

# *the tonic*

*A local supplement by Sno-Isle Food Co-op Fall 2017*





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@snoislefoodcoop

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# A Note from the Board



Hello and welcome to the very first edition of The Tonic, a local supplement by Sno-Isle Food Co-op.

Your Sno-Isle Food Co-op (SIFC) has recently celebrated its 20th anniversary, and during that time has become an integral and respected partner in the Everett community. However, there is much more to the Co-op than the products you see on the shelves, and the walls that contain us.

SIFC also extends into the community, hosting classes, running outreach programs, and contributing to local non-profit organizations such as the Everett Recovery Café and KSER Radio (who also provides live music in the store every third Wednesday of the month - be sure to join us on those days to enjoy the fun atmosphere!).

Another difference that sets us apart is that we are run as a democracy. The importance of this cannot be overstated; it is at the very heart of who we are and what we do. Overseeing this democracy is the Board of Trustees – up to nine volunteers, all member-owners of the Co-op. The

Board helps to guide the Co-op management team, but it is our member-owners who elect Board members and thus help steer the Co-op into the future.

Our Co-op truly thrives from the involvement from member-owners, so with that in mind I'd like to pose a challenge to you all... please let us know one change we can make to improve our Co-op? Write your suggestions at the store or "Drop Us a Line" at [snoislefoods.coop/contact](http://snoislefoods.coop/contact). Think creatively, out of the box. Surprise us!

Finally, I'd like to thank you all for being a part of our journey, to encourage you to become ever more active in your membership with the Co-op, and of course to stay tuned for more exciting changes and improvements in the near future!

**-Bruce MacCracken**  
Board of Trustees President

## Our Vision Statement:

*"Growing the health of our communities from the roots up!"*

# You Own It!

**By Adam Jupp**  
**Scan Coordinator**

## ***Want to own a grocery store?***

You can! Here at Sno-Isle Food Co-op, we are pleased to report that we are under new ownership – every single day! SIFC was established in 1997, and during that time we have grown to the point where we now have almost 7,000 owners, with new owners signing up for membership each and every day. Co-ops are built on a number of key principles, and the first of these is perhaps the most important: voluntary and open membership. Membership here isn't the same as a membership to the gym or the library; here that membership means that you become one of our owners and in doing so you have a voice as to how your co-op should be run.

The level of involvement is entirely up to you, from simply shopping and enjoying our member exclusive offers, right up to voting for or enrolling for a position on our Board of Trustees and helping our management team steer the co-op into the future. Whilst we encourage all of our customers to be as involved as possible, if you would rather not become an owner, then by all means we are just as excited to welcome you, and there are always a multitude of offers throughout the store that are available to all.

I'm sure that you will agree that during the 20 years we have been in existence, the food production industry has transformed to become almost unrecognizable. The sources and practices of producers have become blurred and hard to trace, and in our busy lives we don't have time to research all the links in the chain before an item reaches our home or our table. As consumers, it is becoming ever more confusing, and it gets harder and harder to have confidence in what fills our carts.

As opposed to a large chain of grocery stores, as a small co-op we have worked for years on building trust with our customers, and we are committed to doing all we can to uphold that trust. In short, our dedicated staff work to build relationships with our suppliers, and to know the source of the products we carry so that our customers can have that confidence in what they buy. We consider products based on their quality, their social and environmental impact, as well as aiming to ensure that they are from local, sustainable sources, not because it is a good marketing buzz word, but because supporting "local" is one of our core values.

Buying local is truly one of those win-win situations, and we would urge you to look out for the many local items throughout the store. Often "local" and "fresh" go hand in hand, which in turn means the tastiest, most flavorful experience possible for you. This is certainly true of produce. Here at Sno-Isle all of our produce is certified organic, and

if we can source it locally then we will. We have working relationships with numerous local farmers who in turn provide us with incredibly fresh, flavorful produce, including heirloom varieties that you simply won't find in a regular grocery store. Also, compared to a traditional grocery store, by supporting local farms and businesses and recognizing the valuable work that they do, a far greater percentage of money spent by co-op customers goes back into the local economy, which naturally benefits our community as a whole.

The idea of community, of working together, is the very definition of what it means to be a co-operative. As a co-op, in addition to being a local grocery store, we also have a social responsibility, and in our daily lives we are determined to uphold this to the best of our abilities. Whether we are giving support to local events or non-profits, hosting classes in our classroom, displaying work by local artists in the store, or producing newsletters like this one, we are striving to provide outlets for education and expression, and to help build a diverse community of people that feel a shared connection to one another.

As we look ahead to the next 20 years, we are both excited and optimistic about the many changes that no doubt lay in store for us (pun most definitely intended!). We hope you continue to share and enjoy this journey with us, we thank you for your love and support, and above all we hope that we have fun along the way... together!





**VOTE!**

**FOR THE BOARD OF TRUSTEES**  
*Sept 1st - Oct 2nd*



Dear Sno-Isle Food Co-op Owner,

One of the many benefits of ownership at SIFC is the opportunity to vote for the leadership of the Co-op. Electing fellow owners to represent us on our Board of Trustees is an important piece of our cooperative future.

Working together with the general management team, these elected officials act on behalf of the co-op's member-ownership in creating a more sustainable and profitable grocery store.

*Read on to meet this years  
board candidates!*



[snoislefoods.coop/vote](https://snoislefoods.coop/vote)



**Brody Price**

After becoming an employee/member of the Sno-Isle Food Coop in May 2016, I soon became interested in some of the social and democratic functions of our community. While I have little experience relating to the board or committees, I believe that I can offer a unique perspective and a greater degree of representation as an employee liaison to the board. I'm excited to see what the future holds for myself and the community as we grow together.

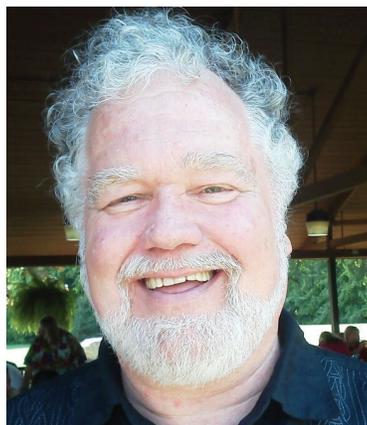


**Bruce MacCracken**

I am running for my second three-year term as a member of the Sno-Isle Co-op's Board of Trustees. My wife and I are founding members of our co-op and have shopped there since the store opened in 1997.

I am currently president of the Board and have also served as Vice President and Board liaison to the Nominating Committee.

I want to continue my participation on the Board to help maintain the important services the co-op provides to our community and help guide the co-op through whatever future challenges and opportunities present themselves.



**John McAlpine**

Hello! Being a member and regular customer of the Co-op makes being involved with the administration seem like the next logical step.

I recruit and coordinate volunteers for the RSVP (Retired and Senior Volunteer Program) of Snohomish County. I have been volunteering with public radio station KSER, 90.7fm, for more than 20 years, serving on the board and as President.

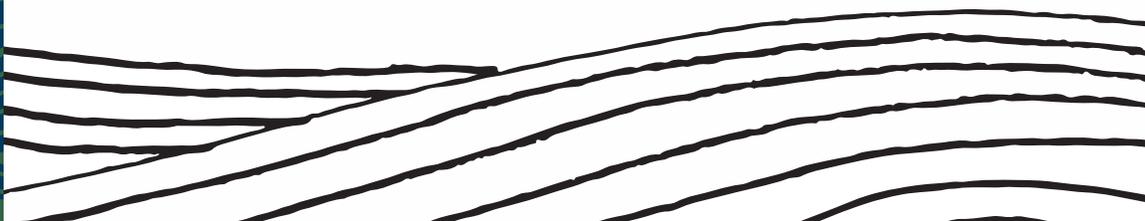
My reason for being interested in the Trustee position is to help continue the work and progress made since the Co-op was founded. I would like it to be around when my grandkids are old enough to shop for themselves.



!EITVO

FOR THE BOARD OF TRUSTEES

Sept 1st - Oct 2nd



# How to VOTE

- 1. FIND YOUR BALLOT**  
in store or online
- 2. SELECT YOUR CHOICES**
- 3. VERIFY YOUR VOTE**  
using your Owner ID number.  
(found on any co-op receipt!)
- 4. VOTE!**  
Drop your ballot in the box in store,  
send it via snail mail, or online

# Save the DATES

## **BREWS WITH THE BOARD**

SEPT 22, 6 pm  
at At Large Brewing.  
2730 W Marine View Dr

## **THE 2017 ANNUAL MEETING OF OWNERS**

OCT 2, 6 pm  
at Sisters Restaurant.  
2804 Grand Ave

### **Tina Hokanson**



I am very excited about the possibility of serving on the Board of Trustees again. There is an infusion of new energy in Everett and big changes ahead with the expanding community colleges and medical center, waterfront development, enhanced cultural offerings, a new mayor, and new people and young families moving to the area.

I have a broad knowledge of key issues in the community and experience in working with staff groups and project teams on long-range planning, problem-solving, and project implementation. I understand group process and the importance of including stakeholders in decision-making. I am a creative and expansive thinker, and endlessly curious. I would like to be part of growing the co-op to be an important community gathering place and resource for healthy lifestyles, with an active schedule of cooking classes, where children can learn to make healthy snacks, where guest speakers come to speak about environmental health and sustainability, where we have potlucks and game nights, and film night, and keep growing our welcoming, inclusive co-op family.

### **Tye Ferrell**



I live in Everett and love being an owner of our Co-op, with its healthy, organic food and friendly service. Since starting my career at PCC in 1987, I have worked for the Mayor and a Councilmember in Seattle and in Africa and Asia. In Seattle, I led creation of the Office of Sustainability. Overseas, I strengthened nations' governance systems. Today, I run a consulting business that works to increase the resilience of communities and organizations. As a Board member, I will keep the Co-op financially healthy, grow our membership, and engage us more deeply in Everett's revival.



*You're invited...*

**2017  
Annual Meeting  
of Owners**

Every year, our Board of Trustees and general management team host a meeting open to all owners. It's at this time we discuss the co-op's successes, failures, and future endeavors. Join us this evening for celebration, discussion, and light snacks. All attendees are entered to win a raffle prize! Prizes to include gift baskets, co-op swag, and gift certificates.

**Monday October 2, 6pm  
at Sister's Restaraunt**

**2804 Grand Ave  
Everett 98201**



# Seasonal Somethings

**Squash, sauce & sweet treats!**  
Bring on the fall festivities with these recipes.  
Easily made, even more easily enjoyed.

# Stevie's Squash Mac & Cheese

2 small zucchini, shredded  
1 package of your favorite pasta  
\*optional: 3 strips bacon, chopped  
3 bulbs garlic, minced  
1 medium yellow onion, diced  
1 cup milk, either whole or 2%  
1 15oz can pumpkin  
1 cup smoked mozzarella, shredded  
1 cup sharp cheddar, shredded  
Salt, pepper, and any additional spices

**"This is super easy and foolproof, plus theres an added bonus of lots of fiber!"**

**1.** Preheat your oven to 375°F and ready an 8x11 oven proof pan with your preferred non-stick oil or fat.

**2.** Place your shredded zucchini into a colander and lightly toss with salt to help 'sweat' out the excess water.

**3.** While you prepare your sauce, cook your pasta to just shy of al dente, and set aside if it finishes before the sauce.

**4.** Heat a large cast iron pan over medium heat, adding your bacon when the pan is hot. Render out the fat and remove the bacon with a slotted spoon; set aside. If you opt to not use bacon then add 2 tbsp. of your preferred cooking oil and heat until it is slick in the pan.

**5.** Add the garlic and onion to the fat and cook until soft; about two minutes. If it begins to burn lower your heat to medium low. Add your drained zucchini and cook another 3 to 5 minutes, or when the zucchini has softened.

**6.** Add your milk and pumpkin to the pan, stirring with a wooden spoon until emulsified. Add your cheese and continue to stir until it has melted into the sauce. Add the bacon and any additional pepper or seasonings you'd like.

**7.** Place your pasta and your sauce into your baking dish and mix thoroughly to combine. Bake for 20 to 25 minutes until the top is slightly browned.

# SEASONAL SMOOTHIES!

Co-op Deli staff are creative, passionate & playing with food!

Each month, keep your eyes peeled for a specialty smoothie with a savory price.

Because your co-op cares.



## Jenny's Caramel Date Dipping Sauce.



There is no better way to enjoy the diverse bounty of the Pacific NW Apple season by partaking in an old favorite, but with a healthier guilt-free twist. Bring back the tradition of caramel apple treats this fall with a vegan caramel date sauce. The best part: it's easy, fast, and delicious. This easy to prepare sauce paired with a spread of fresh seasonal apple slices makes it a Rock-Star at any social event (even if that event is just hanging out on the couch at home). Did I say it's easy to make?

**12 oz Dates**

**1 & 1/2 cups of hot water (not boiling)**

**1 tsp vanilla extract**

**1/8 teaspoon Sea-Salt**

**2 tablespoons coconut cream (or chill a can of regular coconut milk in the fridge the night before and you can scoop the delicious fat off the top)**

**1 teaspoon lemon juice**

1. Look for dates that are plump, fresh, and moist. Soak the dates with the 1 & 1/2 cups of hot water. Soak anywhere from 15-min. to 2 hours prior. Or you can soak overnight in the fridge, but then use cold water instead of hot.
2. Remove the pits from the dates. Also you can remove the skin for a creamier constituency (optional). Keep the soaking Water!
3. Place dates into food processor along with Sea-Salt, Lemon juice, vanilla, and 2 - 3 table spoons of the soaking water. Stop occasionally to scrape sides and may need add a little more water to get the right consistency. \*Tip: high-speed blender works too, may need a little extra liquid.
4. Once you have the perfect consistency add the coconut cream. Pulse a few times, stop and scrape off the sides if needed. After coconut cream is blended in taste sauce to see if anymore Sea-Salt or Lemon juice is needed. Listen to your taste buds...
5. Serve with apple slices, pears, or other fruit of choice. Enjoy!

# The Legend of Woozy Yo-Yo

## A work of fiction, by Joshua Hardin Grocery Clerk

In the chilly remembrance of an autumn past, Woozy Yo-Yo was an excited young woman. It was nearly the autumnal equinox and her home town of tteverE was throwing an elaborate festival to honor the changing of the seasons.

Woozy's family owned and operated the local cidery. The day before the festival Woozy decided to test the cider she was bringing to the festival.

Spiced perfectly, as cool and crisp as the autumn air- the Yo-Yo's had perfected pumpkin cider. Something started to change within Woozy. She could not stop drinking the delicious elixir.

Soon dawn came and Woozy had to bring the cider to the festival. Realizing she had just spent 16 hours drinking, she thought it best not to drive. So, Woozy loaded up a cart and attached it to her horse. She began to ride the dozen or so miles to the fairgrounds, cider in hand.

*(To continue reading, see 'Woozy' on page 22)*



**IMPERIAL PUMPKIN SLEIGHR**  
Ninkasi Brewing / Eugene, OR  
ABV 9.0% / IBU 70

**IMPERIAL PUMKING**  
Southern Tier Brewing / NY  
ABV 8.6% / IBU 30

**PUMPKIN SPICE CIDER**  
Seattle Cider Seattle / WA  
ABV 6.9%

**FALL HORNIN' PUMPKIN ALE**  
Anderson Valley / Boonville, CA  
ABV 6% / IBU 20

**SMOKED PUMPKIN CIDER**  
Tieton Cider Works / Spokane, WA  
ABV 6.9%

# Wine Watch List

## By Corinne Herrewig Beer & Wine Manager

### VAMPIRE WINE CA

Nestled in a coffin gift box, this red blend is filled with scents of blackberries, plums, black cherries, spice, and pepper. A must have gift for your Halloween party host.

### BEAUJOLAIS FR

Arriving in November, this annual French release is made with a grape called Gamay producing a light and fruity wine. Often served as an apéritif, this wine pairs well with light fare, like picnics and salads.

### PASEK CRANBERRY WINE WA

Hailing from Mount Vernon, this cranberry wine is a perfect match for your turkey dinner!

### GERSTACKER GLUHWEIN DE

It's never too early to Special Order a case of this popular favorite! Usually appearing in December, this delicious mulled wine flies off the co-op shelves!

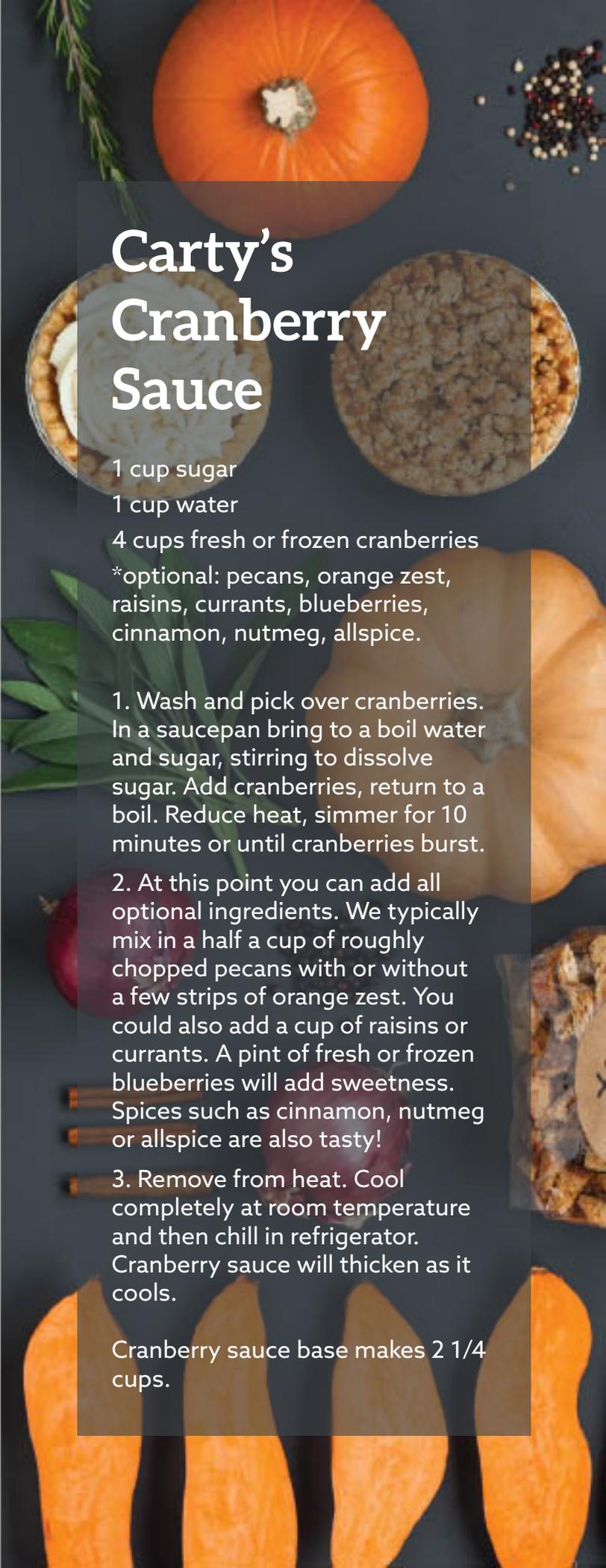
### NEW WINE TASTINGS!

Every first and third Fridays 5-7pm!

Connect with fellow wine enthusiasts on our Wine Tasting Facebook Group!

[www.Facebook.com/groups/WineTastings.coop](http://www.Facebook.com/groups/WineTastings.coop)





# Carty's Cranberry Sauce

1 cup sugar

1 cup water

4 cups fresh or frozen cranberries

\*optional: pecans, orange zest,  
raisins, currants, blueberries,  
cinnamon, nutmeg, allspice.

1. Wash and pick over cranberries. In a saucepan bring to a boil water and sugar, stirring to dissolve sugar. Add cranberries, return to a boil. Reduce heat, simmer for 10 minutes or until cranberries burst.

2. At this point you can add all optional ingredients. We typically mix in a half a cup of roughly chopped pecans with or without a few strips of orange zest. You could also add a cup of raisins or currants. A pint of fresh or frozen blueberries will add sweetness. Spices such as cinnamon, nutmeg or allspice are also tasty!

3. Remove from heat. Cool completely at room temperature and then chill in refrigerator. Cranberry sauce will thicken as it cools.

Cranberry sauce base makes 2 1/4 cups.

# Turkeys 2017

Your holiday bird will arrive  
in November!

Pre-Order with a 5% discount  
for Co-op Owners only!

More info to come soon at  
[snoislefoods.coop/turkeys](http://snoislefoods.coop/turkeys)



# Words of Wellness

By Nicole, Wellness & Mercantile Manager

photo by John Mstrom

## **Raise your hand if you like getting sick.**

Well, luckily there are many things that we can do to stay healthy, and not just during the cold and flu season. Taking care of our immune systems is a year round task. The things we do day to day can affect why we get sick and can also contribute to why those germs stick around for so long. Many life style choices such as diet, sleep, stress management and exercise, play a huge role in the health of our immune system. Changing small things can help us stay healthy.

When it comes to diet, it's helpful to be mindful of our processed sugar intake while eating more brightly colored, organic fruits and veggies. Along with being tasty they are great at providing many essential proteins, vitamins and minerals. Eating healthier foods can also help reduce inflammation, stomach issues and help us sleep better.

Speaking of sleep! Get more sleep! It is a known fact that we don't always get enough sleep. (Should I use the word sleep again?) Our bodies need to rest and not providing ourselves an adequate amount of time to recharge can weaken our immune system and invite that cold bug right in. A lack of sleep can also cause our bodies to create more stress hormones and can lead to inflammation.

Stress is so hard on the body, and it definitely weakens our immune systems. When we become over stressed and are exposed to a virus, it is the more likely that those germs will walk right in and get comfortable. Finding ways to manage stress can be difficult, but it's helpful to slow down, breathe and watch some cute animal videos. Or tell a cheesy joke! Laughing is one of the best things for your body! Also stretching and meditating can also be helpful tools to calm ourselves when feeling

overwhelmed with stress.

In addition to stress management it is good to be active and participate in physical activity for at least 20-30 minutes a day. This could be taking a walk first thing in the morning, yoga on a lunch break, or a bike ride after work or school. Creating a habit of providing ourselves with some form of physical activity everyday can be a big step towards stress reduction. Movement can calm anxiety and stress which can help us sleep better. All of this circles back around to the health of our immune system.

There are also some herbs and supplements that can really help give us a little extra boost in immune support. A few of my favorite supplements that we carry here at the Co-op are: Health Force Vitamin C powder, Gaia Elderberry syrup, Oregon's Wild Harvest Echinacea/Goldenseal and Quantum Health's Zinc spray. We also carry many other vitamins, minerals and herbal supplements that can provide positive immune support and stress relief, but I recommend doing a little research before you go out and buy a supplement that you are not familiar with.

...and If you are one of the few that raised your hand and like getting sick, I'm sure that there are many resources to help you out with that too.



# Have you heard?

## Everett's independent radio makes friends with local food co-op

This Fall, Sno-Isle Food Co-op has partnered with KSER to bring live music in store! This means free fun while you shop, snack, sip...or joyously loiter in the dining area. Our first performance in August, we were lucky to hear Paul S. Jenkins (pictured above) – a singer songwriter whose coos could be heard all the way from bulk! The dining area was a buzz with families, friends, co-op staff – even August's featured Art Walk artists, Josh Jones and Kristen Boswell (art pictured above). "Man, ya'll have a great sound system!" joked an evening shopper, "Oh – it's a real guy!"

KSER is a listener supported radio station, with 50% of individual membership fees funding the stations operation. As our co-op is a member owned grocery store, it only makes sense that we would partner with our like minded friends on Wetmore.

"KSER and the co-op both exist because of our community, so why not get together and do some cool things for the listeners and members that sustain us? Plus delicious music and delicious food go really well together," says Henry J, radio host of KSER's The Stereo Wire.

Musicians are curated by KSER and its eclectic afternoon show, The Sunlit Room, which can be heard Monday - Friday from 9 am - 3 pm.

# KSER AT THE CO-OP

EVERY 3RD WEDNESDAY 6 PM



# FALL LINE UP

09/20 THE WINTERLINGS

10/18 KELSEY HOPKINS

11/15 TELLERS (ACOUSTIC SET)

# Fall Classes

## CREATIVE NONFICTION WORKSHOP

Every Thursday, September + October, 6 pm - 7 pm  
A four week class teaching how to observe and capture one's surroundings in words, how to refine ideas through structure and writing drafts, as well as basic skills like answering the "who was when where" of journalism, and how to effectively pull quotes from an interview to tell a story.

*\$10 suggested donation - 10% of proceeds to Forterra*

*Richard Porter - richardp@gmail.com*

## BEGINNING GUITAR

Every Saturday - times vary

This 5-week Intro Class allows Jonathan from The Guitar Circle to learn more about yourself as a guitarist and gauge your current skills.

*\$99 Registration*

*Jonathan Olson - TheGuitarCircle.org*

## HEALTHY TO 100

Tuesday, Sep 12+Oct 7+Nov 14, 6:30 pm - 7:30 pm

The purpose of this class is to in optimize potential to live long healthy lives. Discuss how to improve the overall function of the human body by eating, moving, and thinking well. Combat the three key factors that decrease quality of life; thoughts , traumas and toxins.

*Jonathan Stevenson - Jstevensondc@gmail.com*

## WHOLE BODY DETOX

Monday, September 18th, 6-7:30

A tailored class on how to target remedies and approaches to cleansing specific toxins. Compare and contrast the various approaches to, and products for, detoxification.

*\$15 Registration*

*Karl Mincin - karlmincin@nutrition-testing.com*

## READING RUNES

Sunday, September 24 + October 15, 12 pm - 3 pm

Learn to read Runes (one of the world's most ancient languages!) from a unique, energetic perspective. History, meanings, and more!

*Kriss Erickson - RisingSpiralsReiki.com*

*Kriss Erickson - slverkriss@aol.com*

## SENSIBLE SUPPLEMENTATION

Monday, October 16th. 6-7:30

Design your personal vitamin & herb profile! Learn self-testing and professional methods to generate a tailored and safe supplement schedule. Includes effective herbal alternatives to common medications.

*\$15 Registration*

*Karl Mincin - karlmincin@nutrition-testing.com*

## YOUR ZERO WASTE HOME

Saturday, October 21. 1 pm - 3 pm

A zero waste lifestyle is rewarding and economical if you do it right. Learn tips and tricks to help reduce the garbage you produce while living a healthier, more satisfying life. Also included: a behind the scenes co-op tour!

*\$25 Registration*

*Siobhan McComb - oneglassjar@gmail.com*

## NUTRITION ESSENTIALS

Saturday, November 11th, 6-7:30

Examine the important role of digestive and liver health, hormone balance, bone health, and survey approaches to detoxification. Explore the food-mood connection, blood-sugar balance, eating for energy and brain nutrients.

*\$15 Registration*

*Karl Mincin - karlmincin@nutrition-testing.com*

## CANNABIS & YOU

Tuesday October 24 + Thursday November 6. 6 pm - 7 pm

Explore the endocannabinoid system and its relationship with cannabis. esearchers, scientists, and doctors have discovered. Learn what researchers, scientists, and doctors have discovered about adding this plant medicine into your life.

*Michael Scott - ProjectPC.org*



To register for classes,  
go to [SnoIsleFoods.coop/events](https://SnoIsleFoods.coop/events)

# meet a teach!



**Jonathan Olson** has over 7 years of live performance, recording, and teaching under his belt. His foundational and progressive approach to guitar has encouraged students of all ages to find passion in music.  
[TheGuitarCircle.org](http://TheGuitarCircle.org)



**Kriss Erickson** is an Usui/Tibetan, Atlantean, Crystal, Ra-Sheebea and Lightarian Reiki Master Teacher. She has developed a system that attunes folks directly to the five elements of Fire, Water, Metal Air and Earth, and to the dragon guardians of each element.  
[RisingSpiralsReiki.com](http://RisingSpiralsReiki.com)



**Richard Porter** is a poet, musician, and professional blogger for *Live In Everett*. He lives in North Everett and enjoys running, bicycling, and shopping at the co-op.  
[LiveInEverett.com](http://LiveInEverett.com)



**(Your Name Here)**  
**Host a class at the co-op!**

Winter Host Applications are due Wednesday, November 1st

Find more information at  
[snoislefoods.coop/classroom](http://snoislefoods.coop/classroom)

*'Woozy' Continued* from page #14

As she rode and sipped her drink, her lips rounded into a wise, glowing smile. Seeds of ideas were strung together in her head. By the ninth mile her head was completely transformed into a jack-o-lantern. Panicked, Woozy began to race towards the fairgrounds and brought her horse to a full gallop.

The transformed Woozy was greeted with shrieks of terror that were heard from miles away. Unable to speak in her new form, Woozy had no choice but to ride off into the forest before the townsfolk turned violent. She unhitched the wagon and raced off, never to be seen again.

Upon examining the cart, the townsfolk recognized the Yo-Yo cidery logo and questioned the family. When they discovered that Woozy and her horse were missing, they decided that the pumpkin headed horsewoman must somehow be Woozy.

Every year the people of tteverE brew a barrel of pumpkin cider and bring it to the old fairground the day before the autumnal equinox. By sunrise, it is always gone. Some folks will say you can smell cinnamon and allspice in the air that day. Please, drink a pumpkin brew in Woozy's honor and reflect on the importance of moderation.

# Fall Events

## **VOTE: BOARD OF TRUSTEES 2018**

Friday, September 1 - Wednesday, October 2  
Vote in store, or online. For info, flip to page #5!  
[SnolsleFoods.coop/vote](http://SnolsleFoods.coop/vote)

## **OWNER APPRECIATION DAY**

Wednesday, September 20, all day!  
Owners take 20% off all purchases all day! Enjoy free samples and surprises while you shop.

## **BREWS WITH THE BOARD**

Friday, September 22, 4 pm - 5:00 pm  
Meet our present Board Members & candidates for the upcoming year. This local brewery is 1 block west of the co-op!  
*At Justice Brewing - 2414 Chestnut Street*

## **2017 ANNUAL MEETING**

Monday, October 2, 6 pm - 8 pm  
Discuss with the future of the co-op and review the years finances with the Board of Trustees and General Management team. This meeting will consist of light snacking and raffle prizes!  
*At Sister's Restaurant - 2804 Grand Avenue*

## **PUMPKIN CARVING COMPETITION**

Saturday, October 28, 1 pm - 4 pm  
Bring your creativity and we'll make the cider! Fun for all ages, this will be a day of fun and prizes for the whole family! Arrive by 2:30 to compete.  
*Look for more info at [snolslefoods.coop/pumkin](http://snolslefoods.coop/pumkin)*

## **SMALL BUSINESS SATURDAY**

Saturday, November 26th, all day!  
Support local businesses by opting out of traditional Black Friday and shop in your neighborhood!

## **KSER AT THE CO-OP**

3rd Wednesdays, 6 pm - 7 pm  
Everett's own community radio station brings local music in store with live acoustic performances! Artists for Fall to include:  
September 20 - The Winterlings  
October 18 - Kelsey Hopkins  
November 15 - Tellers (unplugged!)  
*KSER 90.7 FM - [kser.org](http://kser.org)*

## **CO-OP BRUNCH**

3rd Thursdays, 11 am - 1 pm  
Enjoy delicious gluten free pancakes prepared by our own staff and member-owner volunteers in the Co-op Classroom! Because your co-op loves you!

## **THE EVERETT ART WALK**

3rd Thursdays, 6 pm - 9 pm  
Explore the local businesses of downtown Everett while experiencing the arts - visual, performance, and literature pieces throughout the city!  
*Find the map [EverettArtWalk.org](http://EverettArtWalk.org)  
Show your art at the co-op! [SnolsleFoods.coop/artwalk](http://SnolsleFoods.coop/artwalk)*

## **CO-OP WINE TASTINGS**

1st+3rd Fridays, 5 pm - 7 pm  
Join Corinne and John from the beer and wine department as they share their favorite wines with us!  
*Stay in the loop with our wine professionals at [www.facebook.com/groups/WineTastings.coop](http://www.facebook.com/groups/WineTastings.coop)*

## **CO-OP GAME NIGHT!**

1st & 3rd Saturdays, 3pm - 6 pm  
Bored on a Saturday night? Play some *board* games at the co-op and make some new friends! Everyone is welcome!  
*Donald Staples - [train\\_u@yahoo.com](mailto:train_u@yahoo.com)*

# Monthly Meetups

## **MEMBER LINKAGE COMMITTEE**

1st Mondays, 4:45 pm - 5:30 pm

Join the co-op's outreach team in attending events and planning membership drives. If you're interested in volunteering for the co-op, this is a fun and exciting way to do so!

*hr@snoislefoods.coop*

## **BOARD MEETINGS**

1st Mondays, 6 pm - 8 pm

Each month our Board of Trustees gather to discuss co-op future and growth. Open to all co-op owners, if you would like to be added to the agenda drop us a line!

*Board@snoislefoods.coop*

## **CO-HOUSING DISCUSSION GROUP**

1st Tuesdays, 7 pm - 8:30 pm

Ready to invest in an intentional community in North Everett? Join like minded individuals.

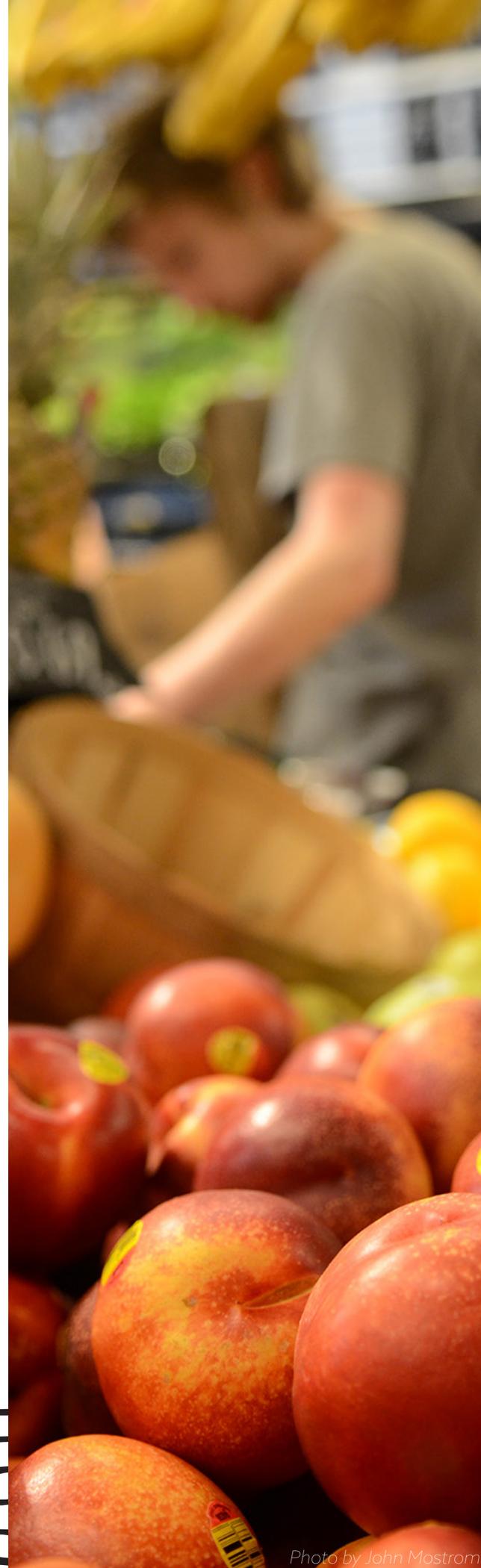
*Jennie Lindberg - Jennie\_Lindberg98020@yahoo.com*

## **LA LECHE LEAGUE**

3rd Tuesdays, 6 pm - 9 pm

Everett's own breastfeeding support group meets in the Co-op Classroom. All mothers are welcome.

*Info at [lllofwa.org/west-snohomish-county](http://lllofwa.org/west-snohomish-county)  
Amber Miracle - [lllambermiracle@yahoo.com](mailto:lllambermiracle@yahoo.com)*



# Cooperative Principles

The International Cooperative Alliance was formed in 1895 to advance the co-op model. Nowadays, all co-ops are governed by a set of 7 principals. On July 9th, 2016 our co-op's Board of Trustees adopted 5 more! These principles are guidelines by which cooperatives put their values into practice.

1. **Voluntary Open Membership**
2. **Democratic Member Control**
3. **Member Economic Participation**
4. **Autonomy and Independence**
5. **Education & Training**
6. **Cooperation Among Cooperatives**
7. **Concern for Community**
8. **Concern for Ecosystems**
9. **Concern for Workers**
10. **Skilled Cooperative Management**
11. **Strategic Leadership**
12. **Innovative Culture**







**SNO ISLE  
FOOD  
CO-OP**

