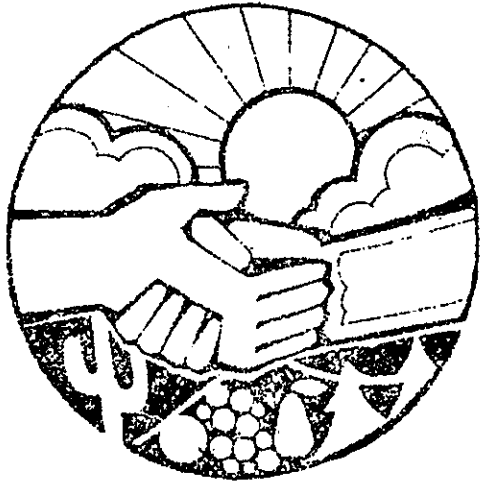


Arizona and New Mexico
Federation of Co-ops



First Southwest All Co-op Conference

Sept. 3rd-6th

Cooper T Ranch New Mexico

Want to go & Represent
the Silver City Food Co-op?
Pick up the information
pamphlet in the store.
or at the New Moon Bakery.



CALENDAR



Any activities to add
to the next Calendar...
Let the Garbanzo know
by September 15th...

Aug. 30-Sept. 17--Weaving
exhibit in new Fine Arts Gal-
lery, WMSU, followed by
group sculpture, Sept. 20

Sept. 3-6, First SW Co-op
Conference, Sandia Mountains

Sept. 8 -- Full Moon

Sept. 9, General Meeting to
discuss Conference results

Sept. 14 or 15 (see other
media for exact date) Lec-
ture by rep. of Desert Mus-
eum, 7:30, Science Bldg.

Sept. 16--American National
holiday, Trade Fair in Sil-
ver, all stores

Sept. 22--autumn begins

Sept. 23--New Moon

Sept. 25--Jewish New Year

THE GARBANZO GAZETTE

NEWSLEGUME OF THE SILVER CITY FOOD CO-OP #6

I HEAR THAT THE INTREPID
EDITOR OF THIS NEWSLEGUME
IS RESIGNING... **HOT
DOG!!**

I'LL TELL YOU WHY "HOT DOG"
IN A MINUTE.
GULL DERN!
MAYBE HE'S
GONNA DO
AN
**ANIMAL
MAGAZINE!**
GOING BEYOND
HIS HUMBLE CHICKEN **PRESS**

**BONE
MAGAZINE** **SOME
THING
TO
CHEW
ON**

**BONES-
OH?** **IT'S
ABOUT
TIME
-OUR
INTELLI-
GENCE
IS
KNOWN!**

NOT JUST FOR DOGS
BUT FOR EVERY
CREATURE
LOVE
A S W I G G
BONE

WHAT'S NEEDED IN THIS COUNTRY IS
AN INTERANIMAL COMMUNICATION
VEHICLE. WHAT WE CALL ANIMALS
IS EVERY creature built on
a substructure of bones,
includes our friends &
**FAR
out!** the **BIRDS!!** DOES IN-
clude **THE FISH!!** **SNAKES!!**
NOT WORMS. SORRY GUYS.
SEE "UNDERGROUND DIGEST."
**FROGS & TOADS (BUT
CRICKETS SEE "CHIRP JOURNAL"**

"Once started, a journal must be run conscientiously and well. This is the responsibility of the readers as well as of the staff. It is very important for the readers to send in suggestions and write brief letters and articles indicating what they like and what they dislike, for this is the only way to make the journal a success." --Mao Tse-Tung

If we would be reckless and use the foregoing as a criterion, this journal is not a success, for we have received only one letter in 5 issues, and only one article (that article was essentially an advertisement and thank you that we printed as a letter to make it look like we got another letter...)

Now we are at a cusp, because the editor and co-editor will soon be leaving Silver City to live elsewhere in the county. So...this might be an excellent season for you readers to write letters and short articles indicating what you like and what you dislike; if the co-op rag doesn't have to be entirely staff-written, possibly someone can be found to read your letters and articles, to type stencils, draw a few lines with the stylus and have it mimeographed. That is, if having a co-op communication vehicle is to your taste.

That's up to you. Could you write The Garbanzo Gazette TODAY in response to that? 511 N. Bullard, Silver.

Dear Readers,

You know, it's been difficult for me to keep The Garbanzo Gazette focused on the theme of food. Almost more would I focus on the cooperative movement, or on how we govern ourselves, or the nature of the present world. Almost even more would I focus on the far-out & the zani or beautiful—(Truly I don't find myself much focused on anything but Mimbres lately.)—and so this is a resignation of a kind. I'd like to keep a publication going but my own taste & style is more toward flying saucers & dolphins & interpersonal relationships & spiritual energies, etc.

And so, folks, goodbye from me to The Garbanzo here at the 6th number. I've been asking someone to keep doing it. If anyone will, praise the lord!

Best wishes,

David G. Nelson

ADVANCE NOTICE . . .
TO ARTISTS & CRAFTSMEN

The 2nd Annual Arts & Crafts Fair will be held October 16 all day in Gough Park.
Info: 388-1238 or 538-5921

NOTICES

FOR SALE: Women's Schwinn Varsity 10 speed bicycle. Very good shape
Call Annette at: Work 388-1553
Home 538-5615

WILL BABYSIT IN MY HOME. 203½ Comb St., Green/White trailer.

FOR SALE: 10 speed Columbia bike. See at 203½ Comb or write Box 2505, Silver

FOR SALE: 5 crossbred (Suffolk & Ramboulet) ewes; 1 American Alpine buck \$50 registered; 2 Alpine doelings, good milking mothers, \$50 each, registered; 1 custom trail motorcycle \$200. Bill White Gila, NM 535-2301

FOR SALE: Yamaha Enduro, less than 2000 miles. \$800.00. See at Foxworth-Galbraith Lumber Co.

ANYONE WHO IS WILLING to exchange piano lessons, guitar lessons or any other musical talent for work (babysitting, mechanics, housework, etc etc.) please contact us. BJ & TR Torres, 203½ Combs.

HELP NEEDED: Will pay some electrician to check house wiring and install meter-loop, and carpenter to hang doors. Leave message & telephone number on this notice posted on co-op bulletin board.
Thanks, Paul

Anyone interested in buying or picking organic apples & pears in the Mimbres Valley within the next few weeks, call Jerry Boswell at 534-9315 (Does anybody know anything about black walnuts)

CHILDREN'S DAYCARE CENTER desperately needs old toys, swing set, wagons, trucks etc. Would be most willing to repair items but they must be safe—and sane. Also items that will aid little ones to be creative with their imaginations—clothes for "play acting", extra trimmings from your sewing basket, etc. Contact Sally Hewitt, 1801 Virginia, Silver. 8-9649.

WANTED: Editor, staff, to continue local co-op paper. Subtle rewards. See D. Nelson in front of co-op building.

RUGS OF ANY SORT WANTED FOR TEE PEE FLOOR. Contact Bjorn or Louise, leave note at bakery or co-op.

*****WANTED****WANTED*****

- *Inventory/Order team
- *Store Mgr Applicants (in case)
- *Packagers
- *Newsletter personnel
- *Carpenters
- *ACTIVE MEMBERS

10

ADVANCE FOR NOVEMBER ISSUE

A controversy is raging because a foot powder named Puluapies was elected mayor of a town of 4100. A foot-deoderant firm decided during recent municipal election campaigns to use the slogan, "Vote for any candidate, but if you want well-being & hygiene, vote for Puluapies."

On election eve it followed up its advertising with nationwide distribution of a leaflet the same size and color as the official ballot, reading, "For Mayor, Honorable Puluapies."

When the votes were counted, the coastal town of Picoazan elected Puluapies by a clear majority and dozens of other voters in outlying municipalities had marked their ballots for it.

SF Chronicle, July 18, '67

CO-OP BOUTIQUE CLOSED...

so please find another repository for your used clothing besides the co-op back steps. The Town and Country Thrift Shop on S. Texas, open Wednesday and Saturday morns, will be glad to have your stuff, and although the Salvation Army store is a bit overstocked at the moment, they probably won't turn you down. Incidentally, both places can also recycle your excess hangers and paper bags for you.

MIMBRES HOTSPRINGS GROUP TO ORDER THROUGH CO-OP AGAIN

The group that is buying the Mimbres Hotsprings for a human growth & Development Center will meet on the property during the week surrounding the fall equinox for finalization of the purchase and intensive decision making. Numbering approximately 50 persons, they will be fed through the fortunate ability of the Silver City Food Co-op to supply bulk items. This service will be much used in the future and necessitates our continued ability to provide wholesome food at discount prices.

IS ANYONE INTERESTED IN BEAUTIFYING the Garbage Can Area near the co-op entrance with a disguising framework of some sort? There's plenty of wood lying around in the yard and almost anything would look better than it does at present. Here's an easy way to get your brownie points for the month.

CRIME DON'T PAY

A young lady passing through town admitted to snitching and eating a dried pear from a bag in the back room as she shopped.

Later she noticed the bag had written on the side of it: DO NOT EAT. WORMS!

FIRST SOUTHWEST ALL-CO-OP CONFERENCE TO BE HELD SEPT. 3 - 6

The first Southwest All-Co-op Conference will be held Sept. 3-6 at the Cooper IS Ranch in the Sandia Mountains east of Albuquerque. The impetus for this event came from the need felt by many food co-op workers and members for dialogue in directions and goals of the co-ops, federation and warehouse. The federation is the Arizona/New Mexico Federation of Co-ops which maintains a collectively-operated warehouse in Tucson. Cooperating with this warehouse are packaging, peanut butter manufacturing, flour milling, trucking and bakery collectives.

The co-ops plan discussions of the goals of the co-ops and the federation. In close connection there will be discussions on the expansion of production units and storefronts and buying clubs. There will be a dialogue on who this food reaches and who it doesn't reach and why. Structure will also be a general topic. Of specific interest will be decision-making processes in the federation and in the co-ops; how information is to be gathered and distributed for making those decisions; how to use the phenomena of centralization and decentralization to our advantage; how does federation structure affect viability.

From dialogue on the above and other topics, the co-ops hope to have working meetings at this conference which arrive at some guidelines for food purchasing, quality, outreach to buying clubs, growers, special interest groups, leadership, burnout and funding.

All members and workers of co-ops and collectives and interested groups and individuals are invited to attend.

GENERAL MEETING, AUGUST FIRST

The co-op General Meeting was held Aug. 1 at Skip & Susan's. Major issues discussed under the ramada were Mistakes in Addition & Subtraction, The New Room, Advantages to Packaging, Recycling, Bringing in Bags & Jars to Store, and What Constitutes Lack of Social Restraint at General Meetings.

A potluck dinner followed the agreeable meeting, then a social time characterized by a moderate amount of restraint and a great amount of conviviality. Not enough recipes were garnered from the potluck cooks for a co-op recipe book yet. Let's try that again...

④

SAUCER WATCH TICK TOCKS AT THE CITY OF ROCKS

Did we see one? Did one land? Did anybody get to go for a ride on the night of July 31 when the Saucer Watch was held to the ear of the cosmos to see if it ticked?

Yes! It ticked once—but that was all. We were in a circle chanting not "Walla Walla Bean Bag" but an eastern pudding of a chant when suddenly Louise pointed to the SW night sky and the heads shifted to focus 14 pairs of eyes on a bright light that appeared & moved swiftly eastward.

While later, it disappeared to the SE (I saw another bright little light below it at that time en-
scribe a brilliant J in the sky).

The sound now did intrude itself on our consciousness of the airplane motor high up filling the ether.

"They broadcast that sound," someone said softly.

"Pretty clever."

Earlier we'd eaten fresh roasted corn on the cob at the fire, with the grandparent shapes of the huge rocks leaning friendly every which way around us.

Earlier, in the back of the VW pickup, while a band of folks called salutations to the deepening dusk, some ridiculous wild chanting had issued forth from D.B.'s bro.

Earlier a sunset of magnificent proportions had poised us spell-bound on the edge of magic...

CO-OP EXPANDS INTO ADJACENCY

Anticipating growth & feeling the need to relieve congestion in the shopping area led the Board to rent for \$13.65 a month the adjacent room with fireplace that became available. The total Co-op rent is now \$45.50.

The new room will house bulk items on a bag-your-own basis, & will have scales & containers on hand. In the winter a fire will burn merrily in the fireplace, & sunlight will stream through the large window.

Already the store seems more spacious and inviting.

While reading the wanteds you will notice an ad for carpenters. If you are one, Paul P. will help you build shelves in the new room.

PACKING NIGHT IN THE OFFING...

A greater sales volume & increased ease & speed shopping will be facilitated by packaging items such as nuts, dried fruit, teas & other sundries in plastic bags. To this end, a packaging night once or twice a month is planned. Some of you volunteers may put in your 4 hours monthly, qualifying you for the mere 10% markup, by spending an evening of mirth & laughter packaging. Look for the notice on the bulletin board. Volunteer for this pleasant occupation. Join the madcap crew.

CO-OP PRINCIPLES

⑨

The 1966 Congress of the International Co-operative Alliance has approved these wordings of the 6 Co-operative Principles:

1. Membership of a co-operative society should be voluntary and available without artificial restriction or any social, political, racial or religious discrimination, to all persons who can make use of its services and are willing to accept the responsibilities of membership.
2. Co-operative societies are democratic organisations. Their affairs should be administered by persons elected or appointed in a manner agreed by the members and accountable to them. Members of primary societies should enjoy equal rights of voting (one member, one vote) and participation in decisions affecting their societies. In other than primary societies the administration should be conducted on a democratic basis in a suitable form.
3. Share capital should only receive a strictly limited rate of interest.
4. The economic results arising out of the operations of a society belong to the members of that society and should be distributed in such a manner as would avoid one member gaining at the expense of others.
This may be done by decision of the members as follows: (a) by provision for development of the business of the co-operative; (b) by provision of common services; or, (c) by distribution among the members in proportion to their transactions with the society.
5. All co-operative societies should make provision for the education of their members, officers, and employees and of the general public, in the principles and techniques of Co-operation, both economic and democratic.
6. All co-operative organisations, in order to best serve the interests of their members and their communities should actively co-operate in every practical way with other co-operatives at local, national and international levels.

INTERNATIONAL CO-OPERATIVE ALLIANCE, 11 Upper Grosvenor Street
London, England W1X 9PA

Trail Munchies

Summer is almost over but there's still time to head for the mountains and to enjoy wholesome and hearty trail foods you can make at home. Good trail foods are high in energy, low in volume, and can keep on their own for a reasonably long time.

Probably the best-known trail food is granola, traditional staple of the Swiss mountain-climbers. Recipes are many and varied; here's a sample from Recipes for a Small Planet:

ALL-PROTEIN CRUNCHY GRANOLA

$\frac{1}{2}$ to $\frac{3}{4}$ C. honey	1 C. soy grits
$\frac{1}{2}$ C. oil	1 C. wheat germ
1 tbsp. salt	2 C. unsweetened coconut, grated
$\frac{1}{2}$ C. sesame seeds	7 C. rolled oats

In large saucepan or dutch oven, heat oil, honey and vanilla until mixture is thin. Turn off heat and stir in remaining ingredients. Put pan into oven and turn heat to 350°. It will begin to toast in about 15 minutes. Once it has begun to brown, stir it every five to ten minutes. It is preferable to toast it very lightly --be sure to stir the mixture up from the bottom. Take out and cool. Dried fruit may be added if desired at this point. Although this recipe is protein-complete without added milk or yogurt, it is good served this way, or with fresh fruit. (Note: it is also possible to toast granola in a frying pan over the flame, stirring constantly.)

*

Fruit-and-nut bars are a bargain if you make 'em yourself. Some require cooking energy, others don't--try these variations:

SUNFLOWER SEED WALNUT BARS

$\frac{1}{2}$ C. oil	drop of vanilla
$\frac{1}{2}$ C. honey	$\frac{1}{4}$ T orange juice
6 eggs	$\frac{1}{2}$ C. shredded unsweet coconut
$\frac{1}{4}$ T baking powder	$\frac{1}{2}$ C. sunflower seeds
6 C. sifted ww flour	$\frac{1}{2}$ C. chopped walnuts

Bottom layer: mix $\frac{3}{4}$ C. oil; $\frac{1}{2}$ C. honey, 2 eggs, 2 T baking powder, 3 C. flour and vanilla, and pat into greased 9x13 pan. Topping: beat remaining 4 eggs, mix with remaining ingredients, pour over bottom layer. Bake at 325° for approximately 45 minutes. Cool and cut into bars.

NATURAL HEALTH CANDY

(Whole Earth Cookbook)

$\frac{1}{2}$ lb. pitted dates	1 lb. pitted dried apricots
1 lb. dried figs	1 tsp. grated orange rind,
2 C. chopped walnuts	sesame seeds or shredded
$\frac{1}{2}$ C. seedless raisins or	coconut
currents	

Put all ingredients except rind, seeds or coconut, through grinder. Mix well, press into buttered dish and cut into squares. Roll in rind, seeds or coconut.

RAW FRUIT CAROB CANDY

(Tassajara Bread Book)

2 C. pitted dates	$\frac{1}{2}$ C. chopped walnuts
1 C. seedless raisins	$\frac{1}{2}$ C. sesame seeds
Carob powder	

Grind together dates and raisins. Add walnuts. Add as much carob powder as mixture will hold. Roll into balls. Roll in roasted sesame seeds.

Variation: mix 1 C. sesame seeds with the dates and raisins before adding carob.

(Note: unhulled sesame seeds should be run through a blender or grinder first to render them digestible.)

TRAIL MUNCHIES continued, page 8

8 MORE TRAIL MUNCHIES

APRICOT NUT BARS

(Stocking Up).

2/3 C. dried apricots, pitted	1/4 tsp salt
1/2 C. soft butter	2 eggs, well beaten
3/4 C. honey	1/2 tsp vanilla extract
1-1/3 C. ww pastry flour	1/2 C. chopped walnuts
1/2 tsp. double-acting baking powder	

Rinse apricots; cover with water; boil 10 minutes. Drain, cool, chop. Start heating oven to 350°. Oil an 8x8 pan. Mix butter, 1/2 C. honey and 1 C. pastry flour. Pack into pan. Bake 25 minutes.

Sift 1/3 C. flour, baking powder and salt. In large bowl, with mixer at low speed, gradually beat 1/2 C. honey into eggs; mix in flour mixture, add vanilla. Stir in walnuts and apricots. Spread over baked layer. Bake 30 minutes or until done. Cool in pan. Cut into 32 bars.

APPLE LEATHER

Apple season is upon us, and it's as good a time as any to try your hand at leather-making. This is a drying method whose end result is a thin sheet of fruit pulp. Start out with about a gallon of apples, peeled, cored and ground in a food chopper or blender. (Save the juice that runs off and add it back to the apples.) Place apples and juice in a large pot, and add 2-3 C. of apple cider, to prevent scorching. Place over low heat and bring to a boil. Add more cider if needed to prevent apples from sticking. Add honey if apples are tart. When the mixture reaches the consistency of a very thick apple butter, remove from heat and spread the pulp on oiled cookie sheets about 1/4" thick or less. Cover the sheets with a layer of cheesecloth to keep out dust and insects and leave in a warm place to dry for about 2 weeks or place in an oven on a very low setting. When dry, the mass should pull from the pan in a sheet. Place sheets on cake racks to complete drying. Dust with cornstarch or arrowroot powder, and wrap. Apple leather can be stored rolled or flat.

EDITORIAL - - ON HIRING A STORE MANAGER

Would the Co-op run smoother, increase business and provide a better service to its members if we hired a store manager? A number of members seem to think so. Then again, we've heard contrary expression, to the effect that it wouldn't be a co-op anymore if we hired someone. Well, we can nip that idea in the bud. Most of the successful and lasting co-ops in the country employ one or more persons. The last issue of the New Harbinger suggested that it is only the co-ops who employ store managers that succeed.

We've got along pretty well to this point in time.. Now, it appears that something needs to be done to fill the gaps left by those most active members who are leaving their posts for one reason or another. Perhaps we are now at the point where a more business-like approach would mean the difference between coasting along and moving up to new heights.

As a case in point, the store was closed two days this week because it either wasn't unlocked for volunteers to work or the volunteers didn't show up. Another case in point, the inventory workers found an unusually great amount of food sold since the last inventory, to wit: 16 lbs kidney beans, 14 lbs buckwheat groats, 20 lbs split pintos, 31 lbs millet, 46 lbs rice, 18 lbs rye berries, 20 lbs wheat berries, 87 lbs rolled oats, 26 lbs bulgur, 32 lbs sunflower seeds, etc. A store manager could tell us what happened to all that. Does anybody know? Did a local commune stock up already for the winter? (Is there such a thing as a local commune?)

The Food Conspiracy in Tucson pays very minimally and so could we, requiring only about 20 hours a week. But the store manager would be on hand at all open hours, would keep inventory records, do the ordering, answer questions, efficiently use volunteer labor—become the person who actually keeps track. From a casual perusal of the profit-loss figures it appears we could afford the wages, and it seems quite likely that a store manager, by keeping up with customers' needs and keeping the shelves stocked, would greatly increase the volume.

This of course is a matter that should be discussed in some detail by the board and by the general membership at the next general meeting. The question should be on the agenda.

I urge that we imagine the benefits to be derived from hiring a store manager.