



On the Table

News and Views of the Kootenay Co-op





- 3 Co-ops, Caselot, Costumes and more**
There is so much great stuff going on that even an abbreviated list would fill page 2. And it's all about making things better for the members, the co-op and the community.
- 4 Community**
We have refreshed our Community Giving Programs! Check out what's on offer in October and don't forget to pick up a new Outreach Pamphlet.
- 5 Wellness**
We have a wonderful line up of Wellness workshops; from Backyard Herbal Medicine to Master Cleanse to Nourishing Relaxation.
- 6 Deli**
Autumn is an inspiration in the Deli! Savoury soups and Thanksgiving offerings abound.

- 7 Grocery**
Let's talk turkey! We're excited to introduce our new turkey supplier and their healthy, happy birds.
- 8 Produce**
Our Produce Staff went on a visit to some of our amazing farms and share some of what they saw and learned.
- 9 President's Report**
Excerpted from the Co-op's 2011 Annual Report, President Jeremy Lack provides an overview of the fiscal year.
- 10 New Member Benefits**
We introduce our new member financial benefits program; the result of a year and a half of work by the Board.
- 12 Board News**
An enthusiastic welcome to the new Board of Directors and a thank you to all the candidates.

Co-ops, Caselot and Costumes...it must be October!

October is a month full to overflow at the Co-op. There is the excitement at the Board level, with 7 committed members looking forward to representing the best interests of 9800 others (pg.12).

This month, we introduce new Member Financial Benefits; the culmination of a year and a half of work by our last Board and its Member Outreach Committee (pg.10). This program, unchanged for 2 decades, marks yet another important moment in the Co-op's development.

The Board undertook a task that required great commitment and the full expression of the Board's accountability to the Co-op and its membership. This has not been easy work and I applaud their willingness to roll up their sleeves, put on their thinking caps, connect with members and get the work done.

I'm excited for our membership to experience a fresh approach to member benefits, with includes financial savings and so much more. Pick up one of our 'hot off the presses' new Membership pamphlets, which includes all the great aspects of Co-op membership.

On the topic of fresh approaches, the Marketing & Outreach department has been refreshing and growing our Community Giving programs. We are very excited to share some great new educational and fundraising

opportunities (p.4). Pick up a copy of our new Outreach pamphlet!



October also offers a cornucopia of amazing local produce, seasonal feast foods and incredible specials. The staff from Produce visit some of our farmers up the lake (pg.8). The Grocery department sources the highest quality Thanksgiving turkeys available and prepares for an unparalleled Fall Case Lot Sale (p.7). The Deli introduces a new menu of seasonal offerings (p.6). Wellness offers a series of workshops to inspire and nourish (p.5).

October is a month full of celebrations. We wish you a happy Thanksgiving. We invite you to celebrate Co-op Week (October 16-22) when we'll be at the demo table with great information and samples from cooperative suppliers. And last (day of the month) but certainly not least: Hallowe'en! Bring your ghosts, vampires, fairies and otherwise-costumed offspring to trick or treat at the Co-op. We might get a little gussied-up ourselves...

- Jocelyn Carver, Marketing Manager

On the Table Issue 2 Volume 2

On the Table is the Kootenay Country Store's Monthly Newsletter. It is printed on post-consumer recycled paper and is available online in PDF format. Current and archived newsletters, specials and inserts can be downloaded from: www.kootenay.coop.

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.

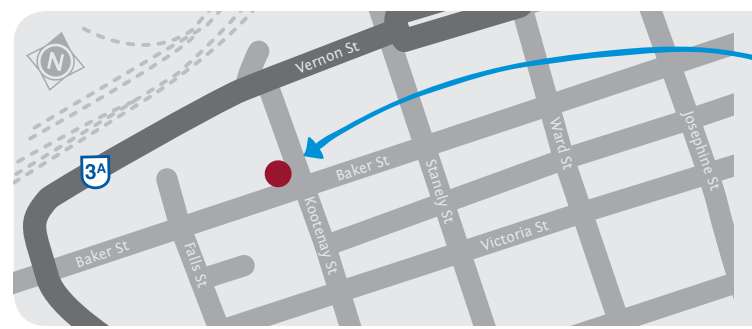
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Upcoming Events

Co-op Week

October 16 to 22: informational displays and demos all week

Check out the tasty products from cooperatives around the world.

Fall Case Lot Sale

October 23rd - October 29th.

Active members only - while quantities last.

Community Donation Day

Tuesday, October 18

1% of sales will be donated to the Upper Columbia Cooperative Council (UCCC).

Wellness Events

with Yarrow Willard Cl.H./M.H. More information on these events on pg 5.

Friday, October 21, 2-5 pm

In store demo and information

Saturday, October 22, 9:30-1 pm

Workshop: Back Yard Medicine Making. Registration required.

Saturday, October 22, 2-5 pm

Workshop: Medicinal Mushrooms Use and Preparations. Registration required.

The Co-op will be

closed

Monday October 10
Happy Thanksgiving!

Community Donation Days

Every third Tuesday of the month, the Co-op donates 1% of sales to an eligible group. Priority is given to local non-profits for a food related project, but all groups are encouraged to apply.

Tuesday October 18th

1% of sales will be donated to UCCC (Upper Columbia Cooperative Council).

Recently Donated:

In September, \$284.62 was donated to CBAN (Canadian Biotechnology Action Network).

Upper Columbia Cooperative Council (UCCC)



The UCCC is an incorporated association of co-operatives, including credit unions, in southeastern BC, formed to support the work of our local co-op sector by encouraging collaboration, shared promotion and education, and to increase public awareness of the benefits of the co-op model.

The Council was incorporated in 2008 as a community service cooperative, and currently has 13 members from a variety of sectors, including credit unions, social services, housing, media, transportation, production, retail and worker co-op.

New & exciting Outreach Programs!

We have made improvements to our Outreach programs, which include all of our community giving and education initiatives. We're excited to share them with you! Pick up a new pamphlet at Customer Service.

new \$500 Food Security Grant

The Food Security Grant offers \$500 for a project in our community that addresses food security issues. Applications are now invited from community organizations, between October 1st and December 31st for a food security project. Criteria and application forms can be found at Customer Service and online at www.kootenay.coop. The Food Security Grant is awarded in February.

ENTER TO WIN October Giveaways

Tea Pot & Mugs Gift Basket compliments of Traditional Medicinals \$75 Value



Kobo eReader compliments of Nature's Path \$165 Value



new Introducing... Wellness Classes

Backyard Herbal Medicine Making Medicinal Mushrooms Use & Preparations

Costs: \$25 for each workshop (\$20 for Co-op members) or \$40 for both (\$35 for Co-op members)

Yarrow Willard - Master Herbalist, owner of Harmonic Arts Botanical Dispensary

- Oct 21 In-store Q & A and demo, 2-5pm
- Oct 22 Backyard Herbal Medicine Making 9:30-1pm
- Oct 22 Medicinal Mushrooms Use & Preparations 2-5pm



Yarrow Willard

The Complete Master Cleanse & Beyond

Costs: \$150 for the day (\$135 for Co-op members). This three-part course, outlined below, comes with a Vita-Flex Instructional DVD and a money-back guarantee.

Tom Woloshyn - author of The Complete Master Cleanse

- Nov 3 - The Complete Master Cleanse & Beyond - free lecture 6:30-9pm
- Nov 5 - The Complete Master Cleanse & Beyond - all day, in 3 parts:
 - Morning 9-12pm The Master Cleanse - cleansing, healing & parasites
 - Afternoon 1:30-5:30pm Vita-Flex & Vita-Flex treatments
 - Evening 7-9pm Colour therapy as energetic healing



Tom Woloshyn

Nourishing Relaxation

Costs: \$35 (\$30 for Co-op members). Participants will make a Nervine Aperitif, Rosehip & Ginseng (no-can) Jam, Nourishing Tea, and a "Letting-Go" Therapeutic Bath.

Robin Flynn - MSC, health and wellness educator of Radiant Health Consulting

- Nov 17 Nourishing Relaxation 6:30-8:30pm



Robin Flynn

Registration
at Customer Service
prepay at the till

Autumn in the Deli



My favourite season is here at last. Now, I know some of you dread this time of year but the cook in me relishes the bountiful harvest that we are so blessed with here in the Kootenays. Along with the cooling days comes the brilliant colours of autumn and the changing of the hot soup and entrée menu here at the Co-op.

After the Thanksgiving weekend we will be turning to a more warming and deeper-flavoured menu in the Deli. We will bring back some of our old favorites as well as some new and exciting ideas from our talented line up of suppliers. As always, the emphasis will be on high quality, locally sourced ingredients coupled with exceptional flavours and cooking technique.

Kayte Rock from Soup du Jar will provide us with many of her tasty, wholesome soups. We can look forward to her vegetarian Smoked Pea soup and a hearty, Italian Minestrone to compliment her classic soup menu. Rhonda Turner from Mountain Range, will continue with her legendary curries and is in the process of adding more to her already impressive line up.

And last but not least, chilies and stews will be prepared by various, local, culinary maestros.

Now, that the weather has turned colder and the rain and leaves have started to fall, we're looking for a nice, warm lunch or a quick and easy dinner after work, school or play.

Come by the Deli and check out our fall menu.
- Chris, Deli Manager



The Mountain Range

Rhonda Turner and her husband Henry Murray with their young son, Benjamin assumed "The Mountain Range" business in 2008 from Julie St. Jean. Now, The Mountain Range, as well as the menu, have grown quickly to meet the demand for healthy, flavourful and unique meals, striving to satisfy the palettes of active, working families. Their menu provides a diverse cultural experience, appealing to both meat lovers and vegetarians.

For Rhonda, cooking ethnic meals did not begin in a conventional kitchen on a regular range. Her cooking career began on the lakes and rivers as a professional canoe and raft guide. Eventually Rhonda's skills took her from remote northern hunting lodges of Canada to catering sea kayaking and fly fishing trips with her husband Henry, in the South Pacific. Henry brings his south pacific cultural flair to the cuisine of Mountain Range and their son Benjamin is the taste tester for the child's palette. All meals are created in their fully inspected commercial kitchen built by family and friends at their rural home in the East Kootenay's at the base of the Rocky Mountains, beside Premier Lake Provincial Park.

Rhonda & Henry's commitment is to provide delicious, quality meals with local produce and organic ingredients whenever possible. The knowledge that their meals enable families and individuals to take a break from cooking, but not from a health conscious lifestyle, inspires them to continue improving their business.

This leads to the question..... Who's cooking for you tonight?
Let The Mountain Range!

- Rhonda, The Mountain Range



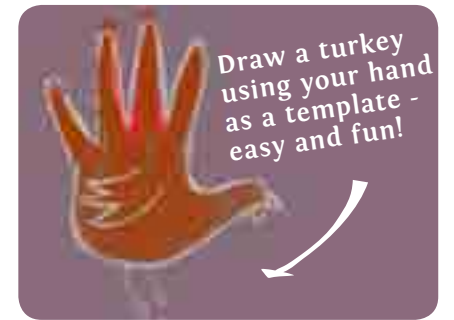
new

Ladybug Manor Organic Turkey Supplier

Each year Ladybug Manor is visited by thousands of ladybugs; hence the name! They enjoy the cozy five acre farm and their passion is raising healthy, happy turkeys, that enjoy fresh air and sunshine. They feel that the taste is reminiscent of the old way of growing - chemical free, natural and absolutely delicious!

You can be certain that every turkey raised by Ladybug Manor Organic Turkey Farm is the very best, raised the way your grandparents would have! Specifically, these turkeys are:

- 100% certified organic
 - Fed certified organic grain: grown onsite on a mixed diet for optimal health and development
 - Free Range
 - No added hormones or antibiotics
 - Raised to the BC SPCA's high animal welfare standard
- See: www.ladybugmanor.com for more information.



MAISON ORPHÉE



Established in 1983, La Maison Orphée is the first craft oil mill in eastern Canada. Since 1989, the company went from importer to producer. Since 1992, La Maison Orphée is owned and operated by the Belanger Family.

Their many years of expertise enable them to offer the largest selection of cold-pressed unrefined oil on the Canadian market. The Bélanger sisters are proud artisans who love their work. They've sought out the best terroirs in North America and Europe to bring consumers gourmet oils, mustards and vinegars that blend excellence, flavour, and nutritional quality together with the discovery of new culinary horizons.

FALL CASE LOT SALE

October 23-29

Active Members Only, while Quantities Last. Case Lot Sale Insert available October 13th.

Co-op Staff Farm Outing



Tipiland Farm

Gary and Inanna use the cooperatively owned land of Tipiland Farm to grow their organic produce. They have been farming this land for approximately 33 years. The farm's main bounty consists of kale, spinach, lettuce, chard and carrots, plus huge varieties of organic flowers.



Inanna

By maximizing the land they have to use, Gary and Inanna are very careful and organized with their crop beds; rotating produce two to three times per growing season. They create their own compost, bringing very little in from the outside.

Tipiland Farm's growing season extends from May to November.



From left to right: Jamie, Ben McKay, André & James



Ben Morris

McIntyre Farm

Vince McIntyre works with land he is offered by people in his community.

He grows beets, potatoes, burdock, carrots, parsnips, kale, cabbage and rye. Supplying the Kootenay Co-op regularly! He also has a herd of 12 or so dairy cows and two work horses.

Vince uses common sense traditional farming methods and is a very important part of the community.

Vince's farming season runs from August to late winter.



Vince in his field of rye



Vince's Dairy herd

President's Report

Excerpt from the Kootenay Co-op Annual Report 2011

Over the last year, the Board, through its committees, has continued to reflect on and evaluate all policies that affect the Board and the membership. We have been updating and modernising those that need to be changed and we are bringing to the membership at the AGM those that need the membership's approval.

These policy changes are required to position the Co-op for the future, a future of growth and expansion, but they are also required for the present - to keep our Co-op operating in a stable manner through these somewhat strained economic times.

I would like to thank all the Directors for their work over the last year and for the time, effort and thought that these changes have entailed. I would like to make a special thank you to Jen Smith who has been on the board for the last two years and who is now standing down. Jen brought a different perspective to the Board deliberations that shall be missed.

As of early September, the Co-op had 68 people on its payroll, and in the last year it donated over \$32,000 to the community and, in addition, raised funds for worthwhile bodies through Community Donation Days. This combined with its sales of over \$9.5 million, makes the Co-op a major force in the community. It sets an example of good corporate governance not only through its employee compensation program, but how it interacts with the community through its education and outreach programs and how it conducts its business.

With a total membership of almost 10,000 people, two thirds of whom are active members, we have a strong, influential presence in the community that will only continue to grow so long as members take an active role in the decision making process - the easiest of which is to make your vote for the election of the board that manages the Co-op on your behalf.

Jeremy Lack, Board President

Copies of the 2011 Annual Report are available at Customer Service



Members attending our AGM at Touchstones Museum on September 23rd

New Member Benefits

We are excited to share the new program with our 9800+ members.

Did you know that our member financial benefits had not been reviewed for more than 20 years? In the past two decades, much of the Co-op's financial reality has changed; as have food costs, the national and the local economies, shopping needs and habits and the size of our membership!

The Board realised that this critical aspect of our Co-op operations was in need of review and updating. This task, undertaken significantly by the Board's Member Outreach Committee, involved a year and a half of research, consultation, discussion, debate, planning and decision-making.

The guiding principles for making improvements to our member benefits included:

- benefits for members that are significant and equally accessible
- shelf prices that are a true reflection of what it costs to shop at the Co-op
- the ability for members to purchase products as quickly and efficiently as possible
- member benefits that do not jeopardize the financial sustainability of the Co-op

In this package, you will find that some benefits have been retired, others updated and new ones created. Taken together, we anticipate that our members will experience a more equitable and beneficial package and a healthier, more sustainable Co-op. We know it's a significant change and that change is not always easy. The Board and staff are working hard to make this transition as smooth as possible and are committed to regular assessment and evaluation. We'll be circulating more specific information about each benefit in November.

Financial Benefits

- Annual Patronage Return (as recommended by the Board of Directors)
- Wellness Week Member Pricing
- 10% Discounts on case purchasing
- Purchases over \$300 receive a gift card valued at 10% of total purchase
- Discounts on cooking classes, wellness classes and events
- Member-only specials
- Case-lot Sales in April and October

New Member Financial Benefits take effect November 1st, 2011

We hope you will continue to give us feedback about how our member programs and policies work for you as a member-owner:

board@kootenay.coop

Check out our new Membership Pamphlet for details about all the benefits of Co-op membership.





Why become a member?

Eat great food

You are what you eat! Your diet provides the foundation for health and is a determining factor in your future wellbeing and how you age. At the Co-op, it's easy for you to choose real food that's fresh, delicious, healthy, and of the highest quality that our customers have come to expect. It means we offer a lot that is organic and local, with a huge selection of bulk and minimally-processed foods. We read the labels carefully, we do not carry products with questionable ingredients and we offer a wide selection of alternatives to wheat, dairy, sugar, and other common allergens.

Save money

Our member benefits include multiple opportunities to save money every time you shop: Member-only Specials, Case-lot Sales, Case Pricing, Wellness Week discounts, class and event admission discounts and purchases over \$300 receive a gift card valued at 10% of the total purchase. Because membership also means ownership, you will actually make money as you shop! How? The Co-op has a provision for an annual Patronage Return to members based on how much you spend. And of course, you'll also save money by nurturing your body with healthy foods and supplements that support long-term health.

Participate as an owner

All Co-op members are empowered to be an integral part of our operations. As a member-owner, you get a voice and a vote in our cooperative business. You elect the Board of Directors and vote on resolutions at our Annual General Meeting. You can provide feedback on how the Co-op is doing any day of the week and actually have the feedback make a difference! Hundreds of products and dozens of community projects are the result of member suggestions. Keep 'em coming! The Co-op also has a provision for members to receive a Patronage Return when recommended by the Board. We truly do exist to serve our members and community, not a distant corporate office.

Invest in your community

The Co-op is a values-based organization that exists to serve our members and community. This means we do things like buy from local farmers and suppliers whenever possible, give thousands of dollars in grants, scholarships and food donations to community groups, return a percentage of our profit directly to our member-owners, sponsor social and environmental projects, advocate for positive changes in our community and industry, shop locally, pay our employees a living wage... and that's just a start! Every single dollar you spend at the Co-op ensures a greater return to the local economy and is an investment in the well-being of your community.

Learn about food

Education and training are an important part of a thriving community. The more you know about food, diet and the planet, the more you can make informed choices for yourself and family. To that end, we fill our newsletter, *On The Table*, with helpful info about products, suppliers and activities. We host and sponsor fantastic cooking and wellness classes as well as knowledgeable speakers and workshops. We provide hundreds of recipes, pamphlets on special diets, ingredient alternatives, food preserving and more. We also love partnering with other organizations to raise awareness about food and environmental issues. Our staff are knowledgeable, caring and happy to provide you with product and nutritional information.

Support your health

Rest assured - when you shop at the Co-op, you are supporting your health and doing right by the planet at the same time. The extensive range of fair-trade, organic and earth-friendly products, the high-quality vitamins, supplements and body care products with safe ingredients, all comprise a one-stop-shopping experience that supports your health and wellbeing. The Co-op's customer services, information pamphlets and recipes, all from a cooperatively-owned business that supports local businesses and sustainable farming practices, presents an unsurpassed health resource for you, your family and the whole community. Hippocrates said it a long time ago - "Let food be your medicine and medicine be your food."

Pick them up in-store now!

New Director Bios

Welcome to our 2 first-time Board Directors and Congratulations to our new Co-op Board



Colin Legg
Employee Director

I have been involved in one way or another in providing natural and organic food for the majority of my life. Growing up in Minneapolis, my family was involved in the early days of community cooperatives, starting with a small buying group which

morphed into a community coop with a small core staff and volunteer members. With this experience under my belt I went on to work as paid staff at several other community coops, a collective which converted to a worker coop, owned a small rural store, and spent most of the last decade in corporate natural foods. I have worked in almost every aspect of the business from being a clerk to management to back-office administration. I have studied herbal medicine, both western and eastern, nutritional healing and Traditional Chinese Medicine with a focus on food as medicine. After my long stint in the corporate food world, where I learned a great deal about the business end of things, I am happy to be back home in the coop world where I belong.

Susan Morrison

Moving to the Kootenays with her family in 1981, Susan and her husband Ian have lived a rural lifestyle on an acreage over-looking Kootenay Lake. They've managed to raise three wonderful daughters and also had some success with vegetables, weeds and a few animals. Her association with the Co-op as a member dates back 25 years.



A life-long passion for cooking resulted in stints as a tree-planting cook, spa chef, caterer, restaurant owner as well as deli co-coordinator at the Co-op. Being a self-professed 'culinary freak' has fuelled her interest in local, healthy and responsibly produced food. She shares with many, concern over the sustainability and security of food systems, locally and globally and is committed to supporting the Co-op's role as a leader in sustainable business practices.

Inspired by her curiosity in the mysteries of human existence, Susan has studied, researched and practised in the diverse areas of yoga, chi kung, shamanism, taoism, buddhism, tantra and dzogchen. She instructs chi kung and yoga classes in and around Nelson and spends as much time as she can with her grandson, Henry.

Joining these two first-time Board Directors are:

Re-elected Directors Paula Sobie, Brian Kelsch and Abra Brynne

Directors Jon Steinman and Jeremy Lack

Big thanks to candidates Leon Piggot, Bonnie Baker and Michelle Laurie for standing for election. It is a wonderful thing to have so many great people wanting to contribute their time and skills to our Co-op!

Watch this space in November for news and views from our new Board of Directors!

