



a monthly newsletter of the Silver City Food Co-op

## 2012 Election Results for Revisions to the Articles of Incorporation Revisions to the Bylaws & Annual Election to the Board of Directors

There were 285 valid member votes cast from a total membership of 1,963 (as of 3/1/2012), or 14.52% of the total membership

### Revisions to the Articles of Incorporation & Bylaws **PASSED with 210 Yes / 29 No votes**

Articles of Incorporation require 2/3 approval from the total number of members voting  
Bylaws require a majority approval from the total number of members voting

### Annual Election to the Board of Directors (3 seats)

New board was seated at the April 18, 2012 regular monthly meeting of the board

Lynno Aldin	re-elected with 185 votes
Jerry Boswell	elected with 167 votes
Meadow Clark	re-elected with 157 votes
Eliza Cain	147 votes
Carmen Steven	145 votes
Write Ins	2 votes

Congratulations to Lynno, Jerry & Meadow! And Thank You to all the candidates!

### A special THANK YOU! to all the members who voted in this important election

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

## Store Hours

Mon-Sat 9am-7pm

## Mission

The mission of the Silver City Food Co-op is to cultivate personal, community and environmental health by sustaining a cooperatively owned market.

## Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among cooperatives.
7. Concern for community.

## General Manager

Doug Zilm

## Staff

Joseph Patrick  
Judith Kenney  
Bob Lee  
Tyrone Wright  
Carolyn Smith  
Janet Goodrich  
Tracey Franco  
Dougan Hales  
Gary Benavidez  
Jake Sipko  
Kate Stansberger  
Carol Young  
Margarita Courney  
Jeanné Miller  
Alexandria Gray  
Becky Carr  
Vicki Gadberry  
Lennie Buckingham  
Laney Osmer  
Erin Toney  
Jess DeMoss  
Meggie Dexter  
Brian Bates  
Misha Engel  
Alexandria Gray  
Tonya Butts  
Eric Lynch  
Kevin Fast  
Angie Carr  
Elena Taylor  
Keegan Colter  
Jessie Gauthier  
Chlöe Mydlowski  
Glenn Thayer  
Mary Giardina

## Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

## The Garbanzo Gazette Gang

Margarita Courney, editor, Judith Kenney, Carolyn Smith, Vicki Gadberry, Meggie Dexter & Carol Young. Submissions are Welcomed! Submit letters, articles, or items of interest to: [gg@silvercityfoodcoop.com](mailto:gg@silvercityfoodcoop.com)

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# Greetings from the General Manager

One of the most common questions we hear at the Co-op is whether it is better to use credit or debit cards at the registers. The answer is – it depends.

In February I took part in a phone conference sponsored by NCGA regarding the effects of the Durbin Amendment that went into effect in late 2011. Swipe fee reform was a hotly contested issue for several years and there are still issues being debated in lawsuits, but for the moment we have a fairly clear idea of the results as they relate to the Co-op.

The Durbin Amendment did not greatly affect the fees we pay but did give us a wealth of information on the subject. As a general rule, it is better for the Co-op to use your card as a credit card if the transaction amount is \$10.00 or less. Above that amount, debit is usually better. There are always exceptions to the rule but this will give you a good rule of thumb.

The type of card that is used is what really affects the fees that we pay. To a lesser extent it involves the financial institution that supplies the card but more so it is any type of perks associated with the card. The rates vary greatly between your regular personal debit/credit card, a commercial card, and the rewards type cards that are the height of popularity in ads right now. From the data I look at for our fees, the rewards cards can charge the Co-op up to double the fees of a standard personal debit/credit card. A commercial card can be another 60% more. These fees can become a quite large amount given that the majority of our business is card based so any savings is helpful.

No matter which method of payment you use at the Co-op, we appreciate that you shop here and continue to help the Co-op grow in all that it does.

– DOUG ZILM

## DID YOU KNOW?...

**BUGS BE GONE!** While we spend as much time as we can outside this summer, the bugs are making themselves comfortable inside. Nothing is worse than getting bitten by a mosquito in your sleep, or waking up to fruit flies all over the kitchen. Here are five kid and pet-friendly ways to keep your home pest-free this summer.

- Get rid of standing water. Mosquitoes and gnats are attracted to stagnant water, so make sure to get rid of anything that could invite them to harvest. This includes recycling, garbage and glasses of liquid.
- Spray white vinegar around door and window frames. Ants don't like the smell of vinegar and will avoid it at all costs.
- Put out a small dish of white wine. There's nothing worse than fruit flies hovering around your countertops all summer! Fruit flies, however, love the sweetness of wine, and will quickly jump in, and stay there indefinitely.
- Hang chalk in your closet. Chalk will dry out your closet and keep moths away.
- Peel a vegetable. Before you throw those cucumber peels away, save some and put them on your kitchen counter or even on the side of your bathtub. Roaches hate them!

**COFFEE TRIVIA.** Here are some interesting facts about coffee that you probably didn't know:

- In Turkey and Greece, coffee is traditionally served to the oldest person at the table first.
- After the Boston Tea Party in 1773, Americans drank coffee as a form of rebellion.
- During the American Revolution, the Founding Fathers secretly met in coffee houses to form their national strategies.
- It became popular to add milk to coffee after a French physician in the 1680's recommended it for medicinal purposes.
- By 1900 coffee was delivered door-to-door by horse-drawn wagons, along with blocks of ice.
- In Italy, espresso is not to be consumed during meals. It is a separate kind of celebration, and one considered essential to the quality of daily life.
- In the Arab world, women were allowed to separate from their husbands if he did not produce coffee for her.
- In Africa, coffee beans are often soaked in water and spices and chewed on like candy.
- In Italy, being a Barista is a very important and respected job. The average age of the Barista there is 48.
- In Japan, coffee grounds are fermented in pineapple pulp to create a skin treatment that wards off wrinkles.
- Japan ranks #3 in the world for coffee consumption.
- Coffee is second only to oil as a world commodity.

**RED CLOVER.** Red clover is considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like estrogens and are found in many plants). It is used for hot flashes/flushes, PMS, lowering cholesterol, breast enhancement and breast health, improving urine production and improving circulation of the blood. It is also used to help prevent osteoporosis, reduce the possibility

of blood clots and arterial plaques and limiting the development of benign prostate hyperplasia.

Red clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red clover is also considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like estrogens and are found in many plants).

Several studies of a proprietary extract of red clover isoflavones suggest that it may significantly reduce hot flashes in menopausal women. Also, menopause increases a woman's risk for developing osteoporosis (significant bone loss) and some studies suggest that a proprietary extract of red clover isoflavones may slow bone loss and even boost bone mineral density in pre and peri-menopausal women. The estrogen-like effect of red clover isoflavones may be involved, and red clover also may have a direct effect by preventing the breakdown of existing bone.

However, this possible bone-strengthening effect has not been seen in men and post-menopausal women.

Because it contains chemicals called isoflavones, which belong to a larger class of plant chemicals known as phyto (plant-derived) estrogens, red clover is often taken to relieve symptoms of premenstrual syndrome (PMS). Isoflavones are similar in shape to the female hormone, estrogen. Therefore, they may attach to estrogen receptors throughout the body particularly in the bladder, blood vessels, bones, and heart.



For women with normal estrogen levels, red clover isoflavones may displace some natural estrogens, possibly preventing or relieving estrogen-related symptoms, such as breast pain, that are associated with PMS. This effect may also reduce the possibility of developing estrogen-dependent cancer of the endometrium (the lining of the uterus). In addition, results from a review of nearly 1000 women suggest that red clover may interfere with an enzyme known to promote the progression of endometrial cancer.

Red clover may also block enzymes thought to contribute to prostate cancer in men. It has shown a definite limiting effect, however, in the development of benign prostate hyperplasia (BPH), which is a non-cancerous enlargement of the prostate gland. An enlarged prostate may cause men to experience a weak or interrupted urine stream, dribbling after urinating, or the urge to urinate even after voiding. For most men, BPH is a normal part of aging.

It is believed that red clover may help to prevent heart disease in several ways. Although results from human studies are not definite, some show that taking red clover may lower the levels of 'bad' low-density lipoprotein cholesterol (LDL) and raise the levels of 'good' high-density lipoprotein (HDL) cholesterol in the body. In addition, red clover may also promote an increase in the secretion of bile acid. Because cholesterol is a major component of bile acid, increased bile acid production usually means that more cholesterol is used and less cholesterol circulates in the body. Additionally, red clover contains small amounts of chemicals known as coumarins, which may help keep the blood from becoming thick and gummy. Therefore, the possibility of forming blood clots and arterial plaques may be reduced. Plaques are accumulations of blood cells, fats, and other substances that may build up in blood vessels, possibly reducing or blocking blood flow. Red clover may also help the arteries remain strong and flexible (a quality often called 'arterial compliance'), which may also help to prevent some of the plaque deposits that may lead to a heart attack or a stroke.

# SUN CHI

At dawn, yogis face to the east, and honoring the rising sun, they salute it with 108 prostrations. These exercises, these sun salutations, have been performed in cultures all over the world: ancient and modern. Today, people rarely rise with the dawn to soak in the rays of the sun, but thousands flock to beaches and parks when the summer sun's power is strongest, to bask in its warmth.

What is it about the sun that draws us under its spell, and yet at the same time makes us fearful of its power? We protect ourselves from its harmful ultraviolet radiation by sporting sunglasses and smearing ourselves with 30-block lotion. We have developed a love/hate relationship with that awesome power, but mostly we fear the sun. This fear has led us to demonize our first god, and take steps to shelter ourselves from its harmful aspects.

Like all powers, the sun can heal or harm. The ancient wisdom traditions knew both of these aspects of the sun, and treated it with caution and reverence. In China, the ancient Daoist came to know that the sun provides a healing energy; they called it *sun chi*. In India, the rishis worshipped the sun for its life giving qualities. In the West, we have long been warned about the danger the sun presents; its rays can cause cancer of the skin and create harmful free radicals that prematurely age us. But our sciences are rediscovering the many ways our sun can nourish us as well.

## Our Healing Sun

The ultraviolet rays that are emitted by the sun indeed do have a power to damage us, if taken in excess. But in moderation, this same radiation can heal. The sun's UV light is known to kill harmful molds, fungi, viruses and bacteria. Gil



Hedley noted that our eyes are windows that allow this sterilizing light to bathe the arteries at the back of the eyes, where every two minutes all of our blood passes. This bathing of our blood in UV helps to kill harmful bacteria. At least, it will if we allow it to.

Our penchant for wearing sunglasses every time we step out of doors prevents the sun's healing rays from reaching the back of our eyes. Our species evolved outside, not indoors, and without sunglasses. Perhaps Mother Nature knew best! Allowing our eyes some time in direct sunlight without being shielded may be an excellent way to tap into a natural healing mechanism that is available for free and without prescription.

Sunlight can also promote production of gamma globulin, increase white blood cell count, which helps us fight off infections, and enhance the oxygen carrying capacity of our red blood cells. But one of the best medicines that the sun bestows upon us is vitamin D.

## Sun Chi & Vitamin D

There have been dozens of scientific studies over the last few years<sup>2</sup> showing a remarkable range of benefits from vitamin D, and a frightening list of problems that occur when we are vitamin D deficient. At least 16 forms of cancer, including breast cancer, colon cancer, pancreatic cancer and ovarian cancer may be preventable with optimum vitamin D levels. The further we live from the equator, the more prevalent cancer becomes. There is a direct correlation between the amount of sunlight we receive and cancer rates. A study reported in the Archives of Internal Medicine, in 2009, found that 75% of Americans are vitamin D deficient, and this rate rises for Hispanics (90%) and African Americans (97%).

Vitamin D is actually not a vitamin at all. Vitamins are substances that our bodies need, but cannot manufacture; we must obtain them through our diet. Vitamin D is more like a hormone that is produced in our skin, and from there it is carried to our liver where it becomes a steroid called calcitriol. From the liver it is distributed to our intestines, bones and other tissues. Every cell in our body has receptors for vitamin D; it is used in making enzymes and proteins and affects more than 2,000 genes. It is anti-inflammatory and a regulator of insulin levels.

## Vitamin D Deficiencies

From Science Daily's list of studies on the effects of vitamin D deficiency we learn that not having enough vitamin D can play a role in, not just various forms of cancer but also:

- asthma, especially in African American children
- increased rate of falls and fractured bones in people over 65
- increased cardiovascular disease
- high blood pressure
- autoimmune diseases
- type 2 diabetes
- metabolic syndrome
- arthritis
- multiple sclerosis
- bursitis
- gout
- infertility
- chronic pain and chronic fatigue
- and several other disorders

A very interesting study looked at the effects of vitamin D levels in pregnant women. Dr Carol Wagner of the Medical University of South Carolina, studied pregnant women who were given various levels of vitamin D supplements. Her studies show that vitamin D deficiency during pregnancy is a serious public health problem. However, women taking 4,000 International Units (I.U.) per day had significantly fewer preterm labors or births, and fewer infections. There were no side effects or problems from this level of dosage.

Doctor Wagner strongly recommends that all pregnant women receive 4,000 I.U. of vitamin D every day. But, how much is the right amount? Are there risks of overdosing? And what is the best way to get vitamin D?

## Sources and Dosage

The most effective source of vitamin D is the sun. Exactly how much you need depends upon many factors: your age, your skin type, your body size, the time of day, the time of year, where you live and any disorders or diseases you have. Depending upon these factors, somewhere between 15 to 30 minutes of direct sunlight, without protection, 2 to 4 times per

weeks should be sufficient to produce as much vitamin D as your body will allow. The body will never overproduce vitamin D. More frequent and shorter exposures are more effective, and safer. The sun's UV rays are blocked by glass, so you cannot stimulate vitamin D production when you are indoors or in a car.

The sun is powerful medicine and like all medicines should be taken in moderation and with respect. Check with your doctor to make sure that you know the safe levels for you. Exposure to the sun will also increase the amount of free radicals in your body, so make sure you stock up on antioxidants. Amazingly, there is an excellent source of free radicals that you can tap into while you are out in the sun: the Earth herself! Learn how to access Earth chi by reading the previous article in this newsletter.

We cannot always get what we need from the sun. People with darker complexions or living in the northern USA, Canada and most of Europe are too far north for the sun's rays to stimulate production of vitamin D during the non-summer months. In these cases, we need to supplement our body's vitamin D. Health Canada recommends between 200 and 600 IU per day, a level that many researchers say is way too little. Health Canada does admit that 2,000 IU per day is safe, but along with the US Department of Health, they are studying more recent research and expect to release new guidelines sometime late in 2010.

The vitamin D fortification found in foods such as milk and naturally in fish oils are only enough to bring us up to the 600 I.U. per day level. The only way to get more, when the sun is not strong enough or available, is through direct supplements. An article in the Globe & Mail reported that most researchers in this field are not waiting for Health Canada's new findings and have been taking an average of 5,000 I.U. per day. Vitamin D is fat soluble, it will be stored in the body and can build up over time. Dr Lipman of the Eleven Eleven Wellness Center in New York, playing it safe, believes that over time, some people may suffer from some toxicity. If you take more than 5,000 I.U. per day, he suggests you have your blood levels checked every 3 months.

Although this is still controversial, a study by Cedric Garland of the Moores Cancer Center in San Diego showed no adverse or toxic effects to levels of 10,000 I.U. per day. Dr Garland personally takes 2,000 I.U. per day but believes that women need to take 6,000 I.U. per day to get to the blood level of the vitamin shown to be effective at suppressing breast cancer. If you are not sure what levels are right for you, talk to your doctor, or wait for the forthcoming new guidelines from Health Canada and the USA Department of Health.

## Sun Chi & Earth Chi

Sun chi will never produce too much vitamin D. Treat the sun with respect, don't over do your time in the sun, but do spend time under its gaze. Balance your time in the sun with time spent connected to the Earth. Through earthing (to generate the antioxidant levels we need to counteract the sun's free radicals) and salutations to the sun in direct sunlight, we will be following the wisdom of the ancients. Sun chi and Earth chi are two therapeutic practices that have been largely forgotten in our modern culture. Both are free, effective and a very pleasant way to spend 30 minutes.

Take some time away from your busy day, find a park or a beach and reconnect to the Earth and sky. Take off your shoes, your socks, and roll up your pant legs and your sleeves. Your body and your mind will love it. **Surya Namaste!**



## With Love to Mom!

### APPLE SALAD

- 3 Gala or Fuji apples
- 3 TB lemon juice
- 3 stalks celery, thinly sliced
- 1 cup pistachios, toasted/chopped
- ½ cup raisins
- 2 TB honey
- 1 ½ TB sherry vinegar
- pinch or two of sea salt
- ¼ cup fresh mint, minced

Slice apples into quarters lengthwise and cut out cores. Cut apples into small chunks, toss with lemon juice.

Combine remaining ingredients, reserve the mint for garnish. Check seasoning (too salty, sweet, sour?) adjust seasoning. Garnish with mint and serve with a smile.

### PENNE WITH TOMATOES & MOZZARELLA

- 2 TB olive oil
- ¼ cup fresh basil, torn
- 6 fresh tomatoes, chopped small
- 6 oz mozzarella, cut in small dice
- 8 sun-dried tomatoes in oil, chopped
- Sea salt & freshly ground black pepper
- 1 lb. penne pasta
- Grated Parmesan

Place oil, basil, tomatoes, mozzarella and sun-dried tomatoes in a bowl. Season to taste with salt and lots of freshly ground pepper. Let stand while pasta is prepared.

Cook pasta and drain well. Toss hot pasta with sauce and serve at once with grated Parmesan.

### CREAM CHEESE BALLS

- 1 lb. cream cheese, softened
- ¾ cup chopped dates
- ½ cup grated coconut
- 1 TB lemon rind
- ½ tsp allspice
- ¾ cup sesame or sunflower seeds
- Whole wheat flour

Place softened cream cheese in a large bowl. Mix dates with a small amount of whole wheat flour to separate. Mix well all dry ingredients, except seeds and blend with cream cheese. Squeeze everything together in your hands and shape into 1" balls. Roll in sesame seeds and sunflower seeds. Cool before serving. Serve with a cup of Jasmine Tea!

## MOTIVATION

by Sharon Salzberg

We can never exactly know how our actions will ripple out and affect others. We may, through force of habit, disparage ourselves, considering an action to be inadequate, or resign ourselves to its seeming mediocrity, but we can't possibly know the ultimate result of anything we do. The poet T.S. Eliot wrote, "For us there is only the trying. The rest is not our business." This larger vision of life is what sustains our actions beyond immediate success and failure.

Usually when we assess the value of our actions, we do so in terms of whether or not they will produce a certain result – doing the good we envisioned, in the time frame we anticipated. If it doesn't work out that way, we may lose confidence in what we do and grow dispirited. Unless we can guarantee the result we want, we might even decide not to take certain actions at all. Such attachment to achieving results can lead to relentless expectation, burn-out, and the desolating habit of feeling we can never do enough.

We can be fixated on successful results, on the perfect achievement, on recognition in the eyes of others as the only hallmark of having done well. We ordinarily feel good about ourselves if our efforts are quickly praised, or if the results of our efforts are measurable and prompt by conventional standards.

However, being willing to take a risk, trying really hard in new terrain, learning to be wholehearted instead of diffident, courageously working to overcome setbacks instead of despairing, beginning again if we falter – these are often actions that we do not count when we are assessing our "successes."

In some teachings the immediate result of an action, and how others respond to it, is only a small part of its value. There is another significant aspect: the intention that gives rise to an action. The intention is our basic motivation, or the inner urge that sparks the action, and it is formed by our worldview – where we believe happiness comes from, what we think we are capable of, where we find a sense of meaning. The momentary urges that shape what we do are intentions, as are the convictions we hold and the aspirations for which we aim.

Intentions are not just about will, or about resolutions we make on New Year's Eve with some hope in our hearts; intention is about the overall everyday vision we hold of what matters to us, what we believe is possible for us. Intentions express the spirit of our activities, the emotional tone of our efforts. They come to life with each action we take.

An action can be motivated by love – or by hatred and revenge. Self-interest can be the source of what we do – or generosity can. Knowing the intention or motivation behind the action reveals what is really going on. A seemingly generous act born out of a tangled skein of self-hatred, or a feeling like "I don't deserve to have anything so I might as well give it away," is more a kind of martyrdom. A seemingly ethical act born out of fear has its center in rigid repression. Professing love for someone else through giving a gift when deep down we can't love ourselves easily becomes codependency, a distressing search for intimacy, a loss of boundaries – no matter how it appears on the surface.

If we are basing our view of the integrity of our actions solely on the results we see before us, and not considering the heart-space giving rise to and threading throughout what we do, then we have to ask, "On what basis, and when, do we measure success and failure?" Any ordinary favor we do for someone, or any compassionate reaching out, may seem to be going nowhere at first but may be planting a seed for later effects that we can't predict right now. Sometimes we need to just do the best we can and then trust in an unfolding we can't design or ordain.

If we develop the habit of noticing our intentions, we have a much better compass with which to navigate our lives. We can pay attention to what we are really hoping for, and what we are doing, and why we are doing it. As His Holiness the Dalai Lama said, "Motivation is very important, and thus my simple religion is love, respect for others, honesty: teachings that cover not only religion but also the fields of politics, economics, business, science, law, medicine – everywhere. With proper motivation these can help humanity."

**GERANIUM** from *Seasons of Aromatherapy* by Judith Fitzsimmons and Paula M. Bousquet

May celebrates life in so many ways. It honors us with the beauty of flowers—their radiance, freshness, and new growth remind us to strive for the same in ourselves. Its new-found warmth encourages us to look with warmth and love at our hibernated wintry thoughts. Its life-giving rain teaches us to shake off the showers of life's trials and appreciate the new blossoms of life's joys. May is a rejuvenating month. The frigid grounds of winter finally give way to plants and flowers that offer fragrance, color, and the hopeful perspective of rebirth.

Geranium is a terrific oil for this month. It symbolizes all that May reflects; new growth, nurturing, and hope. It is an important oil in just about every blend that deals with skin and hair care. It is also attuned to female concerns with

its balancing influence on hormonal conditions. And it also promotes a sense of well-being and self-worth during all stages of life. Geranium is a favored partner of other essential oils because it adapts its various properties to blend effectively. Its floral fragrance, which makes it a pleasure to use either on its own or with other oils, also adapts to the blend in which it is used, mimicking other scents in an unusual and enhancing way.

There are over 300 varieties of Geranium that vary in scent depending on where they are grown. Geranium is a favorite of many who use aromatherapy because of its positive impact in the treatment of both medical conditions and emotional concerns. It soothes the spirit as it lavishes mental comfort and offers potent healing assistance to your body. There are three areas in which Geranium excels: skin and hair care, as an emotional balancer and uplifter, and in regulating hormonal balance. In addition, its antiseptic and astringent properties enhance its overall usefulness in the treatment of many conditions, including cuts, burns, and wounds.

May's sunshine, warm breezes, and refreshing light rains promote the development and well-being of all that grows in this month. Geranium has its own sunshine that helps rejuvenate skin cells, promoting a vibrant glow. May's warm breezes are found in Geranium's characteristics that promote a fresh, harmonious, and quieting balance on an emotional level. And the refreshing light rain of Geranium's impact on hormones revitalizes us and promotes a feeling of overall well-being.

Try the following recipe to soothe skin:

10 drops each, Geranium, Chamomile and Lavender – blend oils together and use in any of the following ways:

- Use 6 drops of the blend in 2 teaspoons of aloe vera gel to relieve chapped lips.
- Put 8 drops of the blend in 2 tablespoons of vegetable oil for an after-bath massage, or to focus on the extra dry and flaky skin areas.
- Put 8 drops into a pint of water and use as a toner for your face and body. This blend is ideal for all skin types.
- Add a few drops of the blend to your favorite hand cream to make it more effective in treating the symptoms of dry, damaged skin on hands.
- Add a drop of Eucalyptus and Tea Tree Oil to this blend to help treat prickly heat, poison ivy, and similar skin irritations.

# MAY 2012 SPECIALS

To Our Co-op Members & Customers: Please note that sales run for a 2-week period, a few sale items are listed below. Please stop by the Co-op for more values and take advantage of all the great offerings each month.

## Co+op Deals, May 2 - 15, 2012:



Bulk  
Buckwheat  
Groats  
reg \$ 2.19#  
Sale \$1.89#



Organic Valley, 16oz  
LF Sour Cream  
reg \$ 3.29  
Sale \$2.50



Evol  
Frozen Burritos,  
assorted  
reg \$ 2.99  
Sale \$2.29



Back to Nature  
Crackers, assorted  
reg \$ 4.19  
Sale \$2.79



PetGuard 14oz  
Dog Food,  
assorted  
reg \$ 2.79  
Sale \$1.89



Alba, SPF 45  
Sunblock Green Tea  
reg \$ 9.59  
Sale \$6.99

## Co+op Deals, May 16 - 29, 2012:



Bulk  
Red Kidney  
Beans  
reg \$ 1.89#  
Sale \$1.69#



So Delicious, 6oz  
Raspberry Coconut  
Yogurt  
reg \$ 1.89  
Sale \$1.50



Rudi's  
Wheat Hot Dog Buns  
reg \$ 3.69  
Sale \$2.50



Clif Bars,  
assorted  
reg \$ 8.19  
Sale \$4.79 9



Biokleen  
Oxygen Bleach Plus  
reg \$ 8.19  
Sale \$4.79

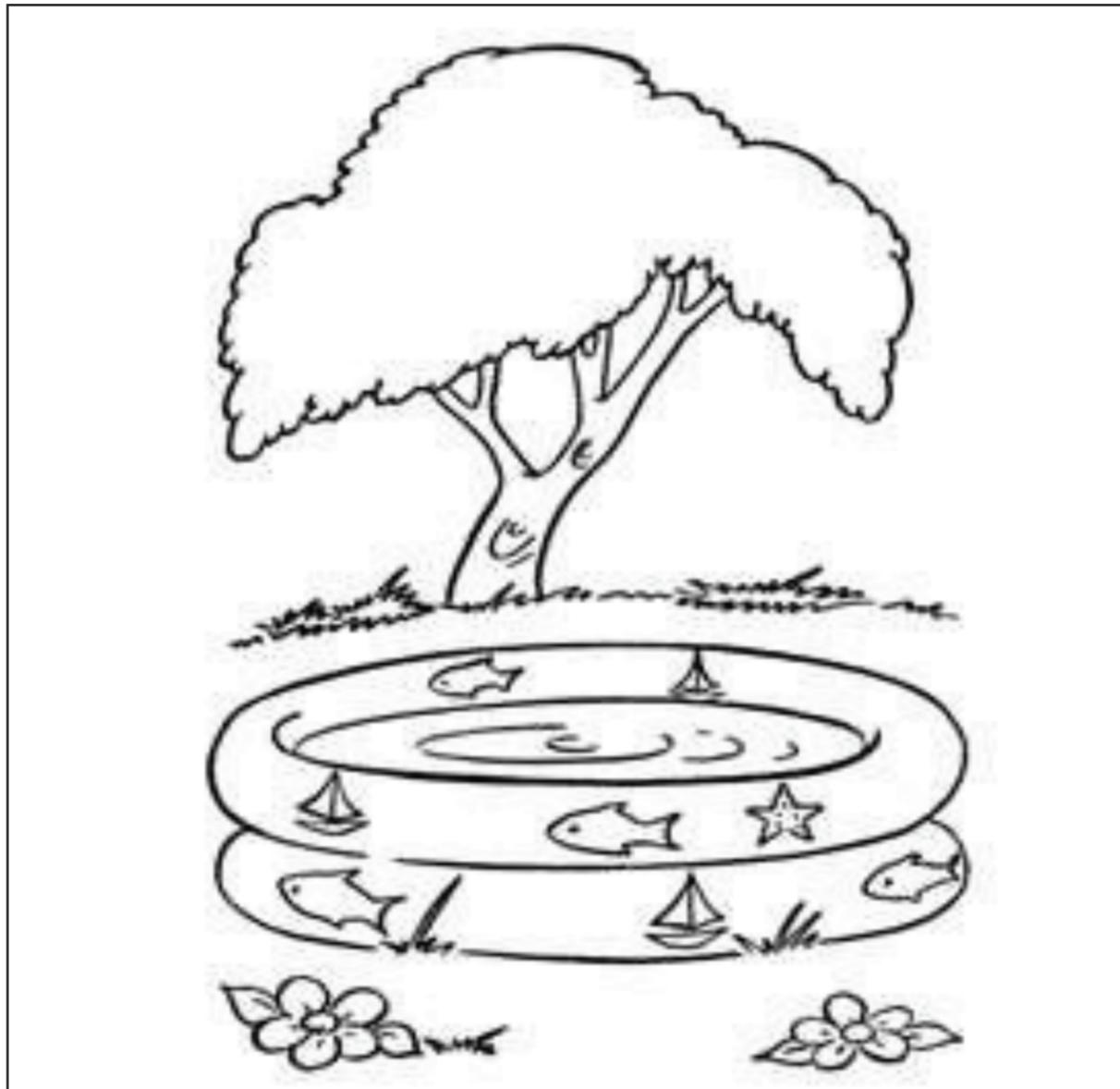


Natural Vitality, 8oz  
Calm  
reg \$ 21.99  
Sale \$13.99

# Kids' Corner

## FREE FRUIT FUN

KIDS, Color this picture and bring it to the Co-op, for a FREE piece of fruit (Produce Staff Selection).



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

## Member Only Specials

May 2 - 29, 2012:



Bulk Bread Shop  
Granola  
reg \$ 3.79#/Sale \$3.41#



Nancy's  
Cream Cheese  
reg \$ 2.79/Sale \$2.51



Shelton's  
Turkey Franks  
reg \$ 3.49/Sale \$3.14



Woodstock  
Yellow Mustard  
reg \$ 3.29/Sale \$2.96



Earth Friendly  
Earth Enzymes  
reg \$ 11.19/Sale \$10.07



Eclectic Institute, 50ct  
Nettles  
reg \$ 16.99/Sale \$15.29

### 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:

1. First come, first served
2. One bag per person, please
3. Scraps are bagged randomly as produce is processed
4. 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@silvercityfoodcoop.com](mailto:margarita@silvercityfoodcoop.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:

*Nurtured by their  
Mother*



# From Your Board...

## Food For Thought From the President



Why do I shop at the Co-op? Of course, I know in general why I do, but I had never really specifically thought about it and itemized the reasons. I thought for this article I would make that list, and share with you my top ten favorite aspects of the Co-op.

I grow a lot of my own produce. I buy produce, chickens, eggs, beef, and herbal products from my neighbors, local Gila Valley growers and producers. Everything else that I eat, I buy from the Co-op. For me it meets all my needs.

1. I like supporting a locally-owned business. Shopping at a locally-owned store means that more of the money I spend stays in Silver City, perhaps paying someone's mortgage next time around. Last year the Co-op spent \$1 million in this community by paying salaries and buying products and services. I believe I am encouraging a strong local economy with every dollar I spend at the Co-op.

2. I like supporting a cooperative business as an economic alternative to "business as usual." Members, not profits, are central to the functioning of a co-op, and our Co-op exists to serve its members' needs, interests, and values. It makes me feel good to know that paying employees a livable wage, carrying fairly-traded products, and supporting local products are important to the members and therefore important to the Co-

op. I like the fact that the democratically-elected board of directors oversees the direction and operation of the Co-op. The individuals on the board aren't as important as the on-going board itself. I am on the board now but I won't be in the future and the Co-op will, as always, continue.

3. I like the downtown location and the local charm of the Co-op, and the friendliness of the employees is always very pleasing to me.

4. I like knowing that the Co-op supports, and is working to create, the development of the local and regional foodshed. Where else in town can I purchase items from 75 vendors in New Mexico? And hopefully this number will just keep on growing.

5. I like knowing that the Co-op supports many local groups and initiatives, with commitments similar to ours, such as the food pantry and the farmers market.

6. The Co-op has the largest supply of foods in bulk in town. I like buying products from the bulk bins, because the price is better than packaged items, and because I can purchase as much or as little as I wish. And for the most part the bulk bins are filled with basic nutritious and unprocessed organic foods, which are just the type of foods I want to eat.

7. I like the fact that the bulk bins and the produce section allow me to purchase foods with-

out additional packaging. I can bring my own bags, cloth and plastic, and reuse them as many times as I wish.

8. I like the organic foods that the Co-op carries. I choose to eat mainly organically grown foods and I know that I can always find a high-quality, organic choice for just about every food I want at the Co-op.

9. The prices on the foods at the Co-op, for me, reflect the quality of the products I want to buy and the businesses I want to support. Good food is not cheap. For the prices I pay at the Co-op, I know that I am supporting quality foods, quality service, local foods, and an ethically-motivated, local business.

10. I like the Co-op's friendly and efficient special order policy. Since we have a small store, there are many items we do not have space to carry, and sometimes that means that the product I want is not on the shelf. However, I can always fill out one of the green special order forms, and in a short time that product will be waiting for me.

So those are ten reasons why I like shopping at the Co-op and why I am so very thankful that the Co-op lives on the corner of 6th and Bullard in Silver City. And THANK YOU to all of you members, shoppers, and employees who make the Co-op a reality. We do it together!

### MEMBER LINKAGE COMMITTEE WANTS YOU!



Linkage Committee works as a team to provide effective communication between the Board of Directors and our member-owners. The Committee consists of several Board members, several Co-op staff, and several general

members like YOU! Please consider joining our committee – it can be an interesting and fun way to make an important contribution to the Co-op. Our committee work includes (a) soliciting member-owner views on important issues, (b) supporting various activities such as our general

membership meeting and our annual picnic, (c) educating member-owners about their benefits and responsibilities, and (d) providing a forum for action on member issues. The ML Committee meets once a month for an hour, and members make a commitment to participate on the committee for one year. If you are interested in becoming a committee member, come to our May 2 meeting, 11:30-12:30 in the Community Room of the Co-op (the building behind the store). We will be deciding then on the best regular meeting time for the coming 12 months. If you have questions before then, please call Lita Furby at 388-2733.

board member serves on at least two of the 5 standing board committees, which usually meet monthly. These committees are often where the more hands-on board work takes place. The committees include Member Linkage; Board and Manager Evaluation; Finance; Recruitment, Orientation and Development; and Long-Range Planning. The Bylaws Committee operated for the past year and was deactivated in April.

Let's take last month, April, as an example. Besides (a) attending the regular 3-hour monthly board meeting and (b) participating in the various committee meetings, the board or individual board members also (c) verified and counted ballots, (d) provided an orientation for new board members (e) wrote articles for the Garbanzo Gazette, (f) planned for and attended the General Membership Meeting, (g) talked with the auditor, and (h) planned for and attended an all day retreat.

*Whew, what a list. So now you know that your elected board members really are busy!*

#### VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: [carolyn@silvercityfoodcoop.com](mailto: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.

Members: If you would like information regarding documents reviewed at the Board meeting please ask a staff person to assist with your request

### DO YOU EVER WONDER WHAT THE BOARD OF DIRECTORS DOES?

In the last two months, the pictures and statements from the candidates wishing to be elected to the board of directors have appeared in the window of the store. Approximately 15% of our members voted in the election. While you were reading the statements, deciding who to vote for or whether to vote, you might have stopped and wondered what the board does.

In a nutshell, here is what governing looks like:

One of the main activities of the board is making sure that all is going well at the Co-op, and this is accomplished by a monthly, in-depth interaction between the board and the General Manager. The board writes multi-faceted policies concerning eleven different areas of the Co-op's operation. Each month, the GM writes a detailed report regarding the compliance of one or more of these policies, and provides the necessary documentation to prove compliance. In the week before each board meeting, the board members spend hours reviewing the reports and asking for clarification and revision if needed. At the meeting, the reports and compliance are formally accepted.

Board meetings also include a variety of other items when brought to the meeting as a proposal or discussion item by an individual board member. Some of these items are the result of work accomplished by our board committees. Each

### Silver City Food Co-op Board of Directors

**Susan Van Auken**  
Board Term: 2010-2013  
[susanvanauken@gilanet.com](mailto:susanvanauken@gilanet.com)

**Gail Rein**  
Board Term: 2011-2014  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)

**Lita Furby**  
Board Term: 2011-2014  
[luddite555furby@montana.com](mailto:luddite555furby@montana.com)

**Meadow Clark**  
Board Term: 2012-2015  
[meadow@conflictmediation.net](mailto:meadow@conflictmediation.net)

**Lynno Aldin**  
Board Term: 2012-2015  
[lynno@peacemealcoop.com](mailto:lynno@peacemealcoop.com)

**Jerry Boswell**  
Board Term: 2012-2015  
[gboswell5275@msn.com](mailto:gboswell5275@msn.com)

# Community Outreach Report

Wowee! It's been a busy few months. I've been up and down the state for trainings and conferences and have been involved in the support and/or planning and facilitating of many events here at the co-op and around town. It's been exciting, fun, exhausting and very rewarding.

## January events:

- The Silver City Food Co-op supported the return of the Red Paint Powwow with a donation of food and beverages for the dancers and other performers.
- Community Forum: "Community Bulk Seed Ordering": a forum to combine seed orders for bulk order discounts.
- The 1st WNMU Downtown Dash, a fun contest that challenged WNMU student teams to find participating downtown businesses using written clues. Each business engaged the students in various activities before handing out the next clue. I organized a scavenger hunt and each team had to find four items in the co-op before dashing on. The event created quite a buzz, filling the downtown with energy and laughter.
- The SCFC Board Member Linkage Committee threw a pizza party at the Church of Harmony. The event was dubbed Equity and Pizza: Your Piece of the Pie. Proposed bylaw changes, to move from a member fee system to a member equity system, were discussed over plenty of pizza.
- I participated in the panel discussion, "Health Care: Winners and Losers", a discussion on health policy at the WNMU Miller Library, sponsored by Grant Co Democratic Party, WNMU Miller Library and WNMU Native American and MEChA groups. Dr Gilda Baeza Ortego, moderated. Other panel members included Charlie Alfero, HMS Center for Health Innovations; Dr. Victor Acquista, Fort Bayard; Christine Brickley, Nurse Practitioner and WNMU Assnt. Professor; and Dr Robert Rickle and WNMU Social Policy Class students. I discussed the NM Health Security Plan (supported by the Silver City Food Co-op) "to create a publicly accountable health care system in New Mexico that guarantees comprehensive medical and mental health care coverage to all residents, allows for freedom of choice of providers and controls costs." [www.nmhealthsecurity.org](http://www.nmhealthsecurity.org)
- As a member of the Grant County Food Policy Council, I attended a NM Food Policy Civic Engagement Education and Training Initiative

in Santa Fe to learn how "to engage our community, individuals in the public and private sectors and policy makers in discussions and actions concerning systemic changes in our state's food and agriculture systems." It was led by the NM Food and Ag Council and Farm to Table.

- SCFC volunteer, Pablo Wright made fresh popcorn for the Wild and Scenic Film Festival in support of the Gila Conservation Coalition.

## February events:

- I led a school tour of the co-op for the Church of the Good Shepard's After School Program. We identified "unusual" produce items, sampled organic Gala apples and ground up fresh peanut butter for future snacks.
- The Co-op participated in the MRAC Chocolate Fantasia fundraiser whose theme this year was Willy Wonka and the Chocolate Factory. The event brought over 250 people into our store for chocolate treats, provided this year by chocolatier "Milly Wonka".
- Community Forum: "Go Green, Cook Greens": a forum to learn how to add nutritious and delicious greens to your daily menu, with Carolyn Smith.
- Member Appreciation Day!!!
- Tyrone Wright, Lita Furby and I represented the Silver City Food Co-op at the NM Organic Farming Conference in Albuquerque where the SCFC received the 2012 Friend of Organic Agriculture Award. SCFC sponsors this conference each year and donates four gift bags filled with delicious organic and local foods.
- The Food Project, nationally recognized for pioneering youth development through sustainable agriculture, provided a training team to facilitate two free daylong workshops: "Innovative Ways to Create a Sustainable Food System" and "Dynamic Youth Programming" This event was brought to Silver City by the Guadalupe Montessori School with a generous grant from the Freeport/McMoran Community Enhancement Fund. The SCFC donated fresh produce for snacks and lunch. I attended both days.

## March events:

- At the bi-monthly Grant County Food Policy Council Meeting, the council prioritized three goals to work on in 2012: 1) Find and apply for the funding to conduct a comprehensive evaluation of the resources needed to create a local,

sustainable food economy in Grant County. 2) Identify and maximize the use (through education, communication and addressing policy barriers) of currently available local resources that will encourage grassroots participation in the existing local food system such as co-op agreements, buyers clubs, CSA's, farmers markets, local currency, bartering and other community based participation strategies. 3) Federal and state water policy review and report that will outline water policy impacts and issues for Grant County.

- Linda Bartlett, manager of the Silver City Farmers' Market and I attended the Annual NM Farmers' Market Association Conference in Santa Fe which brings together representatives of all the farmers' markets around the state to learn from each other and share ideas. I gave a presentation on the Grant County Food Policy Council's work to improve the health of our community members.
- Community Forum: "NM Organic Farming Conference 2012 Revisited". Tyrone Wright, Lita Furby and I shared our notes and information on the conference and our favorite workshops.
- I joined Jane Janson, Aldo Leopold's director Eric Ahner and teacher Jim McIntosh to discuss "Jobs and the Workplace" with the Aldo Leopold freshman class. The SCFC participates in the Aldo Leopold internship program.
- The 2nd Annual Home and Garden Expo and Co-op Seed Share, organized by the Silver City Farmers' Market board as a fundraiser, was a huge success. Over 600 people attended the event which included 12 free gardening workshops, a Silent Auction, local vendors, delicious food, music by Bayou Seco, and The Co-op Seed Share which was a big draw. Free seeds were available all day. Margaret Hadderman and the co-op solicited seed donations from seed companies and others were shared by attendees.
- The Silver City Food Co-op supported The Volunteer Center's "Stuff a Truck" food drive/fundraiser for the Grant County Food Pantry. Community members could purchase to donate 25# bags of beans and grains from the co-op at wholesale prices and I worked with WNMU student and community volunteers to weigh, sort and stock all of these food donations at the food pantry.

— CAROLYN SMITH

## PACHAMAMA -- A Farmer-Owned Cooperative Since 2001

The Pachamama Coffee Cooperative of Small-Scale Coffee Producers ("Pacha") is owned by thousands of family farmers around the world. Pacha markets fresh-roasted organic coffee directly to customers throughout the United States.

**Cooperatives** -- A different way of doing business. The thousands of family farmers that co-own Pachamama Coffee are celebrating 2012 International Year of Cooperatives. We attribute much of our success to the cooperative business model; it differentiates us from others in the specialty coffee industry. By pooling our farmers' coffee and resources, Pachamama is able to provide stable pricing and services that give hope to family farmers around the world.

You may already be familiar with the cooperative (co-op) model. There are many kinds of co-ops. They range in size from small farms to large companies. In some ways, cooperatives operate like any other business, but they also have several unique characteristics:

They are owned and democratically controlled by their members — the people who use the co-op's services or buy its goods — not by outside investors. They return surplus revenues to members proportionate to their use of the cooperative, not proportionate to their "investment" or ownership share. They are motivated not by profit, but by service—to meet their members' needs for affordable and high quality goods or services. They exist solely to meet the serve their members. They pay taxes on income kept within the co-op for investment and reserves. Surplus revenues from the co-op are returned to individual members who pay taxes on that income.

### Types of Cooperatives

**Consumer Cooperatives** are owned by the people

who buy the goods or use the services of the cooperative. Consumer co-ops may sell consumer goods such as food or outdoors equipment, or provide housing, electricity and telecommunications. Other co-ops offer financial (credit unions), healthcare, childcare and funeral services. Almost any consumer need can be met by a cooperative.

**Producer Cooperatives** are owned by people who produce similar types of products — by farmers who grow crops, raise cattle, or milk cows, or by craftspersons or artisans. By banding together, co-operating producers leverage greater bargaining power with buyers. They also combine resources to more effectively market and brand their products, connecting them to customer values. Pacha Coffee is a producer co-op.

**Worker Cooperatives** are owned and governed by the employees of the business. They operate in all sectors of the economy and provide workers with both employment and ownership opportunities. Examples include food processing companies, employee-owned food stores, restaurants, taxicab companies, sewing companies, timber processors and light and heavy industry.

**Purchasing and Shared Services Cooperatives** are owned and governed by independent business owners, small municipalities and, in some cases, state governments that band together to enhance their purchasing power, lowering their costs and improving their competitiveness and ability to provide quality services. They operate in all sectors of the economy.

**Why Cooperatives Form** -- Co-ops are formed by their members when the marketplace fails to provide needed goods or services at affordable prices and acceptable quality. They empower people to improve their quality of life and enhance their economic opportunities through mutual self-help. Throughout the world, cooperatives are providing their members with financial services, utilities, consumer goods, affordable housing, and other

services that would otherwise not be available to them.

**Stronger Together** -- Over 120 million people in the U.S.—two out of five—are members of an estimated 48,000 cooperatives. Worldwide, an estimated 750,000 cooperatives serve 730 million members.

## GREETINGS FROM PRODUCE!

On Monday, March 19th, the Produce Department held its annual Farmers & Friends Meeting. The turnout wasn't what we expected, but with such short notice, that will happen. Some of the growers present were Peter Day from Townside Farms, Carolyn Smith from Carolina's Garden, and William Joseph of the Boston Hill Grower's Co-op. Lou Pruitt a Silver City native and resident for over 80 years was also in attendance. Several other growers were present with two new growers as well.

Topics discussed were sustaining agriculture at a regional level to provide Grant County and sister counties with a dependable food source for the whole year. We also went over the delivery days for local produce — Monday, Wednesday and Saturday are the days the Co-op can receive local fruits and veggies. This is per the Point Of Sale Department (Pricing Department) of the Co-op. We are sorry for any inconvenience this may cause.

Quality control was another issue tackled. This means the condition the produce arrives at the Co-op should be something people are looking to buy. If anyone has any questions, just ask either Gary Benavidez (Co-Manager) or myself in the produce department. Thanks for reading and thanks to all the farmers.

— JAKE SIPKO, Produce Co-Manager (aka Chief Produce Rising)

# May



**May** is the fifth month of the year in the Julian and Gregorian Calendars and one of seven months with the length of 31 days.

May is a month of autumn in the Southern Hemisphere and spring in the Northern Hemisphere. Therefore May in the Southern Hemisphere is the seasonal equivalent of November in the Northern Hemisphere and vice versa. No other month begins or ends on the same day of the week as May in any year.

The month May was named for the Greek goddess Maia, who was identified with the Roman-era goddess of fertility, Bona Dea, whose festival was held in May. Conversely, the Roman poet Ovid provides a second etymology, in which he says that the month of May is named for the *maiores*, Latin for "elders," and that the following month (June) is named for the *juniores*, or "young people" (*Fasti VI.88*).

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## MAY – A MONTH FOR OUR LADY

~ Anonymous

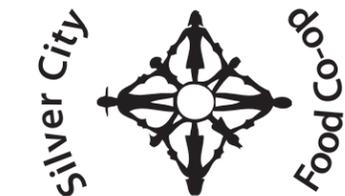
The birch is thy sister, thy brother the oak,  
The palm tree stands as thy royal symbol,  
The beech, the olive, the yew and the fir  
Remember the days when thou walkedst beneath them.

For thee sounds the meadow lark's joyous song,  
The song of the robin, the throstle and finch,  
The plaintive song of queen nightingale,  
The bells of all lands ring out for thee.

The ocean reflects thy image, the moon,  
Lakes mirror the blue of thine eyes,  
The wave of white fountains symbolize  
The sacred waters of thy fair graces.

Thou art the white Madonna of France,  
Thou art the brown Madonna of Spain,  
Thou art the black Madonna of Poland,  
That maidens love and mothers revere,  
That kindles love in the hearts of men

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520 N. Bullard St.  
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[www.silvercityfoodcoop.com](http://www.silvercityfoodcoop.com)

# MAY 2012

Full Moon 5/5/2012 at 9:36:07 pm (MST)  
New Moon 5/20/2012 at 5:48:21 pm (MST)

## STAFF CELEBRATIONS

### Anniversaries:

May 4 Dougan Hales  
May 5 Judith Kenney  
May 5 Meggie Dexter  
May 10 Janet Goodrich  
May 30 Bob Lee

### Birthdays:

May 5 Jeanné Miller  
May 13 Lennie Buckingham  
May 1 Janet Goodrich  
May 26 Keegan Colter

## Co-op Events

### May 2012

**2** Member Linkage Committee Meeting, 11:30 am-12:30 pm

**5** Cinco de Mayo

**8 & 10** Community Forum, "The Effect of GMO's and Roundup on your Soil, Crops & Health" with Monica Rude, Noon-1 pm both days

**9** Monthly Board Meeting, 4:30-7:30 pm

**13** Mother's Day

**17** Member Appreciation Day

**24** Employee Appreciation Day

**28** Memorial Day – Co-op CLOSED

### June 2012

**6** Member Linkage Committee Meeting, 11:30 am-12:30 pm

**12 & 14** Community Forum, "Eden Energy Medicine: Health Assurance for the 21st Century" with Allee Barr, Noon-1:00 pm both days

**13** Monthly Board Meeting, 4:30-7:30 pm

**17** Father's Day

**20** First Day of Summer