

Silver City Food Co-op

Garbanzo Gazette

MAD!

Volume 21

❖ Your Monthly Newsletter ❖ December 2021

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

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**YOU
ARE
WHAT
YOU
EAT**

Shelf Half Empty? Or Half Full?

by *Kevin Waters*
General Manager

The massive macroeconomic experiment known as 2020/2021 continues to provide surprises and disruptions to the retail world, and Co-ops are no exception. Current national supply chain struggles have some well known causes. (Understaffed ports backed up with container ships, a truck driver “shortage” etc. have been covered extensively by the media).

Currently the Co-op is feeling the impact of a number of other impediments to a consistent food supply. Farm workers and those working in manufacturing facilities have been slowed by COVID-19 cases, and COVID-19 protocols due to the rise in cases. Many products have either ingredients or packaging with global sourcing from countries with limited vaccine access. Shortages in glass, steel and aluminum availability have all occurred and had an impact on the sales floor of our little Co-op.

Co-ops have a much more diversified supplier base than conventional grocers, averaging over

300 vendors, versus 30 for your typical chain store. However, the majority of our groceries come from two large, national players in food distribution. The most immediate impact to our in stock conditions has been a process called “smoothing” by our large distributors. Because of the inconsistent availability of labor at these distributors, they may smooth the rate of incoming product to their facilities, and smooth the rate of outgoing freight as well. Orders are smoothed by capping specific items and overall order size. A specific item could get capped on our delivery, and it may get capped incoming to the warehouse. The result, we don’t see it on our shelves for a while. Bottom line, smoothing is ROUGH. During this season of reflection and giving thanks, I prefer to look on the positive side, and appreciate all of the wide variety of clean, organic, sustainable products that we still see on our shelves. Besides, if the plain salted version isn’t in stock, just try the ghost pepper, garlic and onion version. You’ll love it.....

Please Vote!

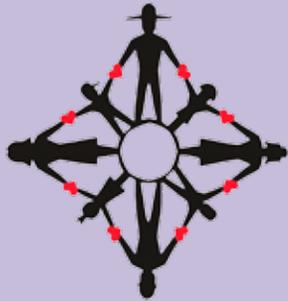
Board Elections • December 1 - 14

Electronic ballots have been sent to members' email addresses on file
Paper ballots have been sent to those who don't have an email address on file
Candidates Statements can be found on Pages 8 & 9

1836 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

Store Hours
Mon-Sat 9am-7pm
Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
 - Cooperation among co-ops
 - Concern for community

Kevin Waters
General Manager

The Garbanzo Gazette

Editor: Mike Madigan

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Monica Rude

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Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop
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Getting Involved During Pandemic Times

From Your Board . . .

It's difficult for all of us to feel the depth of our community and commitment to each other during times of masking and social distancing. We've put so much on hold, thinking the lockdowns would end soon and life would go back to normal. Whether or not this is the "new normal", it's time to find ways of coming together again, working together to make our cooperative a truly cooperative venture for all.

Board meetings may not be as much fun on zoom as they were in person, but they're still the place where all major decisions are made by the board. Put yourself back in the loop by tuning in each month. As a bonus this coming year, we plan to outline each policy in the Garbanzo Gazette in the month it will be discussed at the board meeting. So you'll know the policy ahead of time and can see how the board provides oversight as well as the interpretation of our General Manager, Kevin Waters. Kevin also gives a "B-7" Communication to the Board report each month that gives everyone a current view on how the store is doing and the status of the Pope Street Project as it will unfold through the coming year.

Committee meetings are a great place to learn more about how the co-op works and to get involved by contributing your time and energy to important ongoing projects. Most committees are meeting on zoom.

The Members Connect Committee is where decisions are made about our "Round-up" Program, where our annual General Members Meeting is planned, and where member-owners suggestions about how to actively engage member-owners are always welcome.

The Election Committee recruits, supports, educates, vets and nominates candidates for the board, and oversees the election. Through the Board Development Program, it does continuing recruitment, education and candidate support throughout the year, helping to fill board seats that become vacant between elections.

The Finance Committee requires members who join to have a basic financial

knowledge and to sign a confidentiality agreement. Here the daily and monthly statistics of the business are made into quarterly and yearly reports by our finance officer, general manager, and professional accountant. Trends are analysed and budgetary recommendations are made.

The Board and Management Evaluation

Committee is only open to board members. This is where the board analyzes the monthly reporting to provide oversight of our general manager, and creates benchmarks to determine the efficacy of board members and of the board itself.

Writers are needed for the Garbanzo Gazette!

What is in your heart and experience that you can share with us all? The more people who write a bit for the Garbanzo Gazette, the more we will get to know each other, and get to know more about our world through our wonderful and diverse membership.

Volunteer Opportunities have changed a bit during the pandemic. Our newest board member, and board candidate, David Burr, started with the co-op as a volunteer in the bulk department. Some of us have volunteered to man the food tables during "Popcorn Fridays", or given a few hours of a specialized service, or helped set up for the General Members Meeting, or stayed around for the clean up after. Covid has changed the nature of volunteering for the co-op but not the need for volunteers. If you have a skill you might like to donate when needed, let us know. Three hours of volunteer time gives a 15% off certificate for use in the co-op.

And finally, **VOTE**, please vote in the upcoming board election. We have a wonderful set of candidates who want to join the board this year. As board members, they will work many hours behind the scenes for the good of the coop. They will rarely get feedback from members, but will feel it now with your robust election support.

The co-op is a fine tapestry, an exuberant mosaic. Let's each find our place in the pattern that brings us together.



From all of us here at the Silver City Food Co-op

We wish you all
a safe,
healthful,
and bright holiday season.

May your new year be
filled with light,
love, and blessings!



• Meet Laurie Anderson • Our Interim Human Resources Manager

I am a long-time Silver City resident and co-op member with an MBA and 30 years of management experience. Since retiring in 2013, I have done some volunteer work, including serving on the Co-op's board of directors from 2017-2020, but have not sought paid employment. While the Co-op searches for a qualified candidate to serve as Human Resources Manager on a regular basis, I have agreed to temporarily fill the position for the same reason that I ran for the board in 2017; because I love our Co-op and I want to help ensure that it continues to be a valuable community asset.



Silver City Food Co-op Staff

<i>Judith Kenney</i> outreach/GG	<i>Judy Kenneally</i> deli
<i>Dougan Hales</i> produce/bulk	<i>Clorissa Holguin</i> cashier/stocker
<i>Kate Stansberger</i> supplement buyer	<i>Vynce Bourné</i> bulk buyer
<i>Jake Sipko</i> produce manager	<i>Kevin Waters</i> general manager
<i>Carolyn Smith</i> deli manager	<i>Lauren Christensen</i> cashier/stocker
<i>Carol Ann Young</i> GG/office	<i>Andrea Sandoval</i> cashier/stocker
<i>Becky Carr</i> dairy buyer	<i>Eva Ortega</i> cashier/stocker
<i>Jess DeMoss</i> POS manager	<i>Isabella Mata</i> cashier/stocker
<i>Misha Engel</i> frozen buyer	<i>Elizabeth Gonzales</i> cashier/stocker
<i>Marguerite Bellringer</i> finance manager	<i>Taylor Preusch</i> cashier/stocker
<i>Kim Barton</i> POS	<i>Molly Gibson</i> cashier/stocker/deli
<i>Doug Smith</i> grocery buyer	<i>Roxanne Gutierrez</i> cashier/stocker
<i>Tinisha Rodriguez</i> HABA buyer/POS	<i>Gini Loch</i> cashier/stocker
<i>Mike Madigan</i> operations manager	<i>Laurie Anderson</i> HR manager
<i>Marchelle Smith</i> deli	<i>Eyan Villines</i> cashier/stocker
<i>Joy Kilpatrick</i> receiver	❄️ ❄️ ❄️



Kitchen Meditations

Winter

Healthy Hot Chocolate

When you make your own hot chocolate, you can customize the flavors exactly to your liking. Want a darker chocolate drink? Add more cocoa or use less sweetener. Want it to be completely sugar-free? Use an alternative sweetener. Almond milk has a neutral flavor that blends seamlessly with the rich cocoa powder, but if you want a creamier, nut-free drink, try using coconut milk instead. If a spicy hot chocolate appeals to you, add a bit of cinnamon or chile powder for a little kick.

This recipe calls for just four ingredients and is dairy-free and naturally sweetened. It's the perfect treat on a cold day and ready in minutes!

Ingredients:

- 1 cup almond milk
- 1 tablespoon raw cacao powder
- 1 tablespoon pure maple syrup
- ¼ teaspoon vanilla extract
- Pinch of sea salt (optional)

Instructions:

- Combine all the ingredients in a saucepan over medium/high heat, using a whisk to break up any clumps. Keep stirring until smooth and piping hot. Pour into a mug and serve.
- Finish with a big dollop of dairy-free whipped cream, shaved chocolate, and any other toppings you desire.

Substitution notes:

Feel free to use any type of milk, whipped cream, or sweetener you like.

The Frugal Co-op Chef

Apple Kiwi Green Smoothies



Packed with nutrients and oh-so-easy to make!

Ingredients:

- 1 banana, peeled
- 1 large green apple, cored and chopped with skin on
- 3 kiwis, peeled and cubed
- 1 cup unsweetened yogurt
- 1 cup water
- 2 cups spinach

Instructions:

Combine all ingredients in a high-speed blender and blend until smooth.

Roasted Romanesco

A simple and delicious way to cook this crazy veggie.

- 1 head of Broccoli Romanesco
- 3 tablespoons extra virgin olive oil
- 2 tablespoons shredded parmesan cheese
- 2 tablespoons lemon juice
- Dash of salt
- Dash of fresh ground pepper

- Preheat oven to 400°F and line baking sheet with parchment paper or nonstick spray.
- Cut the Romanesco into florets (as you would broccoli or cauliflower) and place in a medium size bowl.
- Season with salt, pepper and lemon juice.
- Lay Romanesco in a single layer on a baking sheet.
- Drizzle with olive oil.
- Bake for 20 minutes, turning once and sprinkling with parmesan at the halfway point.



Pumpkin Butter

Thick, creamy, sweet and perfectly spiced, spread this on your morning toast, in your favorite recipes or straight off the spoon. Use your imagination!

Ingredients:

- 2 cans (15 ounce) pumpkin puree
- 1/3 cup apple cider
- 1/2 cup maple syrup (add more or less to suit your taste)
- 1 tablespoon vanilla extract
- 1 tablespoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1/2 teaspoon kosher salt (if desired)

Instructions:

- In a medium sauce pan, combine the pumpkin, cider, maple syrup, vanilla, pumpkin pie spice, cinnamon, and salt. Bring to a gentle boil over medium heat. Cook, stirring often until the pumpkin thickens slightly, but is spreadable, about 20-30 minutes. Taste, adding more syrup, if needed.
- Remove from the heat and let cool (pumpkin butter will thicken as it cools). Transfer to glass jars and store in fridge for up to 1 month or in freezer (in non-breakable containers) for up to 3 months.



Jake's December Produce Picks

Kiwifruit

Kiwifruit originally grew wild in China. Curiously, along the course of history, it came to be known as the national fruit of New Zealand instead and was introduced to the world as “kiwi” (bearing a resemblance to their national bird) rather than its old monikers – Yang Tao (Yang peach), Mihow Tao (Monkey peach), and Chinese Gooseberry, to name a few. Apparently, it found its way to New Zealand via missionaries in the early 20th century and was soon thriving in orchards there and, now, around the world. It wasn't until 1960 that New Zealanders began calling it “kiwi” from the Maori word for their country's iconic bird.

Considered an exotic fruit, kiwi can often be found atop pavlovas (a Russian cake named after the ballerina, Anna Pavlova) or in fruit bowls, salads and smoothies. To retain most of its nutritional value and fresh flavor, it should be eaten raw. With a fuzzy edible brown exterior and glistening, bright green flesh, kiwi is juicy and refreshing with a sweet-tart taste. Botanically, the kiwifruit is a berry and highly nutritious. A rich source of vitamin C and antioxidants, it also contains vitamin E, potassium, magnesium and folate.



Broccoli Romanesco

The fascinating thing about Broccoli Romanesco is its appearance. The spiraled buds form a natural approximation of a fractal, meaning each bud in the spiral is composed of a series of smaller buds. Fractals are figures comprised of parts with the same visual and statistical characteristics as their whole. In other words, each floret of a Romanesco is a smaller version of the larger spine on which it grows. The logarithmic spiraling allows for buds to be efficiently arranged throughout the flower which, in turn, yields more seeds than a typical plant of the same size.

Romanesco didn't arrive in the U.S. until the beginning of the 20th century, but it is thought to have originated in the Lazio region of Italy in the 15th century. (Rome, from which the plant gets its name, is the capital of Lazio.) It's an edible flower from the family that includes broccoli, cauliflower, Brussels sprouts and cabbage, tasting similar to cauliflower, but with a slightly nuttier, earthier flavor. It pairs elegantly with garlic, white wine and even chili peppers. Like others of its family, Romanesco can be eaten raw, but also holds up well under various cooking methods like stir frying or roasting in the oven. As the florets heat up, they can become surprisingly sweet, making Romanesco a perfect addition to curries and other spicy dishes.



Becky's December Dairy Pick

Kalona Super Natural Organic Classic Eggnog

Kalona Dairy's milk starts on small family farms with an average of 35 cows per herd, owned mostly by Amish and Mennonite families for generations. Kalona's farms are ecological oases that rejuvenate soil, protect watersheds, and store carbon. Getting organic certification wasn't a big deal for these farmers. After all, they've been using mostly organic practices all along. Even in winter, their cows continue to be grass-fed, eating organic grasses and foraging vegetables on the farm. This is good, not just for the health of the animals, but also for your family. Kalona's milk is never ultra-pasteurized or homogenized.

To celebrate the season, we are featuring Kalona Super Natural Organic Classic Eggnog. Thick, but not too thick with a comfy nutmeg flavor. Silky, creamy and flavorful. Remember to shake it up each time for the best consistency and flavor.

December 1 - January 4 • Members Only • 20 % OFF • In the back dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their October service.

Susan Van Auken • Jane Papin
Sue Ann Childers
Tammy Pittman • Tim Garner



Renew your membership and reap the rewards!

MAD seven times a year!
Members Only Specials!
Discounts on Special Orders!
You'll be supporting our local & regional food shed & you'll help to build a resilient local economy.
You Own It!



DOUBLE UP FOOD BUCKS™

2 for 1 on Local Produce everyday with your EBT card



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for December

Virus Theater

Virus Theater creates relevant, original live theater that is accessible to our diverse community and provides educational opportunities for adults and children in the performing arts. The Round Up funding will be used to support youth theater programs.



October Round Up
\$1275.00

Single Socks

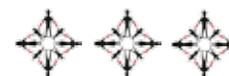
Single Socks is a thrift store in Silver City, NM with the primary mission to fund anti-hunger projects and organizations in Grant County, NM. These organizations apply for grants up to twice a year, and *Single Socks* is able to fulfill almost all grant requests through monetary donations and sales of donated items in our store. 100% of our profits, including the donation made by the Coop's Round Up program, go to ending hunger. Every single penny counts and makes a difference to people in need of food. Thank you to all of the Coop customers and staff for your generosity!



Round Up for January

Silver City Community Theater

Silver City Community Theater has found a home at the new "Starlight Theater" where they will stage an in person (COVID safe) production in Spring 2022. All Co-op Round Up funds will go directly to this production.



Silver City Recycles

305 S. Bullard St. at the corner of Sonora Street



**Recycling drop-off time for December:
Only one drop-off this month!
Saturday, the 11th, 12 - 2pm.**

For more information:

Visit the Co-op's website www.silvercityfoodcoop.coop
to read *The Joy of Local Recycling* • Garbanzo Gazette • February 2021 • page 8
in the Garbanzo Gazette archives



Silver City Gospel Mission Food Drive!

Looking to give back this season? During the holidays, the Murray Hotel is collecting canned or boxed non-perishable foods to give to our local Gospel Mission. The Murray has a box set up in their lobby where you can drop off your donations daily, anytime between 8 am and 8 pm. The Silver City Food Co-op has made a contribution of holiday staples to this effort. Together, we can help alleviate food insecurity in our community. Let's cooperate to cast out hunger in Grant County.

Murray Hotel
200 W. Broadway
Silver City
575-956-9400
frontdesk@murray-hotel.com
Contact: Phillip Cave
General Manager



Silver City Food Co-op Gift Card



Give a gift card to a friend!

Give the gift of health, nourishment and taste.

RAIN CHECK



Sorry we are out.
Lettuce make it up to you!

We now have rainchecks to give our member/owners and customers better service!

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



Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get the word out about the issues facing the Co-op?



We would love your help writing articles for the Garbanzo Gazette!

Members, if interested please email judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

2021 Board Election

Candidate Statements

Leo Andrade



My name is Leo Andrade. I moved to Silver City from Kansas City, Missouri where I was born and raised. I attended Bishop Miege High School and graduated with a business degree from the University of Missouri, Kansas City.

I spent much of my high school and college years working for an independent grocer, Scavuzzo's Grocery, located in the Westport neighborhood of Kansas City. While my work at Scavuzzo's helped me earn money for books and clothing, it also provided me with the experience of stocking, bagging, customer service and cashiering. I became knowledgeable, through the owners, on the in's and out's of running a small neighborhood grocery store.

After graduating college I earned my Missouri real estate license and sold real estate in the Kansas City market. In the early 1990's I began working at United Missouri Bank, Missouri's second-largest banking institution. I worked through several positions, eventually working in UMB's Investment Banking department.

In 2004 my partner Lloyd and I opened a home decor and gift store in Arrow Rock, Missouri and, subsequently, a second store in Kansas City in 2006. I managed the front-end side of the business, concentrating on customer service, buying and marketing.

When we first visited Silver City in 2015 we knew immediately that Silver City was where we wanted to retire and call home. We purchased a home here in 2019 and moved full-time in August 2020.

As a household we are dedicated fans and customers of the Silver City Food Coop. I feel my qualifications to serve on the board of directors include: past experience in the grocery business, retail management and marketing background as well as customer service knowledge and experience.

I am hoping to put my skills, experience and knowledge to work serving on the Silver City Food Coop Board of Directors. I am strongly supportive of growing the Coop's presence and delivery of wholesome foods in the Silver City marketplace and am a passionate supporter of working toward making the move of the Coop to its new Pope Street location a reality.

I would appreciate your vote!

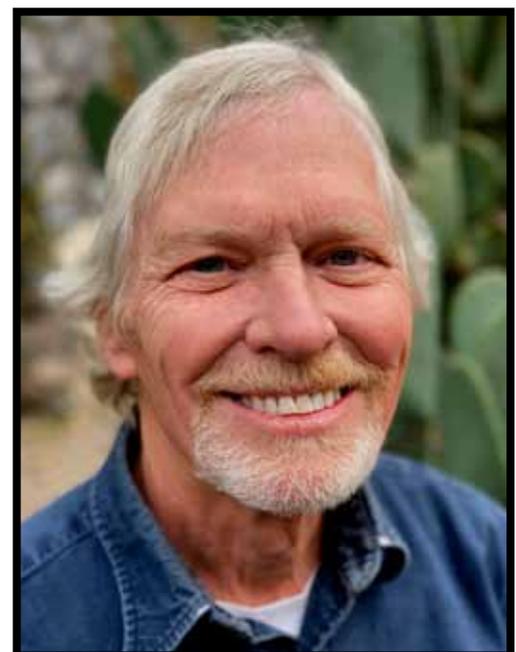
When I moved to Silver City 2 years ago, I actively solicited volunteer activities at the Silver City Food Co-op. I was asked to receive training for food handling, and then was assigned to bulk re-packs. I did this 3 hrs/week for more than a year, until a re-organization of operations brought on by the hiring of a new General Manager made my participation unnecessary. This experience gave me a good understanding of the people who work at the Co-op, the people who shop at the Co-op, and the Co-op's organizational structure.

I would like to continue my volunteer activities for the Co-op as a member of the Board. I believe that I have the background and skills in Board activities to make me an asset. I have served on the Boards for the Association of Anatomy, Cell Biology, and Neurobiology Chairpersons (1997; 2001-2002), the American Association of Anatomists (1998-2001; 2004-2011), and the Orthopaedic Research Society (2003-2011). When I became the President of each of these Societies, I also served as the President of their Boards of Directors. In addition, I served for four years on the Board of Directors of the Federation of Associated Societies of Experimental Biology (FASEB, 2014-2018), which is the largest advocacy group in the U.S. for science, scientific research funding and science education, with more than 30 separate societies and >100,000 members.

I believe that my Board service qualifies me to be an informed and engaged member of the Silver City Food Co-op Board of Directors. I have had Board training and experience from my past Board service and understand the responsibilities of a Board member. Additionally, in November, I was appointed by the Co-op Board of Directors to fill a vacancy on the Board through the end of December. This "hands-on" Co-op Board experience prior to the election will give me insight into the specific issues and functions of the Board so that if I am elected to a full term, the learning curve should be short.

The next several years will be critical for the Co-op as plans continue to move to a larger facility and a more complex organization. I look forward to bringing my experience to the Board of the Silver City Food Co-op to help with that important transition.

David Burr





Shanti Ceane

Hi - My name is Shanti Ceane and I'm running for a second term on the Silver City Food Coop's Board of Directors. I first joined the board in 2018, served as the Secretary for a time, and am currently the board president. Serving on the board has been a rewarding challenge for me, and one which continually allows me to learn and grow. I expect the challenges and growth to continue in the coming years as we begin the physical process of expanding into the Pope Street location. Over my years serving on the board, I have gained an understanding of our policies and procedures, while working with a commendable group of professionals, both on the board, and in the management and staff of the coop.

The upcoming Pope Street build-out and eventual new store location will position the co-op to continue as a cornerstone of downtown Silver City and the community. With the relocation will come the work of an active construction project which will be followed by the hiring of additional staff and opening of what promises to be a fantastic new space. My professional experience as a civil engineer, project manager, and construction manager should lend itself well to my being a valuable presence on the board, and a resource during the construction process. The board must be prepared to provide oversight of the process and keep the membership informed of the progress. I'm excited to use the knowledge and experience that I've gained during my time on the board, as well as my professional experience, toward these efforts.

Next year's board will be composed of three, or four, continuing members and a minimum of four new board members. A balance of experienced board members and new is important; it allows us to foster new ideas and perspectives, while maintaining consistency in our processes and committees. The future of the coop is bright, and I hope to continue my work on the board to help foster a cooperative and successful future as we see big changes ahead!

Paul Slattery

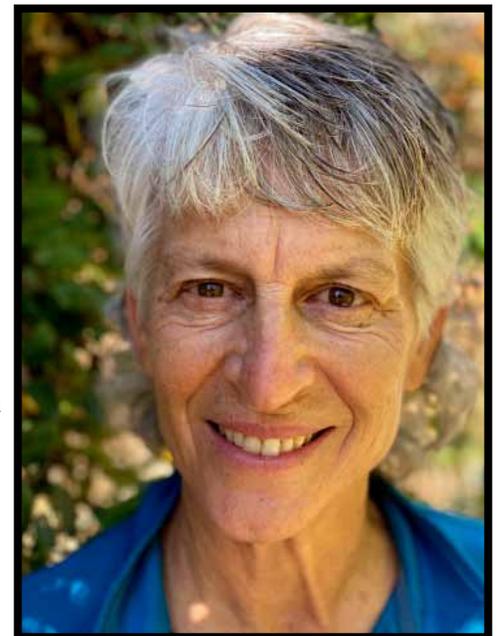


Sandy Lang

As a recently relocated resident to Grant County, I was excited to see that a community of this size has a commitment to supporting regionally grown food through a local co-op. Added to the Farmers' Market and Makers Market, it shows a dedication to offering healthy, sustainable food choices to all citizens in the county, and I would like to be a part of that commitment.

I feel my professional experience in various journalism, marketing and communications roles make me a good candidate for a board position. During my career, I performed a variety of tasks, ranging from B-to-B marketing, project management, technical writing, newspaper editing and process improvement.

Personally, as a small-scale food grower from south Texas, I feel I have a good understanding of the challenges and efforts needed to produce food products. From seed to table, I spent nearly eight years as a homestead farmer growing vegetables, meats and eggs for my small distribution of clients across the Seguin, Texas region. Since my move to the area in May, I have been looking for a volunteer organization to join. Although I have only been a co-op member for a few months, I look forward to the opportunity to immerse myself into something that I feel passionate about – expanding access to healthy, organically-grown food and products.



My husband and I moved to the area to be close to hiking trails and nature. As well as an avid hiker, I also play pickleball and tennis.

Thank you for your consideration of my candidate statement. For more information, see my LinkedIn profile at <https://www.linkedin.com/in/sandylang1>

Here is my introduction. My name is Paul Slattery. I have lived in Silver City since 2011.

I started working at the Silver City Food Co-op in 2013 and worked here until 2019 when I retired. I found working at the Co-op very uplifting and soon realized it was the hub and heart of the community of people like myself. Working here helped me become more connected with all of Silver City.

I had several friends in the area and knew Grant County from previous visits, so when it was time to leave New Orleans I knew this was where I wanted to be. I was familiar with the Co-op and that was another big draw to being here. I have always belonged to a co-op wherever I lived.

So after having some time off in retirement and a Covid vacation I would like to step up and start contributing again to the Co-op by being a board member.

I feel my extensive life experience including work at mainstream jobs, multiple co-ops, and many nonprofits will enable me to contribute to a healthy co-op in many different perspectives. Two nonprofits I worked for included many years of consensus decision making processes, so I could hopefully be helpful on the board. Thank you.



Great Gifts
for
Your Favorite People

Maggie's
ORGANICS



Wool Snuggle Socks
Super stretchy, without the itch!



Wool Mountain Hikers
Surpassingly soft and cushy



klean 
kanteen™



Stay warm inside!
12oz and 16oz Café Cups

\$5.00 OFF with coupon thru December 31st

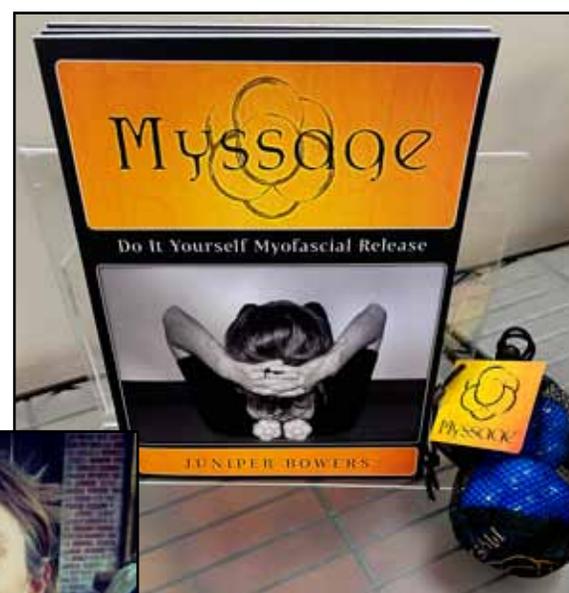
Myssage Myofascial Release Method

Juniper Bowers is the author of the Myssage myofascial release method and the creator of the Myssage Balls that have recently been added to the Co-op's shelves. She has been a Yoga instructor and an educator for the past 30 years, and developed the method as a simple and effective way to address your body's pain and tension as it arises.

The Myssage Balls have a unique shape and density that penetrates deep tissue and multiple layers of muscles. They break up adhesions in the fascia, providing a deep tissue massage. The Myssage method of "movement under pressure" hydrates the connective tissue, increases neurological connections and relieves tension. Once the Myssage balls are placed, your body weight will create a deep pressure. Under this pressure the movements of the method will soften hardened fascia and create open space in the joints and throughout the body.

Also available is the Myssage Guide which includes photos and descriptions for many movements and placements that are especially useful for back, neck, and shoulder release. The Myssage manual guides you through over forty exercises to release tension throughout your entire body!

Stop by and check out these great new additions to our inventory!



Seasonal Health Tips

by *Monica Rude*

As winter sets in, temperatures are growing colder, the air in our homes is dry from turning on the heat, the house is closed up more and ventilation is poor...

With shorter days and increased darkness, our metabolism starts to slow down, our “psyche” makes a subtle shift and it’s not unusual to feel “under the weather”. It is helpful to “eat with the seasons”, i.e., eat the foods grown locally at the time they are available. Now these include squash, onions, cabbage, peppers, carrots, beets, parsley, turnips, broccoli, and greens like kale, chard, collards. These foods are rich in bioflavonoids, which are anti-oxidant, anti-inflammatory, anti-stress, anti-aging and support the health of the heart and blood vessels.

Hearty soups made of these vegetables and whole grains are quick and easy to prepare and slide down easily without much effort.

Try this Winter Tonic Soup:

Chop these vegetables: 1 cup shitake mushrooms, ½ cup beets, ½ cup burdock, ½ cup carrots, ½ cup leeks. Grate 3 tablespoons fresh ginger. Mince 3 tablespoons garlic. Sauté in olive oil until tender. Add 8 cups chicken or vegetable broth and 2 tablespoons soy sauce. Simmer 1 hour until ingredients are soft. Add 2 tablespoons miso and serve; garnish with chopped cilantro. To make an easy and tasty broth for soup, simmer chopped celery & onions until tender, then puree. Thin to desired consistency.

Strengthening the immune system with herbal tonics before illness sets in can mean fewer and briefer illnesses for all. Tonics work from the inside out and don’t address specific signs and symptoms as much as they help the body’s own defenses work better to do their job. Tonics can be herbs stimulating to circulation, antioxidants, mood lifting and antimicrobial essential oils; tonics can improve the efficiency of liver function, digestion, and elimination of wastes and toxins. Some possibilities include Astragalus, ashwaganda, and burdock; ask an herbalist which tonic herbs would be best for you. Black beans are also good tonic food.

Dietary changes can make a big difference in immune system function, especially in families who experience frequent colds and flu. Avoiding drinks containing sugar and corn syrup (usually labeled as “high fructose corn syrup”) is a good first step. This kind of sugar has an enormous depressing effect on the immune system. Try herbal teas sweetened with a little honey or Stevia. Tasty and health - promoting teas include rosemary, licorice, mint, chamomile, fennel, ginger, raspberry leaf, lemon.

Another food group having implications for health is dairy products, especially cheese, which can increase mucus production and congestion, as well as frequent colds, allergies, sinus problems, and Candida infections. Feta and parmesan, goat milk and cheese may be more easily digested by some folks and cause less congestion.

Getting lots of sleep is essential for good health. Many of us tend to think we can get by with just a few hours of sleep but we are cheating ourselves of the essential act of allowing the body to rest and regenerate. A cup of catnip tea an hour before bedtime can help everyone calm down and get ready for sleep.

Drink lots of good quality water to keep toxins flushed out of the body. It is not recommended to drink chlorinated water, as it has been shown to depress the immune system and thyroid function. Get yourself a good water filter or drink well water if you can. Drink enough water to make your urine clear-colored.

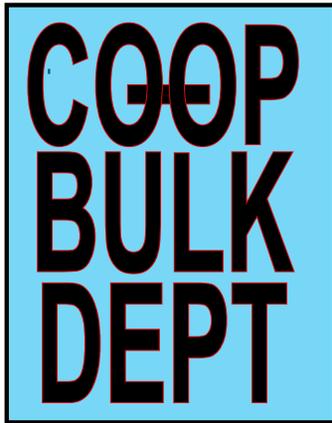
Supplements to support health include zinc 8-10 mg daily (or more), Vitamin D-3 400 mg a day, Vitamin C 3000 – 5000 gm a day, preferably with bioflavonoids to increase absorption; double or triple this if infected. Other supplements to consider: melatonin, bromelain.

Once illness sets in, numerous herbs can ease the discomforts and shorten the duration. Echinacea has become popular for colds and flu. The most effective way to take Echinacea is to take high doses at the very first sign that you may be getting sick. In whole plant form, this is perfectly safe. Doses range from 30-100 drops of tincture every 2-4 hours or 3-5 cups of tea a day for the first few days. It can be counter productive to take Echinacea on a long term basis as a preventative. Doing this keeps your immune system in a “red alert” phase and then, when you really need it, your system may be too exhausted to respond effectively. This herb is often used in combination with other herbs that provide a “team approach” by stimulating circulation, assisting lymph movement, and alleviating symptoms.

If you are ill, consult your health care practitioner; for questions related to herb use, consult your herbalist.

Monica Rude grows herbs for the Desert Woman Botanicals product line and for the gophers, grasshoppers, nematodes & pollinators.





A Word from Hummingbird . . .



Like the hummingbird, they seek to sip the nectar of the Earth without harming the flower.

Established in 1972, Hummingbird Wholesale is a family-owned bulk and grocery foods manufacturer and distributor, dedicated to being a positive force for change in the organic industry. Hummingbird offers organic, high-quality, nutritious foods grown as locally and sustainably as possible. They work directly with family farms to source wholesome organic food, with a focus on Pacific Northwest-grown products. Hummingbird takes great care and pride in creating long-term, mutually beneficial relationships.

Hummingbird works closely with farmers, businesses and non-profit organizations to promote sustainable agriculture, build regional food system infrastructure, and strengthen the organic community. They are pioneers in the Distributor Supported Agriculture (DSA) approach to business. This model supports farmers by providing contractual and economic stability, and infrastructure for marketing and distribution, developing clear pathways to success for organic farmers and their products.

Recognized as thought-leaders in the food industry, Hummingbird brings unique specialty crop varieties to market in the United States. In 2003, owners Julie and Charlie Tilt realized the majority of pumpkin seeds available in the United States are grown in China, and saw a great

opportunity to bring pumpkin seed production home to the Willamette Valley. Working with farms in Oregon, Hummingbird began pumpkin seed trials that year and, in 2009, the Tilts traveled to Styria, Austria to research cultivation of Gleisdorfer pumpkins, a hullless variety grown in that region. The first few years of Oregon production were challenging, with crop failure and low yields, but those lessons have paid off. Today, Hummingbird contracts with Oregon farmers to grow organic Stryian pumpkin seeds and are proud to also offer their Good Food Award™ winning Organic Pumpkin Seed Oil.

Striving for sustainability in all aspects of business, Hummingbird emphasizes the sale of bulk foods to reduce packaging, utilizes reusable and returnable packaging, makes deliveries by bicycle in their local community and uses low emission vehicles for longer hauls. Hummingbird believes that healthy relationships, personal accountability and good communication are a priority for ensuring a healthy environment.

Hummingbird has several Good Food Award-winning products and has been selected as one of the 100 Best Green Workplaces in Oregon. They are thrilled to be teaming up with Silver City Food Co-op to bring you amazing organic food.

Hummingbird's Mission

Hummingbird offers Organic, high-quality, nutritious foods grown as locally and sustainably as possible. Hummingbird takes great care and pride in creating long-term, mutually beneficial relationships. Like the hummingbird, they seek to sip the nectar of the Earth without harming the flower.

**10%
off**

Brown Flax Seeds



French Green Lentils

Pitted Prunes



Fine Himalayan Salt



Pineapple Chunks



Dark Northern Rye Flour

**15%
off**

Sales are through December 31st



Meet Roxanne!

One of the newest members of our crack cashiering team, Roxanne, was born in El Paso and moved to Silver City to enter and finish the nursing program at WNMU. When asked to share one or two things about herself that most people don't know, she says, "I am extremely observant and I know what's going on around me at all times. I also make new friends very easily and get along with almost anyone."

What fortunate skills for a cashier, a nurse, and just generally for living on planet Earth! Roxanne feels at "peace and relaxed while studying" and also enjoys reading, yoga and Netflix. She has found that "Silver City has been a great change of scenery for me and I've met incredible people."

Roxanne's "pick" for December is Peanut Butter Hemp Protein Bites from Pure Organics Bliss. Look no further if you are a peanut butter lover! Creaminess + chunkiness + nutrition + functionality packed in one yummy snack! Loaded with protein from brown rice, peanuts and hems seeds these little nuggets will help fuel your activities and satisfy your need for deliciousness.



Pure Organics Bliss
Peanut Butter Hemp Protein Bites
• *On the shelf next to the deli cooler* •



At Six Thousand Feet

*a poem and a drawing
by Rick Stansberger*

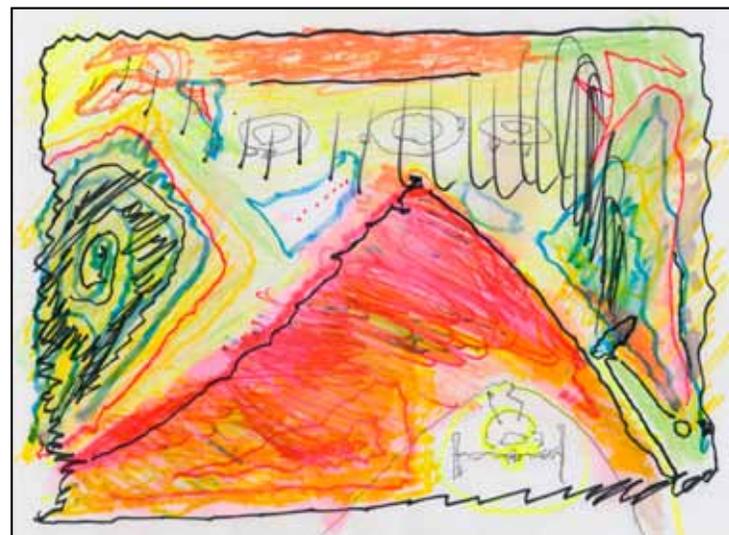
The clouds go by saying their names.
You can almost call them to come down.

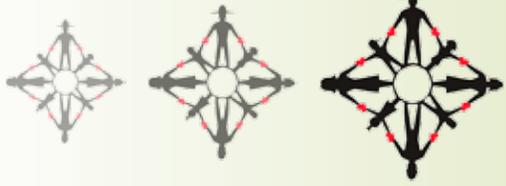
Turn west, the water flows west.
east, east.

Big people
sleeping in army blankets -
they role over every million years.

How many Bear Mountains
are there in this world?
All of them
All of them.

*Published in
Pine Mountain Sand & Gravel*





From Your Board . . .

Election Changes

Board Policy C2.6 Perpetuate the Board's leadership capacity using ongoing education and training, a robust recruitment, qualification and nomination process and fair elections

We've come a long way in 48 years, growing from a handful of members to almost 2,000, changing staff from volunteers to professional paid employees, moving our store to accommodate our growth, our employees, and our dreams. And now we are ready for another relocation, to meet the needs and desires of our co-op community, with excitement and hope. Thanks to the hard work of our staff and general manager, and many boards and board members, we have a strong foundation to grow and prosper in our move.

Our board has been working tirelessly to fulfill our fiduciary role with long term planning and oversight. We know this move is not without risks and we continue to do everything we can to mitigate those risks and be ready for the challenges ahead. We have put out the call for new board members with professional and life skills that can best help us through the challenging relocation process. We have been gratified by the quality of candidates who have been willing to take this on, and by the wonderful vote of confidence from our members who wrote to tell us they continue to support us and the move.

The ultimate goal is to have a dedicated, hardworking board that works well together for the long term success of our co-op. The key is to have board members share the load and emphasize their individual expertise through committee work and board outreach. After over two years of debate and research, the board instituted the Election Committee to screen candidates running for the board. This has been requested over the years on many occasions both by frustrated board members and by member owners who requested the screening of candidates in advance of the vote.

During elections past, Member-owners have commented that without a proper vetting process, they have no way of knowing if the people running for the board would be good board members who put the health of the Co-op above their own concerns, and that potential board members have the experience and disposition to make valuable contributions to the board. Current board members want to be sure that potential board members understand and are willing to share the workload, and that they are willing to work in cooperative consensus for the long-term health and success of the Co-op. We encourage healthy dissent and the expression of new ideas, and that requires directors with communications skills that can disagree and debate with respect, always keeping the best interests of the co-op in mind.

Our Cooperative Bylaws task the board with holding elections annually, in the manner prescribed by the board. To this end, an Election Committee was established earlier this year, the charter for which is on the co-op's website. The Committee, with board support, has established a new board candidate

nomination process, which has been explained in the Garbanzo Gazette and in the 2021 Candidates Information Packet. These changes were discussed in open board meetings and agreed to by the full board.

The new process requires the committee to screen candidates both by the information they present, and their willingness and ability to do the work that is needed at this time. We have found candidates who have shown that they understand the functions and limits of board members, and the oversight and fiduciary responsibilities. These candidates have the temperament, experience and wisdom that makes them ready for service right now. All have, and are willing to continue, to put in the heavy time load that comes with the extra due diligence involved with the Pope Street build out.

The reasoning behind an Election Committee vetting process is that, during the interview and screening process, some candidates may find that the workload and structure of board responsibilities are more than they are prepared to take on. Others may be asked to wait to run until their specific skill set is needed, or to participate in training between now and next year so they can be ready to hit the ground running. Alternatively, those candidates who violate the code of conduct, such as violating confidentiality, behaving unethically, acting in bad faith, or acting with a conflict of interest, will not be recommended by the election committee. Based on the recommendations of the election committee, the full board has made the final decision concerning candidate nominations for this year. Any candidate who missed the election deadline, or who believed the board was in error, and felt that they were specifically qualified to run this year, were able to take their case directly to member owners by securing the signatures of 5% of active member-owners.

This is the first year for this new process and we encourage member feedback for next year. There are also openings on the Election Committee for member-owners who would like to help with recruiting and recommending candidates for future elections.

Also new this year is the retirement of the BIT (Board-member In Training) program in favor of a more comprehensive Board Development Program. We need new board members every year and the learning curve is steep for those without pertinent experience, or who are not familiar with our policies, bylaws, financial reports, and other issues unique to co-operative governance. The Board Development program works through on-line classes and articles, as well as board mentoring, to ensure that potential candidates know what they are signing up for and have the support and training they need to be engaged and effective once elected to the board. We've been working to design an election and development system that uses the best practices for a healthy board in a co-op of our size.

We're looking forward to continuing to build a strong, capable, and dedicated board who can help steer the co-op to success in our move to Pope Street and beyond.





Shanti Ceane
President



Julianna Flynn
Treasurer



David Burr
Member



Kristin Lundgren
Member



Tuan Tran
Secretary



Gwen Lacy
Vice President



Susan Golightly
Member

Round Up 2022

In November, the Member Connect Committee from the Board met to review the 19 applicants for our Round Up funds in the 2022!

Each organization that applied does amazing work for our community and it was difficult to narrow the applicants down to 12 recipients.

We are deeply grateful to the work of all the organizations!



Presenting, the 2022 Round Up Recipients:

- **January - Silver City Community Theater** has found a home at the new "Starlight Theater" where they will stage an in person (COVID safe) production in Spring 2022. All Co-op Round Up funds will go directly to this production.
- **February - GMCR/KURU** will be used to maintain, augment and replace the necessary technical equipment so they can continue providing a platform for community building.
- **March - Dormir es Poder** will be working to support the launch of the self-sustaining farm created by Father Hector Trejo Cano in Ciudad Juarez. The farm or "la granja" will provide nutritious, wholesome, and natural foods to the hundreds of migrants who pass through.
- **April - Upper Gila Watershed Alliance** will offer a solutions-oriented eco-camp for youth focused on climate and biodiversity issues with a regional emphasis.
- **May - Literacy Link-Leamos** will use the funds to give ten to twelve books to 2,000 elementary students in nine elementary schools in Grant County.
- **June - Expanding Your Horizons** motivates girls to pursue education and careers in Science, Technology, Engineering and Math and will use funds to support their annual event.
- **July - Imagination Library of Grant County** will use funds to help mail free, age appropriate books to 1000 local 0-5 children monthly.
- **August - New Mexico Breastfeeding Task Force-Grant County Chapter** will help promote breastfeeding within our community through breastfeeding education and breastfeeding support.
- **September - Silver City Recycles** will utilize funds to maintain machinery currently used in recycling efforts, purchase additional equipment that will increase the efficiency of recycling collection, and to expand programming and recycling efforts in Silver City.
- **October - Silver City Sexual Assault Support Services (SASS)** will use the funds to provide direct client services, including emergency shelter, transportation, hygiene kits, and medical care.
- **November - The Commons: Center For Food Security and Sustainability** will support the "Rooted" youth programs that help build gardening skills, entrepreneurship, and foster creative responses to pressing community needs.
- **December - The Future Forge** will provide scholarships for folks in need who would like to be members of this up and coming makers' space.

Board Meeting

The SCFC Board of Directors will meet the fourth Wednesday at 907 Pope Street. Please email the Board for more information.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Shanti Ceane/President
Board Term: 2018-2021

Gwen Lacy/Vice President
Board Term: 2019-2022

Julianna Flynn/Treasurer
Board Term: 2019-2022

Tuan Tran/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

Susan Golightly/Member
Board Term: 2020-2021

David Burr/Member
Board Term: -2021

Our new email address:
board.scfc@gmail.com

Board of Directors



December

Members Only Specials December 1 - January 4

20% OFF! listed prices



Emerald Cove
Pacific Kombu
1.76 oz
reg \$5.99



Simply Organic
Cinnamon
2.45 oz
reg \$6.79



Honeybee Gardens
Volumizing Mascara
.13 oz
reg \$14.69



Rise Brewing Co.
Original Oat Milk
32 oz
reg \$3.99



Simply Organic
French Onion Dip
1.1 oz
reg \$1.69



Nature's Answer
Sambucus Extract
4 oz
reg \$14.99



Kalona
Super Natural
Eggnog
32 oz
reg \$5.99



Rise Brewing Co.
Black Cold Brew
7 oz
reg \$2.99



Katz
Glazed Donuts
14 oz
reg \$6.19



Simply Organic
Turkey Gravy Mix
.85 oz
reg \$1.69



Honeybee
Eyeliner
each
reg \$8.79



Traditional Medicinals
Smooth Move Senna
50 caps
reg \$15.99

Continuing Members Only Special

20% OFF!

African Baskets
Various
• sizes •
• shapes •
• prices •



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and at the front of the store

