black Elderberries
3 ½ cups Water
1 cup Raw Honey
(if using fresh berries: 2 cups Elderberries and 4 cups of water)

Other variations can include any or all of:

2 T Fresh Ginger
1 tsp Cinnamon Powder
½ tsp Whole Cloves or Clove Powder
(variations borrowed from wellnessmama.com)

Put everything but the honey into a pot on the stove. Bring to a boil and let simmer for 45 minutes to an hour. Remove from heat; when slightly cooled, strain into a large glass measuring cup (you'll want to be able to easily pour into a jar). Let cool down a little more, add honey and mix well. Pour into sterilized jar or jars, let cool completely, cap, label with date and refrigerate. It's really that easy.

It is recommended that kids take 1 tsp and adults take 1 tablespoon; five days on, two days off, throughout the cold and flu season. If your house gets the flu, take three times daily to shorten the duration. Your Elderberry syrup can keep in the refrigerator for many weeks, even months.

Cheers to your health and for a healthy winter!

kitchen commons: call for community kitchens

by **ashley todd**, *working owner* Kitchen Commons is a local non-profit whose mission is to promote a more just food system, where cooking healthy food is affordable and practical, and the dream of a small food business is within reach for low-income entrepreneurs. We are building a network of community kitchens, where neighbors of all ages and backgrounds come together to make and share meals, learn from each other, and support small food businesses.

The role of Kitchen Commons is to support, develop, and promote community kitchen spaces. We do this by facilitating neighborhood cooking groups, hosting workshops, pairing low-income entrepreneurs with affordable kitchen spaces, and many other activities. These projects thrive on support from the communities they serve, as well as the generosity of organizations who open up their kitchens to community use.

To better serve the NE community, we are seeking new kitchen partners within the NECN boundaries. Community kitchens can be hosted by faith organizations, schools, community and senior centers, busi-

nesses, and nonprofits. They can have industrial equipment and be certified for particular purposes, but many activities don't require either.

If you are aware of an organization that has a kitchen that might be available for community use, let us know! We'd love to meet you, learn about your organization, and build a better, stronger Northeast Portland community.

More info:

Jocelyn Furbush, Executive Director: Jocelyn@kitchencommons.net
Ashley Todd, Outreach Intern: ashley@kitchencommons.net
Website: kitchencommons.net





the montavilla food cooperative: *creating a healthy, community owned, food resource for residents in east portland*

by benjamin cutler,
founding member of
montavilla co-op

have been organizing to open a food co-op in the Montavilla neighborhood. We began as a group of friends at a backyard BBQ discussing how the neighborhood needed better access to good-quality, healthy, affordable food. Since, we have been hard at work organizing, becoming incorporated, visiting other co-ops, building the member-base, and promoting the co-op.

There are currently 112 member-owners with more signing on every week. Having recently surpassed the 100 member mark we now plan on coordinating efforts to elect our first board of directors. In addition, we are gearing up for a market & feasibility study. Three coordinating committees (the business, outreach and core committees) serve as the backbone of the organization currently and guide overall development. When elected, the Board of Directors will be instrumental in planning for the long term, provide structure and legitimacy when asking for grants and loans, and provide guidance to the volunteer/members who are helping to bring it all together. The election of the board will be an important turning point in our co-op's development.

The Montavilla Co-op recently received a grant

For nearly 3 years now, myself and a group of dedicated neighbors

from the Southeast Uplift Neighborhood Coalition. We used it to hire a Member Equity Coordinator and promote diversity within our organization. Bob Davis, former People's Food Co-op Board member, was hired on in that role and has been a terrific asset to our team at this point in development. One of the challenges of this project, our members say, is serving a diverse population. The Montavilla neighborhood is the area south of I-84, north of SE Division, and bound by I-205 on the eastern edge and SE 68th to the west; the neighborhood is a crossroads of cultures with a strong representation of African American, Latino, Vietnamese, Russian & Chinese communities. One of our goals is to work with community leaders to successfully attract and serve Montavilla's diverse population, both as participants in co-op development, and as patrons.

Our blossoming Montavilla Co-op gladly welcomes new members and volunteers who are interested in helping to bring the prosperity of a co-op like Peoples to the Montavilla Neighborhood! We are looking for involvement and assistance in the following areas: grant writing, coordinating events and fundraising, volunteering at events to promote the co-op, serving on a committees, serving on the board of Directors, hosting a BBQ to promote the co-op

and sign up new members and spreading the word to friends, family and coworkers.

Many of Montavilla Co-op's current membership are also members at Peoples, Alberta and Food Front because they believe in the principles and values of cooperative enterprise. We are asking everyone to join in the spirit of the 6th principle of cooperation, Cooperation among Cooperatives, and encouraging People's members to become founding members at Montavilla. Shares cost \$150 dollars and can be purchased at our website, www.montavilla.coop. Purchasing an equity share in Montavilla Co-op will help in our efforts to provide

Purchasing an equity share in Montavilla Co-op will help in our efforts to provide our neighborhood with better access to good, fresh, local and organic food.

our neighborhood with better access to good, fresh, local and organic food. Your contribution will help strengthen

the neighborhood as well as promote positive, long-term, community economic development for Montavilla and the surrounding neighborhoods.

To learn more or purchase a share, visit:

www.montavilla.coop

To volunteer: volunteer@montavilla.coop

For information: info@montavilla.coop

To reach our committees:

outreach@montavilla.coop

business@montavilla.coop

core@montavilla.coop