

# Silver City Food Co-op Garbanzo Gazette

*Vote!*

Volume 19

✦ Your Monthly Newsletter ✦ April 2019

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

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## What's Happening? As We Head Towards Our GMM

The Co-op has hired a local architect to move us forward with our relocation. Steven Shendich will be beginning with preliminary designs and basic engineering needs. The goal is to have these mostly done by the General Member Meeting and Social Gathering (GMM) on May 5th.

He will be taking the space analysis plans from each department and make it all fit. Facts show that while the new store is certainly bigger, we don't have as much as we want to do everything. Compromises will be made, but there will also be a "Phase Two" plan (just lightly sketched out) that will further develop the property. There is no time line delineated for phase 2, but the general talk is three to five years after we move.

There is 6,000 sq ft in the main building. There is an attached back building which is 1,300 sq ft. The issue is that the floor of the back building is 2 ft higher than the floor of the main store. The building is set into an incline which accounts for this feature. For a grocery store it creates an issue.

The probable move would be to relocate the front entrance at the north side of the northeast corner of the building which is mostly level with the outside. The other issue is how to get our products into the building as there is no door big enough to receive shipments.

With unlimited dollars, these issues are very fixable. The desire though is to do this move in a prudent and frugal way. This will take some creativity and a number of ideas are already being explored.

This part of our relocation effort is funded by the generous donations that we have received (and you can still donate). Our Co-op has already spent a lot of dollars on buying the building and the monthly upkeep. It is important that our relocation effort does not impede the functioning of our store, so further funding for the move needs to come from different sources.

The Pope Street Project Committee has been looking deeply into fundraising via member loans. The talk right now is that a straight bank loan may be our best option because it can be spread out over 20 - 25 years while member loans generally have a much shorter term. However, member loans could be available sooner and help us move forward to the bank loans.

April will be a very busy month with the architect working and the financing being scrutinized. We also have our annual election for our Board from April 6th to April 19th. And it is topped off on May 5th with our GMM (more info inside).

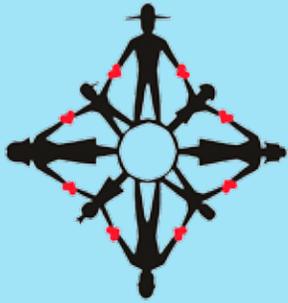
Joe Z ✦ ✦ ✦



2028 members/owners strong and counting . . .

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

## Seven Cooperative Principles

- Voluntary and open membership
  - Democratic member control
- Member economic participation
  - Autonomy and independence
- Education, training and information
  - Cooperation among co-ops
  - Concern for community

**Joe Z**

general manager

**Mike Madigan**

assistant manager

## The Garbanzo Gazette

Editor: Joe Z

Staff Writer: Judith Kenney

Guest Writers: M. A. Pantha Huff,  
Susan Van Auken

Kate Stansberger, Evan Humphrey

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Cup o' JOE

by Joe Z



I am extremely happy that we have finally hired an architect and can move forward with our relocation!

It was a long and arduous process to arrive here and the future has many challenges and pitfalls.

Look folks – this building isn't perfect. The location is though. We do not have the finances to make the building perfect so we will be having a lot of decisions to make.

So the question becomes, "how do we make those decisions and what parameters are the most important?" I've been told that my propensity to ask these questions is quite annoying. They're probably right but that doesn't mean they do not need answering.

Obviously, money has to be our first parameter as we are limited in our funding. But it can't always be the deciding factor in a decision. What if an energy saving choice is \$25,000 more than the polluting choice? Maybe the payback period is as long as 10 years. What if it was \$50,000 more? Not all choices will be obvious or will be able to be satisfied with the lowest possible price. And a construction project like this will have a zillion and seven choices to be made.

In many ways, I consider myself a "fiscal conservative". Okay, I can see some folks raising their eyebrows and saying to me, "Wait a minute Joe! You're a fiscal progressive – just look at the Market Café that ran for 3 years and lost us money".

Boy howdy, that's a very long involved conversation! But I'm glad this fictitious person brought it up because our experiment at 614 Bullard is something that will inform us well as we move on with this relocation.

The information and data that was obtained from our Market Café will save us much more in our relocation than we what we "lost".

The 614 experiment was fiscally conservative overall and our relocation is fiscally progressive overall and here is why: At any point in time, we were able to shut down 614

and all expenses from the place will – and was - stopped. It never ever threatened our Co-op. Our Co-op has remained very strong and viable through that experiment and today there is no residual expense that emanated from 614.

The relocation is different. A poor major decision can cripple and threaten us. There is certainly risk involved here that was not at all present with the 614 experiment. That puts the entire project into the fiscally progressive mode. Which is actually normal for a business needing to relocate.

There is also great risk in staying where we are and the coming years will prove to be very costly too. That's a whole 'nother conversation.

So if we're throwing labels around – I guess I'll choose fiscally prudent or maybe fiscally pragmatic for myself. Everything has a cost and a benefit. Sometimes the immediate costs outweigh the long term benefits and sometimes the extra cost is worth the long term benefits. Simply going for the most desired option in every decision could push us into the stratosphere financially.

Conversely, the low-cost options can prove very bad for us operationally (say not upgrading the electrical enough because we want to save money and then having breakers constantly blowing resulting in losses in frozen and refrigerated product).

The great part right now is that with an architect hired, we will be able to cost out the project in much greater detail. Then the fun part of compromising due to fiscal constraints, constructing the place and finally moving. And then we will have a great new Co-op blazing our way forward! ❄️

## Organic Clarification

by Susan Van Auken

The February GG contained an article, *Why Eat Organic*, which I wrote.

The Co-op received several comments from members who believe that I did not go in to specific details regarding how the USDA organic standards are slowly being diluted, how some of the chemicals used in organic farming are themselves considered toxic by certain states and organizations, how some imported products are called organic but not certified, and how hydroponically grown foods can now be certified organic. It is absolutely true I did not mention all these specific difficulties and challenges, it was not the intent of the article. I hoped that the three points I was making, would encourage people only partially committed to organics to INCREASE

their commitment. I do however agree with the comments made about the weakening of the USDA regulations!

Over the past 10-20 years the demand for organic foods has vastly increased. But one might ask how does this additional supply of organic foods appear on the shelves? Who pays for the development of all these new organic farms? Where are the large supply of farm-workers for labor intensive organic farms found, and how much can they be paid?

*Ed. Note: Due to space constraints – this clarification has been edited and the issue too big for this newsletter. We are planning to put more info about this on our website soon. For now, more info on organics can be found at The Organic Trade Association - ota.com. It is a serious issue that concerns us all.* ❄️



**Please**



**VOTE**



**Board of Directors  
Election**



*Voting is  
Saturday, April 6th - Friday, April 19th*



**Candidates' statements  
follow on pages 8 & 9**



*New Board Members will be introduced  
at the General Membership Meeting  
on May 5th.*



**Ballots will be available at the Co-op.  
You can also print out your own copy from our website  
and mail it or deliver it to the Co-op.  
([www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop))**



# Kitchen Meditations

## Spring

### Simple Berry Compote

This 2-ingredient fruit compote requires just 1 pot and 15 minutes! Perfect for waffles, french toast, sundaes, oatmeal, and more. Keeps well in the fridge 4-5 days and freezes for one month.

#### Ingredients:

Compote  
3 cups fresh or frozen fruit  
(1/2 strawberries, 1/2 bing cherries are good together)  
3 Tablespoons orange juice

#### Optional Add-ins

1/4 tsp ground cinnamon  
1/4 tsp fresh or ground ginger  
1 tsp raw sugar  
1 tsp chia seeds (add after removing from heat)

#### Instructions:

1. Place fruit and juice in a small saucepan and bring to medium heat.
2. Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.
3. Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine.
4. Remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the fridge and reheat to serve with french toast, waffles, pancakes, oatmeal, ice cream sundaes, and more.

## Talk about Herbs

### Try Thyme for a Spring Cold

Rich in phenols and antioxidants, thyme is seen, by some, as a miracle cure for all sorts of ailments, especially for respiratory infections, head colds, and flu-like symptoms. It is common grandmotherly wisdom around the world, backed up by the actual antiseptic and antiviral properties of the herb. Miraculous or not, thyme can be an effective addition to your basket of natural remedies. It's been used, with helpful results, by many folks for runny noses, sore throats and coughs. Try out the power of a thyme infusion the next time you're under the weather. See if it works for you!

### Rhubarb - Date Chutney

A sweet and sour combo that acts like apple or cranberry sauce and goes well with wild salmon and roast chicken. You can also freeze a batch to go with your Thanksgiving and Christmas feasts.

#### Ingredients:

2 tablespoons orange juice  
1/3 cup cider vinegar  
1/4 cup light brown sugar  
1 tablespoon minced fresh ginger  
1/4 teaspoon ground cinnamon  
2 cups fresh rhubarb, trimmed and sliced into 1-inch pieces  
1/2 cup pitted dates, chopped

#### Method:

In a medium saucepan, add orange juice, vinegar, brown sugar, ginger and cinnamon and bring to a lively simmer over medium-high heat. Reduce heat to low and cook for about 5 minutes. Add rhubarb and dates, increase heat and bring back to lively simmer. Reduce heat and cook gently until rhubarb is fork tender, about 5 minutes. Rhubarb will puree on its own. Remove from heat and allow to cool.

Makes about 1 1/2 cups. Keeps well in the fridge for up to one week.



### The Frugal Co-op Chef

## Thyme Infusion

#### Ingredients:

2 teaspoons dried thyme  
1 teaspoon honey (optional)  
1 tablespoon freshly squeezed lemon juice (optional)

#### Method:

- Place thyme in a heat-proof mug\*
  - Bring 1 cup water just below a boil and pour over the thyme
  - Steep 5-10 minutes, then strain.
  - Stir in the honey and lemon juice, if using, and allow to cool a few minutes longer before drinking.
- \*You can use a tea ball for steeping, if you have one.

#### Notes:

- The infusion browns and becomes bitter as it cools, so make it just before consuming.
- This is not recommended for pregnant or breastfeeding women or young children.

# Jake's April Produce Picks

## Rhubarb



Strawberry rhubarb pie...a favorite of many people this time of year. Rhubarb might be a seasonal spring delight, but what is it, exactly? Is it a fruit or a vegetable? It looks like celery, only red. Does it always need sweetening to be palatable? When reading about rhubarb, interesting facts begin to reveal themselves. Rhubarb is an ancient plant that can be traced back to China in 2700 B.C. when it was referenced in The Divine Farmer's Herb-Root Classic, a book of agriculture and medicinal plants. It is native to western China and Mongolia but grows everywhere now, from Patagonia to Greenland. Used originally for medicinal purposes, the first known recipe for rhubarb was found in a cookbook entitled A New System of Domestic Cookery by Maria Eliza Rundell in 1807. Rhubarb is harvested in the spring, from April to June. The stalks are famous for their vibrant red color, but can also be light pink or even green. Packed with minerals, vitamins and bioflavonoids, it is very high in fiber. Remember that only the stalks are edible. Never ever eat the leaves as they are poisonous! Rhubarb is, indeed, a vegetable, but is often cooked, sweetened and combined with fruit as a dessert. On its own it has a tart flavor, comparable to that of a sour green apple. Try it in quick breads, chutneys and with a constellation of fruits. If you'd like to minimize sugar consumption, sweeten rhubarb with honey or maple syrup. We don't normally think of it as an ingredient in savory dishes, but it can add zip to soups and stews. It's also a very nice compliment to meat, chicken and fish. So, rhubarb is a vegetable, not always red and doesn't always need to be sweetened to eat. Food facts are fun! Our produce department will be carrying it this spring so, perhaps, you can engage in some creative rhubarb cookery. Let us know how it turns out!



## Strawberries



Sweet and juicy, with an unmistakable texture and fragrance, strawberries are the most popular berry fruit in the world. An excellent source of vitamin C and manganese, strawberries are a very good source of dietary fiber and iodine, too. They're also a sweet, delicious source of potassium, folate, B vitamins, omega-3s, magnesium, copper and vitamin K—and they contain many phytonutrients to boot. Generally available from spring through summer, strawberries are at their peak through mid-summer. Look for plump, firm, shiny red berries with fresh green caps (berries that are still yellow or green will taste sour because they're not yet ripe). By the way, bigger isn't better when it comes to strawberries; medium-sized berries are usually more flavorful than larger ones. Make sure the berries aren't crushed or damaged by tight packaging and that there's no sign of moisture. Remove any spoiled berries before storing in the refrigerator for a day or two. Don't wash them until you're ready to eat them, but use them as soon as possible after purchase, because they're very perishable. Strawberries freeze well, sliced or whole.



*Tinisha loves cheese.  
Especially Cambozola!*

# Becky's April Dairy Pick Cambozola

Cambozola is a cow's milk cheese that is a combination, in style, of a French, soft-ripened triple cream cheese, such as Camembert, and Italian Gorgonzola, a sharper blue cheese. In fact, its name appears to be a portmanteau\* of Camembert and Gorgonzola. It has an edible rind and a velvety, brie-like texture. Cambozola is smoother and creamier than a typical blue, so even folks who think they don't like blue cheese because it's "too strong" may find themselves craving more. Enjoy it on good crackers or bread, or paired with turkey and jalapeno jelly in a sandwich. It melts like a dream and makes wonderful macaroni and cheese. The addition of parmesan can ramp up the flavor of mac and cheese a bit, but the cambozola makes it mellow, creamy and perfect on its own.

\*A word whose form and meaning are derived from a blending of two or more distinct forms, such as "smog" from "smoke" and "fog" or "cambozola" from "camembert" and "gorgonzola".

# CO-OP Community



## Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

### *The Food Pantry*

*We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.*



## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

Ellen O'Bryan • catherine bialopiotrowicz  
Althea Athenian • Alexa Davis • Pantha Huff  
Rebecca Summers • Sharon Bookwalter  
Logan Campbell • Deb James • Jennifer Lamborn  
Jane Papin • Susan Van Auken • Tim Garner  
Mark Johannes • Josh Vannatter



## RAIN CHECK

Sorry we are out.  
Lettuce make it up to you!



**We now have rainchecks to give our member/owners and customers better service!**

## Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

## Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

## Round Up for April

### PFLAG Silver City



In April, Co-op customers will be able to donate to PFLAG, Parents and Friends of Lesbian and Gays. PFLAG is the extended family of the LGBTQ community. Their mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate themselves and those in the community to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people.

## February Round Up \$1181.71!

### Southwest Center for Health Innovation



Forward NM will be using the funds provided by Silver City Food Co-Op Round Up! to promote healthy diets during this year's Teen Academy for Health Sciences. This is a three-week non-residential camp that focuses on health care careers and college prep. Students who attend the camp are exposed to various careers, colleges, and are given the opportunity to receive a scholarship to Western New Mexico University. With the generous donations of the Co-op, we will be providing students with the brain food necessary to get through these challenging days!

## Round Up for May

### SpayNeuter Awareness Program (SNAP)



The Spay/Neuter Awareness Program of Silver City/Grant County is a non-profit, all-volunteer organization dedicated to helping stop the destruction of healthy dogs and cats resulting from over population. We provide financial assistance to low-income persons and families in Grant, Catron, and Hidalgo counties to spay or neuter their companion animals.

# General Membership Meeting &

## Pie & Ice Cream Social

1 pm to 5 pm

Sunday, May 5th, 2019

907 North Pope Street, Silver City



• ice cream!

• pie!

• beverages!

• tours of the new building

• presentation of design plans

• local vendors showcasing their products

• annual report on membership  
and store financials

### Can you help?

The Member Connect Committee is seeking  
volunteers to help with planning, setting up, trash, food serving, parking and tours.

Please contact directors Scott Zager (szager1959@gmail.com)

or Jean-Robert Béffort (aspace.studiogallery@gmail.com)

if you're willing to help in any way.

You will earn a volunteer coupon for 15% off your purchases at the Co-op  
for every three hours worked.

See page 14 for detailed information

## MAD June July

Chose your own two days

to receive **10% off** your purchases!  
(Excluding mark-down items  
25% maximum discount)

Be sure to tell the cashier **BEFORE** they start ringing up  
your purchases that you are using your MAD discount!

**Member Appreciation Days (MAD)** are offered 4 times  
each year, and are yet another way  
to save money at the Co-op.

Memberships are only \$10/year and you can recoup  
your membership by shopping just one MAD.

## Calling for Guest Writers!

Do you love your Co-op?

Do you want to help get

the word out

about the issues

facing the Co-op?

We would love your help writing articles  
for the Garbanzo Gazette!

Members, if interested please email

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



We will happily carry  
your purchases  
to your vehicle,  
wherever you're parked!

## Little Walnut Mountain Run

*A Benefit for the Silver City Farmers' Market*

Saturday, April 27, 2018

At the Gomez Peak Pavilion

9:00am Race Start

8:00am Check-in

7:30-8:30 Day of Registration

Find out more online <https://runlittlewalnut.wixsite.com/>  
or contact: [friscofarm@gmail.com](mailto:friscofarm@gmail.com)



# ◆ Candidates' Statements

Gwendolyn Lacy ◆

## Betty Mishuk ◆

As a founding member of our Co-op, I have participated in its success over the past 44 years as a board member, a member on various committees and a multitude of volunteer and "worker" positions from inception of the first store front. I also served as Treasurer on the Board of the Tucson Co-op Warehouse (TCW) from 1999 to 2007. I have lived in Grant County since 1975

Aside from the historical perspective I bring to our Co-op, I am a retired Certified Public Accountant. I will gladly share my insights and understanding of financial information presented at Board or Member meetings with any members who may have such interest.

I am currently serving on several Co-op Committees - the Finance Committee, the Member Connect Committee and the Pope Street Project Committee.

The Pope Street Project Committee (PSPC) is tasked with the relocation of our Co-op.

We have an amazing opportunity to make a difference for our Co-op and our community. I do believe the project is doable. I believe our collective energy can meet the challenge and create our incredible future.

The relocation is a massive undertaking and I am excited and honored to participate on the committee guiding this project. I want to see our new store be as green and energy efficient as possible. I want to see our employees have a break room. I want to enjoy wider aisles and lots more produce. I look forward to the parking. I believe we will need to do the renovation in stages which has always been the way we have done it in the past and we have always been successful. With my background in accounting and finance I am ideally suited to provide beneficial fiduciary understanding as we go forward with this project. I

support a conservative approach when it comes to indebting our Co-op.

I have been a financial consultant to the Co-op for the past five years and am familiar with the financial conditions and challenges we face.

If elected, I will be up to speed from day one. I have been attending monthly Board meetings on a regular basis for the past several years. I am informed on the current challenges facing our Co-op and how the current Board is addressing those challenges.

I am always available via email or telephone to hear from you about the needs and vision you have for the future of our Co-op.

Thank you for considering me as your candidate of choice. If you have any questions about my views or qualifications please feel free to e-mail me at [bmishuk@zianet.com](mailto:bmishuk@zianet.com) or call 538-2112 (H) or 574-8400(C).

*In the Spirit of Cooperation,  
Betty Mishuk*

### Questions:

1. Have you participated in Board Member in Training (BIT) this year?  yes  no
2. Have you served on a Co-op Board committee?  yes  no  
If so, how long? 9 months
3. Have you served on a previous board?  yes  no
4. Have you attended a board meeting this year?  yes  no If so, how many? 8
5. Have you ever volunteered for our Co-op?  yes  no  
If so, how long? Various - over 44 Years.
6. Have you ever worked for a Food Co-op?  yes  no If so, how long? 5 Years

My family has resided in New Mexico since the 1940's and maintained a home here in Silver City since the 1970's. I've visited Silver City over the years and made the decision last year to relocate from Southeastern Pennsylvania. I now gratefully call Silver City home. One of the first things I did upon relocating was to fortify my membership with the Co-op.

I currently maintain a law practice, Advocacy Matters LLC, where I help individuals and organizations to conserve land, water, and other precious natural and historic resources. I also assist clients in advocating for themselves and for legislation, and by finding creative solutions to conflicts through consensus building and mediation.

Silver City is a very active and engaged community. I've been taking my time exploring many of the dedicated groups and organizations to determine what really resonates with me. I have decided to run for the Silver City Co-op board in order to best dedicate my time and energy.

As a college student, many years ago, I worked at the Isla Vista Food Co-op in Santa Barbara, California. This was my earliest experience with a cooperative. It was a very positive time and it shaped my vision for supporting those who supply organic, locally sourced, and fair trade products.

Another relevant experience is that I have been through a similar growth spurt when my local market, Harvest Market in Hockessin, Delaware, made the transition from a small entrepreneurial market to a larger site with ample parking and other amenities. Harvest did this thoughtfully and systematically without sacrificing its unique character, integrity, and most importantly, its good will in the community.

Education wise, I have a BA in English Literature and Creative Writing, a Graduate Degree in Education and a Juris Doctorate in Law. I am also a certified Mediator. In addition to teaching oversees for several years, I was the founding executive director and legal counsel for a local land conservancy. My focus, for over fourteen years, was in growing this all-volunteer start-up organization into one with a dedicated staff, board, and robust membership base.

Through my education and professional experience, I have developed leadership skills in management, board development, strategic planning, conflict resolution, fundraising, budgeting, membership outreach, program creation and implementation, and public speaking.

I believe our Co-op is a very valuable, synergetic, resource in our community and one I am proud to be a member of. I've recently attended our Co-op board meetings and explored the Co-op and its mission via the Board Member in Training (BIT) program.

After taking the time to understand the vital work of the Co-op Board, I believe I would be a positive addition. I am confident that I can be of service to the Co-op community during this dynamic time of transition and evolution.

### Questions:

1. Have you participated in Board Member in Training (BIT) this year?  yes  no
2. Have you served on a Co-op Board committee?  yes  no
3. Have you served on a previous board?  yes  no
4. Have you attended a board meeting this year?  yes  no  
If so, how many? 3
5. Have you ever volunteered for our Co-op?  yes  no
6. Have you ever worked for a Food Co-op?  yes  no If so, how long? 1 year



## Julianna Flynn Albershardt ✦

Having been a member of several co-ops since the 1980s, I became an enthusiastic member of the Silver City Food Co-op when I started visiting the area in 2005; our thriving downtown Co-op was one of the reasons my husband and I decided to relocate to Silver City.

Love of organic local foods led my partners and I to start our farm, San Vicente Farms. We've sold organic produce at the Farmer's Market and know first hand the challenges of insuring a healthy and affordable local food supply. I am dedicated to local, affordable, sustainable, organic and fair-traded food.

Before moving to Silver, I worked as a manager in several small businesses, as a services coordinator for a mental health program, as a therapist and consultant, as a curriculum developer, a newsletter editor, and a ghost writer. Since moving to town I've been a local business owner and provided management services to other local businesses. My BA in Behavioral Psychology from the University of Pittsburgh guided my work on the Murray Hotel, and subsequently on several other New Mexico buildings, by using the psychology of design as applied to the built environment. These buildings were remodeled for adaptive reuse, as we hope now to do with our Pope Street Building.

I have served on several boards and committees, including the Arts and Cultural District Coordinating Committee and the board of the Mimbres Regional Arts Council, where I served as Vice President. Last year when the co-op board needed someone to fill a vacant seat, I agreed to join the SCFC board for a one year term.



Since becoming a board member I have served on the Members Connect Committee, on the Finance Committee, on the Pope Street Project Committee, and as chair of the Board and Management Evaluation Committee. I am currently serving as the coaching coordinator for the board and general manager.

It has been a difficult but exciting year! I've been energized by the dedication of membership, and the hard work put in by board and staff. I want to continue to serve on the board to make sure our relocation is affordable and sustainable, and that our Co-op continues to serve the needs of its members.

### Questions:

1. Have you participated in Board Member in Training (BIT) this year?  yes  no
2. Have you served on a Co-op Board committee?  yes  no  
If so, how long? 1 year
3. Have you served on a previous board?  yes  no
4. Have you attended a board meeting this year?  yes  no  
If so, how many? 9
5. Have you ever volunteered for our Co-op?  yes  no  
If so, how long? 3 hours
6. Have you ever worked for a Food Co-op?  yes  no

## Scott Zager ✦

Hello, my name is Scott Zager. I am asking for your vote to continue serving as a director on the Co-op board. I am dedicated to the Co-op's mission of providing quality, healthy food especially from local vendors. I believe our little food store is vital to the community and I honor the traditions started over forty years ago. I have talked to founding members, other long-time members, past board directors, former employees

and many others who feel the Co-op is a very important part of their lives. Some have said that it is one of the main reasons they live in Silver City, and it is one of the reasons I moved here. I am inspired by our members' commitment to cooperative values and I am dedicated to securing that legacy for future generations.

I have been an SCFC member since moving to Silver City about 2 years ago and was

a member of food buying clubs for almost thirty years. For five years, while a member of a CSA farm (Community Supported Agriculture), my home-business was a distribution center. I served on several boards for our neighborhood church, where I was a lay minister and was a proud advocate for gay clergy and marriages. Formerly, I was a self-employed botanist and plant ecologist in the upper Midwestern United States and am still self-employed. Since my move here, I have been a volunteer for the Upper Gila Watershed Alliance (UGWA), a driver for the Gila Bike Race and have been active at the Lotus Center, where I volunteer as their data manager. I am a meditating, praying Christian with Buddhist tendencies.



I am a firm advocate of evolution by natural selection who has researched the effects of past climate change on the distribution of vegetation. I am a living contradiction. Silver City is a perfect home for me.

I first volunteered for the Members Connect Committee (MC) in order to help with last year's General Member Meeting and Picnic. I continue volunteering with the MC because I love how our generous member-customers give to our community through Round-Up program donations. Since last August, I have served on the Pope Street Project Committee as a board member and scribe and have written about the process of relocation in the Garbanzo Gazette. I have actively participated in planning and have helped oversee fund-raising. I have reviewed the various financial options available to SCFC and believe that the modest and moderate options as determined by the Small Business Development Center (SBDC) are pragmatic and affordable. As our Co-op considers relocating and expanding the store, I consider it my fiduciary responsibility to assess relocation and remodeling proposals to ensure that they are financially feasible and that future construction costs will be within an affordable budget.

I have spent seven months studying our Co-op finances and learning store operations in-depth. I believe the finances for our Food Co-operative are like a three-legged stool kept in balance by ensuring that: 1) members are given the best prices and the highest quality food, 2) employees and local vendors are compensated at a living-wage, and 3) store profits must be earned and saved for capital improvements, repairs and replacement. As your director, I will strive to provide guidance in the form of policy, to monitor performance and to expect accountability.

If elected I will always be available via email to hear from you about the needs and vision you have for the future of our Co-op.

Thank you for considering me as your candidate of choice. If you have any questions about my views or qualifications please feel free to e-mail me at sczager1959@gmail.com.

### Questions:

1. Have you participated in Board Member in Training (BIT) this year?  yes  no
2. Have you served on a Co-op Board committee?  yes  no  
If so, how long? One year
3. Have you served on a previous board?  yes  no
4. Have you attended a board meeting this year?  yes  no  
If so, how many? 8
5. Have you ever volunteered for our Co-op?  yes  no  
If so, how long? about 2 years
6. Have you ever worked for a Food Co-op?  yes  no

# Supplement Department

NEWS

By Kate Stansberger, Supplement Buyer



## Co-op Basics NOW in the Supplement Dept!

Exciting news in the supplement department - we've joined the *Co-op Basics* program! For those of you unfamiliar with *Co-op Basics*, these are items that are priced at an everyday low price on the shelf. We aim to offer staple-type items, so in the supplement department, we have a multiple vitamin, a probiotic, a vitamin C, a children's multivitamin\*, ground flax meal, and others. These items are an even better deal, because as a member, you can also use your M.A.D. on these items when those periods are in effect. Look for the shelf tag that indicates *Co-op Basics* for everyday savings!



*Kate showing off one of her new products that is now in Co-op Basics.*

*\*Please check the supplement section for all our kids' wellness products, including:*

*Boiron's homeopathic formula, "Camilia" is for teething relief. It comes in two different sized packages of either 10 or 30 individual doses- convenient for carrying in a diaper bag.*

*From **Renew Life**, we have:*

*"Gentle Move"- a great strawberry-flavored chewable laxative for ages 4 and up, and "Baby Probiotic Colic Drops" which use probiotics to ease the pain and discomfort of colic.*

*And "Calm'n Restful" by **Hylands** says it all!*

*So, check out our supplement aisle for all kinds of children's needs. We can also special order- just ask!*

# Do the Bulk Bin Shuffle!

I am in the process of reorganizing the bulk department. Although probably confusing at first, I am hoping that in the long run this will be a big improvement. If you can't find something, please ask for help! Chances are that we haven't discontinued your favorite product, it has just migrated to a new home.

*I am moving bins around with two main goals in mind:*

1. I want to keep like with like... in other words, seeds next to seeds, grains with grains, beans partnered with other beans, etc... Ultimately, I want product location to be intuitive and logical.
2. Make room for new products. Many of you have been requesting additional "basic" items such as rice, beans, flours, and grains. As it was, I had no logical place to fit new products in these categories. Now you can expect to see much more variety!

Evan ❄️❄️❄️



*New, upgraded coffee bins are coming soon!  
Ask Evan, our bulk department buyer, for details.*



**15%  
off**  
**stock up  
and save**



**Ancient Grains  
Coconut Crunch  
Gluten Free  
Maple Pecan  
Chocolate Pecan**



**R/S Almonds  
R/S Pumpkin Seeds  
Picante Almonds  
Cashew Butter  
Chocolate Covered Cashews  
Papaya Spears  
Maple Cinnamon Walnuts  
Coconut Date Rolls**



**Emmer Flour **NEW!**  
White Corn Masa  
Barley Flour **NEW!**  
Barley Flakes **NEW!**  
Whole Oat Groats  
GF Oats **NEW!**  
Coconut Sugar  
Teff **NEW!**  
Amaranth **NEW!****

**BULK  
Weigh-in**

## Bulk Survey Results Are In!

Thank you very much to those who took the time to fill out my bulk survey in February. If you missed this opportunity, there will be another chance this fall! Here are the winners of the bulk drawing. They will each receive a \$50 Co-op gift card:

### Winners of the Bulk Survey Drawing!

*Lana Shirey  
Minnie Metcalfe  
Jerry Bartels*

During the coming months, I will continue to analyze and implement your feedback. *E.*

# reorder Kids'

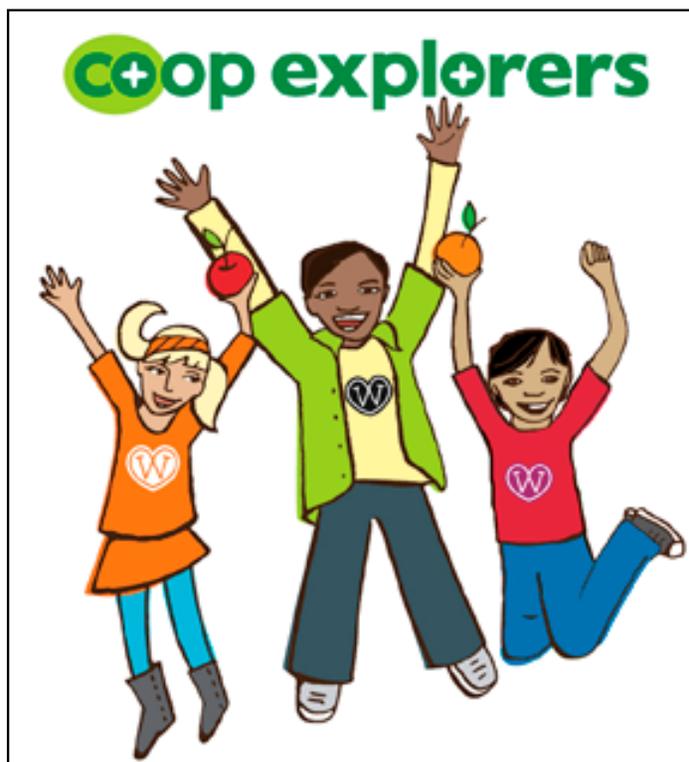


## Make Every Day Earth Day!

Each year, on April 22nd, we honor the earth by celebrating Earth Day. In 1970, a U.S. Senator from Wisconsin, created this national day to create awareness of the environment and how we treat nature. Today it is celebrated as an international event in

193 countries. Remember, though, there are many things that kids and their families can do every day to support our cherished environment. Check out the list below for a few ideas to start helping out right away!

- Plant a tree.
- Recycle
- Use reusable bottles for water and other drinks.
- Donate old clothes to charity.
- Turn off lights when you leave a room.
- Turn off electronics when you're not using them.
- Take a short shower instead of a bath to conserve water.
- Turn off water while brushing your teeth.
- Bike, walk or carpool whenever possible.
- Carpool or ride the bus to school.
- Save paper by writing on both sides.
- Please, don't litter.



## Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

*We look forward to sharing the delicious fun with you!*



# It's *How We Eat*, as well as *What We Eat*



by *M.A. Pantha Huff*

As humans on planet earth, we were gifted with senses—sight, smell, touch, hearing, and taste. If we choose to eat our food with full awareness, it becomes a sensual experience and tends to leave us feeling happier and more content. “When we engage in mindless eating, the mind may want more and more food; for it takes the brain up to 20 minutes to register its fullness and satisfaction.”

[www.healthline.com](http://www.healthline.com): Mindful Eating 101 - A Beginner's Guide.

## **MINDLESS EATING INCLUDES:**

- Eating past full and ignoring your body's symptoms
- Eating when emotions tell you to eat (i.e. sad, bored, lonely)
- Eating alone at random times and places
- Eating foods that are emotionally comforting
- Eating and multitasking
- Considering a meal as an end product

[www.mindful.org](http://www.mindful.org)

## **MINDFUL EATING INVOLVES:**

- Engaging your senses by paying attention to colors, smells, sounds, textures, and tastes of the food
- Eating slowly and without distraction
- Listening to physical hunger cues and eating only until full.
- Distinguishing between actual hunger and non-hunger triggers
- Learning to cope with guilt and anxiety about food through non-judgment of your habits and practices.
- Eating to maintain overall health and well-being.
- Noticing the effects food has on your feelings and figure.
- Appreciating your food.
- These things allow you to replace automatic thoughts and reactions with more conscious, healthier responses.

[www.healthline.com](http://www.healthline.com): Mindful Eating 101 - A Beginner's Guide.

## **GUIDELINES FOR SLOWING DOWN, RECOGNIZING YOUR BODY'S CUES, AND ENJOYING YOUR EXPERIENCE EVERY TIME YOU EAT INCLUDE:**

- Take time to relax and clear your mind; breathe deeply a few times and let go on the out breath.
- Set a timer for 20 minutes and use the entire 20 minutes to eat a normal-sized meal.
- Eat with your non-dominant hand to make eating slower and easier.
- Observe your food--the colors, textures, smells, and the beauty of the food on the plate.
- Note your reactions to any of your observations and check in with your body to see how you feel.
- Only eat small bites so you can eat slower and appreciate each morsel.
- Slowly begin to chew and notice what each bite brings to your eating experience.
- Chew each bite 15 to 25 to 30 times depending on the density.
- Close your eyes after swallowing your food and notice any reactions you have.
- Repeat this process for every bite of your entire meal.

[www.risebar.com](http://www.risebar.com): Conscious Consumption - How to Practice Mindful Eating

## **HEALTH BENEFITS OF MINDFUL EATING MAY INCLUDE:**

- Reduce stress and anxiety
- Manage your emotions
- Reduce overeating and binge eating
- Cope with chronic eating problems
- Aids weight loss
- Helps cue your body
- Helps with food portions
- Promotes focus

(It also aids with the body's digestion and assimilation of the nutrients in the food)

[www.healthfitnessrevolution.com](http://www.healthfitnessrevolution.com): 8 Health Benefits of Mindful Eating

Through gratitude we are connected to the Source of all life, and it may be through ritual at mealtime that you choose to express appreciation and give energy to the food before eating. Some people like to pray, chant mantras, hold hands and have a silent blessing, or verbally express gratitude. The Dalai Lama, said, “If you eat meat, bless the animal that gave its life so you might have this nourishment.”

Josephy Burinsky, a shaman from Northeast Pennsylvania, passed along the following technique to me many years ago, and I still use it:

**FIRST.** Place your hands with palms facing downward over your plate and allow energy to flow through them into your food for 30 seconds to one minute.

**SECOND.** Turn the hands over and with cupped palms facing upward, bring the tips of your fingers to the edge of the plate and hold this position until you can feel the energy coming back to you. With this technique you have created a circular flow of giving and receiving to prepare yourself for the meal. Some people view their body as a temple which houses their soul/spirit and eating may be considered a sacred act.

As a Reiki practitioner, when giving energy to my food, I use the Reiki symbols to empower the flow of life force energy through my hands. Then I bless everyone and everything that made the food possible; bless it to my body's wholeness and wellness; give thanks; if eating meat, bless the animal for giving its life; and turn my hands over for receiving energy back.

Einstein said, “Everything is energy.” We are the creators of our food bringing optimum healing and nourishment to our bodies as a result of the energy we bring to the entire process from the purchasing, the preparation, the eating, and our state immediately after eating. Other important factors related to the energy of our food are: Where was it grown? How was it grown? How was it harvested? Processed? Packaged? Marketed? I find it encouraging that some people today are taking care to read labels in order to avoid foods with added preservatives, food coloring, sugar, genetically modified, and other unhealthy additives. Due to increase in people with food sensitivities, reading labels, eating organic, non-gmo, and unprocessed foods is becoming more a necessity today than ever before.

If you are not already practicing mindful-sensual eating, this could be an adventure which may truly serve your health, contentment, and pleasure. Don't most of us have room for greater care and self love regarding **HOW WE EAT** as well as **WHAT WE EAT**?

*“The chief pleasure in eating does not consist in costly seasoning, or exquisite flavor, but in yourself.” Horace*



# 2 U From Your Board . . .

## *Your Co-op, Your Future*

**Please Join Us at the General Membership Meeting  
on May 5th**

Silver City Co-op'ers please plan to attend this year's annual general membership meeting and social with ice cream and pie on Sunday, May 5th from 1pm-5pm. This year's event is going to be an extravaganza that you and your family will not want to miss. Our get-together will highlight desserts from our Co-op featuring delicious Willamette Valley pies from Oregon that we just started selling. Coffee, tea and other beverages will also be available free of charge as a token of our appreciation of our members.

Our Cooperative's annual get together will be a festive fair, featuring tours of the new building, presentations of design plans and proposed store layouts. We are inviting local vendors to showcase their terrific products. A professional photographer and member will take a group picture featuring aerial pictures from an overhead drone. A central aspect of this year's event will feature interactive stations where members can visit at leisure to learn and discuss how we embody the seven guiding principles of food co-operatives: Voluntary & Open Membership, Democratic member Control, Economic Participation of Membership, Autonomy & Independence, Education-Training-Information, Cooperation Among Cooperatives, and Concern for Community.

The event will begin with the SCFC annual business meeting when the General Manager will present the annual report about our membership and store financials. The Board of Directors will also present their portion of the "State of the Co-op". This year's venue will showcase our proposed new home. SCFC plans are shaping up nicely and we will be giving tours through the new building and grounds. Architect designs and proposed store layouts will be ready by then. Co-op staff and the board of directors will be there to present designs and discuss financing for relocation and expansion.

Please come see for yourself and hear how proposals are coming together. A lot of hard work has brought the Co-op to this point and SCFC will be prepared to present our plans in detail. The possibilities are exciting and affordable.

**Keeping with that theme, the Member Connect Committee is seeking  
volunteers to help with planning, setting up, trash, food serving, parking and tours.  
Please contact directors Scott Zager ([szager1959@gmail.com](mailto:szager1959@gmail.com))  
or Jean-Robert Béffort ([aspace.studiogallery@gmail.com](mailto:aspace.studiogallery@gmail.com))  
if you're willing to help in any way.  
Plan to join us during this very exciting time!**



*Jennifer Johnston  
President*



*Jean-Robert Béffort  
Vice-President*



*Shanti Ceane  
Secretary*



*Laurie Anderson  
Treasurer*



*Julianna Flynn*



*Scott Zager*



## 2019 SCFC Board of Directors Election

*Voting begins April 6th and ends April 19th (2 weeks)*

*Ballots available in the store and online @ the Co-op website (silvercityfoodcoop.coop)*

*There are 4 candidates for 4 open board positions.*

*The candidates are Betty Mishuk, Scott Zager, Gwen Lacy & Julianna Albershardt.*

*Candidate Statements are in this issue of the Garbanzo Gazette and posted in the store.*

*New Board Members will be introduced @ the General Membership Meeting on May 5th.*

### *Please Vote!*

## Recruiting Board Members in Training

**THREE MONTH TERM:** If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

**DESCRIPTION:** Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 4:30 to 7:30 pm).

Identify a board "buddy" to act as your mentor and answer any questions you have.

**CONTACT:** Laurie Anderson  
laurindaa713@gmail.com

Recruitment, Orientation, and Development Chair  
*Or, any board member*

**WE LOOK FORWARD TO HEARING FROM YOU!**

## Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

**Jennifer Johnston/President**

Board Term: 2018-2021  
johnstonjenny40@gmail.com

**Jean-Robert Béffort/Vice President**

Board Term: 2016-2019  
aspace.studiogallery@gmail.com

**Laurie Anderson/Treasurer**

Board Term: 2017-2020  
laurindaa713@gmail.com

**Shanti Ceane/Secretary**

Board Term: 2018-2021  
shantifo@gmail.com

**Julianna Flynn**

Board Term: 2018-2019  
juliannaflynn8@gmail.com

**Scott Zager**

Board Term: 2018-2019  
scott.zager@wildlands.biz

**Board of Directors**





# April

## Members Only Specials

### March 27 - April 30

### 20% OFF! listed prices



Bulk  
Tierra Farms  
Cashew Butter  
reg \$11.59 lb.



*GoVeggie*  
Dairy Free  
Cream Cheese  
8 oz  
reg \$4.19



*Maple Hill*  
Drinkable Yogurt  
Assorted, 12 oz  
reg \$2.99



*Himalaya*  
Neem Toothpaste  
150 gm  
reg \$5.49



*Luna & Larry's*  
Raspberry Acai  
in Chocolate  
3 Bars, 9 oz  
reg \$6.39



*Himalaya*  
StressCare  
120 V Caps  
reg \$27.99



Bulk  
*Hummingbird*  
Garbanzo Beans  
reg \$2.39 lb.



*Himalaya*  
Exfoliating  
Face Scrub  
150 ml  
reg \$8.99



*LaraBar*  
Assorted  
1.6 oz - 1.7 oz  
reg \$1.99



*Mori Nu*  
Tofu  
Assorted  
12 oz - 12.3 oz  
reg \$2.39



*Himalaya*  
Koflet Lozenges  
20 lozenges  
reg \$4.99



Bulk  
*Hummingbird*  
Wild Rice  
reg \$8.59 lb.



Bulk  
*Hummingbird*  
French Lentils  
reg \$2.79 lb.



**Co-op Deals  
flyers  
available  
at the front  
of the store**

The Co-op flyer is also available on our website:  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)