

# the Garbanzo



# Gazette

Volume 12

a monthly newsletter of the Silver City Food Co-op

## MEMBERS' SPECIAL VOTING EDITION

BOARD OF DIRECTORS' ELECTION  
REVISED BYLAWS and  
ARTICLES OF INCORPORATION



2012 CANDIDATES FOR BOARD OF DIRECTORS



Meadow Clark



Lynno Aldin



Eliza Cain



Jerry Boswell



Carmon Steven

Read the candidate statements printed on Pages 6 and 7. There are three open seats, each for a three-year term. Ballots are enclosed in this March issue of the Garbanzo Gazette.

### LEGAL NOTICE TO MEMBERS

The 2012 election is this month, March 2012, to fill three positions on the Board of Directors and to vote on the revised Bylaws and Articles of Incorporation. The voting period starts March 1, 2012 and ends March 31, 2012. Ballots are inserted in this issue of the *Garbanzo Gazette*, and have been mailed to all active members at their current address of record.

The revised Bylaws and Articles of Incorporation were published in the January 2012 issue of the *Garbanzo Gazette*. These documents, as well as the current legal documents, are available from the Co-op website at: [www.silvercityfoodcoop.com](http://www.silvercityfoodcoop.com) or upon request at the Co-op. The website also has a summary of the changes being proposed in the revised documents.

If the revised Articles of Incorporation are approved by two-thirds of members voting and the revised Bylaws are approved by a majority of the members voting in this election, the equity system described in these legal documents will replace the current fee system starting January 1, 2013. Individual members will buy their first share in 2013 when their Co-op membership is normally up for renewal.

### In This Issue

Greetings From the General Manager  
Page 2

New Product Spotlight  
Page 3

Kitchen Meditations  
Page 4

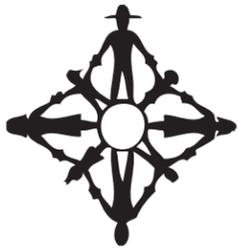
Monthly Specials  
Page 5

Candidate Statements  
Page 6 & 7

Special Meeting Notice  
Page 7

# 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

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

## Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

## The Garbanzo Gazette

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

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# Greetings from the General Manager

Continuing on through our journey of the Seven Cooperative Principles, I'd like to stop and take a look at #5, Education, Training, and Information. The first part of this principle tasks Co-ops with providing education and information to staff, members, and Board members so they can contribute to effectively to the development of the Co-op. What does this mean? To me it has several layers including knowing what Co-ops are and how they work, what the vision of our Co-op is (our Ends Statement), what we do at our Co-op, and how we benefit members and the community.

The second part of this principle is to inform the general public about the nature and benefits of cooperatives. This tasks us with doing something we are not always good at in the cooperative world, telling people what we do. We forget that Co-ops have great benefits for their members and their communities and provide a great alternative to the current business models that exist. But how do we get the word out?

Here at the Silver City Food Co-op, we take a multi-faceted approach at education. We hold in-store events such as staff training and Board training, the monthly

community forums, place information in the store, and special events like January's "Equity and Pizza" event. We use the *Garbanzo Gazette* to inform not only members but the community at large since it is available in the store and on our website. We also use electronic media like our website, Facebook page, and Twitter to get information out. We also do outreach into the community working with other groups including schools, non-profits, and other community service organizations. But we can do more.

Since 2012 is the International Year of the Cooperative, we are moving forward with some additional programs. We plan to have special events in honor of 2012 IYC and work with other local cooperatives (such as local credit unions) in these events. We also will be rolling out a Cooperative Education Program for members so you can learn more about our Co-op and cooperatives in general. Our task for you is to come and attend these events, read the newsletter, and talk to your neighbors. We are all in this together, literally.

— DOUG ZILM

## DID YOU KNOW?...

### THE POWER OF CITRUS

Plump, aromatic and packed with plenty of tartness, even the most basic of these fruits—oranges, lemons, limes and grapefruit—scream life during the darkest of days. Bit into a sparkling orange and you're reminded of south-



ern Texas heat, California's endless summer, Florida's searing sunlight. But the real power of citrus is how it pairs with other foods. The tangy juice brightens all the other flavors in recipes (see page 4 for recipes using citrus). Citrus's strength isn't limited to the culinary. Just one medium orange delivers more than 100% of the daily dose of Vitamin C. Here are some ways citrus can keep us healthy:

**CALM A COLD.** Loading up on citrus and vitamin C won't prevent colds, but high doses of C may shorten the duration and lessen the symptoms.

**PROTECT YOUR TICKER.** Oranges, grapefruit, lemons and limes are rich sources of flavonoids. The predominant flavonoid in these fruits—hesperidin—is credited with boosting "good" HDL cholesterol and lowering "bad" LDL cholesterol and triglycerides.

**REDUCE SODIUM.** Bothy citrus and salt enhance flavors, so skip the salt and add a spritz of citrus juice instead to keep dishes naturally lower in sodium.

**SQUEEZE YOUR OWN.** Exposure to light and oxygen during processing and storage can decrease the amount of flavonoids in citrus juices by as much as 50%.

**KEEP FRUITS AND VEGETABLES FRESH.** Ascorbic acid in citrus juice works as a short-term preservative. Squeeze lemon or lime juice on cut avocados, apples, bananas, artichokes or pears to keep them from turning brown.

**GUARD AGAINST CANCER.** Limonoids, a special class of antioxidants in most citrus, may help guard against colon, lung, breast, skin and stomach cancer.

**HELP LOSE WEIGHT.** Naturally packed with water and fiber, citrus helps you stay full and satisfied.

**GET A NUTRIENT BOOST.** There's about 17% more vitamin C in organic citrus than in conventional citrus.

### FROM THE SEA

Treasured in Asian cooking and Traditional Chinese Medicine, sea vegetables are among the most nutrient-dense plants on Earth. Popular in macrobiotic diets, ocean plants support thyroid function, detoxification and hormone balance.



**IRISH MOSS.** Offers tonic effects, which is why West Indian natives combine sea-moss syrup and a splash of soda water for a bubbly beverage. In the U.S., it's most readily available in supplement form, used for treating respiratory ailments, brightening complexion and aiding weight loss.

**ARAME.** Exotic and wiry, this dried seaweed shows up in bulk bins and the Asian-food sections. Derived from large-leaved, brown seaweed that is parboiled and then shredded and dried, it blends flawlessly into salads, soups and stir-fries.

**KELP.** Known in Japan as kombu, this fast-growing, iodine-packed brown algae has traditionally been used as a natural way to treat an enlarged thyroid. In its

powdered form, it is an excellent mineral-loaded salt substitute.

**NORI.** If you eat sushi, you are familiar with this seaweed which is rich in vitamins A and C, calcium, zinc, iron and iodine. Wrap salmon filets with nori before broiling, or make a salad of shredded nori, kale, toasted sesame oil and pickled ginger. Snack on prepackaged spiced nori strips.

### USDA OUT OF CONTROL MADNESS

**Madness #1: Government Poised to Approve Agent Orange Corn.** Monsanto's RoundUp Ready genetically engineered crops (soy, corn, cotton, sugar beets and canola) are a failure, responsible for new breeds of super-weeds, millions of gallons of toxic pesticides sprayed on farm crops, and the propagation of a deadly new micro-monster that attacks plants, animals, and humans alike. Monsanto's Roundup, even in the wake of this trail of destruction, is still the most widely used herbicide on the planet.

Now, rather than moving away from chemical and energy-intensive GMO crops and deadly pesticides, the USDA is preparing to escalate, letting chemical/biotech companies force a new wave of genetically engineered herbicide-tolerant crops, mutants that can survive being sprayed with the infamous herbicide 2,4-D, an Agent Orange ingredient with documented, uncontested major health problems that include cancer, reproductive problems, neurotoxicity, and immunosuppression.

**Madness #2: USDA Approves Monsanto's Bogus "Drought-Tolerant" GMO Corn.** Genetic diversity and organic soil management - not genetic engineering - is the key to growing crops in the current era of global warming. Only traditional cross-breeding methods, coupled with ecological or organic farm practices that promote soil health, have proven capable of producing normal crop yields under drought or near-drought conditions.

The USDA's review of Monsanto's own data shows that years of investment into so-called "drought-resistant" biotech crops have been nothing more than a risky and very expensive failure.

Monsanto and the USDA have both admitted that MON 87460, the so-called "drought-tolerant" GMO corn, will fare only modestly better than current conventional varieties under low-and moderate-level drought conditions. Of course, corn grown organically not only retains significant more moisture in the soil than GMO or chemically-raised crops, but eliminates completely the use of toxic pesticides and chemical fertilizers.

Data from U.S. researchers indicates that conventional breeding is producing drought tolerance two to three times faster than genetic engineering.

The danger is, now that MON 87460 has been fully deregulated, it will inevitably contaminate truly drought-tolerant varieties of organic and conventional corn, destroying the rich genetic diversity that the world's farmers have cultivated in the planet's infinitely varied micro-climates.

The USDA decision is final. All we can do now is complain to Congress and President Obama - who promised during the 2008 campaign that he would respect consumers' right to know and label GMOs! Of course, just like the other new GMOs approved by Obama's USDA (alfalfa, sugar beets, etc.), MON 87460 was approved without a labeling requirement.

**Madness #3: Genetically Engineered Nutraceuticals in Organic Baby Food.** Beginning when Bush was president, and continuing now in the Obama Administration, the USDA National Organic Program has allowed biotech giant DSM, owner of Martek Biosciences, to market genetically engineered nutraceuticals DHA and ARA to organic food companies, including infant formula and baby cereal manufacturers.

# REVIVING DEMOCRACY, SPREADING COOPERATIVES

From January 2012 *Cooperative Grocer*, by Dave Gutknecht

The Occupy movement in the U.S. (there also are international manifestations) is one of the more encouraging recent developments in the present political environment. Most of the Occupy sites have been suppressed by the police, but the new activism continues to spread. This revived democratic spirit likely will grow in its impact through other venues.

Occupy networks are articulating widespread outrage over the extreme concentration of wealth that is occurring at the expense of social justice and a sustainable future. Cooperatives offer an ownership structure and business methods that address many of the injustices that the Occupy movement is highlighting. For campaigns that aim to change this economic disorder, the values and principles articulated in the international "Statement of Cooperative Identity" constitute an excellent starting point.

Democratic and egalitarian movements sooner or later need to build institutions that embody and extend their founding spirit. Better ways of organizing enterprise, finance, and community services are already on hand, and co-ops are among the best of examples.

The opportunity to tell the story of cooperatives, the world's largest social movement, is enhanced by the current global campaign, International Year of Cooperatives (IYC). Here again, there is a direct connection to the political and economic crises that are rocking the world. Cooperatives arose historically to defend workers and the commons against con-

centrated private wealth, and they continue to offer a means of democratically controlling capital and needed services. As the IYC campaign says, co-ops build a better world. They are building common wealth, in contrast to the pattern of financial gains going to the bigger investors.

Like other social movements and struggles—such as those seeking to win equal treatment under the law, or the right to organize in the workplace—cooperatives have had to fight for recognition. And they still need to be vigilant against having their way of conducting business undermined rather than extended. In laws and public policy, the scales are still tipped heavily toward large, investor-driven corporations—but cooperatives are getting much more favorable attention.

Credit unions, the most widespread type of cooperative, are gaining members at a strong rate, while offering fair and secure financial services. Worker co-ops in the Bronx, Cleveland, the Bay Area, and elsewhere are demonstrating their potential for job creation and democratically owned industry. Low-income mobile home parks are being converted to cooperatives, allowing ownership and greater security for residents. Agricultural co-ops continue to offer producers essential mechanisms for value-added processing and marketing. And retail co-ops are helping lead a local food revolution.

These and a hundred other examples of cooperative performance and potential are available for telling cooperative stories and addressing the economic injustices that Oc-

cupy has made impossible to ignore. And notice that the Occupy protests, like most cooperative activity, have been conducted largely outside conventional political and media channels, forcing both participants and observers to consider how best to work for social and political change. Clearly, campaigns that devolve to focusing on the next election are selling short the potential for a deeper movement to reconstitute democracy.

Many cooperatives—while building a better food system, one based in community and in democratic ownership—have reached a stage of looking outside the box. Seeking major changes in the food system challenges dynamic retailers to build stronger relationships with local growers and distributors, other retailers, institutional allies, and public agencies. The market leadership that many food co-ops have achieved can be extended through long-term work with partners in rebuilding food economies.

In Marquette, Mich., a small co-op is having a major impact in its remote region, initially through pioneering work on the fresh food supply and now with increasingly supportive institutional allies. In Seattle, PCC Natural Markets, our largest consumer food co-op, is partnering with a coalition of community kitchens that is strengthening local food resilience.

2012 promises to provide more than another year's worth of cooperative success—stories (find some at [www.stories.coop](http://www.stories.coop)).

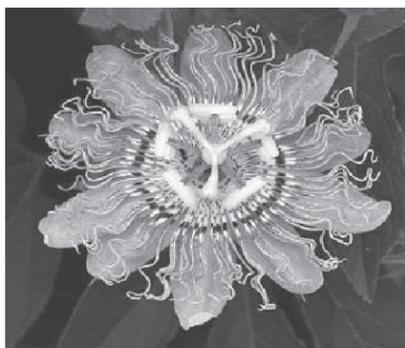
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## NEW PRODUCT SPOTLIGHT

The supplement section of the Silver City Food Co-op has recently added "Everyday Stress Lozenge" to its shelves. The main ingredient is passionflower, an herb commonly used to "calm, soothe, and relax" (according to the message printed on the label). Having a tendency to anxiety and insomnia myself, I decided to try these barely-sweet tablets that are meant to be dissolved in the mouth and did, indeed experience a smoothing out of my mood in a short time. In order to provide information on this new product, I have provided the highlights of an article from the University of Maryland Medical Center website at [www.umm.edu](http://www.umm.edu). (<http://www.umm.edu/altmed/articles/passionflower-000267.htm>). If you decide to try "Everyday Stress Lozenge" we would like to hear your questions and comments on it, and all other products that we carry in the Co-op. Kate is head of the supplement department and has a wealth of knowledge in that area. Please, also note that additional in-depth information on this herb can be obtained at Bear Creek Herbs, just a few doors north of us on Bullard Street.

— JUDITH KENNEY

## PASSIONFLOWER



Passionflower was used traditionally in the Americas and later in Europe as a calming herb for anxiety, insomnia, seizures, and

hysteria. It is still used to treat anxiety and insomnia. Scientists believe passionflower works by increasing levels of a chemical called gamma aminobutyric acid (GABA) in the brain. GABA lowers the activity of some brain cells, making you feel more relaxed.

The effects of passionflower tend to be milder than valerian or kava, two other herbs used to treat anxiety. Passionflower is often combined with valerian, lemon balm, or other calming herbs. Few scientific studies have tested passionflower as a treatment for anxiety or insomnia, however, and since passionflower is often combined with other calming herbs, it is difficult to tell what effects it has on its own.

One study of 36 people with anxiety disorder found that passionflower was as effective as the drug oxazepam (Serax) for treating symptoms. However, the study lacked a placebo group, so it is not considered to be definitive. In another study of 91 people with anxiety symptoms, research-

ers found that an herbal European product containing passionflower and other herbal sedatives significantly reduced symptoms compared to a placebo. A more recent study found that patients who were given passionflower before surgery had less anxiety, but recovered from anesthesia just as quickly, as those given a placebo.

Native to the southeastern parts of the Americas, passionflower is now grown throughout Europe. According to folklore, passionflower got its name because its corona resembles the crown of thorns worn by Jesus during the crucifixion. Its ripe fruit is an egg-shaped berry that may be yellow or purple. Some kinds of the fruit are edible. The above-ground parts (flowers, leaves, and stems) of the plant are used for medicinal purposes and its available forms include infusions, teas, liquid extracts, and tinctures. The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can sometimes trigger side effects and can interact with other herbs, supplements, or medications. For these reasons, you should take herbs with care, under the supervision of a health care provider. Do not take passionflower if you are pregnant or breastfeeding, but for others, it is considered to be safe and nontoxic in recommended doses.

Please read the article (link listed above) for an expanded profile of the valuable effects of passionflower.



# KITCHEN MEDITATIONS

## GRAPEFRUIT & AVOCADO SALAD

- 1/2 cup halved, thinly sliced red onion
- 1 large lemon
- 1 TB olive oil
- 1/2 tsp sea salt
- 1/4 tsp fresh ground pepper
- 3 small red or pink grapefruit
- 1 large ripe avocado
- 4 large fresh basil leaves
- 8 small leaves lettuce (Boston, Butter, Red Leaf)

Place onion in small bowl of cold water to soak

Finely grate 1 tsp zest and squeeze 2 TB lemon juice. Whisk zest, juice, oil, salt and pepper in a large bowl

Peel grapefruit with sharp knife, remove peel and white pith; working over a medium bowl, cut segments from membrane and drop into bowl; squeeze peels and membranes over bowl to extract all the juice

Halve, peel and pit avocado; cut into slices, cut slices in half; gently stir avocado into grapefruit

Finely slice basil and drain onion; gently stir into the grapefruit mixture; arrange lettuce on salad plates, top with grapefruit mixture; serve immediately

## LEEK & LEMON LINGUINE

- 8 oz whole-wheat linguine or spaghetti
- 2 large lemons, plus lemon wedges for garnish
- 1 leek, white & pale green parts only,

thinly sliced

- 1 TB olive oil
- 1/2 cup chopped flat-leaf parsley, divided
- 2 cloves garlic, crushed
- 1/4 tsp sea salt
- 1/8 tsp fresh ground pepper
- 3/4 cup finely grated Parmesan cheese, divided
- 1/4 cup fresh chives, snipped, divided

Cook pasta in a large pot until just tender; reserve 1 1/2 cups of cooking liquid; drain pasta in colander

Finely grate 1 TB zest and squeeze 1/4 cup juice from the 2 lemons, set juice aside; Pat leek slices dry, heat oil in skillet over medium-high heat, add leek, lemon zest, 1/4 cup parsley, garlic, salt and pepper. Cook, stirring frequently, until leek is lightly browned and softened, 6 minutes

Add pasta, 1 cup reserved cooking liquid, reserved lemon juice and the remaining 1/4 cup parsley. Cook stirring constantly until liquid is mostly absorbed, 1 minute. Add remaining 1/2 cup liquid, if desired. Remove from heat. Toss pasta with 1/2 cup Parmesan and 2 TB chives, transfer to a large bowl, sprinkle with remaining Parmesan and chives.

## LEMON POUND CAKE

- 1 cup whole wheat pastry flour
- 3/4 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 3 large lemons, divided
- 3 oz cream cheese or Neufchatel,

- 2 TB butter, room temperature
- 3 large egg whites, room temperature
- 1 large egg, room temperature
- 1/2 cup milk

Preheat oven to 350°F; coat 9x5" loaf with a little butter, dust with flour

Sift flours, baking powder and salt in a bowl

Finely grate 2 TB zest from 2 lemons, set lemons aside; Beat 3/4 cup sugar, cream cheese, butter and zest in large bowl on medium-high speed until light and fluffy; Beat in egg whites, one at a time; Add egg and beat well; Reduce speed and beat in milk, mixture will look curdled

Reduce speed to low and add flour mixture in 2 batches, beat just until combined; Transfer batter to prepared pan, smooth top with spatula

Bake until wooden skewer inserted in center comes out clean, 45-50 minutes; Cool in pan for 15 minutes; Run knife around sides and turn cake out onto rack

Squeeze 5 TB lemon juice from zested lemons; Trim ends off remaining whole lemon and very thinly slice; Heat lemon juice and remaining 1/2 cup sugar in small skillet over medium-heat, stirring until sugar dissolves; Add lemon slices and cook, stirring frequently until softened, 5 minutes; Reduce heat to maintain a simmer, use a fork to transfer lemon slices to a bowl and continue simmering syrup until thickened and beginning to turn golden yellow, 2-4 minutes

Set rack with cake over a baking sheet and poke holes all over the top of warm cake with wooden skewer, 1-2 inches deep; Spoon glaze over cake, arrange lemon slices on top and let cake cool completely before slicing

# REFLECTIONS ON THE GENEROUS LIFE— to share the power of generosity at home, at work and around the world.

by Mike Dickson

For 30 years, most of us in the Western world have been having a party. We have been encouraged to be self-sufficient and independent, to become successful and rich, to search for true happiness and find "the real us." We've been encouraged to buy our own homes, invest in shares, become entrepreneurs, travel the world and borrow as much money as we liked to consume "things" that upon cool, calm reflection we didn't really need—or use. We have been cleverly and ruthlessly advertised and marketed at to buy a lifestyle rather than get a real life. We thought we had it all.

But now, the world is not in a happy state—and neither are most of us. We are nationally, corporately and individually bust, owing unimaginable trillions that would make our more prudent forebears groan with disbelief and which will take our children decades to repay.

I think it is time to change the world, for every one of us to wake up and decide that we, as individuals and in groups, can tackle the challenges our society faces. We can all become leaders and authors of change by living more generous, proactive lives, by inspiring each other and by setting an example for our friends and our children.

We know in our hearts that it is good to be generous. Each one of us feels far better about ourselves when we can help other people, and we are touched when others are generous to us. A generous life is a life well lived and a happier life. The challenge is to find a way to lead a more generous life in the real world.

As individuals, we cannot hope to address the problems we and the world face—socially, economically and environmentally—but col-

lectively we can. It is time to be more generous and to build a more generous world, to recapture some of the practical simplicity of the ways we used to live when we depended on each other. It is time to set out to create a world rather than acquire one, to take the first step toward a more generous life.



Generosity isn't about money, although giving money to a good cause or even a person—quietly and without ceremony—can be an important element in a life worth living. Giving of ourselves is the greatest act of generosity.

A generous life involves putting more effort into looking after each other, becoming more actively involved with our own communities, speaking up for the poorest and most disadvantaged members of our society and becoming their champions and ambassadors. A generous life involves paying attention to the plight of the world's poorest people and learning how we can help them, actively campaigning to save our planet, amassing fewer things we don't need and withdrawing our financial support from those who are destroying our world for purely commercial gain. It involves acknowledging that we do care about the destruction of the rain forest, about preserving fish in the sea and tigers on land for our children to wonder at when they are grown up. It

involves acknowledging that we value these things more than we value fabric conditioner.

Our society is overflowing with people whose everyday lives do indeed involve an enormous amount of love and care for others, people who do their jobs but are also generous with their lives. We need to cheer these people on, celebrate their work and create a mood that encourages them to emerge and thrive. But there are many more—teachers, doctors, nurses, ambulance drivers, charity workers, firemen, social workers—whose daily work includes a generosity of spirit that we should admire and applaud.

We want our children to be taught well and inspired to learn. If we are ill, our lives might depend on a student nurse or a junior doctor on their fortieth night shift. A group of brave firemen might save our homes; a nurse might care for our mothers. They are the people on whom we rely. Yet it is one of the sad ironies of modern life that people often seem to be paid in inverse proportion to their value to society.

But there is hope. We live in an exciting age in which ideas, campaigns and movements can spread to millions of people instantly through the Internet and social networking sites. All of us as individuals, families, schools, businesses, politicians, journalists, faith leaders—young or old—can use these outlets to spread the power of generosity and of living more generous lives. All of us can encourage each other, tell stories from different countries and cultures, recount inspirational tales of generosity we have experienced and report examples of the generous acts we have done. Because we are better than we have been—and because we can.

# MARCH 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, February 29 – March 20, 2012:



Bulk  
Steel Cut Oats  
reg \$1.59#/  
Sale \$1.09#



Chobani NF, 6oz  
Black Cherry Yogurt  
reg \$1.49/  
Sale \$1.09



Cascadian Farms  
Frozen Vegetables,  
assorted  
reg \$2.89/  
Sale \$1.99



Back to Nature  
Crackers  
reg \$4.19/  
Sale \$2.79



Bionaturae  
Fruit Spreads  
reg \$4.19/  
Sale \$2.89



Giovanni  
Shampoo/Conditioner  
reg \$6.99-7.89/  
Sale \$4.99-5.99

## Co+op Deals, March 21 – April 3, 2012:



Bulk  
Lundberg Brown Rice  
reg \$1.49#/  
Sale \$1.39#



Chino Valley  
Large Brown Eggs  
reg \$3.99/  
Sale \$3.29



Amy's  
Frozen Burritos  
reg \$2.79/  
Sale \$2.00



Annie's Homegrown  
Shells & Cheese  
reg \$2.69/  
Sale \$1.99



Clif  
Energy Bars  
reg \$1.59/  
Sale \$.99



Bach, assorted  
Rescue Remedy  
reg \$7.79-19.99/  
Sale \$5.99-12.99

## Member Only Specials

February 29 – April 3, 2012:



Bulk Eddie's  
Vegetable Corkscrew  
reg \$2.69#/  
Sale \$2.42#



Earth Balance Whipped  
Buttery Spread  
reg \$4.89/  
Sale \$4.40



Imagine, assorted  
Rice Dream Pies  
reg \$1.39/  
Sale \$1.25



Annie's assorted  
Salad Dressings  
reg \$4.29/  
Sale \$3.86



Napa Valley  
Reserve Olive Oil  
reg \$14.89/  
Sale \$13.39



Aura Cacia  
Jojoba Face/Body Oil  
reg \$12.39/  
Sale \$11.15

# 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@silvercityfoodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. **Thank you!**

### Co-op Kids:

How about a walk?



# 2012 Board Candidate Statements

**MEADOW CLARK** Hi my name is Meadow. I have been serving on the board of directors for the Silver City Food Coop for 3 years and now wish to run for reelection as my term is set to expire this year. In 3 years of service on the board I have learned so very much, much more than I could express here. In 3 years I have seen much growth not only in myself but everyone involved in keeping your/our coop open and running as smoothly as is possible. I believe that taking my board experience into the future would be a benefit to our co-op.

We moved to Silver City in 1979 because it had a coop. I have been into natural food all of my adult life and am an avid organic gardener. I was employed at the Silver City Food Co-op for 5 years, so am well aware of the unique struggles and successes the Co-op, customers, membership, employees, management and the board, face on a daily basis. I am cognizant of the growth and development the co-op has undertaken over the years, which includes not only the expansion of the store, but an increase in member services, which thanks to your voting voice, include implementation of Profit Sharing.

Currently I am the Secretary/Treasurer for the New Mexico Mediation Association and have held various positions on this board for 10 years. I have helped to establish best practices for mediation by establishing New Mexico Mediator Certification process. I currently serve as a mediator for the State ADR Commission working with EOC Workplace Disputes. As a mediator, facilitator, I believe that active listening and win/win skills are the keys to success where people have a continued relationship. Emotional health is as important as the foods we eat. Therefore fostering healthy communication is the bases for building consensus and defining what cooperative principles are. This does not mean the absence of conflict, as there will always be conflict where groups of people come together. Giving everyone a voice and moving through the conflict is what brings understanding.

I believe in transparent government and equality. Co-op members are the backbone of the co-op and the co-op is only as strong and vibrant as it's members and your willingness to participate in a democratic process. Members, staff, management and the board are the team that makes the co-op work. Each spoke of this wheel for success is equally as important as any of the other spokes. Power with and not power over. I am a team player, committed to group processes, willing to learn new skills. I am not afraid to ask hard questions, shift my position when applicable, stand firm when necessary. I believe that I would be an asset to the Silver City Food Cooperative.

Thank you, Meadow Clark

**LYNNO ALDIN** Hello, I am Lynno. I am seeking your support as a candidate for re-election in the upcoming Silver City Food Co-op Board of Directors election. I love our co-op and what it represents to me. The ability of a small group of like minded people to organize and create positive change in a community inspires me to the core. Before my relationship with the co-op began over a decade ago, I had no history with cooperatives. In fact, I did not know what the term co-op meant. What's more, I had never even eaten organic food. One day, good fortune and I think the excitement of a Member Appreciation Day brought me into the store. Since that day the Silver City Food Co-op has changed my life. The way I eat, the way I see the world, and the way I conduct my life have all been modified in a good way.

Responsibility for most of my cooperative experience lies with our local co-op. A member/former employee/board member I have seen and learned many things about cooperatives and the compassionate, intelligent people involved in them. As a cashier, members, customers, and fellow staff never failed to amaze and energize me. Working in purchasing and management, knowledge shared with SCFC staff and folks from food co-ops all over the Western United States helped me to grow. Finally, since joining the Board of Directors in 2009, opportunities to learn from and with board members from our co-op and other food co-ops continue my cooperative education to this day. Serving on the board has been both challenging and stimulating for me personally. The skills I bring to the board include writing and critical thinking. A small business owner, I understand the issues faced by operations during the course of daily business as well as the financial realities and responsibilities involved in keeping a small enterprise afloat. Additionally, my life experience provides a unique perspective to board issues. I am particularly excited about one major accomplishment made by the board in 2011. Our new global Ends Statement reads: *Because of all that we do, our members, our food co-op, and our extended community will gain and maintain health.* I look forward, if re-elected, to continue working toward these powerful ends.

My history at the Silver City Food Co-op helps me to know the members and structure of the Co-op in a real way. I know: the SCFC is a great place to work and shop, the co-op constitutes a tremendous asset to our small town, and the Silver City Food Co-op consistently serves our community. Therefore, I would like to further the growth and betterment of the institution through continued service as a member of the Board of Directors.

Thank You! Lynne M. Aldin

**ELIZA CAIN** It is an honor to be considered as a candidate to serve on the Silver City Food Coop Board. I moved from Taos to Silver City two years ago and have joyfully settled into the community, opening my private psychotherapy practice this last year. For over a year I have enjoyed volunteering at the Food Coop in many venues and capacities: the annual Co-op Picnic, Earth Day, Chocolate Fantasia, the General Membership Meeting, and Membership Appreciation Day. I have enjoyed participating and getting acquainted with the Co-op community and the many services and benefits that it provides to all of us. I also volunteer at Aldo Leopold High School where I have taken my therapy dog, Tango, out with the students on backpacking trips. I enthusiastically volunteered almost every weekend at the Silver City Farmer's Market this last season. I also worked in a friend's garden in exchange for produce until we got the garden buttoned down for the winter.

Though I have not served on a Board of Directors before, I have worked directly with a Board and with school administration when I taught at the Kansas City Art Institute, participating on committees that made proposals and reviewed proposals for curriculum and policy. I have owned and operated my own business in Berkeley, California setting up contracts, hiring and running crews, maintaining the books and making all investment decisions.

Since my early 20's, I have been passionate about healthy, natural and organic foods: growing and preserving foods for my family and helping to organize and maintain a buying cooperative. My interests in organic food got my father into growing an immense amount of produce on his residential lot in the San Francisco Bay Area and at 97 years of age, he continues, as do I, to plant and give away any extra vegetables and fruit he has to friends and neighbors.

I am well organized and committed to following through with what I begin. I believe that I am a good problem solver and a creative thinker. My professional training has helped me develop good listening skills, and I think that I am a supportive team player. I feel confident that all of these characteristics would contribute to my being an effective board member.

I have already actively participated within the Co-op community and now I would like to extend my skills and commitment as a member of the Board of Directors. I believe that healthy food and a cooperative community are essential ingredients for the wellbeing of all. I am dedicated to using my skills for the betterment of my community. Please support my election to the Silver City Food Coop Board with your vote.

Thank you, Eliza Cain

# Statements – continued

**JERRY BOSWELL** I am a retired public school teacher and principal. I have worked with school boards and served on committees throughout my entire 25-year career. I also was the local President of the National Education Association and bargained nine collective bargaining contracts with the Silver Consolidated School District and am familiar with labor issues and policy.

I have no experience directly in organic foods, although I am a financial partner in a local organic farming venture. I am very interested in natural and organic food products for my personal consumption and I would like to contribute to the health and longevity of the Silver City Food Co-op as a source of good food for our community. My experience and history with food co-ops is limited. When I graduated from UNM School of Business in the mid 1970's I helped organize a buyer's cooperative for bulk foods for teachers in the Gallup Schools. I also helped organize purchases of bulk foods here in Silver City in 1976, which led to the eventual formation of the Silver City Food Co-op. I would like to serve on the Board of Directors of the Silver City Food Co-op because I want to get involved in an aspect of community service that promotes values that are important to me philosophically, socially, culturally, and politically. I think that the Co-op is one of many important entities in Silver City that promote a culture of sustainability and sense of community.

I think that I share a common vision with the Co-op and many of its members in terms of what it offers to the community. My interest is to help it continue to thrive and contribute to a lifestyle that promotes a sustainable future. I have no agenda other than to step up and help the Co-op remain an important business entity in downtown Silver City. I am organized, have spent my career working with people, and am familiar with the duties and responsibilities of a school board, which operates much the same as the Board of Directors to the Co-op. In addition to being from Grant County and working numerous jobs in and around Silver City, I have spent many years working, studying, and traveling in other areas as well.

**CARMON STEVEN** I had been visiting Silver City for nearly a decade before moving here in 2009, and always found the Co-op to be one of my favorite destinations. During those trips, I enjoyed the Co-op food experience from products, to staff, to customers. Part of my criteria for moving into a home in Silver was to be within walking distance of downtown and the Co-op. My initial interest in food production and how what we eat impacts our health came from my own wheat intolerance and having a young son who was allergic to food additives and dyes. Over the intervening years, my interest in eating 'healthy' expanded to learning about organic and locally grown food from wellness, sustainability, and carbon footprint viewpoints. It wasn't until I was faced with a severe illness in 2008 that I started to investigate how Food as Medicine could change lives. My passion for making a positive and significant difference in our community through the food we eat is why I would like to serve on the Co-op Board of Directors.

My master's degree is in Business Administration with an emphasis on administrative and project management. During a 30-year career in business I learned how critical it is to understand the context of decision-making within each different organization before implementing corporate or board objectives. This requires analyzing, influencing, and developing policies that consider feedback from all constituents: employees, customers, vendors, and board members. I feel that my skills are transferable to the Silver City Co-op Board member responsibilities. However, what I believe would be my most important contribution is the ability to listen, question, and promote consensus on a cohesive and productive team. Silver City is a wonderful place to live, full of many caring and committed people. I am thrilled to be here and look forward to contributing my time and energy to the community that is now my home. Thank you for considering me as your candidate.

## DO YOU LOVE OUR CO-OP?

I often hear people say that they love our co-op. Or I hear people remark that they moved to Silver City because of our co-op. Perhaps you are one of the members who are glad you can buy organic produce and dairy products or buy from the wide range of bulk foods. Maybe you like the vitality of the people in the Co-op—both shoppers and employees.

If you are one of the many Silver City or Grant County residents who believe in the Co-op and who are Co-op members, I have a question for you:

**Would you be willing to take a moment and show your support for the Co-op this month by casting a vote in the election?**

For almost three years now the Co-op members on the board and on committees have been working to provide us all with the choice of having an equity membership. The member vote to put this in place is happening now, during the month of March. In order to approve the equity plan we need to approve the new bylaws by a simple majority and the new articles of incorporation by a two-thirds vote. This vote would be a great time for you to show your support for the Co-op and all it does for you and the community. Please vote to support the equity membership plan. And please, if you do not understand equity membership, read the articles about it in the Garbanzo Gazettes from January and February.

Food co-ops across the country usually have about 10% of the membership turn out for an election. In the past couple of years we have had about 11.5% of our members vote. I think it would be wonderful for our equity plan to be supported by an even greater turnout at the ballot box. **So please, show your support for the Co-op and VOTE!**

Of course, while you are filling out your ballot to register your thoughts about the equity membership plan, please also vote for the candidates of your choice for the board of directors. We have five candidates running for three board seats. I hope you will carefully read the statement from each candidate and choose the people you think are best suited for work involved in governance and planning for the future of our Silver City Food Co-op. **Thank you each so very much.**

– SUSAN VAN AUKEN, PRESIDENT

## BOARD CANDIDATE RECRUITMENT SUBCOMMITTEE REPORT

In January, we wrapped up our work for this election cycle. All Fall we had done everything we could to recruit candidates for our Board election in March. With three Board positions open, it has been a challenge to find enough people interested in running for the Board so that Co-op members have a meaningful choice in the election. We personally contacted (and lobbied . . . smile) individuals who we thought might be willing and able to serve as Board members; we wrote articles for the Garbanzo Gazette encouraging Co-op members to run; we had a Board candidate recruiting table all day at the November MAD; and we held an information social in December for anyone considering running for the Board. We are always looking for additional ways to find and encourage qualified and willing individuals to serve on the Board. If you have candidate recruiting suggestions, please share them with us! Thanks to Subcommittee members Kathleen Wigley, Mary Ann Finn, and Vicki Allen for their dedicated recruiting efforts. Lita Furby, Subcommittee Chair.

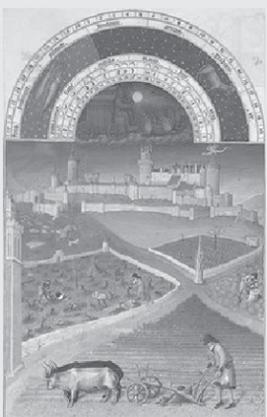
## SPECIAL MEMBERSHIP MEETING NOTICE

There will be a Special Membership Meeting in the Co-op Community Room on Saturday, March 31, 2012 from 6:30-7:30 p.m. to wrap up and celebrate closing of the 2012 Election.

Refreshments will be served, and Board members will be on hand to answer your questions about the revised Articles of Incorporation and revised Bylaws. Completed ballots to fill three positions on the Board of Directors and voting for the revised Articles of Incorporation and revised Bylaws will be accepted until the meeting ends at 7:30 p.m.

Votes will be tallied and results posted 72 hours later to allow for mail-in votes.

# MARCH



is in present time held to be the third month of the year in both the Julian and Gregorian calendars. It is one of the seven months which are 31 days long. March in the Northern Hemisphere is the seasonal equivalent of September in the Southern Hemisphere. In the Northern Hemisphere, the beginning of the meteorological spring

is 1 March. In the Southern hemisphere, the beginning of the meteorological autumn is 1 March.

March starts on the same day of the week as November every year and February in common years only. March ends on the same day of the week as June every year. In leap years, March starts on the same day as September and December of the previous year. In common years, March starts on the same day as June of the previous year.

The name of March comes from ancient Rome, when March was the first month of the year and named *Martius* after **Mars** or Ares, the Greek god of war. In Rome, where the climate is Mediterranean, March was the first month of spring, a logical point for the beginning of the year as well as the start of the military campaign season. January became the first month of the calendar year either under King Numa Pompilius (c. 713 BC) or under the Decemvirs about 450 BC (Roman writers differ). The numbered year began on March 1 in Russia until the end of the 15th century. Great Britain and its colonies continued to use March 25 until 1752, which was when they ultimately adopted the Gregorian calendar. Many other cultures and religions still celebrate the beginning of the New Year in March.

In Finnish, the month is called *maaliskuu*, which originates from *maallinen kuu*, meaning earthy month, because during *maaliskuu*, earth finally becomes visible under the snow. In Ukrainian, the month is called березень, meaning birch tree. Historical names for March include the Saxon *Lentmonat*, named after the equinox and gradual lengthening of days, and the eventual namesake of Lent. Saxons also called March *Rhed-monat* or *Hreth-monath* (deriving from their goddess *Rhedam/Hreth*), and Angles called it *Hyld-monath*. The Turkish word *Mart* is given after the name of *Mars* the god.

## March 2012— *Spring's on its way!*

Vernal (Spring) Equinox 3/19/2012 11:15:00 pm

Full Moon 3/8/2012 AT 2:41:42 am (MST)

New Moon 3/22/2012 at 8:39:28 am (MST)

## STAFF CELEBRATIONS

### Anniversaries:

March 11 Carolyn Smith

### Birthdays:

March 23 Eric Lynch

## KITES

--Author Unknown



The March wind is calling,

"Come fly your kite!"

The wind is blowing

With all its might.

The kites are tossing

In the sky.

The wind is calling,

"Come fly up high."

## Co-op Events

### March 2012

**1** Voting for Board of Directors, Revised Bylaws & Articles of Incorporation begins

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

**11** Daylight Savings Time Begins

**13 & 15** Community Forum, "2012 NM Organic Farming Conference Revisited," Noon-1 pm both days

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

**20** First Day of Spring

**31** Voting for Board of Directors, Revised Bylaws & Articles of Incorporation ends

### April 2012

**4** Election Results posted

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

**10 & 12** Community Forum, topic tba, Noon-1:00 pm both days

**11** Monthly Board Meeting, New Board Seated, 4:30-7:30 pm

**21** Earth Day Celebration, location tba

## COMMUNITY EVENTS OF INTEREST

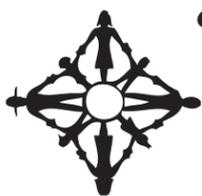
### March 2012

**3** Silver City Farmers' Market Annual Meeting 10:00 am, Grant County Extension Service

**24** Home & Garden Expo & Co-op Seed Share 10:00 am-3:00 pm, Grant County Conference Center

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Silver City



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