

CanDo! CO-OP

CREATIVE COMMUNITY PLAYHOUSE

***What's it all about?* A working resource-based co-op, youth & family centre, creative & performing arts showcase, not to mention a health&fitness hot spot! We envision this as a unique gathering place with local flavor, and invite creative thinkers of all ages to add their talents to the mix!!**

The ultimate goal is to bring the community together in harmony and healing through the arts. The objective is to create a common place where people freely share their resources, skills and experience with one another in the co-operative spirit.

CanDo! Creative Arts CO-OP was originally established in 1989 as ARD Family CO-OP and is member-run and democratically controlled. The CO-OP is dedicated to providing high quality products and services through our buying, babysitting, urban fruit gleaning clubs, philanthropic projects, and partner affiliations. Anyone can participate in our programs, member or non-member. Membership is open to all.

The CO-OP is a lifelong learning centre, owned and managed by the ARD Family. Day-to-day operations are conducted through member cooperation and our youth leadership program. All donations are equally returned to the CO-OP, its members, and our philanthropic projects. The latest news & updates are posted regularly to keep members in touch with CO-OP happenings and to impart new information on natural living. Everyone who participates in the CO-OP is encouraged to discuss concerns or suggestions at our weekly collective meetings.

Through our various programs, we seek to promote health and well-being for our members and the larger community by making available unique products & services which nourish the body, mind, and spirit, as well as promote good stewardship of our natural resources. We actively promote sustainable, organic agriculture and local growers, whenever possible. The CO-OP also supports local artists and craftspeople, city and county-wide events including health fairs and festivals, and community efforts such as recycling and square-foot gardening which are beneficial to the environment.

Join us on Monday, Mondays from 11am-1pm for an *impromptu* Brown Bag Jam Session on the commons at 638 N. Citrus Ave. in Crystal River (right across from the Back Porch Garden in Heritage Village) and *bring family & friends!*

We'll have music and entertainment by the Back Yard Fruit Pickers to lift the spirit. There will also be demonstrations and samples of our original Rainbow Wraps available (free with a donation of time or talents to the CO-OP and/or our philanthropic projects.) Wraps inspired by Dr. Doug Graham's "High Energy Diet" party salad recipe, and made with fresh produce from Albert's Organics and Four Corners Country Market in the Village.

Memberships

CanDo! Creative Arts CO-OP is owned by the ARD Family CO-OP, and democratically run by its members. Everyone is welcome to participate in the CO-OP in exchange for time and/or talents. Members get special privileges, including free admission to the Creative Community Playhouse throughout the year. Trial memberships are also available at no charge and are good for two day Playhouse visits and Club privileges. Members simply show their valid membership key card upon arrival and when signing up for clubs and classes. Memberships are not transferable.

Members are eligible for:

- **Members-only Credit (20% or more, hourly or otherwise)** through our buying, babysitting, urban fruit gleaning clubs and partner affiliations.
- **Member Appreciation Days** - Members get a 10% credit on all products and services once every 3 months.
- **Member Monthly Credit** - 3 hour credit on any one product or service with a value of \$10.00 or more. Just have your card punched at the checkout. This credit all but pays for your single yearly membership dues.
- **Senior/Student Monthly Credit** - 10% of any one product or service one day per month. Just have your card punched at the checkout.

Yearly membership fees are:

Single (1 keycard) membership-----	\$25.00
Family (Multiple keycard) membership-----	\$40.00
Lifetime membership (one time fee)-----	\$200.00
Senior Citizen-----	no charge
Student (with valid ID)-----	no charge
Commercial membership-----	\$75.00

Benefits of membership include:

- special privileges and credits
- a voice in the CO-OP's growth and development
- a vote at the annual potluck picnic & meeting
- an effective way to support natural products, local folks and healthy lifestyles
- a place to share common interests and concerns

Members contribute to the cooperative spirit by:

- contributing often to the CO-OP and our philanthropic projects
- attending weekly collective and annual meetings
- giving ideas and suggestions to the staff and board members
- cleaning up spills
- helping other shoppers by answering questions or lending a hand

Tip o' the hat to our original, inspirational models, including Rainbow Whole Foods Co-operative of Jackson, MS and the Purple Thistle Centre in Vancouver, BC!