



THE SCOOP



The Newsletter for Quincy Natural Foods
and Feather River Food Co-op

January ~ February ~ March

Winter 2019 issue



SCOOP

Winter 2019



Q NFC General Manager

Andrea Wilson

gm@qnf.coop

Editor, Design & Layout

Marcie Wilde

Member Services

memberservices@qnf.coop

What's in The Scoop:

East Side News

Manager's Report

Third Quarter Summary

A Community That Steps Up

Co-ops for Community Program

The Importance of Pollinators

Power Up Your Breakfast

Spotlight: American Valley Baking

Co-op Board Seeks Candidates

Manager's Report

Third Quarter Report: July - September



by Andrea Wilson, General Manager

This Summer, July through September, was our first quarter to exceed \$1 million dollars in sales! This is a benchmark for us and we are very thankful to our community for making us your place to shop for healthy and delicious

selections. Thank you for being an essential part of what makes us stronger together!

Third quarter of 2018 saw sales increase by 5.64% over 2017. Strong sales growth was seen in Bulk, Produce, Supplements and Body Care, these are good indicators for our community trending toward healthy and fresh food access. Quincy location sales have stayed steady and strong. Some good news from FRFC, our community on the east side of the county seems to have really taken to our store! (We've taken to you too!) We have seen many new shoppers taking advantage of our great prices and sales, and we have seen an increase in shoppers and basket sizes at this location.

Thank you for making us your place to shop, we are happy to serve you!

Some things to look forward to:

- Coming Soon! NEW freezer will be coming to the Quincy store location in early January. We have a local crew set up for installation scheduled for the week of January 5th, during this time we will be closing off our freezer aisle and will make many products available on special racks while construction is underway. We thank you for your patience during this week! New freezer will be more energy efficient and will include more shelf space, needless to say we are looking forward to this new addition!

- Spring 2019 will bring some spring cleaning to our stores. We have some plans for freshening and updating, we plan to begin with improving the QNF outdoor area and freshening the FRFC deli area. Stay tuned!

- Another GREAT year at the Co-op! 2019 looks to be an amazing year to come!

As always, thank you for investing in your community and Coop, your commitment to healthy food access inspires us all to be our best and drives our commitment to excellence.

Thank you for making us a strong and growing Cooperative!

Third Quarter - 2018 (July - September) Summary

What Happened?	Q3 2018	% of Sales	Budget
Sales:	\$1,035,293.25	100.00%	100.00%
COGS:	\$681,643.64	65.84%	65.00%
Total Expenses:	\$310,458.28	29.99%	31.95%
Net Ordinary Income:	\$44,131.46	4.26%	3.05%

A new look for the frozen foods section



We are excited to be receiving a brand new freezer unit at our Quincy location the week of January 5th. The new freezer will be much more efficient, will hold more shelving options, and will give us a chance to fix the floor underneath the old unit.

We want to let you know that during the process of switching out freezer units, we will be downsizing and purposely not ordering more frozen foods until we get the new freezer up and running.

We will also have about half of aisle four blocked off from customers, so that our crew can get into the corner and repair the floor under the unit before placing the new freezer unit down. We hope that you will be pleasantly surprised by the look of a brand new case and the wider variety of options we can offer you. Please do not hesitate to ask if you are looking for something in particular. We are using our current backstock freezer to store what we can, but again, it will be very limited. We will be keeping the small freezer up by the drinks as full as we can during this transition.

We look forward to your feedback on our new look, and we do apologize in advance for the limited selection of frozen items until we are back up and running again!

East Side News

by April Harston, FRFC Store Manager



The building is for sale! The building is for sale! The building really is for sale. The signs have been put up, and the questions have arrived. It may feel like the sky is falling but alas, we are trucking on. The Board of Directors and Andrea composed an article in the last newsletter that outlines where the co-op is at regarding the Portola building. We support Joe in the sale of his building. We are prepared to continue our business, and are hopeful that a new building owner would want to rent to the co-op. Thanks for the concern and more importantly thanks for shopping locally at the co-op, your continued support ensures the presence of a co-op in Eastern Plumas.

New Item Shout Out:
Recently we have brought in the brand Four Sigmatic. It is a Mushroom superfood product in the form of coffee and tea powders. Remember medicinal mushrooms are great for our immune system, and can boost energy among other health benefits. We have two varieties of the coffee, and we have some other specialty items, like Hot Cacao mix, Chai Latte mushroom mix, and a Golden Latte mushroom mix. Customers have been really enjoying these products. We sell individual packages to make it easy and inexpensive to try and we also have boxes available so you can a larger amount of your favorite one.

Over and out!

A Community That Steps Up

By Marcie Wilde, Membership and Marketing Coordinator



Most local folks will remember the moment they heard about the Camp Fire, now the deadliest wildfire in California history. I remember the minute the power went out, I thought “oh no, something major happened.” When I got to work, the power had already been out for over an hour. This is the moment that I heard there was a fast-moving wildfire near the town of Pulga in our beloved Feather River Canyon. We couldn’t get internet to find out what was happening. The phones weren’t working right. There was panic in the air. The co-op ended up having to close for the day due to having no power. We still didn’t really know what was about to happen to the communities of Concow, Paradise and the surrounding areas.

When I heard that Concow and Paradise were literally on fire, I started brainstorming what the co-op could do to support our neighbors in Butte County. I rushed into town and created a quick sign for our penny jars up front: “HAVE EXTRA CHANGE? DONATE to Camp Fire Victims. Help support your neighbors in Butte County.” We put out boxes to collect goods for fire victims. We reached out to our “sister” co-op in Chico to offer our support to them. We did everything we could from our remote area some 40 miles from Paradise.

Crisis. It effectively puts aside political beliefs, personal feelings and hate. It brings groups of people together that you would never expect. It unifies communities. What’s great about our community? YOU! The minute we put out the jars and boxes they were full over and over again. I took numerous trips to the local church drop off center donating everything from canned food to toothbrushes and cases feminine products. The change jars overflowed with generosity. So many people came to us asking how to help. It is truly incredible to see folks totally drop everything to ask “what can I do?”

Over the last few weeks we have collected \$1,183 just in change and dollar bills donated in the jars. We also had a few wonderful co-op members buy us gift cards to then in turn purchase goods needed to donate, totaling around \$500. We had an incredible outpouring of support via the donation boxes. People were shopping in our store to then just turn around and donate it back to the fire victims. We estimate the donations YOU helped gather were around 430 lbs of goods needed.

We are so proud of our community. Not only did YOU show up and support your neighbors, YOU stepped up and supported the businesses like your local co-op that were finding ways to give support to Butte County in their darkest time. Butte County, we are here for you. We are thinking about you. We want you to know we support you. I know and trust that if this story was different and it was our community in crisis, we would have the support of our neighbors, community members and businesses. Thank you to all that donated and supported your co-op in donating essential goods to the communities affected in this terrible tragedy.



Co-ops for Community Program

Starting in 2019, you may notice that the cashiers will be asking you an additional question at check out. We want to support our community, and programs that benefit the community. We will be asking you to consider rounding up your change to the nearest dollar and donating it back to the "program of the month", which will focus on only LOCAL community programs.

If an average of 100 customers a day donate just \$.10 back to their community, the program of the month would receive \$300+ to support the work they do in the community.

Are you a community organization that needs some additional funding? Please apply to be a participant in this new program! Ask a clerk at the register for an informational packet.

Programs that we consider will have one or more of the following purposes:

- Local and Organic Agriculture (farming, CSA, school gardening programs)
- Healthy Communities (recreation, health services, diversity)
- Sustainability (alternative transportation, cooperative business development)
- Environmental Projects (watershed programs, wildlife projects)
- Local Food Banks (food security, food access)

Selection Criteria:

Priority will be given to the following:

- Fund recipients that are based in the communities that the Co-op serves
- Fund recipients that work to reflect diversity in our communities
- Use the funding for specific projects and not for general operations costs
- Are nonpartisan and do not advocate a particular religion or political affiliation
- Are registered 501(c)(3) nonprofit organizations or cooperative businesses

Ask a clerk today for a packet or visit our website to learn more. www.qnf.coop



Cascadian Farms Pollinator Giveaway

February 13th - February 26th



Cascadian Farms supports the importance of pollinators, especially in organic farming. Between February 13th - February 26th enter for a chance to win a pollinator habitat kit valued at \$100! See store for details.



QUINCY COLLECTIVE
COWORK SPACE
Get more done. Have more fun.
High-speed Internet.
Flexible Office Space.
Focused. Friendly.
91 Church Street, Quincy, CA
www.QuincyCollective.com
(530) 927-8599 or katie@quincycollective.com

COMPUTER ASSISTANCE SERVICES
ROBERT KRINSKY
530-284-6846
robkrinsky@gmail.com
Upgrades
Virus removal
Custom builds
Slow computer? There is hope
Save money with simple maintenance

Nature, Street and Humanitarian Photography by David Leland Hyde
Currently Featuring
Agriculture West and Midwest
Visual Stories of a Fading Traditional Way of Life
Landscapes, Ranches and Farms from 17 States
Special Emphasis on the Northern Sierra Since 1975
Hyde Fine Art
303-562-8198 cell
530-284-7434 studio

The Importance of Pollinators

Pollinators need you. You need pollinators.

Without the actions of pollinators, agricultural economies, our food supply, and surrounding landscapes would collapse. Birds, bats, bees, butterflies, beetles, and other small mammals that pollinate plants are responsible for bringing us one out of every three bites of food. They also sustain our ecosystems and produce our natural resources by helping plants reproduce.

Pollinating animals travel from plant to plant carrying pollen on their bodies in a vital interaction that allows the transfer of genetic material critical to the reproductive system of most flowering plants – the very plants that:

- bring us countless fruits, vegetables, and nuts,
- ½ of the world's oils, fibers and raw materials;
- prevent soil erosion,
- and increase carbon sequestration

This nearly invisible ecosystem service is a precious resource that requires attention and support – and in disturbing evidence found around the globe, is increasingly in jeopardy. Pollinator Partnership (P2) urges you know how this system supports you, and how your actions can help support healthy and sustainable pollination.

What is pollination?

When a pollen grain moves from the anther (male part) of a flower to the stigma (female part), pollination happens. This is the first step in a process that produces seeds, fruits, and the next generation of plants. This can happen through self-pollination, wind and water pollination, or through the work of vectors that move pollen within the flower and from bloom to bloom.

Who are the pollinators?

Birds, bats, butterflies, moths, flies, beetles, wasps, small mammals, and most importantly, bees are pollinators. They visit flowers to drink nectar or feed off of pollen and transport pollen grains as they move from spot to spot.

Why are pollinators important?

Somewhere between 75% and 95% of all flowering plants on the earth need help with pollination – they need pollinators. Pollinators provide pollination services to over 180,000 different plant species and more than 1200 crops. That means that 1 out of every three bites of food you eat is there because of pollinators. If we want to talk dollars and cents, pollinators add 217 billion dollars to the global economy, and honey bees alone are responsible for between 1.2 and 5.4 billion dollars in agricultural productivity in the United States. In addition to the food that we eat, pollinators support healthy ecosystems that clean the air, stabilize soils, protect from severe weather, and support other wildlife.

How can you help?

HABITAT AREA COUNTS

Make room for pollinators on your land. Adding natural habitat areas into farm systems works. Farms that are closer to natural habitat produce more crop yield because they attract more pollinators. Adding habitat to farms systems works too – farms that have turned a portion of their fields into green space have gained back more overall yield. Home owners can help too! Home gardens can and do attract pollinators, and in many cases suburbs and cities have been shown to have more diverse pollinator communities than nearby wildland.

PLANT THE RIGHT PLANTS

Research has shown that local native pollinators prefer local native plants.

Plant the right plants on highway rights of ways, farms, schools, home gardens, corporate landscapes and on public spaces. It really will matter for all of us.

Source: <https://pollinator.org/pollinators#importance>



Board of Directors



Julie Hochrein
Board President
pjhochrein@gmail.com



Jennifer Ready
Vice President
jennie0772000@yahoo.com



Rachel Bauer
Treasurer
kussowbauer@gmail.com



Chris Anderson
Secretary
cwandersondc@yahoo.com



Gia Martynn
gmartynn@icloud.com



Vanessa Vasquez
vanessa.mckenna.vasquez@gmail.com



Susan Wilson
susnan25@gmail.com

Upcoming Board Meetings

January 15th
February 19th
March 19th
April 23rd

Most Board Meetings are held on the third Tuesday of each month, except August and December, which have no meetings. The meeting in April will be held on the fourth Tuesday. The meeting is held at the Quincy Natural Foods Learning Center, directly across the street from our Quincy Co-op location at 248 Main St. Quincy, CA.

Co-op Board Seeks Candidates for 2019

by Gia Martynn, Board Member

Have you ever considered or thought about running for the Co-op Board? We will have three seats up for election in 2019. The qualifications are simple. First, you must be a member-owner for at least six months prior to the election and shall not have any overriding conflict of interest with the Co-op. For example, Co-op employees are not eligible to serve as a director. Then ask yourself:

- Are you enthusiastic and supportive about what the Co-op does for its members and community?
- Are you willing and comfortable with taking on a leadership role?
- Are you willing to learn, and work closely and cooperatively with fellow directors?

If you were able to answer yes to all three questions you are a well “qualified” candidate for the Co-op Board! There are no specific skill sets required for the job. Granted if you have professional skills, such as accounting, facilitation, marketing, etcetera those are helpful, but more importantly is your willingness to learn and enthusiasm for all the Co-op does.

The process of getting on the ballot is as simple as the qualifications. All you need to do is self-nominate yourself by submitting a letter of intent by January 31st. The letter format is provided by the Co-op in which you provide a short biography telling a little about yourself and why you would like to serve on the Co-op Board, as well as, providing a photograph of yourself. Information packets and declarations will be available in-store on January 2nd, 2019. Deadline to return your declarations and information is January 31st, 2019.

Elections will be held in March and we are actively recruiting member owner candidates to run in 2019. If you are considering or even remotely interested in running for the Board we are planning a pre-election Candidate Orientation. This is something new the Board is offering to encourage and recruit more candidates. During the orientation interested members will learn about the Co-op’s mission, what they do for the local community, the board’s role, and expectations of individual directors, as well as enjoy yummy refreshments! The pre-election orientation is planned for one hour on Tuesday, January 15th at 4pm. Afterward, potential candidates are encouraged to stay for the board meeting at 5pm.

If you are interested and want to learn more don’t hesitate to communicate directly with current directors, or contact Membership Director, Marcie Wilde. Another way to be more involved and learn about the Co-Op is to become a member of one of the various Board Committees, or read some educational material from the Co-op’s website at qnf.weebly.com. Board meetings are held the third Tuesday of the month, and committee meetings are generally held monthly with dates posted on the Co-op website.

All of us serving on the Co-op Board encourage any interested member-owner to consider running in the upcoming 2019 elections.

This is my first year on the Board and I have found it very rewarding and enriching. You will get to work with amazing people and learn new things, while making a difference in your Co-op community. Other perks include a 15% discount when you shop at the Co-Op and good food at monthly Board meetings! On behalf of the Board I urge you to consider running in 2019, or encourage others you feel would serve the Co-op well as a Board Director.

Don’t forget to SAVE THE DATE for the pre-election Candidate Orientation January 15th 4pm at the White House across from the Co-Op. There is no commitment to run to attend the orientation. Come check it out! If you plan to attend please RSVP with Marcie Wilde at memberservices@qnf.coop or call 530/283-3528.



Spotlight: American Valley Baking Company

By Marcie Wilde, Membership and Marketing Coordinator

Everyone knows (or at least smells) the amazing baked goods and breads that American Valley Baking creates on a daily basis. There is nothing better to me than a hot cup of homemade chai and a still-warm ham & cheese croissant. But, did you know that American Valley Baking is actually a separate, privately owned business? When your co-op moved into the current Main St. location in 2003, American Valley Baking (formerly Lotus Bakery in Santa Rosa, started in 1980) signed a contract to rent the space in the back of the store and thus created the bakery you know and love today. For over 16 years Jim and Lynn Dow along with Lynn's son Dale Ready have operated American Valley Baking out of Quincy Natural Foods Co-op.

American Valley Baking Co. is very well known for their amazing artisan breads and pastries. When you walk into the co-op in the morning during the baking cycle, it is almost toxic with delicious fresh baked bread smells. It immediately makes you hungry for a treat. We hear that the most popular item sold is by far the cookies! Gingersnap cookies seem to be the favorite choice.

Need something for a potluck or holiday party? American Valley Baking Co. also takes special orders. During the colder times of the year, homemade soup is served. During the holiday season they are baking up fresh pies of all sorts, along with rolls and more! There are also wonderful lunch specials available Monday - Friday. Come in on a weekday and find house-made veggie burgers, grilled sandwiches, quesadillas, pizza and more!

If you have any questions or want to order something special, please call American Valley Baking at (530) 283-9234.

New product spotlight

Crater Lake Reserve - Rye Whiskey



All American grown rye limited edition Reserve Series Spirit. Aged 3 years in new, charred American oak, its rick notes of toffee give way to a distinct finish. Higher proof and pronounced rye flavor are perfect for complex cocktails or the serious whiskey enthusiast.

We just wanted to live in the mountains and make great spirits. That's just what we have been doing since 1996 when we released Crater Lake Vodka and Gin to the people of Oregon to enjoy. We are America's most award winning small batch distillery and have ignited the craft cocktail revolution.

In the past 20 years we have grown. Also, we have expanded out of Oregon and are distributed in twenty-six states.



Tey Art - Alpaca Socks

Tey-Art was founded in 2001 with a vision to create unique handcrafted clothing and accessories for women. The name Tey-Art denotes Textiles and Artistry. The key components of that vision was a commitment to natural, sustainable fibers such as alpaca, wool and cotton and to work only with factories and co-ops that subscribe to the principles of Fair Trade Labor.



Tey-Art has become a company recognized for its vibrant, textural collections of finely crafted women's sweaters, hats, scarves, mittens, socks, handbags and belts. Working with the skilled artisans of Peru, many of whom are located high in the Andes mountains, has been an emotionally rewarding journey that we hope to continue for a long time.



LifeSeasons - Supplement Line



At LifeSeasons, our goal is to help you live life to its fullest. We value life and it's our desire to protect it, sustain it and see life flourish. Ultimately, it's about you.

We believe in our body's own innate healing force and our ability to make life-giving health choices. This drives us to be a leader in health education and formulate products that combine the wisdom of nature and the progress of science. We believe this builds the foundation of good health that empowers every one of us to live life to its fullest.

The LifeSeasons' formulation team has over 150 years of combined experience in the natural product industry. With you in mind, we go to the pantry of nature to formulate the most thoughtful, synergistic and wise solutions for a specific condition that have validated, evidence-based ingredients. As we like to say at LifeSeasons, Nature Works. Science Proves It.

By default, 99% of our ingredients are non-GMO to start with. We do have a couple of ingredients that could be (Vitamin C, Soy), however we choose to use non-GMO versions of these ingredients and that is specified on the side of each of our products. We are also currently going through the non-GMO certification process.

Power Up Your Breakfast

Rise and shine! Fuel your day with these healthy, high-protein breakfast options.



Kale and Chickpea Mini Frittatas

Servings: 12. Prep time: 45 minutes; 15 minutes active.

- 12 large egg whites
- ½ teaspoon salt
- 1 15-ounce can chickpeas
- 4 leaves kale, chopped finely
- 1 large tomato, chopped
- ¼ cup chopped fresh parsley
- 1 teaspoon dried thyme

1. Heat the oven to 350°F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.)
2. Whisk the egg whites and salt in a medium bowl; reserve.
3. Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about ¼ cup of egg per muffin. Tap the pan on the counter to settle the ingredients.
4. Bake for 25 to 30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

Bake these low-fat frittatas ahead of time and store them in the fridge. They're easy to take along as you run out the door on a busy morning!

Reprinted by permission from StrongerTogether.coop. Find these and more great power breakfast recipes at www.strongertogether.coop.

Peanut Butter Berry Smoothie Bowl

Servings: 2. Total time: 15 minutes.

- 1 cup plain nonfat Greek yogurt
- ¼ cup peanut butter
- 1 large frozen banana
- 1 cup frozen strawberries
- 2 tablespoons strawberry jam

Toppings

- 2 cups fresh strawberries, sliced
 - 1 cup granola
 - 2 tablespoons chopped roasted peanuts
 - 2 tablespoon chia seeds
1. Place the yogurt, peanut butter, banana, strawberries and jam in a blender, and secure the lid. Puree until smooth. Divide the smoothie between two low, wide bowls and spread mixture evenly. Arrange the sliced strawberries on each bowl, then garnish with the granola, peanuts and chia seeds. Serve immediately.

A bowl so delicious, it's almost like having ice cream for breakfast — but with nutritious protein and fruit you can feel good about eating.





Avocado and Egg Brown Rice Bowl

Servings: 2. Prep time: 15 minutes.

1 ½ cups leftover cooked brown rice

2 teaspoons canola oil or butter

2 large eggs

1 large avocado

Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce

1. Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or non-stick sauté pan over medium heat for a minute, then add the oil or butter to

the hot pan. Crack each egg into the pan and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

2. While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

For an even heartier breakfast, add sausage, cubed tofu or bacon crumbles to this whole-grain dish.

Peanut Butter Pancakes

Servings: 4 (12 pancakes), Prep time: 30 minutes.

- 1 cup whole-wheat pastry flour
- 1 tablespoon sugar
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 large egg
- ½ cup creamy peanut butter, divided
- ½ cup nonfat Greek yogurt
- 1 ¼ cup milk or almond milk, divided
- 1 teaspoon vanilla
- 3 tablespoons maple syrup
- 1 teaspoon coconut oil
- Bananas, grapes, strawberries or

lightly sweetened cranberries

1. Heat the oven to 200°F, to keep the pancakes warm while you finish cooking.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt, and whisk to mix well. In a medium bowl,

combine the egg, ¼ cup peanut butter, and yogurt and stir to a smooth paste. Whisk in a cup of the milk gradually, then the vanilla, until smooth. Stir the egg mixture into the flour mixture, just until combined.

3. Preheat a griddle or a large non-stick or cast iron skillet over medium heat. When hot, brush lightly with oil. Use a ¼ cup measure to scoop portions of batter into the pan, leaving space between the rounds of batter. As the pancakes start to form bubbles on top, reduce the heat to medium-low. Cook for about 2 minutes on the first side, until the edges look cooked and the top is bubbled. Carefully flip each cake and cook for about 2 minutes longer. Transfer to a large, heavy platter and place in the oven as you finish the remaining pancakes.
4. Before serving, combine the remaining peanut butter, coconut oil, remaining ¼ cup of milk and maple syrup and stir over low heat just until warmed and pourable. Stack three pancakes, top with the peanut butter sauce and add sliced or whole fruit.



Announcements



Co-op Board of Directors Meetings

Current member-owners are welcome to attend Board meetings, which are held on the third of every month at the QNFC Learning Center (248 Main St.) from 5-7pm.

Upcoming Board meetings are January 15th, February 19th and March 19th.

Missing Your Favorite Product? Special Order It!

Check with staff at either store to special order your favorite products, or you can login to the UNFI website from home:

Go to: www.unfi.com Choose: Customer Login Log In: qnfcloop@yahoo (NO .com!) Password: QuincyCoop1978
In the search box you can type in brand, size and more. Please call or come to either store to place your order.

Gift Cards

Co-op gift cards are available to purchase in any amount, and can be redeemed for all merchandise at both QNFC and FRFC. Please remember gift cards are similar to cash. We are unable to replace lost or stolen gift cards.

March is Member-Owner Appreciation Month

During the month of March, all member-owners can use a one-time 10% discount on their grocery purchases in store. This discount does combine with our Tuesday 5% and Wednesday Wellness 10% discounts.

Excludes: Bakery, Deli, Special Orders, Member Shares, and Gift Cards.

Co-op Community Discount Tuesdays

All shoppers save 5% every Tuesday! No membership required to receive 5% off most items in-store.

Excludes: Bakery, Deli, Special Orders, Member Shares, and Gift Cards.

Co-op Explorers Program

We welcome shoppers of all ages here at the Co-op! We also love to help our youngest shoppers learn about fruits and vegetables while in our stores. Any kid under the age of 10 years old can sign up and receive a free piece of fruit a day while shopping! Ask a produce expert for more information!

Wellness Wednesdays, Every Wednesday!

All shoppers save 10% off every Wednesday on supplements and body care products. No membership required to receive this discount, just shop wellness with us on Wednesdays!

Affordable Food Program

We believe everyone should have access to healthy food. That is why your Co-op has developed a program for our low-income member-owners. If you are a member-owner that currently uses SNAP or EBT benefits, you are eligible to receive a 10% discount for a period of six months. Ask a clerk for more details!

Cindi Eckert
Real Estate Sales Agent
CA Lic. #1003658

Mohawk Valley Associates
Real Estate

www.MohawkValleyAssociates.com
330 Beta St., Ste. 1 (P.O. Box 2020)
Brandon, CA 95103
e-mail: cndeckert4@gmail.com

Bus: (530) 836-2020
Fax: (530) 836-2023
Cell: (530) 616-0787

JDD

J DAILEY DESIGN
FINE ART AND JEWELRY

Judy Dailey
(530) 249-5307
jdaileydesign@yahoo.com

Newell Construction
539748 licensed, bonded, insured
Quality with Integrity

Robert Newell Krinsky
Home Improvement Specialist

rob@newell-construction.com
530 284 6646 bus
530 284 6646 fax
Craftsmanship
Consultations
Inspection

Calendar of Community Events

January

- 1 New Year's Day, both co-op locations closed
- 2 New Sale Period Starts
- 4-6, 10-13 The Full Monty, West End Theatre
- 9 Hamilton Variety Show, Town Hall Theatre
- 15 Ham Fam Variety Show, Town Hall Theatre
- 15 Board of Directors Meeting, 5-7pm
- 16 New Sale Period Starts
- 20 Historic Longboard Ski Races, Johnsville Ski Hill
- 21 Martin Luther King Jr. Day
- 30 New Sale Period Starts

February

- 2 Groundhog Day
- 3 Poetry Out Loud Plumas County Championship Competition, Plumas Arts, www.plumasarts.org
- 14 Valentine's Day
- 17 Historic Longboard Ski Races, Johnsville Ski Hill
- 18 Presidents Day
- 19 Board of Directors Meeting, 5-7pm

March

- 14-16 Serious Moonlight, West End Theatre
- 15-16 Star Follies, Plumas County Fairgrounds
- 17 Historic Longboard Ski Races, Johnsville Ski Hill
- 17 St. Patrick's Day
- 19 Board of Directors Meeting, 5-7pm
- 20 First day of Spring
- 1-31 Quarterly 10% Member Discount Month



Richard K Stockton
Agent - CLU, ChFC

65 W Main Street, PO Box 258
Quincy, CA 95971-0259
Bus: 530-283-0945 • Fax: 530-283-5121
rstockton@statefarm.com
www.rstockton.com
Insurance License #0B02053
24 Hour Good Neighbor Service™

Annie Holt
Licensed Massage Therapist
Lomilomi Practitioner
CA Lic #20770



WORK
of
HEART
MASSAGE

283-2846
www.massage.com
315 Main St. Quincy, CA 95971



**FEATHER RIVER
SOLAR ELECTRIC**
SOLAR • HYDRO

COMPLETE SYSTEM INSTALLATION
POWER FOR: HOME, BUSINESS, CABIN

BILL BATTAGIN, OWNER CA Lic. # 674049 **284-7849**
4291 NELSON STREET, TAYLORSVILLE, CA 95963
WWW.FRENERGY.NET • FRENERGY@PSLN.COM
SOLAR POWERED SINCE 1982