



Building Renovation Work Takes Shape

Major improvements completed inside and out

Next time you visit the Co-op, come in through the back door and check out the great work done on the siding and the newly installed outside entrance—known as a Bilco door—to the basement. Completed in mid-September, these changes are the most visible of the many improvements made since the beginning of the Co-op’s Building Campaign.

In addition to the new siding, the Co-op now boasts new second-floor windows, new brick work on the east and west sides of the building, and a new drainage system that carries rainwater away from the foundation.

“Heavy spring rains caused delays in the masonry and siding work, but it got done,” explained Building Committee Chair Charlie Reiss. “Though there were initial delays in permitting the foundation work and installation of the Bilco door, we got those sorted out, and we are pleased with the results.”

In addition to the more visible work, the Co-op undertook a massive basement cleanout, removing years of accumulated debris and creating the possibility of additional basement storage space in the future. The basement also benefitted from an electrical upgrade and new lighting. In addition, a new furnace was installed to replace a very old one that was an unreliable source of heat for the second floor offices.

But what about the store? Like home renovations, we like improvements we can see and feel. That’s why the new split air conditioners in store—which kept the store comfortable and operational all summer—and the new bulk food dispensers in the store are big hits.

Main Street Grant sought to cover additional work

In the middle of the Co-op’s building campaign, it was determined that the Co-op was eligible for a grant to cover the renovation work at the front of the building, notably painting the storefront, installing new front steps, and laying

(Continued on page 4)



2020 Budget Process Underway

After improved 2nd, 3rd quarters, Co-op to tighten its belt

As the Finance Committee begins work on the 2020 budget, the Co-op continues to experience flat sales and increasing expenses, which will make for a lean 2020 budget. “Sales in the second quarter picked up considerably which made up for a disappointing first quarter,” explained Treasurer Charlie Reiss. “Although inventory improved, the main driver was increased sales and a better COGS (cost of goods sold) ratio

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THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

Space Still Available in Upcoming Winter Tonic Workshop

Learn how to make your own Fire Cider in this hands-on workshop in Arlington, VT, scheduled for November 2nd.



Join Co-op member Nicole Daunic in the beautiful setting of her family's farm in Black Hole Hollow for a morning of communal medicine-making in the spirit of self-care. Capture the healing, immune-boosting power of the garden by learning to make your own fire cider: a traditional folk remedy made with anti-microbial and anti-inflammatory, herbs, spices, and veggies which support your immune system during cold and flu season. You'll thank yourself come winter! Nicole will walk you through the basic steps of concocting your own batch of winter tonic as she shares the benefits of each ingredient and offers suggestions for how to improvise and personalize your brews at home based on what you have growing around you. Register here: <http://cambridgefoodcoop.com/events.php>

PRODUCT HIGHLIGHT: Real Pickles

Worker-owned co-op in nearby Greenfield, Mass. produces delicious pickle products

By Melissa Carll

The Co-op is fortunate to be centrally located to many of the Northeast's great growers, producers, and vendors. There are a plethora of companies in the region whose mission aligns well with the values of our own store, including Real Pickles—a small, worker-owned cooperative in Greenfield, Massachusetts. The ingredients for their fermented and raw foods come from northeast farms, and all of their products are vegan and organic. Real Pickles' mission is to “promote human and ecological health by providing people with delicious, nourishing food and by working toward a regional, organic food system”—definitely something our Co-op can stand behind!

After a meeting with Kate Hunter and Kristin Howard, sales representatives and co-owners of Real Pickles, we learned even more about the company (which inevitably makes us want to eat more turmeric kraut, kimchi, and pickled beets!). During the past year, the company installed solar hot water heaters, which will help them reduce use of natural gas to heat. They were also able to install an array of solar panels, thus allowing them to operate entirely with solar power! And, certainly not the least of their inexhaustible strides toward sustainability and healthy food, they have been partnering



with the University of Massachusetts Amherst to study how organic foods create diverse microbial communities, and how these strong communities support vigorous fermentation—all the better for your health!

If you are interested in learning more about where your food comes from, please feel free to go to their website www.realpickles.com to learn more about this awesome company. And stop by the Co-op to try some pickles!



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Co-op Picnic Puts the “Fun” Back in Fundraising

Weather ends the evening early, but not before Co-op meets its fun-and fundraising-goals

The Co-op’s three-year streak of good weather came to a thunderous end at this year’s picnic, but that did not keep guests from enjoying the festivities and bidding generously at the event’s live auction.

The storm held off for the first half of the evening, allowing guests to partake of all the wonderful food and drink provided by our generous donors and deliciously prepared by our fabulous chefs Aila and Mike West and Lane Green (see a complete list on page 5). During this time, guests could take their chances on the basket raffle and peruse the live auction items, which included a wide array of ever-popular baked goods, like the “Shop Co-op” Gingerbread made by David Bayne (pictured right).

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(Budget, continued from page 1)

than before, and there were also some pricing discrepancies which were corrected.”

These improvements over first quarter numbers are balanced out by the mandated cost increases that the Co-op faces. Increases in insurance, member discounts, payroll, and credit card fees have the potential to drive the Co-op into the red if changes are not made. “The Co-op would never want to discourage folks from shopping at the store no matter how they pay—check, cash, EBT, or Credit card. All forms of payment are welcome. However, if folks are able to plan ahead to pay by check or cash, it would make a significant difference. This year alone the Co-op has already paid close to \$8,000 in credit card processing fees,” explained CFC Bookkeeper Jessica Jones.

Fortunately, the Finance Committee and Co-op management are working hard to produce a balanced 2020 budget . Treasurer Charlie Reiss explained the process. “A draft budget for 2020 is prepared by Jessica and me with review by Board President Jayne Stokes and Co-op management. It is then submitted to the Finance Committee, and eventually reviewed by the full board. Ultimately, the budget is voted on by the full membership in a public meeting, scheduled for Sunday December 8th.”

In the past, the Finance Committee makes itself available throughout the month of November to meet with members individually or in small groups to explain the budget and the process and to answer any questions members might have. According to Reiss, it plans to do so again this year, as well.

“This year alone the Co-op has already paid close to \$8,000 in credit card processing fees.”



east side brick work before



east side brick work, after

(Renovations, continued from page 1)

new flooring in the store. The Main Street Grant is a competitive program run by New York State and funds 75 percent of the cost of selected work for chosen locations in New York.

Cambridge has not been selected for this award for the last two years. “This year, after making considerable progress and commitments, we were told that our building might be eligible for an award,” explained Charlie Reiss. Awards are scheduled to be announced in December, but this may change, according to Reiss.

“While receipt of the grant could certainly be helpful, it creates some uncertainty for the Co-op,” Reiss continued. “The grant requires that funds be fully expended before the State funds are awarded. That creates a level of risk and uncertainty. If the award is made and we are able to use all of it, it may be necessary to return to the Community Loan Fund in order to make the initial expenditure with a bridge loan.”

Receipt of the grant is not guaranteed. “If we do not get the grant, we will nonetheless go forward on new front steps to the store from the street, a full painting plan for the building’s street (north) elevation, and a new front door for the store. If we do get the grant, the amount of extra work is dependent on how much the grant is for,” explained Reiss.

The Co-op’s list of additional projects includes a concrete basement floor, new windows in the store and brick repair on the upper story of the building as well as an expanded painting job to paint all the remaining trim on the east and west sides of the building. With or without the Main Street Grant, the Co-op may seek additional donations to cover the remainder of the work.

Time will tell. For now, let’s appreciate the hard work of the Finance and Building Committees, the many generous donors who have helped make this project possible, and the progress already made.

Special thanks to Chris Badaloni of Cambridge Valley Landscaping and John Braymer of Braymer Fuels for their excellent work.



(Picnic, continued from page 3)

The charismatic auction team of Danielle and Jim Carter of Acorn Appraisals & Consulting donated their services as well as several kid-friendly lots to the sale.

With only a few auction lots to go, thunder rumbled and forced guests to head for cover. With a lot of hustle and a little creativity, picnic organizers moved the remaining live auction and basket raffle online and onto the store bulletin board in the weeks following the picnic.

Netting the Co-op close to \$8,000 (exceeding the budgeted net income by \$2,800), the picnic continues to be an important source of income for the Co-op. But it does not come without costs—in particular, the amount of time and energy donated by the Outreach Committee, the Board, and the dozens of volunteers who make it possible. The Board and relevant committees will be discussing whether the Co-op will continue with the picnic, perhaps with the help of professional organizers, or plan additional events instead.

Regardless of what is decided, there is no doubt: Folks will remember the Picnic of 2019—and Mother Nature’s fireworks—for some time to come.

A SPECIAL THANKS TO ALL THOSE WHO ATTENDED THE PICNIC
& DONATED SO GENEROUSLY—WE COULDN'T HAVE DONE IT
WITHOUT YOU!

THE FOLLOWING BUSINESSES CONTRIBUTED GENEROUSLY TO OUR FEAST—WITHOUT THEIR SUPPORT, OUR PICNIC WOULD NOT HAVE BEEN POSSIBLE.

- | | | |
|-------------------------------|----------------------------|-------------------|
| Alberts Organics | Victory Vineyards | Kyer Farm |
| Argyle Cheese Farmer | Battenkill Valley Creamery | Long Days Farm |
| Associated Buyers | Byron’s Village Market | Owl Wood Farm |
| Berle Farm | Denison Farm | Moses Farm |
| Black River Produce | Echo Creek | Slack Hollow Farm |
| Earth Sky Time Community Farm | Happenstance Farm | The Berry Patch |
| World’s Best Cheese | Hand Melon Farm | |

And special thanks to
ARGYLE BREWING COMPANY
DANIELLE & JIM CARTER
Acorn Appraisals & Consulting, Ballston Spa
THE DRY GOODS JAZZ TRIO



THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

HAPPY NATIONAL CO-OP MONTH! In October, co-operators around the country celebrate all things cooperative. So it's a great time to recall the 7 Cooperative Principles, and support your local co-ops!

SEVEN COOPERATIVE PRINCIPLES

- VOLUNTARY OPEN MEMBERSHIP** (Illustrated with a hand)
- DEMOCRATIC MEMBER CONTROL** (Illustrated with a ballot box)
- COOPERATION AMONG COOPERATIVES** (Illustrated with two shopping carts)
- AUTONOMY & INDEPENDENCE** (Illustrated in a banner)
- MEMBER ECONOMIC PARTICIPATION** (Illustrated with an apple and a hand holding a coin)
- CONCERN FOR THE COMMUNITY** (Illustrated with a fence and a bicycle)
- EDUCATION TRAINING AND INFORMATION** (Illustrated with an open book)

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Board of Advisors 2019

Meetings

The upcoming Co-op Board meeting dates are listed below. All meetings are held in Room 4 upstairs at the Co-op unless otherwise noted, and begin at 6:30 p.m. Dates are subject to change. Members are welcome and encouraged to attend!

November 20, December 8

Co-op Hours

Monday-Saturday, 9-6

Thursdays 9-8

Sundays 9-4

