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## On the Table Issue 5 Volume 1

*On the Table* is the Kootenay Country Store's Monthly Newsletter. It is printed on post-consumer recycled paper and this entire newsletter is posted on the Co-op website in PDF format. Current and archived newsletters, specials and inserts, are also available on the Co-op web site: [www.kootenay.coop](http://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.

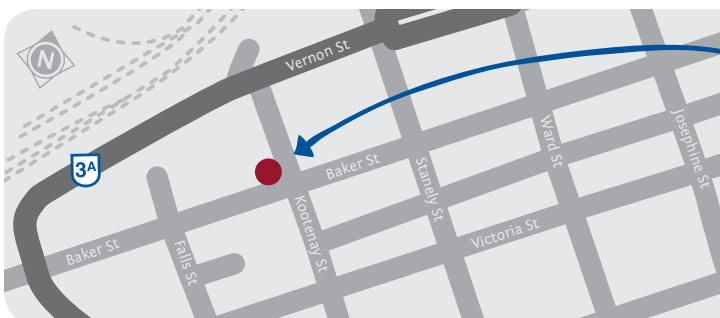
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# Fire + Ice

For many of us, January is about cleaning up, starting fresh and getting out there.

'Cleaning up' in January generally means acknowledging that the past year has been busy and productive, the past weeks celebratory (and perhaps a tad excessive) and that the time has come to clean-up our bodies, our houses... maybe our act a little. The Wellness pages offer tips on cleansing (p. 8,9) and Produce highlights the simple but life-changing benefits of the Green Smoothie (p.12).

And it wouldn't be January if we weren't reviewing the past year and starting fresh in this one! In our Outreach pages, we review our Stepping Stones Giving Tree Fundraiser and our Community Donation Day Program and provide an update on Bill C-36 (p. 4,5).

We have a fresh bunch of cooking classes with the indubitable Maggie Jones, (p. 6), new Deli offerings (p. 7) and information about our most important planning session of the new year, the 2011 Produce Growers Meeting (p. 13).

It's possible that many of you have not yet read the General Managers Update on the Co-op's redevelopment efforts, so we put it in the pages of this illustrious newsletter (p. 14). And we have 2 brand spanking new managers, whose faces you will no doubt recognize when they introduce themselves (p.15).

And no newsletter would be complete without an update from the Co-op Board. Board Director Jen Smith does the honours this month (p. 16).



And I'm excited to introduce another 'fresh start' for this newsletter; cover photography (and this here bonfire) by Julia Cedar, skilled cashier and talented photographer.

'Getting out' means dragging our sleepy selves out of warm beds, pulling on the thermal underwear and venturing outside to play in the snow. We all know it'll be great once we're out there...it's the getting there that's an act of almost supernatural willpower. And then...ahhh..the pay off! There is just something about stoking the

fire within while feeling the icy cold on our cheeks that is the great gift offered at this time and in this place.

If these concepts ring true for you, you'll want to check out our amazing January giveaways that reflect the fire and ice that is January (p. 11).

Hope you enjoy January's *On The Table!*

- Jocelyn Carver, Marketing Manager

## Upcoming Events

**Community Donation Day**  
Tuesday, January 18

La Leche League encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and societies.

**Cooking Class: Intro to Whole and Natural Foods**

Thursday, January 20, 6:30-8:30

Start the year right with the first class in the 2011 Cooking School Series. Learn about natural foods, whole foods and food combining.

**Kootenay Co-op Annual Growers Meeting**

Wednesday, February 2, 10 a.m.

Chamber of Commerce, 225 Hall Street, Nelson.

# Stepping Stones for Success Thanks the Kootenay Co-op Over \$2000 worth of cash and goods



As the holiday season and 2010 comes to a close, it is time for all of us to reflect on the wonderful events that have happened in the last year. At Stepping Stones, one of the more outstanding reflections for the year is the involvement of the community and Kootenay Co-op in sharing with people in need.

The holiday season can be a difficult time of the year as most people have family and friends to invite to their home to share good food and company. For people who access the services of SS this is not the case, as they do not have a place they can call home. A place where they can cook their meals, or have friends over, or to sleep the night away in warm beds. They continuously struggle with obtaining 3 nutritious meals a day, locating affordable housing, finding warm clothes or bedding.

With the Giving Tree donation drive, the Winter Social Baking Donations, the Supplier Donations and the Sleeping Bag drop off, Kootenay Co-op has supplied Stepping Stones with well over \$2000 worth of cash and goods. It is gestures like this that make the holiday season truly a time of giving and caring.

Hats off to all the people in the community who were involved in this month long event and to the wonderful people at the Kootenay Co-op!

With the Warmest Regards,  
Stepping Stones Shelter



The Giving Tree  
**GIFT BASKET** - \$250 value  
Was won by **John Colbeck**

**THE GIVING TREE**  
Was won by **Kate Wolanyk**

# Community Donation Days

## The Co-op'S way to express the 7<sup>th</sup> Cooperative Principle, *Concern for Community*

Every third Tuesday of the month, the Co-op donates 1% of sales to an eligible group. Priority is given to local non-profit groups for a food related project, but all groups are encouraged to apply at any time. Last year, the following groups received these amounts:

- \$264.68 - Periwinkle Preschool
- \$310.54 - Community Animal Assistance Program
- \$269.27 - Market Fest
- \$261.35 - West Kootenay Women In Need
- \$379.21 - ANKORS
- \$276.58 - Stepping Stones for Success
- \$261.34 - Friends of the Family
- \$269.93 - Pregnancy Outreach
- \$242.18 - Junction Food Bank
- \$223.49 - Pure Water for Haiti
- \$364.67 - Garden Festival
- \$260.14 - Bumi Sehat Foundation

**An annual average of \$3,500 is donated to community groups because of this program**

## Tuesday January 18<sup>th</sup> is the next Community Donation Day

1% of sales will be donated to La Leche League. This organization encourages, promotes and provides mother to mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and societies.

Support the valuable work of this local non-profit organization by doing your Co-op shopping on Tuesday January 18<sup>th</sup>, 2011.

Applications are invited for 2011. Please see the Community Outreach Pamphlet for application guidelines, available at the tills or online: [www.kootenay.coop/publications/commout09.pdf](http://www.kootenay.coop/publications/commout09.pdf).

## Bill C36 Update The Canada Consumer Product Safety Act (CCPSA)

Those who have been following the progress of Bill C36 and who attended Shawn Buckley's Freedom in Crisis lecture tour which kicked off in Nelson on November 18<sup>th</sup>, will be aware of the fact that Bill C36 finally passed its third reading in the senate on December 13<sup>th</sup> and became law on December 15<sup>th</sup>.

Bill C36 specifically exempts natural health products. The Food & Drugs Act, under which natural health products are currently regulated, has not been altered by this new law. However, the concern for many in the natural health products industry is that forthcoming legislation may appear in the near future that reworks previously defeated bills such as C6 and C51 and C52 that will both apply to and restrict access to the full range of natural health products that we have hitherto enjoyed.

If you wish to stay abreast of developments in this regard, we suggest these online resources:

**Parliament of Canada**, Legislative Summary of Bill C-36: An Act respecting the safety of consumer products:  
<http://www2.parl.gc.ca/Sites/LOP/LEGISINFO/index.asp?List=ls&Query=7037&Session=23&Language=e>

**Health Canada:**

<http://www.hc-sc.gc.ca/cps-spc/legislation/acts-lois/ccpsa-lcspc/index-eng.php>

**Natural Health Products Protection Association**, including press reports on Bill C36 from various media, country-wide:

<http://nhppa.org>

**The Canadian Health Food Association:**

<http://www.chfa.ca/ADVOCACYOUTREACH/tabid/59/language/en-US/Default.aspx>



Is this the year you learn to cook nutritious, delicious and inexpensive meals with whole food ingredients? Don't delay - classes are back and they fill up fast. The recipes are chosen, the knives are sharpened and instructor Maggie Jones can't wait to roll out a new season of mealtime magic.

So much more than a cooking class, you receive a unique collection of recipes, detailed cooking instructions, enjoy a sumptuous vegetarian dinner and learn numerous tips of the trade that Maggie has collected over her lifetime of passionate pursuit of healthy food.

Maggie Jones has been a vegetarian for more than 38 years and has been teaching, lecturing and writing about health and nutrition for much of that time. She has raised 3 healthy and vibrant vegetarian children into adulthood and is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment. For more information visit our site: [www.kootenay.coop/newsletters/Spring2011Brochure.pdf](http://www.kootenay.coop/newsletters/Spring2011Brochure.pdf)



## Winter/Spring Cooking Classes

### Introduction to Whole and Natural Foods

Thursday, January 20  
6:30-8:30pm

### Supper's In the Oven: Quick and Easy Casseroles

Thursday, February 3  
6:30-8:30pm

### Creole Fusion

Thursday, March 10  
6:30-8:30pm

### Asian Fusion 3

Thursday, March 24  
6:30-8:30pm

### Muffins, Loaves, Quick Breads and Scones

Thursday, April 28  
6:30-8:30pm

### Fresh, Fabulous Salads

Thursday, May 12  
6:30-8:30pm

Participate in The Upper Columbia Co-operative Council's

## Winter Training Series for Cooperators

Friday, Jan 28 and Friday, Feb 21

Expert advice in Strategic Planning, Building Support for Community Projects (including Grant Writing), and How to Conduct Performance Evaluations. Taking place at the Nelson Chamber of Commerce. For info and registration, email [zoe@uccc.coop](mailto:zoe@uccc.coop) or visit [www.uccc.coop](http://www.uccc.coop)

# Some Mediterranean Sunshine For our dark days of January

## Tapas Anyone?

Grab a baguette and drop by the Deli showcase this month for some Mediterranean sunshine to go! We are excited to unveil our new collection of olives and antipasti from the finest, olive-producing countries in the world: Italy, Greece and Spain.

## Showcase Olives

Castelveltrano Olives - from Sicily, meaty & juicy with a mild, sweet flavour.

Cerignola Black Olives - a large, ripe olive originating in Apulia, Italy. Huge, crisp and meaty with a deliciously sweet finish.

Picholine Olives - a world class green olive from France. Crisp texture yet tender with a light saltiness.

Mt. Athos Olives stuffed with garlic. A famous Greek olive, stuffed with crunchy garlic cloves. Luscious, smooth and buttery!

Baby Artichoke with Piquillo -  
Mushrooms with Garlic & Herbs  
Tomato Bruschetta



## Showcase Antipasti

Baby Artichoke with Piquillo - tender artichoke quarters and sweet roasted piquillo peppers marinated in sunflower oil and aromatic spices

Mushrooms with Garlic & Herbs - an earthy blend of field mushrooms, sweet peppers and garlic, marinated in white wine vinegar, sunflower oil and wild herbs

Tomato Bruschetta - field ripened tomatoes, garlic, onions, olive oil, blended and cooked to perfection

## In the Bulk Aisle

Greek Olive Mix - A medley of Mt. Pelion, Mt. Athos, Kalamata, Gordal, Nafplion and Gaeta-style Amfissa, marinated in olive oil and wild aromatic herbs

Cornichons - a pickled, gherkin cucumber originating in France. This tart pickle is great in salads, cocktails and served with stronger-flavoured cheese

Dolmas-Stuffed Grape Leaves - delicate, early harvest Sultana grape leaves filled with creamy textured rice. Sweet and tender with fresh herbacious flavour and a burst of lemon

# Bring On The Cleanse

**After the feast and foibles of the holiday season, and the aftermath of too many cookies eaten too quickly, many of us feel the need to clean out and recalibrate our internal reality.**

One of the most effective ways to do this is detoxification. Cleansing enhances your body's natural healing mechanisms by giving them a break from the substances that depress them, and it is an inherent aspect of preventative health. Preventative health is a practice of consciously choosing a lifestyle that supports your overall immunity, well-being and thus longevity. When we seasonally or annually cleanse, we increase the likelihood of feeling good and thriving.

A detox program can help the body's natural cleansing process by:

1. Resting the organs through fasting;
2. Stimulating the liver to drive toxins from the body;
3. Promoting elimination through the intestines, kidneys and skin;
4. Improving circulation of the blood;
5. Refueling the body with healthy nutrients;
6. Remove the old debris from the colon.

Any of these approaches on its own will help to facilitate greater health for your overall system, and yet a program that includes all of them is ideal. This is why dietary changes, fiber supplements or colon hydrotherapy, and specific herbs and nutrients are helpful in this process. One of the misperceptions around cleansing is that it has to be intense, hard, and painful to be effective. Cleansing can be challenging because our bodies are removing toxins and in that process we can feel slightly ill. This does not usually mean that anything is "wrong". If one has a compromised immune system, cleanses should be done under the guidance of a professional. Please feel free to come and ask the Wellness staff for more information.

Happy New Year!

*- Robin, Wellness Manager*



## Ancestar Teas



A locally owned and operated herbal tea company. They have just launched two new teas: Sensuali and Dream that are a perfect addition to the winter season. Due to popular demand we will have them on sale again in January. Enjoy!

## Renew Life Cleanse Kits

ReNew Life offers high quality products to support digestive health. The Cleanse kits offer a variety of options for lifestyle and intensity of detoxification. Each are herbal formulations that are designed to strengthen and detoxify your internal organs. This month we are having three of these kits on sale along with the all important colon supporting fiber. One of the sale items this month is the First Cleanse. This is a popular 15-day kit that is ideal for the sensitive or “first time” cleanser. It is designed to gently stimulate the cleansing and detoxification process of the body’s 7 channels of elimination: the liver, lungs, colon, kidneys, blood, skin, and lymphatic system. This cleanse has many testimonials and can be a good, gentle intro into preventative health. Always look at any product for contra-indications and investigate if this product is the right one for you at this time.



## Department Update

As the New Year opens its eyes, and our happy little Wellness department prepares for the spring ahead, we are choosing to clear out some of our stock. In January, Wellness is offering some great monthly sales, designed to get people the nutrients they

need, at an affordable price. We will also be focusing on in-store specials through out the month. These in-store discounts will be offered each week throughout the month, on supplements and body care items. For those frugal shoppers out there, come in and

check out what’s happening! Also, ensure that you are signed up for Enews bulletins so that you can be alerted when specials happen.

– Robin, Wellness Manager

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Visit us online, [www.kootenay.coop](http://www.kootenay.coop)



**Nuts to You Nut Butter Inc.**  
*Canadian made since 1989*

Nuts to You Nut Butter is a Canadian small town, family owned, organic/natural nut butter manufacturer and they are proud that their original vision of 20 plus years ago, remains today. Located in Paris, Ontario, Nuts to You produces a wide variety of nut and seed butters without salt, sugar, or tropical fats added, creating a simple and tasty alternative for everyone. Their focus on organic from the beginning, has allowed them the satisfaction of knowing they are one of the few originals remaining in the North American market today.

Along the way, they have created and supported many organic projects around the world, allowing them access to original nut and seed varieties. They have been involved in projects growing organic peanuts in the Dominican Republic, and organic sesame seeds in Mexico, El Salvador, and Nicaragua; with an organic almond co-op in Spain; with Sicilian organic almond growers; and with organic sunflower seed growers on the Canadian prairies. Their involvement with these groups has led to the development of a symbiotic relationship between grower, manufacturer, and you, the consumer, in the creation of tasty, healthy, and simple foods produced in Canada.

*– Anne Lawrence, Nuts To You*

## Need help with cleaning?

See our **All Natural Household Cleaners** pamphlet in the Resources section of [www.kootenay.coop](http://www.kootenay.coop)

## Looking for help with special diets?

See our **Celiac and Gluten Intolerance** pamphlet in the Resources section of [www.kootenay.coop](http://www.kootenay.coop)

# JANUARY GIVEAWAYS ENTER TO WIN

**Men's Atlas  
9 Series Trail  
Walking  
Snow Shoes  
\$200 value**



From Clif Bars

**Whole Foods  
Supplements Gift  
Basket \$200 value**

From New Chapter



**Soup and  
Soup Bowl  
Basket \$50  
value**



From Imagine Foods

**Winter Wonder  
Gift Box \$36 value**

From Element Botanicals



## Garden Garbonzo Soup

*Delicious and rich in warm flavours - this soup satisfies and nourishes. Serves: 6-8*

2 cups dried chickpeas	2 chopped carrots	1 tsp dry mustard	pinch cayenne
1 Tbsp olive oil	2 stalks chopped celery	1 tsp cumin	pinch crushed saffron
2 Tbsp water	2 cups diced cabbage	1 tsp basil	1 cup frozen peas
1 large diced onion	3 chopped potatoes	½ tsp black pepper	2 cups chopped, canned tomatoes
4 cloves minced garlic	1 bay leaf	1 tsp salt	5 cups water (or stock)

Soak chickpeas overnight and cook until tender. Set aside. Canned, cooked chickpeas can be substituted. Sauté oil, garlic and onions with vegetables in a large soup pot. As vegetables soften, add 5 cups water or stock and seasonings. Add cooked chickpeas and simmer until vegetables are soft. Then add frozen peas and canned tomatoes. Simmer 5 minutes more. Serve on a bed of hot, steamed brown rice.

*Another great recipe from the Seasonings Cookbook. Thank you Maggie Jones*

# Fresh Green Smoothies

January is usually a month when the high calorie – low nutrition consequences of holiday season indulgences hit home. But worry not - a solution is at hand that is easy, delicious, nutritious and fast: fresh green smoothies!

We all know that we should eat more greens, but what has come to light in recent years is that we need greens in much greater quantities for optimum health than previously believed. This is why fresh green smoothies are such a revolution.

Green Smoothies are a remarkably enjoyable way of consuming the necessary amount of greens by blending them with fruit. From this smoothie, the body can absorb the essential nutrients much more efficiently. Can you imagine a drink healthier or more refreshing than Raw Family's ([www.rawfamily.com](http://www.rawfamily.com)) Basic Balance? Just take:

**1 cup kale**

**1 cup water**

**1 mango**

and blend well to yield a quart of liquid so healthy and refreshing, you might wonder how you ever lived without it.

or try...

**4 ripe pears**

**2 cup water**

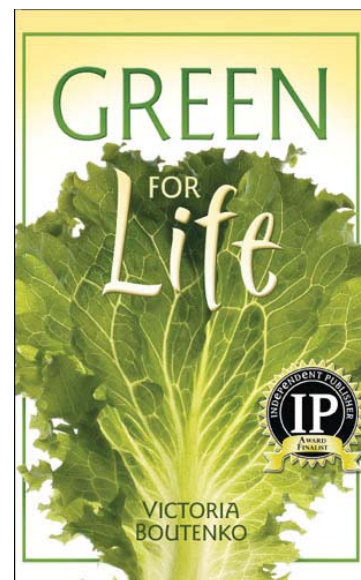
**1 bunch parsley**

blend together well and delight your palate.

Anyone can prepare tasty green smoothies quickly in their own kitchen, with their own choice of ingredients. Alternatively, you might want to pick up a book from the Co-op's selection on raw foods and green smoothie making, and the web is also chock full of resources.

During January, the Produce Department will be hauling out the Vitamix blender and whipping together some delightful smoothie samplings, so please take a moment when shopping to check them out. We hope you get turned on to green smoothies this year; you never know what they might do for your health, your taste buds and maybe even your waistline.

*-Freya Shaw, Marketing Assistant Manager*



Two excellent, fresh green smoothie resources available in the book section.



# Co-op Farmers Meet to Plan for 2011

Every year in the winter, the Kootenay Co-op holds a meeting with our local farmer to discuss the upcoming growing season. We review the previous season, talk about ways to meet customer demand, acknowledge the very real challenges associated with running a farm and a business, celebrate our many successes and think about ways to 'iron out the wrinkles' that are an unavoidable part of bringing lots of local food to lots of local tables.

## Annual Growers Meeting Wednesday, February 2

Nelson Chamber of Commerce, 225 Hall Street

Farming is not what you'd call a social vocation. The Grower's meeting also provides a platform for farmers to interact, share ideas, and talk to people who really get it. And, of course, it is a critical opportunity for the Produce management to meet its suppliers and work with them closely. We enjoy our brief interactions with farmers during deliveries at the loading bay, but it doesn't really count as strategic planning!

Increasing production of local, organically produced food is a priority for the Kootenay Co-op. In partnership with our farmers, we strive to provide customers with beautiful, healthy, fresh, high quality produce that will sustain those who grow it and those who consume it. The Annual Growers Meeting provides a fresh opportunity each year to deepen that commitment and improve an already fruitful relationship.

– Ben Morris, Produce Manager

### FARM PROFILE



## Tipiland Organic Produce

Tipiland Organic Produce is situated on a land co-op and has regularly delivered their fresh produce to the Co-op for 20 years.

Each year Gary and Inanna provide the Co-op with 15-20 different certified organic products. The quality of their produce is superb. The detail and care that goes into planning, growing, harvesting and transporting is evident. Fresh greens cannot get any better.

It was amazing to see the beautiful gardens and home of Gary and Inanna. The Co-op staff have a much better understanding of the amount of work and love that goes into making every Tipiland delivery something to look forward to.



# General Manager's Update on the Co-op's Redevelopment

## Expect the unexpected

We have been in conversation with the owners of 708 Vernon Street (Extra Foods) since 2006. At our Annual General Meeting in September 2009, the Board of Directors announced that we had entered into a letter of intent with the owners to negotiate a lease on that building.

This summer, the terms of the lease negotiation changed substantially; this has caused us to pause and re-consider. We re-evaluated the financial implications of the new lease terms to the long-term well-being of the Co-op. After much contemplation by the Board and management, we have decided that entering into that lease would not be fair and equitable to the Co-op and our membership. Therefore, we are no longer pursuing the lease of 708 Vernon Street.

The Co-op is still in great need of a larger retail space with parking, a safe loading dock, more space to shop and expanded services. Although large retail spaces in downtown Nelson are limited, there are properties that can meet these needs – it's time to get creative and think out of the Extra Foods box! Of course, this process will take time; we will renew our lease at 295 Baker Street and take the time we need to make the right decisions for the Co-op. And – thankfully, Russell Precious has agreed to stay on contract as our Project Manager to help us find the Co-op's future home!

This Co-op is fortunate to have the support of our membership and the greater community. We have a committed Board of Directors, strong management team and dedicated staff that hold the greater vision of our organization. We take seriously our commitment to perpetuate a strong Co-op for our membership. It can seem so serendipitous that when one door closes a change in perspective will allow other doors to open. Many doors are opening for us and we are more excited than ever about the future of your Co-op!



*– Deirdrie Lang, General Manager*

# Hellos and...not Goodbyes But definitely Thank Yous!

After eight years of managing the cash and customer service staff, Claire Stannard has stepped down as our Front-End Manager. We are thrilled that Claire is staying with us at the Co-op as a cashier and finance clerk.

Sasha Lampis, a cashier and Wellness Clerk for the past six years, has taken on the very demanding position of Front-End Manager. Sasha moved to Nelson 14 years ago from the Lower Mainland. When she is not at work, she spends time raising her beautiful daughter Jasmine and enjoying this amazing community. Sasha has also spent the past fifteen months learning about the Co-op from the Board perspective, as our Employee Director.

We are very excited to have Sasha join the management team - we know that her attention to detail and thoughtful demeanor will make her an excellent Front-End Manager.

There are also changes afoot in the Grocery Department....Cindy King has accepted the newly developed position of Warehouse Coordinator and we have hired Joe Karthein (Welcome Joe) in the newly redeveloped position of Grocery Manager. Below is a message from Joe. Look for Sasha's official introduction in the February Newsletter.

- Deirdrie Lang, General Manager



## Goodbye to the Board of Directors; Hello to full-time employment!



From my few months on the Board of Directors it was obvious to me that the foundation of the Kootenay Co-op - its members, employees and board are all vital, healthy and solid. The future is very, very bright indeed. This is an organization that I want to be a part of. I look forward to doing my part in helping the Co-op position itself well

without compromising any of its core beliefs in the increasingly competitive marketplace the Co-op finds itself in.

While I got my start in the natural foods industry with my own business, it was the four years I spent as a sales manager and broker in Vancouver that really showed me the industry. Brokers are required to be in

constant communication with the manufacturers they represent, distributors and retailers. Some of my many tasks as a broker included: setting up annual marketing programs for all retailers, negotiating with distributors on pricing, margins and services, maintaining a visible presence in all key grocery retailers throughout Western Canada through repeated store visits and organizing trade and consumer shows.

My foray into work specifically with Co-ops has only come up recently through some consulting work. In September 2010, I completed an extensive business and strategic plan for the Kootenay Carshare Co-operative. This experience gave me a chance to explore Co-op structure in detail, and helped further my admiration of the Co-op business model.

I welcome any members to approach me directly in the store or call and ask for me if they have any questions, comments or feedback.

- Joe Karthein, Grocery Manager

# Change: The Co-op Constant

Our 35<sup>th</sup> year saw lots of developments in the 'People, Places and Things' category.



Serving our community  
for 35 Years.



Reflecting on the past year I am impressed by how much the Co-op has grown. It is a sign of the continued success of the Co-op that similar sentiments are generally expressed every year around this time. I am grateful for the ideas and support of our member-owners, the leadership of our General Manager, the friendly and talented Co-op staff, the abundance of food and products provided by our suppliers, my fellow Board members, and for all of the ways in which the Co-op nourishes our relationships with each other, with the food we eat and the products we use, and with our environment. This year saw the celebration of our 35<sup>th</sup> anniversary of successfully serving our community as a member-owned cooperative, significant improvements to the operation of the Co-op, Board development, and overall redevelopment.

Having made the decision that it is not in the best interest of the Co-op to move into the Extra Foods location, the Board is exploring alternative options and getting excited about new opportunities for growth. Our member response to this decision has been positive. We are thankful for your ideas and support, and look forward to further hearing from members through upcoming focus groups, following up on the feedback we received from our member survey last summer. The work we have put into redevelopment remains invaluable as we move forward into the new year, a clearer sense of how we want to grow and our role in our community.

Our December Board meeting saw the departure of two directors to join the management team of the Co-op; Joe Karthein takes on the newly redeveloped role of Grocery Manager and employee director Sasha Lampis steps up to the role of Front End Manager. Congratulations Joe and Sasha!! The Board also thanked Zoe Creighton, Board Recording Secretary for 10 years of service as she moves on to other ventures, and welcomed Meghan Craven into the newly expanded role of Board Administrative Assistant. The Board will appoint an interim Board director who will serve until the next Annual General Meeting, and the Co-op staff will elect a new Employee Director. Members who are interested in running for the Board are encouraged to speak with current Board members and submit an application by the April 30<sup>th</sup> deadline.

Thank-you for choosing to support a healthy, cooperative, sustainable way of life. We wish you all the best in the year ahead,  
*Jen Smith*