

a monthly newsletter of the Silver City Food Co-op

Greetings & Welcome to Our New Co-op General Manager

by Jerry Boswell, Treasurer

As most of our employees and members know, our current General Manager, Doug Zilm, will be leaving us in January 2013 for California. Our new GM will be a gentleman currently living in Phoenix named Joe Zwiebach. The Board of Directors would like to wish Doug the very best in his new endeavors and extend a warm welcome to Joe. Joe Z will be on the payroll beginning January 7, 2013.

Joe is no newcomer to the world of co-ops. He has been involved with them on and off since the mid-seventies as a young college activist. Even though he was involved in movements such as workers' rights, the environment, and protesting nuclear power plants, he eventually decided that supporting and working in food co-ops was a positive way to make an impact on issues that were important to him. He worked in food co-ops throughout the 1980's, and then in another kind of co-op, REI, where he gained valuable retail experience throughout the 1990's. He eventually started his own business making "How To" videos on various topics such as hiking, gardening, and yoga for kids. He has also taught PhotoShop and

...“we are a community bonded together by wholesome foods and a common purpose.”

Digital Photography classes as well as made a living in website design, still photography, computer repair, and retouching photos.

Being a “jack of all trades” was fun and paid the bills, but eventually Joe began to miss the dynamics of working in a group and creating a common vision with fellow employees. He knew that at some point he wanted to return to working in a food co-op where he would be in an environment that was fulfilling and meaningful. Starting last spring he began to keep an eye open for job opportunities in the co-op field and became quite intrigued when he saw the posting for the GM position at the Silver City Food Co-op. He knew that he wanted to stay in the southwest and get away from the city, and as an avid hiker and mountain biker, Silver City seemed like the perfect opportunity to pursue. He applied for the job and was hired, and now we are fortunate enough to have an

opportunity to share a common vision with him.

Here are a few of Joe's thoughts on moving to Silver City, working at our co-op, and life in general.

Question: What are your plans for the Co-op?

“Plans? Gosh, I don't have any big plans. The Co-op is well run, well governed and well staffed. My main goals are to keep the Co-op on track, get to know all the staff and board, perpetuate and implement the current plans (such as the new equity system and open book management), keep the connection with the national co-op movement, and ensure the co-op is enjoyable to all members, staff and customers.”

Question: Are you into organic and natural foods?

“Oh, absolutely!” It was the co-ops back in the '70s that introduced me to a better way of eating. And if you wanted good foods, the co-ops were the only place to get them. Now, of course, there are big national stores like Whole Foods who cater to a much larger demand.

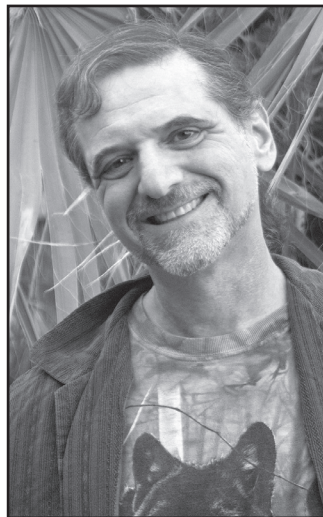
There are still dangers to our food supply, though, and I believe it's incumbent upon co-ops to speak out and educate folks on these threats. The Silver City Food Co-op does a good job at this.

Question: So, with stores such as Whole Foods and with organics coming into other national chains, what's the place for co-ops in today's economy?

“The natural food co-ops should be proud that they've helped raise the consciousness about foods that allow stores such as Whole Foods to exist. And the inclusion of more natural and organic foods in the major chains helps expose many people to the notion that food can come in quality grades, despite the corporation's desire to simply capture more market.”

“The co-ops are the real deal. We exist for the betterment of the membership - the owners. And we have the advantage of being smaller, which enables us to stock items from smaller vendors who can't supply the big stores. We can also purchase

more local products and more products from the smaller grower/manufacturer.



And, we are a community bonded together by wholesome foods and a common purpose. A quick look through past issues of the Garbanzo Gazette is telling! I noticed information about the co-op, details about foods, dangers to natural foods, and even spiritual subjects. Show me a newsletter of such scope from any of the large commercial empires. There will always be a need for businesses based on people and community.”

Question: What do you enjoy doing other than the co-ops?

“Well, I'm a photographer - actually have a degree in it - thought I was going to be a National Geographic photographer -- me and about 17 million other folks - so now I do it for my own pleasure. I love to hike and mountain bike so this area suits me fine. I dabble with playing keyboards, but playing music well is elusive for me so I practice a lot and sometimes record (sorry, no live performances from me). I used to enjoy spending time with my dogs but they're all gone now and I've gotten involved with an Animal Rescue group here in Phoenix. Maybe I can connect with some groups in Silver City if I have time.”

Question: Other than working at the co-ops and your own business, have you had any other interesting jobs?

“Oh Definitely! While those two things have taken up most of my working life, there were quite a few other experiences I squeezed in. Let's see, I've taught drama to school kids for a couple of years, worked retail in camera stores, drove a cab, harvested desert wild seeds, cared for some beautiful Arabian Horses for 3 years, roofing, projectionist for the Scottsdale Civic Center film series, landscaping and even dishwashing way back. Not at all afraid to work physically and I had fun doing all those things; okay, maybe not roofing so much, but the views you get are spectacular and you're working outside, so what's not to love.”

Welcome to Silver City, Joe. We look forward to working with you and getting to know you. ❖

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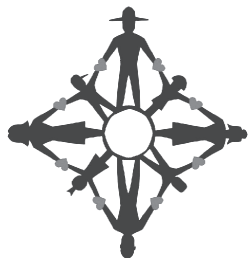
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Community Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Ends Statement

Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.

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

General Manager

Outgoing-Doug Zilm
Incoming-Joe Z

Staff

Joseph Patrick
Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Tracey Franco
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
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Lennie Buckingham
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Kevin Fast
Angie Carr
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Andrea Simoneau
Richelle Price
Jarrod Swackhamer
Dan Jameson
Melissa McDermott
Doug Smith
Jessie Gauthier
Jenny Morgan

Annual Co-op Equity

\$10.00

Kids under 18 and living at home FREE

The Garbanzo Gazette Gang

Contributors and Editors: Margarita Courney,
Judith Kenney & Carolyn Smith
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Submissions are welcomed!

Submit letters, articles, or items of interest to:

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Greetings from the General Manager

It is with mixed feelings that I write this column as it will be my last. I will be leaving the Co-op later this month as I move on to a new experience in southern California.

I have greatly enjoyed my time in Silver City and am a much better person for having met so many wonderful people here. The Co-op has accomplished many great things over the past three and a half years, and I feel honored to have been a part of it. I want to thank our terrific staff for all their hard work and effort they put in on a daily basis to make this

a great place. I also want to thank all our members who are the base of the Co-op and what it stands for. Thanks are also in order for the board members who put in numerous hours each month to ensure the Co-op stays on the right track.

The board made a great choice in bringing in Joe as my replacement, and I hope that everyone treats him with the same kindness shown to me. His arrival will be a great new chapter in the Co-op's life.

Thank you again to everyone, and I will miss you.

-Doug Zilm

Did you know?...

SKINNY FOODS TO HAVE ON HAND

Hummus & Veggies – The Middle Eastern chickpea spread is an easy, protein-rich snack that fights hunger and balances blood sugar levels – and a little goes a long way. Hummus boosts energy because it contains iron, and eating it with red bell pepper slices makes the meal high in Vitamin C, which helps utilize and absorb the iron from the hummus.

Salsa – Surprisingly low in calories and makes an easy low-cal substitute for other spreads. Buy fresh salsa from the refrigerated section where it's the freshest.

Eggs – Proteins found in egg yolks stimulate the release of the hormone glucagon that aids in fat burning and actually fights off belly fat. Egg yolks have vitamin E, plus will help keep you fuller longer.

Raw Almonds & Almond

Butter – While peanut butter is packed with protein, almonds are better quality nuts that are rich in vitamin E, an antioxidant that counteracts free-radical damage. Almonds are good for your hair and skin, and also rich in magnesium and vitamin B2, which help calm nerves and combat stress. When you're stressed out, cortisol is released in the body and causes weight gain. The B2 vitamin in almonds helps with that while boosting your energy levels.

Chia Seeds – Rich in omega-3 fatty acids, calcium, and iron, chia seeds are great for weight loss because they act like a sponge, absorbing sugar and stabilizing blood sugar levels. Because of their high fiber content, the tiny seeds can hold up to twenty times their weight in water, so when mixed with liquid they plump up and absorb excess moisture. Try adding

them to oatmeal or put them in a bowl with unsweetened chocolate almond milk, they will gelatinize and become similar to rice pudding.

Quinoa – A gluten-free grain which can be made in bulk and keep in the fridge for up to five days. Eat it plain or with just about anything – veggies, a mid-day salad, for breakfast. Try a bowl of quinoa with shredded coconut or almond flakes, banana, and cinnamon, plus a little vanilla. Quinoa is a complete protein source because it has amino acids, as well as stress-busting B vitamins.

Parmesan Cheese – Having a brick of Parmesan cheese around can be an asset to shedding pounds. Use a vegetable peeler and slice the Parmesan on whole-grain crackers, it aids in building stronger bones, and Parmesan is one of the most flavorful cheeses. You only need about a tablespoon for a satisfying snack.

Sprouted Grain Bread – Use it for sandwiches with apple or almond butter, or spread hummus and soy cheese on the bread. When grains are sprouted, the nutrient profile increases, which makes your body assimilate the nutrients better. Usually kept in the freezer section.

Yogurt – A top belly-flattening favorite, yogurt is stacked with probiotics, bacteria that may help reduce the amount of fat your body absorbs. Pick a Greek yogurt over regular. Greek yogurt contains half as much sodium as regular yogurt.

Other Snacks To Have On Hand – Navel oranges, baked chips, pureed vegetable soups, apples, grape tomatoes, dried apricots and apple rings, and protein bars.

Farewell Doug

by Gail Rein, Secretary

Doug Zilm will be ending his tenure as General Manager of the Silver City Food Co-op at the end of January. He has steered our Co-op through some unusually challenging economic times and we have emerged healthy and well-positioned for the future.

We thought it would be fun to share some "did you know" tidbits about Doug.

- Before moving to Silver City, Doug did not own a car and did not get a car for several months.
- He absolutely loves dogs and has several.
- Doug was a vegetarian for over 17 years and still loves to do the cooking.
- He taught cooking classes and knife safety through the Wellness Center.
- He is an avid beer drinker, preferring microbrews or home brews when available.

- Doug is an Aries, born April 7th.
- Doug had troubles using all of his vacation days.
- He loves waves and is a long-board surfer now im-

aging paddleboarding as his favorite surface water sport.

- He is a good bowler.
- Doug will discuss, and is very knowledgeable about, baseball.
- He served in the military.
- Doug's favorite band is Slightly Stoopid, a band from the Ocean Beach area whose self-described music is "a fusion of folk, rock, reggae, and blues with hip-hop, funk, metal and punk."
- According to a national co-op connection, "Doug used to have the most beautiful dreadlocks I have ever seen."
- Ask Doug anything about co-ops—he will know who to contact or where to find the information.
- Doug helped found the Green Chamber in Silver City.

We are truly fortunate to have had Doug managing our Co-op these past three and a half years. Please join the board and the staff in wishing Doug the very best as he leaves us and moves on to his next adventures.

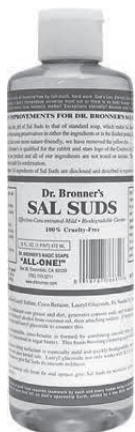


STAFF PICKS FOR JANUARY

by Judith Kenney

Margarita Courney: Human Relations (staff well-being)

Margarita Courney has worked at SCFC for four and a half years. We are fortunate, indeed, to have her as our Operations Manager and shoppers are likely to spot her in the store, wearing one of many hats, helping customers and supporting our staff. Margarita selected **Dr. Bronner's Sal Suds** as one of her favorite products. She says that "a little goes a long way of this all-purpose cleaner. You can even use it as a laundry detergent. It's mild and effective with essential oils of fir and spruce. A one-quart bottle lasts a long time and it's 100% cruelty-free, safe for the environment and our animals." According to the description I found on the 32 oz. bottle, this product "cleans and rinses with exceptional power and, yet, is mild and gentle on the skin. Sal Suds is equally effective in hard or soft water, rinsing freely, hot or cold." Many of our customers have use for a biodegradable cleaner and this one fits the bill.



Located in Escondido, CA, Dr. Bronner's Magic Soaps was started by Emanuel H. Bronner who was born in Heilbronn, Germany in 1908 to a Jewish family of soap makers. Emigrating to the U.S.



in 1929 to escape the Nazis, he pleaded with his parents to join him, but they refused and were later killed in the Holocaust. Despite this sad tragedy, Mr. Bronner spent his life promoting a belief in the goodness and unity of humanity. He started

his business in his new country making products by hand at home. Ultimately, of course, his tiny operation matured into a flourishing company which has been the subject of many published articles and has supported numerous charities. Since Emanuel Bronner's death, in 1997, his family has carried on the business with the same commitment to integrity and purity with which it began. If you haven't had the pleasure, take time to read the label of one of their liquid soap bottles. Crowded with articulations of Emanuel's all-inclusive philosophy of life, it is a thought-provoking read.

Tyrone Wright: Bulk Herb Buyer

Greetings members and customers of the Silver City Food Co-op. Tyrone here. I have been the bulk herb buyer for nearly 10 years. Recently, when I was asked what was my favorite item to buy at the co-op, before I could even think, I got hit by the "spirit" and shouted out, "**cumin**," the reason being, it is one of our ancient foods, and in today's world, we forget about the foods that have supported throughout history. The use of cumin goes back at least 5,000 years and has been an



"You're going **WHERE???**"
 "It's in the middle of nowhere!"
 "Co-op? Again with the Co-ops!"
 "Can't you find a job closer to here?"
 "Are you crazy??"

Yeah - those are some of the reactions from my friends upon learning that I was moving to Silver City and will start working at the Co-op. You would hope for a "Great. That's so cool!" or a "Wow! We'll come visit!" or even a "well, that's interesting." But no. As often is the case, change is not readily integrated into our perceptions of everyday reality. And probably for good reason. Indeed, change can be difficult and even scary.

Of course, I have the benefit of knowing what I'm changing to and it's as far from scary as one can get. It's true that many folks have not ever heard about Silver City but it's hardly in the middle of nowhere. When I moved to Phoenix over 32 years ago, the census data claimed that there were 1.5 million people in the Valley of the Sun. The same data shows that there were just over 26,000 people in Grant County. The most recent census of the Phoenix Metro area: Over 3.8 million people. Grant County: Just over 29,500. I watched over 2.3 million people get added to the area. And I was one of those people.

Drive across the seemingly endless roads and freeways of this sprawling repetitive metropolis and I'll show you the middle of nowhere. Step inside the umpteenth Mall and wander the ubiquitous strip-mall and I'll show you the middle of nowhere. Sit in traffic with 5 lanes in each direction and I swear you'll believe that you're in the middle of nowhere. Now I'm not really bad-mouthing Phoenix. I chose to live there and had a great time. I also tended to live near the rural edge of town with easy access to their magnificent park system: the amazing Phoenix Mountain Preserve filled with wondrous hiking, biking and equestrian trails. It was easy to make believe I was living far from town.

Large cities are necessary, offer lots of things to do with people to meet and seem to be preferred by most of the population - or at least accepted. They're really good things although often laid out and run poorly. Yet there is a small percentage of people for whom the cities just don't work. They feel more at home on the planet when living in a small community deftly nestled into the Earth's crust. I am one of those people.

Silver City is a gem. After two days of first exploring and then looking for places to reside, the town tickled me with its sweetness and, perhaps, innocence. Okay - maybe I'm romanticizing a bit but,

hey, why not? Shouldn't the place you travel to be desirous? The city's stable population broadcasts contentment; community; home.

Even more amazing is that this tiny town has a thriving co-op with around 2,000 members - that's nearly 7% of the population of Grant County! And not any type of Co-op but a well run Natural Food "New Wave" Co-operative. The amount of food co-ops in Phoenix- home to over 3.8 million people: Zero.

Co-ops in this country took root in the later 1800s and were quite prosperous through the '30. They began to wane in the '50s with the advent of supermarkets and the exodus to suburbia. Then in the sixties and seventies, a new breed of co-ops sprang up centered around nutrition, whole healthy foods, community, democracy and ecology. These were the New Wave Co-ops.

Many, if not most, failed. Good ideas, great idealism, intense earnestness, but alas, often poor business acumen. And co-ops, at times, can prove difficult in nature. The oft repeated cliché about herding cats certainly may apply to some co-ops. That's because co-ops attract dedicated, passionate people who believe in empowering each other and creating an alternative for the commonly known 99%. A business where integrity, community, education, right livelihood and a dedication to the members - the owners - reigns supreme.

This small enclave boasts one of the success stories of the New Wave Co-op Movement. Is it any wonder that an outdoor type person and old co-op enthusiast as myself be attracted to the Silver City Food Co-op? Aren't co-ops rather noble endeavors focused on empowerment and enablement of the average person? Isn't the energy force behind co-ops ultimately the heart? So yes - Again with the co-ops!

Okay - now as for the crazy part. It really isn't up to me to make that determination about myself. And I've heard credible arguments that could certainly make it seem so. Often I find myself running counter to popular culture and group mind-sets. I'm fine with that though, at times, it seems to annoy others. I've always believed that one needs to remain true to oneself as long as you're respectful of and don't hurt others.

It is with great enthusiasm and delight that I join with the Silver City Food Co-op community and I'm honored that I've been asked to do so! Everyone that I've met here has been filled with warmth and commitment. I'm feeling energized!

Good people! Good town! Good food! Sounds perfect!! Lets' have fun! ✨

essential component in Mexican and Indian dishes for generations. Traditionally, cumin has also been used as a digestive aid and, in today's world with what we have to eat, we all need a little help. It has been used as both a carminative and diuretic to help treat stomach upset and flatulence.

I use it in different ways, mostly with cooking fish and meat. **Cumin** is one of the main herbs used in making curry. Of course, I tend to add a little more to my curry. It goes well in soups and I have used it most as the last ingredient that goes into vegetable stir-fry dishes. My next cumin adventure will be with an old pepper grinder. Fill with cumin, fennel, coriander seed, and cubeb pepper*. Then grind away!

Over the years, while re-bulking the herb sec-

tion, next to cinnamon, I think most of our co-op workers notice the smell of cumin as pleasurable. So please, when shopping, remember our ancient foods when on the path of happy eating and health.



*This tiny seed is native to Egypt and has been cultivated in the Middle East, India, China, and the Mediterranean for millennia.



KITCHEN MEDITATIONS

BAKED SWEET POTATO LATKES

- 2 pounds grated sweet potatoes
- 1 medium onion, finely chopped
- 2 eggs, beaten
- 1/4 cup flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Preheat the oven to 400°F. Coat two baking sheets with cooking spray.

In a large bowl, combine all ingredients. Drop by quarter-cupfuls onto the baking sheets. Flatten with a spatula. Bake for 25 minutes. Flip and bake for an additional 10 minutes.

(All recipes from Saveur Magazine)

CURRIED CARROT LATKES WITH MINT/MANGO RAITA

For the raita:

- 2 cups whole-milk or 2% Greek yogurt
- 1/3 cup chopped fresh mint
- 1/4 cup mango chutney
- 1/8 tsp kosher salt

For the latkes:

- 5 cups coarsely grated carrots
- 1 large egg
- 1 tsp curry powder
- 1 tsp baking powder
- 1 tsp kosher salt
- 1/2 tsp finely grated fresh ginger
- 1/4 tsp garam masala
- 1/3 cup all purpose flour
- 1/4 cup oil

Raita: Stir all ingredients in a medium bowl to blend. Cover and refrigerate up to 4 hours.

Latkes: Place a baking sheet on the center rack of oven preheated to 325°F. Place the grated carrots in a large bowl. In a small bowl, whisk the egg, curry powder, baking powder, kosher salt, grated ginger, and garam masala to blend. Stir the egg mixture into the carrots, then mix in the flour. Fill a 1/4-cup with batter. Turn the cup over and, tap the edge sharply so batter is in a mound.

Add 1/4 cup oil to a large skillet. Heat over medium heat for 3 minutes. Transfer batter mounds to the skillet and gently flatten each mound. Cook until deep golden brown on the bottom, about 5 to 6 minutes. Turn and cook until deep brown on the bottom, about 4 minutes. Transfer to the baking sheet in the oven to keep warm.

CELERY ROOT/FENNEL LATKES WITH FENNEL/PEAR RELISH

For the relish:

- 2 TB extra-virgin olive oil
- 2 tsp white balsamic vinegar
- 1 tsp fresh lemon juice
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 TB finely chopped red onion
- 1 TB finely chopped fennel fronds
- 1 1/4 cups diced fennel bulb
- 1 1/4 cups diced Bosc or Anjou pear

For the latkes:

- 2 cups day-old French bread
- 6 cups coarsely grated peeled trimmed celery root
- 1/4 cup chopped fennel fronds
- 1 1/2 tsp baking powder
- 1 tsp finely grated lemon peel
- 3/4 tsp kosher salt
- 2 large eggs, beaten
- 1/4 cup (or more) oil for frying
- Sour cream

Relish: In a bowl, whisk the oil, vinegar, lemon juice, salt, and pepper to blend. Stir in the onion and fennel fronds, then the diced fennel. Let stand at room temperature, tossing occasionally. Mix in the diced pear and serve.

Latkes: Place a rimmed baking sheet in the oven preheated to 325°F. Grind the bread cubes until reduced to small crumbs. Place the grated celery root in a large bowl. Add the fennel fronds, baking powder, lemon peel, and salt. Toss until evenly distributed. Mix in the eggs, then 1 cup of breadcrumbs. Toss until batter holds together. Fill a 1/3-cup with batter. Turn the cup over and tap the edge sharply so the batter is in a mound.

Add ¼ cup oil to a large skillet. Heat over medium heat for 3 minutes. Transfer mounds of batter to the skillet. Gently flatten to a round (latke will be thick). Cook until deep brown and crisp on the bottom, 3 to 4 minutes. Turn, and cook until deep brown and crisp on the bottom, 3 to 4 minutes. Transfer to baking sheet in the oven to keep warm. Repeat with the remaining batter.

Dear Facebook,

I always knew it would eventually come to this. When I met you back in 2007, I thought that you were just too good to be true – reconnecting me with the kids I went to swim team with back in 1983 and allowing me to get into heated political and/or religious discussions with spouses of second cousins who I once sat catty-corner from at a family reunion. That first kiss behind the high school bleachers? Yeah, I found him too – along with my 8th grade math teacher and all of the kids I’ve ever babysat. And it was cool, you know. Looking at their prom photos, their drunken photos, the photos of their first Crème Brulee, their pre, during, and post-marathon photos, the photos of their (finally completed) knitted/sewn/sequined stockings, their wedding photos, their honeymoon photos, and the births of their first/second/third children, so freshly posted that their hair was still dewy and their eyes still sealed tight against this very strange world.

I’m sorry, I’m making this relationship sound like a one-way street. It wasn’t. Oh, not at all. I contributed all of my thoughts about electing Barack Obama, weighed in on Madonna’s Super Bowl performance (awesome), and gave my own play-by-play commentary whenever the Saints played in the Superdome. You have seen the vast majority of my children’s baby photos. You helped me say a thousand happy birthdays to hundreds of my acquaintances, whose birthdays I never would have known about because indeed we are no longer really friends. And that was nice. Because of you I was able to offer little nudges of encouragement – I could just “like” their status. It became super easy to be super nice. I could, if I wanted to, “like” everything everyone said all day and therefore people would like me too, because I made them feel liked by all my liking. There was just so much virtual generosity going around, we almost burst into balls of confetti.

But let’s be honest, things got a little weird. I found myself at odd hours of the night, exhausted from a day of child-rearing but still mustering the energy to flip through a perfect stranger’s wedding album. Or discover that I was sadly pointing my iPhone (with you on it) directly at my newborn

daughter’s face while she breastfed, providing her with a nice 2” x 5” black rectangle in her developing field of vision. And here’s a confession: I found myself thinking in sound bites that sounded highly likeable, so that I could post them later and get congratulated on my creative thinking or quick wit or hilarious day. (For instance, while taking a walk with my son, I saw a sign for a lawn care company called “OCD Lawn Care” and quickly took out my camera so that later I could post it with the caption “I’ll bet they do a good job.”)

Oh, I hate where this letter is going. But you can see it, can’t you? It’s just not healthy anymore. I carry you everywhere. I tell you everything. I have started depending on you for my own self worth. And no offense, but you totally dominate my time! Do you know how many books I have wanted to read, how many articles I have intended to write, how many sundresses I planned to sew? Look, I have precious moments to document here and yet instead find myself commenting on random things done by random people, and I can hardly help myself. I just can’t do it anymore – because the truth is that the livelier my virtual life gets, the duller my actual one becomes.

And truthfully and dreadfully, my kids are watching all of this – my relationship with you on the little 2” x 5” rectangle in my hand. And my kids are amazing – and they are in love with their mama and emulate my actions and priorities. So, if I show them that when we take a hike in the woods and see something lovely, we can’t just look at it and breathe it in and marvel at it together – but that it instantly needs to be captured and shared with people other than the ones in front of me, it’s sort of saying that they are not enough. That moment was not enough. It needed to be regarded highly by others for it to really count. If they discover that I have a livelier virtual life than actual life, then they will deem the virtual world of movies, television, video games and social networking, to be a place where they too should stake their claim and invest their time and energy. And I passionately don’t want that for them. I don’t want them to get sucked into an illuminated square box with glazed over expressions

on their faces. At all. Here’s the other thing that sort of kicks me in the gut and doubles me over – I say I don’t want that for them. Yet they are already on social networking sites by my own hand. Five hundred and thirty one of my nearest and dearest acquaintances know that my son has chicken pox right now because I posted a photo of it. One day not too far from now, my son will sign up for a social networking site (or not) and find that there are already dozens (gosh, hundreds) of photos of his childhood splashing around on the world wide web. He just has to go re-tag them (or perhaps it will be automated by then?), and BAM, there’s his whole life in one tidy folder. Maybe, just maybe, my son is a private kind of guy? Maybe he would rather that his mama put them in a lovely photo album for him to share with close friends, first girlfriends and special teachers, on his own accord? Maybe he should make the call.

I know what I should do and it just makes me sad because truthfully, I like you so very much. We’ve had some good times over the years. (Do you remember when I accidentally posted that pic of my husband peeing off the side of a mountain? Oh boy.) But it’s just not healthy and I feel like my personal growth is being affected – as well as the well being of my children, and of course, those two things will always take top priority. I would just be a “casual user” of you, but that would be living a lie because we both know how it once was, how it could be again. I’m so sorry. I know that you had great plans for us – there will future stories of musicians who die too young that I will miss hearing about for what may amount to hours – and if I ever have a third child, I have no idea how I’ll ever get this news out to my former tap teacher. If you ever wonder about me, know that I am doing just fine, doing all of those things that I should have been doing all along and retreating into a world where I squeeze my son’s hand (not my iPhone) when we see a great horned owl parachuting down from the trees.

With fondest memories and best wishes for your profitability now that you’ve gone public,

Leslie (Tate) Gilman

[Reprinted by permission]

January Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week period**. Please stop by the Co-op and take advantage of all the great offerings each month. A few sale items are listed below.

January 2-January 15

					
Bulk Golden Temple Granola reg \$3.79# SALE \$2.49#	Chino Humane Large Brown Eggs reg \$4.39 SALE \$3.49	Cascadian Farms Vegetables assorted reg \$2.89 SALE \$2.00	Garden of Eatin' Blue Corn Chips assorted reg \$5.69 SALE \$3.79	One Nature Dead Sea Mud Soap reg \$3.89 SALE \$3.00	Rainbow Light 90 tab Complete Nutrition System reg \$28.99 SALE \$17.99

January 16-January 29

					
Bulk Lundberg White Basmati Rice reg \$2.59# SALE \$4.39#	High Country Kombucha assorted reg \$3.19 SALE \$2.39	Food for Life Tortillas assorted reg \$3.29-3.49 SALE \$2.29	Blue Sky Soda assorted reg \$.89 SALE \$.55	Jason Henna Hilite Shampoo/Conditioner reg \$9.19 SALE \$6.99	American Health 16 oz Acidophilus assorted reg \$13.49 SALE \$9.49

Member Only Specials

January 2-January 29

	
Earth Balance Natural Buttery Spread reg \$4.89 SALE \$4.39	Organic Valley Sour Cream, LF reg \$3.29 SALE \$2.99
	
Crown Prince Kipper Snack, LS reg \$2.69 SALE \$2.49	Lily's Chocolate Bar assorted reg \$4.49 SALE \$3.99
	
Aura Cacia .5 oz Eucalyptus Essential Oil reg \$5.29 SALE \$4.79	Natrol Liquid Melatonin reg \$8.99 SALE \$8.09

Kids' Corner

FREE FRUIT FUN

Now Kids, color in this here picture, bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



NAME: _____ AGE: _____

PRODUCE COMPOST GUIDELINES

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*

CO-OP KIDS

Eva hangin'!



From Your Board...

Update on the DOT Survey

by the Member Linkage Committee

In 2011, resulting from the World Café forum at the Annual General Membership Meeting, our member-owners were asked to participate in a 'dot survey' to capture input on future Co-op goals. The survey covered seven key categories, listed below. The staff and board welcomed the input and have been working on executing on the survey findings. The graph below provides a breakdown and status on the seven categories. Items in bold have been implemented or are currently in process. The remaining items are under review, or on hold pending the cooperative's capacity at this time.

SUSTAINABLE LOCAL FOOD (170 dots)

More local produce – Purchasing from more local vendors, vendor now listed on shelf tag

More local products – Expanded local products selection; look for the yellow dot on shelf tags

Take leading role in removing barriers to sustainable local food – Staff participate in monthly Local Food Committee

Support local businesses wanting to make local

products to replace imported packaged products

Support local honey, bees, and local beekeepers – We now carry bulk local honey

Support living wage for farmers – We pay the farmers a fair price for their produce

STORE VALUES (86 dots)

Stock only healthy and safe food – Our buyers research new and current products, ensuring each product meets our Product Selection Guidelines

Lower prices across the board – We pass on savings on sale products whenever possible

Discount program for seniors and fixed income

STAFF VALUES (85 dots)

Increase staff wages – Starting wage has been raised for all new staff

Staff start at more than minimum wage and move to living wage quicker – Livable wage is achieved by the one year anniversary for eligible staff

COMMUNITY EDUCATION ON FOOD (69 dots)

Education about farming, CSAs, and food issues – Through our monthly community forums

Education for year-round food production and processing and storage – Several forums were dedicated to this subject

Inventory fruit trees and make sure fruit is used

Support school gardens

STORE LOCATION (51 dots)

Stay downtown – We have

Stay in current building – We have

Expand current building and a second store in current building

STORE EXPANSION (51 dots)

Certified kitchen – Currently being discussed

Bakery – Currently being discussed

Small deli and a place to sit

Deck over the Big Ditch

CARBON FOOTPRINT (50 dots)

Greening the store

Wind and solar powered – Currently being explored ❖

THE MEMBER LINKAGE COMMITTEE WANTS YOU!

The Member Linkage Committee works as a team to provide effective communication between the board of directors and our member-owners. The Committee consists of several board members, several co-op staff and general members like YOU! Please consider joining our committee – it can be an interesting and fun way to make an important contribution to the Co-op. Our committee work includes: soliciting member-owner views on important issues; support various activities such as our annual general



membership meeting, and annual picnic; educating member-owners about their benefits and responsibilities; and, provide a forum for action on member issues. The ML Committee meets once a month for an hour, and members make a commitment to participate on the committee for one year. If you're interested in becoming a committee member, come to one of our meetings, held the last Thursday each month from 10-11 am in the Co-op community room. If you have questions, please call Meadow Clark at 538-2664. ❖

Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

A Final Plea

by Lynno Aldin, Vice-President

Dear Silver City Food Co-op member-owner,

I hope by now you have given some thought to running for our board of directors in the upcoming spring election. Encouraging messages from each of the charming members of the recruiting subcommittee have appeared on this page in recent months. Current and former board members have discussed the possibility in the store, and we all have asked everyone we know. Your Co-op needs you! Today I am asking you to again consider helping the Co-op through board service.

Our Co-op can only thrive with efficient, friendly store operations and strong governance. While operations and governance serve different roles, our ends policy outlines our common goal.

**Because of all we do, our members,
our Co-op, and the greater community will
gain and maintain health.**

Herein lies the opportunity. By obtaining a candidate information packet from Margarita at the store or from any member of the recruiting committee and preparing a statement to be submitted by 5pm on January 17, you will position yourself, if chosen by other member-owners, to help with the vital task of strong Co-op governance. Your

Co-op needs your skills, knowledge, and energy on the board of directors!

Your sense of duty aroused, let me tell you some other good reasons to consider throwing your hat into the candidate ring. Co-op board service provides interest and intellectual stimulation! Co-op board work improves communication skills! Co-op board collective time and energy improves the Co-op! Co-op board participation is fun!

I realize that many member-owners are simply too busy to engage in board service at this time. This seems both good and bad. Good because I cannot fathom a board election with 1900 candidates; bad because I know you would make an excellent board member. Fortunately, the opportunity to serve on the Co-op board will be here when you are ready. As long as we have a Co-op, we will need member-owners to serve. Please seriously weigh your current commitments and consider running for the Silver City Food Co-op Board of Directors.

In the event that this will not be your year to run, perhaps you would have interest in helping the board through committee work or by attending and participating in board meetings. Contact any board member for more details.

You are an important member-owner and your Co-op needs you! Think about it. ❖

Silver City Food Co-op Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@gilinet.com

Lynno Aldin, Vice President
Board Term: 2012-2015
lynno@peacemealcoop.com

Gail Rein, Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell, Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Carmon Steven
Board Term: 2012-2013
yankiecarmon@gmail.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com

Outreach Report

by Carolyn Smith

Alicia Edwards, the executive director of *The Volunteer Center*, applied for and received a grant from the McCune Foundation to develop a food system action plan for Grant County. To help develop this plan, community members from around the county were invited to participate in a Sustainable Food System Conversation.

The meeting was attended by folks working on or interested in sustainability and local food issues including farmers, health care providers and advocates, food retailers, farmers' market managers and board members, and Grant County Food Policy Council members. Doug Zilm and I both attended along with over thirty other people.

The goal of this meeting was to address the following questions:

- Is a local, sustainable food system possible in Grant County?
- If so, what would it look like?
- Who would make it happen and how would we finance it?
- How can we move from talk, talk, talk, to go, go, go?

A great conversation ensued and copious notes were taken, but we didn't move beyond the talk, talk, talk stage, so a second meeting was proposed. Before the next meeting, six key areas for action and corresponding goals, actions, and strategies were identified using the Local Food Assessment report previously compiled by Healthy Kids Healthy Communities and the aforementioned copious notes.

1. Key Area: Production, Capacity, and Supply:

• **Goal:** Increase local food production in order to provide consumers with more nutritious foods produced and processed as close to home as possible in order to create food system resilience and long-term food security.

2. Key Area: Economic Development

• **Goals:** 1. Use the food system to foster economic development and to promote a thriving local economy 2. Grow the local food economy to a scale



Frisco Farm- Pleasanton

that meets the region's needs, contributes to the success of the region's food producers and distributors, and creates living-wage jobs that recirculate wealth within the community.

3. Key Area: Environment and Land and Water Use

• **Goals:** 1. Local agriculture, food production, distribution, consumption, and food waste management are part of a food system that regenerates the ecosystem, enhances biodiversity and promotes practices that mitigate climate change 2. Increase availability of arable land for food growing and facilitate access to productive land.

4. Key Area: Education, Training and Knowledge Transfer

• **Goal:** Develop resources and implement ways to educate, train, mentor and share knowledge about growing/raising food

5. Key Area: Health, Access and Community Building

• **Goals:** 1. Residents are food secure and have access to sufficient affordable, nutritious, fresh foods 2. Influence healthy eating and active living, and reverse the obesity epidemic in Grant County 3. Celebrate and nurture the natural diversity of the region: humans, cultures, ecosystems, and economics 4. Nurture a sense of place and belonging that promotes security and happiness. 5. Foster connections, collaboration, cooperation, and fair and equitable distribution of resources.

6. Key Area: Governance, Policy, Regulation, Legislation, & Advocacy

• **Goals:** 1. Have in place policies, practices, and plans that support the local food system 2. Have in place persons/groups responsible for forwarding the development and implementation of the food system plan, including systems for maintaining communications and stakeholder connections.

The goal for the second meeting was "to generate the basis for a Grant County Sustainable Food System Comprehensive Plan that inspires community involvement, generates momentum, and results in the ongoing creation of a local sustainable food system."

First we worked on creating a shared definition of "local" and articulating a vision and a statement of

purpose for a Grant County Sustainable Food System. After accomplishing this, we reviewed the Key Areas of Action.

The Key Areas of Action and their corresponding goals, actions and strategies were posted on the walls and each person was asked to prioritize these using colored dots. Different color dots corresponded to short-term (1 yr or less), medium-term (1-3 yrs.) and long-term (3+ yrs.). This proved to be difficult; there was a lot to process in a short amount of time.



Townside Farm- Silver City

Collating all of this information was arduous as well; thankfully I wasn't asked to help ☺ There were some anomalies in the data, so one last meeting was scheduled to review the priorities generated at the second meeting and to clarify priorities in the places where Short-term (1 yr or less), medium-term (1-3 years), and long-term (3+ yrs) strategies and actions/activities didn't align.

The third meeting concluded successfully and Alicia Edwards felt confident that she would be able to present a comprehensive plan by the grant deadline.

All three meetings were very fruitful. In addition to accomplishing the stated goal, they brought people in the community together to deepen and further our understanding of the needs for developing a Sustainable Food System Comprehensive Plan and the issues and challenges we need to overcome to implement it. Relationships and paths of communication were created and/or strengthened and future community involvement has been enhanced. Seeds have been sown and residents of Grant County stand to reap the benefits. ♦

BENEFITS OF MEMBERSHIP

- Membership means ownership in the Silver City Food Co-op
- As a member, every dollar you spend at the co-op is a vote for a stronger local economy
- Supporting your co-op is investing in a vibrant downtown, a healthy community, and a business that seeks and sells local products
- Membership entitles you to share in the decision-making process; Voting to elect members to our Board of Directors, changes to our by-laws and other membership issues
- As a member, you may choose to be very

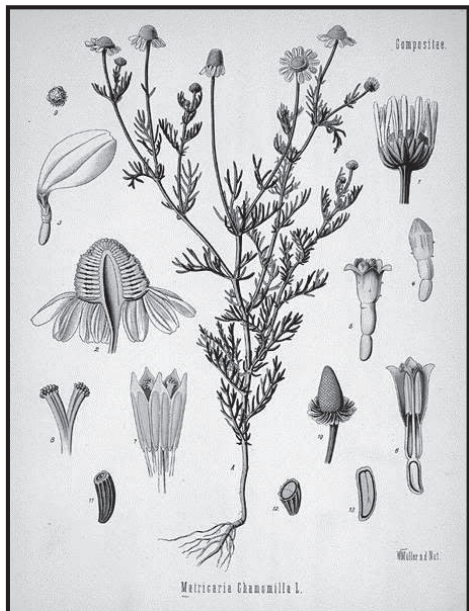
- involved by running for the Board of Directors, or serving on a board committee; Being active and committed by shopping at the co-op, voting, at tending member forums, or sharing your thoughts with the Board, management or staff
- Another way to participate is to volunteer to represent the co-op in our community, such as:
 - Deliver groceries to homebound members;
 - Staff co-op outreach events;
 - Serve on board committees
- Members receive a 10% Membership Matters discount on:
 - Full cases of regularly stocked water or grain

- beverages;
- Full (unopened) 25 or 50 lb. bags of products sold in bulk bins (nuts, beans, rice, flours and grains);
- Coffee (5 lb. bags);
- Pasta (box sizes);
- 25 lb. bags of juicing carrots;
- Reference book Prescription for Nutritional Healing;
- Reusable Chico bags & African Market baskets
- During Member Appreciation Days (MAD), members receive a 10% discount on everything in the store

January 2013



New Moon 1/11/2013 at 12:45:17 pm (MST)
Full Moon 1/26/2013 at 9:40:28 pm (MST)



Plant Your Medicine

GERMAN CHAMOMILE (MATRICARIA CHAMOMILLA): Chamomile is reputed to help reduce anxiety levels and bring on sleep, both of which are crucial to our health. Argentinean researchers discovered recently that a compound in chamomile oil binds to the same receptors as the Valium family of tranquilizers and anti-anxiety drugs. When Japanese researchers exposed animals under stress to chamomile vapors, the animals' stress-hormone levels fell significantly. Chamomile can also soothe upset stomachs and may help relieve menstrual cramps.

GROW IT: This annual bushy shrub is easy to grow from seed or cuttings. It's extremely low-maintenance outdoors in full sun, but you can also grow potted chamomile indoors provided you have a very sunny window or place it under grow lights. Chamomile requires lots of room, plant it in a 12" pot in sandy, well-drained soil.

DRINK IT: To make a tea, pick chamomile flowers and lay them out to dry at room temperature out of direct sun for about a week. Store in a dry, well-sealed jar. Steep 1-2 tablespoons of dried blossoms in boiling water for about 10 minutes.

Staff Celebrations

Anniversaries

January 12 Kate Stansberger
January 20 Jess DeMoss
January 27 Lennie Buckingham

Birthdays

January 3 Vicki Gadberry
January 20 Judith Kenney
January 22 Bob Lee
January 24 Jess DeMoss
January 27 Tracey Franco

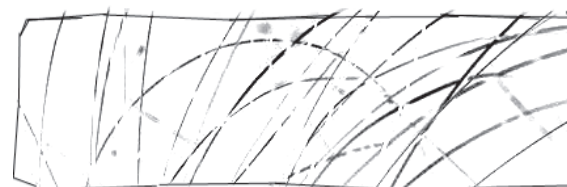
Co-op Events

January 2013

- 1 **New Year's Day- CO-OP CLOSED**
- 7 **Joe Z-**
New General Manager Starts!
- 9 Monthly Board Meeting 4:30-7:30 pm
- 8 **Community Forum:**
All About Winter Squash
- 10 Noon-1:00 pm both days
- 17 Deadline for Submission of
Board Candidate Statements
- 31 Member Linkage Committee Meeting
10:00-11:00 am

February 2013

- 13 Monthly Board Meeting 4:30-7:30 pm
- 12 **Community Forum:**
Topic tba
- 14 Noon-1:00 pm both days
- 28 Member Linkage Committee Meeting
10:00-11:00 am



So, friends, every day do something
that won't compute.

Ask the questions that have
no answers.

Put your faith in two inches of humus
that will build under the trees every
thousand years.

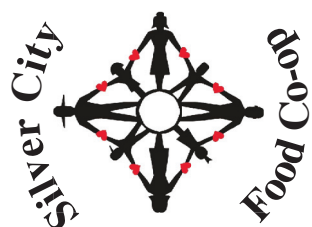
Laugh.

Be joyful though you have considered
all the facts.

Practice resurrection.

~Wendell Berry,
from The Country of Marriage

Pre-Sorted Standard
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