

the Garbanzo Gazette

Volume 12

a monthly newsletter of the Silver City Food Co-op

The Search for Our Next General Manager

Susan Van Auken, Board President

Your Board of Directors, has a task ahead of us: we must hire a new general manager for our co-op. For me personally this is one of the greatest fiduciary responsibilities I have to the member-owners, to find and hire the best general manager for our co-op.

The Silver City Food Co-op just celebrated its 38th anniversary. It has grown and changed in many ways over all those years, as Silver City has grown and changed, as the natural food industry has grown and changed, and even as many important aspects of the world as a whole have become very different than they were in 1974. We are now a co-op with about \$3 million in sales, 33 employees, 1971 member-owners, 2,200 square feet



of retail space, and approximately 6,000 different products available for purchase. We provide healthy food to customers over a 60-mile radius, and have a strong commitment to supporting a local food economy.

Now we need to find a general manager to guide our co-op through the coming years. In order to do this, the Board developed a process which might interest you, our member-owners, so I want to share it with you.

After the decision was made to continue with a general manager (GM), the Board needed to form a GM Search Committee to start down this path.

Step One- The Board activated the GM Search Committee, adopted a charter for this committee that included 13 responsibilities, approved a basic budget for the entire search process, approved a draft timeline to complete the task, and appointed three board members to the committee: Lita, Carmon, and me.

With the time quickly passing before the departure of our current general manager, the search committee jumped right into action and began planning all that needs to be done to organize and coordinate a general manager search. We have been guided by a publication for co-op boards about how to hire a GM. After absorbing the enormity of the job, it became time for the next step.

Step Two- Immediately the committee began writing a basic ad copy that could be expanded or contracted depending on the ad placement, and reviewed and selected a half dozen advertising venues. We also identified people to contact in the local, regional, and national co-op network. The committee quickly: a) developed a plan for communicating our process and progress to the rest of the Board, to the Co-op employees, and to our member-owners, b) agreed to confidentiality guidelines for the committee, c) started a plan for involving board and staff in developing and ranking a list of desired GM qualifications that will be used to evaluate candidates, d) set up an email account for receiving applications, and e) arranged for the services of a national co-op consulting group to assist us during some of the more challenging parts of the process such as background and reference checks.

You might be asking yourself, "Will the Co-op encourage local candidates to apply?" The answer is YES. We have already placed job announcements in the staff log, in the store, on our website, in this issue of the Garbanzo Gazette, in the Desert Exposure, and in the Silver Daily Press.

In the charter the Board specified that a co-op member-owner and a co-op employee be on the search committee. The committee has now grown to five members with the appointment of Bob Lee, an employee, and Nancy Coates, a long-time co-op member. As I write this article (at the end of September) we stand at this point on our path towards hiring a GM.

Now that the advertising is placed, we have many other tasks to complete while eagerly waiting for the inbox to fill with candidate applications. Our future steps will involve the following actions.

Step Three- We will develop the entire multi-stage selection process, which will include: a) how to review applications, b) specifying criteria on how

to select candidates to interview, c) writing questions for the initial interview, and d) deciding on a process for reviewing candidates after the first interview. Candidates who still pique our interest will probably have another step before they become finalists, a screening interview with our professional consultant.

The purpose of a screening interview is very specific. None of us on the search committee, or the Board of Directors are experts on what it takes to be a successful general manager. The screening interview is conducted by a co-op professional who has extensive experience evaluating whether a candidate can really do all that they say they can do.

After evaluating all of a candidate's relevant materials, the search committee will decide if the candidate is strong enough to recommend for an onsite interview.

Step Four- The Board will review all relevant information: the original cover letter and resume, background and reference checks, and the notes from the initial interview and the screening interview, before approving any candidate for an onsite interview. The search committee will coordinate the arrangements for the visit and a full day of activities for each selected candidate. The onsite interview may include: a) interviews with the Board of Directors, b) group interviews with co-op employees, c) a tour of the Co-op, and d) one-on-one time with key people. After each of these day-long interviews conclude, the search committee will gather the evaluations from employees for the Board to review.

Upon reaching this point on the path, the baton passes back from the search committee to the Board of Directors. As I mentioned in the beginning, the Board has as task to do. The search committee's job is to recruit candidates and obtain as much information as possible about their qualifications. But per section 4-4.4 of the Co-op's By-laws, it is the Board that makes the decision about who to hire as the new general manager.

Then we will soon begin a new chapter in the Co-op's life. ❖

Position Available General Manager

We seek a general manager interested in developing and enhancing a democratic and participatory workplace, experienced in retail and natural foods, and skilled at financial management. The general manager guides all aspects of our 2,000-member natural food cooperative. Visit our website www.silvercityfoodcoop.com for further details.

Where can you find updated information on the GM Search?

- On our website: www.silvercityfoodcoop.com
- In the store: up front by the registers
- On Facebook

In This Issue

Page 2

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

Page 3

Co-op News

Page 4

Kitchen Meditations
What's Your Dharma?

Page 5

Co-op Deals
Monthly Specials
Kids' Corner

Page 6

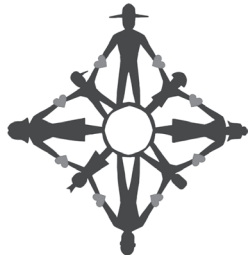
From Your Board...

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
Gary Benavidez
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
Tonya Butts
Kevin Fast
Angie Carr
Elena Taylor
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Richelle Price
Jarrod Swackhamer
Dan Jameson
Doug Smith

Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Vicki Gadberry, 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 in November and into the home stretch of the election season. It seems really odd but the only campaign I have been really paying attention to is over Proposition 37 in California. Proposition 37 is fully known as *The California Right to Know Genetically Engineered Food Act*. If approved this would require a clear label to let consumers know if foods are genetically modified. As a by-product, foods could no longer use the term natural as a descriptor (which alone is a great thing).

Prop 37 could create a major shift in our food system as we know it. If California requires these foods to be labeled, it will definitely have a trickledown effect at least in the west if not the whole country. Since California is the largest market in the country, it seems rather unlikely that food manufacturers would create a label just for California. If they do this and the labeled food is not available out of California, I imagine that numerous other states will enact similar legislation in the very near future requiring the labeling.

Depending on which poll you go by, somewhere between 52 and 93% of the public wants to have GMO

labeling. That is at least a majority and in some polls a downright mandate for action. It will be interesting to see if the over \$32 million (as of 9/17/12) donated by biotech companies and food conglomerates put into fight Prop 37 will be able to swing the vote to defeat it. Many of these companies have a lot to lose should Prop 37 pass. The effects on Monsanto, DOW, DuPont, and other biotech companies is easy to see, but the effects on the parent companies of organic brands have much more to lose – their reputation and market share. Subsidiaries such as Cascadian Farm, Muir Glen, Honest Tea, and Larabar, may lose customers over the politics of their parent companies General Mills and Coca Cola. Companies like Nature's Path, Dr. Bronner's, Nutiva, and CROPP Cooperative (Organic Valley/Organic Prairie) see Prop 37 as fitting with their beliefs as both people and companies.

I had someone today say that the decision on Prop 37 could have more impact on our lives than the 2012 presidential election. I am inclined to agree. I really hate to see that food has to become political, but knowing what we are really eating is vital.

-Doug Zilm

Did you know?...

10 ORGANIC FOODS THAT ARE WORTH THE MONEY

and tips on what to do if you don't or can't buy organic.

APPLES. A is for apple—and a lot of pesticides. According to the FDA, more pesticides (a whopping 36) are found on apples than on any other fruit or vegetable. In one test, as many as seven chemicals were detected on a single apple.

NON-ORGANIC? Peel your apples. Look for apples from New Zealand (it's noted on the little produce stickers), which are treated with half as many pesticides as those grown Stateside.

BABY FOODS. "An infant's immune, nervous, and detoxification system is less developed than an adult's and more vulnerable to the effects of pesticides," says Elson M. Haas, M.D., author of *The Staying Healthy Shopper's Guide*. The green beans, peaches, and apples that go into baby food (and all over your kitchen floor) tend to be treated with chemicals. Organic brands like Earth's Best are available.

NO ORGANIC? Make your own purees by tossing organic fruits and vegetables into the blender. Freeze individual portions and thaw when ready to feed your little one.

BUTTER AND MILK. The grains that dairy cows eat are heavily treated with chemicals, which have a residual, though still notable, presence in milk and dairy products. (Milk may also contain bovine growth hormones and antibiotics.)

CANTALOUPE often contain five of the longest-lasting chemicals, one of which is dieldrin, an exceedingly toxic and carcinogenic insecticide. Though it was banned in 1974, residues still persist in soil and are taken up through the cantaloupe's roots and absorbed into the edible portion.

NON-ORGANIC? Thoroughly wash the outside of the melon, since a knife can drag exterior residues

through the flesh as you slice it.

CUCUMBERS. In a survey of 42 common vegetables, cucumbers were ranked second in cancer risk and 12th in "most contaminated food" by the Environmental Working Group, a respected public-interest group.

NON-ORGANIC? Peel the cucumbers, since the waxes used to make the skin shiny also tend to hold chemicals.

GRAPES. Because grapes ripen quickly, tend to mold, and attract insects, growers hit them with multiple applications of various chemicals. The worst are Chilean grapes, which are treated with as many as 17 chemicals. (90% of the grapes eaten in the U.S. from January-April are Chilean.)

NON-ORGANIC? Search out grapes grown domestically; they are treated with fewer chemicals.

GREEN BEANS. The Environmental Protection Agency has more than 60 pesticides registered for use on green beans.

NON-ORGANIC? Choose fresh beans over canned or frozen and wash them very well before using.

SPINACH. In a certain cartoon, spinach makes muscles. In real life, the chemicals used to treat it may cause cancer or interfere with hormone production.

NON-ORGANIC? Vigilantly wash each leaf separately under running water, pat dry before eating.

STRAWBERRIES are one of the most contaminated of all produce items in the U.S.

NON-ORGANIC? Choose local berries over long-distance ones (which generally involve more spraying). The package should say where they are from, or the supermarket's produce manager should know.

WINTER SQUASH. Like cantaloupe and cucumbers, winter squash has a propensity to absorb dieldrin from the soil into its edible parts.

NON-ORGANIC? Buy Mexican winter squash. The soil in Mexico is largely uncontaminated by dieldrin.

OUR RETURN POLICY

We want you to be satisfied with your Co-op purchases. If you need to return an item, please be aware:

- Non-perishable items may be returned for a full refund or exchange within 30 days **with a receipt**.
- Perishable Grocery items may be returned for a full refund or exchange within 7 days **with a receipt**.
- Produce items **MUST** have a receipt, and approval will be up to the discretion of the produce department.
- Returns **without a receipt** may be refunded by giving in-store credit only. However, the manager of the department or a Manager on Duty must be called to approve the return/credit. The Co-op may choose to research the sale of any item returned without a receipt prior to approving a refund.
- **Bulk items are not refundable with or without a receipt.**
(We cannot resell bulk items once they are dispensed.)
- **Dairy items are not refundable with or without a receipt.**
(NM Health Codes do not allow the resale of dairy items once they have left the store. We must throw the product away. The Co-op takes a loss on dairy items returned.)

Co-op News

STAFF PICKS FOR NOVEMBER

by Judith Kenney

This issue introduces a column that will highlight favorite picks from the Silver City Food Co-op Staff. Each month I will ask staff members to select one of their favorite co-op products. I will then ferret out a little more information on that product to pass on to you, faithful readers, and include a recipe, if relevant. As a long-time employee of SCFC, I can assure you that we house a plentitude of food conscious folks so it will be worth noting their picks.

CAROL YOUNG-Office Renaissance Woman

The first person I spoke with this month was Carol Young. She has worked at the Co-op for five years and is a sort



of Renaissance woman in our office. She's part of our advertising/marketing staff, manages membership renewals, does miscellaneous office work, is a break-time cashier and does the layout for the Garbanzo Gazette together with Meggie Dexter. Her product pick is Ancient Harvest Pasta, especially the

"pagoda" shape which seems to hold together a bit better during cooking than the other two shapes that we carry. Her recommendation for serving this gluten-free pasta is to top it with a simple marinara sauce or, her favorite, olive oil, garlic and basil, with a sprinkling of parmesan cheese. Carol is an advocate of wholesome, simple food and this elegant synthesis of a few fresh ingredients has universal appeal.

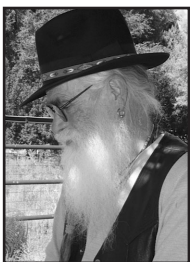
Ancient Harvest Pasta, produced by the Quinoa Corporation based in California, contains corn (non-GMO) and quinoa flours, dried spinach, dried beet and/or red bell pepper. That's it, and all ingredients are organic! Their



quinoa is grown in the high Andean altiplano regions of Bolivia, at 12,000+ foot elevations which will not support gluten-bearing grain production. Originating in the Andean region of South America, quinoa was successfully domesticated 3,000-4,000 years ago for human consumption. It is a protein-rich, easily digested food, known to the ancient Incas, who held it sacred, as the "mother grain."

DOUGAN HALES-Produce Aesthetics

The next person to choose a favorite product was Dougan Hales who has worked at the Co-op for seven years. A tall, bearded gentleman, you may have noticed him washing and trimming veggies and fruits in the kitchen or stocking out displays in the produce department. He describes his job here as making "the produce look presentable by bringing out its natural beauty." Nicely put, Dougan. His pick was Burn Baby Burn Revolutionary Hot Sauce which he uses to season hard boiled eggs and says that it's just a good, spicy addition to a wide range of foods. It adds fire but is not super hot, more of a tobasco style sauce than a Mexican type salsa. Ingredients are all organic: Habanero peppers, Jalapeno peppers, vinegar, and salt, combining to give your food an extra savory boost.



An especially interesting aspect of this condiment is that it is produced by the Huey P. Newton Foundation, begun in 1993 by former Black Panther Party members and named after Mr. Newton who co-founded the Black Panther Party for Self Defense, along with Bobby Seale in 1966. The foundation is a community-based, non-profit research, education and advocacy center dedicated to fostering progressive social change. Executive director David Hilliard has stated that the

creation and marketing of Burn Baby Burn "is another way to raise money and bring attention to the Huey P. Newton Foundation. We're trying to turn the tide of violence and educate young people through our work." It's good to know that you can add a little kick to your cuisine and help out your fellow human beings at the same time. Check out www.BlackPanther.org for an intriguing read. Pepper to the People!

Staff Interview



Vicki Gadberry

Interviewer: Judith Kenney

Position: Office Assistant

Astrological Sign: Capricorn

How long have you worked at the Silver City Food Co-op?

Seven years, total. I worked here for 3 years, left for 11 months, and now I've been here again for 4 years.

What do you like best about your job?

I like working with numbers, I like keeping track of information, putting information in databases. I like the people I work with and my job is flexible. There's always some little different project. I feel like it allows me to use a part of my brain I might not otherwise use.

What do you find the most challenging?

Being able to continually provide the best customer service that I can.

How did you find your way to Silver City?

We lived in Fort Davis in west Texas but had decided to leave and had driven through here before. The terrain was similar, the weather was similar to what we'd liked in Texas, but it was bigger. Ft. Davis has a population of just 700.

Just out of curiosity, how did you end up in Texas?

Eric's mom and stepdad used to vacation there every winter in Lajitas, which is near Big Bend National Park and we'd go out almost every year to visit them. We started looking around for a place to live, bought a place in Ft. Davis and decided to leave North Carolina. We were in Texas for seven years. I worked for the Chamber of Commerce while I was there.

Did you like Silver City right away?

I did. I had come up here with some friends for a gallery weekend and liked it then because it was a strong arts community. I was hungry to find a more art related town. I knew there was a fiber art group that I'd found on the internet so I went to a meeting the month we moved here and that's when I met Charmaine who worked at the Co-op at the time. I asked her if there were any openings at the Co-op. That's how I started working here.

I know that you've lived in a number of places but where were you born?

Frederick, Maryland. It's sort of a bedroom community for Washington D.C., about an hour's drive.

How would you describe your childhood?

My mom sewed so I was exposed early to that. We did a lot of art. I'd say it was happy. I was a Girl Scout and in 4-H. We lived in a neighborhood with a lot of kids my age.

That's a very historic area.

Yes, it is. We used to take field trips to Washington. I've been to the Smithsonian bunches of times, You just can't ever see it all. I liked school and being a good student. I also liked being a Girl Scout. I still have my little sash with all my badges and a lot of them are art related, so I guess I've always been fond of that sort of thing.

Did you go to college?

Yes. I went to the University of Maryland for my undergraduate degree, starting out to be a teacher, but after I

got into a few education courses, I didn't like them, so I majored in textiles because it was what I liked. Of course, it didn't qualify me to do anything when I got out so, once Eric and I were married and we were in South Carolina, I got a masters degree in library science so I could be more employable.

Did you work as a librarian?

Yes, more than twenty years. I did fourteen years in the public schools and seven as an academic librarian, all in North Carolina. I worked at Mars Hill College as a reference librarian and enjoyed digging for the answers to weird questions and I loved being able to buy books with other people's money. It was interesting and a little bit different every day.

What do you like to do in your spare time?

I'm involved with the Fiber Arts Collective so I make things to sell at The Common Thread (located on W. Broadway) and I belong to a small art quilting group that gets together to experiment with different techniques. I read in spurts. Some of my favorite mystery authors are Diane Mott Davidson, Sue Grafton, and Janet Evanovich. Also, Agatha Christie. I've probably read most of her books. I use the public library a lot.

You have a dog, too.

Yes, Zeke, a pound puppy. I walk him in the morning and evening, weather permitting, and we have a cat. I like to pay attention to my animals. I feed the quail. We have chipmunks and deer and occasionally javalina and a fox come by. I like nature. I'll spend time gazing out the window.

Do you enjoy cooking?

Yes, I like to bake. I don't do yeast bread but I make a breakfast oatmeal bread that I like. Since I've worked at the Co-op I've experimented more with vegan cooking. We're basically flexitarians, eating meat occasionally, but not often. [see oatmeal bread recipe below]

What haven't you done yet that you'd like to?

I think I'd like to travel a little more, and yet, when I am traveling, I can't wait to get home! I'm torn between being a total hermit and getting out there more. Also, sometimes I think I'd like to write a book related to fiber art.

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

I just always come back to fiber. It's the thing I like most. It's my distraction and my compulsion. I'm compelled to do it, against my will sometimes. I used to sew all my own clothes in high school. Later on I made things for the house, pillows, curtains and other stuff I could do inexpensively. No matter where or when I ended up coming back to fiber.

It is a compelling substance.

It is, and it's so much a part of our everyday lives. Yeah, I'd just say fiber and fabric...addicted, cheerfully!

Oatmeal Bread

from Vicki Gadberry

- 3 cups flour
- 1 cup oatmeal
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 2 TB sweetener
- 1 egg
- 2 cups non-dairy milk (soy, almond, rice)
- 1 tsp vinegar

Preheat oven to 375°

Sift together flour, oatmeal, baking powder, baking soda, salt and sweetener.

Whisk together egg, milk and vinegar, add to dry mixture.

Mix together until "just mixed."

Place in loaf pan, bake 35-45 minutes.

KITCHEN MEDITATIONS

Swedish Cardamom Braid (Vegan)

- 2 cups almond milk, plus more for brushing top
- 2 TB flaxseed meal
- 1/3 cup agave nectar or brown rice syrup
- 1/3 cup canola oil
- 1 TB active dry yeast
- 1 1/2 tsp salt
- 1 1/2 tsp whole cardamom seeds, coarsely ground with a mortar & pestle
- 5 1/4 cups unbleached white flour
- 2 TB Demerara sugar for sprinkling

Stir together almond milk, flaxseed meal, agave nectar, oil, yeast, salt and cardamom in large non-reactive bowl with lid. Add flour, mix thoroughly with wooden spoon. Cover with lid or plastic wrap and let stand 2 1/2 hours at room temperature. Place in refrigerator and let rest overnight.

Coat baking sheet with cooking spray or line with parchment paper. Remove half of dough from refrigerator; reserve remaining for second loaf (dough will keep up to 5 days). Divide dough into 3 equal pieces, gently roll each piece into 18-inch-long rope on floured work surface. Place dough ropes side by side spaced 2 inches apart on baking sheet. Pinch ends together on one side, tuck under. Loosely braid dough ropes, pinch tail ends together. Cover loosely with kitchen towel and let rest 30 minutes.

Preheat oven to 375°. Brush top of braid with almond milk and sprinkle generously with sugar. Bake 30-45 minutes or until golden.

Spicy Sun-Dried Tomato, White Beans & Swiss Chard Soup

- 2 TB olive oil
- 3 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1 onion, chopped
- 2 carrots, sliced
- 2 ribs celery, chopped
- 1 zucchini, sliced
- 1/2 tsp fresh rosemary, chopped
- 2 cups vegetable broth
- 2 15 oz cans diced tomatoes
- 1 15 oz can small white beans or cannellini beans, rinsed/drained
- 1/2 cup oil-packed sun-dried tomatoes, drained and chopped
- 2 TB sun-dried tomato oil
- 1/2 bunch Swiss chard, chopped
- 1/2 tsp fresh thyme, chopped
- 1 cup fresh basil, torn

Heat oil in saucepan over medium heat. Add garlic and red pepper flakes, cook 1 minutes. Stir in onion, carrots, celery, zucchini and rosemary, cook 10-15 minutes, until onions are soft. Add broth, 1 can tomatoes and beans. Scoop 1 cup mixture into blender, add remaining can of tomatoes, sun-dried tomatoes and sun-dried tomato oil. Puree until smooth, stir mixture into soup and season with salt and pepper. Simmer 10 minutes.

Add Swiss chard and thyme; simmer 5 minutes more, until chard wilts. Remove from heat and stir in basil.

[All recipes courtesy of Vegetarian Times]

Roasted Green Beans, Walnuts & Rosemary

- 1.5 lbs green beans
- 1/2 cup chopped walnuts
- 1.5 TB fresh rosemary, finely chopped
- 1 TB olive oil

Preheat oven to 475°

Trim stem ends of beans. Toss all ingredients in bowl; season with salt and pepper. Spread on rimmed baking sheet and roast 15-17 minutes, or until beans are tender and browned in spots, stir occasionally.



What's Your Dharma ? Discovering the Vedic Way to Your Life's Purpose by Lissa Coffey

“Dharma” is a Sanskrit word meaning “purpose.” Vedic Sanskrit is likely the world’s oldest language, dating back as early as 1500 BC. In Sanskrit, each word, and each syllable, has layers of meaning. Dharma actually has 16 different translations, one of which means teachings, or lessons. This seems appropriate because in many ways, our life’s purpose is our lesson, and vice-versa. We each come to feel at some point in our lives that there is something important for us to do, or learn, or experience. We understand that there has to be something more than just living day to day. Another meaning of dharma is truth. As we grow in awareness, we seek to know truth, that deeper meaning to life, and what it is all about. We seek our dharma, to fulfill our purpose, to somehow have our lives make sense in the context of everything that is going on in the world.

When we talk about “purpose” it is clear that we each have our individual purpose – a reason why we’re here on this planet in this specific place and time – and that’s up to each of us to figure out for ourselves. And then generally, we all have the same purpose, or dharma, which is three-fold:

- To learn and grow. It seems to be our natural instinct to progress in this way. We can’t grow backwards! We look for opportunities to better ourselves, and we find them all around us. We practice behaviors that help us to understand who we are. We look within.
- To express ourselves and our unique gifts. We are not meant to sit in a shadow and be quiet. We have something to say, both literally and figuratively. So, just what are these unique gifts that we have to share with the world? It’s personal for each one of us. It takes all of us, and all of our varied and diverse talents, to make this world function.
- To help each other. Many times this goes really well with the second part, and we can use our talent to help others. Helping feels good. And we have so many chances everyday to really make a difference in the world. We are all connected, and we are here to help each other learn and grow. That’s the Law of Relationship. But just exactly how do we do that? How do we know what our

unique talents are? How can we make best use of our time and energy so that we are doing something worthwhile with our lives?

Vedanta, based on the sacred scriptures of India, is likely the world’s most ancient religion, and the religion from which all others were born. Because of the connection that we all share, Vedanta recognizes the “oneness” of all beings. And because we have this connection not only with each other, but with God, the Universe, Spirit, Brahman or whatever name we choose to use for this Divine Energy that runs through us and all around us, Vedanta says that each soul is divine. Our main objective in life is to realize our divinity, and Vedanta explains that not only is it possible for us to do this, it is indeed inevitable.

Vedanta declares that all religious philosophies share the same basic truths about our relationships, and about God. The Rig Veda, a text that is thousands of years old, says: “Truth is one, sages call it by various names.” Each religion offers a different approach, each is valid. Any seeming conflicts in messaging are caused by dogma and politics. When we look closely at the spiritual truth, we find all there really is in common amongst the world’s religions.

In the west, we think of yoga primarily as a form of exercise. Although physical postures make up one branch of this philosophy, yoga in general is so much more. The purpose of yoga is to experience the connection we have with the Divine. In Vedanta there are four different yogas, or spiritual practices, to help us accomplish this feeling of connection. Each one is a path to discovering our divinity. We can map out our own course using our particular interests and strengths, based on the direction that Vedanta provides us.

The four yoga paths could be thought of as bridges, bringing us from a limited understanding of who we thing we are, to the greater understanding of who we really are. These paths help us be aware of, and express, our purpose, our dharma, through love, work, knowledge and meditation. The path itself is our purpose, or our dharma. We tend to think there is some end destination waiting for us somewhere. But the truth is, we are where we are, in

this moment, in this place and time, and the best we can do is to be fully present. Every step we take, every choice we make, holds meaning and creates space for us to go again. We learn all along the way. It’s not like we have to “get there” and then we have an epiphany where we suddenly understand, where our dharma is clear and all the answers are presented to us. We live our dharma. We express our dharma with everything we think, say, and do.

Bhakti Yoga is the path of love and devotion. Bhakti is the love of all creation. It is about loving what is, without expectation. Through our relationships with people we can experience a greater awareness. We learn through our relationships, and through our primary relationship, which is with ourselves.

Karma Yoga is the path of work, or the path of service. This is work without attachment to the end result. Rather than working for a paycheck, it is performing the work we do as a spiritual offering. We therefore learn to love what we do.

Jnana Yoga is the path of knowledge. This is knowledge in the higher sense, knowing who we are, and being aware of our relationship, our connection, with God. We are all students, and we are all teachers. Our learning never ends. We learn to love what we learn and also the process of learning itself.

Raja Yoga is the path of meditation. By stilling the mind through meditation, we can experience more of our true selves. We need to settle down the mind, which is constantly stirred up with thoughts just as a lake is muddied through activity. When the lake settles down, the water becomes crystal clear, and so it is with our mind.

There is wisdom to be gained from each of these paths. They all end up taking us to the same place, to the recognition of our union with the divine, to the discovery of our dharma, our purpose. The paths work in harmony with one another. We find that there are aspects of each path that we relate to. Quite often one of these paths will resonate with particular individuals more than the others. One will seem to offer a more clear direction, a more personal journey. ✨

[reprinted by permission]

November 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.

October 31-November 13



Equal Exchange
Bulk Coffee
reg \$12.69#
SALE \$9.99#



Nancy's 32oz
Kefir
reg \$4.29
SALE \$3.29



Luna & Larry's
Coconut Bliss
reg \$6.19
SALE \$3.99



Garden of Eatin'
Blue Corn Chips
reg \$5.39
SALE \$3.59

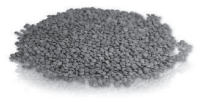


Nature's Gate 18 oz
Body Lotion
assorted
reg \$8.39-10.19
SALE \$6.29-7.79



Natural Vitality
8 oz Calm
reg \$22.99
SALE \$13.99

November 14-December 4



Bulk
Green Lentils
reg \$1.59#
SALE \$1.55#



Chino Humane
Large Brown Eggs
reg \$3.99
SALE 3.29



Alexia
French Rolls
reg \$4.39
SALE \$2.99



Farmer's
Canned
Pumpkin
reg \$2.89
SALE \$1.99



South of France
Soap
assorted
reg \$5.19
SALE \$3.79



American Health
Papaya
assorted
reg \$10.49-19.99
SALE \$5.99-7.49

Member Only Specials

October 31-December 4



Bulk USA
Pecan Halves,
Raw
reg \$12.99#
SALE \$11.69#



Earth Balance
Buttery Spread
reg \$4.89
SALE \$4.39



Food For Life
Sesame
Ezekiel Bread
reg \$4.99
SALE \$4.49



Ines
Olive Oil Tortas
reg \$4.89
SALE \$4.39



Dr. Bronner's 6 oz
Lavender Coconut
Hair Conditioner
reg \$6.99
SALE \$6.29



Manitoba Harvest
Hemp Oil
reg \$10.99
SALE \$9.89

Kids' Corner

FREE FRUIT FUN

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



NAME: _____ AGE: _____

PRODUCE COMPOST GUIDELINES

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

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

GROCERY SPECIAL ORDER POLICY

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

PRODUCE SPECIAL ORDER POLICY

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

CO-OP COMMUNITY ROOM POLICY

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

CO-OP KIDS

get down at the street
dance!



From Your Board...

Calling All Those Interested in Running for the Silver City Co-op Board of Directors!

by Mary Ann Finn, Recruitment Sub-Committee

Fall welcomes a special season at the Co-op. As the scent of roasting chiles fills the air, a small sub-committee of the Co-op comes to life to begin the process of looking for new candidates to run for the Co-op Board of Directors. Our Co-op is very valuable to those of us who shop here and we know that the quality of the board is a big part of the reason for the success of our Co-op. We are grateful to those who serve us by serving on our board.



We welcome interested persons to consider running for a position on the board to help the Co-op continue to be a valuable resource to us all.

The criteria to be met by those interested in running for the board include:

- Have regular email access for communication purposes
- Be able to attend an all-day Board retreat on Sunday, April 7, 2013

Further recommendations include:

- Attend at least 1-2 Board meetings prior to submitting your candidate statement. (Strongly encouraged)
- Talk with current or past board members for a personal view of what being a board member is really like
- Plan to attend the potential candidates social on Tuesday, Dec. 4th at PeaceMeal from 5-6:30 pm to learn more about what being a board member means

- Plan to attend the candidates orientation meeting on Tuesday Jan. 22nd from 4-5 pm

How to apply to run for a Co-op Board of Directors' position:

- Write a statement to announce your candidacy. *This must include:*

- a. Your experience, if any, with boards of directors
- b. Your experience and interest in natural and organic foods
- c. Your experience and history with co-operatives
- d. Why you want to be on the Silver City Food Co-op Board of Directors
- e. What skills, interests or perspectives you would bring to the Board

If you have the time, skills and interest to help keep our Co-op running strong, please consider running for a position on our board. ✦

Board Candidate Information Social YOU ARE INVITED!

Learn more about being on the
SILVER CITY FOOD CO-OP BOARD OF DIRECTORS

Former and current directors
will be available to talk about
the responsibilities, pleasures, and challenges
of making this important contribution
to your Co-op and our community.

Bring your questions and we will try to answer them!

Tuesday, December 4th at 5:00pm at PeaceMeal
(on the HUB cross corner from the Co-op)

Call Mary Ann Finn
if you have questions:
(575) 388-0243

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@gilnet.com

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

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

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

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

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

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

Outreach Report

by Carolyn Smith

I wrote the following article for the newspaper column entitled "Wishing You Well". This weekly column sponsored by the New Mexico Department of Health and the Grant County Community Health Council serves to provide educational reading to the public on health and wellness topics and to notify the community of upcoming health and wellness events sponsored by local organizations.

Walking Our Way to Health

Not so long ago, I read an article that really got me thinking. It was entitled "Denver is Urged to Hit the Sidewalks". Michele Giese forwarded it to Mary Stoecker, Mary forwarded it to me, and now I'm giving you the link:

<http://www.nytimes.com/2012/02/14/us/denver-pedestrians-promote-walkings-urban-potential.html?src=recg>.

What a great way to get a community to think together. Here are some of my thoughts.

We all seem to lead very busy lives and finding the time to exercise can be challenging. By incorporating exercise into our daily routines, we can stay healthy as we live our lives.

One simple way to get started is to "make your life inconvenient", an idea garnered from yet another article. When you go shopping, park your car at the far end of a parking lot or down the street and walk to and from the store, walk up a hill instead of around it or take the stairs instead of an elevator or escalator when given the opportunity.

In many countries, walking is a primary mode of

transportation; it's a way of life that keeps people healthy. Gosia Kung, an architect and co-founder of Walk Denver said, "When I moved from Poland to the U.S. in 1997, I got my driver's license and I gained 20 pounds."

By walking to our daily destinations, to work, to school, to go shopping or to visit family and friends, instead of taking the car, we can gain fitness as we go.

We can start by choosing a distance that we feel comfortable walking: 2 blocks, 10 blocks, ¼ mile, or ½ mile and then start walking to the places that fall within this range. In addition to gaining health and saving gas money, we'll see the trees, smell the flowers and hear the birds singing. Walking to work or school gets the blood flowing to our brain, helping us to be more productive; walking home allows us to process the day's activities.

Let's make our major walking routes more interesting and appealing. Here's a few of my ideas:

Why not make walking an educational opportunity? We already have one example of this: the San Vicente Trail. As part of a school project, Aldo Leopold High School students created signs along this trail that give information about the history and ecology of the area.

Perhaps the Silver City Museum could provide signs that share fun and interesting facts about the local history of our area and the Biology department of WNMU could create signs identifying local plants and the names, descriptions and habitats of different wildlife species we might encounter along the way.



Carolyn at Frisco Farm

Many local businesses landscape the medians along the highways and keep them looking beautiful. How about asking businesses to plant and maintain shade trees and native plants and provide benches along the primary walking corridors? What ideas do you have? Please feel free to share them with me and keep this conversation going. My email address is carolyn@silvercityfoodcoop.com and my telephone # is 575-388-2343.

There are so many opportunities for community involvement and as more people participate, we can continue to change the culture of Grant County to one that promotes health. ✦

HUNGER FOR KNOWLEDGE



You are cordially invited to the
Fourth Annual Hunger for Knowledge Dinner
A fundraising event for the Volunteer Center of Grant County

Hosted at the Silver City Women's Club
411 Silver Heights Boulevard
Monday, November 5, 2012
5:30pm-7:30pm

Program by
Students of Social Inequality and Environmental
Sociology Classes, Western New Mexico University

Tickets are \$15 per person
Seating is limited

Please call WNMU's Social Science Department at
575.538.6635 to RSVP

November Community Forum

*Childhood Nutrition & Food Preparation
from Toddler to Teen*

presented by Elizabeth DeMoss,
Wind Markham & Kori Wilken.

Presented Twice:

Tuesday, November 13th

Thursday, November 15th

from noon - 1pm
in the Co-op Community Room.

All Community Forums are
FREE & OPEN TO EVERYONE



BENEFITS OF MEMBERSHIP

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

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

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

NOVEMBER 2012

New Moon 11/13/2012 at 3:08:20 pm (MST)

Full Moon 11/28/2012 at 7:47:28 am (MST)



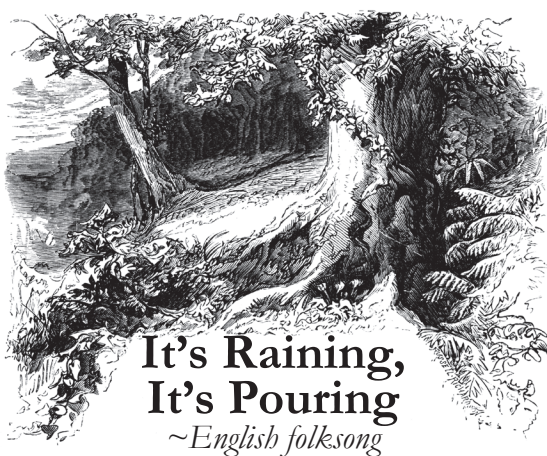
November is the 11th month of the year in the Julian and Gregorian Calendars and one of four months with the length of 30 days. November was the ninth month of the ancient Roman calendar. November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar. November is a month of spring in the Southern Hemisphere and autumn in the Northern Hemisphere. Therefore November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa. November starts on the same day of the week as February in common years, and March every year. November ends on the same day of the week as August every year. In the pagan wheel of the year, November begins at or near Samhain in the Northern Hemisphere and Beltaine in the Southern Hemisphere. All Saints' Day (for-

merly All Hallows Day), a Christian holy day, is celebrated on November 1. The day before, Halloween, is therefore "All Hallows Eve". In Sweden the All Saints' official holiday (Alla helgons dag, not to be confused with Allhelgonadagen celebrated on November 1) takes place on the first Saturday of November (eventually October 31 if a Saturday). The 2011 Swedish All saints day did take place on November 5. In the United States, elections are held on the Tuesday after the first Monday of November (between November 2 and November 8). In even-numbered years, members of the House of Representatives are elected to two-year terms, and about one third of the U.S. Senate are elected to six-year terms. The President of the United States is elected in doubly even-numbered years. Most U.S. states, counties, and municipalities have some part of their election cycle coincident with this date. ❖

STAFF CELEBRATIONS

Birthdays:

November 11 Jarrod Swackhamer



**It's Raining,
It's Pouring**
~English folksong

Over the river and through the woods
Trot fast my dapple gray.
Spring over the ground
Like a hunting hound
On this Thanksgiving Day, Hey!
Over the river and through the woods
Now Grandmother's face I spy.
Hurrah for the fun,
Is the pudding done?
Hurrah for the pumpkin pie.

CO-OP EVENTS

November 2012

- 6 **Community Forum:**
& *Childhood Nutrition & Food Preparation*
8 Noon-1:00 pm both days
- 14 Monthly Board Meeting 4:30-7:30 pm
- 15 **Member Appreciation Day**
- 22 **Thanksgiving Day-
CO-OP CLOSED!**
- 29 Member Linkage Committee Meeting
10:00-11:00 am

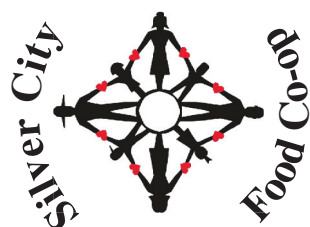
December 2012

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

January 2013

- 1 **New Year's Day- CO-OP CLOSED**

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



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