

the Garbanzo



Gazette

Volume 12

a monthly newsletter of the Silver City Food Co-op



Special Edition



EQUITY AND PIZZA— YOUR PIECE OF THE PIE

As you may have read in previous issues of this publication, the Bylaws Committee has been working diligently with lawyer Peter Chestnut for the last several months on revisions to our Articles of Incorporation and Bylaws. We happily announce the process is complete, including endorsement of the Board of Directors, and the results are printed in these pages. Both of these documents must be approved by member vote and we hope to include them in the spring election.

While many sections of these documents have seen changes (for a copy of our current bylaws contact Margarita at the Co-op), the main thrust of the revision is to fundamentally change the nature of membership in the Silver City Food Co-op. We propose moving from our current member fee system to an equity system. Article VIII of the bylaws explains how our equity system would work. Under such a system, members enjoy a true sense of ownership in the Co-op. Even

better, by pooling our ownership dollars, we place our Co-op in a stronger financial position for the opportunities and challenges the future holds.

For more information, including a more detailed summary of the proposed changes to the Articles of Incorporation and Bylaws, please visit the Co-op website at: www.silvercityfoodcoop.com.



Confused? Join Us!



Please join Co-op staff and board members on

Tuesday, January 17 from 5:30-7:30 pm

at the Church of Harmony on the corner of Arizona and 7th Streets for

“Equity and Pizza--Your Piece of the Pie.”

In addition to yummy pizza, we anticipate stimulating conversation along with a short presentation and lots of good questions and answers.

Thank you for your support and see you on the 17th.

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Mission

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

Cooperative Principles

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

General Manager

Doug Zilm

Staff

Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Janet Goodrich
Tracey Franco
Dougan Hales
Gary Benavidez
Jake Sipko
Kate Stansberger
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Laney Osmer
Erin Toney
Jess DeMoss
Meggie Dexter
Brian Bates
Kalen Severe
Misha Engel
Alexandria Gray
Tonya Butts
Eric Lynch
Germain Courney
Kevin Fast
Joseph Patrick
Angie Carr
Elena Taylor
Doug Smith
Kourosh Amini
Keegan Colter

Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18, living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Vicki Gadberry, Judith Kenney, Carolyn Smith & Carol Young. Submissions are Welcomed! Submit letters, articles, or items of interest to: gg@silvercityfoodcoop.com

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Greetings from the General Manager

Since 2012 is the International Year of the Cooperative, I thought I would take advantage of my column for the next few months to talk about the Cooperative Principles. The International Cooperative Alliance adopted what is known as "The Seven Cooperative Principles". These are the foundations for all cooperatives.

Since I get some artistic license here I will be taking these principles out of order. I really want to start with the first and last principles. The 1st Cooperative Principle is "voluntary and open membership". A basic interpretation of this principle means that you can join a Co-op based on your own decision and that anyone who is willing to accept the responsibilities of membership can join. A version of this principle you will see quite often used by Co-ops is "everyone can shop, anyone can join". If you believe in the principles of the Co-op and cooperatives, want to support the Co-op, and want to ensure that Co-op can fulfill its mission,

then you should join the Co-op and become an owner but it always your choice.

The 7th Cooperative Principle is "concern for community". This has been a very important and driving force behind what we do as a Co-op. Not only do we focus on serving our member needs but also on our community as a whole. We do this in many different ways from buying from other locally owned businesses and producers to donating to local non-profits to providing educational forums and workshops for the public. We participate when appropriate on public policy decisions that affect our community. The Co-op will continue to be part of the community and continue to help build a stronger community.

There are several ways to interpret these principles and they each mean something different to each person. What do they mean to you? What does your Co-op mean to you? Something to think about as you start the new year.

– DOUG ZILM

DID YOU KNOW? . . .

DATES. The sun-ripened fruit has a long history of adding natural sweetness to recipes (see page 4 for recipes using dates).

Exotic yet homegrown, ancient and avant-garde, dates are a study in culinary contradictions. The candy sweet fruit has been cultivated in the Middle East since 4,000 B.C., but nowadays, two-thirds of the dates Americans buy come from the California and Arizona deserts. With the interest in unrefined sweeteners growing, raw food chefs and health-conscious cooks looking to exploit the fruit's nature, nutrient-rich sweetness are giving dates a modern makeover.

Even though they're sold alongside dried fruit, dates are actually fresh—they appear dried and have a long shelf life due to their low moisture content.

DEGLET NOOR. The most commonly grown date in the U.S. Medium-sized and firm with a deep caramelized flavor. Nearly all pitted dates sold are this variety.

MEDJOL. Large, succulent and dark golden brown with an almost creamy texture. The second most common variety in the U.S.

AJWA. Tender, luscious and nearly black. The Prophet Muhammad reportedly said that those who consumed ajwa dates would not be "harmed on that day by poison or magic."

HALAWI. Small, chewy and very sweet. Good for snacking.

KHADRAWY. Tender and mildly flavored with a dark mahogany color. Very popular in the Middle East.

THOORY. Drier than other date varieties, with a nutty flavor. Dark brown at one end and golden brown at the other.

STRESS BUSTERS. Cope with the after-holiday hustle by arming yourself with these soothing scents and tasty foods:

INHALE LAVENDER. British researchers found that placing diffused lavender oil in a ceramic candle warmer before the start of morning and afternoon dental clinics, significantly lowered anxiety levels of the patients.

CUT INTO A COCONUT. The scent of coconut may blunt your natural "fight or flight" response, slowing your heart rate. People who breath in coconut fragrance found their blood pressure recover more quickly after a challenging task.

SNIFF AN APPLE. Embracing the aroma of green apples helps alleviate headaches. People with chronic migraines reported some pain relief after inhaling green apple fragrance at the start of a headache.

SIP ON TEA. Drinking caffeinated black, green or

oolong tea varieties may elicit a more alert state of mind. It is believed that theanine—an amino acid present in these tea varieties—may work synergistically with caffeine to improve attention and focus.



PACK SOME PEPPERMINT. People who waft peppermint oil every two hours rate their hunger level lower, experience fewer cravings and eat significantly less.

NIBBLE ON CHOCOLATE. Eating dark chocolate can help reduce levels of cortisol and catecholamines (hormones associated with stress), especially for those with high anxiety.

SATISFY A CARB CRAVING. Eating carbohydrates can stimulate the release of serotonin, your feel-good brain chemical. Adults on a high-carb, low-fat diet seem happier over the long term than those on a low-carb diet.

"Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility." - Ban Ki-moon, UN Secretary General

2012 has been recognized as the International Year of Cooperatives by the United Nations. This is an acknowledgement by the international community that



co-operatives drive the economy, respond to social change, are resilient to the global economic crisis and are serious, successful businesses creating jobs in all sectors. International years are declared by the United Nations to draw attention to and encourage action on major issues. The International Year of Co-operatives is intended to raise public awareness of the invaluable contributions of co-operative enterprises to poverty reduction, employment generation and social integration. The Year will also highlight the strengths of the co-operative business model as an alternative means of doing business and furthering socio-economic development.

The UN's goals for the IYC are to:

~~Increase public awareness about co-operatives and their contributions to socio-economic development and the achievement of the Millennium Development Goals.

~~Promote the formation and growth of co-operatives.

~~Encourage governments to establish policies, laws and regulations conducive to the formation, growth and stability of cooperatives.

World's Earliest Fermented Beverage

The earliest chemically confirmed alcoholic beverage in the world dated at 7000-6600 BC (early Neolithic period) was discovered at Jiahu in the Yellow River Valley of China (Henan province). It was a hearty, "extreme" fermented beverage made of wild grapes, hawthorn berries, rice, and honey.

The Jiahu discovery has increased the possibility of finding evidence for fermented beverages from, even earlier, Paleolithic times. Before Jiahu, it was assumed by many that the grape wines of Hajji Firuz*, the Caucasus, and eastern Anatolia, all countries of the near east, would prove to be the earliest alcoholic beverages in the world, originating in the "Cradle of Civilization". When samples from China, on the other side of Asia, were collected and tested, it became clear that, in much earlier times, people of the Yellow River Valley were producing, enjoying, and using what is, the earliest chemically attested fermented beverage in their burial and religious ceremonies. It emphasizes the long hold that alcohol has had on the human race.

An important part of this find has to do with the fact that China began making pottery sooner than in the near East (around 13,000 BC, versus 6000 BC). Pottery is virtually indestructible, and liquids are readily absorbed into the pores of the fired clay. As a result, ancient organics are preserved for thousands of years until later humans come along to extract and analyze them. The jars from Jiahu were shaped with high necks, flaring rims, and handles, which were ideally shaped to hold and serve liquids. These graceful vessels held an extreme drink that could be termed "Neolithic grog." It was comprised of honey mead and a combined "beer" or "wine" made from rice, grapes, and hawthorn fruit. Rice is a grain, like wheat and barley, so by that definition, it makes a beer (about 4-5% alcohol), but when it is fermented to 9-10% and has pronounced aromatic qualities, then it is more like wine. Perhaps the best modern comparison is an

aged Belgian ale or a barley wine.

How did it happen that China now has the earliest proven instance of grape to be used in a fermented beverage? It was, most likely, a wild species such as *Vitis amurensis*, with up to 20% simple sugar by weight. As far as we know (continued investigation may well change the picture), none of some 40 grape species found in China, the highest concentration in the world, were ever domesticated. Yet, here we find the most ancient evidence of the use of grapes in any fermented drink. Additionally, high-sugar fruit, with yeast on its skins, is crucial for making the argument that the liquid



in the vessels was not just some eccentric concoction, but was actually fermented to alcohol by the yeast.

It is not known, whether hawthorn fruit or grapes were used alone or in combination. Once archaeologists announced that these were the most likely fruits based on chemical results, a study of botanical materials at the Jiahu site revealed that the seeds of just those two fruits, and no others, were found. Although this did not help scientists decide whether either or both were used for the beverage, it provided excellent corroboration for their findings.

Jiahu isn't just your run-of-the-mill early Neolithic site. For example, it has yielded the earliest playable musical instruments in the world. Three dozen flutes found there were made exclusively from one wing bone of the Red-crowned Crane. Traditional Chinese

music can be played on the flutes and they might well have played a role, along with the local, earthy libation, in ceremonies of ancestor worship, as did music and rice and millet wines in ancient Egypt. Jiahu has also produced what are arguably the earliest Chinese written characters yet encountered. Incised on tortoise shells, like those found at the fabulous capital cities of the Shang Dynasty (1600-1050 BC), they are believed to have been used by shamanic priests to predict and assure a good future.

It can be debated whether the rice in this primeval beverage was wild or domesticated, and if its starch was broken down by chewing or malting. Chewing or salivating a grain, stalk, or tuber to break down its starches into sugar appears to be the earliest method that humans everywhere employed for preparing their beers. An enzyme, ptyalin, in human saliva acts to cleave the larger molecules into simple sugars. In modern Japan and Taiwan, communities of women still gather around a common vessel to chew and ferment wine for marriage celebrations. However the rice was broken down and fermented, it still left a lot of debris that floated to the surface, and the time-honored way to consume "extreme" brews around the world, even today, was to use a straw.

**The excavation site of Hajji Firuz Tepe in the Zagros Mountains of northwestern Iran revealed prehistoric wine racks used to store airtight carafes. Inhabitants of the village seasoned their alcohol with resin from Atlantic pistachio trees.*

Adapted from an article by Patrick McGovern

CORRECTION In the article "History of Pagan Holidays" in the December 2011 Garbanzo Gazette, the quote "We cannot live fully without the treasury our ancestors have left us." was by George Mackay Brown; the article was written by Judith Kenney.

Position Available * Position Available *** Position Available**

SILVER CITY FOOD CO-OP DIRECTOR, BOARD OF DIRECTORS

Job Responsibilities: The board of directors is the governing body of the Co-op and provides long-range visioning, ensures the protection of the Co-op's assets, hires and monitors the General Manager against the developed policies, and ensures that the purpose and mission of the Co-op are properly carried out.

Skills, Experience and Qualifications:

- Have a commitment to a co-operative, team approach
- Have effective communication skills, reading for meaning, writing with clarity, and good listening and speaking
- Take personal responsibility for meetings and board work
- Take personal responsibility for meetings and board work

- Have sufficient time to devote to meetings, preparation, and other board work
- Have the ability to impartially consider issues before the board
- Commit to the developed board processes and procedures

Candidate requirements:

- Be a Co-op member in good standing for at least 90 days prior to the end of the voting period
- Be at least 18 years of age
- Have regular email access for communication purposes
- Be able to attend the all-day Spring board retreat, April 15, 2012

Suggestions for members considering being a candidate:

- Attend at least 1-2 board meetings prior to submitting your candidate statement (strongly encouraged)
- For a more personal view of what being a board member is really like, talk with current or past board members

Positions available: 3 three-year terms that begin April 2012

For further information: Please pick up a candidate information packet at the Co-op from Margarita, 388-2343 margarita@silvercityfoodcoop.com.

Position Available * Position Available *** Position Available**



KITCHEN MEDITATIONS

WHOLE-WHEAT GINGER-DATE SCONES

- 2 cups whole-wheat pastry flour
- 2 TB sugar, plus 1 tsp for sprinkling
- 2 tsp baking powder
- ¼ tsp ground allspice
- ½ tsp salt
- ¼ cup (1/2 stick) cold unsalted butter, cubed
- ¼ cup sunflower oil
- ½ cup buttermilk, plus 2 tsp for brushing
- ¾ cup dates, chopped
- ½ cup crystallized ginger, chopped

Preheat oven to 375F. Coat baking sheet with oil. Whisk together flour, 2 TB sugar, baking powder, allspice and salt in bowl. Work in butter using fingers until dough is grainy; stir in oil and buttermilk.

Place dough on well-floured work surface, and knead in dates and ginger.

Transfer dough to prepared baking sheet, and pat into 8-inch circle. Brush dough with buttermilk and sprinkle with 1 tsp sugar. Cut into 8 wedges; separate wedges on baking sheet and bake 30 minutes or until golden brown.

CHICKPEA & DATE TAGINE

- 1 TB olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- 1 15-oz can crushed tomatoes
- 2 15-oz cans chickpeas, rinsed and drained
- 1 cup couscous
- 1 cup pitted dates, halved
- ¼ cup lemon juice
- ½ cup cilantro, chopped

Heat oil in saucepan over medium heat. Add onion, cook 10 minutes, stir often. Stir in garlic and spices and sauté 30 seconds. Add tomatoes, chickpeas and ¼ cup water, simmer 10 minutes.

Toast couscous in small saucepan over medium heat 5 minutes. Add 1¾ cups water, bring to a boil. Remove from heat, cover, let stand 5 minutes.

Stir dates and lemon juice into tagine, season with salt and pepper. Serve over couscous, with cilantro.

DATE-PECAN BARS (Gluten-Free)

- 2 cups pitted dates, chopped
- 1 tsp vanilla extract
- 1 ½ cups all-purpose gluten-free flour
- 1/3 cup sugar
- ¼ tsp salt
- 1/3 cup sunflower oil
- 1 large egg
- 1 egg white
- 1 cup pecans, chopped

Preheat oven to 400F. Coat 8-inch square baking pan with cooking spray.

Simmer dates in ¾ cup water in saucepan over medium heat 10 minutes, or until water is absorbed and mixture is jam-like. Stir in vanilla and set aside.

Whisk together flour, sugar, and salt in bowl. Whisk together oil, egg and egg white in separate bowl. Stir oil mixture into flour mixture. Transfer ½ cup dough to small bowl and add pecans; work with fingertips to make a crumbly mixture.

Press remaining dough into bottom of prepared pan. Spread date mixture on top, and sprinkle with pecan mixture. Bake 25 minutes or until golden brown.

TOUCHING THE EARTH

How do we live with the fact that we are destroying our world? Because of social taboos, despair at the state of our world and fear for our future are rarely acknowledged or expressed directly. The suppression of despair, like that of any deep recurring response, contributes to the numbing of the psyche. Expressions of anguish or outrage are muted, deadened as if a nerve had been cut. This refusal to feel impoverishes our emotional and sensory life. We create diversions for ourselves as individuals and as nations in the fights we pick, the aims we pursue, and the stuff we buy.

Of all the dangers we face, from climate chaos to permanent war, none is so great as the deadening of our response. For psychic numbing impedes our capacity to process and respond to information. The energy expended in pushing down despair is diverted from more crucial uses, depleting the resilience and imagination needed for fresh visions and strategies. The Zen teacher and poet Thich Nhat Hanh was asked, "What do we most need to do to save our world?" His answer was this: "What we most need to do is to hear within us the sounds of the Earth crying."

Cracking the Shell -- How to confront what we scarcely dare to think? How to face our grief and fear and rage without going to pieces? It is good to realize that falling apart is not such a bad thing. Indeed, it is as essential to transformation as the cracking of outgrown shells. Anxieties and doubts can be healthy and creative, not only for the person but for the society, because they permit new and original approaches to reality.

What disintegrates in periods of rapid transformation is not the self, but its defenses and assumptions. Self-protection restricts vision and movement like a suit of armor, making it harder to adapt. Going to pieces,

however uncomfortable, can open us up to new perceptions, new data, and new responses. In our culture, despair is feared and resisted because it represents a loss of control. We're ashamed of it and dodge it by demanding instant solutions to problems. We seek the quick fix. This cultural habit obscures our perceptions and fosters a dangerous innocence of the real world. Acknowledging despair, on the other hand, involves nothing more mysterious than telling the truth about what we see and know and feel is happening to our world. When corporate-controlled media keep the public in the dark, and power holders manipulate events to create a climate of fear and obedience, truth-telling is like oxygen. It enlivens and returns us to health and vigor.

Belonging to All Life -- Sharing what is in our heartmind brings a welcome shift in identify, as we recognize that the anger, grief, and fear we feel for our world are not reducible to concerns for our individual welfare or even survival. Our concerns are far larger than our own private needs and wants. Pain for the world—the outrage and the sorrow—breaks us open to a larger sense of who we are. It is a doorway to the realization of our mutual belonging in the web of life.

Many of us fear that confrontation with despair will bring loneliness and isolation. On the contrary, in letting go of old defenses we find truer community. And in community, we learn to trust our inner responses to our world—and find our power. You are not alone! We are part of a vast, global movement: the epochal transition from empire to Earth community. This is the Great Turning. And the excitement, the alarm, even the overwhelm we feel, are all part of our waking up to this collective adventure. As in any true adventure, there is risk and uncertainty. Our corporate economy is destroying both itself and the natural world. Its effect

on living systems is what David Korten calls the Great Unraveling. It is happening at the same time as the Great Turning, and we cannot know which way the story will end.

Great Uncertainty -- Let's drop the notion that we can manage our planet for our own comfort and profit—or even that we can now be its ultimate redeemers. It is a delusion. Let's accept, in its place, the radical uncertainty of our time, even the uncertainty of survival. In primal societies, adolescents go through rites of passage, in which confronting their own mortality is a gateway to maturity. In analogous ways, climate change calls us to recognize our own mortality as a species. With the gift of uncertainty, we can grow up and accept the rights and responsibility of planetary adulthood. Then we know fully that we belong, inextricably, to the web of life. Then we can serve it and let its strength flow through us.

Uncertainty, when accepted, sheds a bright light on the power of intention. That is what you can count on: not the outcome, but the motivation you bring, the vision you hold, the compass setting you choose to follow. Our intention and our resolve can save us from getting lost in grief. This is the gift of the Great Turning. When we open our eyes to what is happening, even when it breaks our hearts, we discover our true dimensions, for our heart, when it breaks open, can hold the whole universe. We discover how speaking the truth of our anguish for the world brings down the walls between us, drawing us into deep solidarity. And that solidarity with our neighbors and all that lives is all the more real for the uncertainty we face. When we stop distracting ourselves, trying to figure the changes of ultimate success or failure, our minds and hearts are liberated into the present moment. And this moment together is alive and charged with possibilities.

— BY JOANNA MACY

THE EDUCATION OF CHILDREN

from Views from the Real World – Early Talks of Gurdjieff

Question: There is a way of educating children through suggestion during sleep. Is it any good?

Answer: This kind of suggestion is no better than a gradual poisoning, the destruction of the last vestige of will. Education is a very complicated thing. It must be many-sided. For example, it is wrong to give children nothing but physical exercises. Generally, education is restricted to the formation of the mind. A child is made to learn poems by heart, like a parrot, without understanding anything and parents are glad if he can do that. At school he learns things no less mechanically and, after graduating with honors, he nevertheless understands and feels nothing. In the development of his mind, he is as adult as a man of forty, but in his essence he remains a boy of ten. In his mind he is not afraid of anything, but in his essence he is afraid. His morals are purely automatic, purely external. Just as he learns poetry

by heart, so he learns morals. But a child's essence, his inner life, is left to itself, without any guidance. If a man is sincere with himself, he has to admit that neither children nor adults have any morals. Our morality is all theoretical and automatic for, if we are sincere, we can see how bad we are.

Education is nothing but a mask which has nothing to do with nature. People think that one upbringing is better than another, but in fact they are all the same. All people are the same, yet each is quick to see a mote in another's eye. We are all blind to our worst faults. If a man is sincere with himself, he enters into another's position and knows that he himself is no better. If you wish to be better, try to help another. But as people are now, they hinder each other and run each other down. A man cannot help another, cannot lift another up, because he cannot even help himself.

Before all else you must think of yourself, you must try to lift yourself. You must be an egoist. Egoism is the first station on the way to altruism, to Christianity. But it must be egoism for a good purpose, and this is very difficult. We bring up our children to be ordinary egoists and the present state of things is the result. Yet we must always judge them by ourselves. We know what we are like; we may be sure that with modern education children will be, at best, the same as ourselves. If you wish your children well, you must first wish yourself well.

The greatest sin of all is to continue educating when you have begun to have doubts about education. If you believe in what you are doing, your responsibility is not as great as when you have begun to doubt. The law demands that your child shall go to school. Let him. But you, his parent, must not be content with school. You know from your own experience that school provides only head knowledge—information. It develops only one center, so you must try to make this information come alive and fill in the gaps. It is a compromise, but sometimes even a compromise is better than doing nothing.

AMENDED AND RESTATED ARTICLES OF INCORPORATION OF THE SILVER CITY FOOD COOPERATIVE

The undersigned directors, in order to amend the Articles of Incorporation of the Silver City Food Cooperative under Sections 53-4-1 through 53-4-45 NMSA 1978 (1999), certify that these Amended and Restated Articles of Incorporation were duly adopted by the members of the Silver City Food Cooperative in accordance with its bylaws and the Cooperative Association statute:

Article I: Name

The name of the cooperative is Silver City Food Cooperative (hereinafter "Co-op").

Article II: Purposes

The nature of the business and purposes to be conducted by the Co-op are to engage in, carry on, and conduct any lawful activity for which cooperatives may be organized under 53-4-1 through 53-4-45 NMSA 1978 (1999).

Article III: Principal Place of Business

This cooperative shall have its principal place of business in Silver City, County of Grant, State of New Mexico, and the address of the principal office is 520 N. Bullard Street, Silver City, New Mexico 88061.

Article IV: Term of Existence

This cooperative shall have perpetual existence.

Article V: Powers

This cooperative shall have all the powers granted to a cooperative association by the Laws of New Mexico. These include:

- A. To make bylaws for the governing and regulation of its affairs;
- B. To acquire, own, hold, sell, lease, pledge, or mortgage any property incident to its purposes;
- C. To own and hold membership in and share capital of other associations and corporations, and any types of bonds or other obligations; and while the owner thereof to exercise all the rights to ownership;
- D. To borrow money, contract debts, and make contracts, including agreements of mutual aid or federation with other associations and other groups organized on a cooperative basis;
- E. To conduct its affairs without, as well as within, this state; and
- F. To exercise all powers not inconsistent herewith which may be necessary, convenient, or expedient for the accomplishment of its purposes, and, to that end, the foregoing enumeration of powers shall not be deemed exclusive.

Article VI: Incorporators

The number of incorporators of the Co-op is five (5) and the names and addresses of the incorporators are:

Mark Johns, P.O. Box 917, Silver City, NM 88062
Mary Lynn, 6 Burke Loop, Silver City, NM 88061
Betty L. Mishuk, 44 Arenas Valley Rd., Arenas Valley, NM 88022
Pamela Patrick, 35 Thunder Road, Silver City, NM 88061
Kathleen R. Wigley, HC 71, 3 Galaz, San Lorenzo, NM 88041

Article VII: Directors

The number of directors constituting the Board of Directors shall be not less than five (5). The names and addresses of the current directors are:

Lynne M. Aldin, 116 W. College Ave., Silver City, NM 88061
Meadow Clark, 1124 N. Gold St., Silver City, NM 88061
Lita Furby, P.O. Box 289, Silver City, NM 88062
Derek Markham, 1600 Slag Road, Silver City, NM 88061
Gail L. Rein, 1410 W. 6th St. Apt. 2, Silver City, NM 88061
Susan Van Auken, P.O. Box 2, Gila, NM 88038
Tyrone Wright, 130 El Otro Lado Road, San Lorenzo, NM 88041

Article VIII: Cooperative Re-Organized with Shares

The Co-op is organized with capital shares.

- A. The amount of authorized capital is \$1,000,000.
- B. The number of shares authorized is 100,000. Shares shall have a price determined by the Board of Directors and shall have no par value.
- C. Rights, preferences, and restrictions of each type of share:
 1. There is one type of share.
 2. Each member-owner is entitled to one vote in the affairs of the Co-op, provided that member-owner has purchased a share within the past 365 days.
 3. Shares have voting rights for one year from date of purchase. Thereafter, the shares will continue to be carried on the books of the Co-op as part of that member's equity account. However, shares purchased more than one year before the date of voting are not entitled to vote.
- D. Minimum number of shares to qualify for membership is one share.
- E. Maximum amount of capital that any member can control is 5% of paid up shares of the Co-op.
- F. The Co-op shall admit applicants to membership in the Co-op upon such uniform conditions as may be prescribed in these Articles of Incorporation and the bylaws. An applicant shall be deemed a member-owner after purchase of one share.
- G. The voting rights of the active member-owners of the association shall be equal and each active member-owner of the Co-op shall have one vote upon each matter submitted to a vote at a meeting of the member-owners. No member-owners shall be permitted to vote by proxy. Active membership requirements, membership meetings, and voting procedures shall be specified in the bylaws.
- H. The Co-op previously issued lifetime memberships to founding members. Such members are entitled to vote only if they satisfy the conditions set forth in this Article and the bylaws.
- I. This association shall be operated on a cooperative basis for the mutual benefit of its member-owners and the community at large.

Article IX: Dissolution

The Co-op may, at any regular or special meeting legally called, be directed to dissolve by a vote of two-thirds of the active member-owners. By a vote of a majority of the member-owners voting, three of the active member-owners shall be designated as trustees, who shall, on behalf of the Co-op and within a time fixed in their designation or within any extension thereof, liquidate the Co-op's assets and pay its debts and expenses. The trustees shall distribute any funds remaining thereafter in either or both of the following ways:

- A. Among those patrons who have been member-owners or subscribers at any time during the past six years, on the basis of their patronage during that period; and/or
- B. As a gift to any consumers' cooperative association or other nonprofit enterprise doing business in the State of New Mexico.

Article X: Amendment

These Articles of Incorporation may be amended upon the affirmative vote of two-thirds of the active member-owners entitled to vote and who actually vote on the proposed amendment. Notice of the meeting to consider such amendment shall be sent to each active member-owner at least thirty (30) days in advance, accompanied by a full text of the proposed amendment.

Approved by the membership, as attested to by signature this ____ day of _____ 2012, of the undersigned directors:

Lynne M. Aldin, Meadow Clark, Lita Furby, Derek Markham, Gail L. Rein, Susan Van Auken, Tyrone Wright

The foregoing Articles of Incorporation were signed in my presence on this ____ day of ____ 2012, by the following people known personally to me: _____

_____, My commission expires _____ Notary Public

SILVER CITY FOOD COOPERATIVE BYLAWS

Article I: Organization

Section 1-1: Name. The Silver City Food Cooperative (hereafter referred to as "the Co-op") is organized with shares under New Mexico State Statutes Article 4 Cooperative Associations 53-4-1 through 53-4-45.

Section 1-2: Offices. The principal office of the Co-op shall be at 520 N. Bullard Street, Silver City, NM 88061

Section 1-3: Cooperative Principles. The Co-op shall be operated in accordance with the cooperative principles adopted by the 1995 General Assembly of the International Co-operative Alliance, such principles being: (1) voluntary and open membership without arbitrary discrimination; (2) democratic governance; (3) economic participation by members; (4) autonomy and independence of the Co-op; (5) providing education and training; (6) cooperation with other cooperatives; and (7) concern for community.

Section 1-4: Purposes. The nature of the business and purposes to be conducted by the Co-op are the following:

- A. To educate the members of the community in the principles of sound nutrition;
- B. To engage in the production, packaging, distribution, preparation, advertising, and purchase and sale, wholesale and retail, of food products and other commodities and any similar or incidental ventures and businesses on behalf of the members of the Co-op and the community at large; and
- C. To engage in, carry on, and conduct any other lawful activity for which cooperatives may be organized under 53-4-1 through 53-4-45 NMSA 1978 (1999).

Section 1-5: Nondiscrimination. The Co-op shall not discriminate on the basis of race, nationality, religion, age, gender, sexual orientation, disability, political affiliation, or otherwise.

Article II: Membership

Section 2-1: Eligibility. Membership in the Silver City Food Co-op is voluntary and open to all persons or households whose purpose is to purchase goods and services from the Co-op for their household use and who are willing to accept the responsibilities of membership. A household may consist of one or more adults and any number of minor children who live, buy, and eat jointly in one dwelling. A single dwelling may consist of more than one such household. A household may not consist of individuals from more than one dwelling.

Section 2-2: Admission. Initial membership may be obtained by completing a membership application and purchasing a share. The individual who signs the application must be eighteen (18) years of age or older and shall be considered the "member-owner." Membership shall be reflected by assignment of a member number and a share certificate shall be issued in the member-owner's name.

Section 2-3: Active Status. Membership shall be maintained and deemed active during each 12-month period after the member-owner purchases a share. References in these bylaws to the rights and entitlements of member-owners shall be understood to refer only to active member-owners, except where specified otherwise.

Section 2-4: Inactive Status. A member-owner who becomes delinquent in purchasing an annual share shall be placed into inactive status. A member-owner in inactive status may attain active status by purchasing a new share.

Section 2-5: Rights. Each active member-owner shall have the right to participate in the governance of the Co-op as provided for in Articles III and IV of these bylaws. The annual patronage refund, if any, will be issued to both active and inactive member patrons in the name of the member-owner.

Section 2-6: Responsibilities. Active member-owners have the responsibilities to: (1) purchase a share annually, (2) purchase goods from the Co-op for their household use, (3) promote the Co-op to others, (4) keep informed about Co-op issues, (5) attend Co-op member meetings, and (6) vote and participate in the decision-making process.

Additionally, active and inactive member-owners have the responsibility to inform the Co-op of any changes to their address, phone number, or household members. Failure to provide current address to the Co-op may result in said member-owner being removed from the Co-op's mailing list.

Section 2-7: Transferability. Membership and membership rights are non-transferable.

Section 2-8: Termination of Membership. Membership may be terminated voluntarily by an active or inactive member-owner. Membership may be terminated involuntarily only for cause by the board of directors, provided the active or inactive member-owner is first accorded an adequate opportunity to respond to the charges in person or in writing. Upon voluntary or involuntary termination of membership, 100% of the par value of the shares and retained patronage refunds in said member-owner's equity account shall be returned to said member-owner per Section 8-3.A and Section 9-6 of these bylaws.

Section 2-9: Access to Information. The Co-op will report at least annually to all active and inactive member-owners on the financial condition of the Co-op. An active member-owner may, upon request that is reasonable and made in good faith, be provided timely and adequate information concerning the operations and basic finances of the Co-op, that is necessitated by and directly related to a proper purpose as an active member-owner, and that describes in reasonable particularity, the information sought, subject to such reasonable restrictions and/or conditions as determined by the board of directors in consultation with management, to be necessary to protect confidential or sensitive information. Any proper request necessitating information from the Co-op's record of active and/or inactive member-owners may be accommodated only by means other than direct access to such records.

Section 2-10: Lifetime Memberships. Founding members have been issued lifetime memberships with all the rights and responsibilities of active member-owners described in Section 2-5 and Section 2-6, except that they are exempt from the responsibility to purchase a share annually as required in Section 2-6(1) and therefore own no shares. A founding member may choose to become a shareholding member-owner by terminating his/her lifetime membership and by applying for membership per Section 2-2.

Section 2-11: Settlement of Disputes. In any dispute between the Co-op and any of its active, inactive, or former members, which relates to normal membership transactions and which cannot be resolved through informal negotiations, the policy of the Co-op shall be to prefer the use of mediation whereby an impartial mediator or mediators may facilitate negotiations between the parties and assist them in developing a mutually acceptable settlement. No party with a grievance against the other shall have recourse to litigation without first attempting to resolve the dispute in good faith by submitting to mediation.

Article III: Membership Meetings

Section 3-1: General Membership Meetings. A general membership meeting shall be held annually within 120 days of the end of the fiscal year. The purpose of such meetings shall be to hear reports on operations and finances, to review issues that vitally affect the Co-op, and to transact such other business as may properly come before the meeting. Proposals from individual active member-owners requiring action or decision by the membership must be submitted to the board 60 days before the meeting and may be included in the official agenda with board approval.

Section 3-2: Special Membership Meetings. Special meetings of the active member-owners shall be called by either a majority vote of the directors or by written petition of at least ten percent (10%) of the active member-owners, in which case it will be the duty of the board secretary to call such a meeting to take place within 30 days after such demand.

Section 3-3: Notice of Meetings. Notice of the time, place, and purpose of general and special membership meetings shall be sent to all active member-owners at their last known physical or email address at least 21 days before the meeting. Inadvertent failure of active member-owners to receive such notice shall not affect the validity of the meeting. Notice shall also be posted at the Co-op. Any business conducted at a meeting other than that specified in the notice of the meeting shall be of an advisory nature only.

Section 3-4: Quorum. A quorum shall be 5% of the active member-owners or 100 voting active member-owners, whichever is less. Votes cast by mail as well as those hand-delivered to the ballot box will be counted in computing a quorum.

Section 3-5: Decision Making. Each active member-owner is entitled to one vote.

- A. Ballots, together with the exact text for the decision, shall be included in the notice of the meeting to which they relate.
- B. Completed ballots may be received by mail or hand-delivered to the ballot box. Election procedures that ensure the integrity of the vote shall be the responsibility of the board of directors.
- C. Elections and issues shall be decided by a simple majority of votes cast. Votes received by mail must be postmarked at least 72 hours before the date of the close of balloting, so that mail ballots can be considered at a membership meeting that includes voting.
- D. Membership meetings that include voting shall be conducted in general accordance with the rules of parliamentary procedure.

Section 3-6: Proxy Voting. No active member-owner shall be permitted to vote by proxy.

Section 3-7: Elections. The board and management shall work jointly to ensure confidentiality of voting as well as legitimate, transparent, and accurate elections.

Article IV: Board of Directors

Section 4-1: Powers and Duties. The business and affairs of the Co-op shall be managed under the direction and supervision of the board of directors. Such powers shall reside exclusively in the board as a deliberative body; they may reside in individual directors only to the extent explicitly so delegated by the board.

Section 4-2: Board Responsibilities. In guiding the business and affairs of the Co-op, directors are accountable to the active member-owners. Board responsibilities shall include:

1. Creating long-term vision, goals, and objectives for the Co-op based on active member-owner needs and input, as well as ensuring that the purpose and mission of the Co-op are properly carried out;
2. Ensuring compliance with all laws, regulations, and reporting requirements of federal, state, and local agencies;
3. Establishing and monitoring policies to govern operational decisions;
4. Fiduciary oversight of the Co-op;
5. Selecting a fiscal year for the Co-op;
6. Arranging for an annual audit or review by a certified public accountant;
7. Ensuring the allocation of money in the annual budget for board training and miscellaneous board expenses;

8. Ensuring presentation of an annual written financial report and a "state of the Co-op" report to the membership at the general membership meeting;
9. Creating the general manager's job description, hiring the general manager, evaluating the general manager, setting the general manager's job compensation, and releasing the general manager from duty;
10. Authorizing terms and benefits for the general membership;
11. Holding an annual general membership meeting and ensuring active member-owners are notified of all membership meetings in a timely manner;
12. Reviewing annual financial performance; reporting to active and inactive member-owners in summary form; and deciding whether to allocate patronage refunds, and if so, then what percentages to distribute and retain.

The board of directors may delegate any of the tasks associated with the above responsibilities and may create one or more committees or task forces to accomplish its work.

Section 4-3: Requirements for Directors. All candidates for the board of directors shall have been active member-owners for the 90 days prior to the closing deadline for casting ballots in the election. Board members must maintain their active membership as stated in Section 2-3 throughout their respective terms. The board of directors may specify additional requirements for all candidates.

Section 4-4: Terms of Office. A term of office for each director shall be three years and until a successor has been seated. At least two directors shall be elected annually. Directors may run for re-election as often as they desire.

Directors' terms shall be staggered such that all terms will not conclude in any one year. Directors shall be elected for a full three-year term, unless elected to fill unexpired terms vacated by previously elected directors, in which event the elected directors receiving the least number of votes shall complete the remainder of the unexpired terms.

Section 4-5: Composition. The board of directors shall consist of a minimum of five and a maximum of seven members. One director may be an employee of the Co-op provided that employee is not directly hired by the board of directors. There shall be no more than one board member per household.

Section 4-6: Vacancies. The board of directors may fill vacant board positions by appointment to a term that expires at the next general membership meeting. However, the board may elect not to fill a vacancy unless doing so would reduce the number of directors to less than five.

Section 4-7: Removal of Directors. A director may be removed with or without cause by two-thirds of the active member-owners voting at a general or special membership meeting as defined in Article III. The director shall have an opportunity to be heard at the meeting prior to the vote being taken.

Section 4-8: Quorum. A quorum shall consist of a majority of directors.

Section 4-9: Meetings. Board meetings may be of three types:

- A. Regular meetings of the board shall be held monthly and shall be open to all active member-owners.
- B. Special meetings of the board may be requested by any director and shall occur if at least three (3) directors believe a special meeting is necessary. Special meetings shall be open to all active member-owners.
- C. Executive sessions are closed meetings in which board members meet to discuss confidential matters.

Directors shall make every reasonable effort to be physically present at board meetings. However, directors may participate in any meeting by means of a conference telephone, videoconference, or other comparable method of communication by which all persons participating in the meeting can hear and communicate with each other. Nevertheless, a quorum of directors must be physically present in the room at the time of the meeting. Directors participating off-site in the meeting may not cast a vote.

Section 4-10: Decision Making. Decisions shall be made via a democratic process. The decision-making process shall be reflected in the meeting minutes.

Section 4-11: Conflict of Interest. Directors shall be under an ethical code of conduct to disclose their actual or potential conflicts of interest in any matter under consideration by the board. Directors having a conflict of interest may, if permitted by the board, participate in the discussion but not in the decision of the matter.

Article V: Officers of the Co-op

Section 5-1: Designations. The officers of the Co-op shall consist of President, Vice President, Secretary, and Treasurer, or a Secretary-Treasurer. The board may designate other officers.

Section 5-2: Election, Term, and Removal of Officers. The officers of the Co-op shall be elected by the board of directors at its first meeting following the election of board members. The officers must be directors. Employee directors may not serve as officers.

The officers shall serve one-year terms or until their successors are elected.

Officers may be removed and replaced by the board at any time whenever the best interest of the Co-op would thereby be served.

Section 5-3: Vacancies. A vacancy in any office, for any reason, will be filled by the board of directors for the unexpired portion of the term.

Section 5-4: Responsibilities and Duties. Any of the officers may be authorized by the board to sign any deeds, contracts, or other formal documents.

- The President shall be responsible for coordinating the activities of the board, ensuring the orderly conduct of all meetings, maintaining effective communication with the general manager, ensuring the preparation of an agenda for each meeting of the board, and ensuring the presentation of a "state of the Co-op" report at the general membership meeting.
- The Vice President shall be responsible for performing the duties of the President in his or her absence or disability and assisting the President in the performance of his or her duties.
- The Secretary shall ensure that minutes of board meetings are recorded and accessible to all active and inactive member-owners within 20 days of their approval and shall ensure that the annual corporate report and any changes to the Co-op's Articles of Incorporation are reported in a timely manner and filed with the appropriate state or county agencies. The secretary shall give notice of the time and place of meetings by sending a notice to active member-owners at their last known address (see Article III, Section 3-3). In the case of a special meeting (see Article III, Section 3-2), the notice shall specify the purpose for which such meeting is called.
- The Treasurer shall oversee the maintenance of financial records, issuance of financial reports, and filing of all required financial reports and returns, and shall ensure that a financial report is presented at the general membership meeting.

Other duties may be assigned to each officer by the board of directors as deemed necessary.

Article VI: Indemnification

Section 6-1: Indemnification of Directors. The Co-op shall indemnify its current and former directors and officers against all liabilities and expenses, including reasonable attorney's fees, to which they may become subject by reason of their positions with the Co-op or their service in its behalf. Such indemnification shall include direct payment of liabilities and expenses, and shall apply whenever such person was or is a party, or is threatened to be made a party, to any threatened, pending, or completed action or proceeding, whether civil, administrative, or investigative. Payment of expenses in advance of a final disposition of the action or proceeding may be made only upon receipt by the Co-op of a contractual undertaking by or on behalf of such person to repay such amounts unless he or she shall be determined to be entitled to indemnification under this Article.

Section 6-2: Limitations. No indemnification shall be provided unless the person to be indemnified is successful on the merits in defense of the action or proceeding or unless, irrespective of the outcome of any related legal proceeding, such person is specifically determined to have acted in good faith and in the reasonable belief that his or her actions were in the best interests of the Co-op. If such determinations are not made in a legal proceeding related to the claim, they may be made by a quorum of directors who were not parties to the action or proceeding or by independent legal counsel selected by such quorum. If not made or able to be made by either, such determinations shall be made by independent legal counsel selected by active member-owners. In any action or proceeding, by or in the right of the Co-op, or in which such person is charged with receiving an improper personal benefit, indemnification shall be provided only as to reasonable expenses and only if the person is not adjudged liable to the Co-op.

Section 6-3: Payments and Insurance. Indemnification payments and advances of expenses shall be made only in such increments and at such times as will not jeopardize the ability of the Co-op to pay its other obligations as they become due. All such payments made shall be reported in writing to active member-owners with, or before, the notice of the next meeting of active member-owners. The Co-op may purchase and maintain insurance on behalf of its directors and officers against any liabilities and expenses related to their position with, or service on behalf of, the Co-op irrespective of whether the Co-op could have indemnified them under this Article against such liabilities and expenses.

Article VII: Capitalization

Section 7-1: Cooperative Operation. The Co-op shall be operated for the mutual benefit of its active member-owners, who shall patronize the Co-op. No active member-owner or lifetime member shall have more than one vote regardless of how many shares he/she owns. The property rights and interest of the active and inactive member-owners shall be unequal and shall be determined by their capital investments resulting from the purchase of shares (see Article II and Article VIII, Section 8-2) and from retained patronage refunds (see Article IX, Section 9-5).

Section 7-2: Capital. The Co-op may establish any, or all, of the following vehicles for capitalization:

- A. Earnings retained from each year's operations;
- B. Sale of shares (see Article II and Article VIII, Section 8-2);
- C. Annual patronage refunds retained in active and inactive member-owners' equity accounts (see Article IX, Section 9-5).

As equity, the above capital vehicles are subordinate to all debt of the Co-op.

Article VIII: Member Equity

Section 8-1: Fiduciary Responsibility. The board of directors shall oversee the Co-op's member equity in a way that preserves and builds upon the Co-op's financial position while also allowing for returns of member equity as, and when, the Co-op has the financial strength to return equity.

Section 8-2: Equity Accounts. To meet the capital needs of the Co-op, an active member-owner is required to purchase at least one share annually. The board of directors shall set the amount of the annual share price as it deems appropriate. The active member-owner's equity payment for purchase of any shares shall be credited in the financial records of the Co-op to an equity account in the name of the active member-owner and a certificate shall be issued in the active member-owner's name. Active and inactive member-owners' equity accounts shall not be entitled to a dividend or other return on investment.

Section 8-3: Return of Equity Investments. The board, in its sole discretion, may return equity investments on an individual or a group basis.

A. An individual's cumulative share investments may be returned upon request of said individual and approval by the board. The amount returned, if any, shall be determined by the board and shall be subject to the setoff of any sum, however arising, which may be due and payable to the Co-op by said individual; the amount returned may also be subject to a processing fee.

B. The board may return equity investments on a group basis, starting with the oldest investments, treating investments made each year as a group, and returning investments to each group in the same proportion for each active and inactive member-owner in that group.

Article IX: Patronage Refunds

Section 9-1: Ascertainment of Net Savings. The receipts of the Co-op during each year shall be used first for the payment of all its operating expenses, including without limitation, employee compensation and benefits, taxes, maintenance, repairs, upkeep, replacement, insurance, interest, and payment of any other obligations of the Co-op as they become due. The balance shall be considered as the net savings of the Co-op.

Section 9-2: Application of Net Savings. At the end of each fiscal year, the Co-op shall comply with section 53-4-31 NMSA and the board of directors shall: (a) place not less than 10% of the total net savings in a surplus fund until such time as the fund shall equal 50% of the paid-up capital, (b) set aside a portion of total net savings for capital investments, and (c) set aside up to 5% of the total net savings for educational purposes. Any remaining net savings shall be allocated in the form of patronage refunds at the same uniform rate to active member-owners, inactive member-owners, and a general fund for nonmember patrons. Net savings shall not be used for any other purpose without the prior consent of the active member-owners.

Section 9-3: Distribution Obligation. The net savings of the Co-op attributable to the patronage of active and inactive members may be allocated among those member-owners as patronage refunds and shall be allocated at the same uniform rate in proportion to their patronage and in such a manner and at such a time as to constitute patronage refunds within the meaning of federal income tax law.

Once allocated, at least twenty percent (20%) of each annual patronage refund shall be paid in cash and the balance shall be paid as patronage retains as described in the patronage refund notices sent to active and inactive member-owners. The board of directors shall determine the exact proportion of cash and retains. The total equity represented by all outstanding retains shall be considered the members' patronage retains fund.

Section 9-4: Consent of Active and Inactive Member-Owners. By obtaining or retaining membership in the Co-op, each active or inactive member-owner shall thereby consent to take into account, in the manner and to the extent required by Section 1385 of the Internal Revenue Code, the stated dollar amount of any qualified written notice of allocation of net savings in the taxable year in which such notice is received.

Section 9-5: Retention. The board shall assess the reasonable capital needs of the Co-op and may retain a portion of patronage refunds for these purposes. Retained patronage refunds shall:

A. be credited to active and inactive member-owner equity accounts in the names of recipient active or inactive member-owners, be offset by amounts otherwise due and payable to the Co-op by said member-owner,

B. accrue no monetary return on investment, and not be transferable.

Section 9-6: Redemption. The board, in its sole discretion, may redeem retained patronage refunds when the retained refunds are no longer needed for capital purposes or under compelling circumstances. Such retained patronage refunds shall be redeemed on a group basis, starting with the oldest retained patronage refunds, treating retained patronage refunds made each year as a group, and returning retained patronage refunds to each group in the same proportion for each active and inactive member-owner in that group.

Section 9-7: Net Losses. In the event the Co-op shall incur a net operating loss in any fiscal year, the portion of such loss attributable to the patronage of active and inactive member-owners may be carried back and forward to offset income of the same character in prior and subsequent years as required or permitted under federal income tax law.

Section 9-8: Nonmember Patronage. In the case of nonmember patrons, a proportionate amount of patronage refunds shall be set aside in a general fund for such patrons and shall be allocated to individual nonmember patrons only upon an individual's request within 90 days of the Co-op's declaration of patronage refunds. Said individual must present evidence of the amount of his/her patronage for the past fiscal year at the time of his/her request. The amount of patronage refunds so allocated shall be credited to said individual as payment towards the purchase of a share required for membership. If said individual chooses to become a member-owner and complies with the provisions for admission to membership in Section 2-2, any extra patronage refund allocation over the cost of a share shall then be distributed to said individual in the same proportion as it was to other active and inactive member-owners. If said individual does not choose to become a member-owner, then all patronage refunds available to said individual become part of the Co-op's general fund.

Section 9-9: Disposition of Unclaimed Patronage Refunds. If any active or inactive member-owner has not claimed the cash portion of his/her patronage refund within 90 days of its issue, then the entire amount of the refund (cash and retained portions) allocated to said member-owner becomes part of the Co-op's general fund.

Article X: Rules and Procedures for Ceasing Operations

The Co-op is organized as a cooperative owned by its active and inactive member-owners. In the event the Co-op goes out of business, all debts shall be paid and all assets liquidated. Any surplus shall be distributed in conformity with the Articles of Incorporation, these bylaws, and requirements of Section 53-4-36, New Mexico Statutes Annotated, 1978 Compilation, or the corresponding provision of any future New Mexico Statute.

Article XI: Interpretation and Amendment of Bylaws

Section 11-1: Interpretation. The board of directors shall have the responsibility to interpret these bylaws, apply them to particular circumstances, and adopt policies in furtherance of them, provided that all such actions are reasonable and consistent with these bylaws.

Section 11-2: Severability. In the event that any provision of these bylaws is determined to be invalid or unenforceable under any statute or rule of law, then such provision shall be deemed inoperative to such extent and shall be deemed modified to conform with such statute or rule of law without affecting the validity or enforceability of any other provision of these bylaws.

Section 11-3: Amendment. These bylaws may be amended or repealed only at a meeting of active member-owners, provided that the proposed amendments are stated or fully described in the notice of the meeting at which the amendments are to be adopted. Notice of any proposed amendment must be provided to each active member-owner at least 30 days in advance of a meeting to consider the amendment.

Certification

These bylaws were approved by the members of the Silver City Food Cooperative in accordance within the bylaws in effect on this ____ day of _____ 2012.

Susan Van Auken, President

Attest: _____

Meadow Clark, Secretary

JANUARY 2012 SPECIALS

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

Co+op Deals, January 4 – 17, 2012:



Golden Temple Bulk Granola
reg \$ 3.69#/
Sale \$ 1.99#



Brown Cow 32 oz Yogurt, assorted
reg \$3.49/
Sale \$2.79



Cascadian Farms Frozen Vegetable Blends
reg \$2.89/
Sale \$2.00



Garden of Eatin' Blue Corn Chips
reg \$3.69/
Sale \$2.50



Simply Nutritious Juice
reg \$4.49/
Sale \$2.29



Nature's Plus Spirutein Packets
reg \$1.79/
Sale \$1.49

Co+op Deals, January 18 - 31, 2012:



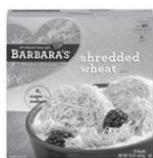
Equal Exchange Bulk Coffee
reg \$12.69#/
Sale \$9.99#



Westsoy Seitan
reg \$4.39/
Sale \$3.29



Cascadian Farms Organic Orange Juice
reg \$4.39/
Sale \$2.99



Barbara's Cereal, assorted
reg \$5.19/
Sale \$2.99



Koyo Ramen, assorted
reg \$1.29/
Sale \$.79



Tom's of Maine Toothpaste
reg \$5.89-6.79/
Sale \$3.99-4.99

Member Only Specials

January 4 - 31, 2012:



Frontier Bulk Ground Cinnamon
reg \$7.19#/
Sale \$6.47#



So Delicious Coconut Creamers
Reg \$2.29/
Sale \$2.06



Amy's Frozen Pot Pies
reg \$3.69/
Sale \$3.32



Arrowhead Mills Peanut Butter
reg \$5.89/
Sale \$5.30



San J Rice Crackers
reg \$3.59/
Sale \$3.23



Jason Henna Hilite Shampoo/Conditioner
reg \$9.19/
Sale \$8.27



Sister Creations Face Cream & Skin Serum
Reg \$11.29 & \$15.29
Sale \$9.59 & \$12.99

Kids' Corner

FREE FRUIT FUN

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



NAME: _____ AGE: _____

Produce Compost Guidelines

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

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

GROCERY SPECIAL ORDER POLICY.

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

PRODUCE SPECIAL ORDER POLICY.

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

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silver-cityfoodcoop.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:

"Let's Play Ball!"



From Your Board...

Food For Thought From the President



Recently a Co-op member requested that the board review the degree of concentration of store purchases among our different vendors. So at the November board meeting our general manager provided information about where we purchase the products in our store. This was an eye-opening experience for me. I think it provides much for each of us to think about as we walk down the path of desiring more local foods.

First let's look at some statistics, for the first nine months of 2011, about where the food and other products for sale in the Co-op come from.

- The Co-op bought products from 228 different vendors.
- In the top 10 vendors there are three cooperatives businesses and three local businesses (one business is both local and a cooperative).
- We have one primary distributor that accounts for around 50% of our purchases. Co-ops across the country have joined together to obtain better pricing from this distributor.
- The second-largest vendor is our main produce supplier, accounting for just over 20% of all store purchases (but just over 90% of all produce purchases).
- Our third- and fourth-largest vendors each accounts for about 5% of all store purchases.

These are the raw statistics, and can be interpreted in several ways. When I read them I like to delve deeper into their meaning, especially in relation to the implications for promoting local foods at the Co-op. I find four specific points about our vendors quite interesting and I want to share these thoughts with you for your consideration.

The first point that jumps to my mind is that we have purchased from 228 vendors in nine months. Are you as amazed with this number as I am? Although we might not purchase a large amount of goods from each of these, many of these vendors are small and/or local. Perhaps we need to realize that this might be what buying local foods looks like—utilizing many smaller vendors. We buy what local people have to offer, even if it is only one product. The products we purchase from these small vendors include local (and regional)

vegetables and fruit, New Mexico cheese, eggs, herbal products, body care products, ready-made food, local bulk items, regional milk products, salsa, bread, tortillas, and some supplements. To me this is the exciting part of being a cooperative interested in supporting local businesses—we can buy from many, many small vendors, and we do.

Another amazing fact is that our primary produce supplier garners 90% of the produce purchases. The concentration of produce purchases with this one distributor could be cause for concern, but this is the best of what is available in rural southwest New Mexico at the moment. However, this is an exciting number for anyone interested in growing local produce. Our members are interested in produce and buy a bunch. Everyone is talking about local foods. Perhaps we can creatively work together as a community to make a plan to secure land and water rights, and locate people interested in farming. Increasing the amount of produce grown in our region would certainly be a benefit for us all.

One distributor that we use is relatively new, and might be an up-and-coming star, because it is both a cooperative business and a local one, and because it has the potential to provide us in the future with a much larger percentage of our purchases. Our Co-op tries to support this business as much as possible and help it grow. The Co-operative Distribution Center operated by La Montanita Co-op in Albuquerque provides delivery and distribution of many foods in their regional foodshed (an area stretching from southern Colorado, throughout New Mexico, and occasionally into southeastern Arizona). The exciting part of this is that it allows regional producers and farmers to have a method for transporting their products beyond their very local area. At the same time, it allows us to purchase products like Colorado potatoes and quinoa and New Mexico peanuts, milk, and cheeses that we might not have access to otherwise.

Our primary distributor, which receives the greatest amount of our total business, provides us with different types of products, ones that are usually not local foods. Many (but of course not all) of these items are processed, packaged, and often produced by larger corporations. If we want more local

foods, these are the products that we members can choose to buy less often, as we find more local products on the shelves.

To me, this information about the Co-op's vendors shows some of the important ways in which the Co-op is working to promote and purchase local foods. It also helps us members to know how our purchasing choices might enhance these efforts.

– SUSAN VAN AUKEN

VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months. If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (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 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.

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

Silver City Food Co-op Board of Directors

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

Gail Rein, Vice President
Board Term 2011-2014
rein.gail@gmail.com

Meadow Clark, Secretary
Board Term: 2009-2012
meadow@conflictmediation.net

Derek Markham, Treasurer
Board Term: 2010-2013
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Lynno Aldin
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lynno@peacemealcoop.com

Tyrone Wright
Board Term: 2009-2012
digableroots@yahoo.com

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

Community Outreach Report

I went home to New Orleans for Thanksgiving; and while I was there, I paid a visit to the recently opened New Orleans Food Co-op. The NOFC is a small co-op with a little over 4000 square feet of retail space and it has already made history twice: it's the 1st food co-op in Louisiana and it's the first grocery store to have a brass band and accompanying "second line" weaving through its aisles, as part of its grand opening celebration!

The New Orleans Food Co-op is located in the New Orleans Healing Center, a newly renovated building that is also home to healing arts businesses, a yoga studio, a book store, restaurants, a fitness center, the Street University, a women's resource center and more. Check out their website: www.nolafood.coop for more info.

The NOFC and their partner businesses chose to locate in an underserved area of the city, described as a "food desert", an area with limited access to retail grocery stores and/or nutritional and affordable food, in an effort to revitalize and support the neighboring communities. Other retail grocery stores have chosen more upscale neighborhoods or the suburbs to set up shop, but co-ops have a value system that looks beyond just the bottom line. Once again the 7th cooperative principle: Concern for Community rears up its beautiful head!

The Silver City Food Co-op has chosen to remain in the Downtown Silver City district to support and be a part of a community of small locally owned businesses. We believe that the health of Silver City is dependent on the health of these small

local businesses that keep capital and jobs right here. A vibrant and thriving downtown also attracts visitors who may return over and over infusing our community with outside dollars.

2012 is the International Year of Cooperatives and the slogan "Cooperatives Build a Better World" reminds us that "economic viability need not be divorced from social responsibility." Purchasing your food from Co-ops supports much more than the individual stores; you support underserved neighborhoods, food pantries, small farms and businesses, local non-profits, folks who need home deliveries, a cleaner environment, and ongoing education for the communities they serve.

Thank you for supporting your Silver City Food Co-op!

— CAROLYN SMITH

THE TRUTH ABOUT HIGH-FRUCTOSE CORN SYRUP

by Rich Wallace

Are you confused about the print and TV ads being promoted by the Corn Refiners Association? You know, the ones that imply that high-fructose corn syrup (HFCS) is essentially the same as table sugar?

DON'T BELIEVE IT! It's true that HFCS and table sugar (sucrose) both contain fructose and glucose, and they provide the same number of calories. But there are significant differences. Many health experts pin the nation's obesity epidemic on HFCS, at least in part. Here's why:

- The Corn Refiners Association states that HFCS "is made from corn, a natural grain product." The key phrase here is made from. It's not natural—it's highly processed.

- HFCS is made by altering the starch molecules naturally found in corn. The manufacturing process allows HFCS's fructose molecules to be more easily absorbed by the body.
- Table sugar is exactly half fructose and half glucose. Despite claims that HFCS is the same as sugar, the standard formula for HFCS is 55% fructose, 42% glucose, and 3% higher saccharides (large sugar molecules).
- While the Corn Refiners Association claims that HFCS is 55% fructose, an analysis of sweetened beverages published last year in the journal *Obesity* found different compositions. "Several major brands appear to be produced with HFCS that is 65%

fructose," wrote medical researchers from the University of Southern California. The mean fructose content of the 23 beverages tested was 59%, significantly higher than the 55% claim made by the Association.

- Most, if not all, of the corn used to produce HFCS has been genetically modified (GMO).
- In two recent studies at Princeton University, rats fed HFCS gained substantially more weight than those fed equal amounts of table sugar. The rats also experienced increased fat in the abdominal region and an increase in triglycerides, a type of fat that circulates in the blood.

2012

MEMBER APPRECIATION DAYS

(MAD)

Thursday, February 16

Thursday, May 17

Thursday, August 16

Thursday, November 15

Book Review:

— VICKI GADBERRY

Cerier, Leslie. *Going wild in the kitchen: the fresh and sassy tastes of vegetarian cooking*. Garden City Park, NY: Square One Publishing. ISBN 0-7570-0091-6 paperback, \$16.95.

This book is intended to help you stretch your culinary capabilities. It will show you how to adjust recipes for seasonal availability of ingredients, and venture forth to incorporate foods like wild greens and roots, edible flowers, and ancient grains.

The first chapter "Recipe for Inspiration" is a primer on ingredients, preparation methods, and cooking techniques. Contained in this chapter are glossaries, tables, and lots of information to assist you in your cooking. The following nine chapters contain 150 of the author's favorite recipes that cover every meal and lots more. It's great to know that her recipes are not etched in stone, and she encourages you to use variations on her themes, to add, subtract, alter or substitute as it suits you. (Isn't this what makes cooking fun!?)

Lots of good "starting" points here, lots of variations on general themes, this cookbook has great possibilities to make your meals more interesting. Resources, index.

JANUARY



JANUARY is named after Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (ianua) – January is

the door to the year. Traditionally, the original Roman calendar consisted of 10 months, totaling 304 days, winter being considered a monthless period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added the months of January and February, allowing the calendar to equal a standard lunar year (365 days). Although March was originally the first month in the old Roman Calendar, January became the first month of the calendar year either under Numa or under the Decemvirs about 450 BC (Roman writers differ). In contrast, years in dates were identified by naming two consuls, who entered office on May 1 and March 15 before 153 BC when they began to enter office on January 1.

Various Christian feast dates were used for the New Year in Europe during the Middle Ages, including March 25 and December 25. However, medieval calendars were still displayed in the Roman fashion of twelve columns from January to December. Beginning in the 16th century, European countries began officially making January 1 the start of the New Year once again—sometimes called *Circumcision Style* because this was the date of the Feast of the Circumcision, being the eighth day from December 25.

JANUARY 2012 — Happy New Year!

Full Moon 1/9/2012 at 12:32:14 am (MST)
New Moon 1/23/2012 at 12:41:40 am (MST)

STAFF CELEBRATIONS

Anniversaries:

January 12, 2006 Kate Stansberger
January 27, 2009 Lennie Buckingham
January 20, 2010 Jess DeMoss

Birthdays:

January 1 Kourosh Amini
January 3 Vicki Gadberry
January 20 Judith Kenney
January 22 Bob Lee
January 24 Jess DeMoss
January 27 Tracey Franco

Song to the Mountain-King

From *The Hobbit* by J.R.R. Tolkien

The King beneath the mountains,
The King of carven stone,
The lord of silver fountains
Shall come into his own!

His crown shall be upholden,
His harp shall be restrung,
His halls shall echo golden
To songs of yore re-sung.

The woods shall wave on mountains
And grass beneath the sun;
His wealth shall flow in fountains
And the rivers golden run.

The streams shall run in gladness,
The lakes shall shine and burn,
All sorrow fail and sadness
At the Mountain-king's return!



CO-OP EVENTS

January 2012

- 4** Member Linkage Committee Meeting, 11:30 am-12:30 pm
- 10 & 12** Community Forum, "Community Bulk Seed Ordering," Noon-1 pm both days
- 11** Monthly Board Meeting, 4:30-7:30 pm
- 17** Member Forum, "Equity & Pizza — Your Piece of the Pie," 5:30-7:30 pm, Church of Harmony (Arizona & 7th Streets)

February 2012

- 1** Member Linkage Committee Meeting, 11:30 am-12:30 pm
- 14 & 16** Community Forum, topic tba, Noon-1 pm both days
- 15** Monthly Board Meeting, 4:30-7:30 pm

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