

# Your Co-op ...On the Coast



Arena Market & Café/Coastal Organics

May 2011

## Happenings

- **Member Appreciation Day**

Friday, May 6—10 percent discount on all purchases.

- **All Member Meeting**

7pm Tuesday, May 10 – come out and help determine what is happening at your Co-op. The current board would like to change two things: 1) the bylaws to allow two more board members; and 2) re-calendar when we have our annual member meeting—make it on the second Tuesday rather than the third Thursday.

- **PCCHS Art Show**

PCCHS Art Show – May 13 - June 15, featuring the Pacific Community Charter High School Art & Advanced Art Classes. Opening reception Friday, May 13 from 5 - 7 p.m.

- **Calling All Volunteers**

We are reminding you that your co-op is always looking for volunteers for simple tasks like clean up, stocking, data entry – and an employee bathroom! All who volunteer for 3 hours or more get a single use 10% discount card to use when they way. To sign up, please stop by the co-op and ask for the volunteer list, or send an email to: [info@arenaorganics.org](mailto:info@arenaorganics.org)

## President's Report

Dear Co-op Member,

The time has come again for you to exercise your vote in the local business that you have ownership in. As a member who has paid a minimum of 50.00 towards your membership you can vote on important co-op issues. There are other times you can vote as well, read the by-laws for all your rights as an owner of our co-op. This year we have several items to cover and vote for.

First election of Officers. We have several new board members whose positions must be voted on by you the membership. Blake More as director: Blake has been very helpful in the “new” energy at our co-op, taking on the newsletter and publicity as well as other places where she is needed. Nicole Ponsler as Secretary: has been invaluable in her work bringing in new events and developments. She has organized dinners, the first art show, and begun fulfilling the secretary duties. Caitlin Riehl as Treasurer, Caiti his our newest board member and has been instrumental in organizing the bulk UNFI orders by co-op members. We look forward to her involvement as she takes over the roll of treasurer.

Also on the agenda and up for vote are 2 other issues. First will be adding additional board seats to our board of directors. With amount of work that the board tries to accomplish we feel that we can share the duties and be better at what we do with 2 additional board members. Currently our board consists of 5 board members with your vote we can make our board a 7 member board. Second, we have come to the determination that having our annual board meeting on the first Thursday after the 15th of April is not ideal and propose that we move the annual member meeting to the 2nd Tuesday after the 15th of April.

In addition we will have a financial report, a General Managers report, and more. We will discuss logo developments and changes, Grocery bag surcharges. We will have a selection of crackers and cheeses for snacks and as members you can buy a bottle of wine to go with it and make the meeting that more festive.

Please show your support for your co-op come out and vote!

~ Peter Loughran, President Coastal Organics.

## UNFI/Bulk Buying Update

Board Member Caiti Riehl has put the AM&C's UNFI (Mountain Peoples) order system in place! Members and non-members alike can now come into the store and place bulk buyers club orders through the co-op. Non-members will get the standard 15% mark-up charged elsewhere, but members will get an additional 5% discount, so are only charged 10%. Wow—another benefit of membership! And ordering is easy: Just come in and use the new ordering kiosk located by the bulletin boards near the refrigerated drinks; fill out one of our handy ordering sheets (no order will be placed without them) by Monday morning and—voila, you will receive your bulk order on Wednesday afternoon. To avoid a cluster of boxes in the back, we ask that bulk orderers pick up their deliveries by Thursday evening.



## Alive Water is coming to Your Co-op



In our continued efforts to reduce waste and packaging, the board and staff of AM&C plans to install a vortex pipe faucet adaptor, which will allow members & customers to fill up their personal water bottles with good clean “alive water”. The

vortex pipe faucet adaptor was donated to the Co-op by member Anne Kessler. A number of people on the coast have installed Vortex pipes in their home systems, and all who have them rave about the taste and clarity of their water. In the future, we plan to purchase a larger system which we will use for the entire store. Look for “free alive water” signs soon.

## Product Feature

“More than a Square Meal” by Rocky Mountain Grain Products—this tasty product is for anyone interested in quick, sustained energy that tastes just as good as it is for you. Packing in protein, essential fats, vitamins and enzymes, the 12 inch bars are made up of three whole foods: a base of 84 grams of hemp hearts bonded with 42 grams of dark Belgian chocolate, and covered with 24 square inches of one of 14 fruit or nut choices, including almonds, cashews, macadamia nuts, brazil nuts, cranberries, coconut, papaya, raisins, and pineapple. In terms of serving size, the packaging recommends “about half of one bar is sufficient for most individuals for a special breakfast—after which they will certainly not require lunch.” Or in the words of a co-op member, “I can attest to this merit, as my partner and I shared the one with macadamias on top during a road trip to Oregon, and it pretty much held our interest during the 11 hour drive!” The foot-long “More than a Square Meal” bars are located on the south side front of the store, on the shelves with the other energy bars. Yum!



Laura & Nicole in between courses at last month's FUNdraising dinner; watch your email for our next Co-op dinner announcement, and book early because the seats are limited and sell out fast!

## Show Art at Your Co-op

Contact Phil Clark to hold an Artshow – Our valued Co-op member/owner Phil Clark will be curating these 1-3 month-long shows. Please contact Phil at 541-951-7931 or by email: [ecowoods@hotmail.com](mailto:ecowoods@hotmail.com) with artist suggestions.