


MILLENNIUM Y2K 2000

"enjoy"



1999 was a good year for the Silver City Co-op. The 25th Anniversary was celebrated with a party and more than 100 in attendance. The membership grew and a big increase is expected in the year 2000.

In October, National Co-op Month, the directors greeted customers with treats and explanations of the advantages of Co-op membership. In the photo Pamela Patrick is explaining these advantages to Judy Safford, left, and Kathy Caller. Both come from Arizona to shop for the bargains and nutritious organic foodstuff available at the Co-op.

Silver City Food Co-op

 520 N. Bullard
 Silver City, NM 88061



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THE NEWS
 LEGUME
 FROM THE SILVER CITY
 FOOD
 CO-OP

GARBANZO GAZETTE

520 BULLARD ST. (505) 388-2343

DECEMBER 1999/JANUARY 2000

Twenty-five years from now - on the Golden Anniversary of the Silver City Food-Co-op:

The Anniversary Celebration will be held in the new Co-op Complex that encompasses a square block in downtown Silver City. Nearly 7,000 members received invitations, including state and local officials plus the families of the seven friends who had been the nucleus of the original Food Co-op.

The invitations had emblazoned the phenomenal growth from the beginnings of seven to the 700 membership of the 25th Anniversary in 1999. And, now 7,000!

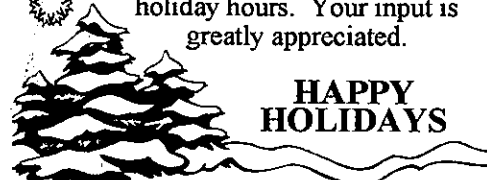
It had been a huge gamble when this property became available to purchase but a vote of the membership asked for by the 11-member board of directors was overwhelmingly approved.

The store fronted the warehouse which supplied 11 buying clubs in the surrounding area and a new branch was planned in Gila in addition to the first branch in Bayard opened five years before.

The "visions" of the staff and board in 1999 had been achieved becoming a legal cooperative, buying the property and remaining the source of a healthier communal consciousness. The park-like setting with the green space centered by a fountain was peaceful and serene. Off-street parking for patrons was a real plus after so many years of hard-to-find spots.

This "vision thing" was spurred by a management question to the staff and to the board of directors. Other responses included . . . a juice bar and deli with foods to go . . . a wheat grass farm, indoors, with

The Co-op will be open until 7 p.m. on Fridays between Thanksgiving and Christmas. Please take a few minutes to fill out a customer survey questionnaire available at the check-out stand about these holiday hours. Your input is greatly appreciated.



HAPPY
 HOLIDAYS

algae ponds as there may be no food in 25 years . . . a community co-op clinic . . . co-op bank . . . an extension of the fledgling LocalExchangeTradingSystem (LETS), a local currency exchange started in 1999 . . . the ability to help seed a farmer his crop and then buy it and store it . . . growth guided by organic processes based on community demand for better food and services building health and well-being in conscionable ways . . . New Mexico beers and wines, wool and cotton clothing. . . Sunday hours. . . homebound delivery . . . sales of organically-grown, minimally-processed foods will increase . . . a downtown mall with no cars, pedestrians only, benches. . . reduction on dependence upon distant, corporate growers decreases and . . . even if it is just as it is, 25 years from now, that is "vision" enough for me.

To you, dear reader, we now pass the vision quest . . . please let us know your short and long-term vision for the SCFC. They will be printed in the Feb/March 2000 issue of the Garbanzo Gazette.

COMING SOON!

!!ATTENTION!!

The Tucson Co-operative Warehouse (TCW) will hold its Spring Regional Meeting in Silver City in late January or early February.

Keynote speaker will be Reggie Smith, general manager at TCW. Her topic will be genetically engineered food.

Look for details soon at the bulletin board at the Co-op.

**WTO NO:
 FAIR TRADE
 NOT FREE TRADE**

Dr. Seuss Reflects on Y2K and the Media



The media have made it clear
 It's Y2K that we should fear

Not guns nor bombs nor even ghosts
 Not pesticides nor talk show hosts

Not acid rain nor global warming
 Not agents on the borders swarming,

Ready to arrest us all
 "These will not lead to our downfall."

The media say, with little cheer,
 "It's Y2K that we must fear."

Ignore lost jobs and corporate mergers
 'Cause CEO's would never perjure

Forget genetic engineering
 Who needs the hills or trees
 they're clearing?

The media have helped us focus
 Winnowed truth from hocus-pocus

If we hold God and country dear
 It's Y2K that we should fear

So stock up now, buy flour and wood
 Get weapons, steaks and cheap canned goods

Buy things to read and things to drink
 Things you don't need, no need to think

The media know what is wise
 And that is why they all advise:

Get ammo, Prozac, snacks and beer
 It's Y2K that we should fear."
 -Sandra Griffin

The Prez Sez . . .

I hear people express the belief that only co-ops with member labor programs are "true" co-ops.

Although an important part of many co-ops, member labor is not mentioned in the seven cooperative principles.

It is certainly the case that if it were not for our member labor program in our early years we would not be here today. Member labor kept the store

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SILVER CITY FOOD CO-OP

Established 1974

BOARD OF DIRECTORS

Betty Mishuk, president
term expires 2000
Mark Johns, vice president
term expires 2001
Millie Seewald, secretary
term expires 2000
Jane Miller, treasurer
term expires 2001
Pamela Patrick, member
term expires 2000
Mary Conrad, member
term expires 2001
Harry Browne, scribe

STAFF

Kathleen Wigley,
general manager
Gary Clauss, fiscal manager
Mario Ogas, produce
Robert DiPierro, supplements
Pamela Patrick, health & beauty
Marsha Walpole, dairy
Meadow Clark, herbs
Joseph Patrick, janitor
CarolBeth Elliott
Esther Melvin
Hannah Raiter
Molly Patrick
Penelope Edwards
Nancy Stockdale,
contract accountant

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Contributions are welcome.
letters to the editor, articles, news items,
poetry, essays may be submitted
Millie Seewald, editor
mrseewald@zianet.com
mail 520 N. Bullard St. 88061
or leave at the Co-op with GG written on
envelope
(articles will be used at the discretion of
The Newsletter Committee there is no pay and
contributions will not be returned)

CO-OP MEMBERSHIP DUES

Adults ... \$ 5.00
Businesses ... \$10.00
Senior Citizens ... Honorary



Information available at the Food Co-op
520 N. Bullard (505) 388-2343
Store Hours - Mon - Fri 9am-6pm
Saturday 9am - 5pm

**JUST SAY "NO"
TO
FOOD IRRADIATION**

MEET THE CO-OP TEAM

MEADOW CLARK has been working at the Silver City Food Co-op for two years and says it is the "best thing" that I am into right now "Next to grandmothering, that is."

She is in charge of the bulk herb department and it fits her knowledge and life-long practice of herbal cooking and gardening. "We raise almost all of our herbs in our backyard garden, and it is a therapy for me to work with the soil."

Meadow and her husband, John Crow, have been married for 25 years and are the parents of four children. They are a close family with children and grandchildren living next door.

Silver City residents for 19 years, Meadow says that the Co-op was a main reason for locating here. That plus the weather. "We tried the desert (too hot) and the mountains (too cold) during our early gypsy wanderings."

Meadow, who claims a "natural" method of cooking has shared the following recipe:

HOT AND SOUR SOUP

In a sauce pan combine one can broth (1 cup) plus one can water. Add soy sauce to taste, maybe 1/8 cup; hot sesame oil to taste, maybe 4 to 10 blobs of oil. (I like mine hot, my man likes his cold. I add more to mine when I serve it); toasted sesame oil, maybe 1/4 to 1/2 bottle; vinegar to taste (balsamic is nice) maybe 4 - 6 tbs. Now add some sweet to bring the sour and the salty together. To this add and simmer together Hiziki seaweed - a small handful, chopped carrots - long thin strips are pretty - and frozen peas, for about 20 mins. Add water chestnuts or bamboo shoots if you have them. Now add chopped green onion and cubed tofu. Remove from heat, serve and enjoy. Serves two people. I always double the recipe because I like it best the next day. - Meadow



MOLLY PATRICK has literally and actually grown up with the Silver City Food Co-op. Viewing life from a Gerry-pack while her mother hurried and scurried with her duties as co-op manager and then observed college life while mom completed her masters degree in English at WNMU.

As a pre-teen and into young adulthood, Molly has continued to work the aisles of the Co-op and knows the location of almost any item in the store. She now is in charge of member pre-orders and does the repackaging of food items received in bulk as well as working as a cashier.

An energetic teenager, Molly is active in sports claiming volley ball and soccer as favorites. Also a photo buff, she is becoming acquainted with her recently-purchased camera, a Pentax. She enjoys fiction and poetry and like her mom she writes poetry.

Molly's goal is to pursue a career in fashion photography. She visited Chicago recently to investigate the Art Institute but decided the windy city was "just too big." She will probably enroll at the Denver Art Institute, nearer to "home." Molly's favorite recipe, perfect for quick, nutritious eating is.

YUMMY TOFU STIR

You'll need: one box firm or extra-firm tofu; tamari, shoyu or Bragg's; co-op garlic granules; co-op onion granules; nutritional yeast from co-op bulk bin; tiny amount oil or butter.

Method: cut drained tofu block into bite-sized squares; heat oil or butter in skillet; add cut-up tofu and warm or brown in skillet; when hot, add liberally the onion and garlic granules, nutritional yeast and tamari; stir it all-around. Enjoy as is with salad or steamed veggies or wrap it in a whole wheat or tortilla with sprouts, lettuce and salsa. Yummy!

A LITTLE SATIRE TO LEAVEN THE HOLIDAY CHEER

A MAN consults a therapist and states, "Doc, I'm suicidal. What should I do?" The doctor replies, "Pay in advance."
TO PROTECT children, the government can mandate child-proof medicine bottles ... but not trigger locks on guns.

the prez sez - con't from front

going when there was insufficient volume or cash to pay staff. This program was in place until the late 80's when the federal government questioned the liability for employment taxes on member labor in some of the larger co-ops.

The Labor Department considered member labor to be subject to minimum wage standards. Compounding the problem was worker compensation insurance considerations.

Not covering member workers presented considerable liability. Including member workers in the insurance coverage supported employee status by the IRS and Labor Department.

Our early member worker program had social benefits and increased a sense of involvement and ownership in the co-op. How to revive that sense of pride in ownership is the challenge of the day. I believe a step toward that end is to make the transition from our current status as a non-profit corporation to a cooperative entity. As a result members would become owner/members.

The opportunity afforded cooperatives to offer patronage refunds is addressed in the 3rd Cooperative Principle: Member Economic Participation as adopted by the International Cooperative Alliance Congress in September 1995.

It refers to the allocation of surpluses "for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefitting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

Dividends issued based on patronage is only available to entities incorporated under cooperative law.

Peter Chestnut, an Albuquerque lawyer interested in cooperatives is willing to guide us through the legal transition from a non-profit to cooperative entity. He is on the Finance Committee at La Montanita Co-op, and a board member at Tucson Cooperative Warehouse. Our plan is to draft a

proposal for presentation at the general membership meeting in August. In preparation, we will hold a workshop in the spring and invite Peter to explain the process and address concerns of the board, staff and interested members. Dates and locations for these meetings will be posted at the co-op.

Let us know your questions and concerns. --Betty

OBSERVATIONS FROM OUT-OF-STATE FOOD CO-OPS

This past October, I had the opportunity to visit several co-op grocery stores during a trip up and down the west coast.

I found these interesting and inspiring. I noticed that many co-ops, regardless of whether or not they are located in a large town, offer several goods and services that would certainly be appreciated at the Silver City Food Co-op.

For instance, every co-op I visited contained a beer and wine section, featuring organic and/or locally produced products. Wouldn't it be wonderful to have this luxury available to us?

Also, many stores contained small garden sections, offering organic herb plants and vegetable starts, seeds, organic potting soil and fertilizers, and gardening accessories.

I saw produce selections that could blow your mind! In addition, many stores offered such items as organic cotton socks and tee-shirts, great magazine selections, and everyday kitchen and household tools that would make shopping at the co-op all the more convenient.

These are my observations. We would appreciate hearing back from our own shoppers as to whether any of these ideas are appealing and whether you think these or other suggestions should be pursued.

--Mary Conrad, board member



YULE

Solstice comes on short lived beams
In the coldest time we are offered
the longest night

to sleep
to dream
to seek
to grow

like stalactites and mites in caves
like mushrooms in the sacred woods

In this dark time there is that which
nudges the spirit

invites

calls forth the shadow dance
the rattle of bare branches
receptive and naked

bare bark embraced by crystalline
coats

dripping diamond ice
soaking up starlight
dimmed only by firelight

Inside the cave
rock heart resonates solstice
light gives way to darkness
blessed be the darkness

blessed be the cave
come alive with fire

come alive with coming in
come alive with earth's heartbeat
and the silence in between.

--Pamela Patrick



NATURAL VALUE
PREMIUM NATURAL PRODUCTS

VALUABLE COUPON

\$1.00 OFF
ANY PACKAGE

Angel Hair
Elbow
Penne
Rainbow Rotelli
Spaghetti

Good at your Silver City Co-op
until the Millennium
(Dec. 31, 1999)