

the Garbanzo Gazette



Volume 12

a monthly newsletter of the Silver City Food Co-op

2012 Year in Review

The 2012 International Year of the Cooperative is coming to a close, but cooperatives will continue to play a huge role in the lives of people around the globe, and the Silver City Food Co-op will continue to serve Grant, Catron, Luna and Hildago counties by providing the best local and organic produce, meat, dairy, bulk herbs, spices and whole foods, alternative health care supplements and body care products, as well as free educational forums and information on health, nutrition, cooking, and gardening.

In addition, the Silver City Food Co-op will keep on promoting a local and sustainable economy that includes support of downtown Silver City, local agriculture, local investment opportunities and non-profit and community organizations throughout Grant County.

You, the members, are the Co-op. By spending your food dollars here and volunteering and becoming involved in the life of the Co-op and the community you are helping to improve the quality of life right here in Grant County. Membership Matters!

Here's a look at the Silver City Food Co-op's Community Outreach for 2012.

See how your membership, patronage and involvement supported our Co-op and our community this past year. Thank You!!!!

Sponsorships/Memberships

Green Chamber of Commerce
 KRWG
 Chocolate Fantasia
 V-Day 2012
 New Mexico Organic Farming Conference
 Earth Day Celebration
 Tour of the Gila
 Pickamania
 Gila Monster Fun Ride
 Hunger For Knowledge
 Health Security Campaign for New Mexicans
 Grant County Community Food Pantry



Fundraisers at the Register

Kids In need of Supportive Services (K.I.S.S.)
 \$497
 The Grant County Community Food Pantry
 \$827
 The No Kid Hungry Campaign
 \$90.50

48 Volunteers

Jerry Boswell	Lita Furby
Gail Rein	Carmon Steven
Susan Van Auken	Lynno Aldin
Meadow Clark	Jeff Goin
Margaret Hadderman	Vicki Allen
Lynn Asch	Rebecca Summer
David Golumb	Denise Ashton
Paul Audette	Martha Egnal
Samaya Jones	Nikki Tesnow
Allee Barr	Patricia Erickson
Ellen O'Bryan	Thomas Twintress
Linda Bartlett	Mary Ann Finn
Jane Papin	Charmeine Wait
Marguerite Bellringer	Elizabeth Foster
Laura Peltier	Kathleen Wigley
Charity Bishop	Steve Fox
Tony Peltier	Kori Wilken
Misty Blue	Carol Fugagli
Debora Ritchie	Paul Wright
Sharon Bookwalter	Melvyn Gelb
Lisa Ross	Mary Giardina
Monica Rude	Eliza Cain
Annie Lessem	Paul Slattery
Matt Smith	Eric Casler

22 Local Community Events

1. Downtown Dash - 1/13
2. Health Care: WNMU Winners and Losers Panel Discussion - 1/19
3. Wild and Scenic Film Festival - 1/28
4. Chocolate Fantasia - 2/12
5. Grant County Farmers' Market Home & Garden Expo/Co-op Seed Share - 3/26
6. Stuff a Truck Food Drive/Fundraiser
7. Earth Day - 4/21
8. Tour of the Gila - 4/25-4/29
9. Blues Fest Food Drive - 5/26-5/27
10. Jump into Summer - 6/09
11. Silver City Museum's 4th of July Celebration - 7/04
12. Silver City Clay Festival - 8/03-8/05
13. SCFM Salsa Contest - 8/18
14. Pickamania/First Friday Street Dance - 9/07
15. Farm2Chef - 9/15
16. Gila River Festival Short Film Contest - 9/15
17. Silver City Farmers' Market Vendor Appreciation Day - 9/29
18. Gila Monster Fun Ride - 10/06
19. SCFM Local Harvest Pie Contest - 10/13
20. Hunger for Knowledge - 11/05
21. HMS LA VIDA 3rd Annual Fall Fitness Walk - 11/10
22. NM Tamal Fiesta y Más - 12/08

(continued on page 7)

In This Issue

Page 2

Greetings from the General Manager
 Did you know? ...

Page 3

Co-op News

Page 4

Kitchen Meditations
 Third Culture: The Circle & the Triangle

Page 5

Co-op Deals
 Monthly Specials
 Kids' Corner

Page 6

From Your Board...

Page 7

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

Doug Zilm

Staff

Joseph Patrick
Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Tracey Franco
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
Jeanné Miller
Becky Carr
Vicki Gadberry
Lennie Buckingham
Erin Toney
Jess DeMoss
Meggie Dexter
Brian Bates
Misha Engel
Kevin Fast
Angie Carr
Elena Taylor
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Andrea Simoneau
Richelle Price
Jarrod Swackhamer
Dan Jameson
Melissa McDermott
Doug Smith
Jessie Gauthier

Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Judith Kenney, Carolyn Smith, Carol Young & Meggie Dexter.

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

©2012 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

Greetings from the General Manager

Here we are entering December and ready to finish up another great year at the Co-op. This has been a very eventful year that started in the spring with the approval by the membership of the bylaws revisions and the revisions to the Articles of Incorporation. The Articles of Incorporation were approved by the PRC this fall so beginning in January 2013, when you renew your membership, you will be an official member-owner with equity invested in the Co-op.

In 2012 we also began doing our entire newsletter in house. This has been great for the Co-op to be able to really create the newsletter in a way we hope you all enjoy. It has

taken great teamwork among several co-op staff members and a lot of learning but the results have been outstanding. This same group is currently working on learning how to maintain our website which will not only save money but allow us to be timelier with updates. I think you will see some great new things during 2013 on both the website and in the Garbanzo Gazette. And remember, you can always opt out of having your Garbanzo Gazette mailed to you and read it on-line.

I hope everyone has a safe and enjoyable holiday season and I look forward to seeing everyone in the new year. Cheers.

-Doug Zilm

Did you know?...

Reasons to Love Red Wine

LOWER YOUR CHOLESTEROL- High-fiber Tempranillo red grapes—which are used to make certain red wines, like Rioja—may actually have a significant effect on cholesterol levels, according to a study from the Universidad Complutense de Madrid in Spain.

PROTECT YOUR HEART- On top of lowering bad cholesterol, polyphenols—the antioxidants in red wine—can help keep blood vessels flexible and reduce the risk of unwanted clotting.

CONTROL BLOOD SUGAR- The skin of red grapes—a rich source of red wine's natural compound resveratrol—may actually help diabetics regulate their blood sugar. Resveratrol-takers had significant decreases in total cholesterol and systolic blood pressure. Resveratrol may help stimulate insulin secretion or activate a protein that helps regulate glucose and insulin sensitivity.

BOOST YOUR BRAIN- Resveratrol may also be the key to keeping your memory sharp. The compound has been shown to hamper the formation of beta-amyloid protein, a key ingredient in the plaque found in the brains of people with Alzheimer's.

FIGHT OFF A COLD- The antioxidants in red wine may help keep you healthy. Among 4,000 faculty members at five Spanish universities, those who drank more than 14 glasses of wine a week for a year were 40% less likely to come down with a common cold. Another study from Cedars-Sinai Medical Center found antioxidant properties in red wine may lower sex hormone levels to protect against breast cancer.

STOP CANCER- The resveratrol you get from drinking one glass of red wine three or four times a week may be enough to starve any nascent cancer cells. Researchers at the University of Virginia dosed human cancer cells with resveratrol and found the compound inhibited the key action of a cancer-feeding protein.

GET SLIM- Piceatannol, the chemical compound our bodies convert from resveratrol, was shown to actually prevent the growth of fat cells. Piceatannol binds to the insulin receptors of fat cells, essentially blocking the pathways necessary for immature fat cells to mature and grow.

JAZZ UP DINNER- Who said red wine consumption had to be limited to the glass? Include the drink in your dinner, either as a sauce or complimentary ingredient, and still reap its benefits.

(Source: Prevention Magazine)

Surprising Health Benefits of Beer

STRONGER BONES- Beer contains high levels of silicon, which is linked to bone health. For the best bone-building benefits, reach for pale ale, since a 2010 study of 100 types of beer from around the world identified these brews as richest in silicon.

A STRONGER HEART- Those who quaffed about a pint of beer daily had a 31% reduced risk of heart disease, while risk surged in those who guzzled higher amounts of alcohol, whether beer, wine, or spirits.

HEALTHIER KIDNEYS- Each bottle of beer men drank daily lowered their risk of developing kidney stones by 40%. Beer's high water content helped keep kidneys working since dehydration increases kidney stone risk. is also possible that the hops in beer help curb leeching of calcium from bones; that "lost" calcium could end up in the kidneys as stones.

BOOSTING BRAIN HEALTH- A beer a day may help keep Alzheimer's disease and other dementia at bay. Moderate drinkers (those who consumed about one drink a day) lowered their risk of mental decline by as much as 20%, compared to non-drinkers. Older women who downed a drink a day scored as 18 months "younger," on average of tests of mental skills than the non-drinkers.

REDUCED CANCER RISK- Marinating steak in beer eliminates almost 70% of the carcinogens, produced when the meat is pan-fried. Beer and wine contain about the same levels of antioxidants, but the antioxidants are different because of flavonoids found in hops and grapes are different.

BOOSTING VITAMIN LEVELS- Beer-drinkers have 30% higher levels of vitamin B6 in their blood than non-drinkers, and twice as much as wine drinkers. Beer also contains vitamin B12 and folic acid.

GUARDING AGAINST STROKE- Moderate amounts of alcohol, including beer, help prevent blood clots that block blood flow to the heart, neck and brain—the clots that cause ischemic stroke.

REDUCED RISK FOR DIABETES- When 38,000 middle-aged men who drank occasionally raised their alcohol intake to one to two beers or other drinks daily, their risk of developing type 2 diabetes dropped by 25%. Alcohol increases insulin sensitivity, thus helping protect against diabetes.

LOWER BLOOD PRESSURE- Wine is fine for your heart, but beer may be even better. A study of 70,000 women ages 25-40 found that moderate beer drinkers were less likely to develop high blood pressure—a major risk factor for heart attack—than women who sipped wine or spirits.

LONGER LIFE- Moderate drinkers live longer. Moderate drinking prevents about 26,000 deaths a year, due to lower rates of heart disease, stroke, and diabetes.

HEALTH FOOD IMPOSTERS TO AVOID

Though they may seem like healthy options, here are items you should steer your cart away from the next time you shop.

PRESLICED PACKAGED FRUIT- Slicing ahead of time exposes more surface area, raising the risk for nutrient loss from oxygen exposure. And the packages are more expensive than whole fruit.

ICEBERG LETTUCE- One of the most popular vegetables is also one of the least nutrient-dense. In general, the darker the leafy green, the bigger the nutritional bang.

BOTTLED SMOOTHIES- Many are sweetened with sugar or nutritionally poor juices like apple or pear. Plus, they almost always cost much more than making your own.

YOGURT-COVERED NUTS AND PRETZELS- This fake yogurt covering is made with added sugars and unhealthy fats.

SALTED NUTS AND SEEDS- Eating too many will put you into calorie and sodium overload.

SWEETENED DRIED FRUITS- Some dried fruits (e.g., cranberries) are bathed in extra sugars. Scoop unsweetened.

FAT-FREE DRESSINGS- Fat is often replaced with sugars or other fillers, so dressings may contain nearly as many calories as regular versions. Plus, you need some fat—it helps your body absorb vitamins and antioxidants.

VEGETABLE OILS- Made from corn, soybean, or cottonseed, these heavily refined oils are high in inflammation-causing omega-6 fatty acids.

FRUIT-ON-THE-BOTTOM YOGURT- These are loaded with sugars, syrups, flavorings, and artificial ingredients.

LIQUID EGG WHITES- They lack the vital nutrients in an egg, including vitamin D and the brain-boosting compound choline.

Co-op News

STAFF PICKS FOR DECEMBER

by Judith Kenney

Jeanné Miller is the very capable head of the Co-op's



"price patrol" section which ensures that all products in our store are priced correctly. She has worked at SCFC for 4 1/2 years and chose **Noosa Strawberry Rhubarb Yogurt** as her "favorite product of the moment."

According to Jeanné, "the sweetness of the strawberries, combined with the tangy-tart rhubarb is delish. If you're in the mood for a savory, creamy yogurt to pair with that morning muffin, this is for you!"



Noosa is a very new company, launched in 2010 and based in Colorado. The brainchild of Koel Thomae, Noosa takes its name from a town on the Sunshine Coast of Queensland, Australia. While visiting there in 2008, Koel became enamored with a yogurt being produced by a local family. With some effort, she was able to convince the two brothers to bring their recipe to the U.S. Together, along with a fourth person, they created a business that has skyrocketed in just a couple of years. Noosa is made on site at Morning Fresh Dairy in Bellvue, Colorado. Their fortunate cows, are fed home grown alfalfa and corn free of pesticides, are milked less than 50 meters away from where the yogurt is made. Morning Fresh milk is also free of artificial growth hormones. The delicate sweetness of the yogurt comes from honey, cultivated by Beyond the Hive beekeepers, a company that has been an integral part of the Colorado honey business since 1908. The senior editor of Delicious Living magazine says Noosa is the creamiest, most full-flavored yogurt she's ever had and it "raises the bar for yogurts everywhere." What glowing recommendations for a simple foodstuff that has sustained a large part of humankind for millennia!

The second staff pick was chosen

by **Kate Stansberger**, who buys for our supplement section. She provides expert customer service, researches products, and places special orders for shoppers. Her knowledge of supplements is extensive and she goes the extra mile to ensure that our customers are able to purchase high quality products at the best price possible. Kate's staff pick was **Amy's Cheese Enchiladas** from the prepared foods company, Amy's Kitchen. She says "they're made with organic, non-gmo ingredients, and they're yummy." I have not yet tried them, but the spicy, pungent aroma of chile coming from these cheesy delights while heating up, is truly enticing. Kate frequently has them for lunch.



Amy's Kitchen started in 1987 with the goal of making healthy, organic, and easy to prepare frozen food. Owned and run by Andy and Rachel Berliner, the company took its name from their then-newborn daughter. The original operation began in the Berliner's home kitchen and barn and has since become an immensely popular and well-loved provider of frozen natural meals. Their products are sold in natural foods stores and supermarkets throughout the U.S. and Canada and in selected stores abroad. The whole idea is to offer delicious, healthy prepared meals to people who are too busy to cook, as well as those who are unable to tolerate wheat, gluten, soy, and corn. Amy's is still a family business, based in Petaluma, California. Amy, who's grown up now, is working with Sales and Marketing in the UK. Although Rachel and Andy have been approached a few times to sell, they always say no. It's more important for them to stay a family business that supports their values. The Co-op carries a variety of Amy's products. I've been eating their California Burgers for years and they're still good, as are their pizzas. It's a company that I feel good about supporting that has stayed true to its original principles.



Staff Interview



Lennie Buckingham

Interviewer: Judith Kenney

Position: Grocery Buyer

Astrological Sign: Taurus...very

How long have you worked at the Silver City Food Coop?

Just under 4 years

What does your job entail?

The main responsibility of the grocery buyer is to ensure that the shelves are stocked with healthy, non-genetically engineered food products, organic, where possible, that our members request, as a general rule. I try to keep the shelves full, which is not always possible because sometimes a manufacturer is unable to get the ingredients needed to make a product or the shipper didn't order enough to send us the amount we need. I'm also in charge of the warehouse but I hand most of that responsibility to Misha who is our receiver.

You spend a lot of time researching, talking with vendors, and working to make our products as cost effective as possible.

Yes. I try to get as low a price as you might find in other places and to keep everything merchandised so that customers can see the products they're looking for.

What is the most challenging part of the job for you?

Predicting people's purchases for the following week so that I can order in accordance with it.

What do you like best about your job?

The merchandising, setting things up and building end caps. Rearranging the shelves so that they look, not just nice, but also make sense so that customers can find what they're looking for.

Where are you from, originally?

California. I'm a blue collar, east San Francisco bay area suburban kind of guy.

How long did you live there?

My first 22 years.

What did you do then?

I joined the Air National Guard, search and rescue, at 17 and then when I turned 22, I went active duty in the Air Force for eight more years. I worked as an avionics technician on cargo planes and search and rescue. Then I swapped into F111 nuclear bombers and that broke my heart and I got out.

What kind of search and rescue was it?

The main idea behind it was that you pick up pilots that were shot down behind enemy lines, but in peace time we mostly ran around with special operations rescuing people off ships, way out at sea. They might have appendicitis or something and need a doctor. Every Christmas Eve the Russians would have a trawler somewhere out in the North Atlantic, when I was stationed in England, and they would need a rescue. It was like clockwork. I was always on call there to make sure the helicopters took off.

I recall that you once said that after the service you drove across country.

Yeah. I did that a lot, just for fun. I also went back to college and got my two-year degree, with straight A's, because I dropped out of high school in 10th grade and

wanted to make sure my brain worked after all that military time.

What else have you done?

After college, I tried to be an inventor. My only patent attempt failed when someone else got the patent about 2 months before me. Patent attempts were about \$20,000 back then, so it wiped me out and then some. I didn't try again.

I was a waiter for a long time because I like to serve others. Part of the whole search and rescue thing is "so that others may live" and that you're helping others in their moment of need. Waiting tables, I just fell into it somehow. I didn't feel like doing anything technical at the time. I actually enjoyed it immensely. I worked at the Brown Palace Hotel in Denver for a while. It was a very, very lucrative job. I also did copier repair.

It seems like you're pretty open to trying new things. When a situation doesn't work out you move on to something else.

Yeah, right. I was always running away from home as a kid...constantly. Never been a stable dude.

How did you get interested in healthy food?

That's my sister Sheri's fault. Even when I was in the Air Force, she was always talking about healthy food and working out and not eating bad stuff. All the men in my family had heart attacks in their 30's and here I am in my 50's and I haven't had one. That's a good sign and I blame it on my sister.

How did you end up in Silver City?

After being a copier tech, I went down to work in Albuquerque for Sennheiser. They make wireless musical equipment for musicians. I quit that job out of frustration and was yakking with my sister, Sheri, who was in Silver City at the time and she said that I should come on down and apply at the food co-op. I interviewed for the job in a suit. I thought it would be entertaining and nobody at the co-op wears a suit. They hired me anyway.

What do you like to do in your spare time?

Mostly, play World of Warcraft, listen to music, read books, and eat food.

Do you like to bake?

I don't really like to. I just like to eat.

What is your favorite food?

Potatoes. They're so versatile. Sweet potatoes, white potatoes, red potatoes, purple potatoes, Yukon Gold potatoes. I love potatoes.

When you look into your future what do you see?

Winning the Power Ball jackpot and no longer having to worry about money. Then going out and working for charities as a volunteer. Getting rich and then sharing it. Or building green houses. What I have dreamed of for many years is coming up with a plan for every school to have a garden and a greenhouse so that children can learn the value of life and actually grow their own food. It would be great if schools could grow food that's prepared in their cafeterias or classes. Even just flowers would be something.

Can you recommend a book?

Anything by Terry Pratchett makes me laugh. It makes me forget about the rest of the world while I'm reading it. It's fluff entertainment, strictly comedy with a lot of observations about humanity.

Who or what has been a strong influence on your life?

While doing a lot of martial arts, I learned about the eastern philosophies and that resonated with my own observations of reality and interpersonal relationships. First, it was Hinduism because I read the Bhagavad Gita, but that didn't really do it for me because it's mythology. I love mythology and I enjoyed it immensely, but it didn't inspire me as much as it entertained me. But when I learned more of the life of the Buddha, I was actually inspired to change and become a better person. Yes, my biggest influence has been the wisdom and rationality of the Buddhist way. I don't see it so much as a faith as an actual teaching mechanism. He was a Hindu and he saw through the maze. ❖



KITCHEN MEDITATIONS

SWEET POTATO SOUP

- 1 tsp olive oil
- 1 onion, chopped
- 2 large sweet potatoes, peeled/chopped
- 5 cups vegetable broth
- 2 cups canned tomatoes with juice
- ½ tsp ground white pepper
- ¾ cup fresh orange juice

Sauté onion in olive oil until translucent; add sweet potatoes and broth, bring to a boil, reduce heat and simmer partially covered until potatoes are tender, 20-25 minutes. Remove from heat.

Stir in canned tomatoes with juice and white pepper. Purée in small batches in a blender until smooth. Return to soup pot, add orange juice and heat gently until hot. Add water if too thick.



GLAZED PUMPKIN LOAF

- 2 cups unbleached all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp fresh ground nutmeg
- ½ tsp ground ginger
- 1.5 cups pumpkin puree
- 1 cup light brown sugar, packed
- ½ cup sugar
- ½ cup sour cream
- ½ cup milk
- ¼ cup butter, melted
- 2 large eggs

Glaze:

- 2 TB butter, melted
- ½ cup powdered sugar
- 1 TB lemon juice
- 1/8 tsp lemon zest

Preheat oven to 350. Oil two 8 x 4" loaf pans.

Combine dry ingredients, mix well.

Combine pumpkin, sugars, sour cream, milk and butter and beat on low until well mixed.

Add dry ingredients and beat at low until combined. Add eggs and beat 2 minutes.

Divide batter into pans, bake 45 minutes. Cool completely in pans, then turn out and glaze.

Combine all glaze ingredients and whisk thoroughly, add more lemon juice to thin. Drizzle over loaves.

ROASTED WINTER VEGETABLES

- 6-8 cups winter vegetables (potatoes, sweet potatoes, carrots, turnips, parsnips, rutabagas, beets, winter squash) peeled and cut into 1-inch pieces or ½ inch thick slices
- 2 TB olive oil
- 1 TB dried or 3TB fresh herbs (rosemary, thyme, parsley, oregano)

Toss ingredients together (keep onions separate, as they will roast faster; add them to the pan 10 minutes into the baking time).

Spread in a single layer on a greased baking pan, and roast in a preheated 425° oven until tender, 30-45 minutes, stirring occasionally. Season with salt and fresh grated black pepper.



[All Recipes from *Simply in Season* by Mary Beth Lind & Cathleen Hockman-Wert]

THIRD CULTURE: THE CIRCLE AND THE TRIANGLE

from *Calling the Circle, The First and Future Culture* by Christina Baldwin

To be living at the time when a thousand-year cycle turns over creates tremendous speculation in the human psyche. All of us feel the impact of this speculation, of the impulses of our own consciousness, and of the real-world needs that fuel our awakening. As we see the status quo of the world falling apart, no one needs to tell us that the paradigm is shifting again.

What I hope we see emerging as the new paradigm is a Third Culture that reinstates the circle to a place of honor and employs this adaptable and empowering form in all the settings where it will flourish.

The circle is an organizational structure that locates leadership around the rim and provides an inclusive means for consulting, delegating tasks, acknowledging the importance of people, and honoring the spiritual. Circle is a useful structure for learning, governing, creating community, providing services, envisioning, and stating long-range goals.

I use the term "Third Culture" to suggest a context for bringing the circle back into the world as more than a ceremonial experience. Through the process of revalidating the circle, we make thirty thousand years of council wisdom available to ourselves. That's quite a data bank. And making this wisdom available is exactly my intent: to practice living in circle so that we may reconnect with the circle's knowledge of human potential.

As Second Culture approaches cataclysm, we tend to feel more and more helpless. It gets bigger, we get smaller. We lose sight, if we ever had it, of our personal power and of our collective potential for coming through the paradigm shift.

As much as we may think we know about the nature of being human, the circle knows more. The circle is a form that has been able to withstand the imperfections of human interaction and survive tremendous social shifts. I believe this is on both experience and faith: experience, because I have been in circles at moments of searing vulnerability and high confrontation and the circles have held me; faith, because the circle once held human society together for over thirty thousand years. This is a period six times longer than the rise and fall of Second Culture. During the Age of the Circle, we evolved from Paleolithic cave dwellers to citizens of societies as sophisticated as Minoan Crete. The circle was able to help us encompass that much change.

This Third Culture is not a country we visit, or a formula already devised. You and I will choose what Third Culture is. We will set the context. One circle at a time, we will decide what Third Culture looks like and how it acts toward its citizens.

Third Culture is an interpersonal practice. It is the practice of learning how to behave with respect toward each other, toward our earthly resources, and toward Spirit. When we change how we in-

terpret and interact with the circumstances and people right around us, we create Third Culture. Want to be in Third Culture? Then let us begin by radically changing how we behave. Don't blame me; talk with me. Don't withdraw from me; step toward me. Don't shun me; embrace me. Don't sue me; mediate with me. Don't assume, question. Don't let our difference blind us to our commonality. Who knows what risks we will take if we are asked, if the task is explained clearly, if our contribution is valued, if we can count on each other. Even the smallest child responds to the challenge of contribution when s/he is relied upon. Even the most outcast member of society has something of value to offer the whole.

Culture has always been created by taking new social risks. It has always been scary to step out of our isolated journeys into the circle of firelight, to show up in the company of strangers, to stand there and ask for entrance, or to offer it. Our hearts race with adrenaline: "Will we have the courage to see each other? Will we have the courage to see the world?" The risks we have the opportunity to take in the twenty-first century are based on the risks human beings took thirty thousand years ago in First Culture. We are not different from our ancestors; they are still here, coded inside us. They are—I thoroughly believe—cheering us on. ❖

[Reprinted with permission]

December 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.

December 5-December 18



Bulk Lundberg
White Basmati Rice
reg \$2.59#
SALE \$1.89#



Brown Cow
32 oz Yogurt
assorted
reg \$3.49
SALE \$2.59



Applegate
Turkey Bacon
reg \$4.69
SALE \$3.29



Annie's Organic
8 oz Dressing
assorted
reg \$4.49
SALE \$2.49



Traditional Medicinals
Organic Throat Coat
supports Throat Health
reg \$5.19
SALE \$2.79-3.49



Aura Cacia
Tranquility
Mineral Bath
reg \$2.89
SALE \$2.29

December 19-December 31



Bulk
Shelled
Walnut Halves
reg \$9.99#
SALE \$8.39#



Bubbie's
Kosher Dills
reg \$5.79
SALE \$3.49



Food for Life
Ezekiel Bread
reg \$4.99
SALE \$3.49



Arrowhead Mills
Pancake/Waffle Mix
reg \$4.59
SALE \$3.29



R. W. Knudsen
Sparkling Cider
reg \$4.69
SALE \$2.99



New Chapter
Ginger
Wonder Syrup
reg \$14.95
SALE \$11.99

Member Only Specials

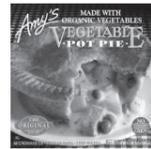
December 5-December 31



Bulk
Sunridge
Cranberry Harvest Mix
reg \$8.69#
SALE \$7.89#



Organic Valley
8 oz
Sharp Cheddar Cheese
reg \$5.19
SALE \$4.69



Amy's
Pot Pies
assorted
reg \$3.69
SALE \$3.39



Endangered Species
3 oz Chocolate Bar
assorted
reg \$3.19
SALE \$2.89



Mori-Nu
Tofu
assorted
reg \$2.19
SALE \$1.99

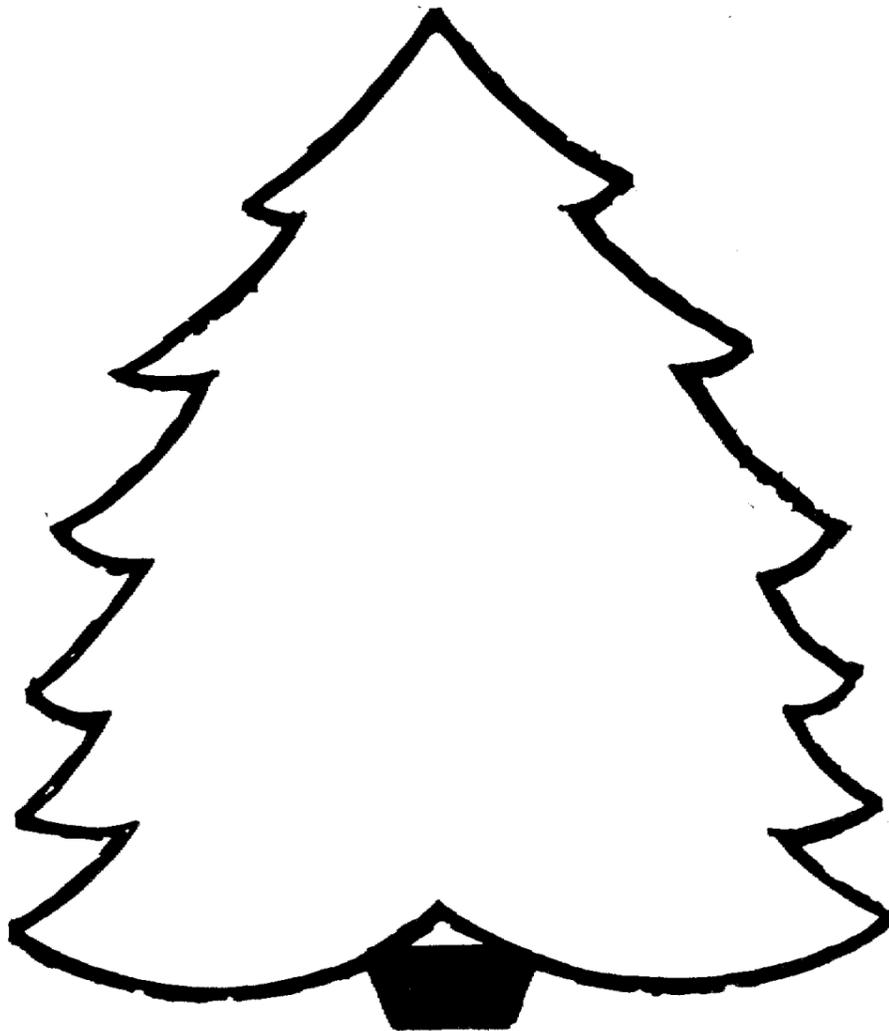


Avalon 11 oz
Shampoo/Conditioner
reg \$9.19
SALE \$8.29

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)



Decorate your very own tree!

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

Taven Sky loves the Co-op!



From Your Board...

Food for Thought *by Susan Van Auken, President*

On the last Sunday in October, all seven of the co-op's elected board members spent the entire day at the fall retreat, which was facilitated by Cooperative Board Leadership Development

(CBLD) consultant, Thane Joyal. I thought you, our member-owners, might be curious about and interested in what we discussed and learned at this retreat.

A large chunk of time in the morning of the retreat was devoted to the management transition process, since it is the biggest responsibility on our plate at this moment. Thane

counseled us on questions we had regarding working with Doug during his remaining time at the co-op, specifics concerning the GM search process, and how to welcome and help integrate our new GM when this person starts work at our co-op.

One exercise Thane led us through was a discussion of our hopes and fears for the co-op. We all took a couple of minutes to first write down our hopes, and then a little later we wrote down our fears. She compiled our lists for us all to see, with a large page for our hopes and also one for our fears. Thane then pointed out something that I found very uplifting: when we listed our hopes, we tended to use verbs like to remain, to continue, to keep, and to expand -- indicating that we already have many of the qualities and characteristics we hope for the future, and that this is a sign of a strong co-op.



Thane suggested the board go on a diet! Not the kind of diet that we all think of concerning the food we eat, but a trimming down of the work we do as a board. She acknowledged that we have ac-

complished some very big tasks over the past 4 years, which include: a general manager search and manager transition period, two revisions of the bylaws, a revision of the articles of incorporation, the study and subsequent change to an equity membership system, and an intensive review and evaluation of the collective manage-

ment proposal. Now, we again find ourselves in the middle of a general manager search and transition. With these big jobs over, except for the last one, she encouraged us to really look at how we spend our time, and weed out items that are not part of our governance responsibilities. A sentence I wrote down in my notebook, sticks with me, "In many instances the board needs to change from doing to supporting." In other words she was saying our job is to govern and make policy -- it is the staff's job to carry these out.

We discussed linkage with our member-owners, and how to create a year-long goal for this activity. In her opinion, keeping member-owners informed and up-to-date on the manager transition process and then involving the member-owners in welcoming and supporting our newly hired GM should be a central focus right now and will take

us well into next year.

Toward the end of the day, we had Thane facilitate our own board evaluation which we completed last month, but had not yet discussed. I found it quite helpful to have a person who works with many co-ops, an outside professional, walk us through a review of the results of the 44 questions on our board assessment tool. She acknowledged that overall each director believed the board as a whole does a good job, and she provided some concrete suggestions for improving areas of weakness.

I find retreats a good time to be with the other six directors in a more casual and comfortable environment. Without the full agenda of our board meetings, we have time to share and understand each other in ways usually not possible. I particularly enjoy a retreat facilitated by a skilled outsider, because that person can provide interesting observations and take us to a deeper level of discussion. I believe these retreats help your board provide better service to the co-op. All in all I found it a beneficial day, time well spent. ✦

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.

Silver City Food Co-op Board of Directors

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

Put it Off

by Kathleen Wigley, Recruitment Committee

Go ahead, put it off again. Why not? Isn't everyone else? Go with the crowd. By all means, don't stand out. Don't draw attention. I did. I put off writing this article. I got a lot of things done though, as part of my avoidance strategy. But wait. This is about you, not me.

I'm supposed to be writing an article that encourages you to run for the Co-op's Board of Directors. Why not run for the board? Why not

decide that this is the year you'll get involved. It's not inevitable. It's not a given by any means that every member will decide to serve their co-op and our community in this way. But every year the Co-op needs a few dedicated members to step up and help guide the store into the future. Has your time come? Are you that one in a hundred that will stand up, stand out and make a difference? I hope so. ✦

General Manager Search Updates

Because of the month-long publication time-lag of the *Garbanzo Gazette*, updates from the general manager search committee are being posted on our website (www.silvercityfoodcoop.com) and in the store (up front after checkout) where they can be more current than here.

Outreach Report

(continued from page 1)

2012 Year in Review

by Carolyn Smith



Donations of Food/Gift Bags

*The Grant County Community Food Pantry
Guadalupe Montessori School Garden
Workshops*
Red Paint Powwow - 1/20-1/22
*GCC's Wild & Scenic Film Festival & Gila
River Festival Short Film Contest - 1/28 & 9/15*
*The Food Project Workshops:
Innovative Ways to Create a Sustainable Food
System and Dynamic Youth
Programming - 2/24-2/25/12*
*Silver City Up with People Community Service
Project - 2/24-2/25*
*Silver High Fighting Colt Band and Choir
Fundraiser - 2/26*
*Expanding Your Horizons (motivating young
women in science+math) - 3/19*
Officer Bicycle Safety Training - 3/23
HMS/FSS Healthy Living Classes
*Grant County Farmers' Market Home &
Garden Expo - 3/26*
Round Up Lodge Booster Club - 3/12
*Red Cross Support of Search and Rescue
Volunteers - 3/31*
*The Wellness Coalitions' project to fund a Youth
Space - 4/12*
*La Familia Resource Center Provider Bingo
party - 4/12*
*Kids In Need of Supportive Services Open House
- 4/14*
*Silver High School's Casino Night (after prom
alternative) Celebration - 4/21*
*Silver Regional Sexual Assault Support Services
Fundraiser - 4/21*
*WNMU La Familia Resource Center 4th Annual
Provider Bingo - 4/25*
*Pedalista! 2012 Fundraiser for The Bike Works
- 4/28*
*San Francisco Valley 4-H Club Spring Bingo
Fundraiser - 4/28*
*Church of the Good Shepherd's After School
Program*
*Gila Conservation Education Center's Chil-
dren's Water Festival - 4/28*
Rotary Club Gala and Charity Auction - 4/28
Tour of the Gila - 4/27-5/01
Tour of the Gila Volunteer Party - 4/28
Boothel Bards Poetry Festival - 5/21
GRMC First Born Program - 6/12
*First Savings Bank Relay for Life (American
Cancer Society) - 6/08*
HMS Jump Into Summer - 6/09
*Guadalupe Montessori School Summer Day
Camp - 6/13-7/22*
Caravanistas breakfast - 7/13
SCFM Salsa Fiesta - 8/18
*The Volunteer Center's Food System
Conversations Part 1 & 2 - 8/28-10/02*
*Puppy Dog Ranch Fundraisers
- 9/16 & 5/28*
Conservation Voters of New Mexico - 9/22
*Southwest Women's Fiber Arts Council Tapestry
of Talent - 9/29*
*WNMU's Eco-Sustainability Club for the
Homecoming Tailgate BBQ - 10/06*
*Annual Mimbres Valley Harvest Festival
-10/06*
*Gila/Mimbres Community Radio Open House
-10/18*
*Mimbres Valley Health Action League
Celebration - 11/12*
*Grant County Spurs 4-H Club Turkey Bingo
-11/17*
*HMS La Vida Thanksgiving Basket Raffle
- 11/19*

Donation Boxes

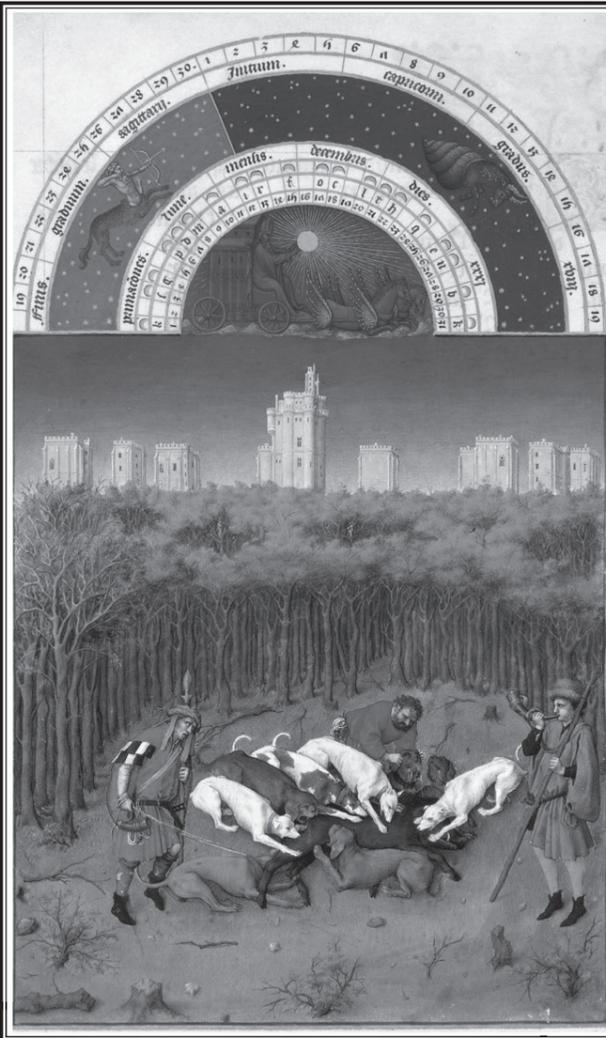
High Desert Humane Society - \$204.45
Big Brothers Big Sisters - \$157.60
Lazy Pig Animal Sanctuary - \$188.25
*Silver Regional Sexual Assault Services
\$182.15*
WNMU Eco-Sustainability Club - \$177.75
Wolf Song Sanctuary - \$210.45
Equine Rescue - \$193.50
*Co-op Kids Program (Alimento Para el Nino,
Rosie's Children's Program at El Refugio,
Big Brothers Big Sisters) - \$157.15*
*S.N.A.P. (Spay/Neuter Awareness Program)
\$194.75*

Partnerships in 2012

- **The Volunteer Center** – Grant County Community Food Pantry and Mobile Food Pantry, Food Pantry fundraisers at events and at the registers, Stuff a Truck food drive/fundraiser, Food Systems Conversations Part 1, 2 & 3
- **WNMU & The Volunteer Center** – Hunger for Knowledge
- **WNMU/Health Security Campaign for New Mexico** - Panel discussion on health policy: Health Care: Winners and Losers at the WNMU Miller Library sponsored by Grant County Democratic Party, WNMU Miller Library and WNMU Native American and MEChA groups.
- **WNMU & The Mainstreet Project** - Downtown Dash, an event to bring students downtown and into local businesses.
- **The Mainstreet Project** – Pickamania/First Friday Street Dance
- **Mimbres Region Arts Council** – Chocolate Fantasia and Pickamania/First Friday Street Dance
- **Gila Conservation Coalition** - Coordinated co-op volunteers to make popcorn for the Wild and Scenic Film Festival and for the Gila River Festival Short Film Contest
- **Green Chamber of Commerce : Local Food Committee** - Farm2Chef, Tamal Fiesta Y Mas, Local Food Guide, Local Food Label
- **Healthy Kids Healthy Communities** – Grant County Food Policy Council, Mining District bus rides to SCFM, Farm2Chef, Local Food Guide, Local Food Label
- **Silver City Farmers' Market** – NM Farmers' Market Conference, Grant County Farmers' Market Home and Garden Expo/Co-op Seed Share, Salsa Contest, Mud Pie Contest, Mining District bus rides to SCFM, Vendor Appreciation Day, Local Harvest Pie Contest
- **Aldo Leopold High School** - Tours of the Co-op, Co-op education, class presentation
- **Earth Day Committee** – GRIP, Aldo Leopold, Office of Sustainability, Lone Mountain Natives
- **HMS/FSS** – Healthy Living Classes
- **HMS LA VIDA Third Annual Fall Fitness Walk**
- **The Wellness Coalition** - Project to fund a Youth Space

Community Forums

- **January: Community Bulk Seed Ordering**
Combine seed orders for bulk order discounts. Prepare ahead by selecting seeds online or from catalogues. Facilitated by Carolyn Smith.
- **February: Go Green, Cook Greens!**
Learn how to add nutritious and delicious greens to your daily menu with Carolyn Smith.
- **March: NM Organic Farming Conference-2012 Revisited**
Attendees Lita Furby, Tyrone Wright and Carolyn Smith share information from their favorite workshops.
- **April: Quinoa: An Introduction to the History, Culture, Politics, Nutrition, and Taste! of this Valuable Grain**
with Samaya Jones
- **May: The Effect of GMO's and Roundup on your Soil, Crops, & Health**
with Monica Rude, certified organic herb grower and owner of Desert Woman Botanicals
- **June: Eden Energy Medicine: Health Assurance for the 21st Century**
An introduction to basic self-help techniques for keeping your energies strong and vibrant with Allee Barr, RN and Eden Energy Medicine Clinical Practitioner.
- **July: Sub-Irrigation Planters: Why You Should Use Them & How to Get Started Fast!**
with Matt Smith.
- **August: Bean Here Bean Now!: Bean Recipes for the Summer and Fall**
with Carolyn Smith
- **September: Ice Cream Making 101; Taste the Cool; Beat the Heat!**
Join us for simple lessons in ice cream making, using some of the abundant produce available this time of the year.
- **October: Kimchi Made Easy**
Learn a simple technique for making a Vegan Version of an old Korean Favorite with Sharon Bookwalter.
- **November: Childhood Nutrition & Food Preparation from Toddler to Teen**
presented by Elizabeth DeMoss, Wind Markham and Kori Wilken (to be rescheduled)
- **December: Simple Holiday Treats: Co-op Staff Favorite Recipes**



DECEMBER 2012

New Moon 12/13/2012 at 1:42:24 pm (MST)
Full Moon 12/28/2012 at 3:22:40 am (MST)

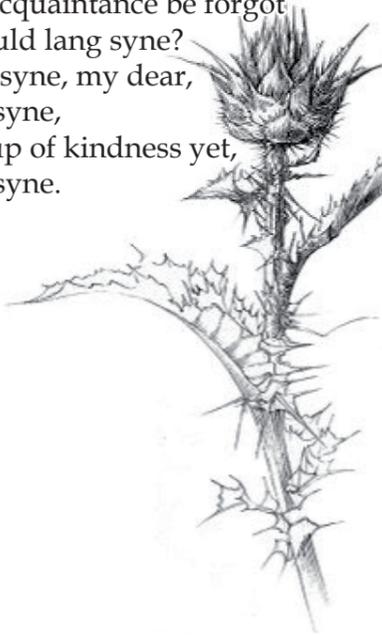
December is the 12th and last month of the year in the Julian and Gregorian Calendars and one of seven months with the length of 31 days. December starts on the same day of the week as September every year and ends on the same day as April every year. December is the month with the shortest daylight hours of the year in the Northern Hemisphere and the longest daylight hours of the year in the Southern Hemisphere. December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa. In the Northern hemisphere, the be-

ginning of the meteorological winter is 1 December. In the Southern hemisphere, the beginning of the meteorological summer is 1 December. In Latin, decem means "ten". December was also the tenth month in the Roman calendar until a monthless winter period was divided between January and February. December's birthstone is the blue turquoise or zircon, and the recently added tanzanite. Its birth flower is the Holly or Euphorbia pulcherrima. The Zodiac sign for December are Sagittarius (until December 21) or Capricorn (December 22 onwards). ❖

Auld Lang Syne

by Robert Burns

Should auld acquaintance be forgot
 and never brought to mind?
 Should auld acquaintance be forgot
 and days of auld lang syne?
 For auld lang syne, my dear,
 for auld lang syne,
 we'll take a cup of kindness yet,
 for auld lang syne.



STAFF CELEBRATIONS

Anniversaries:

- December 8** Erin Toney
- December 12** Becky Carr
- December 30** Vicki Gadberry

Birthdays:

- December 2** Dougan Hales
- December 3** Carol Ann Young
- December 13** Brian Bates
- December 24** Glenn Thayer

CO-OP EVENTS

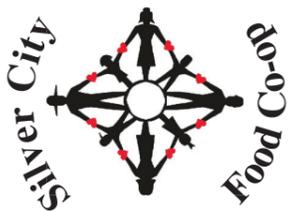
December 2012

- 12** Monthly Board Meeting 4:30-7:30 pm
- 11** **Community Forum:**
 & *Recipes: Simple Holiday Treats*
- 13** Noon-1:00 pm both days
- 24** **Christmas Eve- CLOSED @ 5:00pm**
- 25** **Christmas Day- CO-OP CLOSED**
- 28** Member Linkage Committee Meeting
 10:00-11:00 am
- 31** **New Year's Eve- CLOSED @ 5:00pm**

January 2013

- 1** **New Year's Day- CO-OP CLOSED**
- 9** Monthly Board Meeting 4:30-7:30 pm
- 8** **Community Forum:**
 & *Topic tba*
- 10** Noon-1:00 pm both days
- 31** Member Linkage Committee Meeting
 10:00-11:00 am

Pre-Sorted Standard
 US POSTAGE PAID
 Albuquerque NM
 PERMIT #762



520 N. Bullard St.
 Silver City, NM 88061
www.silvercityfoodcoop.com