



Silver City Food Co-op Garbanzo Gazette

Volume 23

✦ Your Monthly Newsletter ✦ June 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

The Co-op's General Membership Meeting

Sunday

June 11th • 12pm - 4pm

General Manager, Kevin Waters, will present the annual financial well-being report and give an update on the next stage of our Co-op's move to the new location.

Main dish provided by Corner Kitchen

Please bring a side dish • dessert, salad, fruit, or vegetable

The Co-op will provide drinks, plates, napkins and plasticware

If possible, bring your own silverware

Music by Michelle Parlee and Brandon Perrault

Dance, dance, dance! 

Additional information on Page 15

LOOK INSIDE!

• highlights •

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Therapy

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& Dairy Picks

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Pride Month

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Sales



YOU
ARE
WHAT
YOU
EAT

2022 Annual Report Inside!

1881 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writer:
Susan Golightly

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Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop

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Silver City Recycles

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



Recycling drop-off times for June

Two Saturdays, the 10th and the 24th, 10am - 12noon

\$5 Suggested Donation

Your donations help our continuing efforts to divert material from the landfill:

- Processing and transportation of materials
- Ongoing Maintenance of recycling machinery
- Purchase of equipment (containers, tools, signage)
- Training
- Expansion of educational workshops

So far we estimate we have diverted over
180 TONS OF GLASS and 325 CUBIC YARDS OF PLASTIC!

For more information:

<https://silvercityrecycles.org/>

silvercitynmrecycles@gmail.com or: www.t2t.green

Egg Noodle Therapy



My grandma sent me to National Tea,
the giant grocery store a few blocks away.
It took the last bit of business away from
Ronnie's grocery,
the store owned and manned by a human being,
where you could buy a white lemon popsicle
for seven cents,
or get a loaf of bread for dinner.

No matter what was on the list my grandma
handed me,
I headed straight for the aisle at the store
that held macaroni, spaghetti and noodles.
I was angrier than I'd ever been - since my
mother left.
I couldn't be that mad at my mother,
so I turned the anger in toward myself.

The grocery store gave me a new outlet.
On the bottom shelf of the pasta section were bags
of pale yellow egg noodles.
I crouched down, put my hands around a package,
squeezed as hard as I could, several times, crushing
the noodles inside.
Replacing the package on the shelf, I'd reach for
another one.

When someone came down the aisle,
I'd stand up and tilt my head toward the higher
shelves,
pretending I was trying to locate something,
then walk off, strangely satisfied,
pulling the list from my pocket,
to begin the business of shopping.

~Elise Stuart

Share a Favorite Recipe!

We'd like to invite you to bring a copy
of one of your favorite recipes
to the General Membership Meeting
on June 11th.

It can be for the side dish that you'll be sharing
with others at the picnic, or another tasty dish.

Everyone who contributes receives
an extra ticket for the gift basket
we will be raffling off!



**Hurry on down
to the Co-op!**

it's MAD!!

10% OFF

excluding mark-downs
maximum 25% discount

June & July

any two trips of your choice



Silver City Food Co-op Staff

Judith Kenney
outreach/GG

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carolyn Smith
deli manager

Carol Ann Young
GG/office

Becky Carr
dairy buyer

Misha Engel
frozen buyer

Marguerite Bellringer
finance manager

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
operations manager

Joy Kilpatrick
receiver

Judy Kenneally
deli

Vynce Bourné
bulk buyer

Kevin Waters
general manager

Andrea Sandoval
cashier/stocker

Eva Ortega
produce

Gini Loch
cashier/stocker

Jalyn McClain
Human Resources

Kelsi Cunniff
cashier/stocker

Natasha Kreider
cashier/stocker

Bella Drissell
cashier/stocker

Jaylene Chacon
cashier/stocker

Isaiah Muñoz
utility

Doug Walton
deli

Steve Buckley
utility

Bailey Young
utility

Jordan Christy
utility

Anjelica Anaya
utility



**VINYASA
YOGA**
w/ Patricia Stone
Wednesdays at 5:30

**LOTUS
CENTER**

211 W. BROADWAY
SILVER CITY
LOTUSCENTERSC.ORG

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their April Service.

Trudy Balcom • Sue Ann Childers
Jane Papin • Tim Garner
Tammy Pittman • Susan Van Auken
Monica Rude • Sue Barsom



RAIN CHECK

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



Was the item your're looking for out of stock?
Let us fill out a rain check for you!

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



Round Up Donation Program

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

Round Up for June

April Round Up
\$1620.00

Round Up for July

Quetzalcoatl Temple



Through the education on natural healing with herbs we provide, we promote the health and well being of the people in Grant County. We grow these plants organically and teach others to do so, thereby promoting the health of animals and the physical environment of our community.

El Refugio



We will use the funds to continue our work at El Refugio, Inc. The goal of most victims we serve is to live a healthy, balanced life physically, mentally and spiritually. At El Refugio the women and men are given alternatives to healthy and nutritional foods so that their overall health is improved. These funds will help us purchase some foods, vitamins and other alternatives that are not covered by another grant/funder.

Thanks again for donating to El Refugio!

Mimbres Culture Heritage Site



We at the Mimbres Cultural Heritage Site strive to protect and preserve the prehistoric and historic features of our site and to educate the many people of all ages who come to our center. Funds from the Round Up program will be used to pay for a variety of educational materials, including brochures, booklets and research copies. Also, the money will help with preserving the histories of some of the Mimbres Valley families, including travel money to visit senior members of a family and to cover the cost of reproducing precious family photos that are an important part of the project.

Customer Change for Community Change!



Silver City Food Co-op Annual Report 2022

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Message from the Board of Directors

Dear Silver City Food Co-op Member-Owners,

It has been a tradition to review the activities, challenges, and successes of the past year at our annual General Membership Meeting (GMM). This has been an extremely busy year for your Board. It is also important to have vision and define goals for the coming year. Your input at the GMM on all these issues is welcome.

What is going on with the new store?

At the GMM last year, we were hopeful that we would be in the new store on Pope St. by this time. However, after completing and approving the design, we were gobsmailed by the increased costs of materials following the pandemic (we are sure you all felt some of this in your personal lives too) and found that we did not have the funds to begin the project. This required a re-evaluation of the design, which is now complete, and which will save thousands of dollars. There were some other savings as well which helped to bring costs down. None of these cost-saving measures will affect the front operations of the new store, only operations behind the scenes that will not be evident to member-owners or others shopping there. Although the SCFC had procured a loan from the New Mexico Finance Authority (NMFA), it was still necessary to secure some additional funds. Those have now been obtained through a very low interest additional NMFA loan, one well within the co-op's financial ability to pay. With these changes, you should begin to see evidence of activity for renovation of the Pope Street store within the next two months. HOORAY! Although it has been a long and difficult road, we want you to know that your Board and Kevin Waters, the general manager, have worked together closely (and collegially) to make this happen, and we are very excited. We think you will be too.

A short note on the financial health of your Co-op

In terms of profit, this has been the most successful year ever for the SCFC. You have likely seen that some prices of items in the store have risen. This is due to inflationary pressures, and the financial success of the co-op this year was not because of those increases. In fact, many increases to food products carried by the co-op were not fully passed along to customers. The financial success is a product of some re-organization, exceptional leadership and management of our general manager, and the very

hard work of the dedicated staff of your co-op. Your co-op has not only weathered the challenges presented by the pandemic but has emerged even stronger. Your co-op is thriving, and the future looks bright.

Plans for 2023-2024

Becoming settled into the new store is the top priority and we will be working very diligently to make that happen this year. We are prepared now to move forward with this as quickly as we can. With the new store, it is also time to develop a new strategic plan that will outline goals and priorities for the next 5-10 years. The last completed strategic plan for the SCFC covered 2017-2020. Clearly, it is time for a re-evaluation of where we are, and where we are going over the next few years. Next to the move, this will be the top priority for your board this year. We have already begun the strategic planning process, but of course a well-developed plan will take time. We expect to have one completed with a year. Part of that process will involve YOU – we will want and need your views about the draft strategic plan, and also your great ideas about what you would like to see in YOUR co-op. So, stay tuned, and please stay involved. We need your input and your ideas.

How can you help?

The Board is always looking for interested member-owners to serve on one of our four committees (Elections, Member Connect, Board Management Evaluation, and Finance). The work is not onerous, but we could certainly use your help! Some of you might find this so rewarding that you will want to become a member of the Board by running in the Fall election. Please let us know if you are interested in either committee work or eventually running for a Board position.

The success of the co-op depends on engaged member-owners and a dedicated staff. We have both and are in a stronger position than ever to move forward. We anticipate your support in meeting our mission to provide healthy, organic and locally grown foods to the Silver City community.

Looking forward to seeing you at the GMM,

Silver City Co-op Board of Directors

<i>David Burr</i>	<i>Sandy Lang</i>	<i>Kristina Kenegos</i>
<i>President</i>	<i>Secretary</i>	<i>Member</i>
<i>Shanti Ceane</i>	<i>Paul Slattery</i>	<i>Leo Andrade</i>
<i>Vice President</i>	<i>Member</i>	<i>Member</i>
<i>Jane Spinti</i>		<i>Tuan Tran</i>
<i>Treasurer</i>		<i>Member</i>

Message from the Manager



2022 was another year of growth for our Silver City Co-op. From a store operations and results point of view, we continued on the path of development and improvement we have established in the last few years. Our sales growth was a healthy 5.3% over prior year, and our net operating profit of 3.2% was very healthy as well. In our “interesting” times of rising costs, it’s worth noting that our gross margin percentage was reduced, and our operational results are not just indicative of inflation. We helped grow our cooperative by selling more stuff to more people.

These results were achieved by an outstanding group of employees. They continue to do an amazing job of providing clean, healthy, organic groceries to our Silver City and Grant County shoppers. My assessment of the level of teamwork and solidarity within the Co-op is that it is strong and growing ever stronger. Our results and customer feedback about the store environment serve to confirm this. Honoring that hard work and service, our employee compensation continues to grow. From the end of 2021, average non-salaried wages have grown over 10%. Removing the impact of minimum wage increases at the bottom of the scale, the average non-salaried wage has increased at an even higher percentage among longer-tenured employees at the higher end of the scale. In addition, we saw another year of strong employee appreciation payouts. This positive cycle benefits us now, but also helps to prove the axiom that our eventual move, expansion and growth will be a benefit for the employees.

2022 was of course, supposed to be the year that we renovated, and began our move to Pope Street. On this topic of our Co-op expansion and relocation, my thoughts turn to the Greek myth of Sisyphus, condemned to roll a boulder up a hill, only for it to roll back down, rinse and repeat for all eternity. That may be a bit harsh. As a child of the seventies, I’ll instead opt for the myth of the Roadrunner and the Wile E. Co-op. Got a nice New Mexico vibe to it. After overcoming several tricks by the Roadrunner in 2021, such as financing, surveys, appraisals, toxic materials studies, etc. Wile E. Co-op was feeling pretty good. In mid-2022, Wile E. Co-op had well more than \$2 million in the bank, a general contractor, equipment contracts, a biddable plan all placed on a plate in the middle of highway 90, with a sign that said “new store roadrunner food”. Little did the new store roadrunner know there was an ACME anvil ready to drop, and the new store roadrunner would be caught. Darn it if the new store roadrunner didn’t clean the plate and scoot off. When Wile E. Co-op investigated, he got a face full of ACME anvil and a big ole lump on his head. Looking closer at the A.C.M.E label, he saw it stood for Atrocious Construction Maximizing Expense. The new store roadrunner won this round with bids that were more than double the prior guaranteed maximum price, as construction costs soared well beyond Wile E. Co-op’s budget.

While it’s kind of a fun story, there has been nothing fun about the start/stop/start nature of our new project. What it comes down to is that the Pope Street building and property purchased for the new store, is an exceedingly expensive property to convert into a grocery store. Our plans were not that ambitious, they were basic, and budget-conscious.

Dealing with the fallout of that reality, we worked on a revised design that cut over \$800,000 from the estimate. We also looked for additional funds. Just this week, we received an additional round of funding, and a vote of confidence, from New Mexico Finance Authority. We are now back on track for our revised design. We are taking bids for demolition work as we speak. We are catching that roadrunner in 2023. We are opening in spring of 2024!

Kevin Waters
General Manager



The Co-op by the Numbers

Income Statement

SCFC Total

	2021	2022
NET SALES	4,165,712	4,390,290
COST OF SALES	(2,633,169)	(2,807,342)
GROSS PROFIT	1,532,543	1,582,948
OPERATING EXPENSES	(1,372,108)	(1,416,119)
INCOME (LOSS) FROM OPERATIONS	160,435	166,829
OTHER INCOME		
Other expenses, net	(173)	(40)
Rental income	6,000	-
Interest expense	(5,209)	-
Interest income	179	497
Patronage dividend income	10,569	14,870
Loss on disposition of property & equipment	(251)	-
Micellaneous income	140,007	9,809
OTHER INCOME, NET	151,122	25,136
INCOME (LOSS) BEFORE INCOME TAXES	311,557	191,965
INCOME TAX EXPENSE	(79,783)	(51,429)
NET INCOME (LOSS)	231,774	140,536

The People behind the Numbers

Our Co-op has turned in a remarkable year financially, and none of it is possible without the efforts of our amazing staff. For some, they have been contributing to the Co-op for many years! Thanks to all SCFC employees.

Judith 22 years
Kate 17 years
Jake 17 years
Carolyn 15 years
Carol 15 years
Becky 15 years
Doug 14 years
Misha 12 years

Marguerite 10 years
Tinisha 8 years
Mike 8 years
Joy 7 years
Judy 6 years
Vynce 3 years
Andrea 2 years

Eva 2 years
Gini 1 year
Jalyn 1 year
Kelsi 1 year
Natasha 1 year
Bella 11 months
Isaiah 10 months

Jaylene 9 months
Doug 9 months
Steve 7 months
Bailey 4 months
Jordan 2 months
Anjelica 1 month

What's Included in an Income Statement?

The items on a multi-step income statement are divided into sections that separate operating revenue and expenses from the results of non-operating activities, taxes and extraordinary items. Accountants use some judgement when organizing these items, using breakdowns that most naturally reflects how the business works. Therefore, an income statement from one manufacturer may look very different from one issued by a professional services company.

However, for any income statement, there is a specific definition for each listed item. Here are some of the common elements included in multi-step income statements, listed in the order they typically appear.

Net Sales: Sales of goods and/or services

Cost of Sales: For the Co-op, this is the Cost of all Goods Sold (COGS)

Gross Profit: Calculated as net sales revenue minus COGS, gross profit is a key metric used to assess the profitability and efficiency of a company's core business

Operating Expenses: Term for costs incurred during the period to operate the business.

Income (Loss) from Operations: This is an intermediary subtotal calculated by subtracting all operating expenses from net revenue. It can also be expressed as gross profit reduced by operating expenses outside of COGS, such as direct and indirect selling, marketing, general and administrative expenses. Operating income is also referred to as earnings before interest and taxes (EBIT).

Other Income: This is income derived from sources other than the primary business operation, such as interest or rental income

Other Income, Net Income (Loss)

Before Income Taxes: The total revenue minus total expenses, excluding taxes. Also known as earning before taxes (EBT), this metric is useful for comparing companies because it peels away a company's tax expenses.

Income Tax Expense

Net Income (Loss): This is the final calculation at the bottom of the income statement, and it's often called "the bottom line" for that reason. It is the total amount of all sales reduced by all expenses, including taxes. The formula for net income is:

$$\text{Net income} = (\text{revenue} + \text{gains}) - (\text{expenses} + \text{losses})$$



Balance Sheet

Balance Sheet Equation is Assets = Liabilities + Equity

•**Assets:** These are things that the company owns, such as buildings, furniture, machinery, inventory, and cash in the bank. On a balance sheet, assets are usually listed in order of liquidity—that is, how quickly they can be converted to cash. Assets in excess of liabilities is generally a good sign in a company because it indicates growth.

•**Liabilities:** This represents what a firm owes, including outstanding loans, accrued wages owed, and bills payable to suppliers and other vendors. Liabilities are generally ordered by their due date on the balance sheet. Liabilities in excess of assets give cause to more closely examine a firm's capacity to repay its debts.

•**Equity:** This represents the amount of equity the owner or owners have in the company, which amounts to the net worth of a firm after it sells off its assets and pays all its liabilities. It's often labeled as shareholders' or stockholders' equity.



Assets

Current Assets:

	2021	2022
Cash	2,640,629	2,576,025
Accounts Receivable	778	5,614
Inventory	187,204	222,297
Receivables	196,058	-
Income taxes receivable	-	28,307
Prepaid expenses and other current assets	19,978	21,573
TOTAL CURRENT ASSETS	3,044,647	2,853,816

Property and Equipment:

Land	183,264	183,264
Construction in progress	145,916	328,032
Building & improvements	782,188	782,188
Furniture & equipment	260,507	458,380
Software	4,365	4,365
	1,376,240	1,756,229
Accumulated depreciation (778,674)	(778,674)	(812,260)
NET PROPERTY & EQUIPMENT	597,566	943,969

Other Assets:

Investment in cooperatives	72,848	80,869
Deposits with other cooperatives	19,631	19,631
TOTAL OTHER ASSETS	92,479	100,500
TOTAL ASSETS	3,734,692	3,898,285

Liabilities & Members' Equity

Current Liabilities:

Accounts payable	142,342	139,786
Accrued payroll and related items	72,262	50,941
Deferred revenue	12,494	14,986
Federal income taxes payable	46,367	55,487
State income taxes payable	11,707	12,683
Note payable, current portion	4,140	4,160
TOTAL CURRENT LIABILITIES	289,312	278,043

Long-Term Liabilities:

Note payable, net of current portion	2,000,000	2,000,000
TOTAL LONG-TERM LIABILITIES	2,000,000	2,000,000

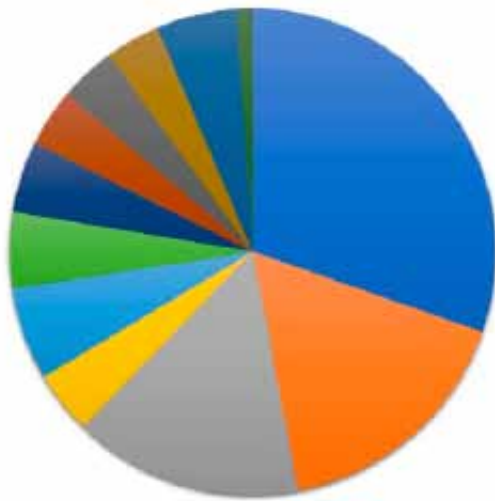
Members' Equity:

	1,445,380	1,620,242
TOTAL LIABILITIES AND MEMBERS' EQUITY	3,734,692	3,898,285



Co-op Fun Facts • 2022

Silver City Co-op Sales by Department • 2022



■ Grocery	■ Produce	■ Bulk	■ Cheese
■ Supplements	■ Refrigerated/Dairy	■ Frozen	■ Meat
■ HABA	■ Bread/Bakery	■ Deli	■ Gen Merch

78%
**Sales to
Member/Owners**

EBT Sales

2018 = \$180,657
2019 = \$192,523
2020 = \$317,391
2021 = \$487,954
2022 = \$545,990

Sales of Local Products

\$438,329

Champion Cashiers

Fastest Items Per Hour

Tinisha
Andrea
Natasha

Most In Total Sales

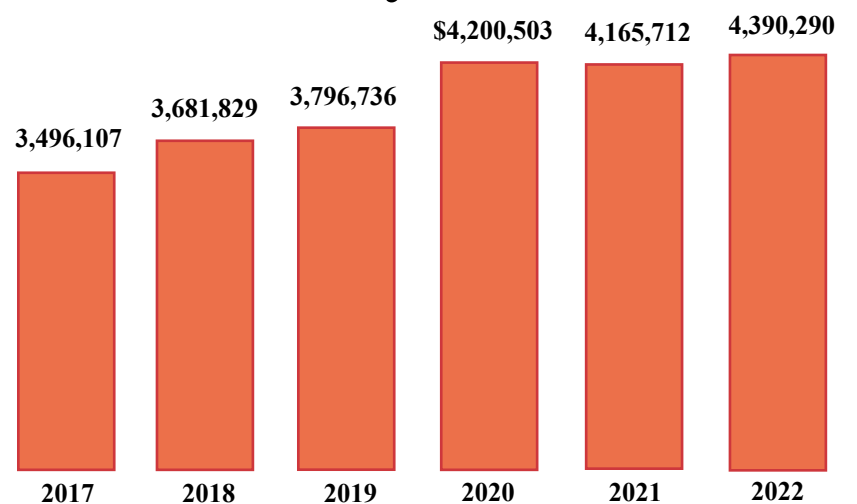
Gini
Natasha
Andrea

**One Ton of
Local Meat
Sold**

Bulk Container Reward

44,649 transactions
\$2232

Yearly Sales





Did you Know . . . ?

In 2022, our sales of Turkey/Bacon/Avocado Sandwiches were higher than those of the entire Seafood Department.

Employee Appreciation Payouts



Top Selling Local Items by Department • 2022

Produce

- #1 Mushrooms
- #2 Sprouts
- #3 Garlic

Bread

- #1 Kind Bagels
- #2 Kind Sourdough
- #3 Living Harvest Muffins

Meat

- #1 Sweetgrass Ground Beef
- #2 Talus Ground Lamb
- #3 Talus Green Chile Sausage

HABA

- #1 MySkinFeast Soap
- #2 Super Salve Face Cream
- #3 MySkinFeast Pain Salve

Cheese

- #1 Tucumcari Feta
- #2 F&A Mozzarella
- #3 Tucumcari Asiago

Grocery

- #1 Sun Mountain Honey Wildflower
- #2 Sun Mountain Honey Mesquite
- #3 Moses Honey

Top 5 Silver City Deli Delights

- #1 Bacon Avocado Turkey Sandwich
- #2 Roasted Garlic Hummus
- #3 Wild Caught Tuna Salad
- #4 Vegan Tempeh Ryeben
- #5 Hungry Burrito

Coupons Scanned

2018 = 5,431
 2019 = 4,208
 2020 = 4,597
 2021 = 3,912
 2022 = 8,022

Round Up 2022

January	Silver City Community Theater	\$1138.00
February	GMCR/KURU	1050.00
March	Dormir es Poder	1340.00
April	UGWA	1272.00
May	Literacy Link - Leamos	1432.00
June	Expanding Your Horizons	1147.00
July	Imagination Library of Grant Co.	1080.00
August	NM Breastfeeding Task Force	1112.00
September	Silver City Recycles	1112.00
October	SASS	1147.00
November	The Commons	1280.00
December	The Future Forge	1100.00

Five Biggest Spenders • 2022

Member #1	\$16,741.00
Member #2	\$16,091.00
Member #3	\$15,804.00
Member #4	\$15,791.00
Member #5	\$13,613.00

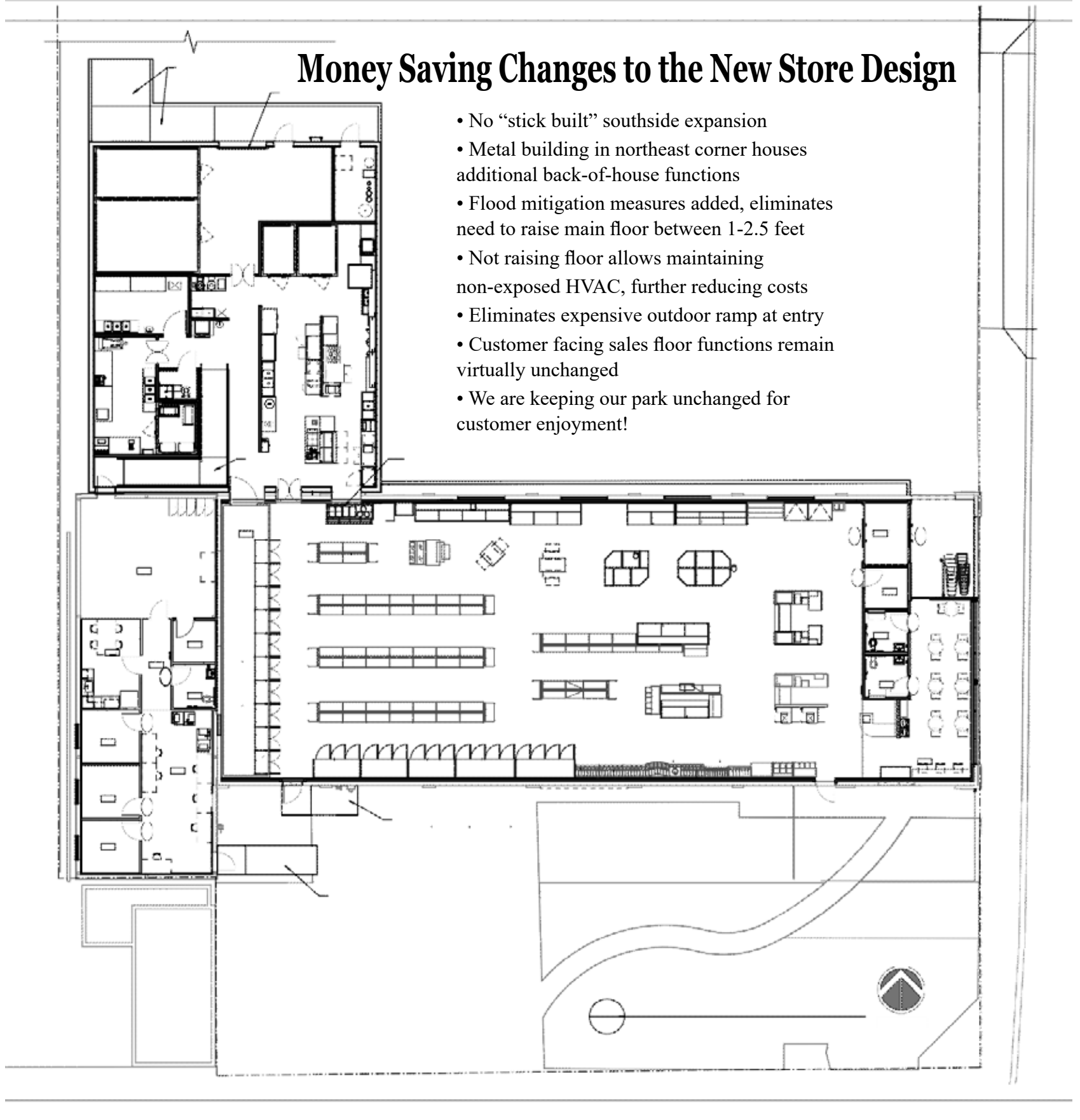
Thank You Co-op Hero Shoppers!
 You are the Coopiest of the Coopers!



New Floor Plan for 907!

Money Saving Changes to the New Store Design

- No “stick built” southside expansion
- Metal building in northeast corner houses additional back-of-house functions
- Flood mitigation measures added, eliminates need to raise main floor between 1-2.5 feet
- Not raising floor allows maintaining non-exposed HVAC, further reducing costs
- Eliminates expensive outdoor ramp at entry
- Customer facing sales floor functions remain virtually unchanged
- We are keeping our park unchanged for customer enjoyment!



Jake's June Produce Pick



With warmer weather, many people look forward to the appetizing foods that come with the season. Spring and summer are abundant with tasty and nutritious fruits and vegetables, and cherries are often at the top of the “delicious” list. They’re in season from the end of April until August, with June being peak time in many places. Not only are cherries super yummy and currently in season, they’re also very nutritious. Read on for some brief descriptions of a few of the health benefits that may come from adding cherries to your warm weather foods.

Cherries are nutrient-dense, providing a large amount of vitamins and minerals for a small calorie count. One cup provides fiber and micronutrients like magnesium, antioxidants, vitamin C and more, all with only 97 calories.

Cherries could help your muscles recover better after exercise. A 2021 review of research¹ found that supplementing with tart cherries may improve muscle soreness and the recovery of muscle strength. You might consider drinking some tart cherry juice or eating tart cherries after exercise to see how it influences your recovery.

Cherries reduce inflammation. When you have ongoing high levels of inflammation, it can start to negatively impact your health. Eating cherries may lower the risk of a few of a number of inflammatory conditions, due to the nutrients they provide, like vitamin E, vitamin C, polyphenols, melatonin, and carotenoids. Brain health may get a boost here, as well.

Cherries may help arthritis and gout symptoms. Because several types of arthritis, like rheumatoid arthritis and gout are considered inflammatory diseases, it stands to reason that cherries, both tart and sweet, may help with the symptoms. They appear to lower inflammation, oxidative stress, and uric acid levels.



Life is just a bowl of cherries . . . and a round of goat cheese!

Cherries can help you sleep better. One possible explanation for this is that they contain a phytochemical called melatonin, which helps regulate your body’s sleep-wake cycle. It is naturally produced by the body and consumed in foods like cherries. This extra melatonin could help improve sleep quality, especially for folks with insomnia.

Cherries are heart-healthy. Eating more fruits and veggies of all types are a great choice for this. Some research suggests that drinking tart cherry juice can help lower “bad” cholesterol and triglycerides in overweight people and could also have a positive effect on blood pressure².

The benefits of eating summer fruits in season are many and cherries are at the top of the healthful and delicious list. There is a plethora of good information on the subject and we encourage you to do your own research. The more informed the better, when it comes to our diet and health.

¹<https://pubmed.ncbi.nlm.nih.gov/33440334/>

²<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872786/>

Becky's June Dairy Pick

Cypress Grove Meyer Lemon & Honey Cheese



This is a yummy, fresh goat milk cheese from California’s Cypress Grove creamery, one of the oldest and most well-renowned in the American cheese industry. Started by Mary Keehn and her first two goats, Esmerelda and Hazel, in 1983, Cypress Grove has been making quality, truly amazing goat cheeses ever since. All are delectable, from tangy fresh to soft-ripened to buttery aged classics. The Co-op is now carrying their delightfully floral Meyer Lemon and Honey fresh cheese. Delicate alfalfa honey and lemon are mixed for a subtle, balance of sweet and bright. The result is exquisite.

Cows need relatively open pasture in order to graze, but goats are more versatile in terms of their ability to find sustenance. Capable of scrambling among mountains and craggy rock formations because of their small and agile build, goats were among the first animals to be domesticated by humans for milk production, going back to 8000 B.C. They were pretty much the first animal to be domesticated, (about 9,000 years ago in what is now Iran) and their milk has been utilized for cheese-making for at least 7,500 years!

If you’ve never tried goat cheese or disliked it at some point, consider that in the right hands and with meticulous preparation, it can be very, very good! Cypress Grove is an award-winning producer of goat cheeses of the best quality available. A specialty goat cheese maker that cares deeply about its people, goats and community, the company considers it both a success and a challenge that they’ve stayed firmly rooted in rural Humboldt County, California. Throughout the years, Cypress Grove has remained true to their vision. “We don’t want to make cheese that other people are making,” says Haley Nessler, senior marketing manager, “We want to make the highest quality cheeses that set us apart from the rest.”

June 1 - June 30 • Members Receive 20 % OFF • In the back cooler



June is Pride Month

by Susan Golightly

I was asked by the Co-op if I would write an article about Pride Month—a celebration of the LGBTQIA community. So, what does pride month have to do with our food co-op, other than, of course, they are wanting to support the LGBT community? Which is appreciated very much. The answer is both groups are outside of mainstream society and both groups can be seen at times as a bit controversial. Food Co-ops are seen by many as trying to undermine the American food industry by advocating alternatives to all the toxic chemical "goodness" that can be bought in our supermarkets. While the LGBT community is often seen as undermining the institution of marriage and the nuclear family. And like the food industry, we've all seen how toxic the nuclear family can be for women and children.

There are approximately 63,348 supermarkets in America. While, at the most, there are around 300 hundred food co-ops. That means food co-ops account for approximately .5 % of the number of supermarkets. Interestingly, that's about the same number of transgender people compared to the overall population. As a transgender person, I am always happy when I feel supported for being who I am. If all the minorities supported each other, then pretty soon we would not feel like a minority—just saying.

The comparison of these two counter-culture groups ends here. Food co-ops and those who shop at them are a counterculture created by choice. Well, actually, once a person has become educated about healthy and organic food, there isn't much choice in where to shop. Still, it is not quite the same as someone who is born gay, lesbian, transgender, or a combination of all of them. Most, if not all, of the LGBTQIA are born that way. Meaning they had no choice about their gender and sexual identities.

When we are born the doctor assigns our sex based on our genital configuration. If you have a penis, then you get assigned male. If you don't have a penis, you get assigned female. For the vast majority of people, they are quite comfortable with their sex assignment. However, for the .5 percent who find their assigned sex to be at odds with how they identify, life can be extremely difficult. There is an approximate 41% attempted suicide rate amongst transgender

people. Also, there are those babies who are born intersex, now referred to as the Disorders of Sex Development or Differences of Sex Development (DSD). Some studies show that the number of intersex children can be as high as 1.7%.

As children grow and become aware of their sexuality and orientation—anywhere between five and adolescence, a small minority—approximately 7 to 8 percent find they have same-sex attraction. This is not a choice. Some people discover they are attracted to both men and women. That is called being bi-sexual. However, some people discover they don't identify with being male or female. They often refer to themselves as being nonbinary. There is no simple explanation for understanding people who find themselves outside of heteronormativity—the idea that being heterosexual is normal and all other orientations and identities are abnormal.

The Lesbian and Gay Liberation Movement was founded after an uprising at a gay bar in New York City called the Stonewall Inn. This event, often called the Stonewall Riot, started when drag queens, crossdressers, transgender, and gay men and lesbians fought back against the constant harassment by the police. This happened in June 1969. The riot went on for several days. The following year there was a march to commemorate the Stonewall Inn Riot. In the early days, they were protest marches, but after many years the marches turned into Gay Pride Parades, now called Pride Parades to be more inclusive.

I'll end this little note to commemorate Pride Month by reiterating: no one chooses to be part of the LGBTQIA community. We just find ourselves being part of it. I did not choose to be born intersex. I did not choose to be attracted to both men and women. I did not choose to always know that I was assigned the wrong sex at birth. I did not choose to have a deeply ingrained sense that I must be a freak.

I'm okay now, I transitioned 20 years ago, and I have never looked back.

Susan Golightly, a 20 year shopper at the Silver City Co-op.



From Your Board . . .

Join us for the Annual Silver City Food Co-op General Membership Meeting



You are probably wondering why construction on the Co-op's move to the Pope St. building has not begun. During and after the pandemic, construction costs skyrocketed so that the bid for the work was well outside of our budget. Now, however, without making changes to the sales floor space or operations, there is a new design, and new funding, that allows the start of renovation. Join us for our 16th annual General Membership Meeting on June 11th from noon – 4 pm at the Gomez Peak Pavilion to learn about the changes and the current timeline for the move. The many questions you have can be answered by General Manager Kevin Waters and the members of your Silver City Food Co-op Board.

In addition, Kevin will present information about upgrades to the operations and store at the current location made while working out the wrinkles for the move to the new store, present our annual financial well-being report, and provide an overview of our current membership. The Board of Directors will present their "State of the Co-op" report, discuss details of its activities for the coming year, and engage you, the member-owners, in some activities that will allow your voice to be heard.

A complimentary lunch catered by the Corner Kitchen with both meat and vegetarian dishes for both adults and kids will be served at 12:15 with the GM Meeting to begin at 1 pm. The Co-op will provide drinks, plates, napkins and eating utensils. We are asking members to bring a side dish (dessert, salad, fruit, vegetable) to share, with a description of ingredients so that members who have special dietary needs will be informed.

Music will be provided by Michelle Parlee and Brandon Perrault from 2-4 pm, and dancing will be provided by YOU! In addition, we will be raffling off an exciting gift basket with products offered by the Co-op. The other half of your lunch ticket will get you entered.

Join us to meet other members of the Co-op family (member-owners, staff, Board members) and to (finally) celebrate the beginning of our move to our new location on Pope St. It promises to be an exciting day, and we hope that you will join us for all or part of the celebration!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. Please email the Board for more information. Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among

those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Board of Directors

David Burr *President*

Board Term: 2021-2023

Shanti Ceane *Vice Pres.*

Board Term: 2018-2024

Sandy Lang *Secretary*

Board Term: 2022-2024

Jane Spinti *Treasurer*

Board Term: 2023-2025

Leo Andrade

Board Term: 2022-2023

Kristina Kenegos

Board Term: 2023-2025

Paul Slattery

Board Term: 2022-2024

Tuan Tran

Board Term: 2020-2023

Our email address:
board.scfc@gmail.com



David Burr
President



Shanti Ceane
Vice President



Sandy Lang
Secretary



Jane Spinti
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran



June

Members Only Specials

June 1 - June 30

20% OFF! listed prices



Cypress Grove
Meyer Lemon
& Honey Cheese
4 oz
reg \$7.09



Lundberg
Long Grain White Rice
reg \$3.99#



Shea Moisture
Hydration Shampoo
13 oz
reg \$12.49



Tierra Farm
Very Berry Mix
reg \$15.79#



Bach
Rescue Pastilles
35 Pastilles
reg \$10.59



Hummingbird
Organic Red Lentils
reg \$4.49#



my mochi
Oat Milk Frozen Dessert
2 varieties
6/1.25 oz
reg \$11.19



Shea Moisture
Hydration Conditioner
13 oz
reg \$13.99



NutriBiotic
Spectrum Complete
1.03 lb
reg \$29.99

Continuing
20% OFF!
Members Only Special

African Baskets
Various
• sizes •
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Co-op Deals

flyers
available

on our website

www.silvercityfoodcoop.coop
and at the front of the store

