



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 28, 2019



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

Stay Safe and Dry Everyone!



This is Sebastopol, not Venice. The left picture is outside the back of our CM store. The cement area on the left is our loading dock.



Front of our CM Store 2/27/19



Our CM Water Crew in SEB



Arbor Day Tree Planting Saturday March 9 9am - 12pm

free

Mesquite Park
2250 Mesquite Drive, SR
OR

Wear your
CM Logos 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!

Huddles

Huddles are a great time to contribute your input and opinions. Sharing information is always welcome.



Community Market
presents



Food color is in the eye of the beholder 6:30 to 8:00 pm

An interactive evening to explore spectrum of food colors and how they affect us. Learn how to choose foods to raise your emotional vibration toward fun, abundance, gratitude and joy. **with Irema Sivcevic M.S.**



Owner of **Ounce of Prevention Nutrition Practice**. She holds a Masters in Holistic Health and Nutrition Education from Hawthorn University and a Bachelors in Electrical Engineering from University of Sarajevo, Bosnia and Herzegovina.

Irema's passion for healthy food steered her towards the field of holistic nutrition. She has taught nutritional workshops and worked as a clinical nutritionist alongside functional and integrative medicine practitioners. Irema is Board Certified in Holistic Nutrition®, and is an Usui Shiki Ryoho Reiki Master.

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

Community Heals
6741 Sebastopol Ave.

Personals



The Rapper, Community Market, February 28, 2019

CODE GREENS

Gina: Great customer service! Always!! -Catherine

Gwen: Covering a dish pit shift and saving the day for the kitchen & deli. -Sponge

Laryssa: Great sandwich maker. Thank you for your great customer service and attention to customers. -Minky

Miho: Cleaned out and around trash area and took CRVs away. This was a HUGE undertaking and mess. If anyone loves what she did, please give her a code green. -Minky

Noah: Always taking out trash, recycle and compost at the end of the shift and during. Thanks! -Sponge

Minky: I don't know if anyone else has been noticing how great of a job Minky has been doing cleaning the bathrooms and breakroom, but I sure have! She's been killer. Love having her around. -Jamy

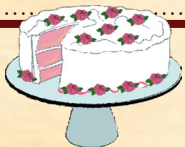
Lupe: Where to begin?! Lupe is a rockstar - she is on top of any and all duties she is called to do. Always kind and supportive, I could not ask for a better manager. Lupe has great communication skills and top of the line customer service! She listens to employees with an open mind and heart, adding so much to a positive work environment. Thank you, Lupe! -Juli

Annaleigh: She is a great observer - she always knows when to come for assistance, supports with difficult customers, and keeps the front end running smoothly. Even when it gets hectic, she keeps calm, professional, and handles business! She is great at feeling out situations/people and therefore has incredible custy service skills! All around RAD person! -Juli

Amythist: She really knows her stuff! She is super helpful and knowledgeable when it comes to the products we carry and goes out of her way to help up front when it gets busy. Her laid back yet professional attitude is always appreciated. -Juli

John: He's doing really great on the register! He faced the ENTIRE store before closing as well! Definitely love having him around. -Adriana

Liam: I cannot thank Liam enough for everything he does here. We were short a grocery/chill person so Liam worked those departments plus produce! He also mopped for me. Thank you for all that you do dude! -Adriana



*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 yrs 2/7
Axel 2 yrs 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 28, 2019

THE GREEN TEAM RECYCLE CORNER



~ A HUGE thank you and appreciation to Miho and her daughter this past week. Both of them put on gloves and warm clothing to bare the cold and clean up the Sebastopol trash area. Someone in the night made a huge mess of our CRV area. There was broken glass and some of our CRV was stolen. Please make sure the trash area is locked every night.

*Thank you, to Miho and her daughter
for making our trash area clean and safe.*

SEB'S EXTRA RECYCLE BIN

Store **Recycling** in Sebastopol - We have an extra bin for dumping our recyclables. The extra recycle bin is where we take our compost out to, the locked compost area by Guyaki across the parking lot. Just look for the blue bin. *If our recycle bin at the back of our store becomes too full, Recology will not take it.*

Dumpster P/U Schedule SR

Recycle & Compost ~ M/W/F

Landfill ~ Wed. only.

Dumpster P/U Schedule Seb

Recycle ~ M/W/F

Landfill ~ M/W/F



What does
good
Customer
Service
mean
to you?

"Get closer than
ever to your
customers.

So close, in fact,
that you tell them
what they need
well before
they realize it
themselves."

Steve Jobs,
Founder of Apple

QUOTE OF THE MONTH

IF...

ABCDEFGHIJKLMN OPQRSTUVWXYZ

EQUALS...

1234567891011121314151617181920212223242526

THEN...

$$K+N+O+W+L+E+D+G+E = 96\%$$

$$H+A+R+D+W+O+R+K = 98\%$$

Both are important, but fall just short of 100%.

BUT

$$A+T+T+I+T+U+D+E = 100\%$$

Coincidence
OR
Not ???

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



Opportunities



PAGE 4

3The Rapper, Community Market, February 28, 2019

NOW HIRING

KITCHEN ASSISTANT SEBASTOPOL

7-2:30 Sun, Mon & Tue

SB PREP COOK

7-2:30pm Fridays

SEB PRODUCE STOCKER

Monday-Friday 2:15-10:15pm

SEB GROCERY STOCKER

Sundays, 2-9pm

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

Congrats!

Our new
RCWB Member!

Juliana Cretcher



Your fellow workers and regular contributors to this newsletter:

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

Greg Goben* - President

Jordan Newhart - Vice President

Lisa Waltenspiel* - Secretary

Myranda Goben* - 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.