



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

Worker Run Since 1975

# The Rapper

ILLUSTRATED WEEKLY NEWSPAPER

www.cmnaturalfoods.com

March 6, 2019



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



Spread the word!

## Restoring Ourselves

### DONATORS



I have deep respect for all the offerings the Community Market has provided over the years. ~ Miguel Elliott

I love this market and am grateful for what it brings to my life and our community.  
~ Roberta Teller

### SUPPORT OUR WORKER RELIEF FUNDRAISER

For our after-flood worker relief.  
www.CMNATURALFOODS.COM

SUNDAY

MARCH 10, 2019 6-10:00 PM

FOOD FOR PEOPLE



NOT FOR PROFIT



LIVE  
MUSIC

THE MESSENGERS  
(from Onye & the Messengers)

&  
MIDNIGHT SUN

FOOD &  
BEVERAGES

SILENT AUCTION

\$20 SUGGESTED  
DONATION

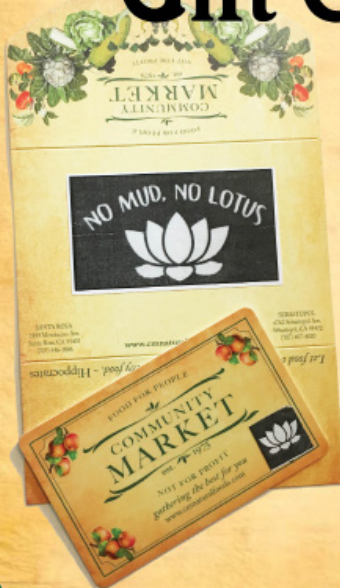
ARLENE  
FRANCIS  
CENTER  
99 6TH ST,  
SANTA ROSA

A limited time offer

Purchase a \$550  
Community Market  
Gift Card

for only  
\$500

Help re-open  
our store in  
Sebastopol.





# Personals



The Rapper, Community Market, March 6, 2019

## CODE GREENS

**Casey, Geoffrey & Jordan:** It is my first time opening as flo mo and I had an extremely hard time opening the safe. Thankfully, I did not feel alone because I had these 3 gentlemen do what they can to help anyway they can. They had my back and supported me. You guys rock!! -Danny

**Liam:** This dude always lends a helping hand! This morning when I went to put away some Merc display materials, Liam stepped away from stocking to help me safely store those away and get them out of B/S area! Thank you again for the help! You are very appreciated. -Myranda

**Sandra Jones:** It is my pleasure to work with Sandy. She is great to communicate, help out on the floor, excellent custie service and has the best laugh! It's contagious. Thank you for all you do. -Myranda

**Dustin:** I dropped off a few things from Seb and totally forgot to plug in my scan device for inventory the next morning. I called back over and Dustin helped me locate the device and plug it in for Derek! Thanks a bunch buddy! -Myranda

**Gio:** SR Front End was short a midday cashier and we had a rush. I was right in the middle of 3 days of deposits and Gio jumped in and backup cashied for 30 or more minutes. Thanks Gio! -Greg

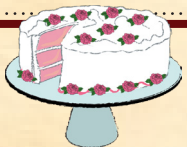
**Myranda:** No matter how busy she is, Myranda, without even thinking about it, jumps in to backup cashier every time. She totally gets how important it is to get the customers rung up and out the door. Thanks Myranda! -Greg

**Liam:** You are always in great spirits! Thank you for being so amazing to work with! You sure know how to make a person laugh. -Chris

## DONATORS

I love Community Market and all who work there.~ Jo Pettit

This isn't just a market...it's a family. I miss seeing 'my family.' ~ Kim Kirman



*Happy Birthday to you!*

### Pisces

Kyla 3/5

Anthony 3/7

Myranda 3/19

Anna Leigh 3/20

### Aries

Alicia 3/23

Jameson 3/24

Arturo 3/30

## Anniversary

Aria 3/2 - 2 years

Kyla 3/2 - 2 years

Sean 3/17 - 1 year

Chloe 3/17 - 1 year

**MARCH WOTMs Congrats!**

**Casey  
Groc  
Chill  
SR**



### Been here:

*I've been here for 1 year 3 mos. in Grocery & Chill.*

### Favorite part of CM:

*My favorite part of working here is being challenged to find humor and kindness in every moment, and being able to reflect that back outwards to coworkers and custies alike!*

### Outside of CM:

*Music and my dog are my life these days. Both of those things bring me so much joy day to day....it's important to remember; you only need a couple a good things in life to keep you going. And a bottle of Tequila never hurts.*

## 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

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## THE GREEN TEAM

## GREEN TEAM COMMUNITY MARKET



free

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

**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!

Community Market

presents

### Food As Medicine Wellness Series

3rd Monday

of each

Month

March  
18th

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

Community Heals  
6741 Sebastopol Ave,



## DONATORS

In a world of amazon and whole food giants it is vital that we have small scale markets that support our local farmers and food systems. Community Market is a hub of education, it has given us all so much - let's give back!  
~ Alchemist Farm

Community Market is synonymous with: community, good food, supporting local, giving back, paying it forward. Food for People Not For Profit! ~ Sarah Gross

Thank you for keeping us all healthy and wise . We love you community market!  
~ Ann Hurst



**What does  
good  
Customer  
Service  
mean  
to you?**

For me, **looking at customer's straight in the eye** when they are talking to you and **actually listening** to what they are saying, is the truest form of service we can give. Really doesn't take much effort and the rewards can be incredible. All most people want is to be heard. It might not be what you want to hear, but **we are here for the customer!** We want to make them feel the best we can **so they will come back** and shop. Our life as a business depends on it! Of course there's nothing wrong with (in fact, it too is extremely important) **saying hello to any customer you walk by** and make eye contact with. **Just being genuinely friendly goes along way.** ~ Greg

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





# Opportunities

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## DONATORS

I can't imagine Sonoma County without Community Market.

~ Robin Harmann

I just heard Ms Waltenspiel interviewed on Doug Jayne's mid day music program on KRCB. I live far away up in Washington state but I know how important it is for communities to have access to fresh, local and organic foods. I sympathize with the workers who have been impacted by the flood, and the best way to help them is to help the store to reopen ASAP.

~ Colleen Ostrye

I am donating because I love these people and will do what I can to help.~ Sheila Rutherford

Red Clover Workers Brigade! We know Community Market from their roots back on Morgan Street. We care and want to see the store and our community flourish ~ Comet Corn

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
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Senior Disc 10% off All Day	<b>28</b>	<b>1</b>	<b>2</b> 5% Day
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Senior Disc 10% off All Day	<b>7</b> Pay Day	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Senior Disc 10% off All Day	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Wellness Talk 6:30pm	<b>19</b>	<b>20</b> Senior Disc 10% off All Day	<b>21</b> Pay Day	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Senior Disc 10% off All Day	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b> Senior Disc 10% off All Day	<b>4</b> Pay Day	<b>5</b>	<b>6</b> 5% Day

## 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](mailto:info4rapper@gmail.com) or leave a note in the suggestion boxes by the time clocks.