

Silver City Food Co-op Garbanzo Gazette

Volume 18

✧ Your Monthly Newsletter ✧ October 2018

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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YOU
ARE
WHAT
YOU
EAT

Co-op Surveys Our Membership!

Watch for an email or a snailmail invitation to participate in our *October Co-op Month Membership Survey!*

This will be the largest survey we have ever undertaken, made possible by technological advances! All Members for whom we have emails (most of you), will receive a link to the survey. For those without email addresses on record, we will mail an invitation to you.

While this survey was planned before the relocation possibility came up, it has been modified to ask a number of questions about this opportunity.

As a thank-you for participating, respondents will receive a one-time use 15% off discount as well as all respondents being put into a drawing for five winners of \$100 gift cards!

At press time there are still details that are being attended to so exact dates are unavailable. We do know that it is planned for a two-week period.

Co-ops are owned by their Members and exist to give back to those Members. It is very important to know if our Co-op is meeting the needs of our Membership. Surveys are one of the best ways to discover this.

At around 40 questions – the survey takes around 15 minutes to complete. There is even more the Co-op would love to ask about each Member, yet this sampling of thoughts will help direct our actions over the next year or two.

Mostly the survey will be administered on-line. Options for those without computer access or skills are being developed. However, we do have email addresses for 94% of our Membership.

The Co-op encourages every Member to participate! This survey will generate even more questions that we will want to ask. During this transition phase of our Co-op with moving to a new location, Members will be asked to share their opinions and thoughts frequently.

Using this newsletter and our website, we will keep Members informed of the developments as we move forward.

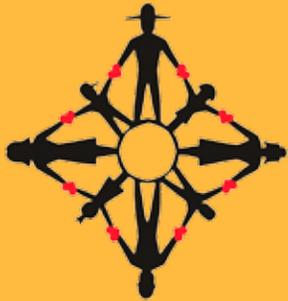
by Joe Z



2030 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



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: Susan Van Auken, Elaine Haynik

Leah Chastain

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Cup o'

October is Co-op Month.

Been that way since 1964 when it was nationally proclaimed to be so by the Secretary of Agriculture.

And it's been a big whoop-dee-doo ever since. I mean, when you think of October – don't you think about Co-ops and get all warm and fuzzy inside?

Okay – maybe not. Though I do wonder why not. Co-ops are pretty incredible places when you get right down to it and are powered by us – the Member/Owners. Celebrating Co-ops is celebrating ourselves and our neighbors. But in today's busy world, celebration is often a “tweet” here and a “like” there. No judgement if that is good or bad, just an observation of reality.

I've heard old-timers lament that the community spirit is lacking now. They talk of pot-lucks and wild naked dances under the full moon. Good times.

I know what they means. My own experiences back in the eighties had monthly (at least) potlucks by a pretty tight Co-op group. They were fun. Lots of laughter. Lots of talk about saving the planet and how President Reagan was the devil incarnate. There was a deep shared belief that we were creating a better world.

Looking back on it, we did succeed in making an impact on our world. The Co-ops started the Organic/Natural revolution that is only now taking over conventional markets by storm.

And I do not mean this figuratively. What is not known by most, back in the 80' and 90's, there were over 35 Cooperative Warehouses that serviced our Co-ops across the country. The store fronts were creating the market and the Warehouses were growing along with them. Manufacturers started creating more product for this newly emerging segment of the market.

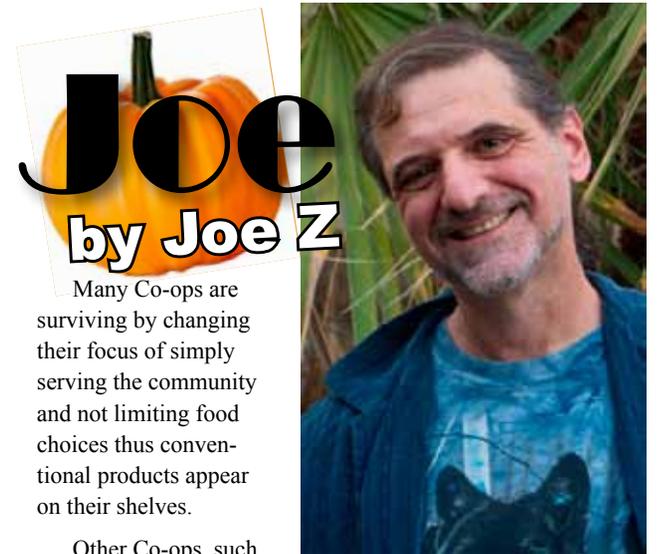
Every one of those warehouses are gone. But they did not go out of business. As this segment kept growing, it caught the eye of capitalistic companies who wanted those dollars for themselves. Using standard predatory tactics, one at a time, each warehouse started to become economically challenged and then bought by their competitor.

The last warehouse – the Tucson Cooperative Warehouse – was gone in 2008. With each acquisition, these companies now had more and more trucks and facilities and widened their distribution range. It was the take-over of the Co-op warehouse's market that allowed them the growth to enable them to supply the emerging independents such as Whole Foods and a host of smaller but dynamic organic/natural companies.

What we see now in this market was directly grown on the infrastructure of the Co-ops – and indeed – our Co-ops still are dependent on these now huge conquering distributors for the majority of our products.

And our Co-ops had to adapt. Essentially, they were forced into competition as new stores entered their areas. Or not - and many of those Co-ops collapsed.

So the question is asked, “Are Co-ops not equipped to compete with the big companies to stay alive?” The companion question is “to what purpose?”



Many Co-ops are surviving by changing their focus of simply serving the community and not limiting food choices thus conventional products appear on their shelves.

Other Co-ops, such as ours, feel that our focus on healthy organic and natural products is part of our identity and also our competitive strength in the market.

At the core of this philosophy is the understanding that we are a buying agent for our Membership and strive to give them a healthy alternative to businesses who are only concerned with dollar profit at the expense of their workers and the planet.

The mega-companies are buying up many organic manufacturers making way for new small local businesses to serve their communities with superior products.

Co-ops in general have been growing again the last two years. People are checking out the new outlets in their market but slowly coming back to the Co-ops because they understand that we're on their side.



Their side. Your side. Our side. You know – that thing that happens when enlightened self-interest merges with community spirit. Call it what you like but I call it Co-ops.

I'm now looking at Co-op Month, our relocation effort and Co-ops across the country and what I see fills me with confidence that Co-ops are going to thrive even more as we learn to adapt to the new realities – which seem to change monthly for the last few years.

This might mean learning new ways of sharing beyond pot-lucks. We know the web will play a big part in this but certainly there will need to be real-time, in-person events. There are many possibilities here.

Our relocation effort echoes what is happening with Co-ops in many areas – that they have grown too big for the space that they are in. And this is all good.

Co-ops are relevant and Co-ops are growing. This is a quite exciting time for all Co-ops! Perhaps some wild dancing is in order.



4 Wednesdays in October 20% off in Celebration of National Co-op Month!

October 3rd
• bulk •



Evan is always busy filling the bulk bins

October 17th
• produce •



Produce Manager Jake with his display of scrumptious organic edibles

October 10th
• supplements •
• health & beauty aids •



Allie and Tinisha, our HABA buyers and Kate, our Supplement buyer

October 24th
• frozen •



Misha, our frozen buyer, in front of her freezer

❖ 20% maximum discount ❖

Kitchen Meditations

Fall

Healthy Pumpkin Muffins

Easy, one bowl, maple-sweetened, pumpkin muffins made with whole wheat flour, oats, coconut oil and spices! These healthy muffins are as light, fluffy and delicious as their coffee shop counterparts. Recipe yields 12 muffins.

Ingredients:

- ½ cup melted coconut oil or extra-virgin olive oil*
- ½ cup maple syrup or honey
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- ¼ cup milk of choice (I used almond milk)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon, plus more for sprinkling on top
- ½ teaspoon ground ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice or cloves
- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- ½ cup old-fashioned oats, plus more for sprinkling on top

Instructions:

1. Preheat oven to 325 degrees. If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray (some pans are non-stick and don't require any grease).
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs, and beat well. Mix in the pumpkin purée and milk, followed by the baking soda, vanilla extract, salt, cinnamon, ginger, nutmeg and allspice.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups. For these muffins, it's ok to fill the cups a little higher than you normally would. Sprinkle the tops of the muffins with a small amount of oats, followed by a sprinkle of cinnamon. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down (you have been warned!). You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
6. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months. Simply defrost individual muffins as needed.

Muesli with Pomegranate & Almonds



Ingredients:

- 2 cups old-fashioned oats
- 1½ cups apple juice
- 2 cups plain Greek yogurt
- 1 cup pomegranate seeds
- ½ cup chopped toasted almonds
- Honey, agave syrup or maple syrup (for each serving; optional)

Directions:

Combine oats, apple juice and ½ cup water in a large bowl. Cover and chill overnight. Mix yogurt into soaked oats. Divide mixture among bowls and, dividing evenly, top with pomegranate seeds and almonds. Drizzle with honey, if desired.



Health Nuggets

Tips for a Healthy Autumn

Autumn is the time to consolidate our energy and get ready for winter. It's a good time to strengthen our respiratory and digestive systems and boost our immunity.

Here are a few tips to help balance the body as we enter the colder months.

- Support the lung system by drinking plenty of fluids, doing a sinus rinse daily and wearing a scarf.
- Warm up your diet by eating more cooked foods. Enjoy Autumn's bounty of root veggies and wonderful winter squash.
- In Chinese medicine, the pungent flavor is associated with the lungs. Pungent and slightly spicy foods traditionally help improve the function of the respiratory system. Add plenty of onions, garlic, leeks, radishes and turnips to your cooking. Also, fresh ginger is beneficial and delicious in soups!
- Fermented foods and probiotic supplements can help our gut function better. Yogurt, miso and sauerkraut are a few of the foods that can fortify our immune systems throughout the cold and flu season.



Make Your Own Pumpkin Puree!

To make your own purée, choose small (10 inches or less), brightly colored sugar pumpkins. Halve or quarter each pumpkin, remove the seeds, and put pieces cut side down on a baking sheet. Bake at 350°F for 30 minutes to 1 hour until soft. Scoop out flesh and mash it or pulverize it in a blender or food processor.

Jake's October Produce Picks



Paula helps unload fruits and vegetables from the Veritable Vegetable truck twice a week.

Pumpkins



Pumpkins are a great fall fruit to add to your menu. They are loaded with vitamin A and beta carotene, both of which promote healthy eyes and skin and help protect against infection. A diet rich in fruits and vegetables that contain beta carotene may help to support the body's immune system. Foods that are leafy and dark green, or deep orange and yellow, such as pumpkins, carrots, spinach, red-leaf lettuce, cantaloupe, squash, mangoes and sweet potatoes are good sources of vitamins A and beta carotene. Fresh pumpkin season is from September to November. However, canned pumpkin is available all year round.

Just like an apple, pear or orange, pumpkin is a fruit. It's even the official state fruit of New Hampshire. A fruit is the part of the plant that develops from the flower, just like a pumpkin does. Botanists define a fruit as the section of a plant that contains the seeds and we know that pumpkins have many seeds that are pretty delicious on their own!

Though they are often used solely as festive fall decorations, pumpkins are also nutritious and versatile fruits that can be used in a legion of soups, stews and other hearty dishes. When fresh pumpkins are not available or convenient, canned pumpkin can be a great alternative.

Pomegranate

The pomegranate is an ancient and romantic fruit. Originally domesticated in Iran, few fruits rival its beauty and flavor, which have been enjoyed for over 5000 years. In ancient Persia, the pomegranate was associated with fertility and prosperity. Ancient Egyptians buried their dead with the fruit. In fact, King Tut's tomb contained a silver vase in the shape of this extravagant delicacy.

Pomegranates are the quintessential cold season fruit. Arriving in the fall, and lasting only through winter, they have been centerpieces and holiday treats for ages. Aside from that, they are bursting with important nutrients, such as fiber, protein, vitamins C and K, folate and potassium. Pomegranates are very high in antioxidants and have impressive anti-inflammatory effects. Despite some popular opinions, the seeds can be eaten, if you choose, and they are good for you, too! Consuming one can be a messy venture, but the benefits and taste make it a fun and delicious experience.

Becky's October Dairy Pick

Three Trees Original Almond Milk

Co-op customers can now find organic *Three Trees Almond Milk* in our dairy cooler. It is delicious! With just two ingredients it's just how you'd make it at home. The distinctively creamy and almond-rich taste of *Three Trees* comes from high quality almonds, lots of them. With only almonds and water, you just can't hide the quality. Unlike many almond milks that get their texture and body from thickeners and their nutritional profile from fortified vitamins and added oils, *Three Trees Almond Milk* is rich, delectable and nutritious simply from an abundance of almonds.



Gabbie says, Yummmm!
Three Trees Almond Milk
is 20% off for Members Only
the entire month of October!

CO-OP Community

Co-op Community Donations

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

**Food Pantry
Explorers
Lions Club**

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 • Bridget O'Leary • John Tank • Scott Zager
Tasha Marshe • catherine bialopiotrowicz • Malika Crozier
Mary Ann Gelb-Finn • Athena and Two Crow Schumacher
Susan Van Auken • Jennifer Lamborn • Sharon Bookwalter
Logan Campbell • Jane Papin • Debaura James • Tim Garner



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

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 October

Supporting People in Need

Our mission at SPIN (Supporting People In Need) is to create and sustain housing and support services for families and individuals with disabilities, especially mental illness. We currently operate a transitional house which houses four men. The goal of our transition house is to help people with roots in Grant County to transition back into society while learning about themselves and how to serve the community they are a part of. We work with the Department of Corrections to transition people back into society in healthy and sustainable ways. We are also in the development stage of our Permanent Supportive Housing project. We will begin with 24 units with 24-hour support and crisis intervention for persons with mental illness. It is our vision to house and help people who cannot do so for themselves. We know our project will be an asset to the community and will be a cost effective and innovative way to manage mental illness.



August Round Up \$1227.70!

Girl Scouts of the Desert SW

With the funds from the Co-op we will be working with the girls on 3 different badges: 1) *Simple Meals*, where girls will learn about cooking tools and kitchen safety, 2) *Healthy Eating*, which will further their learning by learning basic nutrition and healthy food choices, and 3) *Brownie Snacks*, where girls will learn about healthy snacks, energy snacks, and sweet snacks to make for themselves and to take to their families.



Round Up for November

G. C. Community Food Pantry

This November, help give needy families a Thanksgiving to be thankful for. The Silver City Food Co-op's Roundup Program is collecting funds for the Grant County Food Pantry. The Grant County Food Pantry delivers food to low income residents in our community who don't get enough to eat. Since 2009, the Grant County Food Pantry has been a program of The Volunteer Center in Silver City. They provide boxes of high-quality groceries to families in the area, including locally sourced foods and fresh produce. They also provide emergency food boxes and Alimento Para Los Niños, a weekend backpack program for kids who don't get enough to eat on the weekend. The bag of child-friendly food on Fridays provides nutritious food until they return to school on Monday. The Volunteer Center is located at 501 East 13th Street. Food distributions are first Saturdays 10:00 - Noon and last Wednesdays 4:00 - 6:00 p.m. Contact TVC at (575) 388-2988 or info@tvcgrantcounty.org. You can learn more and donate on their website at www.tvcgrantcounty.org.



almost
It's Turkey Time!



Turkey reservations
begin
Tuesday, October 30th

*First available pick-up:
Wednesday, November 14th*

\$ Price to be determined \$

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!

MAD Nov. Dec.

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!

If interested please email
judith@silvercityfoodcoop.coop
Three hours earns a 15% Volunteer Discount



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



Sustainability Options at the Co-op

by Leah Chastain

Sustainability is the potential to endure. Humanity is quickly exhausting resources that can never be replaced, challenging the vision of sustainability many of us are working towards. Sustainable living is a lifestyle focused on environmental responsibility and conservation of energy. Using the Earth's precious resources responsibly and efficiently is essential to 'going green', in other words adopting practices and pursuing knowledge which alleviate ecological and environmental impacts, resulting in better air quality, a cleaner environment and improved health outcomes. Earth's sixth mass extinction is underway due to human activity leading to pollution, habitat loss, the introduction of invasive species and more. Having an awareness of, and making the effort to "reduce, reuse, and recycle" is vital to a sustainable future, ensuring the longevity of our species and many others as well.

I have been researching products to sell at the Co-op that are sustainable and reusable. It isn't an easy task. Most Americans live in the fast lane and many have adopted an instant gratification and 'throw away' mentality, exponentially in-

creasing energy usage and pollution, plastic and other things as well. The Co-op offers solutions to help people reduce their carbon footprint and the amount of trash they generate with products designed to be reused over and over. **Chico Bags** are helping us bag the single use habit. **Klean Kanteen** products are made to last a lifetime but if they don't, they are made of stainless steel and are recyclable. **Klean Kanteen** steel straws and **Gilammonster Glass** straws replace single use plastic straws, which Americans discard at the alarming rate of 500,000,000 (yes 500 million!) per day. That's 182.5 billion discarded straws per year, enough to fill 46,400 school buses every year. **To-Go-Ware** utensils are made from bamboo and come in a convenient carrying case. We are bringing in steel/silicone food storage containers and are looking for a source of reusable silicone food storage bags. Silicone emits none of the endocrine disruptive chemicals that plastics do and is recyclable as well. I welcome suggestions from our membership on items to carry which further our vision of a sustainable future. leah@silvercityfoodcoop.coop



siggi's drinkable yogurt

*Siggi's makes
delicious yogurt products
with simple ingredients
and not a lot of sugar.*

*Based on traditional Icelandic yogurt,
all the milk used at siggi's is
from family farms
and is hormone-free.*



One of our youngest members, Jayden, enjoys a healthy, tasty siggi's with his dad.

Merchandising Department



Gift Giving Suggestions for the Holidays

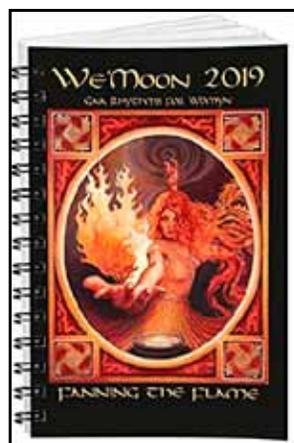


Kei & Molly Textiles

Kei Tsuzuki and Molly Luethi are two friends, mothers, and printers living in the high desert of Albuquerque, New Mexico. They founded their own company in 2010 to create both a printing studio dedicated to producing artisan-quality fabric goods as well as a vehicle to develop good jobs in their community. Kei and Molly design all their own images and, in order to minimize impact on the environment, their studio uses only water-based, non-toxic inks. Here at the Co-op we carry their wildly popular kitchen towels.



Leah is our *Merchandising Specialist* here at the Co-op. She buys for and organizes the mercantile department where you can find an array of local, fair trade and specialty items. It also includes sustainable food preparation and storage products, wonderful cards and a dynamic offering of candles, sage smudges, apparel and jewelry, all of which may change appropriately with the seasons. Leah does extensive research on her products with special emphasis on sustainably made, environmentally friendly products. When not serving as mercantile buyer, she jumps in wherever help is needed and serves as Manager on Duty (MOD) three mornings a week.



We'Moon Calendar

We'Moon is more than an appointment book, it's a way of life! It's a lunar calendar, a handbook in natural rhythms, and a collaboration of international women's cultures. Art and writing by contributors come from many lands and give a glimpse of the great diversity and uniqueness of a world we create in our own images.

Cactus Street Pottery

Through Leah's efforts, the Co-op carries great pottery made locally by Chris Sowers. All of his work is handmade, functional and food safe. Every piece is crafted from the finest stoneware and porcelain clays. We know that you will enjoy using this one-of-a-kind, functional ware in your daily life for special occasions or as a memorable gift.

Behind the Scenes at the Co-op

This is the last article in the Behind the Scenes at the Co-op column, which has featured the people who keep our co-op running smoothly. You can read the past articles on the Co-op website starting in the November 2017 issue of the Garbanzo Gazette.



By Susan Van Auken

❖❖❖ The Quarterly Inventory ❖❖❖

After hours, on March 31, June 30, September 30, and New Years Day, about twenty staff members gather in the co-op to perform an extremely detailed and important function. These staff members count each of the store's approximately 5,000 items with the help of WIS International, an inventory company from El Paso, and weigh all the bulk goods and produce for sale in the store. They are accumulating the data for the quarterly inventory essential to the co-op's financial reports.



What is an inventory and why is it important, you might ask. The conversion of the counting or weighing of each product in the store into the purchase price paid by the co-op to acquire all of it appears as an asset on the co-op's financial balance sheet. The quarterly inventory also plays a role when

reviewing the sales figures for the entire store and each department. The complex interplay between inventory and sales is closely monitored by Joe and the finance team.

What work is required to get an accurate account of all the items in the store?

Two days before the inventory. Jess, our POS manager, who tracks the co-op's stock and pricing, sends to the inventory company an electronic file containing a list of all of the products in the store with their UPC bar code numbers and purchase prices. The company inputs all this data into their system so that when they physically scan and count, for example, the number of jars of kalamata olives, their total purchase price is tallied properly.

Preparation the day of the inventory. The co-op's stockers and buyers go through the entire store and make sure that all items are stocked correctly, such as ensuring that the jars behind the first jar of kalamata olives are all the same and that a jar of pitted or marinated kalamata olives did not sneak into the row. Because stockers often consolidate back stock to save space, many different types of bulky bags of chips end up in one box. Every box of back stock is examined and the contents itemized on the outside of the box. Any testers or sample bottles of lotions and creams are removed.

The inventory begins about 4:00 p.m. The WIS crew of four to six people arrive, their computer system readied, and the inventory begins in the warehouse. Back stock is inventoried first, and when the store closes at 7:00 p.m.,

the crew moves up front. The inventory process for all the jars, boxes, and individual items on the shelves consists of four distinct steps:

1. The store is divided into about 150 inventory sections.
2. A WIS crew member takes a section and, with a handheld inventory-counting device, scans each product, tallying the number of boxes or jars of that product on the shelf. This continues until the section is finished.
3. The data from the device are transferred to the computer, a report printed, and the printout taped to a shelf in the designated section, indicating the completion of this section.
4. A co-op staff member spot checks this inventory for accuracy using the finished report to compare random items in the count. The WIS supervisor corrects any mistakes found, and the new report is posted in the section.

Inventory of the produce, bulk-bin items, bulk herbs, deli case, dairy back stock, and local meat are not done by WIS but by the co-op's buyer for that section and other co-op em-



Leah and Abel checking in inventory from UNFI

ployees. Each item in the bulk bins and produce section must be weighed.

The inventory finishes about 10:30 p.m. The count is usually completed within six hours. WIS prints out the corrected inventory report and transfers it to a flash drive, as well. Although this final report should be an accurate report of all products in the store, there is one more step.

The variance report is examined. Jess enters the inventory report from WIS into the Catapult software program, the co-op's own pricing and inventory system. The two programs should give the same results, but there are usually some variances, which Jess and Joe then review. Sometimes a mistake is a simple decimal point, such as an entry indicating the co-op has 250 pounds of sea salt, when there is actually 25 pounds. Variances due to obvious miscounts are easily corrected, however some variances take longer to understand.

The inventory is finished. At the end of this very long day, when the physical inventory is complete, the WIS crew is gone, the food and desserts prepared by Brenna and the deli crew are consumed, and the efforts of all staff members are gratefully acknowledged, there is a tremendous sigh of relief.

This whole day of counting takes a lot of preparation. Mike coordinates the inventory process and the fifteen to twenty staff members who participate. Marguerite supervises all the prep work, and Jess and Joe continually work with the myriad numbers.

Some changes in the process will take place this year, on September 30th. For the first time, only one person from WIS will come, with the computer system, printers, and inventory counters, and the co-op staff will assume the majority of the responsibilities. If all goes well, soon the co-op will conduct its quarterly inventory totally in-house!



Quarterly inventory happened on September 30th! We counted all this!!

October is National Co-op Month

Let's Celebrate!



Co-op Month has been celebrated annually in October across the United States for more than half a century. It is a time for cooperative businesses to reflect on their shared principles and to educate others about the value of belonging to a cooperative.

The first co-ops came into existence in Europe in the 18th and 19th centuries.

From colonial times on, early American co-ops were formed for the benefit of farmers.

Many co-ops were organized in the 1930s during the Great Depression.

Minnesota was the first state to declare an official Co-op Month proclamation in 1948.

Co-op Month has been a nationally recognized celebration since 1964, when U.S. Secretary of Agriculture Orville Freeman, a former Minnesota governor, proclaimed October Co-op Month.

Co-ops are owned by members of the community, not outside investors.

Co-ops support local, small-scale agriculture.

Co-ops help build local economies.

Co-ops provide a sense of community.

The “new wave” of consumer co-ops began in the 1960s and 70s. These co-ops were pioneers in what became known as the natural foods industry.

In 2018, co-op grocers are growing at the fastest pace since the 1970s in rural towns and dense, urban neighborhoods alike.



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)

Owl Fun Facts

- Owls live in barns, trees, old buildings and tunnels.
- Owls eat mice, rats, birds, raccoons, skunks, snakes, squirrels and other small mammals.
- Owls can't digest bones, fur or feathers so they spit it out.
- Owls have sharp beaks that they use to shred their food.
 - Owls grab their "prey" with their sharp claws.
- Owls don't make any sound when they fly.
- Owls camouflage themselves in the trees.



NAME: _____ AGE: _____



CO-OP
KID

Korner

A Quote for Autumn

"I cannot endure to waste anything as precious as autumn sunshine by staying in the house.

So I spend almost all the daylight hours in the open air."

- Nathaniel Hawthorne



Stay Well All Winter

By Elaine Haynik

It's that time of year again - autumn is coming and holidays approaching. Does that mean I must suffer a bout with the flu or a cold or sinus infection? Realize, you can do something to prevent getting sick. So let's pro-actively start today to do things to avoid illness. Where to start? Keep your immune system strong all the time. First, be sure to get enough sleep. Cut down on sugar. Eat more food in its natural state, rather than processed.

Watch your thoughts: Mind your mind-set. Recognize stress and deal with it. Reframe your thoughts. Learn to quiet yourself down. Meditate. Do not dwell on fear or negativity. No discouraging words. Forgive and forget. Get off the pity pot. Smile more. Train yourself to be optimistic, positive, and grateful. Perform frequent acts of kindness. Spread sunshine.

Watch your activity level - If you are sedentary at your job, make an extra effort to incorporate some physical exercise. Keep your circulation moving. Stimulate your mind and body through deep breathing, walking, biking, running, swimming, hot tubs, saunas, gym work outs.

Watch your diet - Try not to eat heavy meals. Eat less meat, less or no junk foods, more fresh or raw fruits and vegetables. Eat more greens, even seaweed. Eat whole grains, however, go light on whole wheat (often it's GMO). Add ground flax seed one tablespoon daily to cooked foods, like hot cereal or muffins. Add lemon to your water, or have a hot lemon drink first thing in the morning with added molasses or honey. Lemon turns alkaline in the body. Add a cup of tea any kind - herbal, green or black, to your afternoon routine. Cut out sugar - it's the worst! Why do you think you get sick after overeating at the family Thanksgiving feast or at the company Christmas party? Why do you treat yourself to that daily soda, or one of those coffee drinks with syrup that can add up to 400 to 600 calories void of nutrition? Sugar in any form paralyzes the white blood cells. They go into a coma for 6 or more hours. These cells are the pac-men of the immune system. When they detect the enemy they disable the germs by eating/ingesting them. When they are asleep on the job the enemy cells get a head start. You have disabled your own immune system, you sabotaged the work your cells are trying to do to keep you healthy by what you chose to put in your mouth. Think about that.

Oh no, it's too late, you feel a cold coming on. Immediately alkalize and hydrate. Alkalize means to help the body become more alkaline. Often your diet and water is too acidic so use emergency measures to raise pH to an alkaline level. Take an Alka-seltzer, Airborne, Emergen-C, or mix yourself a drink of ¼ teaspoon of baking soda, and ¼ teaspoon of Celtic salt or pink

Himalayan in a glass of water. These specialty salts help electrolyte balance. Repeat later. If you are at work, find some salt and gargle with salt water. Stop sugar, dairy, and meat. Go for a brisk short walk. You can flush out toxins by stimulating your circulation. Go home and heat up some chicken soup (Jewish penicillin). You may use a can of chicken and rice soup with added water. Into the bowl (do not cook) add 1 or 2 cut cloves of raw garlic (Russian penicillin) and one teaspoon of miso, a probiotic. You can add some dried green herbs, such as Italian seasoning, parsley, oregano, thyme, and shake some cayenne hot pepper into the soup which will bring out a bit of sweat. The idea is to get the lymph system flowing as fast as possible.

Next make yourself a pot of ginger tea. Use a piece of fresh ginger root about 1 ½ inches long cut into thin coins. Bring one quart of water to a boil with the ginger pieces. Keep covered and simmer slowly one half hour. Take off the heat. Add a big glob of honey to the pot, or to your cup, and the juice of 1 or 2 lemons to the pot. No need to remove the ginger. Leave the tea in the pot and reheat as necessary. Try to use 2 or 3 cups daily, or sip it often. It tastes spicy and warming and works amazingly well. You can add extra water to replace that which evaporated or boiled off.

While the ginger tea is brewing, take a hot bath. Add ½ cup of Epsom salts to the bath water. You are detoxing yet adding magnesium to your system to prevent muscle aches.

After the bath dress warmly. Apply an aromatic salve to your throat and chest, if desired. Alternatively, you can put a few drops of essential oil on a tissue and breathe in. Check on your ginger tea and have a cup. Go to bed early. Stay warm.

More healthy tips - Often wash and disinfect all the doorknobs, light switches, phones, computer keyboards, faucet handles, toilet flusher handles, car steering wheel. When you are fighting a cold, change your pillowcase daily, so you don't rebreath germs or allergic items. Go lie out in the sun for 10 minutes or so. The sun is a potent disinfectant and stimulates the immune system. This may sound weird, but wash the soles of your feet before bedtime daily. Medicine and toxins can be absorbed through the soles. You can add a therapeutic, or essential oil to the soles of your feet at bedtime. A few other items I use are: zinc lozenges, bee pollen, honeycomb, vitamin A&D, acidophilus, echinacea. Think ahead. Be watchful over your body and thoughts. Prepare, balance, remain happy and active throughout the cold weather. You can do it.

Elaine Haynik is a retired RN who worked for 40 years in both hospital and alternative medicine.





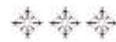
2 U From Your Board . . .



Historic Event Takes Place!



The September 12th Board Meeting had its first official meeting at the new building on Pope Street. There were about 30 member/owners in attendance for the occasion asking questions and offering feedback on the Co-op relocation/expansion project. After the member/owner portion concluded with a 1-1/2 hour discussion, the board resumed with regular business items and several member/owners took a self-guided tour of the main building.



Welcome to Our Two New Board Members Julianna Flynn and Scott Zager!

About Julianna

Julianna Flynn Albershardt was appointed to the Co-op board in May, 2018. She was a member of the Mimbres Regional Arts Council board of directors from 2011 to 2016, and served as Vice President. Julianna earned her BA in Psychology and Writing from the University of Pittsburgh while working as a professional puppeteer. She has worked as a counselor, therapist, client treatment coordinator and group facilitator; and has provided management and coordination services. Writing credits include curriculum, newsletters, brochures, articles and website copy. Most recently she has concentrated on design services and adaptive reuse of historic buildings, furniture/fixtures/equipment procurement, and project coordination. She is currently an independent designer focusing on the psychology of design in the built environment. juliannaflynn8@gmail.com

About Scott

Scott Zager was appointed to the board on September 12th. He has been a member of the Co-op since moving to Silver City two years ago. Previously, he was involved with food buying clubs with up to 30 families. He was also a member of CSA farms where his home was a distribution hub. Scott has been on several church boards, boy scouts and professional organizations. He was employed as a state ecologist for Minnesota and had worked for nearly 15 years as a botanical consultant conducting habitat surveys and helping with Green Wood Certification of forests. Scott is currently enrolled at WNMU learning a new trade in GIS map making and data analysis. He is active with many volunteer organizations in Silver City and is looking forward to helping SCFC during this challenging period. scott.zager@wildlands.biz



Jennifer Johnston
President



Jean-Robert Béffort
Vice-President



Shanti Ceane
Secretary



Laurie Anderson
Treasurer



Julianna Flynn



Scott Zager

Fundraiser & Donation Campaign for Co-op Relocation Set to Launch in October! “RED or GREEN?” or both?

The Silver City Food Co-op will be heating up in October with a “Red” & “Green” interactive Chile Thermometer type of donation-based fundraising. It couldn't be a more fitting time to kick off donations for the new building and Co-op expansion/relocation since October is National Co-op month.

Our first cash donation was 22 cents followed by an anonymous donor giving a generous donation of \$1000. WOW!!! Any amount that co-op member/owners or even non-members want to donate for the new building project on the corner of College and Pope Street is possible. There will be several payment options for you to donate. The Co-op will have a donation box that looks like the new building up at the front of the store for cash deposits. You will also be able to donate any amount at the register along with your other purchases with either cash or a card. The cashier will simply ring up your desired amount on an extra button added specifically for this purpose. You will be able to donate online with Pay Pal on the Co-op website at silvercityfoodcoop.coop. Checks can be dropped off to a cashier or mailed in.

So Co-op folks, get ready to watch the progress on the growth of our co-op relocation/expansion as the chiles heat up with more and more color being added to them as donations come in making them go from mild to medium to hot, hotter and even extra hot!



By Jean-Robert Béffort
Vice-President

How will your contributions for the new building relocation be tracked on the two chile board thermometers (red & green) that will be posted on the columns at the front of the store on the back-side of the entry door?

If you make a donation at the cash box at the front of the store it will be tracked and go towards the green chile thermometer.

If you make a donation at the co-op website using Pay-Pal, it will be tracked and go towards the red chile thermometer.

If you make a donation at the register it will be split 50-50 and go towards (both) the red and green chile thermometer.

If you make a donation by check and send it in the mail, it will be split 50-50 and go towards (both) the red and green chile thermometer.

What the Heck Is PSPC?

In July your SCFC Board created a new committee to conduct important preparatory work that will ideally lead to the remodel and possible move into the old LifeQuest building on Pope Street. The members of the Pope Street Project Committee (PSPC) include board members, staff and interested members. They are Shanti Ceane (chair), Scott Zager (scribe), Julianna Flynn, and Jean-Robert Béffort along with Joe Z (General Manager), Mike Madigan (Assistant Manager) and Betty Mishuk (Contract Accountant). The PSPC meets weekly to fulfill the role of a project management team. They are planning and implementing several short- and long-term objectives that will be required for possible relocation of our co-op store. These include member surveys, business plans, building design, acquiring professional services and fund-raising to defray costs. Their initial objective has been to develop a written survey of the general SCFC membership to gauge the level of support for relocation and expansion. The survey will also address questions about possible products and services that members may desire in the future to see offered by their co-op store regardless of its location. Meanwhile, the PSPC is also interviewing candidates for a Fund-Raising Coordinator. This position will help PSPC find monies required for planning, financing and construction. Any hopes of SCFC relocation to Pope Street depend on keeping these costs down and not burdening the membership with unsustainable debt. A successful relocation and expansion has yet to be determined and there are several obstacles. PSPC very much wants your input as a member, because we need every SCFC member to participate.

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@gamil.com

Julianna Flynn

Board Term: 2018-2019
juliannaflynn8@gmail.com

Scott Zager

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

Board of Directors



October

Members Only Specials

October 3 - October 30

20% OFF! listed prices



Papa Cristo's
Spanakopites
8 oz
reg \$8.29



Badger
Chest Rub
.75 oz
reg \$4.99



three trees
Almond Milk
34 oz
reg \$8.69



seasnax
Seaweed Snack
.36 oz
reg \$2.39



Woodstock
Cranberry Sauce
14 oz
reg \$4.59



Tierra Farms
Bulk
Raw Cashew Butter
reg \$11.59#



Pacific
Pumpkin Puree
16 oz
reg \$4.39



Weleda
Plant Gel Toothpaste
2.5 oz
reg \$6.79



the ginger people
Chewy Ginger Candy
3 oz
reg \$2.69



MegaFood
Daily C-Protect
.08 oz
reg \$1.09

Continuing Members Only Specials



Fedora hats
20% off



African baskets
20% off

glass storage jars
15% off



EcoBags
15% off

