



QUINCY

WINTER 2011-1012

NATURAL FOODS COOPERATIVE

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Patronage Dividend: It's coming your way!

by Terry Rust

Anyone entering Quincy Natural Foods lately has probably noticed the new orientation of the cash registers and the addition of a third, smaller check-out counter, not to mention the new display monitors.

Thanks to Lucinda and the rest of the QNF staff's hard work, the much anticipated (and needed) transition to a new POS (point-of-sales) system has happened. I was given a 'sneak preview' of the system right before it went online and it's pretty exciting to see the ways in which it will enhance QNF's abilities to serve its customers more efficiently and allow member-owner purchases to be tracked. This is one of the first steps that will enable QNF to implement its patronage dividend system starting January 2012. Remember, that it is not important to the Co-op what you purchase, but how much you purchase, and your purchase information will be used only for tracking patronage.

In the coming year (2012), member-owners who are fully vested (having paid a total of \$300) or who have paid their annual \$20 (if not fully-vested) will receive their membership card just as in the past. However, the new card will have a bar code label that will be scanned every time you make a purchase. Pretty simple and similar to what you currently do. What will be different, starting January 1, 2012, is that member-owners will no longer receive a 3% discount at the register. However, QNF will be offering a variety of benefits such as continuing the 5% Community Discount on Tuesdays, adding quarterly Owner Appreciation Days, and owner-only sales in nearly every department in the store each month.

The QNF Ad hoc Patronage Dividend Committee has started, and will continue, developing a policy to guide the Board in how to distribute member-owner store profits at the end of 2012. Distribution will be based on our financial position, future capital needs of the store, and rewarding the patronage of member-owners.

One of the primary ways in which a cooperative is distinguished from other businesses is that it exists to improve the lives of its participants, which ultimately means making sound financial decisions to keep our business strong. Implementing a Patronage Dividend system, where part of the profit is reinvested in the Co-op, helps build a strong business, which is good for the Co-op, good for the member-owners, and good for the community.

Ultimately, the Patronage Dividend system creates a mutually beneficial relationship that encourages and rewards member investment. Member-owners get a fair return, the co-op gets the capital it needs to better serve members' needs, taxes are reduced, and more money stays in our community ... What's not to like?

Manager's Report

by Lucinda Berdon

Our 3rd quarter of 2011 (July through September) experienced some ups and downs. It was a little slower in sales volume than past summers; snow up at the higher elevations was slow to melt which contributed to a dip in tourism and our planned projects were slow to get off the ground. Aside from that, we kept busy with store improvements and the many events we hosted or participated in. We spent a lot of time coordinating logistics for our new POS system, preparing the staff for the switch to a new system, and planning for the loading dock roof extension and paving.

The High Sierra Music Festival brought in above average sales. The Quincy Certified Farmers' Market was, again, a huge success. The Homegrown Festival we co-hosted with PRS and others had an excellent turnout with fabulous activities and a locally produced meal. Our Member and Customer Appreciation Day enjoyed perfect weather and a great turnout, along with lots of excellent samples, giveaways, demos and activities including a collaboration with Transition Quincy's JOLT (Juice 'em Or Loose Them) apple squeeze. We also co-hosted the film Carbon Nation at FRC, and plan to collaborate on more free film nights related to food security, food politics, health issues and organic sustainable farming.

Q3 Income Statement Summary

Sales	\$ 607,386	100.00%
Cost of Goods	\$ 405,311	66.70%
Expenses	\$ 189,064	31.10%
Net Ordinary Income	\$ 13,011	+ 2.10%

The biggest news of all: the new up-to-date and technologically superior register system was installed on October 27th during a late night at the co-op with several very helpful member-owners. Over night, new registers (all 3 of them) took shape in our store and an amazingly smooth transition occurred. By Friday morning, our clerks were learning how to use the new system with enthusiasm and curiosity. By the end of the day, several of our staff were very proficient. We're all excited about how streamlined so many functions are now! We're still working out a few minor bugs, but our system should be in perfect shape for starting out 2012, declared by the United Nations as the International Year of Cooperatives! (See more on this on page 7)

Some important changes for our member-owners? We really need to see your card when you shop now, to receive your discounts and to track your purchases! That 6-digit number on your card is your co-op number. If you are, or ever have been, a co-op member you are in our



system. We can look you up by last name, but it's much more efficient and accurate if we have your number to punch in or scan. Your new cards will be issued in January and will have a bar code on them that we'll be able to scan. This will automatically post your purchases to your account for tracking your patronage. We will be giving the 3% discount on purchases through the end of the year, but come January 1 we will be officially switching to the patronage dividend system. (See more on this on page 2)

GOOD NEWS! Our new system will track member owner share/equity payments on an annual basis. In the past we ran on the calendar year (to make it easier for us to administer). Now, if you join or renew at the \$20 annual amount, you're active for one full year from that date. Example: If you join or renew on November 15th of 2011, you are an active member through that same date the following year! The registers will prompt the clerks to inform you that you're up for renewal when that time comes. You can also join or renew right at the register, quickly and easily.

Please contact me if you have any questions or concerns about this transition. We've learned a lot about patronage dividend systems in food co-ops over the past couple of years, and we want to make sure you get anything clarified that you may be unsure about. **REMEMBER, WE OWN IT!**

Thanks for supporting your home-grown food co-op!
In cooperation,

Lucinda



stronger together

The new Point Of Sale system is now up and running great!

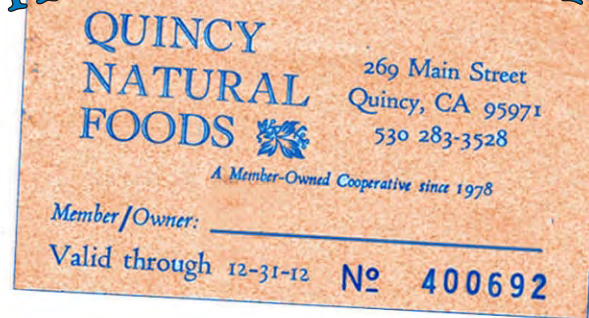


Tim Gibson from Weights and Measures looks on as the scales are being calibrated.



Checking out just became so easy.

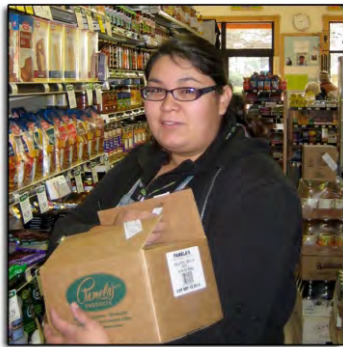
STRUT YOUR STUFF!



Please help us out and show your membership card every time at the register!



Meet the Staff: Ana Marmolejo by Nance Reed



Welcome to Plumas County Ana! Born in Mexico 24 years ago, Ana spoke Spanish at home and English at school in San Diego and then South Lake Tahoe, where she was a straight A and honors student. She also helped care for her three younger sisters, nannied other kids and has been a part time senior care provider. Being a caregiver is a major part of Ana's background and her long-term career goals include early childhood education and nursing.

While she was accepted to five different colleges, she chose to attend one year at Lake Tahoe Community College. Ana then decided to step back and work while she thought about what she really wanted to study. In Tahoe she worked at two vacation resorts. When not taking reservations at the front desk, she was jet skiing, skiing, ATVing and snow mobiling as part of her job. What a job! Earlier, at age 19, she managed a Starbucks in Tahoe for 1-½ years.

But small town life called. In Plumas County she is attending Feather River College for general education and then nursing. Reading and swimming are avid interests. Ana especially likes to read and learn from fiction and nonfiction about the 1950's and 60's. She is always reading and it's fun to talk with her about what she's reading.

Ana's girl friend is part Filipino, self-employed and attends online school for music productions. They enjoy discussing their different music favorites and catching concerts. Being dog lovers, they also have two of them.

Quincy Natural Foods Co-op is really fortunate to employ Ana, who is a native Spanish speaker with managerial skills.

Become a QNFC Board Member!

By Pamela Noel

Changes are happening in our co-op! The new Point of Sales system is up and running and our vision continues to develop. If you would like to become more involved in the new developments at Quincy Natural Foods, please consider running in the next Board Election. Elections will be held in March when three positions will be contested, including one open seat. Two incumbents will be seeking re-election for three years. The remaining open seat will be a two-year term, and is currently unfilled.

Interested candidates are invited to attend a "Special Candidates Meeting" hosted by the Board Development Committee, on January 17 at 5:15 pm at the white house across the street from Quincy Natural Foods. Informational packets will be given out and questions answered at that time. Applications, biographical statements and photos should be submitted to Lucinda Berdon or Pamela Noel by January 31. All candidates are invited to attend the January 31 board meeting.

Board members represent QNF member-owners, and oversee the affairs of the co-op on their behalf. Their primary function is to be legally accountable for the actions of the Co-op, to ensure the long-range security and viability of the Co-op by overseeing its operations and planning for its future. Board members make decisions in the best interest of the Co-op and the entire membership.

Board meetings occur once a month and most Board members are part of 2 or more sub-committees that also meet about once a month.

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Occupy the Co-op

By: Dean Williamson, Bozeman Community Food Co-op Board Member

Please note: QNFC is committed to providing a range of topics and perspectives to our member owners. The views expressed in this article are those of the author and may or may not represent QNFC's opinions.

The "Occupy Wall Street" demonstrations and all those smaller demonstrations derived from it have been fascinating from many perspectives, but let's consider one in some depth.

The consensus emotion of those protesting on Wall Street - if we can generalize that there are some consensus - is that those camping out share an outrage at being dis-empowered.

The American democracy seems no longer democratic, in that (it seems) most decisions being made about our lives are made by corporate teams, hidden away from public scrutiny, supported by one another, and working to maintain their own positions of authority and power not to improve the America where these protestors live.

It does not help that the Supreme Court recently ruled that corporations may contribute unlimited amounts of money to political campaigns. It does not help that subsidies continue for corporations in nearly every sector of our economy while politicians rail against big government. It does not help that no one has gone to jail for the "investment" practices that sped us into this economic depression. It does not help that bankers earn record profits, that CEO's earn huge compensation even though their companies often run in debt...none of this helps ease the outrage.

I'll tell you what does: the co-operative business model.

Cooperatives are, simply, businesses owned by the people who use their services (and, in many cases, by the people who produce the goods the co-op sells).

Take Quincy Natural Foods Co-op. For \$20 annually, until you've invested \$300 total, you can own the company. Literally (you and hundreds like you). \$20 earns you a share in the Co-op. Members own the very place where they buy their produce and lunches.

We would never see a movement to "occupy" the co-op - unless those protesting had been terribly misinformed. To protest against a co-op is to protest against yourself we own the business, and in true democratic form, we control the business.

Member owners who do not like the business practices of the co-op can change them. They can run for the Board of Directors, participate in Board meetings, give feedback or suggestions and truly effect how the Co-op operates.

Outrage at corporate crime, secret deals and profit-over-all-else ought to be directed elsewhere. Like Wall Street. Disapproval of the Co-op's practices can be directed to the Board, to the management, and to the member owners. And policies can (and do) change.

In addition, when there are annual profits, those are distributed to member owners in the form of Patronage Dividends; the money the store makes stays right here in the community. It does not go to Wall Street or to other outside investors whose only concern may be the quarterly bottom line. There are no huge CEO compensation packages, no salary for the Board of Directors.

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And, it's even cooler than that! Shares of ownership at your co-op are all equal in value and restricted to one-per-member owner. No single person has any more authority than any other.

Most co-ops exist as part of the community. Your co-op wants to serve the very community that owns it and provide the best food and services to the member owners. People over profits.

It's this commitment to people that also helps keep the Co-op on the leading edge of business. It is proof that a business can prosper by doing good work, and by doing democratic work. What a radical idea.

For more info on cooperatives go to our website, qnf.coop and click on 'Cooperatives'. And don't forget that every time you walk through the doors of the Co-op you're "occupying" a different and revolutionary way of doing business. Power away from the corporations and power back to the people.

The Secret Farm Bill *From the Opinion pages of the New York Times* by: Mark Bittman

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The Republican-manufactured budget crisis of this past summer resulted in a "solution" that's hijacking what little representative democratic process we have left. Equally sad is that the so-called supercommittee charged with creating an outline for reducing the deficit by \$1.2 trillion over 10 years may preclude full discussion of the farm bill.

It's the farm bill that largely shapes food and agriculture policy, and though much of it finances good programs ultimately supports the cynical, profit-at-any-cost food system that drives obesity, astronomical health care costs, ethanol-driven agriculture and more, creating further deficits while punishing the environment.

The farm bill is written every five years. Although the current one doesn't expire until September, the next one may be all but wrapped up by your first bite of turkey, because the leaders of the House and Senate agriculture committees - a group of four, representing Oklahoma, Michigan, Minnesota and Kansas (do you see a pattern here?) - are working feverishly to draw up a proposal in time to submit it to the supercommittee before the Nov. 23 deadline.

This leaves many advocates and progressives in the world of food, environment, health and poverty in the odd position of trying to influence the group of four's report to the supercommittee while hoping the process fails. Because if the supercommittee cannot agree on deficit reduction (and it probably won't, unless stubborn Republicans cave on revenues or Democrats misplace their spines again), we'll see automatic cuts made to the bloated defense budget that we otherwise would not. (Although the Pentagon's defenders on the Hill are looking for wiggle room.)

Still, If recommendations by the four farm-state people are folded into the supercommittee's deficit reduction package, and that package passes, we could see five more years of food policy signed into law without so much as a spirited debate.

Welcome to the world of the secret farm bill, a world of intrigue and ambivalence.

Some think that there's a better chance of influencing the supercommittee by lobbying the group of four than there is of passing an improved farm bill through the Republican-controlled house. Others think the atmosphere around food has changed, and an open policy discussion just might yield a farm bill that supports real food.

I'd rather think about dinner, but this stuff is distracting.

The group of four is aiming at \$23 billion in cuts, with around \$14 billion coming from commodity subsidies, \$6 billion from conservation programs, and the rest from nutrition programs like food stamps, now more important than ever. Everyone wants the restructuring of subsidies, but it sounds as if direct payments would be replaced by a new "shallow-loss" protection plan, essentially free insurance that would cover revenue losses before the also heavily subsidized paid insurance kicks in. Replacing direct payments with shallow-loss protection may save some money, but does nothing to change the fact that the wrong people will get it.

And the devil is in the details. Will small and medium farms raising what are outrageously called "specialty crops" (fruits and vegetables!) be covered by shallow-loss? Will programs supporting new farms, local farms, organic food, access to real food by real people, be boosted? Probably not.

Few are privy to discussions of either the group of four or the supercommittee. Those in Congress who appear most concerned about the process are led by Representative Ron Kind, Democrat of Wisconsin, who, with 26 other members of Congress, sent a letter to the supercommittee urging it to reject the creation of new farm programs outside the normal legislative order. Meanwhile, Congress was flooded by 27,000 phone calls - encouraged by the excellent Food Democracy Now - protesting the secret farm bill.

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Scores of legislators, farm and advocacy groups, individuals and other organizations have crafted proposals to be considered for the next farm bill, and at least some are slipping notes under the door of the group of four, hoping to influence their recommendations. Among the best of these is the **Local Farms, Food and Jobs Act**, a title that would strengthen local and regional agriculture and increase access to healthy food, introduced by Congresswoman Chellie Pingree, Democrat of Maine, and Senator Sherrod Brown, Democrat of Ohio.

I spoke with Pingree by phone on Monday. The title, she said, "looks at existing programs and tries to find ways to make them work for the small to medium-sized family farm, which is the side of agriculture that's actually growing." It would make it easier for small and new farmers to borrow money, get small grants and secure crop insurance. It would make it easier to use food stamps at farmers' markets and buy local food for school lunches. In short, it would be a huge step in the right direction, and asking your Congress representative to co-sponsor this title is worth five minutes of your time.

Pingree "was looking forward to a public hearing on those things that should be eliminated or encouraged, and re-evaluating how we treat food and agriculture in this country." But with the farm bill headed for a quick (and secret) trip through the supercommittee, large-scale reforms like hers may not get the consideration they deserve. Although Pingree is optimistic that she'll get at least some of her proposals included in the supercommittee report, without an out-in-the-open process real change will be shut out of the debate, as will entire states like California, whose gigantic agricultural industry produces the bulk of our "specialty crops." (Fruits and vegetables, remember?) As for Vermont, Maine, Oregon and other states where small farms are gaining in number and strength: wait five years.

The Republican plan, of course, is to use everything including the farm bill as a tool for cuts. But a farm bill that preserves the status quo instead of addressing a food system that causes disease and wrecks the environment isn't even marginally serious about deficit reduction. By 2030 Type 2 diabetes and cardiovascular disease will combine for costs of more than \$1.5 trillion - not over 10 years but annually! Need I remind you that these are both preventable, diet-related diseases?

The savings are in producing, selling, cooking and eating healthy food, in supporting the farmers who grow it and in getting it to everyone. The farm bill, which shapes agricultural policy, should re-shape it when it isn't working, not replace a direct corn subsidy with a slightly cheaper indirect one.

Those who are ready and willing to make these arguments publicly may not even get that chance. Our food system deserves a fairer fight than that. So do we.

2012 - The International Year of Cooperatives!

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, highlighting the contribution of cooperatives to socio-economic development, particularly their impact on poverty reduction, employment generation and social integration.

With the theme of "Cooperative Enterprises Build a Better World", the Year seeks to encourage the growth and establishment of cooperatives all over the world. It also encourages individuals, communities and governments to recognize the agency of cooperatives in helping to achieve internationally agreed upon development goals, such as the Millennium Development Goals. Much of the year's activities will focus on raising public awareness and information sharing about cooperatives. These communication activities will center on the slogan of the year, "Cooperative Enterprises Build A Better World" and highlight the key aspects of cooperative enterprises that allow them to fulfill this role.

Cooperative enterprises are member owned, member serving and member driven.



- *Cooperatives empower people*
- *Cooperatives improve livelihoods and strengthen the economy*
- *Cooperatives enable sustainable development*
- *Cooperatives promote rural development*
- *Cooperatives balance both social and economic demands*
- *Cooperatives promote democratic principles*
- *Cooperatives and gender: a pathway out of poverty*
- *Cooperatives: a sustainable business model for youth*

Join Quincy Natural Foods Cooperative in celebrating this once in a lifetime global launch of the IYC. We will be planning special events and activities all year long to commemorate this historic event! Watch for details!

HYBRID: The History and Science of Plant Breeding

University of Chicago Press, 2009

A review in two parts by Benjamin Sawyer

Pt. 2: Plant breeding and politics in the USSR to genetically modified crops and patents on plants and genes.

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With a book well researched and dense with historic facts the best service a reviewer can do, is to reveal the content from two angles. First, to note the literally factual: who did what and when. Second, to treat the more subtle and interpretive aspects: in this case trends in plant breeding and their cultural origins, politics, economics, and the (often unintended) consequences. This superb book will reward thoughtful and dedicated readers with hard earned but worthwhile perspectives on the food we eat.

In the last issue we concluded the first part of this review with the American horticulturalist, Luther Burbank (1849-1926). It was he, growing and breeding on a grand scale, who left us the Russet Burbank potato, the Shasta daisy, and close to 800 other new fruit, vegetable, and ornamental varieties.

Kingsbury goes on to cover in some depth the noted Russian plant breeders Nikolai I. Vavilov, Ivan Michurin, and Trofim Lysenko. Other seminal plant breeding luminaries that Kingsbury discusses, coming ahead in time, are Henry Wallace (Vice President under Harry Truman); George Washington Carver (born into slavery, he became one of the outstanding American plant scientists of the 20th century); Barbara McClintock (Nobel Prize winning geneticist whose work played a key role in advancing the genetics behind plant breeding); Sir Albert Howard (Imperial British agricultural expert who worked in India from 1905 to 1924 and became a covert to traditional farming technology as well as an early guru in composting); and Norman Bourlag (eminent plant breeder whose name dominates any discussion of the Green Revolution of the 1960s and 1970s). These are merely the most well known among a much larger pantheon of modern plant breeding personages the Kingsbury covers in the second half of the book.

Now to the main themes in plant breeding history following the time of Luther Burbank, all of which the author covers with penetrating analysis never shying away from the downsides.

*Religious resistance to plant breeding (i.e. "Man playing God")

* How indigenous peoples' cultural mindsets and values contrasted those of modern, commercially minded Americans regarding plants

*The question of seed "sovereignty." The shift over time from seeds being part of the "commons" to corporate ownership and breeding

*Breeders crossing ever more diverse species while at the same time changing plant "architecture" to suit human objectives. Related to this are the hotly contested issues of flavor and nutritional content

*The upsides and downsides of higher yielding hybridized food plants

*The Green Revolution: its accomplishments, meanings, and dangers

*Diversity in food plants: loss of and in some cases recovery. Related to this is the shift from external (habitat-related) diversity to internal (genetically engineered) diversity

*Patents relating to plants: how they began and what they have led to

*Genetically modified (GM or GE) foods and their place in the evolution of plant breeding

*The counter critique to many of the above trends; most notably those articulated by Vandana Shiva, which center around agricultural colonialism by first world countries and their corporations, destruction of indigenous ways of life, the "South-North genetic drain," and fundamental skepticism of capitalism

Kingsbury is a deep believer in the values of the Enlightenment, the 18th century philosophic movement that placed an emphasis on rationalism and the scientific approach. From this stance, he is less than sympathetic to radical critiques of the Green Revolution and genetically engineered foods. In his defense, however, he gives full play to ideas he does not share and puts forth some surprisingly persuasive arguments for his positions.

Among the many strengths of this outstanding book there are also two notable omissions. First, his argument that many trends in plant breeding can be defended by the fact that an ever-growing human population needs to be fed should be looked at in a more nuanced way. For example, does increased food production "solve" the issue of food security for an expanding population, or is it a factor in that expansion? A harsh but necessary question. And the largely untapped potential of small-scale gardens to feed people is hardly mentioned.

Secondly, although he gives fine coverage of the history of plant patents, I feel he far underplays the dangers of such patents now in the hands of a small number of huge multinationals.

In conclusion, the brilliant bibliography in this book could lead the person interested in the history of man's inter-relationships with food and ornamental plants and agriculture in general down a lifetime of reading and learning.





In Memory Stanley Smith

March 29, 1945 - August 22, 2011

Donations may be made in Stan's memory to
The Quincy Cooperative Community Fund
(community.coop/ccf)

or

KQNY Plumas Community Radio (kqny.org).

CALENDAR-O-EVENTS

December

December 2 - Main Street Sparkle 5 p.m. - Tree lighting, 7 p.m.

December 9 - Wassail Bowl, Plumas County Courthouse

December 24 - Store closes at 3 p.m.

December 25 - Store closed. Happy Holidays!

January

January 1 - Store closed. Happy New Year's!

January 17 - Meeting for Interested Board Candidates, 5:15 p.m. at the Learning Center

January 31 - Board Meeting, 6 p.m. at the Learning Center

February

February 28 - Board Meeting, 6 p.m. at the Learning Center

Co-op Members !

Advertise your business in the next QNF newsletter.

Business card sized ads are available \$20.00 per issue/\$60.00 per year (4 issues)

To place an ad, please contact Lucinda at qnf@snowcrest.net

Deadline for the next issue is February. 1, 2012

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ATTORNEY AT LAW

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Terri Rust
283-0428
rust@gotsky.com

QNFC Financial Advisor
John Kimmel (Volunteer)

QNFC General Manager
Lucinda Berdon
qnf@snowcrest.net

Guest Editor
Cody Reed

Design & Layout
Chris Bolton, Spudgrafix

Breakfast with the Board: The tradition continues.

By Linda Margaretic

On Saturday, November 5th at Pangaea Café, the fifth annual Breakfast With The Board event was enjoyed by 38 member-owners of Quincy Natural Foods Cooperative.

The Board and member-owners met over a delicious breakfast to share projects, plans, visions and concerns. highlights of the morning and will be brought to future Board meetings for further discussion and consideration.

Terri Rust, Board member and facilitator of the event, gave an enthusiastic overview of what it means to be a cooperative and the possibilities for positive change we have in our community.

This year, the conversation centered around the issue of genetically modified organisms (GMOs) and how QNF and member-owners can facilitate consumer education and the grassroots state labeling initiative, which would require that all foods containing GMO ingredients be labeled as such.

Other topics of interest and concern were the **quality and pricing** of our produce, particularly fruits. General Manager, Lucinda, explained that we have limited vendors and selections, nonetheless, our emphasis continues to be finding new ways to offer the best organic produce for the best possible price. **Food security and sustainability** were also discussed. Future plans for further **greening of our store** include the possibility of adding more solar panels. **Golden One** credit union was another topic of much interest.

Breakfast with the Board has become one of several ways the Board reaches out to member/owners and personal directly each year. We hope to continue this tradition into the future.

Thanks to all who attended this year. Thank you to Pangaea for again providing us with the comfortable setting and great food. Thank you Dave Willis for the sound system. And a special thanks to Lucinda Berdon and the fine staff at Quincy Natural Foods Cooperative.



A Tribute to Howard H. Heyden

by Pamela Noel

*"Let met sit by the side of the road,
Where the race of men go by--
The men who are good, the men
who are bad,
As good and as bad as I.
I would not sit in the scorner's seat,
Nor hurl the cynic's ban--
Let me sit by the side of the road,
And be a friend to man."*

--Sam Walter Foss



June 20th, 1952 - October 23rd, 2011

Our local Sustainability effort lost a great friend recently. Howard Heyden, member of our community, died Sunday, October 23, while taking a beautiful fall bicycle ride in the Lake Almanor area. It was somehow fitting that he left us this weekend, just after participating in several events dear to his heart. On Saturday he tirelessly assisted at Quincy Natural Food's annual Member-Owner Appreciation Day, while simultaneously stringing wires to accommodate QNF's new Point of Sale system. Across the street, the first annual Quincy apple juicing event (JOLT) was taking place. Laughter was everywhere, apple and pear juice was flowing, and everyone was celebrating the coming of autumn. Howard was laughing along with everyone, in his element and at his best.

ANNOUNCEMENTS

Calling Co-op Member-Owners - Time to Invest !

Renew your member-ownership and invest in your co-op! Shares can be purchased right at the register and last for a full year (rather than a calendar year). Questions? Contact Jamie Huynh at 530.283.2458.

Holiday Offerings from American Valley Baking

Order ahead to make sure you get your Christmas goodies! Panetone Bread a rich Italian Round with rum-soaked dried fruit, citrus & spice. Available the week prior to Christmas. Check out the rotating seasonal selection of cheeses. Call 530.283.9234 to place your order. We thank you for supporting the art of bread making!

EAT-A-RAINBOW

Schedule a classroom visit or store tour for your class! Contact Jamie Huynh at 530.283.2458 or memberservices@qnf.coop. You can choose from a variety of activities including fruit salad making, grain & veggie salad making or bread making.

Sign-up for our e-newsletter!

Go paperless! Receive the QNFC quarterly newsletter online. E-mail Jamie Huynh at memberservices@qnf.coop or call 530.283.2458. You also have the option of receiving e-newsletters with our bi-weekly sales info and monthly events and workshops.

Got Health Tips? A Call for Articles & Workshops

Consider offering a health or food preparation class at QNFC's Learning Center. Or write an article for our Health Tips column, designed to offer helpful information (not advertising any particular business) about food, supplements, and healthy practices.

Interested? Contact Lucinda at 530-283-3528 or qnf@snowcrest.net.

To Your Health! Food & Health Classes

Watch for classes on gardening, health, and more. Mondays at 5:30 at the Co-op Learning Center (248 Main Street, the white house across the street from the Co-op). Pre-registration is required, with a nominal fee for materials. Watch for details at the Co-op.

Flash It !

Please show off your QNFC card at the register every time you shop. Thanks!

Missing Your Favorite Product? Special Order It !

Check with staff in the store to special order your favorite products. You can use the laptop and forms provided in the Supplements and Beauty aisle. Or, you can login to UNFI website from home:

Go to www.unfi.com
Choose: Rocklin, CA
User Name: qnfcoop@yahoo.com
Password: Plumas269
Click on Account: 000R

You can search for products by category, brand, or item number. To see what's on sale, click on "Publications" and then select "Monthly Specials." In order to receive the price listed, you need to order items by the case or in quantities of 3 each.

If you're logging in from home, bring your special order information to the store, along with your name and phone number. You can drop it off in person, FAX it to 530.283.1537, or email it to: qnf@snowcrest.net.



Find us on

Facebook!



BE WHAT YOU EAT!



Quincy Natural Foods Co-op Member-Owner Equity Application



Please Print Clearly

Member #1: _____ \$ _____ (\$20 minimum)

Member #1 CA DL#: _____

Member #2: _____ \$ _____ (\$20 minimum)

Member #2 CA DL#: _____

Total paid: \$ _____

Mailing Address: _____

Town/State/Zip: _____

Phone number: _____ E-mail _____

(e-mail for announcements, specials, news and info not sold or shared)

Please check one: Renewing Member/Owner New Member/Owner

Quarterly Newsletter: Mail to my home No, save the postage. I'll look on the website or pick-up in store

I hereby apply for member/ownership into Quincy Natural Foods Co-op, Inc. under the terms and conditions contained in the Articles of Incorporation, the By-Laws and amendments thereto, and the regulations enacted by the Board of Directors.

Signature: _____

For QNFC Use Only

Please date each entry: Share Register _____ Mailed out: _____ CMS _____