

# KOOTENAY CO-OP



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## Yellow Tag

### Aubrey Face Care Products are now Yellow Tag!

Products in the Personal Care Department which are clearly identified with yellow price tags receive 15% off everyday. In addition to the Aubrey Face Care products, it also includes the following lines: Renew Life, Sisu, Natural Factors, New Roots, Vogel, Aromaforce, Udo's Choice, Salus & Flora (not Flor Essence), Organika and Prairie Naturals, Interactive Nutrition, Progressive, Genuine Health, Trophic, Brad King's Ultimate line, Lorna Vanderhaeghe. Other items are being added as they become available. This discount increases to 25% on Member Appreciation Days.

## CELEBRATE

**Mother's Day  
May 11**

## CLOSED

**Monday May 19  
Victoria Day**





## LIVE KCR Broadcast



Thank you to Terry Brennan, Suzy Hamilton, John Alton, & Shannon Hammond who hosted another Earth Day Broadcast.



### Critical Mass Bike Ride



### Darin Welch won the bike



### Aiden (age 6) talks to John about his recycling project



### Darryl talks to Suzy about earth-friendly benefits of bike riding



And thank you to everyone who came down to the Co-op and participated ... 'til next year!

## Dinner & a Movie

### 4 dinners - 4 films 4 fundraisers

What a wonderful and busy time we had this month. We hosted four DINNER & A MOVIE nights and invited you to join us for a social, a meal, an educational documentary and a discussion group. You came by the hundreds and donated a total of more than \$2500 split between four local, non-profit groups in our community. Thank you for your interest & support and judging by the feedback we received, you enjoyed the films and had a thoroughly-good time!

A heartfelt thank you to everyone who made it all happen:  
**The staff:** Michelle, Deirdrie, Jocelyn, Hannah, Hazel, Heather, Jacquie.

**Our Deli Suppliers:** The Uphill Bakery, The Old World Bakery, Francyne's Cuisine, Feed Your Soul Foods & World Eats.

**Master of Ceremonies:** Jon Steinman (Board Member) and **Technician:** Matt Lowe (Staff).

Board Members: Jeremy Lack & Abra Brynne.

**The Nelson United Church:** Peter Busby.

Piano Player: Dan Calverly.

**The film makers & distributors:**

King Corn - Mosaic Films & Aaron Woolf, Ian Cheney, and Curt Ellis.

The Real Dirt on Farmer John Taggart Siegel.

Tableland - Craig Noble (Pixel One Productions) and Ann Day & The Creston Public Library

Gardens of Destiny - Jocelyn Demers, Dan Jason & Saltspring Seeds.

Freya

Marketing Coordinator



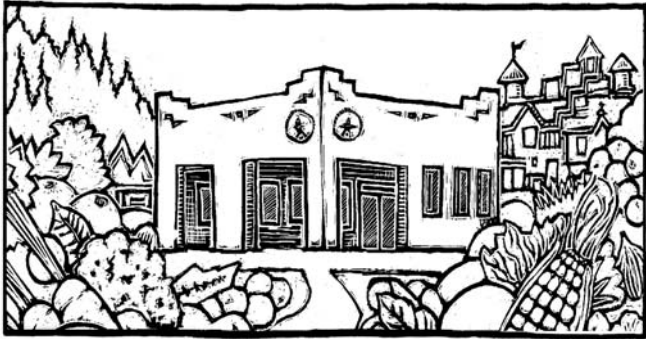
## 1% of sales Community Donation Days

### MARCH 18

On Tuesday March 18, 1% of sales, \$259.06, was donated to Glacier Gymnastics. The funds support their mission to provide "Gymnastics For Everyone".

### APRIL 15

On Tuesday February 19, 1% of sales, \$242.19 was donated to Jessica O'Connor's local fundraiser to buy Malaria Nets for Africa.



## \$500 Kootenay Co-op Environmental Fund

*and the winner is:*

### the Links Housing Co-op

The Kootenay Co-op awards an annual \$500 Environmental Fund to a non-profit group in the West Kootenays to fund a local environmental project. This year we received 10 deserving applications and the Links Housing Co-op was chosen to receive the Award for their garden and composting project. Recognition and thanks go to all the applicants for the exceptional environmental work that they are undertaking in our community. Each of the nine groups that applied for the Fund will receive a Community Donation Day in the coming year. See the schedule on this page.

## 1% Community Donation Days Schedule

On the third Tuesday of every month, 1% of sales is donated to a local non-profit group in our community. You can support these groups by shopping on their donation days.

### May 20, 2008

Salmo Secondary School Art Department to purchase a kiln for use by the community.

### June 17, 2008

Cross Canada Trike Tour to raise awareness of Deconstructing Dinner.

### July 15, 2008

Lower Columbia All First Nations for their Community Garden & Training Programs.

### Aug 19, 2008

Friends of the Family

### Sept 16, 2008

The Slocan River Farmers Group for their Seed Saving

### Oct 21, 2008

Workshop. West Kootenay Eco Society for their Market Brochure.

### Nov 18, 2008

Second Chance Animal Shelter for their Recycling & Composting Project.

### Dec 16, 2008

Kootenay Kids Garden Project.

### Jan 21, 2009

We Are What We Do/Simply Change Canada for their Inspire Nelson Project.

### Feb 17, 2009

BEAKS for Bird Care.

### March 17, 2009

The Community Garden Society of Kaslo for their Educational Programs and Garden Projects.

### Apr 21, 2009

Crawford Bay School for their Playground using recycled and pvc-free materials.

# FROM THE BOARD

The Board of Directors may have caught the spring cleaning bug or something since each Director seems to be extra busy and engaged with activities associated with our duties as your elected representatives. It is a delight to work with a group of people who are willing and able to commit their energy, thoughtful input, and vision to this process.

Our April Board meeting continued the work begun earlier on working towards a new Strategic Plan for the Kootenay Co-op. With the help of Jeremy Lack, the Board has reviewed the distinction between a strategic and an operational plan. This distinction is useful and important for the Board to be aware of, as it helps us to remain within our purview, which is of governance on behalf of the members, and allow the staff to attend to the day to day operations, which is their expertise and purview. Jeremy will be leading the session on strategic planning at our Board Retreat, happening on April 26th. The Eco-Innovation Committee will be providing important context and considerations on environmental issues to the Strategic Plan process.

Our new Financial Co-ordinator, Paul Dawson, presented the third quarter finance report to the Board at our April meeting. Paul has been with the Co-op in various roles for 11 years and moved into the Financial Co-ordinator role at the beginning of March. Despite his relatively few days on the job, he presented the comprehensive report that the Board has come to expect, and answered the range of questions that always arise as the Board reviews the components of our financial picture and health. As we approach the end of our fiscal, it looks like we will have another very

successful year. I continue to be heartened and impressed by the strong support shown to the Co-op by this community, as evidenced in the fact that 85% of our sales are to members.

And if any of you have noticed unusual banging and drilling sounds, they are coming from the renovations being undertaken to increase the functionality of the back of the store, primarily in the area serving the staff needs. There will be a bit more space for offices and an improved staff room and kitchen. The warehouse will also be expanded slightly to accommodate the ever increasing volume of goods we are fortunate enough to be able to access. The renovations will certainly be a good interim measure as the Board continues to work towards a more long-term solution for our space constraints at this site.

Lastly I wish to thank all those who contributed to the Earth celebrations at the Co-op and in all aspects of our lives over the month of April. Each year the staff does such a great job of reminding and inspiring us to do our part to sustain this beautiful planet for our children and all the generations to come. Special thanks go to Michelle and Freya for their seemingly endless enthusiasm and energy for this work.

**For the Board,  
Abra Brynne**

## Board of Directors

Abra Brynne	Cecil Bund
Catherine Fisher	Amy Long --
Jeremy Lack	Employee
Jon Steinman	Director
Olindo Chiocca	



**Next Board meeting: 21st May 6PM;**  
location to be confirmed.



## PREPARED FOOD

### Kootenay Kitchen Veggie Pate

Curry or Herb **3.05/190g**  
reg 3.79

### Francyne's Cuisine

Spicy Wheat Berry  
& Asparagus Salad **1.39/100g**  
reg 1.75

Primavera Pasta  
& Smoked Salmon **1.49/100g**  
reg 1.89

### Lori's

Macaroons **1.79/100g**  
reg 2.25



# Cheese



Rocky Mountain  
Foothills Creamery

Cow Feta  
**9.85/kg**  
reg 12.29

Woolwich Dairy

Cheddar  
Mozzarella  
**6.89/200g**  
reg 8.59

Spring time! Well hopefully sometime soon.

Although the winter is trying to stick around,  
we see the flowers and buds flourish from the ground.  
So with our parkas packed away,  
we start out in a fresh new way.

This month in the Deli we have some excellent specials for you. Two new Salads from Francynes Cuisine. A Primavera Pasta with Smoked Salmon, and Spicy Wheat Berry with Asparagus. Both on special and NEW to the Deli.

From Our friends in the Kootenay Kitchen we have Herb and Curry Pates. Try some today on our NEW line of Old World Bakery breads.

Along with the showers comes the need for a rainy day comfort food. We have just the thing: Lori's Macaroons. Delicious!

For our Cheese enthusiast we have Woolwich Dairy's Mozza and Cheddar prepacks on special, to be found only on cheese island. You should also be on the look out for our latest addition to the island. We are now carrying Carmelis Goat Cheeses. Beautifully prepared and perfect for back yard BBQs and gatherings with friends and family. (How about for a Mother's Day brunch?)

And last but not least, we have a great deal on our Rocky Mountain/ Foothills Creamery Cow Feta. Available in our Bulk Section at 20% off through the month of May.

Have a wonderful time in the garden and feel free to stop by the Deli for some great deals!

## THANK YOU

To our local Deli suppliers who cooked for our Dinner & a Movie Film Series:

Francyne's Cuisine,  
World Eats & Feed  
Your Soul Foods  
for the delicious  
soups.



The Uphill Bakery &  
The Old World  
Bakery for the fresh  
& tasty breads.

Thank you for the loving care & attention you pour into your culinary creations for us all to enjoy.

*All Specials While Quantities last*

## RICE DREAM

Delicious 99% Fat Free Non-Dairy Beverages

### Beverages

- Original
- Vanilla
- Enriched Original
- Enriched Vanilla
- Enriched Chocolate

**52% off**



**\$1.79** /946ml  
reg 3.79

**\$20.40** /cs 12  
reg 45.48



### Frozen Fillo Pastry Dough & Shells

**ORGANIC**

- Fillo Sheets **3.59** reg 4.99
- Fillo Sheets Spelt **4.59** reg 6.49
- Fillo Sheets Whole Wheat **3.85** reg 5.49
- Mini Fillo Shells **3.25** reg 4.59

Made In USA



**FAIR TRADE**

**ORGANIC**

### Chocolate Bars

- Milk
- Bittersweet
- Almond
- Mocha
- Mint
- White w. cocoa nibs
- Dark
- Espresso
- Orange

**20% off**

**\$3.59** /100 g  
reg 4.49

### Bob's Red Mill Cake Mixes

**15% off**

- Chocolate **\$5.45** /510 g
- Gingerbread
- Spice Apple
- Lemon Poppy Seed **NEW** reg 6.45



**15% off**



### Loriva Oils

### Tartex Vegetable Pates

- Original
- Herb Meadow
- Mushroom

**ORGANIC**

**\$4.59** /125 g  
reg 5.39



- Basil Flavoured **6.45** reg 7.59
- Garlic Flavoured **5.79** reg 6.85
- Grape Seed **6.45** reg 7.59
- Sesame Toasted **6.45** reg 7.59
- Peanut **NEW** **6.45** reg 7.59
- Walnut **6.45** reg 7.59
- Sesame Extra Virgin **8.39** reg 9.99

# Grocery Specials

All Specials While Quantities last

# May 08



## Herbal & Spice Teas

Lemon Ginger  
Organic Ginger

**\$3.55** /16 bags  
reg 4.99

-----  
Black Chai  
Green Chai  
Classic India Spice  
Egyptian Licorice  
Egyptian Licorice Mint  
Tahitian Vanilla Hazelnut  
Organic Redbush Chai  
Organic Chamomile  
Organic Peppermint

**\$2.99** /16 bags  
reg 4.29



product of USA

now arriving ...

**LOCAL**  
Bedding Plants



**SAN-J**

## Cooking Sauces

Asian BBQ Sauce  
Szechuan Sauce  
Teriyaki Sauce  
Thai Peanut Sauce  
Japanese Steak Sauce  
Sweet & Tangy Sauce

**\$3.49** /296 ml  
reg 4.69



## Green Cuisine Tempeh Burgers



Indonesian 225 g  
Original 170 g  
BBQ 170 g

**\$2.35**  
reg 2.99



**GRAINWORKS**  
The Organic Grain Company

**Organic - Bulk**

## Millet

**\$2.15** /kg  
reg 2.65

**\$46.36** /22.7 kg  
reg 60.00



## Peace Cereals

**\$4.29**  
reg 5.69

Maple Pecan Crisp 397 g  
Rainforest Crisp 465 g  
Very Berry Crisp 298 g

product of USA

## Royal Red **Organic - Bulk**

## Quinoa



**\$4.95** /kg  
reg 6.19

**\$53.32** /  
reg 70.19

# Elderbee Greens Bedding Plants

Notes from Brenda Elder



## Early Frost-Hardy Plants

Most of the plants we bring early in the season are frost hardy. Buy those early greens to plant outside while the weather is still cool for maximum harvest. Pick leaves until it gets hot, then cut the plants which may be bolting, or going to seed, to enjoy in a soup, salad or stirfry. This gives you room to plant a tender crop of beans or cucumbers in their place. Lettuce can be treated in a similar way. Brassicas such as broccoli, cabbage or kale as well as onions and leeks are best set out in cool weather, growing on to maturity later in summer or fall.

## The Luscious Tomato

We carry many different varieties of vegetables, with the greatest choice in the tomatoes. Tall vining tomatoes, called indeterminate, are best staked and regularly pruned, whereas determinate tomatoes, are stockier and shorter, producing far fewer suckers. Cherry tomatoes are a lot of fun to eat. Little bursts of excellent flavor, appealing to kids for healthy snacking. To add interest try some of the many available colors and shapes. Yellow pear, a heritage variety, looks like its name. Sun Sugar matures orange and is very sweet. Juliet is called a grape tomato and looks like a small

paste type. Sweet Baby girl promises lovely sweet tomatoes on a slightly smaller vining plant, a good choice for a large pot on a sunny deck. Look for a basket of Tumbler tomatoes, draping out of their pot for handy picking and eating. Heritage tomato varieties promise exquisite vine ripened flavor. Try Brandywine, Tiger Stripe, Black Krim or Persimmon for something extra special. Long Keeping tomatoes will hold for use all winter, stored single layer on a counter in a cool room. We eat them right around to the following March or April.

## Flowers

Flower choices too, are plentiful, depending on your space and taste. Old standbys such as alyssum, lobelia, and petunias are reliable, colourful and fragrant. If you are interested in flowers for cutting try larkspur or a tall variety of ageratum such as 'Blue Horizon', or 'Red Top'. Another unusual cutting flower is an annual pink blooming bergamot called Monarda Lambada. Rudbeckia, excellent for late summer cutting, produces attractive gold daisies over a long season, a new cultivar 'Cherokee Sunset' has double flowers that are simply gorgeous.

We have supplied the Kootenay Co-op for more than twenty years with plants locally and lovingly produced. Thanks to all my customers for the continued support and best wishes for the Kootenay gardening season.

## Cloth Bag Sponsors

Thank you to the businesses who support our bag sponsorship program. Their sponsorship enables us to offer an excellent product to our customers: an attractive, durable cloth shopping bag at the very affordable price of \$3.99 per bag. We offer them as an incentive to our customers, as part of our ongoing waste reduction initiatives and commitment to our environmental policy.

### Supplier Profiles



from the Yogi Tea Website:  
[www.yogitea.com](http://www.yogitea.com)

Yogi Tea creates more than 50 pure organic and made with organic herbal and green tea blends that are grounded in ancient wisdom and in a simple, natural way of living.



The ancient science of Kundalini Yoga helps you achieve greater balance, strength and energy for body, mind and soul. Learn about Kundalini yoga poses and benefits from [www.yogitea.com/Pages/Lifestyle.html](http://www.yogitea.com/Pages/Lifestyle.html)

Treat yourself to the unique flavors of natural foods with healthy vegetarian recipes perfect for special occasions or a cozy dinner with family. Check out the Master Cleanse recipe or make a Sat's Salad. Go to the Recipe Section for recipes for Fall, for Winter, for Spring, for Summer.

Leading a life that is rooted in the healing benefits and natural antioxidants of pure foods can help you achieve balance and joy in every aspect of your life.

Find out more about their parent company, Golden Temple, and the variety of products they make.

May 11

May 11  
An opportunity to  
celebrate mothering,  
motherhood and all  
mothers everywhere!



# GIFT IDEAS

M is for the miracle of Being.  
O is for its origin in love.  
T is for the tenderness of seeing.  
H is for a home no wind can move.  
E is for the ecstasy of living.  
R is for the recklessness of giving



**NEW Nui Coconut Body Butters**  
20% off this month

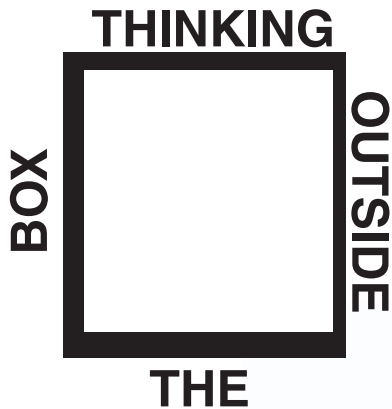
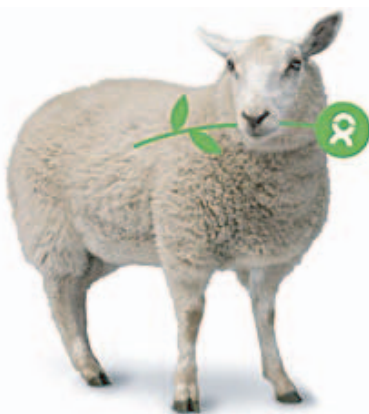
Kootenay Body Polish/Scrub from Kootenay Soap Co.  
Citrus - Lavender - Thai Ginger - Emerald Forest

Wide selection of beautiful **ESSENTIAL OILS**  
- ask the staff to show you!

Weleda lovely **BODY OILS**  
Citrus - Lavender - Sea Buckhorn - Wild Rose



Burt's Bees Radiance Body Lotion (has natural mica to add glow & sparkle to skin.



Double up with **FAIR TRADE**  
When you give fair-trade products you're doubling up in the gift giving department: once to the people who made them and again to the people who receive them. Check out our organic, fair-trade chocolates & coffees.

**Oxfam Unwrapped** is an on-line alternative giving program that offers a selection of life-changing gifts that provides you with the opportunity to give someone who has everything something special and give something special to people who haven't got much at all at the same time.

When you buy a gift from Oxfam Canada Unwrapped, your donation will be used to help women, men and entire communities gain greater levels of self-sufficiency and control over their future. By supporting the fight against poverty, you are helping women and men in developing countries reach a greater level of self-sufficiency and control over their lives. [www.oxfamunwrapped.ca](http://www.oxfamunwrapped.ca)

# Personal Care Specials Page 10

*All Specials While Quantities last*

**25% off**



**Herbal D-Tox** **28.34**  
reg 37.79



Internal cleansing is considered to be the cornerstone of good health by many natural health care practitioners. Pollutants from the environment - found in the air, water and foods that we eat - as well as wastes produced from normal bodily processes, can tend to accumulate within the body and lead to a state of congestion. To help maintain a healthy balance of assimilation and elimination, the Wild Rose Herbal D-Tox Program is uniquely designed to enhance all aspects of metabolism



**20% off**

## FACIAL CARE IRIS LINE

Cleansing Lotion 100 ml	<b>14.39</b>	reg 17.99
Cleansing Lotion Classic 100 ml	<b>14.39</b>	reg 17.99
Facial Toner 100 ml	<b>17.27</b>	reg 21.59
Moisture Cream 30 ml	<b>17.27</b>	reg 21.59
Day Cream 30 ml	<b>17.27</b>	reg 21.59
Night Cream 30 ml	<b>17.27</b>	reg 21.59



**Nui**

**20% off**

**26.39/** 206g  
reg 32.99

Island Rose  
Vanilla & Coconut



**E-cloth®**

**Face/Eye Pad**

**20% off**

**11.59/** ea  
reg 14.49

This 9 x 16cm Face/Eye Pad does not require any chemicals to remove eye make-up including mascara. The pad has two slots where fingers can be inserted for ease of use. When dirty it can be washed and re-used many times

**Femalfi**

A blend of unique pollen extracts proven to alleviate symptoms associated with PMS and menopause.

**32.39/** twin pack  
reg 53.99



**40% off**

**Prosta Pollen**

A natural relief for the symptoms of chronic non-bacterial prostatitis.

**15.95/** 60c  
reg 26.59



All Specials While Quantities last

## Phytoberry

The Whole Body Antioxidant

### HIGHLIGHTS

- Highly concentrated whole food supplement
- Outstanding source of botanical nutrients
- Harmonized to offer whole body antioxidant protection
- Professionally formulated
- Energetically tested

Progressive

35% off



**27.29/** 450 g  
reg 41.99



Salus

**18.75/** 250ml  
reg 26.79

30% off

Salus



**30.37/** 500ml  
reg 43.39

### Salus Floravit (Yeast-Free)

Floravit has all the same benefits as the classic iron tonic



Calcium Magnesium  
Zinc & Vitamin D  
**18.33/** 250ml  
reg 26.19

**27.43/** 500ml  
reg 39.19

BONE HEALTH PROTECTION  
FOR YOUR AGE, YOUR DIET,  
YOUR SAFETY

Salus



**18.75/** 250ml  
reg 26.79

**30.37/** 500ml  
reg 43.39

KINDERVITAL MULTIVITAMIN  
FOR CHILDREN □ HEALTH  
INSURANCE FOR OUR KIDS

FLORA

35% off

## Udo's DHA Oil Blend



### Forgetting things?

Udo's Oil □ DHA 3 □ 6 □ 9 Blend. Smart!  
Good for aging adults, kids in school, new  
mothers, and anyone who needs extra brain  
or eye support.

250 ml **12.08** reg 18.59  
500 ml **20.33** reg 31.29

# Personal Care Specials

All Specials While Quantities last



## DIAPERS

7 sizes : Stages newborn - 6



**15.21/ pack**  
reg 20.29

## TRAINING PANTS

**15.21/ pack**  
reg 20.29



2 sizes : 2T-3T, 3T-4T

## BABY WIPES



Tub 80s **4.79** reg 6.39

Refills 80s **4.64** reg 6.19

## natracare | healthier by nature

### Feminine Products

Natracare products are chemical and additive free, and biodegradable and contain only organic and natural ingredients sourced from sound ecologically managed producers.



### Pads

Panty Shield	<b>2.84</b>	reg 3.79
Regular Pads	<b>3.74</b>	reg 4.99
Super Pads	<b>3.89</b>	reg 5.19
Ultra Slender	<b>4.34</b>	reg 5.79
Ultra w. Wings	<b>4.79</b>	reg 6.39
Ultra Long w. Wings	<b>4.79</b>	reg 6.39
Super Ultra w. Wings	<b>4.79</b>	reg 6.39

## Lafe's Deodorant



## Tampons

Regular 20 (no appl)	<b>5.99</b>	reg 7.99
Super 20 (no appl)	<b>5.99</b>	reg 7.99
Super Plus 20 (no appl)	<b>6.66</b>	reg 8.89
Reg 16 (with appl)	<b>7.11</b>	reg 9.49
Super 16 (with appl)	<b>7.19</b>	reg 9.59

Crystal w. Bag	<b>3.83</b>	reg 4.79
Spray 118ml	<b>3.35</b>	reg 4.19
Spray 237ml	<b>3.99</b>	reg 4.99
Roll On asst	<b>4.39</b>	reg 5.49
Stick asst	<b>4.39</b>	reg 5.49
Crystal push Stick	<b>3.99</b>	reg 4.99

