



On the Table

News and Views of the Kootenay Co-op





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Opportunities for both abound, and we cover as many as we have room for in our February March double issue!

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The Kootenay Co-op is a member-owned cooperative offering natural, organic foods and products in Nelson, BC, Canada. For more information, please visit our website.

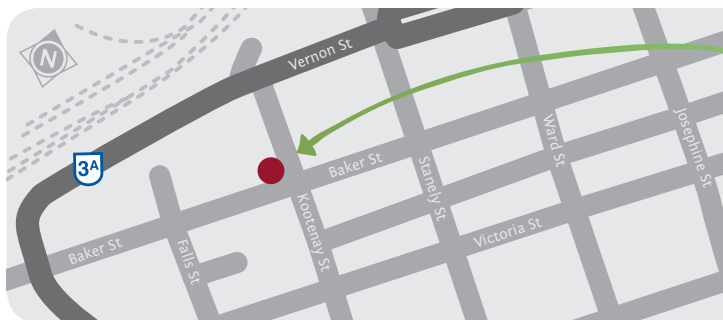
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Love & Respect

Welcome to our February/March double issue. We're calling it the 'Love & Respect' issue because so much of what we're covering in these 12 pages speaks to this amazing 'couple' and their beautiful offspring!

Our Produce pages focus on Fair Trade. Our commitment to our local suppliers is primary, but we are also grateful to be able to support the global Fair Trade movement. By buying Fair Trade products, you are actively supporting farmers and workers all over the world. This love and respect for people we may never meet speaks to the power of the human heart (pg. 6). In addition to amazing FT certified produce from our deeply-inspiring supplier, Discovery Organics (pg. 7), look for great Fair Trade chocolates (go Camino!), teas and more.

We're giddy with anticipation about our new Wellness Week benefit! We've worked hard to create a benefit that would be of real service to our members and to the community simultaneously. And, by Jove, we think we've done it! From March 4-10, Co-op members can come and access hundreds and hundreds of vitamins, supplements and safe body care products at a discount. And for every supplement you buy, we'll be making a donation to ANKOR's Vitamin Project on your behalf, to ensure their clients can access high quality supplements too (pg.10).

Animals are also the beneficiaries of our February/March focus. We have some really stellar pet-owners on staff and we asked for their help in sourcing some tasty new, high-quality pet foods that are as tasty as they are healthy (pg. 9).

And what's not to love (and respect) about Brent Petkau, aka The Oysterman?! We couldn't be happier to bring on such a thoughtful, committed and charismatic local supplier to the Deli. Join us in waiting with baited bellies for his incredible seafood chowder (pg. 8).

On that note, pretty please read about our new Co-op Member's Scholarship and Environmental Grant opportunities, both part of our refreshed Community Outreach programs (p5.). Plus we'll tell you about a once-in-a-lifetime opportunity for local youth (pg.11). And read about important conversations happening at the Board level to promote a robust, skilled and effective democracy (p. 12).

Love and respect are fundamental to how we run the Co-op. Our greatest hope is that you feel it when you come to shop, when you use your member benefits, when you communicate with your Board, and when you participate in or hear about our many community outreach initiatives.

- Jocelyn, Marketing & Outreach Manager

Upcoming Events

Community Donation Days

Tuesday, February 21

1% of sales will be donated to the Kootenay Swim Club which is growing into a successful club in the region and promoting lifetime fitness.

Tuesday, March 20th

1% of sales will be donated to the Kootenay Family Place, whose 15 programs serve children and families in the Castlegar area.

Co-op Board Meetings

Monday February 13, 6pm

March meeting TBA

Wellness Week

March 4-10

10% off most Wellness products for active members! See our newsletter for details.

ANKORS Vitamin Project

March 4-10

For every supplement purchased by an active member during Wellness Week, the Kootenay Co-op will donate \$1 towards the purchase of vitamins and supplements for ANKORS, up to a maximum value of \$1,000.



The ANKORS Vitamin Project: March 4-10

Support ANKORS during Wellness Week March 4-10



ANKORS

Kootenay Co-op Wellness Week

This coming March sees the launch of Wellness Week, a new member benefit. During the week of March 4-10, members will enjoy a 10% discount on almost everything in the Wellness Department. Bulk items (including herbs, spices and bulk shampoos etc) and items already on sale are excluded.

The Community Partnership

For every supplement purchased by an active member during Wellness Week, the Kootenay Co-op will donate \$1 towards the purchase of vitamins and supplements for ANKORS, up to a maximum value of \$1,000.

The ANKORS Vitamin Project

ANKORS has been serving the Kootenay Boundary Region since 1992, assisting some of our most vulnerable community members. One of the services ANKORS offers is to provide vitamins to their clients, those people whose immune system may be compromised and nutrient intake may be low. This service relies entirely on donations.

Thank you in anticipation of your support for the Co-op, the community and ANKORS!



Food Security Grant Awarded to LVR Global Perspectives Class

The Food Security Grant offers \$500 for a project in our community that encourages local awareness and involvement in food and food security related initiatives, from a local to a global level.

We are pleased to announce that the 2012 Food Security Grant has been awarded to the Global Perspective class at LV Rogers Secondary School for their *Sustainable Schools, Sustainable Communities Project*.

This class, under the direction of their teacher Shannon Murphy, has been studying sustainability, gardening and environmental issues for the last several years. They have been educating themselves, as well as the student body, about the detrimental effects of the industrial food system, peak oil and climate change.

The ultimate goal of their project is to create a carbon neutral school and to educate students and community members about sustainable practices with the help of local mentors.



New Outreach Opportunities: Something for Everyone!



The \$1,000 Kootenay Co-op Members' Scholarship

The Kootenay Co-op Members' Scholarship offers financial support to an active Co-op member, or the child of an active Co-op member, to attend an accredited post secondary institution.

Deadline: April 30

The \$500 Environmental Grant

The Environmental Grant offers \$500 for a specific environmental project in our community that encourages local awareness and involvement in environmental initiatives, from a local to a global level.

Deadline: April 15th

The \$625 Yes! Camp Cooperative learning and leadership training Scholarship

The Yes! Camp Scholarship offers financial support to the child of an active Co-op member, to attend the Yes! Leadership Camp. More information: www.theyes.ca

Deadline: April 30th



More information in our **Community Outreach Pamphlet**. Applications available online and at Customer Service.

Suggested donation only

\$2



Till Donation Program

- Refreshed February 1

Starting February 1st, there will be a new collection of donations cards at the tills! The selection offers a range of choices to our customers of local, national or international non-profit organizations, to which customers may donate as they are ringing through their purchases. This year's selection includes:

- Nelson Food Cupboard
- Canadian Biotechnology Action Network
- Kootenay Animal Assistance Program (KAAP)
- La Leche League
- The Salmo Public Library Expansion Project
- International Relief Fund (currently collecting for Medecins Sans Frontieres/Doctors without Borders)

ENTER TO WIN February 1-March 10 Wellness Week Basket Giveaway

Natural Factors Basket

compliments of
Natural Factors
\$200 Value



January Winners

Snowshoes(\$300 value)
Cedar O'Rourke

Wok
Bet Bateman



The Fair Trade Smoothie

How can you feed your body and make a positive difference in communities all over the world? By supporting Fair Trade products with your food dollars! Try this tasty tropical treat, made with Fair Trade produce.

'The Tropics'

- One ripe mango
- 1/2 cup blueberries
- 1 banana
- a small piece of fresh ginger, to taste
- water, almond or coconut milk to blend

Blend in a Vitamix or other powerful blender until smooth and creamy. Enjoy immediately!

1. Mangoes
Mango fruit is rich in pre-biotic dietary fibre, vitamins, minerals, and antioxidant compounds. Mango is an excellent source of Vitamin-A and flavonoids (essential for vision and for maintaining healthy mucus membranes and skin).



3. Bananas
With 422 milligrams of potassium per banana, these sweet delights have more potassium than most fruit and may help lower blood pressure levels.



2. Blueberries
Blueberries rank No. 1 in antioxidant activity when compared to 60 other fresh fruits and vegetables. Blueberries may help lower the risk of developing age-related diseases such as Parkinson's and Alzheimer's. Blueberries freeze very well and retain much of their nutritional integrity in the process.



4. Ginger
Ginger has carminative properties and is a natural remedy for digestive upsets including heartburn, nausea, motion sickness, morning sickness, and some side effects of chemotherapy. Ginger contains antiviral, anti-toxic, and antifungal properties, and is used to prevent and treat the common cold. It also has a warming quality, making it the perfect additon to a winter smoothie.



Why buy Fair Trade produce?

Fair trade seeks to change the terms for the products we buy, ensuring the farmers get a better deal. This means better prices for farmers and usually means longer-term and more meaningful trading relationships.

It also means closely monitored working conditions that prevent such injustices as child labour, unsafe working environments, and unreasonable hours. Health care and education are often provided in a Fair Trade system. Fair Trade appeals to our sense of fairness and common decency, and applies those values to the marketplace. It allows us to make a positive difference in the world by the products we choose to buy.

"Fair Trade appeals to our sense of fairness and common decency, and applies those values to the marketplace."

In the produce department, Fair Trade items includes bananas, blueberries, grapefruit, avocado, ginger and mangoes. We are planning to expand this in the future as new certified organic and fair trade farms begin to sell a wider selection of vegetables. It seems natural that the Kootenay co-op supports and sells Fair Trade produce. By developing these networks we can strengthen and nurture a more balanced, fair food system in a cooperative manner.

-Ben, Produce Manager

Discovery Organics: Fair Trade Trailblazers

SUPPLIER PROFILE

A true labour of love for owner Annie Moss and her husband Randy Hooper, Discovery Organics began in 1999 with a mission to help develop markets for local organic farmers.

Discovery Organics operates from a large warehouse in East Vancouver. Annie, Randy and their staff of thirty-five passionate individuals are working hard to promote Certified Organic and Fair Trade by building relationships with small scale farmers here at home, as well as abroad.

While their hearts still belong to local small scale growers, family farms and agricultural co-ops, they also acknowledge that we might not be able to grow all our own food year round. Especially over the past 2 years, they have developed strong relationships with Fair Trade suppliers in Mexico and South America. They had this message for consumers of their Fair Trade produce over the past 2 years:



Randy Hooper, on one of many visits to farms supplying Discovery Organics

“For the last 2 years, you have paid a little extra for bananas, apples, pears, kiwi, passion fruit, blueberries, mangos, avocados and grapefruit. Your purchases of Fair Trade produce have guaranteed literally thousands of farm families a secure and reasonable income – and for many of them it’s the first time in their lives. You have also, through your purchases over the past 2 years, provided for social projects all throughout the Americas, funded by Fair Trade Social Premiums, included in the price you pay.

You’ve built a Summer School in Salitral, brought potable water to a remote village in central Mexico, and an elementary school in Peru. You paid for elders to learn to write Spanish in Piura, and specialized teachers to work with mentally challenged children in Tambo Grande in Peru and Michoacan in Mexico. You have helped support a first-of-its-kind micro-finance system for 1200 farm families and workers, in one of the poorest areas of South America in Sullana, Peru, operated jointly by a banana and a mango cooperative. You have funded new remote medical centers in both Peru and Argentina. You have paid to rebuild or replace homes for farm workers in earthquake stricken Concepcion, Chile, and 100 more through a special earthquake fund you supported 20 months ago.

So from the bottom of our hearts, a huge thank you, for your support, and believing in what we are so passionate about. ”

Discovery has an exciting new Fair Trade project currently under construction, so watch this space for updates!

**Look for amazing special pricing on certified Fair Trade produce in February*



Annie Moss, receiving Fair Trade Vancouver's 2010 Award



Seeds are in!

Look for seeds from these great suppliers:

- Sunshine Farm, Kelowna
- Stellar Seeds, Johnson's Landing
- Laird Creek Essentials, Balfour
- Mad Dog Farm, Tarry's
- Mountain Seed Co.

The Oyster Man Cometh



Can you smell the crisp brine of the ocean? Do you hear the tide as it rushes up the beach? Perhaps my imagination is running away with me in anticipation of the bountiful offerings from The Oysterman's shellfish farm on BC's Marina Island, just off shore from the larger Cortes Island.

Brent Petkau, aka The Oysterman, is a well known figure in our community. He raises, harvests and sells his amazing seafood products to our local shellfish aficionados. Most of you have probably seen his stand across from Hume elementary school and if you have ever shared an oyster or two with him, you will be well aware of his

passion for bringing only the freshest, highest quality product to be sampled this side of the coastal mountains.

Starting early February, Brent will be introducing his delicious clam and smoked salmon chowder as part of our hot soup program. The Manila Clams are raised on Marina Island and the hot smoked Sockeye Salmon is sourced from a fellow fisherman and friend, Gary Block, owner of Cortes Wild Harvest. Sounds like a union of two incredible ingredients into one delicious dish!

In the future, we look forward to carrying additional products from Brent's island paradise. Meanwhile, we hope you enjoy The Oysterman's introductory dish and revel in the wonderment that comes from our beautiful Pacific Ocean.

Chris -Deli Manager



Brent's first oyster!



Pet Food Progress!

Things keep moving quickly here at the Kootenay Co-op and this month is no exception. We are in the process of making major improvements to our Pet Foods section. We are bringing in lots of great new products!

If you have a pet, chances are that pet is a member of your family and you want them to have the best nutrition possible. We have been seeking out new and unique pet food products we think you will love, including the certified organic line *Castor & Pollux*, *Go!* by *Petcurean*, and new products by *First Mate*. We made sure to source a variety of grain-free products as new evidence supports a grain-free diet as being healthier for many pets.

And don't forget to check the bottom shelf of our meat freezer where you will find seasonal local and certified organic meat that is suitable for some dogs: beef and pork marrow bones and chicken backs. These items move quickly and come in erratically, so you will need to move fast if you see some available.



-Joe, Grocery Manager



new



SUPPLIER PROFILE

Castor & Pollux

Castor & Pollux is an Oregon-based pet foods company that started in 2000. In just twelve years they have established themselves as worldwide leaders in using Certified Organic meats and ingredients in their products. They were the first branded, premium quality line of natural specialty food and supplies for pets. ORGANIX, certified organic food and treats for dogs and cats, debuted in March 2003 and Natural Ultramix® was introduced in early 2004.



In addition to being an innovator in natural and organic food and treats for dogs and cats, they are also committed to feeding pets in need. To date, they've served over 3 million meals to pets living in shelters and foster homes, and they partner with non-profit pet rescue organizations around the US through their PetWorks Partners program.



We are starting with 16 different new Castor & Pollux products. Based on your feedback, we will refine our choices. Look for a hot Co-op special on Castor & Pollux early in February. We think you'll love these new pet foods!

new



Heart Health for a Happier You



Great tips for a happy heart from the Wellness Department

Nutrition

Eat lots of fresh berries, vegetables (especially leafy greens) and nuts: The antioxidants, vitamins, minerals and fibre that abound in fresh fruit and vegetables are essential to heart health. Nuts, especially almonds, walnuts and cashews, contain heart-healthy monounsaturated fat.

Use olive oil. Many human clinical trials have shown that replacement of high saturated fat diets for diets high in monounsaturated fats, mostly from olive oil, have resulted in a significant decrease in both total cholesterol (TC) and particularly LDL “bad” cholesterol; the type of cholesterol known to build up in the arteries and cause atherosclerosis.

Limit refined carbohydrates like cookies, cakes, crackers, fluffy breads, chips and sodas which can increase triglyceride levels and lower HDL.

Lifestyle is key

Try to incorporate meditation and relaxation techniques into your daily or weekly practices.

Supplements

Take coenzyme Q10 (CoQ10). CoQ10 is a powerful antioxidant beneficial for heart health. It protects LDL cholesterol from oxidation and re-energizes the mitochondria in the heart cells.

Take a fish oil or nutritional oil supplement: Fish oil in particular contains an abundance of essential fatty acids known as omega-3s. Daily fish oil is an effective preventive strategy against heart disease, and has been shown to lower triglyceride (blood fat) levels, minimize inflammation and clotting, and increase HDL (“good”) cholesterol.

Incorporate enzymes that break down arterial deposits, like Nattokinase and Serrapeptase

Consider a cholesterol-lowering supplement like Sytranol and Artichoke

Consider an antioxidant supplement like Resveratrol, Grapeseed and Green Tea

Consider a heart health supplement like Hawthorne (which strengthens the heart muscle), Magnesium (which helps control blood pressure and heart rhythm),



Spinach apple (or pear) salad with walnuts

Wellness Week Approaches! March 4-10

Join us for a week of great member savings and community giving

1. 10% off everything in the department*
2. Special product offers
3. Plentiful product demos and tastings
4. Free Wellness Guide
5. Give the gift of wellness: ANKORS Vitamin Project

* Bulk items (herbs, spices and bulk shampoos etc.) and items already on sale are excluded

new



Great Opportunity for Local Youth!

Are you ready to uncover a Co-op Mystery?

The United Nations has declared 2012 The Year of Co-operatives. To help celebrate, BC Co-operatives have a great project for youth that involves interviewing, art-making and opportunities to win scholarships! It's called the Co-op Youth Story Project*. And it's all free.



British Columbia has a rich and fascinating co-operative history and most people don't know anything about it. But the Co-operative Youth Story Project will change all that!

Who?

Young people aged 13-25. You can live anywhere in BC and you don't need to be a member of a co-op – you just need to be curious about how co-ops past and present have contributed to your community.

What?

There are 3 parts to this project:

- 1) Register and sniff out your story!** Find a group and register online by March 23, 2012. As a group, decide what co-op story you want to investigate.
- 2) Come to the Arts Retreat Weekend!** With your group find out as much as you can about your chosen co-op. Talk to members, employees, and founders. Research online and at your library. Get ready for the Arts Retreat Weekend April 20 -22, 2012 where you'll meet with other groups of young people doing projects like yours all over the province. At the retreat, artists from a variety of disciplines will help you take your story and transform it into a painting, a play, a piece of poetry, or some other form of art.
- 3) Get ready for the 2012 Co-operative Youth Art Show!** Go home and finish your art piece! You'll also have learned about recording and interviewing techniques so you can get your co-op story on record. These stories will be archived at the University of Victoria and a selection will also be broadcast on the radio. Then the Co-operative Youth Art Show will tour Nanaimo, Vancouver and Nelson in the Fall of 2012!

How?

Register today. Make sure you register before March 23 so that you can guarantee your spot. Contact:

Co-operative Youth Stories Project Manager
sarah_hyde@bccca.coop
theyes.ca

*organised by the British Columbia Co-op Association and The Yes.



Don't delay!
Registration Deadline is
March 23, 2012

From the Board



As a gardener tills, toils and lends a watchful eye to his/ her garden, so does your board with the many topics and agendas before us going into this busy new year. Some of these topics to update you on are.....

- ...the succession of our retiring auditor
- ...our board "going virtual"
- ... honing our new AGM election procedures

Brian Brown, our long standing auditor since 1989, who has been a competent and patient professional to have worked with over these years has retired. We would like to thank Brian for his years of commitment, while wishing him all

the best with his next chapter in life.....retirement. Coming to the table and filling this expanding position will be the local CA firm of Comishin Astle, Chartered accountants. Comishin Astle have served clients in Nelson and area since 2000.

The Board "going virtual" is in the hopes of supporting more efficient inter-board communication and information access. This would allow access to board resources, meeting packages, shared documents and the use of a discussion board available through a secure site. Though the bulk of our work is done at our monthly meetings, as well as through ongoing emails and committee meetings, "going virtual" will only improve this process and make our board work more efficient and timely.

The election process of new board members has come along way in this last decade. We as a board take seriously the responsibility to represent our membership the best we can. As your Co-op grows, so to does the need to perpetuate a solid, highly skilled and diverse board that can guide its members and managers through this exciting time of expansion, challenging economies and, to a lesser extent, the day to day "stuff". The need for new board directors with unique skill sets that complement those of existing directors--as well as the demands on an individual's time-- will only increase in the future. We are studying the pros and cons of endorsing candidates and discussing what criteria would help determine whom to endorse. Part of this involves the Board developing a set of criteria to guide the nominations committee in seeking out those specific skills that round out those of the existing Board.

Our next meeting will be held on February 13 at 6PM. Members are always welcome to attend Board meetings. Please provide the Board with 2 weeks notice if you wish to participate in the meeting. The Board can be contacted any time by leaving a message at the Co-op in person, by phone (250.354.4077) or by email: board@kootenay.coop.

The nominations committee solicits nominations throughout the year to develop a slate of candidates. Should you consider yourself a candidate, please note that the deadline for potential candidates to declare their intent to stand for election and return their questionnaire is April 30, 2012.

Finally, in the words of Willy Wonka "so much time and so little to do". I could not agree less!

For the board
Brian Kelsch, Director

