



Santa Rosa
1899 Mendocino Ave.
Santa Rosa, CA 95401
(707) 546-1806

Worker Run Since 1975

The Rapper

ILLUSTRATED WEEKLY NEWSPAPER

www.cmnaturalfoods.com

February 14, 2019



Sebastopol
6762 Sebastopol Ave.
Sebastopol, CA 95472
(707) 407-4020



Arbor Day Tree Planting

Saturday March 9
9am - 12pm

free

Mesquite Park
2250 Mesquite Drive, SR
OR

Northwest Community Park
2880 W. Steele Lane, SR

*Come celebrate Arbor Day & Luther
Burbank's birthday and plant trees
with Santa Rosa Recreation & Parks.*

Learn about trees and why they are good for their urban and natural environments. Trees, tools, and refreshments provided. There will be cake served in honor of Luther Burbank's birthday. Wear sturdy shoes, it could get muddy. This free family-friendly event is held rain or shine...trees like the rain!

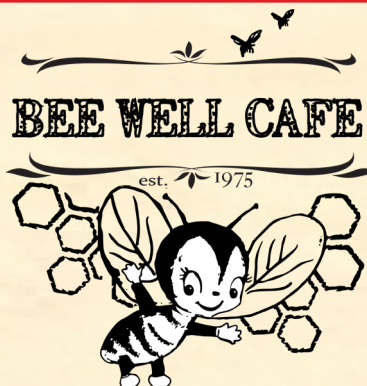


What does good Customer Service mean to you?

I try my very best not to have any judgments or let preconceived grievances cloud my interactions with customers. I try to treat everyone that walks in the door, even my co-workers, as I would want to be treated. Offering to help before I am asked whenever I can, is what I strive for. ~ Myranda

I love it when I come into a store and someone remembers my name. I also like it when a clerk engages me in general conversation even if it's just about the weather. ~ Tess

Share your thoughts with us. (Minky, Miho or Tess)
or send email to: info4rapper@gmail.com



WHAT'S THE BUZZ?

**Free
Events**

Join us to

meet the makers and
learn about their passion for
their products. Ask your ques-
tions directly to our speakers
conveniently at our store

Both stores will be featuring
various CM Vendors, Health
Practitioners, Nutritionists and
Sustainability Experts!

SEB - at the Garden

SR - on the Patio
(weather permitting.)

*Watch for the upcoming
Dates to be announced on our
Sales Newsletter, Rapper and flyers.*

*If you have someone in mind that
you would like to see be one of our
speakers, please contact*

Minky, Miho or Mo

Personals



The Rapper, Community Market, February 14, 2019

CODE GREENS

Annaleigh: Thanks a bunch for the helping hand, Annaleigh. You made the workload of a whole basket of produce, that a customer had, nice and easy. Thanks for bagging!!! - *Danny*

Raymond, Noah & Sponge: Incredible work done tonight. All of you really know how to pull together and help everyone out. As always a bit short staffed but I'm so impressed to see what we all can accomplish together! Awesome team. Thank you all so much. -*Rachel*

THE HEART OF SAN FRANCISCO OCTOBER 6TH, 2019

If you live anywhere in the Bay Area with a view of Golden Gate Bridge or the bay in general you should be able to **see the Heart appear over the Golden Gate Bridge on the afternoon of October 6th.**

The Heart of San Francisco is open to all those who wish to celebrate love in the San Francisco Bay Area. Bring a peace flag and a blanket to watch the events from the bay's edge, or reserve a view table at a restaurant. Join a buddy with a boat, decorated with hearts and flowers, and head out towards the bridge. Buy tickets aboard one of the many charter boats going out to view and celebrate the event.

You won't want to miss this epic celebration of **LOVE**, showing the world that we in the Bay Area want Peace and Love and Joy for the whole planet! This Event is Free for Everyone!



Event Information

What: The Heart of San Francisco

Who: Produced by Antenna Theater

When: October 6th 2019 - afternoon

Where: Directly over the Golden Gate Bridge and throughout the Bay Area

General Contact information:

Chris Hardman, Artistic Director,
Antenna Theater. www.antenna-theater.org



PLEASE NOTE

Mel is handling worker conflicts and disciplinary issues while Courtney is on leave.



ATTENTION ALL WORKERS

As stated in the Worker Handbook:

Headphones may not be worn at any time while working to ensure that workers can hear the phones and intercoms and are approachable and available to coworkers, customers, and vendors.

Thanks for your cooperation.



*Happy
Birthday
to you!*

Aquarius

Jamy 2/8

Catherine 2/10

Geoffrey 2/11

Tracy 2/12

Aria 2/14

Taylor 2/15

Derek 2/18

Pisces

Adriana 2/19

Oliver 2/20

Anniversary



Adriana 2 years 2/7

Axel 2 years 2/8

Liam 1 year 2/13

Chris N. 1 year 2/23

Derek 17 years 2/28

CASHIERS & FLO-MOS

This coupon will be distributed at the JC. When accepting this coupon please ring up the coffee and treat as a paid out.





Our Community

PAGE 3

The Rapper, Community Market, February 14, 2019

Community Market

presents

**Food As Medicine
Wellness Series**

3rd Monday

of each

Month

6:30 to 8:00 pm

**February
18th**

**Healing when it seems impossible
- 7 Keys to Defy the Odds**

*All about healing from mysterious
or difficult health concerns.*

with Shiroko Sokitch, MD

The owner of Heart to Heart Medical Center in Santa Rosa, California, since 1993, Dr. Shiroko is an expert at using many modalities to bring your body to balance and wholeness blending Chinese and Western medicine with a deep spiritual and emotional healing approach.

Trained in general surgery, and working as an Emergency room Doctor for 10 years while attending acupuncture school, gave Dr. Shiroko a broad range of medical experience.

707.622.6769, visit www.CommunityHeals.org
email at info@CommunityHeals.org

Community Heals
6741 Sebastopol Ave.



**Board of Directors
Meeting**



February 23

Saturday

10am-4pm

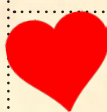
Sebastopol

*All Workers
invited!*

Work Day

**Got Questions
on PTO and
Benefits?**

You can contact
Anna Maria with
questions on PTO,
Benefits and other
HR concerns while
Courtney is away.



Especially at difficult times it's important to show appreciation to your hard working co-workers. On this Valentines let's try voicing spontaneous heartfelt acknowledgements *and* a Green Code is always an extra special message.

THE GREEN TEAM ORGANIC WASTE DIVERSION poses *BIG CHALLENGE* for CALIFORNIA



As part of the state's efforts to combat climate change, Governor Brown signed a law establishing targets for reducing the landfilling of organic waste by 50 percent by 2020 and 75 percent by 2025. You can learn more at <https://www.calrecycle.ca.gov/climate/slcp>

Green Team Meeting
Monday February 18
at 3pm
in Sebastopol

All workers are welcome to attend





Opportunities



PAGE 4

3The Rapper, Community Market, February 14, 2019

NOW HIRING

SR GROCERY RECEIVER

Thursdays,
8am-2pm.

KITCHEN ASSISTANT SEBASTOPOL

7-2:30 Sun, Mon & Tue

SB PREP COOK

7-2:30pm Fridays

See Job Description on CM Worker
Site and apply to HR Dept.



REFERRAL PROGRAM

Refer someone to join the CM Family! Once they are here for 6 mos, the referring employee will receive \$250.00. Please **MAKE SURE** that the applicant puts the CM employee's name in the "**referred by**" section of the application, otherwise they will not get the bonus.

Your fellow workers and regular contributors to this newsletter:

R.C.W.B. Board of Directors:

Greg Goblen* - President

Jordan Newhart - Vice President

Lisa Waltenspiel* - Secretary

Myranda Goblen* - Product Policy
Chairperson

Axel Mafra- Treasurer

Minky Timpe* - Director

Alicia Murguia - Director

* = incumbent

More contributors:

Melissa Minton, General Manager

Courtney Williams, Human Resources

Maja Baker, Marketing Assistant

Tess Dancisak, Marketing & Rapper

CM CALENDAR 2019

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29 Senior Disc 10% off 8am-2pm	30	31	1	2 5% Day
3	4	5 Senior Disc 10% off 8am-2pm	6	7 Pay Day	8	9
10	11	12 Senior Disc 10% off 8am-2pm	13 JC's One Diversity Festival 10:30-2:30	14	15	16
17	18 Wellness Talk 6:30pm	19 Senior Disc 10% off 8am-2pm	20	21 Pay Day	22	23 BOD Mtg 10am-4pm SB -Work Day
24	25	26 Senior Disc 10% off 8am-2pm	27	28	1	2 5% Day
3	4	5 Senior Disc 10% off 8am-2pm	6	7 Pay Day	8	9

DIRECTORY

COTM in SEB and in SR -

Demo Inquiries - Miho (miho@cmnaturalfoods.com)

Education & Donations -

Events - Minky(minkoff@cmnaturalfoods.com)

Graphics-Tess(tess@cmnaturalfoods.com)/Maja(maja@cmnaturalfoods.com)

Green Team - Tara (tara@cmnaturalfoods.com)

HR/Work Issues - Anna Maria (communitymarkethr@gmail.com)

Media Productions-Minky(minkoff@cmnaturalfoods.com)

Rapper Input - Tess (info4rapper@gmail.com)

Safety Committee - Caleb & Minky & Ian - SB /Tara & Alicia - SR

Social Media/Events - Minky, Miho and Lisa

Wall/Store Art - Tess & Minky (cmlocalart@gmail.com)

Website-Maja(maja@cmnaturalfoods.com)/Tess(tess@cmnaturalfoods.com)

WOTM in SEB and in SR - Tara (tara@cmnaturalfoods.com)

YOU can get the word out! Have some news/need/talent to share? That's what

The Weekly Rapper is for! Send the marketing team your messages, news, and tidbits by emailing:

info4rapper@gmail.com or leave a note in the suggestion boxes by the time clocks.