



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

Worker Run Since 1975

The Rapper

ILLUSTRATED WEEKLY NEWSPAPER

www.cmnaturalfoods.com

January 30, 2019



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

Baby Love



Madeline
Love Bruce
01/19/2019
10:30 am
8.9 lbs • 21"



Elton Dean
01/29/2019
(same day as his
Dad's - Spencer)



Love to
Courtney (HR)
& Family



Love to
Carrie Anne (FloMo)
& Spencer (Garden)

Mel will be out of the store until



Feb 7

NEW THEFT POLICY

We have updated our worker handbook with a new Theft Policy. A copy of the policy is in your mailbox as well.

Clothing Swap



The Clothing Swap went spectacularly well! Lots of great finds! A true endeavor in **Zero Waste** living.

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 and student services
at the resource fair.

Personals



The Rapper, Community Market, January 30, 2019

CODE GREENS

Miho: I am so infinitely thankful for Miho's cool, calm and collected manners. She was the last person in the kitchen cleaning up dishes after the worker party. I am so grateful to be your co-worker! Thank you for always helping and always smiling! -Myranda

Sabina: Thank you Sabina! She has stepped up to cover the Wellness Manager role in both SR & Seb locations and is taking care of Wellness. Go Super-Woman! Keep up all the hard work. I can see you paying off real big for us later. Love you! -Myranda

Gina is always offering to help out or give me a hand, especially when maybe it looks like I have a lot going on in Wellness. She takes initiative answering Wellness questions and calls whenever she can, which is such a huge help also! Thank you Gina! -Myranda

Ian (Bee): I do not know how most of the food would have been prepped or ready for the worker party without the helping hands and volunteered time from our own lovely Ian. Thank you SO MUCH for showing us how to use the deli equipment, making sure things were cooking and really just making sure we had food when the time came for the party to begin! -Myranda

Jake B.: Grateful and wanting to acknowledge and thank Jake for performing last minute at our worker party, coming early with all his own equipment to set up and play music for us for free. Wish we could have been more prepared, but so thankful for those co-workers who come through and follow through! -Myranda

Minky: Minks is such a hardworking, passionate and ambitious co-worker! I am so blessed to work with you! Thank you for making the worker party wonderful. -Myranda

Caleb & Jameson: They set up a metro rack in the PRODUCE walk-in and it looks amazing. We can fit more in there! I love improvements! You know what? We can improve things by coming up with practical improvements. -Oliver

Jamy: I love how Jamy is so thoughtful and caring for other people. Today I lost my keys and couldn't drive home. Jamy found them for me. Thanks my friend, I'll make sure to get a copy made to keep for back up. -Oliver

Rachel: Helped me out with work, breaks, and mental & emotional stress when I had to close alone. Thanks! -Sponge

Sponge: She has been outstanding! Even when she's behind she always lends a hand in every single part of our department. Thank you for being yourself. -Rachel



PLEASE NOTE

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

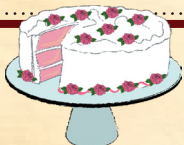


ATTENTION ALL WORKERS

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

| | |
|------------------|---------------|
| Dustin S. 1/26 | Geoffrey 2/11 |
| Courtney W. 1/27 | Tracy 2/12 |
| Spencer M. 1/29 | Aria 2/14 |
| Amythist H. 1/30 | Taylor 2/15 |
| Yhanna H. 1/30 | Derek 2/18 |
| Jamy 2/8 | Pisces |
| Catherine 2/10 | 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, January 30, 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.



What does good Customer Service mean to you?

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

info4rapper@gmail.com



January's Food As Medicine

Maxime spoke on The Seed of Corn: Birthing a Just Civilization Through Bio-Economy. "We are in a time of great transition... we want the food that will rot..." Vendors came personally and offered deliciously nutritious real foods that will "rot" offered by our #PrimeraTamales, #SaborMexicano, #GrindstoneBakery and hand made tortillas made from Fairhaven Organic Blue Corn Flour found in our bulk department.

Thank you, Maxime Zahra and #SoCoHA for a tasty evening of conversation on the topic of preserving the diversity of food.





Opportunities



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NOW HIRING

SB GROCERY RECEIVER

Tuesdays, Thursdays,
and Fridays 8am-4pm.

SB KITCHEN ASSISTANT

2-9:30pm Tuesdays

SB KITCHEN ASSISTANT

7-2:30pm Wednesday,
Thursday, Friday and Saturday
(for the next 2 weeks only)

SB PIZZA/PREP WORKER

2-9:30pm Fridays

SB DELI WORKER

2-9:30pm Fridays & Saturdays

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

Congrats!

Our new
SEB Bulk Manger!
Matt



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

DIRECTORY

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

Demo Inquiries - Miho (miho@cmnaturalfoods.com)

Donations/Media Productions-Minky(minkoff@cmnaturalfoods.com)

Education - 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 - Courtney (communitymarkethr@gmail.com)

Rapper Input - Tess (info4rapper@gmail.com)

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

Social Media/Events - Minky, Mo and Lisa

Wall Art in SEB - 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.