

FORKS OF THE BIOREGION AND WORLD UNITE



**alberta co-op
heart beets**

July 13 annual meeting & election :: 1PM

**alberta co-op
grocery**

good. local. food.

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

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alberta co-op heart beets

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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.

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To our Owners and Supporters,

We at ACG are pleased to be able to put out this latest issue of our newsletter, Heartbeets. You might have noticed that we haven't put out a newsletter lately. We had been putting them out quarterly for years, but this past budgeting cycle we decided to scale back a bit to putting them out just twice a year.

So much goes into the production of this publication every time we put one out, and we do hope you enjoy it when it comes around. Staff and board directors and working owners and sister organizations all put a lot of time and energy into creating content that is informative, relevant, fun, and interesting, and that's not always an easy task! We try our hardest, though, and in the end I believe we always come up with a great publication, and this year's first is no exception.

In this issue you'll find recipes for everything from cookies with mushrooms to foot salves; heady information from our Board of Directors about possible upcoming ACG bylaw changes; a retrospective of ACG's involvement with supporting the Teamsters in a boycott of our biggest distributor, and how that turned out; upcoming community events, including our Annual Meeting, where we'll be electing up to 7 new board directors (July 13th!), Tri-Co-op Farm Tour where we'll be going to Hood River farms with People's and Food Front (August 24th!); our annual Community Sale Day, where everyone, regardless of whether or not they're a Member-Owner, gets a 10% discount (September 12th!), and more.

You can learn more about the upcoming Montavilla Food Co-op's efforts to open shop, and how you can help them in their mission. You can read an interview with our latest über popular bagel company. You can learn more about what ACG does on a daily basis to help support community groups by way of our Donations Program. You can connect with your ACG community in a way that you don't typically get to.

Personally, as the Marketing Coordinator here at ACG, I was sad to make the switch to putting out only two newsletters in 2013. It may well be that we continue to only put out two newsletters a year for the foreseeable future. There are, of course, several options we can explore in this realm, and we're already thinking and planning for next year. If you have strong feelings one way or another on this issue (so to speak), email your thoughts to marketing@albertagrocery.coop.

Thanks for all of your continued support, and we'll see you in the aisles!

Theresa, Heart Beets Editor.

calendar
of events

June
25th

Working Owner
Orientation

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

July 2nd

Board of Directors
Meeting

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

July 13th

Annual Meeting

Co-op Parking Lot
1500 NE Alberta
1pm-5pm

July 30th

Working Owner
Orientation

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

Aug 6th

Board of Directors
Meeting

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

Aug 27th

Working Owner
Orientation

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

Sept 12th

Community Sale Day

All shoppers will receive
10% off all purchases all
day!

October

Owner Drive

Oct 1st-12th
Owner Appreciation
Sale!

Sowing Community

by Theresa, Marketing Coordinator

Every year ACG allocates thousands of dollars from our budget to our donations program. And every year we get to allocate those dollars to people and organizations and groups locally and nationally that are engaging in all sorts of projects. Everything from environmental protections to community gardens to workers rights to summer camps to you name it. Our donations policy is derived from our mission, which 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.” Our donations program is in effect to serve this mission.

We’re quietly proud of this program, but we want all of our shoppers and owners to be proud and informed of this program, too. So, below you’ll find a summary of some of the donations we’ve made so far this year, and a bit about the groups they went to and the work being done.

\$4,000 – Fresh Exchange

Fresh Exchange is an EBT matching program run through the Portland Farmer’s Market group. Fresh Exchange operates at the King Farmer’s Market in the parking lot of King Elementary School at NE 7th and NE Going streets. Fresh Exchange allows folks with EBT or SNAP benefits to use those benefits at their local farmer’s market by exchanging EBT benefits with tokens to be spent at the market. Additionally, if you do withdraw EBT benfits at the market, Fresh Exchange will match your withdrawl for up to \$7 per person. So, if you take out \$10 from your EBT account, you will end up with \$17 to spend at the market. The Fresh Exchange program is actively making fresh, local foods available and affordable to everyone, regardless of economic circumstances. This program is so perfectly in line with ACG’s mission that we’ve been donating substantial amounts to it for years.

What’s more, we’ll soon begin our in-store fundraising efforts for the program (July through September), so you will be able to make a donation at the register when you come in to shop of any dollar amount you choose, and 100% of the proceeds will go directly to the program.

\$500 – Western Worker Co-op Conference

The Western Worker Cooperative Conference is a bi-annual event that fosters education and information sharing among worker co-ops and promotes sustainable development of the co-op movement. Workshop themes range from basic topics related to starting and operating a worker co-op to those that improve communication and operation, and others that explore the worker cooperative model in the larger social context. The conference emphasizes the importance of skill and knowledge sharing among members of worker cooperatives.

As a newly formed collective, these kinds of events are imperative for us to be a part of, if for no other reason than for folks to get to engage with others that are experiencing the same things we are in this unique workplace. And the conference is put on by an all-volunteer workforce, and subsists solely on donations of time and money. So if it’s going to continue to happen, we all need to pitch in some.

\$200 – Growing Gardens’ Youth Grow Program

From Growing Gardens themselves: “Each year we provide after-school and summer gardening classes for over 200 children ages 6-12 through our Youth Grow program. Students at each of our 8 partner schools in N, NE, and SE Portland have been given the opportunity to grow their own food, learn about worms and composting, and taste new fruits and vegetables. During our after school SUN (Schools Uniting Neighborhoods) garden clubs, many of these students are given the opportunity to try fresh and local fruits and vegetables for the first time, connecting students with their food and inspiring students to eat more fruits and veggies. Our students greatly enjoy spending time in our Garden Club and have the opportunity to plant, harvest and taste fresh and delicious vegetables. Our most recent reports show that our 8 week garden and cooking classes have resulted in an average of 27% increase in kids liking new fruits and vegetables.”

\$200 – Ecumenical Ministries of Oregon

Ecumenical Ministries of Oregon’s Interfaith Food and Farms Partnership (IFFP) has been working for many years to increase access to healthy and high quality food for people with low incomes. The most recent project is a neighborhood food assessment which began in September 2012. They organized a group of eight low-income residents to be part of the Neighborhood Food Assessment Team and go door to door in their neighborhood, surveying residents about their knowledge, experience and thoughts on accessing nutritious and healthy food. The survey results revealed a great interest by residents in improving transportation to grocery stores, the need for nutritional education for children and improving cooking and food preservation skills. This donation went towards helping the next step in this project, the focus groups that can then determine next steps for the group to pursue based on feedback from community residents.

\$200 – Street Roots Annual Online Auction

This auction is an event to raise money to assist homeless or people experiencing poverty in our community. This event is the largest fundraiser for Street Roots and the funds directly help the vendors that sell the newspaper as well as help produce the Rose City Resource Guide which is distributed throughout the community.

\$200 – Side Yard Farm Summer Camp

The Side Yard Farm is a small farm located in NE Portland. In addition to hosting what look like delicious meals in on the farm and in their hoop house, they have a summer camp for kids. Kids get to work on the farm and learn about their veggies and all that goes into making them. At the end of the session the kids make a meal together. This donation went towards providing foods that can’t be grown on the farm, like flour and olive oil and more. For brevity’s sake, below you’ll find a list of some more donations we’ve made so far this year:

\$150 or less:

USA Cooperative Youth Council, Fernhill Creative Learning Community, Shining Star Waldorf School, Portland Youth Summit, Friends of Trees, El Program Hispano, Northeast Coalition of Neighborhoods, ...and more!

If you know of any fantastic groups doing great work in our communities, send them our way for a donation! We like to spread the wealth around. The community supports our mission, and we support the communities. Cooperation!

alberta cooperative grocery’s

annual membership

meeting

at ACG PARKING LOT!

july 13th:: 1-5pm

elections, board presentation, state of the co-op

working owner appreciation, snacks, kids fun,

dunk tank!

3

working in cooperation

by Amanda Ryan, President of the Montavilla Food Co-op

It's coming...people are talking about it. We are bringing a co-op to our neighborhood!

The Montavilla Food Co-op elected a developmental Board of Directors in March. The all-new Board has been taking part in a variety of trainings while doing the work at hand to further the development of the Co-op. We are adding to the foundation laid before us to open a community-owned store in Montavilla. We have been busy getting the word out while creating important partnerships within the community. We've been talking to our neighbors, community leaders and fellow co-op organizations. Our volunteer staff is dedicated to the store and doing what needs to be done to make it a reality. We are where we are because of the support of our volunteers, members, and community.

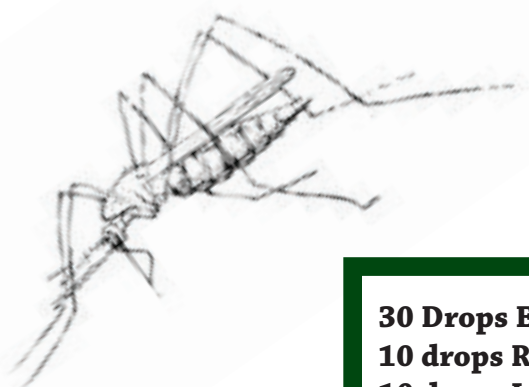
East Portlanders want better access to food. They want to have a voice and a say in what that food is. They want to support the local economy and local farmers. They want a co-op to bring honest and healthy food to a community that greatly needs it. Currently we have about 180 member-owners, almost a quarter of the 800 needed to open our store. Each new member brings us one step closer to opening day. We are getting a lot of positive feedback and more and more people are stepping up to support the Co-op.

Two of the seven Cooperative Principles are #6: Cooperation among Cooperatives and #7: Concern for Community. We are exploring these two principles in our approach to building partnerships in the community. One partnership we've been working on is with the Montavilla Farmer's Market. Because of our similar missions, the Market is partnering with and allowing us to promote the co-op at the market twice per month. Working with the Montavilla East Tabor Business Association (METBA) we are helping to voice the vision of what makes Montavilla the community it is and why it's an important part of Portland. We are offering support and encouragement to Gresham, where ideas and talk of a co-op are being discussed. Working in cooperation with the local shops and businesses in Montavilla we are putting together membership incentives. These initiatives are an opportunity to offer something tangible to our membership while supporting and promoting the businesses supporting us. It takes many hands to build a cooperative business, and many volunteers and members are needed to allow it to grow.

There are lots of opportunities to offer your support to the Montavilla Food Co-op. The more people we have talking about us the better. Please consider joining, making a donation, lending a hand or tabling for us. Do you or someone you know have a skill or background that could help our outreach and fundraising efforts? Maybe you want to share your voice and experiences to educate the community on the importance of democratic member control. Whatever it is, together we'll get there faster!



Make Your Own Bug Spray



30 Drops Eucalyptus Citridora (repels mosquitos)**
10 drops Rose Geranium (repels ticks)
10 drops Lavender (protects & soothes skin)
10 drops Peppermint (repels insects, cools skin)

Mix oils in 4oz spray bottle. Add 1 oz vinegar or vodka and swirl together. Fill bottle with water and shake well. Apply often!

Or make a bug repellent lotion. Mix oils into 4oz of your favorite unscented lotion. Shake well. Apply often!

****The Center for Disease Control recognizes that Eucalyptus Citridora (aka Lemon Eucalyptus) is as effective as DEET. Read more at www.cdc.gov**

WHO THE HECK IS HENRY HIGGINS

And how are his bagels so good?

I am madly in love with Henry Higgins Bagels, one of the newest bagel makers in Portland. I recently got to get a little chatty with Leah about the business.

Eli: So, what's the deal with the name? I mean, I've never met this Henry Higgins guy. Who is he?

Leah: Henry Higgins is the professor in "My Fair Lady." He teaches Eliza to be a proper lady.. We're making proper bagels...Also none of our names had the same ring to it

Eli: What were the biggest challenges or learning experiences that you learned starting up your own place after working at Kettleman's?
Leah: Everyday is different. We've learned to improvise under pressure.

Eli: I'm super stoked that you got the Pumpernickel bagel recipe down. Have you had any fantastical ideas about new bagels/dream come true bagel?
Leah: The French Toast bagel or a bagel with real blueberries; no one does it currently because of the cost. We're hoping to figure a way around that one day.

Eli: You just started selling direct to customers, right? How's that going? Is it just bagels or do you have a little cafe with all kinds of bagel fixins available?

Leah: The retail space is great! We open the bay door of the bakery and there are a few seats inside, the neighborhood has been really supportive and we've been staying busy! We do all the standard bagel breakfast fixins. We have a few flavors of cream cheese as well as lox and breakfast sandwiches (egg, bacon, sausage, cheese, etc.)

Eli: I ain't even gonna lie – you all have it dialed with the bagels. I've spent years feeling unfulfilled in the bagel part of my life (I'm an East Coast transplant, and even Kettleman's never cut it for me). But obviously I'm not alone – did you know there's not a single review on your Yelp page that isn't 5 stars? What's the secret?

Leah: The owners are the operators. We're here every night making sure the product is exactly the way we want it. 7 days of the week. Plus there's love in our bagels.

Eli: There's definitely some curiosity from ACG about your business structure. As a group that is happily enjoying Collective Management, alternative management structures are at the forefront of our minds often.

Leah: There are three of us that each run one department and make sure things run smoothly. We're a LLC officially but operate as a team, everybody doing what their best at.

Eli: I really love your jalapeño bagels, they always have more 'bite' than others I've had. Tell us a bit about your ingredients and sourcing.


Leah: We use fresh jalapenos and bell peppers as well as red chili flakes and a special hot sauce to make sure its got the spice you should expect when ordering such a thing.

Eli: Is there anything else that you wish ACG shoppers knew about your bagels?

Leah: All the bagels are vegan (except the cheese) and are 91% local.

91% local!?! Not a claim many bagel makers – or other businesses – can make about their products. If you haven't tried a HH bagel yet, its time to get into ACG and get some breakfast! They go for just \$0.99 a pop for the vegan varieties, and \$1.49 for the cheesed versions.

branch out



and try
some new
CIDERS

Ciders we carry:
Wood Chuck Amber Cans
Wood chuck Summer bottles
Angry Orchard 4 pack cans, Crisp and Ginger
Strongbow 4 pack cans
Wandering Aengus Bloom and Wanderlust
Square Mile
Anthem Hops, Cherry, Pear and Apple
2 Towns Incider and Bad Apple
Reverend Nat's Hopricot and Ginger

Chris the alcohol buyer recommends:

Reverend Nat's Hopricot
Not too sweet, nicely dry!

Anthem Hops
Like an IPA but without the gluten!

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Struggle Together, Stronger Together

by Richard Cascio, grocery buyer

As many of our members may recall, back in January Alberta Coop staff moved to act in solidarity with the striking warehouse workers at United Natural Foods, Inc. (UNFI) warehouse in Auburn, Washington. With time being of the essence, and no time for our Board of Directors to formally endorse the boycott Alberta's grocery staff agreed to move forward and act on Teamsters Local 117's request for retailers to boycott UNFI brand products. We were joining an already active campaign by many of our fellow co-ops in the Northwest, including Olympia Food Co-op and PCC Natural as well as other major players in the natural foods community, in taking action to support the striking and replaced warehouse workers.



Our actions alone, while reflecting ACG's commitment to actively oppose unfair and/or illegal labor practices, would likely have not been enough to bring UNFI back to the negotiating table. However, the outcome shows how a variety of organizations sharing the values of workplace fairness and dignity can work collectively to affect positive change. That change occurred on February 7th when warehouse workers voted overwhelmingly to ratify a fully recommended 5-year contract with UNFI. The agreement provided for the reinstatement of all workers, including the 72 who had been permanently replaced, health and welfare protections for the workers, and a meaningful wage increase. While this is only one example among many workplace struggles that have opposite outcomes, including in the natural foods industry, here at ACG we're heartened by the result and learned a lot about the value of our voice in building the type of economy our co-op is here to support. We applaud both sides for their willingness to come back to the negotiating table, including UNFI, a company that still shares more values with ACG than your typical Wall Street Corporation.

Unfortunately, beyond the applause are some worrisome trends. While many of UNFI's practices might be laudable compared with their Wall Street counterparts, this struggle was a clear signal that many of the bigger players in the natural foods industry are making choices that alienate them from the businesses who helped them grow and prosper in the first place. i.e. co-ops and independent natural grocers.

This isn't a new trend, but it is accelerating and comes at a time when the co-op movement is at a crossroads. Co-op's have never had so much competition, but we've also never experienced so much growth and opportunity to fulfill our missions. The co-op message is beginning to resonate more broadly with people looking for more direct relationships to their food system and the assurance that such a system is committed to the dignity of those who labor to make it a reality. When events like this warehouse strike occur, it reinforces the fact that some of our larger industry partners often do not reflect our values. Is that where we want to invest our collective wealth, or do we need to seek out and create systems that guarantee our values are represented? It's a question that has no easy or immediate answer, yet must begin to take priority if we are committed to making our vision a reality.

While that may sound like a Goliath-sized challenge, there's much to be excited about. Two positive developments came out of this boycott that are worth highlighting. First is the knowledge that we at ACG do have the power to affect change beyond our walls. For us particularly, as a fairly new player on the co-op scene, it's exciting to see how we were able to harness our collective voice and join others beyond our immediate community in the service of our mission. Second, these actions happened against the backdrop of an emerging dialogue within the co-op community about the need to grow our business model while retaining our values and offering an alternative to the prevailing "profit first" business culture in our country. We all need to make money to maintain a healthy bottom line, but through this boycott ACG joined a small chorus of businesses and organizations expressing the belief that a healthy food system does not have to come at the expense of healthy and dignified workplaces. ACG's proud to have taken part in this boycott, happy with the results, and excited to have joined others in the pursuit of our mission.

What's New in Produce?

by Brian McCauley, produce co-buyer and enthusiast

Moving into summer is always an exciting time in the Produce department. This year we've had the largest selection of local and farm direct vegetables since I started at the Co-op 3 years ago. The mild winter and the warm sunny spring have been a boon for local farms, and we're happy to be able to provide this fresh bounty to you!

As usual, Groundwork Organics in Junction City, OR, has the most early season crops: red leaf and red butter lettuce, strawberries, baby artichokes, baby bok choy, forono beets, bunched carrots, easter egg, red and icicle radishes, baby white turnips, fennel, rapini, herbs and lots of kale! We've also had a few items from Gathering Together Farm in Philomath, OR, with more on the way. North Portland grower Peter Stachelrodt, from Chateau Rideau Farm, provides us with mustard greens, kales and chard – the most local and fresh we can get. Hood River Organic, in Hood River, OR, provide our crimini and portabello mushrooms and have also had a fantastic 'spicy greens mix', braising mix and pea shoots this year. As always, our sprouts come directly from Spectrum Light Organic Farms in Crabtree, OR. More fruits and vegetables are coming soon from Farmer Brown at Mustard Seed Farms in St. Paul, OR and Wobbly Cart in Rochester, WA.

What we can't get directly from the farms we work with, we still do our best to get local. Siri and Son Farms, based right in Clackamas, OR is providing most of our cilantro and bunched spinach, and asparagus has been coming from Anderson Organics in Othello, WA. Some chard and kale has been coming from Fry Family Farms in Talent, OR.

Misty Mountain Mushroom, located in Yamhill, OR is our most recent addition to our farm direct roster. Cultivators of many mushroom varieties, we have their top quality fresh shiitakes, and great dried packages of porcini, chantarelle and Candy Cap – a unique, sweet mushroom variety (see recipe below). In addition, Misty Mountain is distributing maitakes and king trumpets (my favorite) as well as locally cultivated oyster mushrooms - now available organic! We're overjoyed to have a larger selection of mushrooms, and to be working with Misty Mountain.

You also may have noticed that seeds are back at ACG. Sisikiyou Seeds, from Williams, OR grow and distribute 100% organic seed, specially grown for the Siskiyou bioregion and the Willamette Valley.

So far it's been a great year for Northwest produce, and I'm looking forward to a great summer and fall and sharing it all with you!

Salted Pecan & Candy Cap Sables

Candy caps are a rare, fragile mushroom gathered in the Northwestern coastal areas. When dried, the fragrance is a heady blend of butterscotch and maple that persists for days after the mushroom is gone. The sweet maple flavor is strong and it only takes a small amount to create a wonderful dessert.

- 2 teaspoons powdered candy caps (about 1/4 cup, finely ground in coffee grinder)
- 4 ounces (1/2 cup, 1 stick) Earth Balance shortning or unsalted butter, softened but cool
- 1/3 cup sugar
- 1/4 teaspoon salt
- 1 cup all purpose flour
- 1/3 cup toasted pecans, chopped
- flaky sea salt for topping the cookies

-In a stand mixer fitted with the paddle attachment, cream together the candy cap powder, Earth Balance, sugar and salt until well combined and slightly lightened, about 2 minutes. (This dough gets creamed less than usual for cookies and cakes; it should be fairly dense and cool to make it easier to shape into logs.) Add the flour and pecans, mix on low until just combined. Fold the dough a few times by hand to make sure it is thoroughly combined.

-Roll the dough into a log, about 12" long and 1" in diameter. (For a perfectly round log, roll in a sheet of parchment paper, using a bench scraper or ruler to squeeze the parchment tightly around the dough. See photo, above.) If not using parchment, wrap the log in plastic or wax paper. Chill until firm, 1 hour, or up to several days. (You can also freeze the logs. Thaw in the fridge before proceeding.)

-Preheat the oven to 350°. Let the log stand at room temperature for 10 or 15 minutes. Unwrap, and slice the log into 1/4 - 1/2" coins. (Rotate the log every few slices to prevent it from flattening on one side.) Arrange the cookies, one to two inches apart, on baking sheets lined with parchment paper, and sprinkle each coin with several flecks of salt.

-Bake the coins until they are nicely golden all over, about 20-30 minutes, rotating once or twice. Underbaked cookies will be bland and pasty, so let these go a bit longer than you think. They will crisp up as they cool. The cookies store very well in an airtight container for up to a week.

tri co-op farm tour in hood river valley

Sat. Aug. 24

tickets go on sale July 13th

Join your Portland food co-ops as we spend the day in Hood River touring 3 farms responsible for the delicious cherries, apples, pears, peaches, mushrooms and more that we enjoy throughout the year. Stop by Alberta, Food Front or People's to sign up. \$30 for Adults, \$20 for youth 13 & under & low-income. Lunch and transportation included. Questions? email: info@foodfront.coop



Homage to Spain

by bryan
produce and front end & ashley
working owner extraordinaire

A few months ago, we decided to take a month-long trip to Spain. Knowing that Spain has kind of a radical history, we thought it would be interesting to learn about the cooperative movement here and see how it compares to our own. On our short tour of cooperatives in Spain, we’ve noticed that the consumer co-ops like Alberta and People’s, which are so prevalent in many parts of the United States, are something of a rarity in Spain. Instead, there seems to be a tendency towards worker and producer co-ops, especially in the agricultural sector. We have our own theories about why this is the case, but we don’t know for sure. And if the cooperativistas we’ve met have any ideas, they certainly aren’t telling.

The modern cooperative movement began in England in the mid-19th Century with the Rochdale Pioneers and spread to Spain rather quickly in the form of agricultural cooperatives and credit unions. In 1931, during the Second Republic, a legal framework for co-ops was created. Co-ops flourished briefly during the Spanish Civil War and there was a widespread collectivization of factories, farms and businesses in many regions. After the war the Spanish economy weakened and the new Fascist government seized control of cooperatives, even going so far as to veto candidates in cooperative elections in order to preserve the “purity” of the movement. When the national economy began to recover in the 1950’s, the cooperative movement grew along with it. Despite strict government regulation the majority of Spain’s cooperatives were founded during this era, including more than 7,500 farm co-ops alone by 1969.

The largest co-op in the world, Mondragón, was also founded during this period. It began with five people and has since grown into the largest business in Spain, with more than 83,000 worker-owners. Today, Mondragón is a federation of worker cooperatives engaged in many diverse fields, including manufacturing, food and gasoline sales, business and property consulting, graphic design, and banking. Cooperative federations like Mondragón aren’t unheard of in the United States, although there are none so large or far-reaching. In fact, the Alberta Co-op itself is a member-owner of the National Cooperative Grocers Association, which is made up of more than 120 independent food co-ops from around the country.

Despite its enormity, we don’t seem to have encountered any Mondragón co-ops yet on our travels in Spain. However, in a working class neighborhood in Barcelona we came across Can Batlló, a smaller place with its own grand vision. In 1976 the city declared an abandoned textile factory to be public space, but then gave it over to a multinational real estate company to build an apartment block. Many people in the neighborhood fought the plan, which still hasn’t been realized, and in 2011 the site was occupied and christened Can Batlló, after the family who originally owned that plot of land. Today, Can Batlló has the city’s approval to remain on the site, which they are using to support and nurture cooperative housing, public spaces, education, culture, an active local economy, and a network of mutual aid. Since the beginning of their occupation the residents have renovated a large warehouse called Bloc Onze, which we visited. The warehouse now includes a large public library and a bar, an auditorium, a meeting space, and a tool library. We spoke with a worker in the bar who informed us that they are also building a number of community-oriented spaces for rock climbing, arts and crafts workshops, performance and exhibition halls, a free school, and a large community garden. The entire site is managed collectively through fourteen different committees and workgroups. As far as we can tell Can Batlló isn’t a cooperative per se, but it does operate in a cooperative manner to create a society based on the cooperative principles set out by the Rochdale Society.*

Just up the street from Can Batlló, in Barri Sants, we visited Cooperativa Malea, an all-organic teahouse that also sells house-made pastries. Cooperativa Malea was founded in 2005 by three women who still own and operate the business. One of the owners spoke with us for a while, and told us that the Sants neighborhood is something of a hotbed for radical and cooperative movements in Barcelona, which the city government doesn’t really support. In addition to operating as a co-op, their teahouse also aims to support these movements by offering a space for organizing and events.

A little closer to home, so to speak, we found a food cooperative in the Andalusian city of Sevilla. La Ortiga, or “the nettle”, was founded in 1993 and has since grown to include a second store and 700 member-owners. Like the Alberta Co-op, La Ortiga sells local, organic, and GMO-free foods and other products. Owners receive a discount on purchases and are encouraged to “work” for the co-op by serving on one of four workgroups: Quality Control; Cultural Activities and Training; Communication and Reporting; and Initiatives and Projects. Most importantly, just like the Olympia Food Co-op, People’s, and the Alberta Co-op, La Ortiga is collectively managed. Although both of La Ortiga’s stores are small, they dedicate a generous amount of space to educational materials and providing a community space for shoppers. They have successfully operated for twenty years with a horizontal and democratic management structure, an unusual throwback to the Spain of the 1930’s.

While consumer co-ops are by no means the norm in Spain, it’s clear that the cooperative business model is strong here. And as the worldwide economic downturn has left nationwide unemployment at more than 25% and youth unemployment at more than 55%, Spaniards are once again taking the initiative to form cooperative businesses. This time around it will be exciting to see whether enthusiasm for consumer cooperatives takes hold as well.

* The Rochdale Principles are a set of values that the cooperative movement still uses today to guide its business model. The Principles are: Voluntary and open membership; Democratic member control; Member economic participation; Autonomy and independence; Education, training and information; Cooperation among cooperatives; and Concern for community.

(Source: <http://ica.coop/en/what-co-op/co-operative-identity-values-principles>. 18 May 2013)



Fancy Feet! by Krissy, co-wellness buyer

I remember being a little girl, noticing my moms pretty painted toe nails, and then noticing those funny looking calluses on her feet. “What is that?” I would ask. Apparently, it had something to do with being on your feet for long hours, not having the right shoes, and it’s just hereditary (which is not true). From then on I became hyper-aware of those unsightly overgrown skin mounds that could sneak up on my “adult” feet. Now I am an “adult”, with two beautiful grown feet, and a new story.



Corns and calluses are thick, hardened layers of skin that develop when your skin tries to protect itself against friction and pressure. They most often develop on the feet and toes. Yes they can build up, but there is something you can do to break that skin down, and keep those footsies fancy free.

First, I would suggest finding shoes that give your footbed enough room to expand, and toes to wiggle around. The friction/pressure thing can be the root to a lot of foot issues, and pain. I have taken up a minimalist style concerning shoe wear, and I have to say my feet and low back have never been happier! Pie Footwear on Alberta is a good shoe store to check out!

The Pumice Stone.

Pumice is usually grey or black in color, and a very porous stone. The smaller the holes the more effective the pumice will be on your skin. Pumice rock can be made from volcanoes. This type of rock is made by magma changing form in water.

I keep one of these stones in my shower, and I gently pumice over my feet a couple times a week. I will give my heels and those hardened layered areas extra attention. I like to pumice towards the end of my shower in order to give my feet a chance to soften a little. My feet have really grown to love this ritual, and it seems I can’t go too long before my feet are barkin’ for some pumice action. Keeping your pumice stone clean is pretty simple. I just rinse it really well, sudsing it up from time to time. I try to keep the pumice stone out of direct water while in the shower, so it gets a chance to dry. We don’t want to add anymore fungus to our footsies now, do we?

What about them cracked heels?

Heel fissures can be caused by dry skin and open-backed shoes. These conditions allow the fat under the heel to expand sideways and the pressure may cause the skin to crack, certain medical conditions can cause the skin to become dry and cracked, e.g. psoriasis, eczema, and diabetes or an under-active thyroid. I have personally experienced these cracks on my heel, and I was determined, by golly, to kick them to the curb. I was asking around for some insight, and my fellow co-worker suggested tea tree oil. When dealing with feet you’re most likely dealing with a stronger percentage of bacteria, and fungus than other places on your body. Tea tree is one of the best essential oils for those funguses, so I gave it a try. I grabbed one of Daye Company’s tea tree essential oil that comes with a brush for direct, no-mess application.

The first thing to do is brush the tea tree oil on your cracked heels, then let it dry. Secondly, coat your heels with one of your favorite healing salves. My favorite is Root and Flower’s All Heal Salve (or make your own DIY foot balm with the recipe below). I suggest doing this once a night right before bed. I started to notice results within a week, and the cracks were totally gone and heeled within a month. I was wowed, so I spread the word and told a friend who was dealing with the cracked heels as well. Soon after, you might have guessed, I got word that his cracks were going away too, and his feet never felt so good.

How about a foot bath after a long day?

This is a very soothing aromatic herbal foot bath coming from Rosemary Gladstar’s ‘Family Herbal’. If you’r looking for something a little more invigorating, add a variety of crushed ginger, eucalyptus, mustard powder, and peppermint essential oil. I routinely add French green clay to all my foot baths, since it does a superb job at drawing out and cleaning all those nooks and crannies on our dear footsies.

2 parts lavender
1 part hops
1 part sage
½ part rosemary
a few drops of lavender essential oil

- 1)place the herbs in a large pot and fill with water. Cover tightly and bring to a low simmer. Simmer over low heat for 5 to 10 minutes. Pour into a large basin and adjust the temperature with cold water. It is important to keep the foot bath water very hot! It should be hot enough to be almost uncomfortable but without burning the feet.
- 2)Make yourself comfortable in the softest, coziest chair you have. Slowly immerse your feet in the water. Cover the basin with a thick towel to keep the heat in. Refill the basin with hot herbal tea as it cools. Play quiet, relaxing music in the background or listen to the silence. While bathing your feet, sip a cup of chamomile or feverfew-lavender tea. Enjoy!

DIY Foot Balm

¼ cup shea butter
2 Tb. Coconut oil
2 Tb. Sesame oil
½ oz. Beeswax, grated
10 drops essential oil of vanilla
10 drops essential oil of rosemary

I must confess that I forget to moisturize my feet. What?!? Yeah. Well, I never forget the body, but my poor feet have been feeling the neglect! It has changed since I wrote this article, and I really love this foot balm. I like to rub up my feet with these luscious oils right before bed, and then I put on a pair of cotton socks to give the oils time to penetrate into those rough scaly parts of the foot. Works like a charm!

- 1)combine all ingredients in a saucepan over very low heat, stir until melted.
- 2)Remove from heat and stir to combine, then add essential oils
- 3)pour mixture into a clean 4 oz mason jar let cool

Kick ass Fancy Feet Protocol

At last it’s summer time! Why not make a date with a friend, set out that sun tea, blast some tunes, and just do a little self care?

- So if you want to put all this together in a nice little love-your-feet session here’s what I would suggest:
- 1)the foot bath
 - 2)the pumice scrub
 - 3)the little spot treatment with tea tree oil for all that fungus amongst us
 - 4)the foot balm
 - 5)the nail polish...
- Yay!

Some Light Reading *by Russ Willis, Elections Committee co-chair*

At its next meeting, the Alberta Cooperative Grocery Board may endorse placing as many as nine proposed bylaws amendments for the annual membership meeting ballot. One of these proposed amendments reflects some rethinking of the problem of pay equity. Two have to do with the potentially conflicted status of staff on the board as we complete the transition to collective management. Two reflect the difficulty we have had in finding enough people who want to commit to serving on the board. Two are a matter of housekeeping, to conform the bylaws to our existing practices. And one would smooth the transition for incoming directors. It is unlikely we will be able to include lengthy descriptions and explanations of these proposed amendments in the ballot mailing, and if we did, you might not have time to read through them in the week or two before you have to mail your ballot back. What follows is my own description and explanation of proposed amendments the board may be placing on the ballot, possibly with some changes in wording.

1. Pay Equity. Bylaw VIII.6 in its present form was adopted at the special membership meeting in November, 2010. Consistent with the idea that the store is to be operated by staff collectively, rather than through a general manager, paragraph (a) provides that pay disparities are not to exceed a two to one ratio.

The 2nd sentence of paragraph (a) states that payroll contributions to benefits, including specifically health care benefits, are to be taken into account in making this calculation. This has proved unworkable. There is no necessary correlation between pay scale and the amount the cooperative contributes to health care benefits. Frequent recalculations would be necessary, and it might be necessary to restrict the availability of benefits to those in higher pay grades. The proposed amendment would remove contributions to health care benefits from the wage parity calculation. The word "adjusted" would be stricken from the phrase "adjusted hourly compensation" in the first sentence of paragraph (a), because it has no apparent meaning in this context.

2. Barring the link from serving as a director. Paragraph (e) of bylaw V.2 provides that employees "directly hired, supervised, or evaluated" by the board of directors may not serve on the board.

In the absence of a general manager or management team, this language would literally to apply only to the board scribe/administrator and to the individual who facilitates board meetings. The link and the backup link are "hired" and "supervised" by staff, and it is the adequacy of linkage between the board and the staff, rather than the performance of the individual link, that is "evaluated" by the board. The intention of paragraph (e) is that the person who serves this linkage function should not also participate in board decision-making. The proposed amendment would clarify this point.

3. Selection of officers. Existing bylaw VII.1 requires the board to select its officers at an "annual board meeting." Per bylaw V.9, this meeting is to occur within one month after the annual election.

In practice, the board has selected its officers at the first or second monthly meeting following the annual membership meeting at which directors are elected. There has been no "annual board meeting," as such. The proposed amendment would substitute the word "annually." Elsewhere on this ballot, the proposal is made to amend bylaws V.3 and VI.9 to smooth the transition between incoming and outgoing directors by moving the start and end of a director's term to the end of the first meeting following the election, so that an incoming director has first-hand exposure to the meeting process before actively undertaking a voting role. The proposed amendment would extend the term of a board officer correspondingly.

4. Allow voting in the store. Although it has been the practice for several years to place a ballot box in the store to collect ballots of owners who may not be able to attend the annual membership meeting, this practice is not expressly sanctioned in bylaw VI.5 as it presently reads. The proposed amendment would legitimize a longstanding practice.

5. Barring staff from the board presidency role. Bylaw VII.1 in its present form does not preclude a member of the staff collective from serving as president of the board of directors.

Elsewhere on this ballot, the proposal is made to amend bylaw V.2 to bar the link or the backup link from serving on the board. The explanation for that proposal notes that with operations now placed in the hands of a staff collective, the board no longer has a direct supervisory role with respect to staff. Bylaw V.2(a) requires that at least one director be an employee of the store. Bylaw V.2(b) requires that employees be nominated by staff and elected by the membership. It is unclear whether staff have actually nominated directors, but we have in fact always had at least one employee on the board. Bylaw V.2(a) also requires that no more than 37 pct. of filled director seats be held by employees. Bylaw V.2(c) says if more employees are elected than are permitted to serve, only those with the most votes are considered to have been elected. Bylaw V.2(d) says if the limit is exceeded due to attrition, the most recently elected employee becomes a nonvoting director. Although the processes of the board are transparent, the board presidency is to some extent a power center. The intention of the proposed amendment is to reinforce the distinction between the board, which governs through setting and monitoring policy, and the staff, which has control of the day to day operations of the store.

6. Drop minimum number of directors to eight. State law requires that a cooperative have at least three directors. Existing bylaw V.2 requires the ACG board to have at least five and as many as eleven directors.

Bylaw VI.8, added in Nov, 2010, initially required "any vacancies" that might occur to be promptly filled, either by appointment or by a special election. The bylaw was amended last year to allow vacancies, so long as at least nine seats were filled. The present proposal would reduce that number to eight. Since the last election in March, 2012, we have had to make two interim appointments. Coming into this election, there will be seven seats open. Zero incumbents are standing for re-election. If fewer than five candidates declare, or if there is further attrition over the next couple of years, it will be necessary repeatedly to make interim appointments.

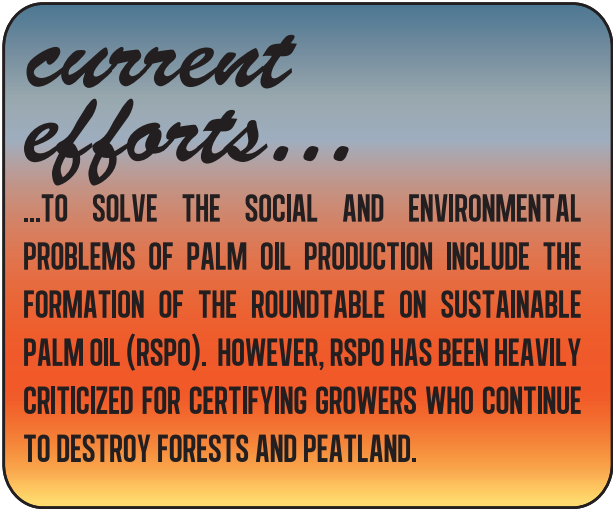
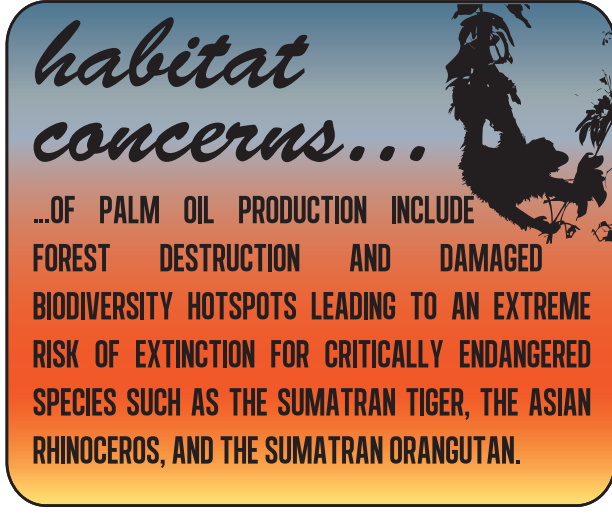
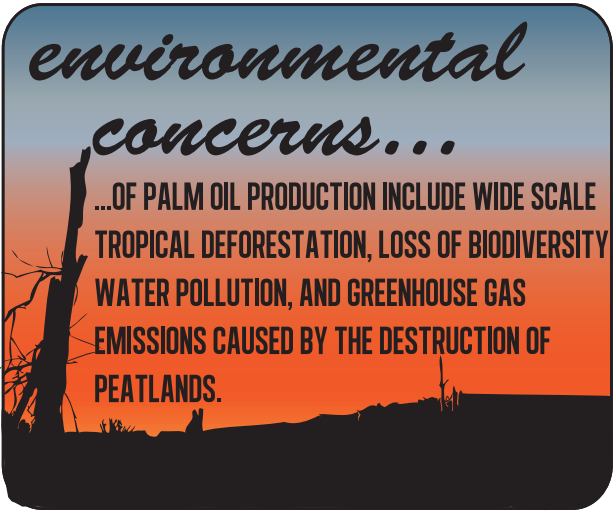
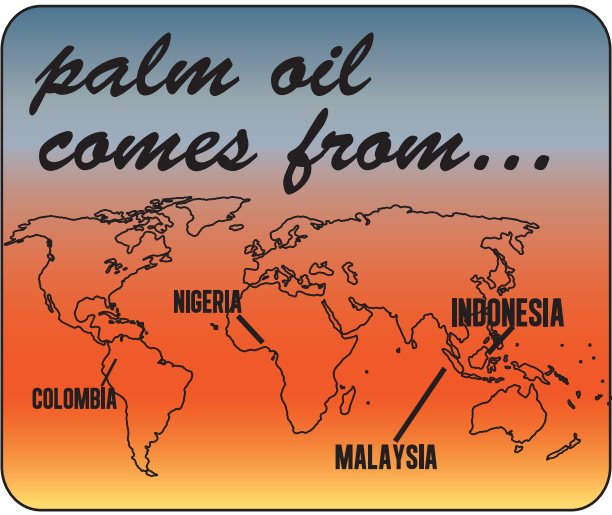
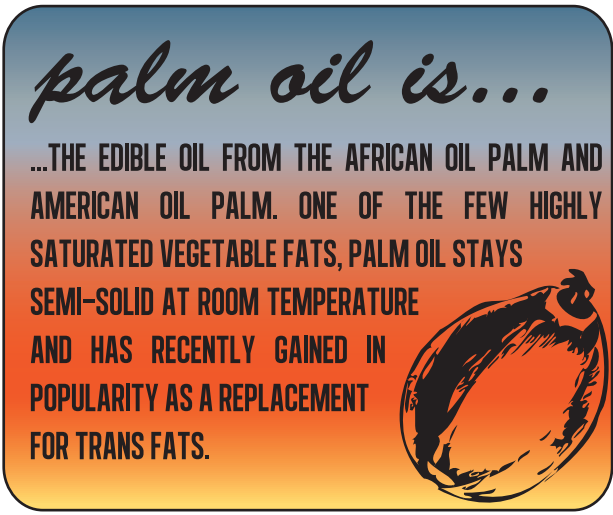
7. Extend the period for making interim appointments to 90 days. Related to item 6, bylaw VI.8 provides that if a vacant seat cannot be filled by appointment within two months, the seat is to be filled by a special election.

The search for willing appointees is itself time consuming, and preparing for and executing a special election is both time consuming and expensive. Also, one might imagine that anyone willing to stand in a special election would also be willing to accept an interim appointment. The two-month deadline in the existing bylaw has more than once caused the board to delay in accepting the resignation of a director. The present proposal would alleviate some of the time pressure in making interim appointments to the board.

8. Delaying by one meeting the start of a new director's term. Bylaw XI.4 in effect requires that proposed amendments to the bylaws be submitted and voted on singly, section by section. The proposed amendments to bylaws V.3 and VI.9 will thus appear as separate items on the ballot, but they should be understood as two faces of the same coin.

Although not expressly stated in the existing text of these two sections, it is understood that the term of an incoming director begins immediately upon election or appointment and ends immediately upon the election of a successor. The present proposal would delay the start of a director's term, bylaw V.3 by election and bylaw VI.9 by appointment, until the end of the first meeting following election or appointment, and delay the end of the term until the end of the first meeting following the election of a successor. This would allow incoming directors to have the benefit of sitting in on one meeting with the existing crew, before having to step in and make decisions.

If you have questions, comments, or concerns, feel free to open up a discussion on the owners' forum googlegroup, acg-owners-forum@googlegroups.com.



BY ANNI MACKIN, COLLECTIVE MANAGER AND BOARD DIRECTOR
sources: www.ran.org/palm-oil | www.saynotopalmoil.com/palm-oil.php | en.wikipedia.org/wiki/Palm_oil | en.wikipedia.org/wiki/Roundtable_on_Sustainable_Palm_Oil
www.foei.org/en/media/archive/2009/certified-palm-oil-not-a-solution

Beyond Fluoridation: How a Better Diet Can Help Us All

****This is a editorial, and does not necessarily represent the views of the Alberta Coop or its membership***
by Jamilah Bourdon, front end team and in house Michael Jackson Expert

By the time you read this piece, Portland will have already voted on whether or not their place of residence should have fluoridated water. Having been born and raised in a state and city which fluoridates the water (New York City), it was a nice relief to know that upon moving here, Portland did not do the same. However, further research helped to seal the deal for me as to where I stood on the debate. While much of the pro-fluoridation information invoked different variations of the same fear ('If you don't fluoridate the water, our children's teeth will be in danger!!!') as well as older reports from the CDC which have not been updated; the anti-fluoridation side looked to wider, more logical points of view.

From 2003's International Journal of Occupational and Environmental Health (Authors: Douglas W. Cross and Robert J. Carton):

"Silicofluorides, widely used in water fluoridation, are unlicensed medicinal substances, administered to large populations without informed consent or supervision by a qualified medical practitioner. Fluoridation fails the test of reliability and specificity, and, lacking toxicity testing of silicofluorides, constitutes unlawful medical research. It is banned in most of Europe; European Union human rights legislation makes it illegal. Silicofluorides have never been submitted to the U.S. FDA for approval as medicines. The ethical validity of fluoridation policy does not stand up to scrutiny relative to the Nuremberg Code and other codes of medical ethics, including the Council of Europe's Biomedical Convention of 1999. The police power of the State has been used in the United States to override health concerns, with the support of the courts, which have given deference to health authorities."

(Source: <http://www.fluoridearchives.com/wp-content/uploads/2012/08/carton-cross.pdf>)

Also crucial in this debate is the 'Smile Survey' from 2012. The survey states (after much concealing) that there's very little difference in the numbers of cavities someone receives in a fluoridated state or city, versus Oregon. An Oregonian article from April 19, 2013 (which points to the Smile Survey) also states that statistically, the rates of children with cavities has declined over the past five years; this information contradicts the 'crisis' perspective being touted by the pro-fluoridation side:

Continued on page 12

Beyond Fluoridation continued:

"According to the survey, the percent of first, second and third graders in Multnomah County who reported having had a cavity dropped to 50.8 percent in 2012 from 56.3 percent in 2007, the last time the survey was conducted. That's a 10 percent decline overall. That drop, though significant, is outshone by the state as a whole, which saw a 19 percent decline: 52 percent of 1st through 3rd graders said they had a cavity in 2012 as opposed to 64 percent in 2007. Other parts of the state saw well over 50 percent improvement, said Shanie Mason, oral health unit manager for the Oregon Health Authority."

(source: http://www.oregonlive.com/portland/index.ssf/2013/04/state_figures_show_percent_of.html)

Aside from the 'chemical' issue, many who are not attached to the issue of fluoridation are not supporting it for a couple reasons: a) due to the city council voting for fluoridation without citizen input, and b) those who receive water from Bull Run River (the primary source of our water in Portland) also live outside the immediate area, and will not be able to vote on how they'd like their water.

It is crucial to research as much information as possible before coming to a decision on what is clearly an emotionally-based topic. And while the battle ultimately is heated (leading some individuals to steal or 'vandalize' opposing signs), there's not a lot of discussion on either side regarding nutrition. Much of our ailments may likely be due to a pH imbalance in our bodies. I see people advocating for a 'better diet'; however, the 'better diet' recommended is not necessarily fresh or live foods. Just as with the fluoridation approach, doctors recommend more and more medicine as supposed to healing through diet.

The journal of environmental and public health speaks to the dangers of a chronically acidic diet:

It is generally accepted that agricultural humans today have a diet poor in magnesium and potassium as well as fiber and rich in saturated fat, simple sugars, sodium, and chloride as compared to the preagricultural period. This results in a diet that may induce metabolic acidosis which is mismatched to the genetically determined nutritional requirements. With aging, there is a gradual loss of renal acid-base regulatory function and a resultant increase in diet-induced metabolic acidosis while on the modern diet. A low-carbohydrate high-protein diet with its increased acid load results in very little change in blood chemistry, and pH, but results in many changes in urinary chemistry. Urinary magnesium levels, urinary citrate and pH are decreased, urinary calcium, undissociated uric acid, and phosphate are increased. All of these result in an increased risk for kidney stones.

(Source: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>)

A diet high in alkaline may be the beginning to the gateway of health for many, and this may improve dental health as well. I certainly have a lot more to learn on this issue, and I will continue to do homework. In terms of fluoridation, Portland voters will make a decision as to what they want done with the water. Let's hope that the city council (as well as the water bureau) listens to the voices of the voters.



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Brandon Reeder, Substitute
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Bryan Johnson, Produce
Chris Gadbois, Spirits
Christian Ledbetter, Substitute
Derek Beaumont, Front End/Personnel
Dusty Bloomingheart, Produce

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Eli Shannon, Grocery
Ellen Schreiber, Finance
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Halley Stroth, Subsitute
Issa Kitterman, Bulk
Jamilah Bourdon, Front End
Jim Currin, Front End
Krissy Guillory, Wellnes
Laura Oriol, Substitute

Luis Gonzales, Substitute
Micki Waddell, Wellness
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