

December 2004

Views from Bluff Country

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Larisa Walk

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Peace be with you,
Seasons of the Year!
Peace be with you,
Spring, who restores
the earth to youth!
Peace be with you,
Summer, who heralds
the glory of the sun!
Peace be with you,
Autumn, who gives
with joy the fruits of
Labour and the harvest
of toil!
Peace be with you,
Winter, whose rage and
tempest restore to
Nature her sleeping
strength!

Kahlil Gibran

Sharing in Circles to Brighten the Night

Year's end is the traditional time to counter the season's increasing cold and darkness with the warmth of communal sharing and celebration of the many gifts we enjoy and can offer each other.

Last month's BCC General Membership Meeting was an inspiring illustration of the brightness and power of our collective focus. Although we were about half a dozen member households shy of our required quorum, the lodge was full of enthusiastic members who shared wonderful food, camaraderie, and creative ideas about the direction of their cooperative food store.

Members welcomed four new directors to the board, Cherie Hales, Liz Haywood, Scott Miller, and Heather Secrist Smith, and expressed gratitude for the service of outgoing directors Pat Bailey, Leslie Foote, Hans Madland, and Diane Petz.

Incoming and former directors met again in mid-November to pass the torch, discuss priorities, establish committees and meeting schedules, and prepare to review the wealth of ideas generated by members' discussion groups at the annual meeting. The co-op is fortunate to have such a talented and diverse group of leaders representing the membership.

The next regular board meeting will be 6:30 p.m. Dec. 6th at the co-op. As always, board

meetings are open to all members. Member participation is valued highly, especially by active board committees, such as the one that will be researching health and other benefits for co-op workers. Contact a board member to get involved.

The quorum dilemma at our annual meeting prompted suggestions that we revise downward the requirement of 50 member households. A search of state laws, however, confirms that we are held to that minimum once our membership exceeds 500. We'll have to try harder to avoid a third annual shortfall at next year's meeting.

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Mark Friday, Dec. 10th on your calendar as a good day to visit the co-op for some holiday cheer. We'll be hosting Holiday Samples Day, featuring an evening wine-tasting hosted by member and wine connoisseur John Breitlow. We'll offer a variety of cheeses (some sampled by local producers), deli dishes, and other free samples throughout the store.

Live music will be part of the event, too, so be sure to check the store for details during that week.

Remember that our deli staff can provide wholesome party trays for holiday gatherings and that, in addition to the perfect ingredients for holiday meals—from organic produce and dairy to local turkeys, chickens and lamb—the co-op also has a huge selection of unique gifts,

Continued on Back Cover

Body Care	Size	Regular Price	Save	Sale
Naturtint		\$14.25	30%	\$9.95
Permanent Hair Color A Variety of Colors				
Radius				
Silk & Cranberry Floss	30 m	\$4.45	20%	\$3.55
Sunshine Essentials				
Perfume Oil Variety of Scents	.25 oz	\$5.69	40%	\$3.39
Common Sense Farm				
Lotions	8.5 oz.	\$12.35	20%	\$9.85
Alba				
Zen Soap Om, Ginko, Citron, Lotus	5.3 oz.	\$4.69	35%	\$2.99
Jason				
Toothpaste Powersmile and Nurtismile	6 oz. & 4.2 oz.	\$5.49	25%	\$3.99
Deoderants Apricot, Herb & Spice and Tea Tree	2.5 oz.	\$5.75	25%	\$4.29
Wild Yam	2.5 oz.	\$6.25	25%	\$4.65

Refrigerated	Size	Regular Price	Save	Sale
Organic Valley				
Ultra Pasteurized Half & Half	Pint Quart	\$1.49 \$2.69	10% 10%	\$1.35 \$2.39
Egg Nog	Quart	\$3.49	15%	\$2.99
Sour Cream Regular & Low Fat	12 oz.	\$2.35	15%	\$1.99
Raw Milk Sharp Cheddar	8 oz.	\$4.59	15%	\$3.89

Grocery	Size	Regular Price	Save	Sale
Imagine				
Creamy Soups Potato Leek, Tomato, Butternut Squash, Portobello Mushroom	16 oz.	\$2.59	20%	\$2.05
Westbrae				
Westsoy Rice Beverage Plain & Vanilla	32 oz.	\$1.89	15%	\$1.59
Health Valley				
Broth Beef Flavored, Chicken and Vegetable	32 oz.	\$2.69	15%	\$2.25

Wellness	Size	Regular Price	Save	Sale
BCC				
Milk Thistle Supports Liver Metabolism and Combats the Effects of Pollution	50 caps	\$6.39	20%	\$4.99
Balanced B-50 Promotes Healthy Nerves, Skin, Hair and Eyes and Combats Stress	60 caps	\$8.29	20%	\$6.65
Now Foods				
Borage Oil (w/GLA)	60 gels	\$14.95	30%	\$10.45
Liquid Glucosamine, MSM, etc. Member Special	16 oz.	\$17.99	20%	\$14.35
UAS Labs				
DDS- Plus Acidophilus-Bifidus	100 caps	\$23.99	25%	\$17.99
Dolisos				
Dolivaxil Homeopathic Flu Season Defense	box	\$11.69	25%	\$8.75
Dolicocil Homeopathic Flu Symptom Relief	box	\$11.69	25%	\$8.75

Household	Size	Regular Price	Save	Sale
All Glass Plates & Glass Bowls			10%	
Natural Value				
Canned Cat Food All Flavors	3 oz.	.65	10%	\$0.59
O-Zone				
Odor Neutralizer Light Bulbs 100 Watt Equivalent Compact Fluorescent Removes Smoke, Kills Bacteria & Fungal Spores	23 watt	\$37.99	10%	\$34.19
Blues Buster				
Full Spectrum Incandescent Bulbs	60, 75 & 100 watts	\$6.35	10%	\$5.69

Frozen	Size	Regular Price	Save	Sale
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Nate's
Meatless Meatballs 12 oz. \$5.19 10% **\$4.65**

Classic, Italian and Mushroom

French Meadow
Organic Pizza Crusts 12 oz. \$3.85 20% **\$2.99**

Wheat & Yeast Free
 Spelt & Sourdough

Health is Wealth
Assorted Munchees 6 oz. \$3.29 15% **\$2.79**

Spinach Tofu & Pizza Tofu

Turtle Island
Frozen Soy Dessert 32 oz. \$4.99 15% **\$4.25**

6 Varieties

Natural Choice
Organic Fruit Sorbet

Blueberry, Mango, Lemon, Strawberry Kiwi

Member Special 16 oz. \$3.85 20% **\$2.99**

Food For Life
Sprouted English Muffins

3 Varieties

Member Special 16 oz. \$3.65 20% **\$2.89**

Bulk	Size	Regular Price	Save	Sale
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Selected Nuts 5% Thru Dec 24

Organic Oatmeal
 Regular \$0.95/lb 10% **\$0.85/lb**

Cafe Fair
Organic Coffee \$7.19/lb \$1.00 **\$6.19/lb**
 Hazelnut

Equal Exchange
Organic Coffee \$1.00

Midnight Sun

Natures Plus
Soy Plus Granola \$3.55/lb 10% **\$3.19/lb**

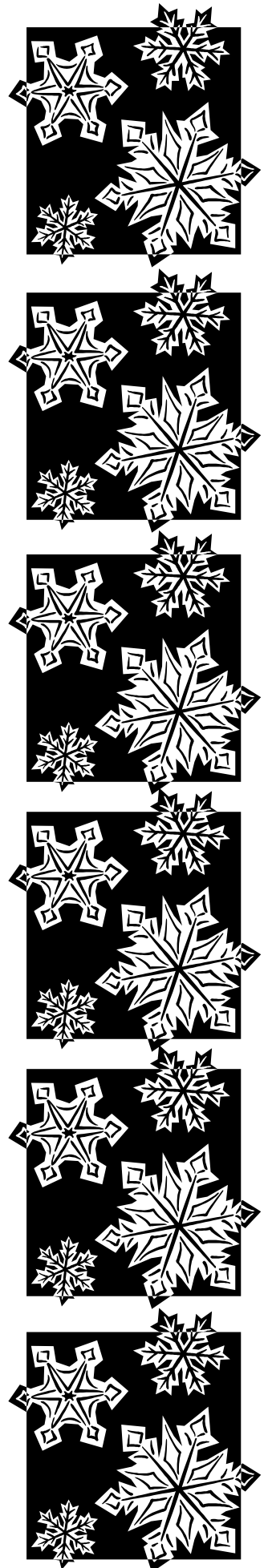
Bakery	Size	Regular Price	Save	Sale
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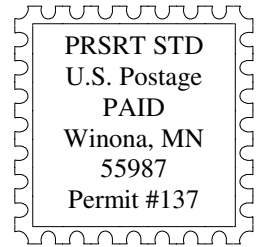
Rudi's
Organic 7 Grain w/ Flax 20 oz. \$4.09 15% **\$3.45**

All Artisan Loaves 19 oz. \$4.39 15% **\$3.69**

Country French, European Multi Grain and Rosemary Olive

December Specials





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Web Site: www.bluff.coop

A warm welcome to the co-op family to Ava Elizabeth, born November 18th to Lezlea and Chris Dahlke, BCC's grocery manager. Congratulations to the proud parents and sister Caroline.

such as natural cosmetics, housewares, handcrafted clothing from the Andes, cookbooks, pottery, greeting cards and CDs from local artists. Of course, fruit and body care gift baskets and BCC gift certificates always are available.

Two recent trainings for co-op managers have inspired us with creative ideas for improving the store. You may notice some minor changes in certain departments right away, but greater alterations are being contemplated and planned as long-range goals, and we're always interested to hear member ideas about how we can better serve you.

Some of the first changes may be to our dining area, an increasingly popular spot in the store. If you've been breezing by the deli cooler, stop to discover the many delicious new offerings that keep downtown office workers coming back for more. We now have entrees in microwaveable containers. The microwave in

our coffee and soup kiosk makes BCC a convenient stop for a quick, healthy lunch or supper.

In an effort to enhance the ambience in our store and to get legal, the co-op has replaced its malfunctioning CD player with a new satellite radio system that offers scores of commercial-free music channels that comply with all copyright laws. Since it is impossible to satisfy all tastes at all times, we ask that shoppers notify co-op workers if the music in the store is detracting from their shopping experience at any time. We will make an immediate change.

May these darkest days of winter offer to you and those close to you opportunities for fruitful reflection, hope, and renewed enthusiasm for the return of the light.

Bob Copeland, General Manager