

Silver City Food Co-op Garbanzo Gazette

*Election Info
Page 13*

Volume 18

✧ Your Monthly Newsletter ✧

April 2018

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343

520 N. Bullard St.

LOOK INSIDE!

• highlights •

Page 2 - Cup O' Joe

Page 3 - GMM Info

Page 4 - Kitchen
Meditations

Page 5 - Produce
& Dairy Picks

Page 7 - Board
Election Info

Page 8 & 9 - The
Last Straw

Page 11 - Behind the
Scenes

Page 13 - Ballot

Page 14&15 - Candidates'
Statements

Page 16 - Sales



Welcome!

by Whitney Bustillos

As we approach April the town of Silver City gets ready to welcome the familiar buzz of rubber hitting the pavement that sends a boost of energy through the streets. Every year the Tour of the Gila brings tourists and athletes from all over the world, and no doubt spikes our local economy. The two years Silver City had the biggest crowds were the years that Lance Armstrong showed up; his presence definitely had a heavy impact on the turn out.

But there is no doubt the TOG would not be nearly as successful as it is without the participation and support of our locals such as cyclist, Frankie Salcido (see photo page 13). Frankie is no stranger to the Tour of the Gila. He has participated 3 times. Each time he rode the 32.5 miles out of Camp Thunderbird, and this year, at age 77, plans on riding this trail once again.

He explains that serious training combined with nutrition is a crucial part of preparing for the race. Before every race he loads up on carbohydrates with foods such as oatmeal. He learned the hard way to stay away

from sports drinks and only consumes water during a race. "The sports drinks only dehydrate you more," Frankie explains. In the midst of the race he refuels with a simple peanut butter and jelly sandwich that gives him the boost he needs. After a long ride he jokingly admits that his nutrition consumption consists of a cold beer!

I asked Frankie what advice he has for the new comers and he explained that success is based on how serious you take training. "To the competitors who are serious, train for it! My daughter is currently training for a triathlon and all her time is taken to prepare. Spend your time training and focus."

Although Frankie is a huge supporter of the TOG, he also has an impressive cycling history outside of Silver City. In 2012, he rode by himself from Las Cruces, NM to Chicago, IL. He explained that although

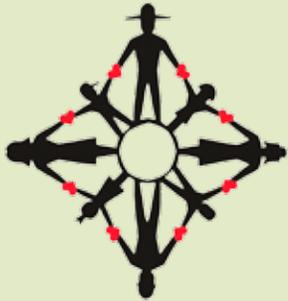
continued on page 7



2076 members/owners strong

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

Editor: Whitney Bustillos

Staff Writers: Judith Kenney, Whitney Bustillos

Guest Writers: Susan Van Auken, Jennifer Lamborn

Submissions are welcomed!

Submit letters, articles, or items of interest to:

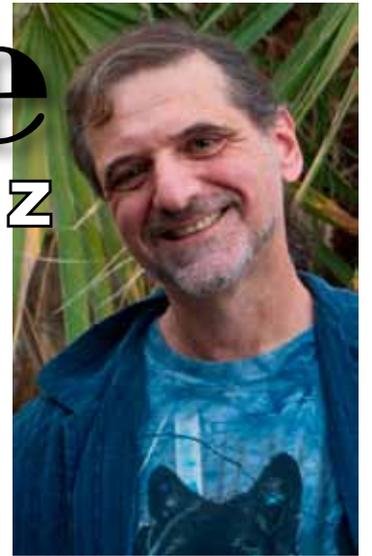
whitney@silvercityfoodcoop.coop

©2018 Garbanzo Gazette

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

Cup o' Joe

by Joe Z



We usually do not currently mail our newsletter yet this issue has been sent to every Member. That's because – it's the law. Yeah – our New Mexico Co-op Statutes state that Co-ops must have a General Membership Meeting (GMM) every year and every Member must be notified through mail.

Last year, we had around 40 Members show up for the meeting. That's not a great return on the investment of dollars spent and time it takes.

But the real question is – are these meetings effective? They're good to have but in our modern day – they seem to be a relic of a by-gone era.

We have a number of ideas floating around on how to create virtual meetings using the web. While this would be a great tool to use – I really think that a physical gathering of Members is a good thing. The meetings though, don't seem to be that much of a good thing.

So we thought about this issue a bit and came up with this idea: let's combine the GMM with our picnic and rethink what the actual purpose of the GMM is. Accountability to the Membership with accurate summary financial reporting is the main function as well as opportunity to give input.

But this doesn't have to be a formal sit-down session. Rather, we thought it would be more effective if we had written reports that folks can read and then mingle around and talk and give input to various Co-op representatives. So I'll be there as well as other Staff and our new Board.

This year is an experiment and at this late date – we still have many unknowns. Such as, how are we going to provide food? The latest thought is that everyone brings their own picnic and we'll have another group come in a food truck and sell additional items from it.

You won't believe how many people just wanted a potluck. That's almost a staple at Co-ops! But get this: new state health regulations won't allow a commercial enterprise to have potlucks as there are no controls on how the food is made. That's the world we live in now.

We'll have more info as we get closer (and it's pretty darn close).

This here mailed Garbanzo Gazette Newsletter also presented me with a rare opportunity to connect with every Member of our Co-op. So I asked myself the question, "What do I want to say to everyone?"

I thought about this over and over. I mulled this through for quite a while and jumped from one topic to another.

As I distilled it all down – there really is just one very simple message that is at the heart of who we are that I want to say to everyone: Please Support Your Co-op.

Not that inspiring, is it? Well, maybe the message isn't but our Co-op surely is. This amazing place has grown for 44 years with more folks discovering its wonders all the time.

Our Co-op is not just another food outlet choice. It is an organization that is focused on the health and betterment of our Members and our Community. We are a buying agent for our Membership not a business that is simply focused on making money and selling anything. The only way a Co-op survives and flourishes is by support of its Membership – who are actually the group owners of the enterprise.

The competition is fierce. Increasing the living wage places more burdens on our Co-ops nationwide. As the popularity of organics and natural foods increases – sometimes it harder for us as the little guy to even obtain products.

Does that thrust our Co-op into positions that we never had to previously bend to? Yes – it does. Some of those positions are quite uncomfortable. Yet necessary in today's economy.

Our Co-op – and Co-ops across the country – have been built and grown only by Member/Owner support. No big investors such as private equity firm Cerebus who purchased Albertson a few years back or Amazon that recently bought Whole Foods. No putting a Co-op on the stock exchange to

get an influx of equity. Member/Owner support – that's it. Sometimes Members will donate or lend a Co-op dollars but generally we only have surplus made on selling product.

Let's be clear here: there ain't anything wrong with your Co-op. We are strong, solid and, considering the changing markets, rather quite stable.

We continue to serve our Members very well and we know that we are limited by the small size of our store and lack of accessibility. There are no clear answers to our next major moves.

We want to reach more folks. We want to help our Members gain health. We want to have the best products available while maintaining affordability for all Members. We want to participate more in our greater community of Silver City, Grant County and New Mexico. We want a fun and exciting place that stimulates our minds as well as nourish our bodies. We want a better world and work for that rather than just giving it lip service.

All this is possible and so much more. As folks discover not only the foods that we offer but also our values, our purpose and our dedication to our Membership, their support of Co-ops around the country (and world) increases by leaps and bounds.

So shop your Co-op! We are more than a store. We are you. We are the folks that stand for something. We are better any way you slice it. We are the real thing. ✨



**•Picnic•
•GMM•
•Fair•**

**Come enjoy some tasty, healthy food
and congenial conversation
at the SCFC Combined GMM/Picnic/Fair.
We're looking forward to spending time
with you!**

***Sunday
May 6th***

11 am - 3 pm

Gomez Peak Pavilion

**Details will appear in the May issue of the Garbazo Gazette
and at: www.silvercityfoodcoop.coop.
Map to Gomez available on our website.**

**Silver City
Food Co-op
Staff**

Judith Kenney
produce/outreach

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z
gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer/receiver

Paul Slattery
produce

Jody Andrews
cashier/grocery

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/HABA buyer

Allie Iacocca
produce/HABA buyer

Mike Madigan
am

Leah Chastain
merch. specialist/receiver

Marchelle Smith
deli

Joy Kilpatrick
wherever needed

Jo Lutz
wherever needed

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

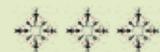
Hallie Richwine
wherever needed

Jarrod Swackhamer
cashier/grocery

Whitney Bustillos
emo

Abel Lazzell
wherever needed

Hina Rainbowchild
wherever needed



Kitchen Meditations

Spring

Lentil Soup with Rhubarb

This is a great way to add body to lentil soup. You can't even tell that it's rhubarb. It imparts a subtly tart taste that blends in beautifully.

Ingredients:

¾ cup lentils
2 cups finely chopped carrot
2 cups finely chopped celery
2 cups finely chopped onion
¼ cup chopped fresh parsley
2 cups chopped rhubarb (about 12 ounces)
Oil or non-stick spray for sauté
4 cups veggie or chicken broth
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon chopped fresh dill (if you're using dried dill, 1 teaspoon)
Yogurt or sour cream



Add lentils and broth to a pot, bring to a simmer and cook for 20 minutes. In a separate pan, add the carrot, celery, onion and parsley and sauté, in oil or non-stick spray, for 10 minutes. Add the rhubarb and sauté for another 5 minutes. Add the cooked vegetables to the soup and simmer for 15 -20 minutes more until the lentils are soft. Cool the soup and ladle half of it into a blender. Cover and blend until pureed. Pour back into the soup pot and stir well. Mix your dill with yogurt or sour cream and use it to garnish your delicious soup!

The Frugal Co-op Chef

Rhubarb Sauce



1 lb. rhubarb stalks (about 4 cups, diced)
2 tablespoons water
½ cup sugar

Roughly chop rhubarb and place in a pot that has a fairly tight cover. Sprinkle in your 2 tablespoons of water and add the sugar. You can use less sugar, but rhubarb is very tart, so seek a balance in your sauce. Give everything a quick stir. Then cook it over medium/low heat just until it softens. The time will vary. You can also add a bit more water, if necessary, a little at a time.

Nutrition Nugget Tips For Spring Nutrition

*Spring is upon us and so is a new crop of fresh produce!
It's the perfect time to lighten your diet.*

*The foods listed below are in season and ready to help us
to meet the coming warmth with renewed health and energy.*

Strawberries

Sweet and juicy, these nutritional jewels are at peak season from April to June. One cup has plenty of fiber and vitamin C.

Asparagus

Low in fat and high in fiber, these tender stalks are a good source of iron and vitamin C.

Cherries

Sweet cherries are high in fiber and potassium. Their intense color is due, in part, to their anthocyanin content, a type of phytochemical that is thought to be high in antioxidant activity.

Peas

Look for sugar snap peas, snow peas and green peas in the Co-op produce section. Like most legumes, peas are low in fat, high in fiber and a good source of plant protein. Green peas provide more B vitamins and zinc, while snow and snap peas offer more vitamin C.

Apricots

For a big boost of beta-carotene, potassium and vitamin C, be sure to include fresh apricots in your seasonal menu. Here in Grant County, they grow abundantly if, indeed, we don't have a late spring freeze!

Rhubarb

Very high in vitamin C, potassium and manganese, rhubarb gives rich flavor and texture to sauces, pies, salsas and salads.

Steamed Asparagus

Ingredients:

1 lb. asparagus stalks, trimmed
1-2 tablespoons olive oil
Salt and fresh-ground pepper, to taste
1 lemon, cut into wedges

Pour about 1 inch of water into a large saucepan and set a collapsible steamer inside. Bring water to a boil, lay the asparagus in the steamer, cover and steam until crisp-tender, about 4-5 minutes. Transfer asparagus to a heated serving dish and drizzle with salt and pepper to taste. Garnish with lemon juice and serve immediately.

*You can also finish the asparagus with the grated zest of a small lemon or butter instead of olive oil.

Jake's April Produce Picks

Asparagus



As with all vegetables, the first asparagus grew wild as a native to most of Europe, northern Africa and western Asia. It was consumed by ancient Egyptians, Greeks and Romans as a food and beneficial herb. One of the oldest foods we still eat, asparagus appeared on an

Egyptian architectural frieze dating from 5,000 years ago. In fact, Roman Emperor Augustus even created an entire "Asparagus Fleet" of ships to transport it during its short harvest season.

Only the young shoots are commonly eaten because, once the buds start to open, the shoots quickly turn woody. A full-grown asparagus plant will grow up to 5 feet tall and branch out into feathery, fern-like foliage. Like rhubarb, the new, tender stems are perfectly safe to eat, but its candy-apple red berries are toxic to humans! Who knew?

Asparagus is a spring vegetable that is packed with nutrition. Delectably crisp and sweet, it is high in vitamins A, C, E, K and B6, as well as folate, iron, copper, calcium, protein and fiber. Enjoy these wholesome little spears while you can, as their growing season is brief. Versatility is its middle name. Asparagus takes wonderfully to steaming, roasting, boiling, blanching, baking, sautéing and grilling! It's lovely roasted with olive oil, parmesan, fresh garlic and black pepper. Just before serving, top it off with a sprinkling of lemon juice.

Fresh asparagus, like most produce is best consumed soon after you bring it home, but if you must, store it in the fridge, wrapped in a damp paper towel and then in a bag. You can also place the stalks upright in a container with an inch of water. Refrigerate, uncovered.



Becky's April Dairy Pick

Hippity-hop on down to the Co-op for some Cotswold Cheese!

Rhubarb

by Judith Kenney

Strawberry rhubarb pie...one of my favorites and the only way I've ever tasted rhubarb. When I lived in Colorado, long ago, and had a big, grassy yard, rhubarb grew in plentiful bunches against the back fence, sprouting up with no help from me. That summer I was a very new mother and occupied with other things. I've wondered, on occasion, is it a fruit or a vegetable? It looks like celery, only red. Does it always need sweetening to be palatable? As I researched this unusual (to me) plant, interesting facts began to reveal themselves.

Rhubarb is an ancient plant that can be traced back to China in 2700 B.C. when it was referenced in The Divine Farmer's Herb-Root Classic, a book of agriculture and medicinal plants. It is native to western China and Mongolia but grows everywhere now, from Patagonia to Greenland. Used originally for medicinal purposes, the first known recipe for rhubarb was found in a cookbook entitled A New System of Domestic Cookery by Maria Eliza Rundell in 1807.

Rhubarb is harvested in the spring, from April to June. The stalks are famous for their vibrant pink color, but can also be light pink or even green. Packed with minerals, vitamins and bioflavonoids, it is very high in fiber. Remember that only the stalks are edible. Never ever eat the leaves as they are poisonous!

Rhubarb is, indeed, a vegetable, but is often cooked, sweetened and combined with fruit as a dessert. On its own it has a tart flavor, comparable to that of a sour green apple. Try it in quick breads, chutneys and with a constellation of fruits. If you'd like to minimize sugar consumption, sweeten rhubarb with honey or maple syrup. We don't normally think of it as an ingredient in savory dishes, but it can add zip to soups and stews. It's also a very nice compliment to meat, chicken and fish.

So, rhubarb is a vegetable, not always red and doesn't always need to be sweetened to eat. Food facts are fun! Our produce department will be carrying it this spring so, perhaps, you can engage in some creative rhubarb cookery. Let us know how it turns out!



Jake Sipko, Produce Manager

CO-OP Community

Community Calendar

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

Grant County Food Pantry

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Sophia Brugman • Ellen O'Bryan • Althea Athenian
catherine bialopiotrowicz • Malika Crozier • Debaura James
Athena and Two Crow Schumacher • Sharon Bookwalter
Vicki Gadberry • Jennifer Lamborn • Susan Van Auken
Jane Papin • Tim Garner • Bart Hiatt • Veronique de Jaegher
Polly Cook • Mike Giusto • Scott Zager



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?

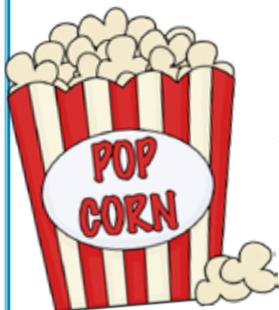
We would love your help writing articles
for the Garbanzo Gazette!

If interested please email
whitney@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



Popcorn Poppers Needed!



Ever notice how happy people are
when you give them something?
Make lots of people happy making and
giving out popcorn and food samples
on Fridays at the Co-op!
Shifts are:
9am to 12noon and 12noon to 3pm.
It's fun and you get to visit with your
friends and meet new friends.

Email Judith at judith@silvercityfoodcoop.coop

Hard Road Trio

April 14th Buckhorn Opera House
@ 7:30pm

Steve Smith, Anne Luna, and
Chris Sanders perform original
southwestern acoustic music
at the crossroads Roots and Bluegrass.

Free Yoga for Veterans

Every Tuesday in March 5pm-6pm
Native American Center

For more information contact
Cate Bradley at 520-235-4313

Third Thursday Yoga

March 22 @ 5pm

The Center for Gender Equity, WNMU
Students, Faculty and Staff
are all welcome.

Silver High School

Baseball

April 3 Lordsburg (2JV)	Silver	4/6 PM
April 6 Socorro (1JV/1V)	Silver	JV4/V6 PM
April 13 Hot Springs (2V)	Silver	4/6 PM
April 24 Ruidoso (2JV/2V)	Silver	3/5 PM
April 28 Cobre (2V)	Silver	10/12AM

Softball

April 10 Cobre (2JV/1V)	Silver	JV4/V4 PM
April 17 Hatch (2V)	Silver	4/6 PM
April 20 Socorro (2V)	Silver	4/6 PM

Tennis

April 3 Chaparral	Silver	3 PM
-------------------	--------	------

Golf

April 23 Cobre Invitational	Silver	9:00 AM
April 26 Deming Invitational	Deming	9:00 AM
April 30 DISTRICT	Silver	TBA



Round Up for April 2018

Customers at the SCFC will be rounding up to the nearest dollar in April for the Silver City Farmers' Market. Most of you are familiar with this fantastic organization that provides a marketplace for local growers, ranchers, artisans, and other producers and enlivens downtown Silver City every Saturday morning May through October. The Market participates in food assistance programs like WIC and SNAP. You can even double your SNAP dollar when you purchase local food. The Market also hosts live music and special events. Please help the Silver City Farmers' Market remain a vibrant community asset by rounding up in April!



February Round Up \$1337.79!

Upper Gila Watershed Alliance (UGWA) was the recipient of the February Round Up program. They will be using the money raised by Co-op customers to assist in a continuing project to eradicate an invasive non-native plant species, salt cedar, from the main stem of the Gila River.

Round Up for May



In May, contributors to our Round Up program will be donating to the Volunteer Center of Grant County. Hunger and poverty in Grant County is their main focus. TVC has worked on a broad range of solutions surrounding these critical issues, including community and school gardens, food pantries, increased food production, transportation and storage, education and economic development.

Tour of the Gila

Continued from page 1



Frankie Salcido

he took pride in the ride, there were a few points where he was scared for his life. “I would do it again if I had someone to go with me; it was too much to do it alone. If something had happened to me, no one would have known.”

Leah Thomas is also an avid TOG participant; she has been participating since 2016. She explains, “When I lived in northern Arizona on the Navajo Reservation, and I had just started riding bikes, someone mentioned that I should go race Tour of the Gila as a cat 4. I remember looking up the race and being so excited to see the long, hilly, hard stages. Unfortunately, I didn’t make it to race Gila that year, but was ecstatic when I got to race it for the first time as a pro in 2016. I have done it every year since.”

Leah also agrees that oatmeal is the best meal prior to a race and tops hers with two eggs. She explains that the combination of carbs and protein are what she has found to be the most sustaining meal. But after a race it’s fair game and she consumes anything from chicken and sweet potatoes to tacos. “Really anything that has a good supply of protein and some carbohydrates. If I can’t get to a meal or I’m too discombobulated for real food, I’ll drink a recovery mix with whey protein”. Leah prefers both water and a specific sports drink, “I drink a lot of GQ6, which is

formulated to hydrate you faster than drinking plain water and helps replace what is lost via sweat. Off the bike, I stick to plain water but like to throw a kombucha or two in there as well.”

I asked Leah what advice she has for newcomers and she expressed, “My biggest advice is to be patient, be safe, and take care of the little things. It’s a long hard week, and taking care to rest and recover between stages is paramount. This race will push the limits of your fitness, so race your heart out, but know that fitness grows over time. I know many athletes who came to Gila early on in their careers and got dropped. As they got stronger, they came back and have played critical roles in the outcomes of subsequent races. Use each race day as a chance to get experience, learn about the peloton and about yourself, and most of all, have fun!”

Both Frankie and Leah agree that this is one of the most distinguished bike races in the United States. Leah goes on to explain, “The terrain and distance make it a fantastic venue for testing riders’ preparation for a wide variety of difficult situations. It is a chance for climbers to show



Leah Thomas

off their abilities and time trialists to test their fitness on a long, exposed, time trail course. Also, it is one of the first stage races of the year, so each team is fighting to get a strong early-season result.”



Survey Says . . .



**By Karen Strelko
Board President**

Last November we did something that the board hasn’t done for over five years: We developed a survey for staff members and handed it out for completion during the November all-staff meeting. The purpose of the survey was to give the board an opportunity to check in with staff members about critical aspects of employment at the co-op, and assess the staff’s opinions on management as well as board of directors’ performance. The survey results have been shared, in detail, with all members of staff as well as management. However, for privacy purposes, we have elected not to publish the specific results from the survey. At the bottom of this article is the list of questions contained in the survey.

Although our respect for privacy keeps us from publishing the specific results of our survey, we do want to share with you some of the overall themes and insight we encountered. Most importantly, we – the members of the board – feel that this survey has given us important insight into the staff’s perspective of our co-op. This is a perspective that the board is not regularly privy to, at least not on a staff-wide basis.

Conducting the survey was a success from the board’s point of view. Every staff member present at the meeting participated, meaning we got 32 responses out of 34 staff members (two staff members were unable to attend the meeting). Our goal now is to incorporate what we have learned into our strategic and tactical actions in ways that will strengthen the board/manager/staff relationship and improve strategic and operational functionality at our co-op.

The survey results pointed out areas where we succeed as a cooperative business, and areas where we can improve. Overall, results showed that most of the staff was generally satisfied, yet there is still room for improvement in our operations and communications.

One theme that arose from the survey results showed that the board itself must improve our in our ability to effectively communicate to staff just exactly what the purpose of the board is, what we do

on a regular basis, and what the board’s strategic plans for the co-op’s future are. It now falls on us to make sure that our staff not only know where we are pointing our efforts, but make sure we have staff and management buy-in to our goals.

Another area of interest to the staff is the co-op’s staff policies and procedures manuals. Staff, in general, would like a more complete, clear and concise set of policies. Management, with staff and board input, started working on this project last year plans to have it completed in 2018. Writing good policy is a long and iterative process but, and it remains a board priority to see quality, updated policies in place as soon as practically possible.

Overall the two most promising answers to the survey questions were “I embrace the co-op model” (100% agree) and “I am a member of the co-op.” 94% of our staff are members, even though membership is not a requirement of employment. We think this demonstrates a very strong staff commitment to who we are as a co-op and what we do for our community.

Also very telling were the answers to the question “if you could change anything about the Co-op, what would it be?” 24 out of the 32 responding staff members talked about a variation on SPACE. Answers included bigger, better building, more parking, a sit-down cafe within the store, more storage and warehouse space, and an employee meeting space or lounge. This is a perspective that we the board share and have included as a goal in our strategic plan. The staff focus on it speaks to the heart of the everyday working conditions at our co-op.

To summarize, the survey results demonstrated to the board what we already suspected: we have an incredibly dedicated, caring team of employees who, for the most part enjoy their work with us at the co-op. Many of the completed surveys included ideas and suggestions on how and where the board and management can improve, and we are taking those ideas to heart as we forge ahead in 2018.



The Last Straw:

Every single piece of plastic

ever made still exists somewhere on our planet. Even though we've been conditioned to think of plastic items as "disposable," the fact is we can never actually throw away plastic. There is no "away"-- there is just throwing. Plastic is indestructible, at least in our lifetimes and several generations to follow. Presently, there are 8 billion tons of plastic on the planet, most of it produced since 1950.

Historically, early plastic products appeared on the scene as miraculous substitutes for dwindling natural resources such as bone, ivory, and tortoise shell that had been used to make combs, pipes, pens, jewelry, etc. In those early days, plastic was dearly loved because its properties of malleability and hardness surpassed the limits of wood, metal and glass; the possibilities were endless. Interestingly, the arrival of plastic in the U.S. played a central role in setting the stage for our contemporary consumer culture. Celluloid¹ products appeared at a time when the country was transitioning from an agrarian to an industrial economy. People began to buy things that were factory-made rather than handmade, and plastics expanded opportunities for the poor to join the consumer class.

Plastics were relied upon heavily during World War II, and when the war ended, the big plastic producers such as DuPont and Dow flooded the consumer market with a treasure trove of new products, helping to generate an era of perceived material abundance as well as expanding a consumption-oriented middle class. Since that time, plastic manufacturing has doubled roughly every 15 years, outpacing nearly every other man-made material.

In 2018, plastic is everywhere in our lives. We touch plastic daily. Our food is always in contact with plastic, beginning with the microscopic plastic particles that work their way through the food chain from the plankton in the oceans to the bellies of fish in the rivers. Plastic is pulverized in our soil and is a component of food processing equipment, packaging, preparation and home storage.

You may be astonished to learn that 50% of the plastic manufactured globally is single-use plastic. The average person on the planet discards several pieces of plastic every day, e.g., packaging, eating utensils, drink cups, water bottles, straws, etc. If you think about it, most single-use plastic items are completely unnecessary. They have only been introduced into our lifestyles relatively recently, in the name of convenience².

There is a mass of plastic in the Pacific Ocean the size of Europe; essentially, a new continent has been formed out of plastic refuse. Perhaps you have heard about Midway Atoll in the north Pacific, also known as "Plastic Island." Because of the pattern of ocean currents, this remote island uninhabited by humans

¹Celluloid was the first plastic made from plant cellulose and camphor. Bakelite was the first synthetic plastic that was made entirely in the lab from phenol and formaldehyde, derived from coal tar and wood alcohol. Bakelite could not be melted and remolded but our modern plastics undergo a different hardening process and are all recyclable.

²We might justify using single-use plastic items thinking that we'll simply recycle them. Here in Silver City, we are fortunate to be able to recycle plastics #s 1 through 7. Plastic bags, including bread bags and Ziploc-style food storage bags can be recycled at Food Basket and Albertsons. Sadly though, most plastic on the planet is not recycled. *National Geographic* reports that only 9% of the 8+ billion tons of plastic produced historically has been recycled.

Americans discard 500 million straws daily.

In February, our EMO Manager Whitney Bustillos sent a letter to local businesses challenging them to stop using single use plastic straws for the month of April, the month of Earth Day. Whitney points out that instead of asking people to radically change their lifestyles, it's more reasonable to fuel positive action with something small, like straws.

We will be joining other communities across the world in the movement known as #stopsucking!

The movement began in Seattle where the mayor announced that in July, 2018, Seattle will become the largest metropolitan city to ban the single-use plastic straw.

Reconsidering the Plastic Economy

by Jennifer Lamborn

is smothered in plastic and reeks of decay; the wildlife mistakes the plastic pieces for food, and turtles, marine mammals and sea birds die slow deaths caused by gut obstruction and malnutrition.

Every minute one ton of plastic makes its way into the ocean. Plastic pieces blow in the wind, drift in the waterways and eventually end up in the ocean. In fact, 80% of ocean plastic comes from land-based activities. As a planet, if we continue discarding plastic at this current rate, there will be more plastic than fish in the ocean by 2050.

Although you may think that eliminating straws can't really touch the problem of all the plastic that has permeated our biosphere, raising our awareness of the unfeasibility of single-use plastic can set the stage for a global paradigm shift. Despite the fact that fossil fuel companies are investing billions of dollars in the construction of future plastic plants, activists and innovators around the world have begun collaborating to consider ways we can create a "closed loop" plastic economy. Exciting, provocative ideas can be found on the Ellen MacArthur Foundation website. Because plastics represent such a huge challenge, gaining control of plastic waste calls for a comprehensive, global approach³.

Roughly put, a "closed loop" or "circular plastic economy" is based on the cyclical model of the biological world ("the life cycle") in contrast to our present linear ("take/make/dispose") model. Innovators at think tanks propose that we can redesign products and packaging that are made of safe, compostable materials that can "grow more stuff" when their usefulness is done. Degradable bioplastics made from plant cellulose are viable and on the rise. On this model, the goods of today can become the resources of tomorrow; our waste can build capital rather than reduce it. With a finite supply of resources, a growing human population and the moral obligation to consider the welfare of other species as well as future human generations, our present system has reached a crisis point that demands a radical shift in perspective. Soon we will have no choice. While it is easy to be cynical, it takes creative work to have vision and optimism. Prepare your mind so that you're ready to accept the changes as they come. The last straw is in the near future.

Bibliography

Freinkel, Susan. *Plastic: A Toxic Love Story*. Melbourne, Vic., 2011.

Keetley, Amanda and James. "9 Tips for Living with Less Plastic." *Less Plastic*, 2017

Straws. Digital image. www.thepetitionsite.com/ask-cineworld-to-use-biodegradable-straws/. Care2.com, Inc, 2018.

"The New Plastics Economy: Rethinking the Future of Plastics." *Ellen MacArthur Foundation*, Ellen MacArthur Foundation, 2018

Parker, Laura. "A Whopping 91% of Plastic Isn't Recycled." *National Geographic*, National Geographic Society, 20 July 2017



³It is worth noting that "global awareness" is a relatively new phenomenon, perhaps dating back to the moon landing and intensified by the Internet. There are reasons to be optimistic because we are still exploring the potential of this new mindset.

Behind the Scenes at the Co-op

This column will feature people who keep our co-op running smoothly, and in future months, you will learn here about the stocker/cashiers, the buyers and the assistant manager.



*by Susan Van Auken
Co-op Member*

❖ The Finance Team ❖

In a way, managing the co-op's finances resembles your process with your bank statement at the end of the month. Income deposited, bills paid, account reconciled, and financial decisions made. Simple, right? For the co-op this might be simple in theory, but the myriad details needing to be tracked make it anything but simple.



*Our finances have gone to the dogs!
Marguerite's favorite breed of dog:
the Jack Russell terrier*

The co-op's finance team comprises many people: all the cashiers, Carol, Jenny, Hallie, Marguerite, Betty, and Joe Z. In addition to the human team, at the center of all of their daily activity, the cyber team also works away, as our cash registers and POS (pricing) hum with Catapult software and our accounting operations tick with Sage software.

First, the money comes in

Since the co-op is a retail grocery store, all the income the co-op receives is from the sale of product. Although most product is sold through the store, additional product is ordered by and invoiced to restaurants and other organizations in town.

The daily process begins when one of the finance workers readies the cash drawer, or till, for the cashiers, providing each with exactly \$194. At the end of a shift, every cashier receives a report

through Catapult that gives the exact total that should be in his or her/his till, broken down by cash, check, debit, credit card, and EBT payments. The cashier counts the till in the presence of an office finance worker, then enters all the data on a "cashier report" and reconciles it with the Catapult report. Much of the time cashiers are spot-on, with no mistakes.

Every morning except Sunday, Carol, Jenny, or Hallie builds the deposit, which takes one to two hours. The receipts from the previous day's cashier shifts, which have been kept in separate bags, are reviewed, recounted, reconciled, merged for the deposit, and taken to the bank.

Then the money goes out

Cost of goods sold. For the co-op, the largest expense is the product, or in financial terms, the cost of goods sold. All product that comes into the store is accompanied by an invoice, which is processed by the receivers and POS before it makes its way to the finance team for coding. Invoices can be very small, such as that from a local vendor who brings in three dozen eggs, or very large, as from a distributor delivering multiple pallets packed with product. All are processed the same way.

Coding an invoice requires knowledge and experience. Jenny does all the coding now but is teaching Hallie the intricacies. For accounting purposes, each item needs to be accurately placed in one of twenty categories, representing the different sales departments. Some products can cause confusion; for example, some bottled teas and kombucha belong to the refrigerated department and some to the grocery department. There are many details like this that the coder must know.

Marguerite, the finance manager, is responsible for paying these invoices, which she does on Friday. She pays local vendors

every two weeks, while most other vendors allow thirty days. Since all the invoices have been entered into Sage after they are coded, Marguerite runs a "payables report" each week, to track which invoices need paying.

Payroll. Every other Monday the payroll cycle starts. Employees use swipe cards to electronically record their hours. Marguerite and Jenny work together on payroll by first monitoring the record of employee hours to make sure they are complete. On Monday of payroll week, a report is printed of each employee's hours, and then adjusted to add time for any paid leave the employee took during this pay period. Employees are also able to charge their co-op purchases and have this amount deducted from their paychecks. Once the program is run to calculate wages, employee purchases are deducted, and paychecks are cut and made ready on Thursday of payroll week, with most employees electing to receive a direct deposit to their bank accounts.

Operations and occupancy. These costs, often regular monthly bills, include all those other expenses necessary to run a business, such as utilities, taxes, and repairs and maintenance.

Accounting tallies it all up

At the beginning of each month, Marguerite closes out the previous month and opens a new month, ready for the detailed entries she and Carol will put into Sage for this new month. The cost of goods are applied to the appropriate department according to the coded invoices; the payroll is broken down into working hours, paid leave, and various taxes being withheld; and the data on income from the Catapult sales reports are also entered.

The sales data by department from Catapult when merged with the cost-of-goods

data from Sage provides the actual margins for each department and for the co-op as a whole. This important information represents the money that the co-op has for all operations, including payroll, and it is important to reach the target margins.

Creating reports for monitoring and decisions

Betty, CPA and contract worker at the co-op, takes the data from Sage and Catapult to create a wide variety of reports used to evaluate the financial status of



*The office support staff:
Carol, Hallie and Jenny*

the co-op from a multitude of perspectives. Joe Z receives all of these reports, some of which the board of directors also receives, upon which informed decisions for the co-op can be made. Betty's understanding from a CPA perspective combined with Joe Z's from a business perspective ensures a strong balance for our co-op.

This column was started in November 2017; you can read previous columns in the Garbanzo Gazette on the co-op's website.



Herb Department

NEWS

It's Tea Time!

"Tea is liquid wisdom" -Anonymous



Our bulk tea department is now offering customers two new green teas with delightful, mellow overtones. First, is the Blueberry Green Kukicha, a fine organic Japanese karigane tea combined with nutrient-packed, freeze-dried organic blueberries. Fresh, fruity, vegetal flavors deliver a boost of antioxidants and very low caffeine content in a satisfying beverage. You may wonder, as I did, "What is karigane?" Further reading revealed that it is a type of tea made from the stems of Gyokuro (a type of shaded green tea from Japan) and high-grade Sencha. Also known as kukicha, it is less expensive than the leaves because the stems are considered a by-product. However, it has a better flavor than leaf teas in the same price range. It is a good tea for daily drinking.

Next is the Green Strawberry tea, a pretty pink infusion with nuances of fresh, sweet, strawberry flavor. This pleasant, floral, light-bodied tea has a clean finish and rounded texture. I enjoyed its classic, green character combined with a definite berry taste.

Kukicha tea naturally contains less caffeine than green, but both have less than black tea. Eight ounces of green tea has about half the amount in regular black. However, the caffeine levels in all teas vary with type, quality, brewing time, serving size and so on. Loose, whole-leaf teas contain less than tea bags because most bags are filled with broken leaves which have more surface area. This increases the rate at which caffeine infuses into your cup.

All talk of stimulants aside, you might like to try these two delightful teas. Find your favorite cup and fill it up!

****More Good Things:***

While you are browsing the bulk herbs department, you may also be interested in pink Himalayan course-grind salt, lemon ginger tea, raspberry green tea and ginkgo tea.



Jeanné on the herb aisle with the two new teas, Blueberry Green Kukicha and Green Strawberry.

Little Walnut Mountain Run



A Benefit for the Silver City Farmers' Market

April 28, 2018

At the Gomez Peak Pavilion

9:00am Race Start

8:00am Check-in

7:30-8:30 Day-of Registration

Find out more online at: <https://runlittlewalnut.wixsite.com/race>
or contact: friscofarm@gmail.com

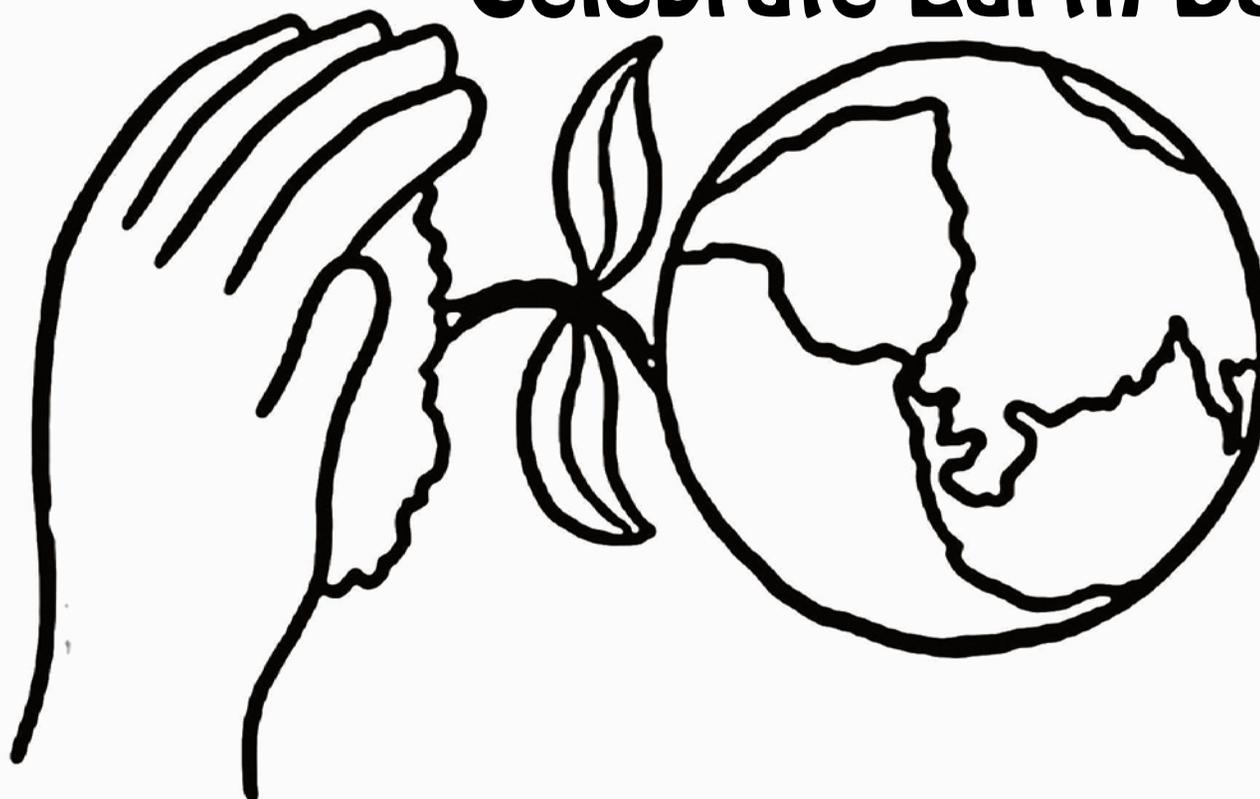


Kids' Corner

FREE FRUIT FUN

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

Celebrate Earth Day!



NAME: _____
AGE: _____



Silver City Food Co-op

Official 2018 Ballot

Board of Directors Election

*The voting period officially begins April 7 to April 20, 2018 at 7:00 p.m.
(Mail-in ballots must be received by April 24th, 2018 to be counted.)*

↓ (A) Fold this part down. Leave personal information visible. Secure with tape. ↓

There are five positions open. Please vote for a **maximum** of five candidates. If you vote for more than five people (including those you write-in), your ballot will be invalid and your votes will not be counted. Successful candidates will receive at least 50% of the ballots cast.

Jennifer Johnson

Dan Herbison

Shanti Ceane

*Write-in candidate: _____

*Write-in candidate: _____

*Write-in candidate: _____

**Write-ins will be counted only if the write-in is a current co-op member-owner of record, whose membership has been active for at least 90 days prior to April 7th.*

- 1) **Print** your name and address, **then sign the ballot**. Please print clearly. Ballots with missing information will be considered invalid.
- 2) Return your ballot via one of the following methods:
 - **Hand-deliver** completed ballot to the ballot box in the co-op store by April 20, 2018 p.m.
 - **Mail** completed ballot to: Silver City Food Co-op - **Board Election**, 520 N. Bullard Street, Silver City, New Mexico 88061. Mailed ballots must be received by April 24, 2018.
- 3) **Please note:** Only the **active member-owner of record, not a household member**, is eligible to vote. (Bylaws Article II, Membership)

↑ (B) Bring this part up over the folded ballot. Secure with tape.

Once membership is verified, and prior to counting votes, the bottom portion with your name, address, and signature will be removed from the ballot.

Name _____ Signature _____

Address _____

Securing your Ballot:

1. Fold the top portion (A) over the center (ballot) and secure with tape (leave your name, address, and signature visible).
2. Bring the bottom portion (B) up and over the folded part of the ballot. Secure with tape.

Please VOTE

Voting is April 7th - April 20th

Candidates' statements follow on pages 14 & 15.

For your convenience, mail in or bring in your ballot. Also available at the Co-op.

Candidates' Statements

Shanti Ceane Candidate Statement

I was born in Albuquerque and raised in Silver City and after working elsewhere for a number of years, had a desire to return to my family and to the community of my youth. Since returning to Silver City, I have been considering ways in which I might give back and contribute to this community. I depend on the co-op in part for my health, nutrition, and community interaction. There isn't a week that goes by that I don't use and appreciate the bulk bins and every single time I check out, I am thankful for those who thought of and implemented the round up donation program. I believe the Co-op is the best place for me to invest my time, knowledge, and experience. A place with people and a mission, in which I truly believe.



As I was considering the submission of a candidate statement, I wondered what in my background and skills might contribute to the Co-op and the Board. I am a civil engineer, and at first glance, this seemed a far cry from a grocery store that we own with our friends. But during my 15 year career as an engineer, working in communities large and small, I have developed skills in community involvement, consensus building, public speaking, customer service, time and budget management, and effective and efficient communication. All of these I believe would be valuable contributions to the Board of Directors and to the Co-op.

My interest in running for the Board is to do my part to help ensure that the Silver City Food Co-op continues to be a valuable community asset. I support our Co-op continuing to contribute to the health and well-being of Silver City and the surrounding area by keeping organic, locally sourced, and fair trade products available and accessible to the community it serves.

Please answer these six questions for members (you can give more information about any of them above):

1. Have you participated in Board Member in Training (BIT) this year? yes no
2. Have you served on a Co-op Board committee? yes no If so, how long? ___
3. Have you served on a previous board? yes no
If so, where and how long? West Michigan Branch of the American Society of Civil Engineers, 3 years
4. Have you attended a board meeting this year? yes no If so, how many? ___
5. Have you ever volunteered for our Co-op? yes no If so, how long? ___
6. Have you ever worked for a Food Co-op? yes no If so, how long? ___

Jennifer Johnston Candidate Statement

Hello Food Co-op Members,

My name is Jennifer Johnston and I am running for re-election to your Board of Directors. As most of you know, I have served the board for three and one half years and I am willing to serve for another three years. It is important for the board to contain both veteran and new members, bringing wisdom from the past together with fresh energy and new ideas for the future.



During my time on the board, much has been accomplished for the Co-op. We have started, ran and closed a café' component of the Co-op. The decisions at each point in that process were challenging, but worthwhile. We benefited from the input of many of you at each step. We also rewrote both the policies that govern running the business, through oversight of our general manager's responsibilities, as well as the policies that govern the responsibilities of the board. Then we took on re-writing the values, mission, and vision of the Co-op. From that, and it is something I am most proud of, we developed a five-year strategic plan for the Co-op. When I look back, I cannot believe how much work a dedicated small group, even with changing members, managed to accomplish, in little more than three years' time.

Now that we have a strong foundation on which to base the Co-op's future, as well as solid procedures to effectively run the monthly operations of management and board, I look forward to helping the strategic plans become a reality.

I will offer my skills of leadership, project management, communication, and problem-solving to our team, and I believe that will complement the contributions of old and new board members alike. We will need the help of many members too, to keep the Co-op a strong example of cooperative business and representative of safe, healthy, and eco-balanced food production, distribution, and sales in this community. I hope you will support me and work with me to grow the stability and success of the Co-op.

Please answer these six questions for members (you can give more information about any of them above):

1. Have you participated in Board Member in Training (BIT) this year? N/A
2. Have you served on a Co-op Board committee? yes no If so, how long? 3 ½ yrs
3. Have you served on a previous board? yes no
If so, where and how long? ___ The Grant County Volunteer Center; 6 years
4. Have you attended a board meeting this year? yes no If so, how many? 11
5. Have you ever volunteered for our Co-op? yes no If so, how long? 3 ½ yrs
6. Have you ever worked for a Food Co-op? yes no If so, how long? N/A

Daniel J. Herbison Candidate Statement

Growing up in a midwestern farm family, I was surrounded by many traditional farm co-ops. (This had been Granger country in the 1800s.) My family belonged to several co-ops, and my mother continued to serve on the Board of one into her seventies.

After finishing a degree in comprehensive accounting, I worked as an Internal Auditor (Chicago, Illinois), and later as a Certified Public Accountant (Albuquerque, New Mexico). In 1980 I completed a law degree at UNM.

In nearly forty years as a New Mexico attorney I have done corporate, commercial and business, as well as general civil, litigation and tax law. I was also a New Mexico Real Estate broker for several years. I am semi-retired, and primarily limit my remaining practice to tax.

Stella and I purchased a home in Silver City's, downtown historic district in 2013, which we continue to work on. We've been members of the SCFC since purchasing our home. The Co-op is an important part of our quality-of-life, and directly influenced our decision to buy a home here.

We've also been life-time members of La Montanita Food Co-op in Albuquerque for nearly twenty years. We share a conviction that food co-ops serve as standard-setters for our food system. Food co-ops have also frequently been incubators for the social consciousness often lacking in other institutions.

The sincerity and commitment which drive the food co-op movement have begun to impress the value of a clean, sustainable food supply onto the rest of society. They have also been a key influence to keep commercial imitators somewhat honest.

Regardless of how you view the rather belated entry of commercial grocery stores into the 'organic' and 'natural' food business, no one can deny the positive impact this change has had on our nation's food quality and safety. Despite the impressive advances these changes signal, however, much remains to be done.

Our current Board recently took an important step, formulating and adopting a forward-looking strategic plan for the SCFC's growth over the next five years. This plan recognizes the need to expand our current facilities in order to continue delivery of the selection and service the members have come to expect.

Implementation of this plan will require common effort, as well as close attention. Care must be taken to achieve these goals while still protecting and preserving the values and important achievements of the Co-op over its first forty years.

Implementation will necessarily include many aspects involving both law and finance, as well as other related fields. As a Board member, I can offer the Co-op community significant experience in these fields to supplement the wide range of skills and experience brought to the table by other Board members. I can help to make a difference.

Please carefully review all of the options presented, then exercise your franchise and vote for the future of our Co-op.

Questions:

1. Have you participated in Board Member in Training (BIT) this year? ___ yes no
2. Have you served on a Co-op Board committee? yes ___ no
If so, how long? 3 mos – Feasibility Committee
3. Have you served on a previous board? ___ yes no
4. Have you attended a board meeting this year? ___ yes no If so, how many? ___
5. Have you ever volunteered for our Co-op? ___ yes no If so, how long? ___
6. Have you ever worked for a Food Co-op? ___ yes no If so, how long? ___



Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month. Check at the Co-op for the meeting location.

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.

Karen Strelko/President
Board Term: 2015-2018
karen@silvercityfoodcoop.coop

Jean-Robert Béffort/Vice President
Board Term: 2016-2019
aspace.studiogallery@gmail.com

Laurie Anderson/Treasurer
Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Secretary
Board Term: 2015-2018
johnstonjenny40@gmail.com

Board of Directors

April Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period.
 Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

April 4 - April 17



Bulk
Almonds
reg \$7.69#
SALE \$5.99#



Eden Organic
Beans
Assorted, 15 oz
reg \$2.99
SALE \$1.79



Cascadian Farm
Blueberries
8 oz
reg \$4.69
SALE \$3.00



C20
Coconut Water
with or without pulp
17.5 oz
reg \$2.49
SALE \$1.50



Bhakti
Iced Chai
Almond Milk
16 oz
reg \$4.19
SALE \$2.99



Host Defense
Stress
Decompress
60 ct
reg \$29.99
SALE \$19.99

April 18 - May 1



Bulk
Organic
Red Kidney Beans
reg \$2.69#
SALE \$1.99#



Epic
Bars
Assorted, 1.5 oz
reg \$2.99
SALE \$2.00



Jackson's Honest
Chips
10 oz
reg \$5.39
SALE \$3.69



Amy's
Gluten Free
Burrito
5.5 oz
reg \$3.39
SALE \$2.50



Health-Ade
Kombucha
Assorted, 16 oz
reg \$3.89
SALE \$2.69



Organic India
Moringa
Capsules, 90 ct
reg \$21.49
SALE \$14.99

Members Only Specials

April 4 - May 1

20% OFF!
listed prices



daiya
Greek Yogurt
Assorted, 5.3 oz
reg \$1.69



Hilary's
Mediterranean Bites
12 oz
reg \$4.99 lb.



Woodstock
MiniMe's
Organic Rice Bites
2.1 oz
reg \$2.99



Clean Well
Natural
Hand Sanitizer
1 oz
reg \$3.29