



On the Table

News and Views of the Kootenay Co-op





3 Back on the Path

September is always a busy month at the Co-op, but we may have upped the ante this time! This month is absolutely jam-packed with information. From elections and the AGM, to new member benefits and outreach programs, to author readings and GMO-related events, there's always something happening.

4 September's Path to Health Guide

September brings its usual bounty of fun, excitement... and stress. The solution? Walk along the Co-op's **Path to Health** guide. We bring you a wonderful opportunity to find health, happiness and wellbeing each and every day this month.

9 Outreach

Community Donation Days, great giveaways from Happy Planet and Weleda and a teaser about our new Outreach programs.

10 New Member Benefits: The Big Reveal!

Well...almost. We'll actually reveal them at our AGM, but our GM outlines our priorities, process, and findings. A member-owner must read!

12 Election & AGM Information

It's going to be a very exciting election this year! With 7 candidates and 4 open seats, your vote will really count. We tell you how to make the most of this democratic opportunity. Plus, give you the low-down on the AGM agenda.

On the Table Issue 10 Volume 1

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.

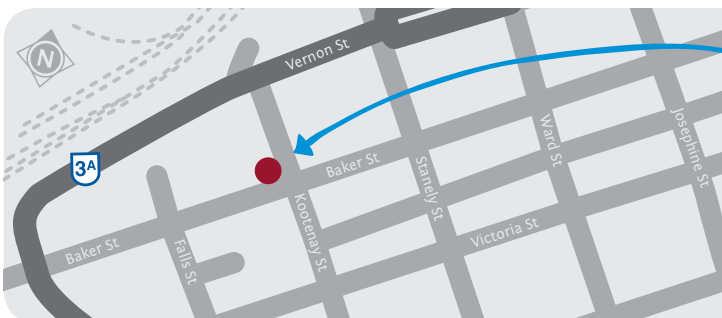
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Off the beach and onto the path

September is a big, busy mixture of opportunities to start something new and to harvest the fruits of past labours

September is such a mix of excitement and hard work. Our minds perk up with a change in the weather. We experience (or remember) the newness of another school year. Our natural instinct to harvest, gather and preserve kicks in. And we start making To Do lists in a frenzied attempt to get EVERYTHING DONE BEFORE WINTER!

Am I stressing you? Because I'm stressing me out. Here's advice for both of us.

Stop. Breathe.

Read this newsletter.

Why? Because we have ways to support your health and wellbeing each and every day in September. Literally. We've put together a

September Path to Health guide with fun, healthy and informative ideas about making this month a rich experience for body, mind, soul and community. Let your eyes do the walking through this 5 page special feature (pg.5-9).

We've also been working very hard to make the Co-op better for everyone and we'll get to enjoy all that hard work this September. First of all, we've decided that AGMs can be as engaging as they are important. In addition to providing you with an agenda packed with good eats for your brain, we will also be celebrating with art, food & beverages, and tons of prizes at our Member Social immediately following the meeting (full agenda on pg. 12).

And it's election time at the Co-op! We have an incredible roster of

Board Candidates and we hope you'll read about them, meet them and then vote for them (pg.12).

Also, we are ready to reveal two major projects that have been occupying much of our time and attention this year. We've reviewed and revamped both our Member Benefits Program and our Community Outreach Programs, with a keen eye to providing better service to our member-owners and our community. We'll share our new programs with you at the AGM (and make information available in the store and on the website thereafter) (pg.10-11).

All this, plus great giveaways and fun events. Enough to make each day in September fresh and exciting!

– *Jocelyn Carver, Marketing Manager*

Upcoming Events

In Store Voting

Aug 23 - Sept 23

Cast your vote for our Board Candidates. Details available at Customer Service.

Meet the Candidates

Wednesday, Sept 14, 7-8PM

Touchstones, Nelson

Join our 7 wonderful Board Candidates for an informal Q & A session. Light refreshments and democracy served.

Genetic Modification & the Future of Food

Monday, Sept 19 7-9PM,
United Church Basement

A public event featuring Lucy Sharratt, Coordinator, Canadian Biotech Action Network. Co-sponsored by Kootenay Co-op.

Community Donation Day

Tuesday, Sept 20

1% of sales will be donated to CBAN (Canadian Biotechnology Action Network).

AGM & Member Social

Friday, September 23, 7-9:30PM

Touchstones, Nelson

Join us for an exciting evening of democracy, the unveiling of our new member benefits program and outreach programs, and a member social.

Kootenay Book Weekend

Author presentation

Sunday, Sept 25 11AM

Best Western Baker St. Inn

Ruth Ozeki talks about her two food-security themed books; *My Year of Meats* and *All Over Creation*

Tickets \$10 at Otter Books and BookSmyth

Chicken Poop for the Soul Author Reading

Tuesday, Sept 27 7:30PM

Nelson Municipal Library

Kristeva Dowling's *Chicken Poop for the Soul* (Caitlin Press, 2011) is a humorous tale of trial and error as the author sheds urban life for rural independence. Co-sponsored by Kootenay Co-op.



Walk along with the Co-op during our **September Path to Health**

Every day brings you fresh ideas for health and wellbeing!



Ready-set-go!



1

Find a comfy chair and read this issue of *On the Table...* cover to cover, of course!

Give your food budget a boost

Plan your meals around our **Weekend Produce Specials!** Sign up for Enews and find out fast!

2

Breakfast: The most important meal of the day

A healthy breakfast doesn't need to be extravagant.

3

Which dairy products are right for you?

Cheese made with goats' milk is less allergenic, is naturally homogenized and lower in lactose, making it easier to digest than cows' milk cheese.

4

sale!

- Golden Temple Granola
- 2 varieties Skeet & Ike's Organic Gourmet Granolas
- 3 varieties Anita's Breakfast Boost packaged cereal
- Liberte Greek Style Yogurt
- maple syrup



Labour Day Holiday The Co-op is Closed

But you can still enter the Kootenay Co-op's facebook contest! See page 9 for details.

5



6

back to school

Season Changes

It's all in the name of buckling down and giving some focused attention on staying healthy through the upcoming season changes. You know how it goes, September appears and coughs, colds, flus and viruses start to do the rounds. It's hard for kids to keep their brains engaged, or for anyone to perform at the workplace unless you're well fed and well rested.

We invite you to skip along the stepping stones on our September Path to Health. Set yourself and your family up for a season of excellent health.

ps. Along the way, don't forget to **ENTER TO WIN** the Grasshopper Convertible Sled/Wagon, compliments of Happy Planet.



sale!



Support your whole family's health with a back-to-school supplement

10

- *Flora's* Efalex
- *Salus®* Kindervital Children's Multivitamin
- *Vogel's* Ginkgo
- *Trophic Kids* Chewable Multis

Support your immune system as the season changes

11

- *St. Francis'* Deep Immune
- *Natural Factors* Chewable Vitamin C
- *Flora's* SambuGuard
- *Trophic's* Supreme Mushroom Blend



sale!

sale!

Happy Days' mild and regular Goat Cheddars and Goudas are on special this month.



Try a raw chocolate (Treats as heavenly as they are healthy!)

Drop by Harmonic Resonance's Raw Chocolate demo today from noon-2pm

9

guide

Check out the Co-op's Healthy Kids/Healthy Snacks Pamphlet for great ideas for the pickiest eaters www.kootenay.coop/resources.php

Book Coupon!
Celebrate International Literacy Day - September 8

20% off
all in-stock books offer valid
Sept 8 - Sept 30 with this coupon

*Coupon not to be combined with any other discount.

Coupon Day starts today

Check out the 2 coupons on time-limited offers!

8

Make fun snacks with your family

Cook up some fun in the kitchen with easy-to-make kids' recipes. Make nutritious snacks to enjoy together and to pack in the lunch box.

7



Pack a lunch with a punch

Ideas for a mid-day refuel:

- protein: eggs, meat, cheese, nuts, seeds
- healthy carbs: fruits, veggie sticks, whole grain breads & crackers
- nutritious beverages: soymilks, smoothies kombuchas
- energy bars

Canning Coupon!

10% off
on purchase of Produce Weekend Case Special with this coupon
offer valid Sept 8 - Sept 11

*Coupon not to be combined with any other discount.



Snack Bars Rock!

Great energy boosters between meals - perfect for packing and snacking

12



sale!

- Ruth's Hemp Energy Bars
- Probar Nutritional Food Bars
- Rebar Nutritional Food Bars
- Envirokidz Crispy Rice Bars.

Vote with your dollars for local farmers

13

Last year, the Co-op purchased: **\$310,000** worth of locally-grown produce from **45 local farms**, translating into more than **\$460,000** worth of local produce sales. Way to go, locavores!

Meet the Candidates & get ready to exercise your democratic right.

Forum today 7-8pm at Touchstones, Nelson

7 candidates, 4 open seats! See Board Candidate Statements, Election & AGM Information pamphlet at Customer Service.

14



sale!

Raisins: perfect little snacks to go

McCutcheon's organic sun-dried Thompson raisins are on sale in bulk at a steal of a deal - stock up for the season!

15

SUPPLIER PROFILE

new

Enjoi Living Cuisine

The joy that emanates from Jana's kitchen is the result of her deep love for healthy living that can be traced back to her childhood. Having noticed a huge improvement in energy levels, awareness and overall well being with a high-raw diet, and with the belief that decadent food can also be good for you, she decided to form Enjoi Living Cuisine. Her raw food business allows her to share what she enjoys with the community. Using high quality, raw, organic ingredients, infused with love, she invites you to be nourished. Enjoi!



16

Try a vegan raw cheesecake

In three delicious flavours: vanilla, chocolate, and strawberry from *Enjoi Living Cuisine*.

The Co-op exists to serve its members & community

Cheer on the Kootenay Co-op's Nelson Youth Soccer team at their double header today at the Lakeside soccer fields; 10am and 11am.



17

sale!



Give yourself options for nutritious meals-on-the-go

18

Vega Health Optimizer
A great solution for optimal nutrition when you don't have time to cook

guide

Check out the Co-op's Guide to Celiac Disease and Gluten Intolerance at www.kootenay.coop/resources.php

Kootenay Book Weekend Author presentation

Sunday, Sept 25, 11am
Best Western Baker St. Inn

Ruth Ozeki talks about her two food-security themed books; *My Year of Meats* and *All Over Creation*

Tickets are \$10. Available at Otter Books and BookSmyth

Enjoy an evening of culture, democracy & food:

- Cast your vote
- Find out about new Member Benefits and Outreach Programs
- Hear annual reports
- Enjoy great food
- Win prizes

AGM & Fall Social!

7 - 9:30 PM
Touchstones,
Nelson
502 Vernon St.

National Self Help Awareness Week

starts today. What a perfect time to evaluate whether gluten-free foods are the right choice for you.

A Taste of gluten-free from the Deli

- Maggie's Gluten-free Breads and Crunch Bars
- Wildsanderson Breads
- Figtree Quiche, Pizza, Tomato Goat Cheese Tart
- Feed Your Soul Sunny Mushroom Veggie Balls & Cauliflower Cashew Loaf

Weleda turns 90!

Celebrate Weleda's 90th year. Come into the store to enjoy some birthday cake with us!
Noon-2pm

Boost your ability to handle stress

Take a moment or two to pay attention to your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest you get.

Today is Community Donation Day - 1% of sales will be donated to CBAN

Canadian Biotech Action Network.

Canadian
Maison Orphée

guide

The Fats & Oils Guide

in the Resources section online, www.kootenay.coop, explores the different types of oils and oil extraction processes.

sale!



19

Use high-quality Fats & Oils

Fats are important! They are the third main class of macronutrients needed in human nutrition, along with Carbohydrates and Proteins.

Genetic Modification & the Future of Food

Monday September 19th, 7 - 9pm
United Church Basement*

A public event featuring Lucy Sharratt, CBAN Co-ordinator from Ottawa, with Abra Brynne, Jon Steinman, and Alex Atamanenko.
Co-sponsored by the Co-op.

*Plus afternoon info table at the Co-op

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21

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Sugar & Sweeteners

Find a pamphlet guide to all things sweet online, www.kootenay.coop/resources.php

Ain't Life Sweet!

Sweet is one of the 5 basic tastes and universally agreed upon to be a pleasurable experience. Find these alternative sweeteners in bulk in the Deli:

- Unpasteurized honey
- organic maple syrup
- organic agave syrup
- organic brown rice syrup
- organic blackstrap molasses.

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Make a 100-mile meal

It couldn't be easier to eat seasonally and locally than at this time of year. Try a recipe from Seasonings.

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28

Enjoy a book reading about homesteading

Chicken Poop for the Soul Author Reading

Tuesday September 27th, 7:30pm
Nelson Public Library

Kristeva Dowling's *Chicken Poop for the Soul* (Caitlin Press, 2011) is a witty, humorous and often bizarre journey of trial and error as the author sheds urban life for rural independence

Co-sponsored by Kootenay Co-op.

Alternative-sweetened Deli products

- Feed Your Soul's Bliss balls
- Epiphany Cakes' Almond Butter Bar
- Laura Hyde's Tweets Traditional Cookies
- Francyne's Cuisine Energy Bars
- Ariah's Edible Creations' Amazing Ebars
- Cookshack's Seed Powerbars.

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Last chance

to enter to win our September Giveaway. A big "Thank You" to Happy Planet Foods for donating the

Grasshopper Convertible Sled/Wagon

Congratulations!

You completed the September Path to Health! You've tasted new products, purchased great specials, attended events, and collected health tips and info pamphlets along the way. All set for the season!

30



Stuffed Acorn Squash with Goat's Cheese
(recipe on page 77)



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 September 20th

1% of sales will be donated to CBAN (Canadian Biotechnology Action Network).



Recently Donated:

In July, \$285.42 was donated to The West Kootenay Women's Association.

In August, \$277.48 was donated to the Circle of Habondia Lending Society.

We've cooked up some new & exciting Outreach Programs

We have improved our Outreach programs, which include all of our community giving and education initiatives.

The big reveal will happen at our most-fun-ever AGM on September 23rd. If you can't make it, be sure to check out our new Community Outreach Pamphlet, available September 24th!

We hope you'll let us know what you think:

outreach@kootenay.coop

ENTER TO WIN

September Giveaway *from*



The Grasshopper Convertible Sled/Wagon
by Mountain Boy Sledworks

\$300 Value

Weleda's Birthday Basket Giveaways

from Weleda

- **In Store Contest**
Visit the Co-op in September and enter to win a \$165 Weleda Basket
- **Facebook Contest**
Like us on facebook and share a food, health or co-op related link on our page in September and win a \$150 Weleda Basket!

You're Invited to a Party!

September 22nd, noon - 4PM
Join us to celebrate Weleda's 90th Birthday

- Birthday cake served at noon!
- Try some great skin care products and pick up a sample.



New Member Benefits Program Completed

The Member Outreach Committee and the Board have exciting news: the review and renovation of our Member Benefits Program is complete!



Since June 2010, we have been hard at work gathering information, discussing options and seeking input. We collated information from our member surveys and from other food cooperatives. We held member forums to discuss a renewed member benefits program. We wrote articles for our On The Table newsletter and encouraged feedback. The owners of this Co-op did not let us down! We got all kinds of constructive and encouraging feedback.

It is pretty clear that we all share the same goals: fulfilling the Co-op's mission and maintaining a healthy and successful Co-op. We believe the benefits program we have created will serve both of those goals much better.

We will be unveiling the new program at the Annual General Meeting. This year we are adding a new twist to our AGM and will be holding it on Friday, September 23 at 7:00 at Touchstones Nelson. The AGM is packed with great information and will be followed by a Member Social, with great food, beverages and prizes so we hope you can make it! If you can't, no worries, we will be spending the month of October getting the word out. The new member benefits program will start November 1.

Want to know more? Here are some of the key elements we considered when designing our new Member Benefits Package:

Equality to all members

Members who are able to take advantage of the MAD and 15% over \$300 discounts are very attached to them. However, we also heard clearly that these member benefits are not equitable, favouring those members that have large families, access to a vehicle and the financial means to conduct big shops. Yellow Tag discounts significantly benefit members who purchase vitamins and supplements, but don't serve members who purchase mainly food items.

We want to design financial benefits for members that will be significant and equally accessible.

Our price image

While it is often true that high-quality organic and local food costs more than the conventional equivalent, there are ways in which our pricing is misleadingly high. Perhaps the best example is our Yellow Tag discount. These Wellness products are offered 15% off the shelf price for members everyday (and 25% off on a MAD day). Here's the catch: in order to be able to offer Yellow Tag items at an ongoing lower price for members, we have to inflate the regular shelf price so that the Co-op, as a business, can afford to offer the discount! Not only is this a very complicated way of offering members good pricing, it also means the prices look higher than those at other stores. This in turn encourages people to think we are more expensive and to purchase products elsewhere that they could be buying at their locally-owned cooperative.

We want our shelf prices to be a true reflection of what it costs to shop at the Co-op.

Our ability to serve members quickly, efficiently and accurately

Members, like most shoppers, look at shelf tags to determine the price of the product. Seems reasonable right? It doesn't work as well at the Co-op as it could. For example, if you are shopping on a MAD discount, most of the actual prices paid are 10% lower, and 25% lower for yellow tag items, than shelf prices. The same principle goes for the 15% over \$300 shop. Instead of being able to simply look at the price to determine what you pay, members have to do some fairly involved planning and on-the-spot math to take advantage of the benefits of membership. The complexity of this system also means that till interactions can get pretty complicated and inefficient.

We want our members to be able to clearly see the actual price they will pay and to be able to purchase products as quickly and efficiently as possible.

The Co-op's long-term financial stability

Food Co-ops across North America are revisiting the financial sustainability of offering member discounts at the till. Some co-ops have been forced to remove discounts, which provided members with immediate financial benefit, but put the co-op itself in financial crisis. We'd like to design member financial benefits that work for members and the co-op, in the form of Patronage Returns for member-owners. The critical difference here is that a patronage return is paid out at the end of the year provided the co-op is in a healthy financial state.

We want our members to benefit in step with the Co-op, not instead of the Co-op.

We are excited to have done this important work for the Co-op. The Member Benefit Package is a critical aspect of fulfilling our mission and sustaining the Co-op in the long term for the benefit of all. We'd like to take a moment to thank the hundreds of members who provided input over the past year and a half. As always, we invite your input on an ongoing basis. You can contact the Member Outreach Committee and the Board by email: board@kootenay.coop.

See you at the AGM!

Deirdrie Lang
General Manager

KOOTENAY COUNTRY STORE COOPERATIVE ANNUAL GENERAL MEETING

Agenda

Friday, September 23, 2011 – Touchstones, Nelson

- 7:00 MEMBER SIGN-IN
- Registration of members & guests
- 7:05 WELCOME & INTRODUCTIONS
- Board of Directors and Auditor introductions by Jeremy Lack
 - Touchstones Exhibit & Host Introduction by Jocelyn Carver
- 7:15 MEETING RULES OF ORDER
- Roberts Rules of Order, Meeting Courtesies, Conflict of Interest
- 7:20 ADOPTION OF AGENDA
- 7:25 ACCEPTANCE OF MINUTES
- AGM Minutes, September 22, 2010
- 7:30 ELECTION OF DIRECTORS by Jeremy Lack and Jen Smith
- Introduction of candidates
 - Final ballots cast
 - Scutineer volunteers
- 7:40 PRESIDENT REPORT by Jeremy Lack
- 7:50 AUDITOR REPORT by Brian Brown, CGA
- 8:00 FINANCE COMMITTEE REPORT by Amy Long and Brian Kelsch
- Appointment of Auditor for 2012
 - Ordinary Resolution - Member Patronage Return
- 8:10 BOARD DEVELOPMENT COMMITTEE REPORT by Jen Smith
- Ordinary Resolution - Board Remuneration Package
- 8:20 EXPANSION COMMITTEE REPORT by Russell Precious, Project Manager
- 8:25 MEMBER OUTREACH COMMITTEE REPORT by Jon Steinman
- New Member Benefit Program
- 8:45 PRESENTATIONS & MEMBER COMMENTS
- New Outreach Program Presentation by Jocelyn Carver
 - Member Comments
- 9:00 ADJOURNMENT



It's Co-op Election Time

- When food & democracy meet -

Schedule of Events:

In Store Voting: Aug 23rd - Sept 23rd

at the Customer Service desk

Board Candidate Statements, Election and AGM Information Pamphlet is now available.

Meet the Candidates: Sept 14th, 7-8pm

at Touchstones Nelson - Museum of Art & History

502 Vernon Street, Nelson BC

AGM & Co-op Social: Sept 23rd

at Touchstones Nelson - Museum of Art & History

502 Vernon Street, Nelson BC

• **Annual General Meeting: 7 - 9pm**

• **Member Social: 9 - 9:30pm** *Time to celebrate!*

Complimentary food & beverages, door prize draws and great conversation.

For more information,
contact us at:

250-354-4077 or

outreach@kootenay.coop

