



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 07, 2019



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



## 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

Community Market will participate in the  
***One Love Diversity Festival***  
on Wednesday, Feb. 13,  
10:30 am to 2:30 pm

in the Lawrence Bertolini Student Center  
quad on the Santa Rosa JC Campus.

***The event is free and open to the public.***

A festival for uniting the SRJC community,  
celebrating diversity, providing resources and  
support, and promoting student engagement.

***Activities  
will include:***

Intercultural Arts, Entertainment,  
and Global Cuisine, as well as  
representation from a wide range of  
programs & student services  
at the resource  
fair.



## What does good Customer Service mean to you?

Greeting everyone as soon as you see  
them. Eye contact - practicing the 10/4  
rule. Even if we don't have the product that  
they are asking for and you know where  
they can get it elsewhere, let them know.

~ Anna Maria

Active listening - Eye contact and remem-  
bering what was being said. Respond by  
repeating back in order to clarify their  
request. ~ Catherine

I look at every customer as voting with  
their dollars and I'm running for Office  
and I want their vote. So I campaign by  
listening to their needs, being attentive  
and giving them results. If I don't have an  
answer, I ask if I can get back to them with  
an email or phone number. ~ Minky

Do you have some thoughts on it?  
Do you have a story to tell about it?  
Share it with us.

[info4rapper@gmail.com](mailto:info4rapper@gmail.com)

# Personals




The Rapper, Community Market, February 07, 2019

## CODE GREENS

**Laryssa:** Great job so far. Your customer service is on point and you are super efficient. The tone in your voice sounds great, welcoming, and happy. This definitely makes customers feel welcomed and appreciated. Keep it up! -*Danny*

**Sara, Danny & Lupe:** Thank you so much for giving me back-up cashier training. I appreciate all your kindness and patience. You guys are the best!! -*Miho*

**Doug:** Always cheerful and friendly. That's great customer service. - *Minky and Tess*



**Lupe FE Manager SEB**


**Been here:**  
Almost four years


**Favorite part of CM:**  
*I love that every worker can freely be themselves. The education we are given daily(not only from coworkers, but from customers as well!) about healthier alternatives for foods/medicine. :D*

**Outside of CM:** *I love learning languages, hanging out with friends, and being a tia. <3*

## FEBRUARY WOTMS

### Congrats!





**Derek Groc Chill Bulk SR**

**Been here:** *As of this month, I've been here for 17 years. I work with the Grocery, Chill, and Bulk departments at both stores.*

**Favorite part of CM:**  
*Having awesome co-workers and great customers, and working hard to provide the best selection of healthy, organic food for the community.*

**Outside of CM:** *Playing music, riding bikes, hanging out in nature, and watching hoops.*



## 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.





The Rapper, Community Market, February 07, 2019

## Community Market

presents

### Food As Medicine Wellness Series

FOOD FOR PEOPLE  
COMMUNITY MARKET  
GIVE FOR PEOPLE  
NOT FOR PROFIT

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](http://www.CommunityHeals.org)  
email at [info@CommunityHeals.org](mailto: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.

## A reminder for the rainy season....



**Storm drains** play a very important role in flood prevention by directing rain water to our local creeks and water ways. The storm drains you see on nearly every city block divert untreated water directly to our creeks, which is habitat for fish and other wildlife. It is important to know that outside drains (storm drains) flow to the creeks, while inside drains (sinks, showers, etc.) flow to the Wastewater Treatment Plant.

**Storm Drains:** All outside drains flow directly to creeks through gutters and storm drains. They carry rainwater away from streets and parking lots to prevent flooding. In addition to rainwater, pollutants from pesticides, oil residue, dirt, paint, and bacteria from pet waste can be carried directly into our local creeks from storm drains without treatment or filtration, which can harm people, fish and wildlife.

**Sewer System:** All inside drains belong to a closed system which flows directly to the treatment plant. Soap, bleach, and many other water soluble products can be treated without harm. Sending those same things down a storm drain can be deadly to fish and wildlife.

**Ours to Protect:** Clean waterways provide recreation, wildlife habitat, and add beauty to our landscape. All of us benefit from clean water - let's all help keep our creeks, rivers and groundwater clean.



# Opportunities



PAGE 4

3The Rapper, Community Market, February 07, 2019

## NOW HIRING

### SR GROCERY RECEIVER

Thursdays,  
8am-2pm.

### COOK II - SEBASTOPOL

2-9:30 Tue-Fri  
& 7-2:30 Saturday

### SB PIZZA/PREP WORKER

2-9:30pm Fridays

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



## Welcome

**Jason**

Kitchen Assistant

**Chandra**

Deli Clerk

## CM CALENDAR 2019

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

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

## DIRECTORY

COTM in SEB and in SR - Mo (mo@cmnaturalfoods.com)

Demo Inquiries - Miho (miho@cmnaturalfoods.com)

Education & Donations - Mo (mo@cmnaturalfoods.com)

Events - Minky(minkoff@cmnaturalfoods.com)-Mo(mo@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, Mo 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.