View this email in your browser

chatham REAL! FOOD market

a local co-op

HAPPY NEW YEAR!

The Co-op was graced with many beautiful Dahlias this summer, that made their way to your homes. Our good friend Caitlin Moran at **Flora Farm Design** decided to give up her desk job and become a flower gardener, and we are so happy that she did! Keep your eyes open for more beautiful blooms from Caitlin in 2023.

New Years greetings to all. We hope you had a wonderful holiday time and that your New Year has started well.

Here at the Co-op, we are reflecting on 2022, and looking ahead to 2023.
2022 was a year of many changes, of stability in our sales, and of an increase in our new members- thank you for joining us and welcome!

Looking ahead, we have hopes and wishes for 2023 and beyond, and we hope that you will be a part of creating the future with us.

Some of our goals-

Start a Free Community Fridge
Reduce packaging & waste, and reduce our carbon footprint
Bring in more local vendors & producers
Update our in-store vendor map
Create an in-store community/information board
More indoor seating
Keep prices low- we are actively taking steps towards creating a 'Real Food Basics' program
More members & member engagement
Higher attendance at Annual Member-Owner Meeting
Cultivate volunteers

If you are interested in supporting any of these efforts, please pop us an email HERE.
Thank you.

It's a long list, and has mainly been compiled by the most important people- you! Our member-owners, customers & friends are vital for the future of the Co-op, and we are very much looking forward to engaging more with you, and building the future together.
Thank you all for helping to make 2022 a great year.
Here's to a wonderful 2023.

Some highlights from 2022.

Our Annual Member-Owner Meeting in September was a great success, with more people in attendance than in previous years.
The Co-op Council & Store Managers shared pertinent information about the Co-op, how the year had been, and its financials.

We then broke into small conversation groups and discussed the following topics-
Member Engagement
Environmental Impact
Food Accessibility
Full and rich conversations were had, with many great ideas emerging that are seeds for the future.
After the conversations, we enjoyed music from local musicians (and Members), The Salt Tooth Serenaders, we browzed stalls from some of our vendors; Shadowbrook Farm, Asia Luna, Chatham Brewery, Martin Sylvan Honey, Damsel Garden & Little Seed Gardens, and feasted on delicious food prepared by our chefs.
We are thankful to all who attended, and we hope to see many more of you next year.

The Co-op Council, from left to right; Eckhart Keisel, Caleb White, Leandra Keefe, Calliope Nicholas, Keith Bogdanovich, Henry Corsun & Ben Borkowitz.

In-store tastings

Thank you to all our wonderful Vendors who brought their products, and good cheer, to the Co-op for in-store tastings. They were a great success!

The in-store tastings are a good way for our customers to connect with our vendors, and to find out more about their great products. It is always a good thing to know who you are supporting, and to have a relationship with your food.
We appreciate all of our vendors-they are the best!
Look out for more in-store tastings soon.
We usually have them on Fridays from 12:30pm-2:30pm.
They will be posted on our Instagram & Facebook pages (if you're not following us yet, what are you waiting for?!),
as well as on our online calendar
(www.chatham.coop/calendar)
and the Community Blackboard in our parking lot

Pictured- David from Clermont Coffee, Peter from Gustable Foods, Bonnie from Bakers Addiction, Anna from Sunflower Valley Foods, Loralee from Common Hands Farm and Tyler from Larry's Naturals.

IF YOU ARE A VENDOR AND WOULD LIKE TO SCHEDULE AN IN-STORE TASTING, PLEASE SEND US AN EMAIL HERE.

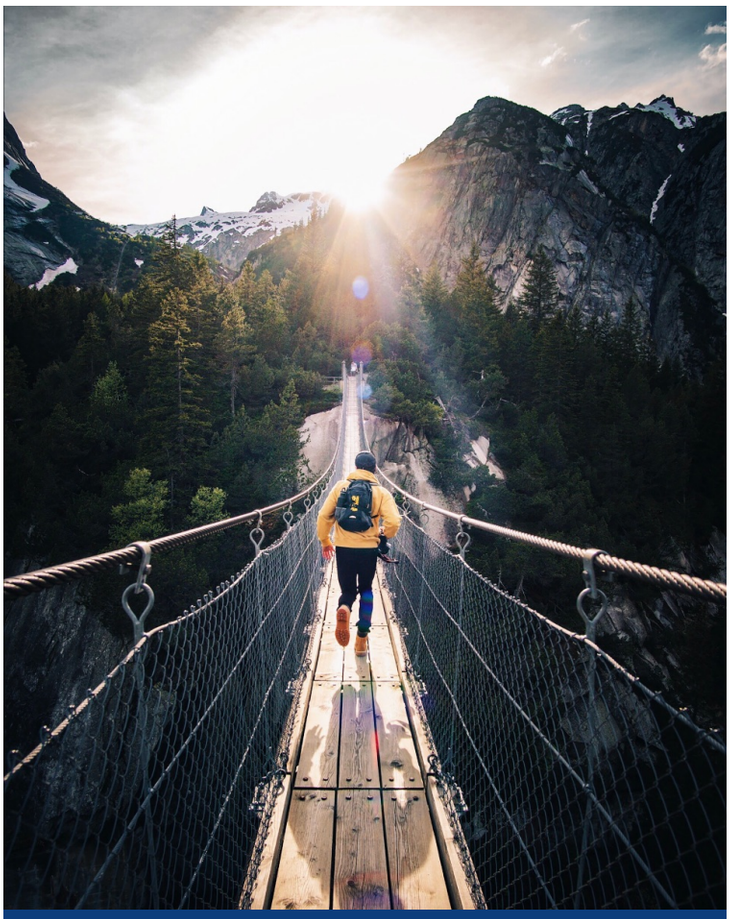
SOME FUN 2022 NUMBERS

88...New Co-op Members bringing us to 1126 Member-Owners

44%...of all your dollars spent in the store stayed local, directly supporting our local economy

Thank you!

January Happenings



In our Community Room

On Saturday, January 14, men are invited to start the year strong with a free class by Health Coach Geoff Gloak. The class is from 10:30 a.m. - 12:00pm and titled: **Men, Let's Up Our Energy and Vitality in 2023!**

Geoff will provide recommendations, tips, and tricks to improve men's health and energy. He'll also discuss the aspects of our health and diet that may be slowing you down, and how small changes can lead to big results!

Geoff Gloak is a health coach and the author of the *Health Doesn't Have to Be Hard* newsletter. He specializes in helping men in midlife and beyond achieve—and maintain—their health goals. For more information, visit www.coachgloak.com.

Rocky Hill Forge

Knife Sharpening

Rocky Hill Forge is a local blacksmithing and knife sharpening company. In addition to offering on-site whetstone sharpening, we provide a drop off service for most garden tools with a 1-2 day turnaround.

chatham REAL! FOOD market
a local co-op

Saturday, January 28th

11:30-3:30

15 Church St, Chatham, NY 12037

For more information, visit rockyhillforge.com or call (518)-212-7748

SPIJK IS BACK BY POPULAR DEMAND!
SATURDAY, JANUARY 28TH
11:30am-3:30pm

Get your knives sharpened- no booking required, just turn up with your knives, browse the store or grab some lunch, and then collect your like-new sharp knives.

Prices are as follows-

$2.00 per blade inch
$3.00 for minor blade repair (chips etc)
$8.00 for major blade repair (Large chips etc)
$12.00 for tip repair
$2.50 per serrated blade inch (with a 2 - 3 day turn around time)

COMMUNITY ROOM CALENDAR

PLEASE GIVE US A CALL IF YOU'D LIKE TO RENT OUR COMMUNITY ROOM- IT'S A MULTI-FUNCTIONAL SPACE, GREAT FOR PARTIES, MEETINGS, CLASSES, COOKING ETC
518 392 3353

SUN	MON	TUE	WED	THU	FRI	SAT
Jan 1	2 7am Rachel Wood Yoga 8:45am Yoga Rachel We	3 5pm Yoga Mary Flinn	4 7am Rachel Wood Yoga	5	6	7 8:30am Yoga Mary Flinn
8	9 7am Rachel Wood Yoga 8:45am Yoga Rachel We	10 5pm Yoga Mary Flinn	11 7am Rachel Wood Yoga	12	13	14 8:30am Yoga Mary Flinn 10:30am For Men: Lose
15	16 7am Rachel Wood Yoga 8:45am Yoga Rachel We	17 5pm Yoga Mary Flinn	18 7am Rachel Wood Yoga	19	20	21 8:30am Yoga Mary Flinn
22	23 7am Rachel Wood Yoga 8:45am Yoga Rachel We	24 5pm Yoga Mary Flinn	25 7am Rachel Wood Yoga	26	27	28 8:30am Yoga Mary Flinn
29	30 7am Rachel Wood Yoga 8:45am Yoga Rachel We	31 5pm Yoga Mary Flinn	Feb 1 7am Rachel Wood Yoga	2	3	4 8:30am Yoga Mary Flinn

Click on the image to be re-directed to our On-line Calendar of Events for January and beyond.

Community Room Yoga Classes

We have five regular Yoga classes that are open to the public-

With Rachel Wood-

Mondays
7:00am-8:15am
8:45am-9:45am

Wednesdays
7:00am-8:15am

These are classses suitable for beginners and those with more experience. We will practice “Ashtanga Yoga”, which is a style with a set sequence which allows students to learn it over time. We will also hold poses for 5 breaths, focus on the breath and work on maintaining a steady gaze.

Classes are taught by Rachel Wood (www.rachelwood.com). Rachel began practicing Ashtanga in 2009 while living in South Africa. She’s certified as a 500-hour teacher and has studied and traveled around the world. Rachel lives in Austerlitz and is raising two small ninjas with her partner.
For more information, contact Rachel at 917.981.9867

With Mary Flinn-

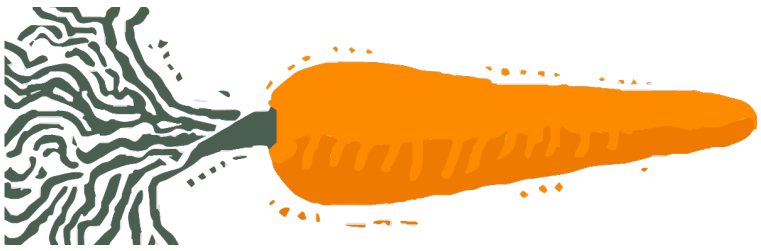
Tuesdays
6:00pm-7:00pm

Saturdays
8:30am-9:40am

Mary offers an all level class that is great for beginners as well as seasoned practitioners who want to slow down, connect with the breath and loosen the body. All classes will introduce yoga stretches and postures, meditation, and breathing exercises, followed by deep relaxation. Modifications will be given. Please bring your own mat and any props you may need.

Call Mary for more information:
267-252-2389
Mary has been teaching yoga since 1995. She has been trained in many styles and incorporates them into her eclectic classes. She is also an artist.

Thank you all for your continued support, we look forward to sharing 2023 and beyond with you.
See you at the Co-op!



Copyright © 2023 Chatham Real Food Market Co-op, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

mailchimp