



# the wheatsville breeze

A Publication of Wheatsville Food Co-op • 3101 Guadalupe • Austin TX 78705

**Sunday, October 9th!**

**Save the Date  
for our annual  
Fall Owner  
Gathering!**

The theme for this year's gathering is "Community" and we're planning a fun-filled, outdoor, family event at Urban Roots! Please mark your calendars for October 9th. Details to follow on [www.wheatsville.coop](http://www.wheatsville.coop), in the store and via email.



**September is National  
ORGANIC MONTH**



**Enjoy Our Organic Harvest  
Sampling Days on  
September 23, 24 & 25**

(Friday – Sunday, hours will be posted on [www.wheatsville.coop](http://www.wheatsville.coop) and on facebook)



**October is  
CO-OP MONTH  
Fair-Trade Month  
Non-GMO Month**



**WHY DOES  
YOUR CO-OP  
ROCK?**

**MY COOP ROCKS**  
video contest 2

**Win cool prizes!**  
1st Apple iPad  
2nd \$500 Co-op Gift Card  
3rd HD Flip Video

**Show us your video.**  
The My Co-op Rocks Video Contest is back! Starting September 1, enter your original online video to show the world why your co-op rocks. Get in on the action at [www.MyCoopRocks.coop](http://www.MyCoopRocks.coop), where you can watch video submissions, leave comments and ratings, and submit your own video for a chance to win super sweet prizes.

stronger together  
friendly  
harvest  
community

**Owner  
Appreciation Days**

Owners  
receive  
10% off of  
any ONE  
shopping trip



**Saturday October, 8th  
through Sunday, Oct. 16th!**

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# Austin Pride Festival – Saturday, September 10



I recently made the acquaintance of a person who told me that they didn't feel comfortable being "out" at their job because, "it wasn't that kind of place."

"It wasn't what kind of place?" I immediately asked myself. It was at that point that I realized that I might be a bit spoiled working and shopping

at Wheatsville. Wheatsville—a place that not only celebrates the diversity of its customers, but also that of its employees.

Our co-op has always been more than a store that I can go to get amazing food and service, it's also a place where diversity is encouraged and celebrated no matter your race, religion, creed, gender, sexual orientation etc.

With the expansion and evolution of the coop, new fruits have abounded, allowing us to do some amazing things for our community, our customers and our employees. For instance, Wheatsville now offers same sex domestic partner benefits, which is a resource that a lot of us in the GLBT community rarely have access to—especially working for a local business.

I am also happy to say that this year we have the chance to participate in the Gay Pride parade and show our support for yet another part of our community at large. Like a lot of cities the Pride organizers of Austin (AGLPPF) has opted to have the parade in September rather than in the heat of July.

The date of the festival and parade is **Saturday September 10th, 12pm to 6pm.** We are excited to be returning to one of the original Austin Pride locations; **Fiesta Gardens in East Austin** and you can bet that your Co-op will be there handing out



goodies and informing folks of why Wheatsville is the friendliest store in Austin.

Everyone is welcome to participate! The Pride festival is a family friendly all-inclusive event. There will be food, music, and tons of other local business showing their love before the march. Like, Wheatsville is about more than good food, the Pride Festival is about more than being a part of the GLBT community; it's about being proud of who you are and celebrating our differences.

If you would like to be involved in the celebration you can talk to one of our friendly hospitality folks or you can email yours truly, Clark McKay,

[cmckay\(at\)wheatsville.coop](mailto:cmckay(at)wheatsville.coop). If you'd like to know more about the festivities in general you can check it out on the web <http://austinpride.org/>



## Community Action Wednesdays

The group selected for September is

**Meals on Wheels and More**

and the group for October

is the **Capital Area Food Bank**



**Meals on Wheels and More**

### Meals on Wheels and More

Volunteers deliver hot, nutritious lunchtime meals to the homes of homebound elderly or disabled people who can no longer prepare balanced meals for themselves. Other services offered include medical transportation, grocery shopping assistance, daily telephone reassurance phone calls, safety-related home improvements, and additional groceries free of charge.

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)



The mission of the **Capital Area Food Bank** is to nourish hungry people and lead the community in ending hunger. Today more than 23 million pounds of food and grocery products are distributed each year. Food and grocery products distributed by CAFB go to human & social service agencies. These partner agencies provide hot meals served on-site or groceries to families and individuals in need.

[www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)



### The Wheatsville Breeze is a publication of Wheatsville Food Co-op

3101 Guadalupe  
Austin, Texas 78705  
512-478-2667

email [aldia\(at\)wheatsville.coop](mailto:aldia(at)wheatsville.coop)  
website <http://wheatsville.coop>

Editor & Production- Aldia Bluewillow

#### Contributors -

Doug Addison, Cody Atkins, Amy Babich, Mariah Barrett, Theron Beaudreau, Reyns Bishop, Ellison Carter, Beth Caudill, Monika Cavazos, Dustin Chesnutt, Raquel Dadoma, Christopher de Mers, Mindy Dolnick, Christina Fenton, Greg Flores, Gabriel Gallegos, Jason Heffron, Sukaynah Joyan, Adam King, Merilee Kuchon, Mark Maddy, Clark McKay, Chris Moore, Niki Nash, Joseph Ramirez, Jim Reed, Miranda Robinson, \$hane Shelton, Elke Stoeckelmann, Kim Tehan-Barrow, Carla Vargas-Frank, Kate Vickery, John Vinson, Mark Wochner, Brooks Wood

Photos by: Aldia Bluewillow, Raquel Dadomo  
except where otherwise noted or not known

The Wheatsville Board of Directors meets at 6pm the fourth Tuesday of every month at 3105 Guadalupe (building North of store). Check <http://wheatsville.coop/BODindex.html> for details. Members are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or [gm\(at\)wheatsville.com](mailto:gm(at)wheatsville.com)

#### Wheatsville 2011 Board of Directors

Rose Marie Klee	Theron Beaudreau
Doug Addison	Kitten Holloway
Lee Blaney	Steven Tomlinson
Mark Wochner	Reyna Bishop
Kate Vickery	

**The purpose of Wheatsville** is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

**The mission of Wheatsville** is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and nondoctrinaire information about food to people in Austin, Texas.

## Guess What!! We have staff anniversaries

**Aldia Bluewillow 28 years as of 10/30**  
(art department)

**Erik Amos 3 years as of 9/18**  
(pos coordinator)

**Greg Flores 3 years as of 9/19**  
(cheese buyer)

**Bill Sherborne 3 years as of 9/29**  
(staff accountant)

**Megan Bonnett 3 years as of 10/31**  
(cheese clerk)

**John Davis 2 years as of 9/3** (cook)

**Matthew Miller 2 years as of 9/3**  
(deli clerk)

**Travis Smith 2 years as of 9/7**  
(produce clerk)

**Josh Torres 2 years as of 9/9**  
(produce clerk)

**Casey Cheek 2 years as of 9/11**  
(meat assistant)

**Luke Houston 2 years as of 10/12** (cook)

**Monica Ford 1 year as of 9/13** (cashier)

**Niky Robertson 1 year as of 9/22**  
(deli clerk)

**Eric Moya 1 year as of 10/29**  
(co-op deals assistant)

**Derek Waddell 1 year as of 10/4**  
(grocery clerk)

# Wheatsville Co-op Celebrates Organic Harvest in September

We are celebrating **National Organic Foods Month** in September. While Wheatsville always has a huge selection of organic products, it's good to take a month to remember the benefits of going organic. Growing and producing products organically is simply a better, more sustainable way of doing things. Organic growers tend to be smaller-scale family farmers that don't just use the land they're on, but actually improve it through time-tested practices. Organic is the way your great-grandfather grew things. Wheatsville is proud to celebrate its connection with organic farming and sustainable agriculture with this special month.

Wheatsville has been a pioneer in offering organic products to the Austin community and we have thousands of Certified Organic items in the aisles. Wheatsville even carries bodycare items produced with certified organic ingredients. Wheatsville was one of the first organic retailers certified by the Texas Department of Agriculture under Jim Hightower. We're proud to be known as a high-quality provider of organic products. We buy a lot of local organic produce which supports local family farmers. Look for organic produce from **Johnson's Backyard Garden, Urban Roots, Buena Tierra Farm** and many others.



"Wheatsville is an Austin landmark for organics and it's well-deserved," says Bob Kinney, former board president.

"Wheatsville has always walked the walk on providing wholesome natural and organic products to Austin since our members founded the co-op in 1976."

Wheatsville celebrates Organic Harvest all September with specials and sale prices every day. We are working on "Why Buy Organic?" signs to be displayed in the aisles through September.

**On Friday, Saturday and Sunday September 23-25, come by the store and enjoy free samples of organic foods during our Organic Harvest Sampling event.**

*In 1988, Jim Hightower presented our organic certification here at Wheatsville.*



## Why Eating Organic is Better for You and the Earth

When you purchase organic foods, you're helping to encourage a safer, healthier food supply and you're supporting a complete agriculture system that:

- Reduces the amount of toxic and persistent chemicals in our food supply. Organic farms support and nurture diverse wildlife. Conventional intensive farming has led to widespread erosion of the soil, pesticide contamination, a loss of habitat and the near extinction of some wild birds, butterflies, frogs, snakes and wild mammals.
- Uses practices that eliminate polluting chemicals and reduces nitrogen leaching, thus protecting and conserving our water resources. Organic foods are grown without the use of toxic and persistent chemicals, so the amount of pesticide residues in our food, our soil, and our ground water is drastically reduced.
- Protects the health of future generations by creating long-term solutions to agricultural problems. The food choices we make today will impact our children's health tomorrow. The negative long-term effects of pesticide residues in our food supply are not fully known, but we do know that pesticide exposure can be a real health risk, especially to infants and children, the elderly and those with weakened immune systems.

Intensive farming can seriously damage farm workers' health. There are much higher instances of cancer, respiratory problems and other major diseases in farm workers from non-organic farms. This is particularly true in developing countries, and for agrochemical farms growing cotton.

Going organic is the only practical way to avoid eating genetically modified (GMO) foods.

If you eat dairy or meat products, going organic has never been more essential to safeguard you and your family's health. Confined animals are fed a spectrum of antibiotics, hormones, and anti-parasite drugs whether they have an illness or not. These substances are passed along to the consumers of dairy products or meat.

Organic foods are grown in well-balanced soils that grow healthy plants. The resulting vegetables and fruits have outstanding flavor and quality. When you purchase organic foods, you're getting high quality foods that taste great!

# Look at the size of that... Swale? A Farewell From Down Under

by Theron Beaudreau, departed Stocking Supervisor and Board Member

It is with a heavy heart that I say goodbye to my dear friends and my dear Co-op. As I write this I am a mere 5 days away from my last day at Wheatsville Co-op. As you read this, it is likely that I am already well on my way to Australia for a life changing experience in the outback!

I've long dreamed of the day when I would be able to pursue the life of a Permaculture Educator and Community Cultivator and still, I never imagined how hard this moment in time would be for me. Saying goodbye, even if it's not forever, is never easy.

Let's rewind a short minute here because I know my presence here in the *Breeze* has not exactly been wordy over the past several months, and for good reason!

About this time last year, on a bit of a whim, I put a non-refundable deposit down on a 3-month intensive permaculture course with the Permaculture Research Institute of Australia for October 2011.

"Okay" I thought to myself, "I have a little over a year to raise the money and plan for this trip."

And now, here I am today, proof of the power of intention. With the help of many contributions from loving family and friends I have raised more than the financial goals I set for myself; planned an itinerary that will accomplish more than I expected; thought out and worked hard to provide a strong platform for the successor to my position; helped to cultivate a fledgling project called Community Cultivators into a burgeoning organization (and a movement?); all while, serving on the Wheatsville Board, doing my normal day-to-day work routine and enjoying free time with friends. Well, I did say there was a reason I haven't been too verbose in the *Breeze*...

Oh, and did I mention I also started two blogs and managed to get a sponsorship from the company, Eagles Nest Outfitters? – Ahem, no, they didn't pay me to write them into this article. Quite the contrary, they were very generous and sent me several pieces of gear to help me with my journey and didn't really ask for anything in exchange. I guess they just assumed that their generosity would be repaid (so far so good, right?).

So, my sincerest apologies for not getting around to writing you and telling you all about these adventures sooner. I will deeply miss all the wonderful people I've met through Wheatsville. I know, without a doubt in my mind, that I would not be in the position I am today without the influences, encouragement

and educational growth that this organization, and all its wonderful participants, have blessed my life with. I owe you all an incredible debt of gratitude – the repayment of which can only come through the fearless pursuit of my deepest ambitions!

Going forward, I know that I leave Wheatsville in good hands. In fact, some of the most capable, brilliant and motivated (and fun!) people I've ever met share their energy with our co-op. There are many exciting things ahead for Wheatsville. New store(s), more tasty local treats, more friendly faces, and more benefits to our community!

I can say that I leave with a great sense of pride and accomplishment for my contribution to the growth of this uniquely Austin institution over the past several years, but I think the feeling I get is mostly one of appreciation. Appreciation for you and appreciation for the community you've help to cultivate through your participation here. I encourage all of you, if you are a shopper—become an owner; if you're already an owner—participate in the democratization of your local economy and vote for the Board of Directors. Already know your way around a co-op ballot? Attend a board meeting, get to know your directors, participate in a committee or why not take it all the way and run for the board yourself! I promise that what you gain from the experience will far outweigh the effort it takes on your part.

Finally, for the curious, I want to share with you more details about why I'm going to Australia and what the heck this permaculture thing is all about anyway. But, I don't want to take up all the space in the *Wheatsville Breeze* talking about my personal interests so instead I invite you to check out my travel adventure blog at [TheronsAdventures.blogspot.com](http://TheronsAdventures.blogspot.com)

Also, if you are interested in learning about Permaculture but don't feel you're quite ready to join me on my way to Australia, check out the Community Cultivators' blog at [MindBodySoil.blogspot.com](http://MindBodySoil.blogspot.com). We'd love to have you out to our Community Cultivators' Sunday Potlucks and any other events we might host. Stay tuned to this site or sign up on the email list-serv for some exciting developments on the horizon!

*A swale is a depression dug along the contours of land in which to collect rain runoff.*





## Cool & Easy! by Mariah Barrett, Deli Counter Manager

Hi Wheatvillians!

As I write this we are still in the dog days of August, not a drop of rain in sight!

Hopefully when this issue comes out we will start to see temperatures in the 90s and maybe a light sprinkle or two. Probably just wishful thinking, but it doesn't hurt to hope! Keeping cool has been my main priority for the last few months, luckily I can let the Wheatville deli do most of my cooking. Here is a rundown of the things I can't live without this summer:

**Chipotle Potato Salad**—It's in the self serve cooler in family sized portions if you decide to share

**Gingerade and Cucumber Agua Fresca**—I literally am drinking 2 or 3 of these bad boys a day!



**Vegan Mexican Chocolate or Rice Pudding**—We are keeping little, in house made, single portions in the self serve case. They are both a great dessert after a light lunch.

**Smoothies** from the deli counter—I like to mix it up, Strawberry & Pineapple, Mango & Raspberry or **Peach & Blueberry**. I like them with half apple juice and half soymilk so it's fruity and creamy!



When I've been willing to turn on my oven (not too often) here is what I've been living off of for the past few months. Take a piece of **Kontos Tandoori Nan Bread** and brush it with a little **local Texas olive oil** and toast it in the oven for about 10 minutes.

Last but not least, I am OBSESSED with the new **House-made Wheatville Mozzarella!** Creamy, slightly salty, and just about as fresh as if you made it yourself! I'd like to give a shout out to Greg Flores, the cheese buyer and mozzarella making mastermind behind this splendid new cheese. Thanks Greg!



Chop up a little **Fresh Mozzarella** from Cheese Island with some **Heirloom Tomatoes** and **Fresh Basil**, throw it all back in the oven at 350° for about 10 minutes and you've got yourself an easy and delicious dinner!



## 3 Solid Squares a Day at the Deli! by Merilee Kuchon, Kitchen Manager

With school back in session, your dorm room can be the perfect place for a solo study session, but a less than stellar place to whip up a good, healthy meal. In fact, cooking for one – or even two – can be difficult on its own, unless you are a leftovers lover. Lucky for

all of us, the Wheatville Co-op Deli is nearby and ready to serve you all of your favorite dishes, what you want and when you want it, morning, noon and night!

Starting at 7:30am every morning, our Deli Counter staff gets a tasty breakfast ready to start your day right! **Breakfast tacos** on local flour or corn tortillas can be filled with freshly scrambled cage-free eggs, organic black beans, vegan breakfast sausage, organic brown rice, crispy bacon and lots more, with your choice of salsa! **Egg & Cheddar cheese breakfast sandwiches** on local ciabatta bread can be topped with whatever you like – try adding creamy avocado and freshly sliced vine-ripened tomatoes, a staff favorite! All-fruit, no-filler **smoothies** are another great and filling breakfast item, and don't forget to hit up our all **organic and fair-trade espresso bar** for your caffeinated favorites, and house-brewed **Yerba Mate**, too! House-baked **vegan muffins** and **buttery scones** are also on hand every morning, alongside locally made **chewy bagels** and **vegan donuts!** Make a quick stop at the Wheatville Deli before class or work, to fill your belly with the most important meal of the day. And don't forget to check out **Sunday Brunch on our hot bar**, for a sumptuous array of sunshiny goodness!

Although you can get most of our items all day long, at 11am lunchtime starts in earnest at the Deli. This is when our hot bar begins, featuring a rotating set of tasty dishes, from a **sustainable Catfish Fry** with all the Southern fixins to a legit **Indian feast** full of curries and eastern flavors, and a **Tex-Mex taco day** with all the classics – and a ton of meat and vegan options mixed into the fray! Our hot bar also features the best dang **Mac & Cheese** in town, both a dairy-based and fully vegan version, so when school or work's got you down and you need that comfort food pick-me-up when mom's not around, this is the cure.

Beyond the hot bar and its quick, hot eats, our Deli Counter makes **amazing, huge, delicious sandwiches** – and half-sandwiches if you want to supplement

with some of our kitchen's freshly made case salads, or one of the Bakery's fantastic **Sausage & Feta Hand Pies!** From loaded **fresh veggie sandwiches** to our **baked lemon-pepper Catfish Jack Po'boys**; from **bacon-laden BLTs** to our legendary **vegan Popcorn Tofu Po'boys**, we have what you need, and we are always willing to customize your sandwich to make it just like you want it! And don't forget our long-running \$1.99 **Organic Brown Rice & Black Beans** with your choice of salsa! The perfect option for getting a hot, filling meal on a budget! **Hot vegan chili and soups**, and our **make-your-own salad bar** are also great lunchtime choices.

Supper time at the Deli can mean a lot of things. Our hot bar is open until 8pm every night, so quick, hot food is always an easy option for dinner. Also, our full-serve case, open until 9pm each night, features an abundance of **veggie salads** and entrees like **Red Curry Tofu** and **Curry Lime Chicken Salad** that you can have portioned out just as you like, to make your own combo meal. Our store closes at 11pm each night and right up until that moment, you can choose a selection of food from our Deli's self-service cooler to take home with you, with no wait. Sandwich fillings like **Chicken Salad** and **Tuna Salad**, spreads like **Green Chile Hummus** and **Walnut Pecan Pate**, and tons of sides like **pasta, potato and grain salads** will always be available.

If you're looking for something to last a few days in the fridge, or have some friends dropping by to munch out with you, our **large sides of Chipotle Potato Salad** and **Meme's Coleslaw** are great choices, and you can't go wrong with one or two of our all-natural, brined **Rosemary Roasted Chickens** – they're great eaten cold or heated up, both on the bone, or cut up for sandwiches or salads! Large sides of **Popcorn Tofu** are also available in our self-serve case, so whatever time you get the PCT urge, you can tame it, post-haste!

And there you have it: breakfast, lunch and dinner at the Wheatville Deli – with all the goodies made by our skilled cooks bakers, you may even want to consider dessert a separate course! As the year goes on, we will be creating more and more nutritious, inventive and delectable dishes for you to enjoy, so keep coming in, sample everything, and let us know what you think!



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# Staff Spotlight—Raquel Dadomo

by Beth Caudill, HR Generalist



**BC: Tell us about your new position at Wheatsville!**

**RD:** I am the new Branding Manager for Wheatsville Food Coop. I am responsible for maintaining Wheatsville's look and feel, marketing, community outreach, events and PR. I keep our with our co-op values in mind at all times in order to maintain our direction and focus as we move forward and grow.

Wheatsville has always been an important part of Austin and co-ops in general have always been an important part of our economy. It is with great pleasure that I

Join this team of hard-working, forward-thinking individuals who value both good food and the community we serve.

**BC: Where are you from and when did you get to Austin?**

**RD:** I am originally from a little town near Plymouth, Massachusetts. I grew up ice skating on cranberry bogs, swimming in lakes and riding bikes along dirt roads. I moved to the Boston area for college but fled to San Francisco several years later when I finally had enough of the snow. I moved here to Austin with my husband four years ago this month. We were welcomed to Austin by the buzzing cicadas during a brutal heat wave. We haven't stopped sweating since.

While the weather down here can be downright oppressive at times, it is equally matched by the kind nature and independent spirit of the people we have met. It is truly one of the most hospitable, neighborly and creative communities that we have had the pleasure to be a part of.

**BC: What is your favorite product at Wheatsville?**

**RD:** Can I say energy? This place puts out a lot of positive energy. Being the friendliest store in town is no joke around here. Everyone's enthusiasm for their departments, the people they work with and the impact this store has on the community is what I personally keep coming back for.

In addition, the feedback I've gotten from customers, members, vendors and local community partners about how Wheatsville has had a positive impact on their lives and businesses has been nothing short of inspiring. I am truly humbled to be part of such a positive, passionate co-op.

Being able to pick up fresh produce every night after work is pretty awesome too, though.

**BC: What is your favorite thing to do/place to go in Austin?**

**RD:** I love going out to the Alamo Drafthouse for a beer and movie. I love riding my bike down to Town Lake with my husband and son. I love Mayfield Park, all the peacocks and lush landscaping. I love all the neighborhood parks and playgrounds. I love camping at Guadalupe River State Park. And I love the kite festival! I love that the whole event is centered around something as simple and wonderful as the wind and that the whole town shows up. I mean, honestly, how awesome is that?

**BC: Tell me one thing that most Wheatsvillians don't know about you (that you're willing to share!).**

**RD:** I became a quilter about three years ago. I had a second-hand machine that I had been dragging around with me for ten years but never learned how to use. When my son was born we were lovingly gifted with all sorts of hand-mades. I was overwhelmed by the time and thought that was put into each piece and I wanted to be able to give that gift back.

I also love to sing loudly to most Journey songs.

**BC: Fill in the blanks:**

**RD:** I've always wanted to drive across the country. And if I had my way biking across would not be quite so unreasonable to think about doing with my son and husband either.



**Rachael Wilder**  
Licensed Massage Therapist

512.919.0132  
osunray@gmail.com  
www.awakenednature.com

1003 Bouldin Avenue  
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**Awakened Nature**  
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# Staff Top Ten Picks

by Mindy Dolnick, Baker



**1. Nancy's Organic Cottage Cheese with Strawberries/Pears/Peaches**  
A small, sweet protein-packed snack, perfect for breakfast or even dessert!



**2. Wheatsville Deli's Cucumber Agua Fresca**  
Cool and crisp summer refreshment

**3. Norpro Frozen Ice Pop Maker**  
The only way to make it through the summer in Austin!

**4 and 5. L&A Pineapple Coconut Juice**  
One of my favorite juices makes excellent popsicles in the Norpro Frozen Ice Pop Maker, especially when combined with Let's Do...Organic! Unsweetened Coconut Flakes for extra texture and flavor.



**6. Snack Factory Pretzel Crisps, Tuscan Three Cheese**  
My new favorite snack food. Deliciously addictive!



**7. Snackmasters Teriyaki Turkey Jerky**  
My favorite post workout protein boost!



**8. Power Organics Cacao Berry Clarity**  
If you're going to eat chocolate, you might as well add some Superfoods!



**9. Organic Girl Berries and Balsamic**  
A beautiful simple salad to bring to the table.



**10. Sustainably-Fished Wild Alaskan Sea Scallops**  
Lightly salted and seared in butter = perfection.










**WWW.BLACKSTAR.COOP**  
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# Stocking the Pantry *by Mark Maddy, Meat & Seafood Buyer*

It's time to crack open the books and settle back into the school year. With all the studying, and getting the kids to do their homework and go to bed, it can get pretty hectic and difficult to wrap

your head around providing good, healthy meals.

One way to make those decisions a little easier is to make sure your pantry is stocked and ready for quick meal ideas. In the meat department, that usually means the freezer. Always having a pound or two of some **Niman Ranch Ground Beef** ready to thaw paves the way for a vast number of meal options from burgers to casseroles.

Another quick, simple and versatile option is pork tenderloin. Marinate one or two of these overnight in the refrigerator and bring to room temperature before roasting in the oven for about 30 minutes and you've got a deceptively fancy meal.

We sell our **Niman Ranch Pork Tenderloins** in two forms: a two pack in a cryo-vac package and a single tray packed loin. The single packed tenderloins have been cleaned and trimmed of their silver skin; the two pack you'll have to clean yourself. If you need anything packed and wrapped for the freezer, we are more than happy to do that for you.

## Here's how to trim silver skin from a pork tenderloin:

At the fat end of the loin you'll find a layer of silver looking stuff that curves around the edge of the loin. Take a sharp knife, run it horizontally underneath the silver skin, away from your person about an inch from the where the silver skin stops. Turn the loin around and place your knife at the point where you stopped the other cut. When you begin pushing the knife be sure and push at a slight angle against the silver skin.

**Chicken breasts and thighs** are great for quick casseroles, and can be stored easily for some leftovers. Wild rice and mushrooms baked with chicken in mushroom broth for about 45 minutes is a low fuss, quick meal.

**Sausage** is also quick and easy. Just put a little bit of oil and about a quarter cup of water in a pan or even an electric skillet (for those flame-free areas). When the water evaporates the sausages will sear nicely. Some onions and peppers tossed in the skillet with the sausage would be great wrapped in a tortilla or just on a plate.

**Applegate Farms or Organic Prairie sliced lunch meats** are a great help for those lunchtime sandwiches.

Another great addition to the pantry is **stock**. Because the cooking time is so long this is a wonderful way to make the house smell great and keep the kitchen warm when the temperature starts to drop. I like to make a variety of stocks that can be used for soups and sauces. I don't usually season these stocks very much, but you can certainly add salt, bay leaves or oregano.

## Chicken Stock

3 lb whole chicken (I use whole chickens, removing the cooked meat at the end to use in other dishes like enchiladas or chicken salad) or the equivalent in necks and wings or leg quarters; just make sure you use pieces that have bones or even the carcasses of roasted chickens. You can also use turkey or duck carcasses.

- 1 cup vinegar
- Water
- 3 celery ribs
- 3 carrots
- 3 cloves garlic
- 10 cracked black peppercorns
- 1 bunch parsley

Remove wings and split. Put chicken into a large pot, the larger the better. Pour vinegar over the chicken and let sit for an hour.

Fill pot with water to a couple inches above the chicken. Roughly chop the celery and carrots and smash the garlic cloves. Add vegetables and peppercorns to pot and bring to a boil. Reduce heat to a low simmer; gently remove any scum that comes to the top of the pot with a mesh strainer or slotted spoon. Simmer for six to eight hours (I cook mine for even longer).

Add the parsley for the last ten minutes of cooking. This is for the mineral content, and not really for flavor. Remove chicken and strain stock through a sieve or cheesecloth; both is even better.

Chill in refrigerator until the fat makes a solid mass at the top of the pot and remove. Pour stock into sealable plastic bags or containers. I like using the 1 quart size bags. Pour some into ice cube trays as well to freeze and save as smaller servings for making sauces.

## Tips on thawing meat:

Overnight in the refrigerator is best. If your schedule is tight there is another technique. Place the product in a plastic bag. Get as tight a fit as you can and submerge the product in cold water. It is important to use cold water as cold water makes it easier for the product to give off its cold. Depending on how thick and heavy the product is it should take no more than an hour to thaw most things this way. Products like **Thunderheart Ground Bison**, **Richardson Farms Pork** and **Bastrop Cattle Co.** products are packaged in airtight bags and can be put straight into water. These items take about a half an hour to thaw.

## Beef Stock

- beef bones
- the same vegetables as for chicken stock

This is made basically the same as the chicken stock.

We have an assortment of beef bones to choose from; I like to use a bit of each of them. The **Windy Bar Beef neck bones** still have some meat on them and are a great source of collagen. We have knuckle and round bones as well. The knuckles are sawed down for easy use and the round bones are great marrow bones. For a deeper flavor and color, you can roast the bones.

If you want, you can also roast the vegetables. If you roast them, when they're done and you're transferring them to the stock pot, be sure to deglaze the roasting pan by adding water to the pan and scraping the tasty bits from the bottom of the pan to use in your stock for added flavor. You can use wine for this process as well. Pour this liquid into the stock pot and continue the recipe as if you were making chicken stock. This basic stock recipe can be used for just about any other game or domesticated livestock.

I hope you enjoy these stocks. They are simple, convenient to have on hand and very nutritious. They do take bit of room to store, but are well worth the effort. The many resulting quick soups and great flavor additions to sauces make the process worthwhile.



# Staff Top Ten Picks *by Miranda Robinson, Housewares Lead*

**#1. Drunken Goat Spanish Cheese**  
Smooth and creamy with just a bit of goaty funk, I like mine with tart plums and a sparkly vinho verde.



**#5. Mode De Vie Karite Lips**  
Hands down the best lip balm I've ever tried!

**#2. Mad Hippie Vitamin C Serum**  
This lightweight formula absorbs instantly to leave my skin feeling moisturized and protected but never greasy.



**#6. Coconut Secret Raw Coconut Vinegar**  
So yummy. Sprinkle on fresh avocado, add a dash of salt, and enjoy.

**#7. Sweetish Hill Texas Snaps**  
These little cookies are so rich and buttery and just the right size.



**#3. Ruta Maya Organic Espresso Roast Coffee Beans**

They make my French press happy!



**#8. Food For Life Ezekiel 4:9 Sprouted Grain English Muffins**  
A breakfast staple in our house.



**#4. Plant Spirits Apothecary Herbal Tinctures**  
Kick menstrual cramps to the curb with Crampbark Compound, wind down with Less Stress, and beat the afternoon sleepies sans caffeine with Mental Clarity.

**#9. Good Health Kettle Style Avocado Oil Potato Chips**  
Crunchy salty junk food indulgence at its finest!

**#10. R.W. Knudsen Very Veggie Organic Juice Blend**  
I love it plain but also like to blend with cucumber, celery, avocado & lime juice for super quick & easy gazpacho.



# Organic Beer, Cider & Wine by Shane Shelton, Beer & Wine Buyer



## Butte Creek Organic Beer is here!

Butte Creek Organic Pilsner and Butte Creek IPA are two of the freshest beers you will ever taste.

Formed in the early 90's by friends Tom Atmore and Bill Beeghly, Butte Creek Brewing Co. is located in Chico, California, home of the Sierra Nevada Brewing Company. Butte Creek hired Sierra Nevada's number two brewer Roland Allen to create these beers and he quickly began to focus on making fresh, organic beers. Butte Creek Organic Pilsner is brewed with organic pilsner malt and organic hops. This European style Pilsner is straw colored and has a crisp, refreshing finish. Butte Creek Organic IPA is full bodied with a mild caramel malt flavor and liberal hop presence. This beer is a delight for all hop-heads.

The makers of Butte Creek chose to make their beers with organic ingredients to encourage the use of renewable resources, permaculture practices, and the preservation and enhancement of agriculture for future generations. They use fresh whole leaf hops for a taste that is fresh and clean!



Samuel Smith's Organic Cider pours a clear pale straw yellow color with a thin white head and a nice carbonation. This yummy cider has a light body, a crisp clean flavor, and a dry finish. The bouquet is fresh apples, with a soft floral note. The juice used to produce Sam Smith's Cider contains a mix of apple varieties selected to balance fresh apple flavor with acidity, tartness, and sweetness. A wine yeast strain is used to ferment their cider, providing a clean finish and allowing pure apple flavor to shine through. Naturally gluten-free, cider is also high in antioxidants. Samuel Smith's Organic Cider is Certified Organic by the USDA accredited UK Soil Association.



In the vast desert province of Mendoza sits Familia Zuccardi, Argentina's largest family-owned winery. Located at the foot of the Andes Mountains and one of the leading exporters of Argentine wines. For almost 40 years, Familia Zuccardi has produced wines of exceptional quality and value from the soils of Maipu and Santa Rosa. Every wine at Familia Zuccardi is made from estate grown, handpicked fruit and is estate produced. In total, there are nearly 1200 acres of noble grapes under cultivation.

Created in honor of the only daughter of Jos Zuccardi, Santa Julia Winery is committed to developing sustainable policies that contribute to environmental care while being useful to the community. Santa Julia does this by growing 100% organic grapes, using green fertilizers and irrigation from pure mountain water and water recycling programs.

**Santa Julia Organic Cabernet Sauvignon** is a lighter style cabernet with a deep ruby red color and a hint of oak. This delicious wine is full of red fruit flavors. Currant, black cherry and plum give way to a touch of spice at the end. The wine pairs well with firm cheese, red meats, and pastas with red sauce.



Buying for a crowd—don't forget our wine deal. Buy six or more bottles of wine and get 10% off. Any wine! Any price! Mix and match!



## Pair Cheese with Beer! by Greg Flores, Cheese Buyer

When thinking of pairing cheese with food, most people think of wine and cheese. With the popularity of artisan microbrews, beer is coming into its own as a pairing with cheese—and many people feel it is the better pairing.

Here are a few rules of thumb for pairing beer and cheese. Fetas and goat cheeses pair well with wheat beers. **Pure Luck's June's Joy** goes really well with a **hefeweizen**. My favorite pairing is **Pure Luck's Hopelessly Bleu** and a hefeweizen.

Mascarpone goes well with fruit beers. **Magic Hat #9** pair well with mascarpone, **crackers and walnuts**. The apricot in its flavor profile plays well with the fresh flavor of mascarpone and the sweetness of the walnuts.



With cheddars and colby, brown ales are recommended. **Sierra Nevada Tumbler Autumn Brown Ale** goes great with a smoked cheddar and sausage.

Pair strong Belgian ales such as **Maredsous** and **Duvel** with Trappist



cheeses such as **Port Salut** and **Pere Joseph**.

With **Parmigiano Reggiano**, a hoppy ale such as **Left Coast Hop Juice**, is recommended. I would add honey into this equation. The salty, sweet and bitter will keep your tastebuds on their toes.

Remember these are just rules of thumb. Try different combinations. Add chocolate into some of these pairings. It can be as adventurous you want it to be!

## New on Cheese Island

We recently asked what cheeses would you like to see in our case and we have brought in three new additions that I know you will enjoy:

- Pecorino Romano, a hard sheep's milk cheese. Grated to use as a the perfect topping on pasta dishes.
- Asiago, an Italian cheese with a sweet nutty flavor that is comparable to Swiss Emmentaler or French Comte. It is delicious on sandwiches or eaten with crackers and bread.
- Ricotta Salata, an Italian sheep's milk cheese that is firm and salted. Ideal for tossing in salads or grated over pasta dishes.

We are also now offering **Austin Pesto Company's** delicious pestos—a nontraditional take on an Italian classic. They use pecans instead of pinenuts in their **Texas Classic Pesto** and **Texas Classic with Jalapeños**. Their **Vegan Thai Pesto** uses coconut instead of parmesan and peanuts instead of pinenuts. Try these pestos with our new **conchiglie and tomato rotelle pastas** from **Austin Pasta Company**.

Just in time for school lunchboxes, we now have **Nancy's Cottage Cheese with Fruit on Top**. They come in 8 oz. snack size containers in three tasty flavors—**strawberry, peach and pear**.

Whether off to work or off to school we have plenty of sliced **Organic Valley** cheeses for your sandwiches and snacks. **Organic Valley Stringles**—a handy and delicious lunch favorite, are always great for on the go eating.

Need ideas? Just ask, we'd love to help you discover the perfect cheese.





## Stay Smart by Getting Smart *by Elke Stoeckelmann, Vitamin Lead*

There is a lot of new research being done on the brain. The results are showing that brain health is not a concern confined to any one population or age group. Brain health starts in the womb and continues throughout your entire lifespan. There are very practical ways you can affect it at anytime along the way.

Your brain is an incredible living and constantly-developing dense forest with billions of neurons and synapses. The brain remains plastic and capable of neurogenesis throughout your *entire* lifetime. Brain plasticity refers to the brain's lifelong capacity to change itself in response to stimulation. Neurogenesis is the brain's ability to grow new brain cells (neurons) and create new connections between neurons till the day we die. How can we take care of this living and beautiful forest of neurons?

To summarize a lot of scientific research let's say that there are four essential pillars to brain health:

- 1) Physical Exercise:** prompts neurogenesis and the growth of new blood vessels in brain, increases the production of brain chemicals that promote growth, differentiation, survival, and repair of brain cells. As if that wasn't enough, it also burns up and removes stress hormones, and helps the body detoxify.
- 2) Mental Exercise:** The 3 key principles for good brain exercises are: novelty, variety and constant challenge. The learning experience should be enriching; i.e. kids and adults need to play and create, involving all senses, and be willing to try new things.
- 3) Stress Management:** Stress does exactly the opposite to the brain as exercise: it actually impairs the production of new brain cells and acts to prune back the branches of neural connections. Regular physical exercise, meditation, breathing exercises, proper nutrition, and having a positive attitude can all help reduce and manage stress. Reducing stress decreases vascular inflammation and allows more oxygen to the brain.
- 4) Good Nutrition:** Some facts to consider: The brain only weighs 2% of body mass but consumes over 20% of the oxygen and nutrients we intake. Think of that the next time you eat! Eat organic! Pesticides effect neuron replication. Food allergies can cause inflammation in the brain, reducing blood and oxygen flow to the brain. Elevated blood sugar levels increase vascular inflammation, reducing blood circulation to the brain. Did you know the brain is 60% fat? This fat is primarily DHA, an omega-3 fatty acid found in fish and certain algae.

You'll find many supplements to help support your brain health at Wheatville. Here are some I'd recommend:

1.) DHA is recommended for the developing brain in pregnancy, for ADD, prevention and treatment of Alzheimer's, and the overall brain and mood health of the average person. I, and everyone I know that takes DHA, can feel the difference it makes in brain function and mood. And, science backs it up.

• **Minami** is a relatively new brand of fish oil (the main source of DHA) on our shelves. Minami uses CO2 extraction, a method of extracting oil without heat, keeping the nutritional value intact. CO2 extraction produces a highly concentrated fish oil, getting everything you need into 1 softgel/day. I also like how most of their softgels are made out of the fish,

not some unknown animal source. Minami has also won some impressive environmental awards.

• We also have several vegetarian DHA supplements, all of which are in vegetarian softgels.

**Vegan DHA** by Minami is high quality, with Astaxanthin added, and at a good price.

Also, **UDO's Oil 3.6.9 DHA**, found in the cooler, is outstanding.

2.) Ginkgo Biloba, Gotu Kola, and Bacopa are my favorite herbal ingredients for "breaking the fog". Ginkgo Biloba improves blood flow in the small capillaries of the brain. Gotu Kola's use in the treatment of memory enhancement is well

documented. Bacopa is an Ayurvedic herb shown to help memory retention. We carry several formulas with these ingredients. A few of my favorites are:

• **Circuforce Brain Power** by Health Force. Health Force has very high standards, and is always truly organic when at all possible.



- **Ginkgo-Bacopa Quick-Thinking** by Rainbow Light – lots of good ingredients at a good price.
- **Himalaya Mind Care.** Himalaya never uses additives or gelatin, and is always organic when possible.

3.) B-Vitamin Complexes and B-12 help keep the nerves healthy, which helps to increase mental and physical energy and a healthy stress response.

- My favorite source of B-vitamins is in the whole-food form, **Spirulina Manna** by Health Force. The high standards of Health Force with my favorite superfood make this awesome!



- **Vitamin Code RAW B-complex** by Garden of Life, in capsules, and "Liquid B-12 with B-Complex" by Solgar are great also, and easier to take on the go.

Getting smart to stay smart is about making smart choices with our time, our food, and our energy so our brains can function better. The more

we take care of our brain health throughout life the more "cognitive reserves" we'll have, according to studies. And, if we haven't been so smart throughout the years, it's nice to know that studies have also shown it's never too late to start improving the health of your brain.

If you'd like to learn more, [www.sharpbrains.com](http://www.sharpbrains.com) is a fun and interesting website.



## Lessen Stress

*by Cody Atkins, Health Team Supervisor*



The crazy hot days of summer are going to be around for a while but the halcyon days of summer are over. The reading and swimming from the beach roadtrip get traded for reading assignments, swim practice, car-

pools and errands, errands, errands.

When your to-do list becomes comically long and your shoulders tighten and your tempers flare—that, my friend, is stress. The first few weeks of a new school, high school or college can be as stressful on parents as it is for the students.

For well over 1000 years stress has been recognized as a threat to good health. In response, Traditional Chinese herbalists created a formula called Xiao Yao San which over the centuries has become one of the most commonly used formulas to moderate the fight or flight response. This same classic formula is now in a liquid extract form called Decompress.

Think of the word overwhelmed. If that describes you, then Decompress can help. Taking Decompress won't change your comically long to-do list, but it can change how you react when you look at it and move from nervous and panicked to, "Yeah, I got this."



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# What We Did on Your Summer Vacation *by Chris Moore, Chill Buyer*



Over the summer, we in the Wheatsville refrigerated and frozen departments, have brought in some new and exciting local products.

In the frozen section keep your eye out for an all natural local grain burger from **The HOT DANG**. They use 100% non-GMO grains and they are soy free!

Martha P, maker of the HOT DANG says, "The HOT DANG is a grain burger. Firstly, it is made out of grains. Organic Texmati brown rice, organic pearled barley, and organic wild rice are the main ingredients. Add organic rolled oats, organic cashews, farm eggs, hot mustard and sea salt and there you have the HOT DANG. Secondly, the HOT DANG isn't made up of veggies or texturized vegetable protein. Most meatless burgers these days are based on heavily processed soy, that is the texturized vegetable protein that you see on the ingredients label. Here's my beef with that: it isn't a good thing to consume anything so intensely processed, those calories are empty, because machines take away the most nutritious parts of the food. Our bodies want to work through the food we eat, that is how we get our energy and all of the nutrients. It is the healthier way. The grain burger is positively loaded with fiber, protein and good fats that I keep as close to their natural state as possible, so your body needs to do the good work of breaking these proteins and fibers down.



Another beneficial effect of the grain burger is texture. There is a really nice texture to the HOT DANG that is hard to find when eating other veggie burgers. This sucker has a really great crunch to it when you pan fry it and even when cooked on the grill (or the microwave) doesn't get that soggy, mushy texture. I attribute this quality to the whole grains and the cashews. All of the ingredients come together to make a truly delicious grain burger that is good for you to boot. I know that I feel full and good when I eat the HOT DANG (and I eat a lot of them)! I think that you will feel this difference too!"



The summer heat doesn't quite leave us until October, so why not cool down with a delicious popsicle from **Mom and Pops**. We have ten of their most wonderful flavors including my favorite **creamy lime**.

From Dallas, we have **Talenti Gelato e Sorbeto**.

These frozen delights come in a wonderful array of flavors and shouldn't be passed by.

In the refrigerated case we have brought in a couple of cool local beverages.

**Chameleon cold brewed bottled coffee** packs three times the amount of caffeine than a regular cup of joe. For

a good ol' fashioned Texas tradition try **Moonshine sweet tea concentrate**. It's made with a recipe that has been passed down through generations of native Texans and one quart

can make up to three gallons! Owner Joele Porter says, "The Porter Family recipe has been passed through generations for over 60 years. Our recipe, was

created in Mason, TX by my Great-grandfather Leo (Cobb) Porter in the 1940s. Our Friends and family have long enjoyed our sweet tea. My Grandparents always had the tea in the refrigerator at their house, and when friends would stop

by they would always ask for a glass of sweet tea. So I decided to start a Sweet Tea company that focuses on Freshness and Quality. I started the business in December of 2009 with the help of my grandmother, my beautiful wife and our wonderful baby girl who is the inspiration behind it all. Moonshine was selected as the name because of it's homemade, old-fashioned style of concentrate that not many people take the time to brew anymore. We do the brewing so y'all don't have to!"



For any of you raw food enthusiasts we now carry **Hail Merry Raw and Vegan Tarts, Grawnola and Macaroons**.

Hail Merry was created by Dallas raw food chef Susan O'Brien in 2006 after traveling to Maui where she fell in love with the raw food lifestyle. Her journey took her to California where she trained with famed raw food chef, Juliano. Back home in Dallas, her cabana would be transformed into a test kitchen for raw snacks, which were then sold into a local natural foods market. Hail Merry quickly gained a devout following of vegan, gluten-free and raw enthusiasts who share a love for fresh, great tasting, pure ingredients which heal the body.

All Hail Merry products are raw or dehydrated at very low temperatures to protect the integrity of healthy dietary oils.

- Hail Merry Miracle Tarts are available in several yummy flavors: Chocolate, Meyer Lemon, Almond Butter, and Chocolate Mint.



- Hail Merry's gluten free Grawnolas are nutrient dense nut blends that are very low in sugar and carbs, contains no added oils and are also suitable for diabetics.
- Hail Merry Macaroons are healthy comfort food and never too sweet tasting!

# CHINESE

with

# MEGGIE

## CHINESE WITH MEGGIE

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## Back to School!

by Miranda Robinson, Housewares Lead

Summer is officially over, school is back in session, and if your family is anything like mine time is once again a precious commodity. Mornings are especially busy for us, but we've made a commitment to preparing our lunches at home, in reusable containers, in an

effort to save money and reduce waste. In addition to packing a lunch for my son each day, I try to make lunch for the grownups at least three days a week. I've found that the proper tools and a consistent routine can really help those weekday mornings feel less hectic, and I've selected products for Wheatsville's sustainable lunch section with busy folks in mind. Whether you're a family of four or a single adult we have something to suit your lunch toting needs.

I bought my son's first **Laptop Lunch Bento Box** when he started first grade, and we're upgrading to the 2.0 model this year as he enters junior high. That's 5 years of almost daily use by a little boy - I am amazed at the durability of this lunch box! Laptop Lunches are American-style bento systems, made in the U.S.A. from BPA-free recycled plastic, and are dishwasher safe. The individual containers make putting together a balanced meal



super easy, and kids really love the compartmentalized design. We offer the **Bento Buddies, Bento Box Set, Bento Kit** and **Bento System**, all in a variety of colors. Also check out the new Lunch Jar, a classic thermos-style container for hot soup, noodles, or veggies.



Colorful plastic's not your thing? Try a **tiffin from To-Go Ware!** These stacking, locking stainless steel containers are a great way to keep your salad separate from your sammie. We carry the **2-Tier and 3-Tier tiffins** and **Recycled Cotton Carrier Bags**, as well as the new **Snack**

**Stack and Sidekicks.** Say goodbye to disposable utensils with the **To-Go Ware RePEaT Bamboo Utensil Set.** Each set includes a knife, fork, spoon, and set of chopsticks in a carrying pouch with carabineer.



Glass containers are great for foods that need to be reheated, especially if your workplace doesn't have a kitchen full of dishes for you to use. We like the 16oz and 32oz lidded bowls from Anchor Glass. They're perfect for lunch-sized portions and stack nicely in the To-Go Ware Carrier Bag. The **TruSeal 10-piece Storage Set** is also a wonderful value at just \$35.99. I like to cook a couple of extra portions for dinner, divide the leftovers between bowls, and lunch for the next day is ready to go!



I'm really excited about two of our newest products: the **Snack Taxi** and the **Reusable Zipper Baggie from RuME.** Snack Taxi Sandwich Sacks and Snack Sacks are "food movers for a happy planet." These fabric pouches are made in the U.S.A. from 100% cotton with a nylon lining and Velcro closure, are machine washable, and come in tons of adorable prints. RuME Zipper Baggies are lightweight and colorful little bags with a zipper closure, just right for sandwiches or dry snacks. The Reveal one quart bag is a translucent zipper baggie that meets TSA guidelines, perfect for stashing toiletries in your carry-on. RuME bags are manufactured in a fair trade factory in South Korea.



Our Waste-Free Lunch Resolution has certainly helped my family save money and reduce the amount of disposable containers we consume, and I think we're making healthier food choices, too. I encourage you to set your own waste-reducing goals, and I hope you enjoy exploring all the options we offer to make preparing a meal from home fun and easy.



## Staff Top Ten Picks

by Raquel Dadomo, Brand Manager

### Sprouted Almonds

My newest snack obsession. Sprouting the almonds (soaking, then slowly drying) makes them lighter, sweeter, crunchier & much easier to digest. Try them side by side and you'll be hooked - so good!



### Aubrey Egyptian Henna Shampoo & Clean Rinse

I have used this for twenty years and STILL love it. The shampoo low on sudz but highly effective! I follow with the Clean Rinse which is thin, not at all like traditional conditioner, and let it set for at least a couple of minutes. I rinse and then I'm done. It smells fantastic and my hair is truly squeaky clean and shiny.

### Bubbies Sauerkraut

Perfectly crunchy, tangy & sour, good cold or warmed and it has live cultures which aid digestion. I mean, come off it! I didn't even like sauerkraut until I tasted Bubbies. They got me with their pickles then reeled me in for more. Just cabbage, water, salt and love.



### Alden's Vanilla Bean Ice Cream

I love ice cream and have tried them all - this is by far the best vanilla out there. It's creamy, rich and very vanilla-y without being too sweet, thin or crystalline. If you make dessert you will feel like you made this ice cream. It tastes better than homemade. Really, really good.



### Nature's Path Organic Mesa Sunrise Cereal

Super crunchy, lightly sweet flakes stand up well to milk and a standard serving size has me feeling totally satisfied until lunch. The good people at Nature's Path are always putting out delicious, thoughtful food.

### Ak-mak Crackers

I've been eating these for years and still love them for their simplicity and flavor. Five crackers - that's one whole sheet - for only 110 calories. Fantastic deep grain & sesame flavor, very crunchy - perfect with hummus. LOVE! Gotta have them in your pantry.



### Vicolo non-GMO Corn Meal Pizza Crust

I used to visit this restaurant and the best pizza by far was their goat cheese and tomato on this crust. Thick slices of fresh tomato topped with creamy rich chevre, basil and mozzarella, pulled from the oven bubbling hot on this crunchy chewy crust... superb in so many ways.



### Back to Nature Peanut Butter Cream Cookies

Not too crunchy, sweet, or oily tasting these little sandwich cookies are just right! Good out of the box, with milk or Alden's vanilla ice cream.



### La Chinata Sweet Smoked Paprika Powder

If you are making paella or anything that calls for paprika, THIS is what they are talking about. Deeply smoky, richly colored, perfect for making your own dry rubs. It will be your new 'secret ingredient'.



### Rosita's Chicken Tamales

I steamed these (out of the vacuum bag) for 30 minutes and they were perfect. The masa was moist and tasty and made about 4 servings. Great for dinner one night and lunch the next day. Perfect with a southwest salad or guacamole & black beans.





# Goodbye Summer, Hello Autumn by Adam King, Green Grocer

Depending on who you ask, summer ends at Labor Day or at the Autumnal Equinox (September 23rd). Given this summer's incredible temperatures, I'm betting we'll see summer-like days well into October. In 1925, we set a record for 69 days over 100° here in Austin. 2009 was second place with 68 days. At press time we're set to beat that record and become

Hottest Year Ever (a dubious title to be sure). It has been a rough season with the driest year since 1895, the year we began keeping rainfall records.

Things really haven't been so bad for us city dwellers: we've got air conditioning (and the electricity bills to prove it), we can jump in the shower for a quick cool-down or go for a swim at Barton Springs or Deep Eddy pool. We can swing by the co-op for a refreshing **cucumber agua fresca**. People who spend their days working outside have it a lot tougher and farmers have been hit particularly hard. Those fortunate enough to have strong, deep wells have been able to get by but many folks have just let their fields go: they're biding their time and dreaming of a wet autumn and a mild winter. Here's hoping.

People who stay plugged in to local and seasonal agriculture here in Central Texas know that we really have two growing seasons: spring/early summer, and autumn/early winter. That "dead zone" in the middle, the time when temperatures get so hot that no amount of water will encourage plant growth, that's what we just got through. Now we can look forward to a new bounty of cool weather crops: *brassic*s like **broccoli, cauliflower, kale, turnips, cabbage** all thrive on cooler temperatures. With a little luck and some planning, we'll see **locally grown greens** through the winter. In addition to greens, there are a few things you normally associate with summer that continue well into the fall: **peppers, tomatoes, cherry tomatoes, and zucchini** among others.

In addition to cool weather vegetables, fall means a new crop of apples and pears. In my opinion, apples and pears should always be eaten when in season. An out-of-season apple may look nice but its flavor and texture always leave something to be desired. Same goes for pears. They never ripen up the same way for me. As a result, I've always confined my apple and pear consumption to the cool months.



Because apples are grown by grafting, new varieties are easily created and as a result, there are new apples coming on to the scene each year. Last year we tried out the **Lady Alice**, a variety similar to the **Pink Lady** but with a lighter finish and fruitier notes. **Honeycrisps** have been going strong for a hot minute and we'll no doubt see more of those this fall.

On the pear side of things, we'll of course see the old standards: **Bartlett, Bosc, d'Anjou**. The ones I'm excited about are less common: the mellow, sweet **Comice**, the crunchy, almost vanilla **Concorde**: the only pear enjoyable at every stage of ripeness, and my personal favorite, the **Starkrimson**: creamy smooth with a sweet, floral flavor and a beautifully brilliant red skin.

I don't know about you, but the cooking we've done in our household has been pretty limited—mixed greens with a little sautéed chicken, rice and beans cooked up in batches and frozen for daily use, steamed veggies with crumbly cheeses, lots of food eaten raw.

When the weather cools down and the electric bill becomes more affordable, I get in the mood for baking. Just the thought of preheating an oven in mid-August makes me want to run for the thermostat. As the hot weather breaks and nights begin to get cooler, I start thinking of the fall and winter clothes I packed away months before: sweaters, scarves, jackets, coats, boots with wool socks. I also begin to mentally unpack my winter cooking recipes: stews, soups, roasts, cookies, cakes, and my personal favorite: pies.

I love a good apple-pear pie. Don't be afraid to try a new variety of apple, the **Granny Smith** isn't the only kid on the block. Any crisp apple will do. For pears, I prefer **Bosc** or **Concordes**. Other pears don't hold up as well when baked. I also really dig on a good **sweet potato pie**. Combined with standard pumpkin pie spices like cinnamon, nutmeg, anise and vanilla, a sweet potato pie is a major crowd pleaser. With the influx of fall hard squashes (**Delicata, Butternut, Kabocha, Acorn, Hubbard**), there are plenty of options for experimentation there, too.

For fruit lovers, it's been a great spring and summer. We had some incredible locally grown peaches and nectarines. Cherries were out of this world. Texas watermelons, especially those grown by our friends at **Buena Tierra Farms** and **Johnson's Backyard Garden** were to die for. I had the best blackberries I've ever eaten. Strawberries and raspberries were off the chain. So many good memories! Still, we can't live in the past. New things are just around the corner. Soon it'll be fall and winter will be right around the corner, with all manner of tangerines, oranges, grapefruit, and Meyer lemons. Eating seasonally is so much fun! There's always something to look forward to, and always fond memories of things past. Here's to eating well.

## Flaky Pie Crust

- 2 1/2 cups all purpose flour, plus extra for rolling
- 1 cup unsalted butter, cut into 1/2 inch cubes (The colder the better. I like to cut the butter into cubes first thing, then put it in the freezer while assembling the rest of the ingredients).
- 1 tsp salt
- 1 tsp sugar
- 6 - 8 Tbs ice water

I do this by hand but a food processor would make things easier. Combine the flour, salt, and sugar, then add butter. Break apart the pieces of butter with your hands. The temperature of your hands will warm the butter just enough to provide a flaky crust. Don't overdo it. Add ice water one tablespoon at a time, mixing until it all begins to clump together. If you can pinch some of the dough and it sticks together, it's ready. If not, add more water.

Divide the dough into two pieces. Gently shape into 2 discs. Knead the dough just enough to form the discs, over-kneading will melt the butter and your crust will be too dense. Sprinkle a little flour around the discs. Wrap each disc in plastic wrap and refrigerate at least 1 hour, and up to 2 days.

Remove one crust disk from the refrigerator. This will be the bottom of your pie. Let it sit at room temperature for 5-10 minutes in order to soften just enough to make rolling out a bit easier. Roll out with a rolling pin on a lightly floured surface to a 12-inch circle; about 1/8 of an inch thick. As you roll out the dough, check if the dough is sticking to the surface below. If necessary, add a few sprinkles of flour under the dough to keep the dough from sticking. Carefully place onto a 9-inch pie plate. Gently press the pie dough down so that it lines the bottom and sides of the pie plate. Use a pair of kitchen scissors to trim the dough to within 1/2 inch of the edge of the pie dish. Add filling to the pie.

Roll out second disk of dough, as before. Gently place onto the top of the filling in the pie. Pinch top and bottom of dough rounds firmly together. Trim excess dough with a sharp knife, leaving a 3/4 inch overhang. Fold the edge of the top piece of dough over and under the edge of the bottom piece of dough, pressing together. Flute edges using thumb and forefinger or press with a fork. Score the top of the pie with four 2-inch long cuts, so that steam from the cooking pie can escape. I find a lattice-top pie crust to be really visually appealing and not much harder to do.

Bake for 40-50 minutes at 325°F, or until golden brown.

## Staff Top Ten Picks

by Joseph Ramirez, Cashier



**Zen Party Mix**  
Asian Party in my mouth!

**Nutritional Yeast**  
Rock out with the nooch.  
Great on veg and popcorn!



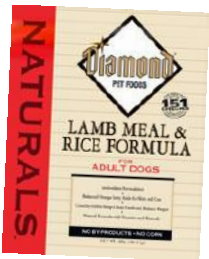
**Redmond Real Salt Sea Salt**  
Goes great on everything.

**Lagunitas Beer**  
They know all my secrets!



**Bandanas**  
Great for sweat...and blindfolds.

**Diamond Lamb & Rice Dog Food**  
Like cereal for your dog.



**Organic Girl Salads**  
Salad in a pinch!



**Barbara's Peanut Butter Puffins**  
Give your kids the bird for breakfast.



**Prometheus Springs Elixirs**  
Goes great with some vodka.

**Opal Divine Mary Mix**  
Great with breakfast!



# Organic for the Planet, Fair-Trade for the People

by Carla Vargas-Frank, Bulk Herbs Lead



Today's social and earth conscious movements have a lot of catch phrases that many of us have become accustomed to hearing in relation to the products we purchase and food we eat – but how well do we understand the words and their implications? Fair trade, organic, sustainable, all natural – the intent of these terms are to inform the consumer as well as to add buyer incentive to a product, but sometimes these terms are also misleading. For example, “all natural” is a label that many consumers associate with minimal processing, and the lack of artificial additives, hormones, and antibiotics. However, unlike “organic,” the label of “natural” or “all natural” has no legal U.S. meaning as outlined by the FDA or USDA. What does this mean for consumers? It means that food claiming to be “all natural” may still contain ingredients that some do not consider natural. It is important then, in order to be a responsible consumer, to understand these terms and what they are really saying about the products we choose to take home from the grocery store.

One label of high importance to understand, and to choose whenever possible, is **Fair Trade**. Fair Trade organizations such as the **World Fair Trade Organization** and **Fair Trade Federation (FTF)** commit to a set of principles regardless of the products that they sell. According to the FTF official website, these principles are, “creating opportunities for economically and socially marginalized producers, developing transparent and accountable relationships, building capacity, promoting fair trade, paying promptly and fairly, supporting safe and empowering working conditions, ensuring the rights of children, cultivating environmental stewardship, and respecting cultural identity.” As if the importance of these principles weren't obvious enough, the impact especially comes into perspective when you consider that farmers on conventional coffee farms receive about 2¢ from a \$3.00 latte sold in the U.S. (according to Transfair USA). In comparison, 20¢ is the amount of social premium paid on top of the per kilo price to fair trade certified coffee farmers for organic coffee (according to Fairtrade Labeling Organization standards). Also consider that, according to Bread of the World, an estimated 2.7 billion people are existing on less than \$2.00 a day and, of that, 1.4 billion of those people exist on under \$1.25 a day. Our choices to support alternative methods of world trade can help to change these figures.



While Fair Trade products are gaining popularity and notoriety, it is not an entirely new concept. Fair Trade handicrafts were the first items to be commercially introduced to the United States in 1940, while coffee was the first agricultural product to be certified in 1988. Now, in the U.S., products bearing the Fair Trade symbol of certification also extend to rice, herbs and spices, teas, sugar, vanilla, wine, vegetables, seed cotton, honey, olive oil, nuts, cocoa, flowers, and juices – and other products. That means that the number of opportunities that responsible consumers have to choose Fair Trade over conventional products is better than ever! We can all show our preference for Fair Trade products by, in a sense, casting a vote with our dollars for socially responsible trade practices. Every time we do this, we increase the demand for the implementation of ethical trade in our country and communities.

**FRONTIER**  
NATURAL PRODUCTS CO-OP

One way that Wheatsville commits to providing our shoppers and owners with ample Fair Trade product options, is by carrying companies that vigorously support Fair Trade industries. **Frontier Co-op** makes up most of our bulk herbs and tea selection and have developed the **Well Earth™** program to ensure that they are sourcing from suppliers who guarantee, “product quality, Fair Trade organics, integrity, social responsibility and sustainable operations.” While not all of their products are currently Fair Trade, Frontier is ever expanding their selection of Fair Trade products as they become available. **Wheatsville Bulk Herbs carries more than a dozen Fair Trade teas**, ranging from Jasmine Green to Black Chai and many more in between, and also a large variety of **Fair Trade herbs and spices from Frontier Co-op.**



To my surprise, while researching for this article, I found that not all of our Fair Trade products in bulk herbs and teas were labeled with the Fair Trade certified logo. It is my goal that by the time of publication, all available Fair Trade products in bulk herbs and teas will be correctly indicated as such to make it easier for our socially conscious Wheatsville shoppers to choose Fair Trade products easily whenever possible. Education about the effect our habits as consumers is increasingly important. At Wheatsville, we are proud that our customers and owners continue to shop knowledgeably and responsibly, and we are committed to help out by making responsible consumer options more readily available whenever possible!

For more information about Fair Trade visit [www.fairtradefederation.org](http://www.fairtradefederation.org) and for information on Frontier Co-op's Well Earth™ program, visit [www.frontiercoop.com/wellearth/index.html](http://www.frontiercoop.com/wellearth/index.html).



## Discover What's New in Bulk by Dustin Chesnutt, Bulk Buyer

Hello everyone! I'm very pleased to introduce myself, my name is Dustin Chesnutt and I am the new bulk foods buyer here at Wheatsville. I have been working at the co-op for over a year now under the superb tutelage of Riley Luce and I am very excited for this opportunity to contribute more to the co-op.

Let me start by presenting some new items over in the bulk department. After a short but noticeable absence **Turkish Figs** are available again. These antioxidant powerhouses are a great low-sodium, fat-free and cholesterol-free snack that will satisfy any sweet tooth. As well as the figs we have a truly new addition to the fruit section with **Unsweetened Dried Papaya**. I can't even begin to express my love for these wonderful tasting and wonderful-for-you fruit. With a natural enzyme that helps breakdown protein, fat and starch they make for ideal aid in digestion. Papaya also helps the body produce arginine, an amino acid that activates the hormones essential for cell rejuvenation particularly the cells in the liver, muscles and bones and those in the skin. Like I said, wonderful!

Speaking of new items, do you like quinoa? Why am I even asking, of course you do. Why not spice up your standard quinoa recipes with our new **Rainbow Quinoa**. Has the same great nutrition but with a new and exciting taste. The nutty red, crunchy black and toasty pearl varieties make it feel like something new all over again.

Well, as you can see we have some exciting new items but we also have some exciting events coming up. First up it's Back to School! We've bagged up some favorite quick snack items to help you stay on the go and in those books. **Wasabi Peas, Sprouted Almonds, Take a Hike trail mix** and **Wheatsville's own Chocolate Cherry Pecan mix** should give a boost to even the most beleaguered college student. And for the wee ones we've got **Animal Crackers, Sesame Sticks, and Veggie Chips** to pack in their lunch boxes. I'm sure they will love to see those in there. And I'm certain they will love to see a **peanut, cashew** or **almond Krinkle** in there as well.

Next on the bulk calendar is something very near and dear to my heart, **Bulk Foods Week! From October 16th through 22nd** show your love for low cost, low material shopping. Sponsored by the Bulk Is Green Council ([bulkisgreen.org](http://bulkisgreen.org)) we will be showcasing the advantages of bulk shopping.

And don't forget **Owner Appreciation Week is from October 8th through the 16th. Pre-orders get an additional 5% off!**

I really look forward to seeing you in the bulk department as well as providing you with great products, excellent deals and superb service.

### Quinoa with Currants, Dill, and Zucchini

Prep time: 10 min - Cook time: 20 min, serves 6

For those of you who are fans of quinoa patties - you can make patties out of the leftovers by combining a scant 3 cups of leftovers with 4 beaten eggs, and enough bread-crumbs to thicken things up a bit - 1/2 cup or so. Press with hands firmly into patties, then pan-fry, covered.



- 1 Tbs extra-virgin olive oil
- 1 bunch green onions, chopped
- 3/4 tsp fine-grain sea salt
- 1 cup quinoa, well rinsed and drained
- 2 cups water
- 1/4 cup dried currants
- 1 lemon
- 2 sm-med zucchini, grated on box grater
- 4 Tbs toasted sesame seeds
- 4 Tbs chopped fresh dill
- feta cheese, crumbled—as much or as little as you like

To make the quinoa, heat the olive oil in a medium saucepan over medium heat. Add most of the green onions, a pinch of the salt, and cook until the onions soften, just a couple minutes. Add the quinoa and cook, stirring occasionally, until the grains dry out and toast a bit, roughly another 3 minutes. Add the water, the currants, the remaining salt; bring to a boil. Dial back the heat and simmer, covered, until the water is absorbed and the quinoa is just cooked through—15 minutes or so. Be mindful here, you don't want to overcook the quinoa, and have it go to mush.

While the quinoa is cooking zest the lemon, and squeeze 2 tablespoons of lemon juice into a small bowl.

When the quinoa is cooked, remove the pan from the heat. Stir in the zucchini, lemon juice and zest, most of the sesame seeds, and most of the dill. Taste and adjust for salt.

Serve, turned out onto a platter, topped with crumbled feta, and the remaining green onions, sesame seeds, and dill.

Adapted by Heidi Swanson at [www.101cookbooks.com/archives/quinoa-with-currants-dill-and-zucchini-recipe.html](http://www.101cookbooks.com/archives/quinoa-with-currants-dill-and-zucchini-recipe.html) from the Lemon Quinoa with Currants, Dill, and Zucchini in Maria Speck's *Ancient Grains for Modern Meals*, published by Ten Speed Press, 2011.



## New Local Bodycare! by Kim Tehan-Barrow, Bodycare Buyer

Many of us eat seaweed, but have you ever tried bathing in seaweed? The Seaweed Bath Co., a new company based in Austin, Texas, incorporates bladderwrack seaweed from the nutrient-rich waters of the North Atlantic Ocean into its line of high-quality, all-natural skincare products. The Seaweed Bath Co.'s innovative product line came out of founder and Austinite Adam



Grossman's personal need to find effective, all-natural products to treat his dry, irritated skin.

Adam Grossman is a long-time psoriasis sufferer who, for years, struggled daily to find ways to improve the condition of

his skin. After trying countless treatments and meeting with numerous doctors and specialists, he watched as his skin condition worsened. After deciding against biologic shots, Adam began looking into natural alternatives to fight his psoriasis symptoms. Through his research, Adam discovered the benefits of brown seaweed. After using seaweed-based formulas for only a short period of time, Adam's psoriasis improved, his flaking and scaling diminished, and the redness of his skin faded. Encouraged by the positive effects of the seaweed on his own skin and his overall well-being, Adam and his wife Allison started The Seaweed Bath Co.

Seaweed is a relatively new skincare ingredient in North America, but for centuries Northern European and Asian cultures have used seaweed plucked from frigid, nutrient-rich ocean waters to alleviate dry, irritated skin, reduce inflammation and detoxify the body. Bathing in seaweed provides a unique and therapeutic spa experience that has become particularly popular in Ireland, where seaweed spas dot the coastline and attract visitors from all over the world. These same seaweed spa treatments are now gaining popularity in the United States. Brown bladderwrack seaweed from the Atlantic Ocean is loaded with powerful minerals and vitamins that can benefit your body and your skin. Because this particular type of seaweed floats on top of the cold Atlantic waters, it soaks up important nutrients from both the ocean and the sun, which can then be absorbed by the skin.

Your skin is your body's largest organ. Bathing in seaweed allows you to easily absorb a large amount of valuable nutrients, amino acids and vitamins that nourish your skin. Seaweed is rich in essential and non-essential amino acids found naturally in the skin, which can help to hydrate dry skin and alleviate inflammation and irritation. Seaweed also has antioxidant and antibacterial properties that can help improve skin conditions. The iodine found naturally in seaweed stimulates the thyroid, which helps to draw out chemicals and heavy metals in the system. Bladderwrack seaweed also contains fucoxanthin, a potent natural anti-inflammatory, which helps to reduce inflammation and redness on the skin's surface. Fucoxanthin has also been found to fight aging by helping to maintain collagen levels and promote elasticity in the skin. The nutrients in seaweed help increase pH alkaline levels in the bloodstream while simultaneously reducing acidity levels in the body and the skin. Seaweed is also an excellent natural source of omega-3 fatty acids that promote healthy skin.

The Seaweed Bath Co. line includes Ocean-Fresh Whole Seaweed Baths, Wildly Natural Seaweed™ Powder Baths, Body Washes, Body Butters, Body Creams and Shampoos.

### Dancing Dingo

Have you ever wondered what the heck is in your skin care? Have you wondered how companies can call themselves, and their products, "natural," when those products contain parabens, harmful chemicals, and artificial fragrances? And have you wondered how anyone can condone animal testing these days? So have the folks at Dancing Dingo.



As concerned consumers we all want what touches our bodies to be free from harmful ingredients, and to offer healthful, soothing and nurturing benefits. It has been a long struggle for the consumer to have the information at hand to make these informed choices. Dancing Dingo listened and learned.

Born in Austin, TX, in 2003, Dancing Dingo™ Skincare offers products with ingredients you and your family can feel safe using. They believe that naturally good-for-your-body products make for naturally happy, healthy people!

Dancing Dingo™ is animal friendly, approved by both Leaping Bunny and PETA. They are very favorably listed in the Skin Deep Database for Cosmetic Safety, and are proud signers of the Compact for Safe Cosmetics. Grateful winners of the Green With ENVY Award, they were voted one of Texas' Top 30 Eco-Friendly Companies. They offer a wide range of natural and earth friendly products for every member of the family – from Dingo Baby™ to Dog De-funkifier™ (they love dogs, too!) A majority of their products are vegan as well as gluten-free.

If you are ready to have happy, healthy skin, give Dancing Dingo a try.

Visit them on online at [DancingDingo.com](http://DancingDingo.com). They are also online at Twitter and Facebook



**Travis Audubon Society promotes the enjoyment, understanding, and conservation of native birds and their habitats.**

conservation of Chimney Swifts. TAS continues to spearhead conservation programs locally and support them abroad. They lead field trips and bird walks both at local birding hotspots and exotic getaways. They offer an exciting array of monthly speakers, workshops, youth birding camp, the annual Birdathon, and seasonal and monthly bird counts & surveys. TAS offers classes from the basics of birding to advanced classes for the identification of sparrows, raptors, gulls, butterflies and dragonflies, and even grasses. Their outreach programs strive to educate the community about the vital connection between conservation and sustainable, healthy human habitats. Visit [www.travisaudubon.org/field-trips.html](http://www.travisaudubon.org/field-trips.html) for more details.

#### SEPTEMBER FIELD TRIPS GALORE

- Sat, Sept. 3—International Vulture Awareness Day
- Sun, Sept. 4, 7-9:30am—Shorebird Review at Hornsby Bend
- Tues, Sept. 6, 7:30 – 9:30 am Two-hour Tuesday! at St. Edwards Greenbelt, led by Ken Zaslow
- Sat, Sept. 10, 7:00 am and 4:00 pm—Hornsby Bend Monthly Bird Count
- Sat, Sept. 10, 8am to 10pm Beginners' Birdwalk at Zilker Park
- Sat, Sept. 10, 6:30pm to 8:15pm—Jonestown Chimney Swift Roost
- Sun, Sept. 11, 7:00-11:30am Balcones Canyonlands – Doeskin Ranch
- Tues, Sept. 13, 6-11am – Super Tuesday! at Pedernales Falls SP, led by Terry Banks
- Sat, Sept. 17, 7:30 am to noon – Hornsby Bend Monthly Bird Walk
- Tues, Sept. 20, 7:30-9:30am – Two-hour Tuesday! at Brushy Creek Park led by Dan Callaway
- Sept. 23-25 – Hazel Bazemore Hawk Watch with Jeff Patterson
- Sun, Sept. 25, 7am to noon – McKinney Falls State Park
- Tues, Sept. 27, 7am to early afternoon – Super Tuesday! in San Marcos

#### CLASSES

Trees and Shrubs for Birders  
Sept. 10, 2011 9am-1pm, Sept. 17, 2011 9am-1pm  
To register, contact Frances Cerbins at Frances Cerbins or 512 372 9039.

#### GENERAL MEMBERSHIP MEETING

Sept. 15, 2011— Raptors of Texas, Speaker: Dr. Craig Farquhar

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is home to more than 30 nesting avian species and is world renowned for research and

**Workers Assistance Program, Inc. is an Austin (c)(3) community-funded nonprofit collaborative fission of charitable and educational services. Since 1977 our mission has been to serve Austin folks of all ages by promoting optimal levels of organizational and individual well-being through providing:**

- training in resiliency strategies
- community-based substance abuse prevention and intervention
- after school group mentoring sessions to build relationships between youth and adults
- awareness, education and involvement in the prevention of HIV and related diseases
- statewide training programs for evidence-based prevention and coalitions

**When there's a need...we have a service.**



**Workers Assistance Program, Inc.**  
*Creating Better Workplaces, Schools, and Communities*



**We support Wheatsville Food Co-op!**  
[www.workersassistance.com](http://www.workersassistance.com)  
**512.328.8519**

# Co+op Deals! by Brooks Wood, Co+op Deals Coordinator



We're excited to share with you that our Co+op Deals program is growing, thanks in-large-part to your positive response to the enhancements made to the program last year. As we continue to work to bring the best possible prices to you, helping to maximize your food dollars, our back office workload increases too. Therefore, we've made a new staff appointment to help us better accommodate our growing program.

**Eric Moya**, Wheatsville's new **Co+op Deals Assistant**, came to us from Whole Food's marketing department. Eric brings a welcoming personality, professional work ethic and incredible attention to detail to his new role. He is also beginning his senior year at UT, majoring in Social Work. You will see more of Eric in the months ahead, so be sure to say hello the next time you see him in the store.



While the northeastern states are beginning the celebration and arrival of fall, Austin residents are steeling themselves for the final push through one of the hottest months of the year. With this reality in mind, Co+op Deals are stacked with foods that minimize the use of our ovens and help to keep more of our hard earned food dollars in our wallets!

**All special prices mentioned here run August 31st – September 13, 2011**

# coop deals



Co+op Deals offer wonderful ways to save on **Equal Exchange Bulk Coffee!** For a limited time, **all varieties** of regular **Equal Exchange** bulk coffee are on Deal for **\$9.99/lb** reg. \$11.49/lb. Please note, this offer **does not** include **Equal Exchange Decaf** bulk coffees.

Other breakfast foods include, **Envirokidz Organic Cereal** which is on Deal for **\$2.99** reg. \$4.49, **Clif Energy Bars** are **\$0.99** reg. \$1.39, **Santa Cruz Organic Applesauce** is now **\$2.89** reg. \$3.99, customer favorite **Kashi Organic Strawberry Fields Cereal** is now **\$3.29** reg. \$5.39, **Bionaturae Organic Fruit Nectar** is now **\$2.99** reg. \$3.89, **Nature's Path Organic Bulk Granola** is now **\$3.99/lb** reg. \$4.89/lb, **Nature's Path Organic Waffles** are now **\$2.29** reg. \$2.99, **French Meadow**

**Organic Bread** is now **\$4.99** reg. \$6.79, **Wallaby Organic Lowfat Yogurt** is now **5/\$4.00** reg. \$0.99 each, **Straus Family Creamery Organic Yogurt**, in the 32 oz larger size, is now **\$2.99** reg. \$4.29, **Blue Diamond Almond Breeze**, also in the larger 64 oz size, is now **\$3.59** reg. \$4.49 and **Earth Balance Buttery Spread** is now **\$3.79** reg. \$4.99.



With the new school year in full force, snacks and easy meals-on-the-go options make our hectic schedules a bit more manageable.

**Natural Sea Chunk Light Yellowfin Tuna** is now **\$1.99** reg. \$2.99, **Dr. Kracker Organic Flatbread Crackers** are now **\$2.99** reg. \$3.99, **Lundberg Family Farms Organic Rice Cakes** are now **\$2.29** reg. \$3.39, **Organic Valley Organic Stringles** are now **\$3.99** reg. \$4.99, **Organic Valley**



**Organic Cheese** is now **\$3.99** reg. \$4.89, **GT's Organic Kombucha** is now **2/\$5.00** reg. \$3.29 each, **Kettle Krinkle Cut Potato Chips** are now **\$3.49** reg. \$4.99, **Country Choice Organic Snacking Cookies** are now **\$2.79** reg. \$3.49, **Blue Sky Organic Soda 6 pack** is now **\$3.29** reg. \$4.49, **Woodstock Farms Organic Pickles** are now **\$3.79** reg. \$5.29, **Terra Sweets & Beets** are now **\$2.79** reg. \$3.49, **Amy's Bowls** are now **\$3.79** reg. \$4.79 and **Amy's Burritos** are **2/\$4.00** reg. \$2.49 each.



Be sure to check our Co+op Deals flyers for a full list of sale items and prices. We look forward to seeing you at the Co+op soon!

## Owners!

Help us promote Wheatsville!

Celebrate big savings by sharing your Co+op Deals Flyer with friends and co-workers. Let them see the great prices and products that we have and get them excited about your co-op!

Your word of mouth is worth a million dollars of advertising!





## Thundering Paws Animal Sanctuary

Offering a safe haven for animals who are homeless, neglected, injured or abused. Our goal is to respect animals as individual beings with spirits who deserve the right to live a happy and healthy life, regardless of their attitude towards humans and human contact. For information about adoption visit our website [www.thunderingpaws.org](http://www.thunderingpaws.org)

**Dripping Springs, Texas**

# Non-GMO Month—October 2011

by Niki Nash, Wheatsville Merchandising Manager



In the previous issue of *the Breeze*, you may have seen an article by me about the **Non-GMO Project**, a non-profit organization,

created by leaders representing all sectors of the organic and natural products industry in the U.S. and Canada, to offer consumers a consistent non-GMO choice for organic and natural products that are produced without genetic engineering or recombinant DNA technologies.

In this issue, I will highlight some of the companies involved in the project: **Nature's Path Organic Foods, Bean Brand Foods** and **Eden Organic Foods**; all of whom make products that are much loved by Wheatsville.



Early supporters and Board members of the Non-GMO Project, Nature's Path Organic Foods have been industry leaders in the Organic movement since 1985.

Nature's Path

is headquartered in Richmond, British Columbia and employs over 350 people at its four facilities in Canada and the United States. The privately held, family-owned company produces breakfast foods and snacks sold in 40 countries around the world. The company's innovative brands include Nature's Path®, Flax Plus, EnviroKidz®, and Optimum®.

Wheatsville shoppers tend to favor their breakfast cereals, snack bars, toaster pastries and frozen waffles. Full of whole grains and superfoods, Nature's Path ensure that people are confidently enjoying their 100% Organic, Non-GMO certified breakfast or snack. And by the way, their foods taste great too!



Located in Austin, Bean Brand Foods, makers of Beanitos, have quickly caught national attention. The company was started in 2009 by brothers Doug and Dave Foreman who set out to create a great tasting low glycemic snack food. They start with whole beans, then carefully sort, wash and cook the beans in small batches. Then the beans are combined with whole-grain rice, adding whole brown flaxseed to the pinto chip recipe to create special dough. Then it's shaped and cut into tasty round chips. The chips are then baked, then flash-fried in pure vegetable oil and finished with a light dusting of sea salt or natural Non-GMO seasoning. The most significant change Beanitos has made to go Non-GMO was to switch from canola oil to pure sunflower oil. Featured in *Clean Eating Magazine*, *O Magazine*, numerous health publications and even



ABC television and QVC, Beanitos are creating a sensation by changing the way people think about snack foods. Wheatsville offers all 4 flavors: Black Bean, Pinto Bean & Flax, Black Bean Chipotle BBQ and Pinto Bean & Flax Cheddar Cheese. Crunch your beans!

Eden Organic Foods is one of eleven governing members of the Non-GMO Project's board of directors that has been involved in initiating, funding, and writing standards for the Non-GMO.



As of now Eden has enrolled 86 foods in the U.S. that have all been verified as compliant with the Non-GMO Project Standard including their BPA-Free cans of beans, pasta, shoyu soy sauce and packaged soymilk. Since 1993, Eden has been openly against GMOs and 18 years later continue to thoughtfully serve as a great example of how a large food manufacturer can stay true to its values and commitments made to consumers. A recent letter posted online from Eden's President implores us all to join them:

"There is great need for civil society to become caring about and involved in the kind of food that industry feeds us. The social, political, medical, mental, and spiritual damages of big agribusiness should not be allowed to continue, but they do. Help us encourage cultural diversity and purity in food, agriculture, air, water, and land use. Wisdom is love in discerning. Please become involved with us in discerning and determining what is appropriate food for humanity." Michael Potter, Eden Foods President.

**GET THE GARDEN YOU MEANT TO BUILD LAST YEAR.**

**RESOLUTION GARDENS**  
expert-installed raised bed gardens complete with seasonal vegetables.

**GROW MORE THAN FOOD**

**RESOLUTIONGARDENS.COM**

have a GARDEN INSTALLED in one AFTERNOON

**Join the "Real Food >>> Road Trip"**

Interested in learning more about your food? Tune in to The Perennial Plate, an online weekly documentary series dedicated to socially responsible and adventurous eating. In true road trip style, chef and activist Daniel Klein and camerawoman Mirra Fine are making their way around the United States, telling the stories of real food and the people who provide it in every corner of the country.

Food co-ops around the country are proud sponsors of The Perennial Plate and invite you to join their journey to discover where good food comes from and how to enjoy it. Daniel and Mirra may even be coming to a food co-op near you!

For more information, visit [www.perennialplate.com](http://www.perennialplate.com) or [www.strongertogether.coop](http://www.strongertogether.coop)



USDA certified organic foods must be grown and processed without the use of GMOs, so consumers' best assurance that no GMOs were used in the production of their food is to eat organic, however no GMO testing has been required for the certified organic seal.



The new Non-GMO Project seal will add another level of confidence by offering independent verification and GMO controls for products. New products are being verified on a regular basis, with some in process some fully verified and marked with the seal. Look for the seal at Wheatsville on products from these fine companies:

- Amy's Kitchen
- A.Vogel
- Beanitos, The Bean Chips
- Bragg
- Choice Organic Teas
- Coconut Secret
- Earth Balance
- Earth's Best
- Eden Organic Foods\***
- Endangered Species Chocolate
- Envirokidz
- EO Bodycare
- Erewhon
- Field Day
- Follow Your Heart
- Garden of Eatin'
- Green Mountain Gringo
- Guayaki
- Hemp Bliss
- Jolly Llama Sorbet
- Koyo
- Let's Do...
- Lotus Foods
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms\***
- Manitoba Harvest Hemp Foods
- Mary's Gone Crackers
- Native Forest
- Natural Sea
- Nature's Path\***
- New Chapter Whole Food Vitamins
- New Morning
- Nutiva
- Old Wessex
- Organic Valley\***
- Pacific Natural Foods
- PJ's Organics
- RiceSelect
- San-J
- Silk
- Skinner's Raisin Bran
- So Delicious Dairy Free
- Stahlbush Island Farms
- Straus Family Creamery
- Sunshine Burger
- Theo Chocolate
- Traditional Medicinals
- Uncle Sam Cereal
- Westsoy
- Wholesome Sweeteners
- WholeSoy & Co.
- Woodstock Farms
- \*Non-GMO Project Board of Directors**

For a complete list of participating brands and their products visit [www.nongmoproject.org](http://www.nongmoproject.org)

Join us in October as we celebrate Non-GMO month at Wheatsville. We will have foods to sample, educational flyers, special sales and a Non-GMO gift basket to give away!

## STAND UP FOR GMO LABELING

# RALLY FOR REAL FOOD

YOU HAVE THE RIGHT 2 KNOW WHAT'S IN YOUR FOOD

PLANT YOURSELF ON THE SOUTH STEPS OF THE TEXAS STATE CAPITOL

## SUNDAY, OCTOBER 2, 2011

FROM NOON TO 3PM

**JOIN** leading food manufacturers and farmers as they speak out against the danger of Genetically Modified Organisms

**ENJOY** free samples of Real Food and get valuable coupons

**SIGN** the petition to support legislation for GMO labeling









FAMILY-FRIENDLY EVENT! | For more information visit [rallyforealfood.com](http://rallyforealfood.com)

### SAY NO TO GMO

**GMOs (Genetically Modified Organisms)** have found their way into our ecology, our economy, and our food, and there are currently few legal means of even identifying them.

We feel that everyone has the **Right 2 Know** whether their food is genetically modified. We demand GMO labeling on all food and drink products in this country, and we support local and global efforts to keep GMOs out of our food supply.

### SPEAKERS

 <p><b>DOUG FOREMAN</b> Non-GMO Advocate &amp; CEO of Beanitos <a href="http://beanitos.com">beanitos.com</a></p>	 <p><b>JUDITH McGEARY</b> Executive Director, Farm &amp; Ranch Freedom Alliance <a href="http://farmandranchfreedom.org/">farmandranchfreedom.org/</a></p>
 <p><b>SUSAN BOLLINGER</b> Austin Ko-Op Radio <a href="http://koop.org/schedule/detail.php?ext=info&amp;oa_id=93">koop.org/schedule/detail.php?ext=info&amp;oa_id=93</a></p>	 <p><b>NEIL CARMAN, PH.D.</b> Lone Star Chapter Sierra Environmental Org. <a href="http://texas.sierraclub.org/conservation.asp">texas.sierraclub.org/conservation.asp</a></p>
 <p><b>ROBERT BARD</b> Bard Farms and Jeffrey Smith Approved Non-GMO Speaker <a href="http://bardsfarm.com">bardsfarm.com</a></p>	 <p><b>KEN WHITMAN</b> President, Natural Vitality <a href="http://petergillham.com/wp/">petergillham.com/wp/</a></p>
 <p><b>RONDA RUTLEDGE</b> Executive Director, Sustainable Food Center <a href="http://sustainablefoodcenter.org">sustainablefoodcenter.org</a></p>	 <p><b>DAN GILLOTTE</b> General Manager, Wheatsville Food Co-op <a href="http://wheatsville.coop/partners.html">wheatsville.coop/partners.html</a></p>



# Co-op Election Time is Near

by Gabriel Gallegos, Membership Coordinator and 2012 Vote Coordinator

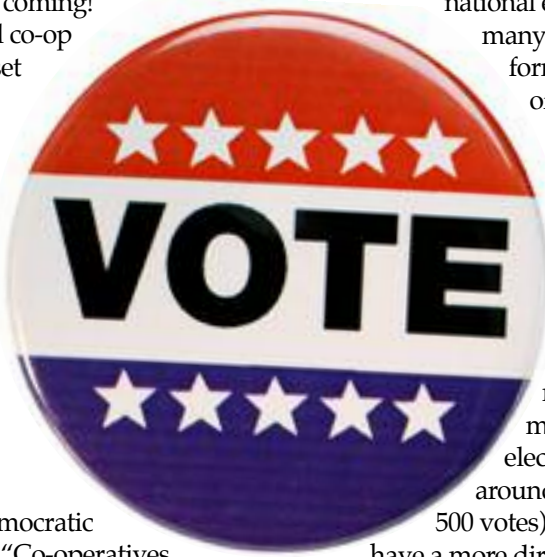
The time is coming! Our annual co-op election is set to begin in October. One of the

truly unique and greatest aspects of being a co-op owner is having the opportunity to participate democratically. As owners, we all play an integral part in shaping the co-op by electing fellow owners to the Board of Directors and choosing our Community Action recipients.

### Why is it important to vote?

Our second Cooperative Principle, Democratic Member Control, states the following: "Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions." Although all of the Cooperative Principles are vital to our existence, this one in particular really captures what sets food co-ops apart from other retailers. While other retail establishments may take customer suggestions into account and listen to what their patrons have to say, co-ops have an official and formal process for capturing our owners' opinions and suggestions of how they think the co-op should be run. In a co-op, the roles of accountability are reversed in the sense that our owners are also our shoppers. Our co-op owners elect our Board of Directors who then hires the General Manager who oversees our staff. During our elections and Owner Gatherings, our co-op owners instruct our Board on how they feel the co-op should be operated. In other retail establishments, customer suggestions come from the bottom and move up.

Each owner is entitled to one vote during the co-op election and it is our responsibilities to make sure that we submit that vote. After all, each of us has made an investment in the co-op to receive our voting privileges. I believe that it is important for each and every one of us owners to vote in the co-op election simply because we can. Other than in local and



national elections, there are not many other opportunities to formally submit our opinions of how an establishment should be run...especially in food retail. In fact, there probably are not any other opportunities to do such a thing in our local vicinity.

Furthermore, in government elections, millions of votes are submitted while in our co-op election, we usually hover around a 4% voter turn-out (400-500 votes). This means that you have a more direct impact on the outcome of the election. Believe it or not, many times the outcome of both the Board seats and Community Action recipients ride on a single vote.

### What is up for vote?

**Board of Directors** – This year's election will fill five seats on the Board of Directors. Three are 3-year terms and two are 1-year terms. Each candidate must be a fully-invested owner of the co-op to run for a seat. Additionally, each candidate that completed an orientation session, attended a board meeting, and submitted an application by August 1, 2011, will receive a "Board Endorsement".

**Community Action Groups** – These are local non-profit

organizations which will receive 1% of our Wednesday sales for a designated month as well as additional donations that shoppers make at the cash register. In addition to a cash donation, Wheatville staff members will usually attend a volunteer outing at the group's facility and/or host an in-store donation drive for them.

Wheatville owners will select ten Community Action groups. Nine will be chosen from the candidates listed on the ballot and the tenth group selected is the winner of the write-in category. Funds raised in November and December are reserved for the Cooperative Community Fund.

As the election nears, we will be posting in-store signs and alerting our owners via our weekly email newsletter. In addition, we will be sending all owners an Election Issue of the Wheatville Breeze containing a ballot and Board candidate ballot statements. So stay tuned for more election news and remember to pass the word on to your friends and family members that the co-op election is near. Voting is good for co-op owners, for Wheatville, and for the community. See you at the polls!


**Sign up for the  
Wheatville Email List!**

A few times a month, you'll get an e-mail from us informing you of upcoming events, new products or changes in the store.  
Go to <http://wheatville.coop> to sign up!

We will not sell, lease, lend or otherwise disclose your email address to any other entity.

**We Wanna Adopt Your Mac**

Got a G4, G5 or laptop sitting around since you got your new Mac? We'd appreciate the donation of iMacs, G5s, G4s, or peripherals like DVD Burners, LCD monitors, or external drives, etc. We can't offer you a tax-deduction but you will definitely amass some good karma. Call Aldia at 478-2667 or email [aldia@wheatville.coop](mailto:aldia@wheatville.coop) to place your Mac in a loving home.



## Congratulations to Our Newest Invested Owners 6/13/11-8/16/11 (236)

- |            |             |              |              |               |                 |                 |                        |
|------------|-------------|--------------|--------------|---------------|-----------------|-----------------|------------------------|
| Ed Crain   | Joe Kralik  | Danny Pitts  | Sarah Waite  | Jared Bowden  | Jennifer Baum   | Eric Edmondson  | Whitney McClain        |
| Gwen Pan   | Joel Korpi  | Ida Murguia  | Star Valley  | John Edwards  | Jessica Asher   | Haley Reynolds  | Barbara Galletly       |
| Skye Son   | John Leedy  | J R Stevens  | Trish Halla  | Judy Sherman  | Katie Kaptain   | Heather Kaplan  | Denise R Briceno       |
| Amy Price  | Lara Jones  | Jamie Jones  | Will Cheney  | Karl Johnson  | Katrina Perry   | Jennifer Smith  | Frank Carmichael       |
| Amy Price  | Lisa Davis  | Joel Siegel  | Abby Winters | Kat Townsend  | Kiera Griffin   | Julia Johnston  | Jessica Wahpepah       |
| Brad King  | Cody Webb   | Julia Willis | Adam Winegar | Kelly Little  | Magda Mcbride   | Landon O'Brien  | Jonathan Daniels       |
| Evan Ross  | Liz Beaman  | Julie Haney  | Alisa Weldon | Kristi Stogo  | Margot Wright   | Marie Merriman  | Lauren Robertson       |
| Jes Beach  | Nadia Lalj  | Karen Ungar  | Tammy Young  | Laura Alport  | Meghann Ziler   | Mariette Henke  | Lydia Hildebrand       |
| Linda Lee  | Penny Burt  | Lilas Kinch  | Amanda Moore | Lydia Miller  | Michael Floyd   | Mary Jo Winder  | Meredith Bethune       |
| Lisa Otte  | Alex Meyers | Mandy Banks  | Andrew Orsak | Mattie Riley  | Michelle Reed   | Megan Mcdonald  | Shawn Harrington       |
| Mary Dean  | Amy Edwards | Mark Harvey  | Ansel Staton | Minda Markle  | Natalie Ammon   | Michelle Sidel  | Stanton Mcmurray       |
| Aida Ramos | Amy Suntoke | Megan Meyer  | Brad Shumate | Morgan Smith  | Niccole Crank   | Nina Palazzolo  | Travis Eisenberg       |
| Alison Rex | Aubrey Word | Monica Ford  | Brian Martin | Rachel Miles  | Nick Martinez   | Robert Carroll  | Christopher Perez      |
| Anita Jain | Ben Stevens | Nadia Elhaj  | Chris Erdman | Robin Dvorak  | Raquel Dadomo   | Sania Shifferd  | Dominic Armstrong      |
| Ben Weaver | Carrie Look | Rick Rowley  | Daniel Dadap | Sandra Olsen  | Rebecca Adler   | Scott Mccarter  | Eleanor Derounian      |
| David Sinn | Chloe Sikes | Robin Scott  | David Blache | Sarah Marcus  | Richard Lyons   | Shaelyn Watson  | Gwen Ockenlaender      |
| Doug Dodge | Chris Booth | Robin Senor  | David Sharpe | Sarah Stayer  | Ryan Deschner   | Sonia Boedeker  | Jennie Lee Gruber      |
| Erin Ungar | Craig Vanis | Ryan Knight  | Deborah Gill | Shaler Wells  | Sandy Stevens   | Steffany Thees  | Jennifer Batallas      |
| Geoff Ford | Dana Scanes | Sarah Ralph  | Derek Lecroy | Shannah West  | Scott Heftler   | Valerie Pearcy  | Jonathan Thompson      |
|            |             |              |              | Terri Givens  | Shelby Autrey   | William Harvey  | Josephine Corning      |
|            |             |              |              | West Terrell  | Stefania Kerr   | Amethyst Beaver | Julia Weese-Young      |
|            |             |              |              | Alana Tarrant | Susanna Landa   | Anthony Maranca | Kathryn Sieverman      |
|            |             |              |              | Barry Perkins | Aleksz Szcwzyk  | Austin Luminais | Cricket Underwood      |
|            |             |              |              | Caitlin Rubin | Alfredo Ghezzi  | Bethany Johnson | Linda Lehmusvirta      |
|            |             |              |              | Carlos Orozco | Alison Frazier  | Beverly Douglas | Michael Caballero      |
|            |             |              |              | Chantel Quick | Angie Marchman  | Campbell Miller | Rebecca Macmillan      |
|            |             |              |              | Chris Hinners | Brandon Crider  | Colleen Buckley | Sirsha Chatterjee      |
|            |             |              |              | Chris Stanton | Brittany Shane  | Doug Noffsinger | Stephanie Redding      |
|            |             |              |              | Adam Grossman | Candace Squire  | Jeanne Blauvelt | Christopher Spence     |
|            |             |              |              | Amina Ahaddad | Carol Phillips  | Jenifer Jackson | Mckenzie Stavinoha     |
|            |             |              |              | Dani Mcdowell | Carolyn Murray  | Jeremy Siprelle | Patrick Yarborough     |
|            |             |              |              | Erica Dunford | Catherine Yoes  | Joshua Lockwood | Bartholomew Sparrow    |
|            |             |              |              | Greg Kaufmann | Christina Svec  | Kathryn Brunken | Braden Latham-Jones    |
|            |             |              |              | Helen Stewart | Jeffrey Zitelli | Kimmy Humphreys | Gretchen Jasek-Chin    |
|            |             |              |              | Isabelle Crow | Claire Burrows  | Laura Gottesman | Mary Sullivan Casas    |
|            |             |              |              | James Sylvana | Claire Reutter  | Lawrence Fluker | Michelle Dahlenburg    |
|            |             |              |              | James Trevino | David Mccullar  | Natashya Waring | Alicia Fuentes Roddy   |
|            |             |              |              | Jamie Spencer | Eileen Bristol  | Shea Fredericks | John William Stovall   |
|            |             |              |              | Jasmine Jones | Elissa Shapiro  | Stephanie Myers | Lisa Anderson-Harrell  |
|            |             |              |              | Jason Heffron | Emily Crumpton  | Stephanie Renea | Barbara Bresette-Mills |

**DOGGONE IT! WHERE DID YOU GO?**  
Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

**YES! UPDATE ME!**

Member Number \_\_\_\_\_

Name \_\_\_\_\_


Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Mail to Wheatville Address Update, Attn. Gabriel, 3101 Guadalupe, Austin TX 78705 or drop in the box at the Member Center or email changes to [membership@wheatville.coop](mailto:membership@wheatville.coop)



# PLANET K PRESENTS TEXAS FIREWORKS

THE 5TH ANNUAL DIA DE LOS MUERTOS CELEBRATION



**“PRAY FOR THE DEAD & FIGHT LIKE HELL FOR THE LIVING”  
HALLOWEEN MON. OCTOBER 31**

PLEASANT VALLEY	EAST CESAR CHAVEZ
TOWN LAKE	PLANET K 3111 E. Cesar Chavez
Longhorn Shores Park S. LAKESHORE	KRIEG BASEBALL FIELDS
PLEASANT VALLEY	EAST RIVERSIDE

**STARTING @ 9:30PM** IN EAST AUSTIN BEHIND KRIEG FIELD

93.7 BOB FM

THE AUSTIN CHRONICLE

tag MAGAZINE

DON'T FORGET! WE ALSO HAVE A SHOW IN  
**SAN ANTONIO**  
WED. NOVEMBER 2 @ 8PM  
SEE OUR WEBSITE FOR MORE INFORMATION

THE FIREWORKS BENEFIT THESE LOCAL CHARITIES

HOUSE THE HOMELESS  
www.housethehomeless.org

CAPITAL AREA FOOD BANK  
www.austinfoodbank.org

MOBILE LOAVES & FISHES  
www.mlfnow.org

AUSTIN HARM REDUCTION COALITION  
www.austinharmreduction.org

[www.planetktexasfireworks.com](http://www.planetktexasfireworks.com)

It will soon be time to exercise a unique right that you, the Members of Wheatsville have: choosing who will represent you on your Board of Directors! Every year, the Board of Directors holds an election in the Fall. Our terms are staggered 3 year terms, such that three three-year terms come up for election each cycle. This year, however, we have two additional one-year terms up for election due to the fact that two of our current Directors are leaving Austin: Theron Beaudreau and Lee Blaney. They will be missed, and the great work they've done as Directors is greatly appreciated. Good luck, guys!

You'll see that the Board practices an endorsement procedure, and this is done to ensure that we get a great group of people to run for the Board who understand what their role will be as a Director if they are elected. In order to be endorsed by the Board, the candidate must do the following:

- Be a fully-invested member
- Attend at least one regular meeting of the Board of Directors
- Attend one of three orientation sessions
- Agree to abide by the Director's Code of Ethics and Code of Conduct
- Submit the candidate application by 5pm on August 1, 2011

If these criteria are met, you'll see "Nomination Committee Endorsed" next to their name. Being endorsed is not a requirement to get on the ballot, however. From section 5.2 of our bylaws, anyone can be put on the ballot upon submission of a petition signed by 100 Members, or 1% of the Membership, whichever is greater.

A full explanation of our procedures can be found on our website at: [www.wheatsville.coop/BoardPolicy/ProceduresforCoopVote.pdf](http://www.wheatsville.coop/BoardPolicy/ProceduresforCoopVote.pdf). Normally, the Secretary is accountable to the Board to ensure that these policies are followed, but this year I will be overseeing

the election process since our newly-minted Secretary Doug Addison and Nomination Committee Chair Kate Vickery are up for election. Our election coordinator will be Gabriel Gallegos, who always does an excellent job of it. We thank him for volunteering to perform this duty again this year.

Now let's get down to the nitty gritty. The election will begin on October 1st, and continue until December 6th, when the outcome will be counted and certified at the Board of Directors meeting. While the election is open, Members may vote at the hospitality desk, by mail using the ballot included with the Elections Edition of the Breeze, or on our website: [www.wheatsville.coop](http://www.wheatsville.coop). The ballot allows you to vote for your Board of Directors, but it also has another portion which allows you to vote for organizations that you would like to receive a donation from Wheatsville through our monthly donation program. Make sure to vote for the organizations you'd like to support.

Thanks to everyone for what's already gearing up to be another excellent election! We have a great pool of candidates as always, and I'm looking forward to reporting back to you on the election results!

## Meet the Candidates for the Board



### Doug Addison



**Place of employment: Self-employed**

**Position/Title: web producer**

**Education: Master's degree, journalism - Northwestern University**

**How many years have you lived in Austin? 16**

**How many years have you been a member of Wheatsville? 16**

#### 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

As an incumbent Board member, I am eager to continue my service to Wheatsville Food Co-op for another term. My two years of Board service have provided me with a gratifying and inspiring experience, both from a personal perspective and as member of the Austin community. I have been proud to share my talents as a Board member, while also collaborating with and learning from my excellent Board colleagues and many of the Co-op's top-notch staff members. The next few years are going to be an exciting time to be a Wheatsville owner, and I want to help lead the Co-op to the next level as a Board member. I also appreciate the long view: Over the next 10, 20, 30 years, Wheatsville has the power to transform Austin with more and better jobs; healthy, sustainable food; and improved community well-being through cooperative economics, principles and values. I'm excited to play a part in making that happen.

#### 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I'm most passionate about doing the right thing, leading by example, learning new things by challenging myself, and having fun while doing it. Shopping at Wheatsville and joining the Board are two ways I've acted on my passions. One thing I've come to realize since joining the Board is how much Wheatsville's operations, its mission and even the foundational principles and values of the cooperative movement align with my own outlook. Wheatsville reflects my own ideals for Austin by promoting concepts like providing information and educating customers; avoiding manipulation and exploitation of workers, customers and suppliers; and encouraging self-help through economic participation. Being on the Board enables me to represent and act on the ideals that matter to me. I also value the effort the staff puts in to making Wheatsville a fun place. From the friendly greeting at the door to the "Nom nom nom" banner above the deli to the "miles from Wheatsville" tag beneath the Tom's Tabooley hummus (which reads "Tom's Tabooley is located across the street from Wheatsville."), the store is full of things that make me smile and appreciate how much Wheatsville's staff tries to make the world a better and more fun place every day.

#### 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

My tenure on the Wheatsville board has been one of the most meaningful and engaging "teamwork" experiences in my life to date. My service has afforded me the opportunity to exercise critical thinking skills and confront intellectual challenges all while acting on behalf of a business that means a lot to me, my friends and neighbors, and all of Austin. The Board's work is a group effort, and one in which each member brings skills that build up and reinforce those of his or her colleagues. I think my colleagues have benefited from my attention to details, my communication skills, my ability to listen carefully and add my input where I thought it would move our work forward. Compromise is also a key aspect of how the work of the Board gets done. Through our own internal policies, the nine members of the Board are committed to speaking with one voice on issues and decisions that affect the running of the Co-op.

#### 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her

product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

I could privately pass on what I heard to the GM, but doing so would compromise both my personal integrity and my duty to the Co-op and my fellow Board members. I could keep it to myself, but even in the face of implied bribery, I have to remember that Board members represent all owners. Ultimately, I would remind my friend that Board members have no authority over product selection or day-to-day operations. We are bound by the Co-op's governing documents to avoid self-dealing, conflicts of interest, or acting individually on behalf of the whole Board. Wheatsville's Board keeps its focus on high-level issues and the long-term success of the Co-op, rather than meddling in staff decisions or trading favors for insiders. One thing that sets cooperatives apart from many other businesses are the standards of fairness and openness by which they operate. So I would encourage my friend to make her concerns known by one or more of the following actions: Contact the general manager, describe the situation to the Board and general manager during open time at a Board meeting, or initiate a petition process described in the Co-op's by-laws by which an issue may be brought before owners for a vote.

#### Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

As a sole proprietor of a small service-oriented business in Austin, I have developed skills and talents that are complementary to the work of the Wheatsville board of directors. My job requires careful listening to clients' needs, acting on those needs while carefully managing expectations, and making informed choices in the face of limited time, money and resources. I believe these skills will continue to serve me well in another term on the board.

#### Short Bio

Doug Addison is an independent web designer and developer who has been building websites since 1996. Doug's business focuses on assisting businesses and organizations with how their websites are organized, what they do, and what they say. Doug's clients rely on his 10+ years of experience in web design - combined with strong editorial sensibilities and broad technical capabilities - to help them make the most of their online endeavors with feature-rich websites that are easy to deploy and maintain. Doug's background includes newspaper reporting and magazine writing and editing in the business and science fields. He earned bachelor's and master's degrees from Northwestern University's Medill School of Journalism. Doug has written two books about web design: *Web Site Cookbook* (O'Reilly, 2006) and *Small Websites, Great Results* (Paraglyph, 2004). Doug moved to Austin in 1995 and has been a Wheatsville shopper and owner for several years. He lives in central Austin with his wife and two daughters.

#### Ellison Carter...continued from Page 21

In keeping with my passion to help people live in healthy environments, I have worked in support of several UT graduate students to start a non-profit organization, Bridging Waters. For the past year, I have served as secretary, and I am learning a lot through the process of seeking our non-profit status and defining our role within the water and sanitation and development field. I am anxious to learn more about guiding an organization through challenging decisions that shape its future, and this desire to learn more has been additional motivation for me to seek a position as a Wheatsville director

#### Short Bio

I am currently an environmental engineering PhD student at the University of Texas at Austin motivated to ensure the protection of human and environmental health. I am from Indiana, and after graduating from Indiana University, I spent a year working in Costa Rica, where I was able to take part in the local coffee cooperative and women's craft cooperative. This opportunity gave me a chance to witness the positive impacts a cooperative could have on the local community. Before coming to Texas, I also worked as an interpreter for migrant farmworkers. In this role, I learned about the wide range of working and living conditions these farmworkers experience as they move across the United States in their line of work, strengthening my conviction that there is still much work to be done to establish fair and just farm labor practices. I am currently working to apply my research in the area of air pollution treatment to improve the air quality in farm worker housing here in central Texas.

# Meet the Candidates for the Board



## Reyna Bishop

NOMINATION  
COMMITTEE  
ENDORSED

**Place of employment:** home  
**Position/Title:** Mom  
**Education:** Masters Nutrition  
**How many years have you lived in Austin? 8**  
**How many years have you been a member of Wheatsville? 6**

### 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

I was elected to a one year term as a Director on the Wheatsville Board starting in January 2011. When I decided to run for the board last year, I only knew that I loved Wheatsville and wanted to contribute to its ongoing success. That remains true, but the past year has helped me to see the benefits of cooperatives in a larger context. I am learning to see coop as a viable model of sustainable and socially responsible enterprise. Studying the ins and outs of Policy Governance, increasing my understanding of the importance of Cooperative Economy, and being able to take part in the conversation about Wheatsville's "Big Direction" has been incredibly rewarding and has fueled my enthusiasm for the work of the Board. I have just gotten started and hope to have the opportunity to serve another term.

### 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I am passionate about food and issues around food safety and availability. I have a Master's degree in Nutrition and went through macrobiotic and natural foods culinary training at the Natural Epicurean. I previously owned a vegetarian food delivery business and was involved with the Austin Farmer's Market. Most recently, I have worked as a personal chef and I write a food blog dedicated to healthy eating for kids. Being pregnant last year served to heighten my awareness about issues like mercury in fish, pesticides in produce, hormone and antibiotics in meat, and controversy surrounding GMO labeling. I am fortunate enough to have the resources to choose healthy and sustainable foods for my family and it is my wish to see these choices afforded to all sectors of society. I am encouraged by the strength the local/sustainable food movement has gained in recent years and hope this movement will gain enough momentum to effect real change in both agriculture and politics. I see my involvement with Wheatsville Coop as a way to help effect this change.

### 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

My family is the team I find myself most concentrated on these days. Shortly after joining the Wheatsville board, I gave birth to a baby girl. My husband and I agreed that I would stop working for a few years to care for the baby and our toddler. This decision to quit work, itself both a gift and a compromise, has also necessitated tough financial decisions and has required increased communication about our respective roles and responsibilities within the family unit. My husband and I find ourselves having an ongoing dialogue about religion, holidays, and what we want our family traditions to be and these conversations often result in compromise. Like most parents, we are acutely aware that we are the stewards of little people who will lead the next generation and it is our job to instill in them the values and ethics that will help them to become caring and productive adults. Everyday offers small opportunities to teach our kids kindness, empathy, justice, and yes... compromise.

### 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

Scenario 1: I would tell the close friend that the Board of Directors of Wheatsville does not interfere in the daily management or activities of the store, but rather that it is the Board's role to provide high level oversight to ensure that general policies and objectives set out by the Board are being adhered to. I would suggest that the unethical business practices be reported to the Better Business Bureau and that any buying agreements she hoped to offer be discussed directly with the department or store manager.

Scenario 2: As in scenario 1, I would explain the role of the Board to my friend so that she clearly understands the limitations and boundaries of the role. I would do my best to be sympathetic to her concerns, but also ask that she understand that her making these requests presented a conflict of interest for me. In order to avoid any bias on my part, I would ask that she present her concerns to the General Manager of Wheatsville. If the General Manager judged the issue to be an item appropriate to be discussed with the Board, I would share my bias with the other Board Members and excuse myself from any vote (if applicable) or input.

Ultimately, I would act out scenario 2. If the friend's concerns are legitimate and the alleged unethical practices are relevant, it allows an appropriate decision to be made without my bias.

### Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

I have a background in Project Management. This kind of work requires an ability to balance global oversight with daily attention to detail in order to ensure that the project and staff are on track. I have experience conducting budget review working with team members from various business and educational backgrounds. The role of the board is strategic and visionary, but part of ensuring that the Board's vision is being realized is to provide clear policies and to monitor compliance of these policies. I think my experience as a Project Manager has helped me to function in both of these ways.

#### Short Bio

I have lived in Austin for 8 years and have been a member of Wheatsville for 6 of those years. I was elected to serve a one year term on the Wheatsville Board of Directors in January 2011. Education and work experience include a Master's Degree in Nutrition, work as a Project Manager for clinical research, graduate of the Natural Epicurean, owning a vegetarian food and delivery business, and work as a personal chef. I am passionate about food issues, my community, my family, and Wheatsville Coop. I am excited about Wheatsville's "Big Direction" and about its role in the Cooperative movement. I hope to have the opportunity to contribute through serving another term on the Board of Directors.



## Ellison Carter

NOMINATION  
COMMITTEE  
ENDORSED

**Place of employment:**  
**The University of Texas at Austin**  
**Position/Title:** PhD candidate  
**(environmental engineering)**  
**Education:** MS Civil Engineering (UT-Austin), BS Biology, BA Spanish (Indiana University)  
**How many years have you lived in Austin? 5**  
**How many years have you been a member of Wheatsville? 5**

### 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

I would like to serve on the Wheatsville Board of Directors because I believe strongly that profit is only one priority among others of equal or greater value that include fair treatment of the people involved in providing a product or service and responsible use of environmental resources. I would really like the opportunity to work with the great team of people that make up the current Board to uphold our cooperative's mission and ensure our lasting success as an organization.

I had the opportunity to witness the transformative effect a cooperative can have on a local community when I was working in Costa Rica and took part in a local coffee cooperative. The long-standing coffee cooperative model had been so embraced by the community that in the 1990s the women of the community decided to start their own craft-based cooperative. Though dramatic changes did not happen overnight, the increase in interaction among women in the community as a result of their involvement in the cooperative eventually led to a drastic reduction in domestic abuse. I want to be a director to help Wheatsville have similarly meaningful impacts on the Austin community.

### 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I am interested in people over profits and creation over consumption. I am passionate about creating a healthy environment, whether that means protecting human and environmental health from pollution or fostering good relationships between family and friends.

I buy a box of produce every week from a local farmer because I believe local, small-scale agriculture is healthier for the environment. I choose not to drive a car because I think it is healthier for me to bike. My husband and I live in a house with friends because we think it is healthy for people to share space and things and rely on each other. We do not use heat in the winter or air-conditioning in the summer because it is unnecessary, and we would rather spend our money on something that lasts (or delicious food!). Professionally, I am pursuing a career in environmental engineering in which I can hopefully reduce the disproportionate impact of environmental pollution on people who don't have a voice in our society. Our current economic model allows the rich to dump their harmful by-products (and sometimes products) on the poor, and I want to be an advocate to make society more aware of this immorality.

### 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

This year I volunteered for two weeks with an organization, Water for People, working with a team in several communities in Bolivia surveying local water and sanitation conditions and needs. My environmental engineering background and Spanish-speaking skills were a good fit for the type of work we would be doing. Within the span of one week, we needed to conduct over 800 household interviews, which included personal questions about the family member's bathroom habits. On top of being a complete stranger asking these intrusive questions, we were required to enter the responses into an electronic device during the interview. Too clinical for me, I was so opposed to the approach that I initially refused to use the technology. My refusal to do so, though, was slowing our team down. I consulted several of my teammates to learn how they were managing the technology and putting their advice into practice. I was able to provide the real-time information Water for People desired while still connecting with and being respectful of the people I interviewed. I was also able to provide Water for People with feedback they sought to improve the technology and integrate it inconspicuously into the interview process.

### 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

Allegations of unethical business practices should be taken seriously by the Board. In this case, I could ask my close friend to provide me with information in support of their allegation of unethical business practices by their competitors and bring this information before the Board to be investigated as the Board sees fit. Alternatively, I could invite this friend and local food producer making the allegations to attend a Board meeting and present their allegations themselves. In light of the bribe of deep discounts offered by this friend, which casts doubt on the veracity of their allegations, I would choose to invite them to present their allegations in person to the Board. If this friend and local food producer were truly compelled to ensure that Wheatsville only work with ethically upstanding businesses, the friend would be motivated to help the Board investigate the unethical practices. If their allegation were weak or even false, motivated more by a desire to further their own business, they would have the chance to reconsider making the allegation.

### Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

I am inspired to do way more than time or my talents allow. This year, for instance, with the help of my mother, I started working on my first quilt. My close friend (and housemate) and I plan to build a chicken coop this winter and have the best intentions to fill it with chicks by the spring. I brewed my first batch of beer with the help of some friends, and my second batch is in the works. If I have the courage for it, I would love to learn to keep bees starting next year.

...continued on Page 20

# Meet the Candidates for the Board



## Monika E. Cavazos, CTBS



**Place of employment:** The Tissue Center of Central Texas  
**Position/Title:** Manager- Customer Service & Account Management  
**Education:** Bachelor's Degree in Health & Wellness Promotion & Women's Studies  
**How many years have you lived in Austin?** 7-8 Years  
**How many years have you been a member of Wheatsville?** Between 5-8 years

### 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

I strongly believe in the 7 principles by which co-operatives put their values into practice. I feel that it would be a wonderful experience to be able to participate in the actions and processes that make Wheatsville such an integral part of Austin's sustainable development. I feel that it's important to continue to keep the mindset of being motivated not necessarily by profit, but by service, in order to meet members' needs affordably while still being able to offer high quality goods and services that are produced and cultivated responsibly.

### 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I'm fueled by social consciousness and being able to create awareness and social change through direct humanitarian action, empowerment and education. Gandhi encouraged us to "be the change we want to see in this world", and so I am motivated to do so in my life through my actions. I'm devoted to the idea and practice of volunteerism because of the economic savings to organizations that can be established by this type of supplemental workforce as well as being a means to tie a community together for a good cause. Community volunteers enrich and add value to an organization's standing within the community and reflect the goodwill of an organization's efforts to illustrate their investment in the community's growth and progress in both a cost effective and mutually beneficial way. Through my work as a donation advocate, I work continuously to change people's negative attitudes about the donation process and challenge them to focus on the amazing impact that donation and transplantation can have on individuals and their families. I believe in and strongly encourage others to be the stewards of their communities and commit to creating change that will make the most positive local and global impact.

### 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

Donation events occur at all hours, especially at night. The stress of answering multiple calls in between talking with families, desperately needing sleep before the office day starts, and trying to complete donor consent and recovery paperwork can really put your team cohesion skills to the test. My role in donation events is typically completed once donor information and consent paperwork is handed off to a surgical team so that they can prepare for recovery. If a team is ineffectively able to meet time limits for tissue recovery, donation cannot occur. During several events where a team was pressed for time and staff, to keep the case moving, I've stepped in to meet up with funeral home or hospital agents at our recovery site to receive, identify, and perform an initial physical assessment on the donor. These actions, which are imperative to the recovery process, have allowed the team to continue packing supplies, travel cases and readying their staff. The compromise and benefit is to keep the donation process moving, save the team time and achieve our desired outcome which is making the donation happen for families who want so much for their loved ones to become legacies through donation.

### 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

In offering to sell their product at a lower cost; this kind of business practice is not conducive to the co-op belief system which strives to provide goods and services that are mutually beneficial to all. I'd inform my friend that this request is a direct breach of my duty to act in good faith for the benefit of the organization and our collective.

I've been elected by owners of the co-op itself. I'm expected to be accountable to them and act in a manner that serves all of our best interests. By colluding in arrangements that involve the slander of competitors and a commitment to what in itself is an unethical business practice, this isn't in the best interest of owners nor does it reflect positively on the image that we're trying to reflect on our end users, our shared service providers and the community overall.

Ultimately, I'd state that my role on the board is one in which I serve in the capacity of strategic planning, financial oversight, ownership linkage, and community outreach. Although our goal is to position ourselves to provide the maximum benefit to our owners, this should not be accomplished through self-seeking and biased actions.

#### Short Bio

I'm manager of accounts, customer service and hospital development at the Tissue Center of Central Texas here in Austin. I work with hospitals and donation agencies to aid in developing resources that support organ, tissue and eye donation and help in facilitating successful tissue recoveries. I maintain our metrics and relationships with our shared service partners. I also provide customer service follow up to our partners and provide education within our community about laws regarding donation, end of life decisions and the many benefits of donation and donor designation.

I love volunteering my time to provide support for organizations that I feel are impactful and reciprocally beneficial to local residents and their families. Most of my free time is spent involved in activities that help to assist organizations including the Capital Area Food Bank as a general volunteer and Community Ambassador, defending reproductive rights alongside Planned Parenthood of the Central Texas Region and collaborating with the Texas Organ Sharing Alliance trying to get the message about donor designation out into the community. People have the power to make positive changes happen in their lives. I'm a strong believer in learned optimism to achieve success over learned helplessness.



## Christopher de Mers



**Place of employment:** Self  
**Position/Title:** Teacher & therapist  
**Education:** MBA, BS, SPHR  
**How many years have you lived in Austin?** 20  
**How many years have you been a member of Wheatsville?** 1

### 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

First and foremost, I love the Wheatsville experience. I actually look forward to going there! More importantly I think I am an open-minded intelligent person, and have been involved in civic and church leadership positions in the past, as well as having over 20 years of business experience including managing contracts and vendors. Compromise and collectivism is part of my nature. A board is the sum of its parts - not individuals; I think I could add to that sum.

### 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

Passionate about living a life I'm happy with. Making choices about friends, family, my partner, my vocation and experience that let me live a life that contributes to my neighborhood as it nourishes my soul. I love art and creativity as much as freedom of choice. It makes me happy to see people express themselves.

### 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

In grad school I worked on a team analyzing and presenting a difficult financial case to our class and professor. Our team of busy professionals including people from engineering, sales and management backgrounds worked mostly on-line with little face time. My offering was to be the "closer" - to summarize the case and make recommendations to the class; I did this very well according to our teacher. In terms of compromise, I lobbied for more face time and discussion time but recognizing family and work constraints I moved to the mode that the team felt better with and adopted a practice I might not have otherwise.

### 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

Have had this experience before in 20 years of management for companies buying services; the only way to act authentically is to do what you say you will do - provide the same opportunity for everyone and ignore these "special" deals. I would also tell my friend to stop abusing our friendship with these unethical requests.

### Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

I have had leadership positions in civic groups (former VISTA volunteer) as well as in my church (finance chair, board president) and in my discipline (1998 President, Austin Human Resource Association). I feel this, in addition to my professional experience, has prepared me to be a good team member - to act in the interests of the Co-op always. That's a higher calling, and it is powerful to me.

#### Short Bio

Hello there, my name is Christopher. I've lived in Austin since 1991, and have shopped at Wheatsville almost that long! By trade I'm a teacher and a bodyworker; I love helping people. Personally I enjoy the arts and many sports, and love being outside even in Austin's warm weather!

I live and simple and joyful life with my wonderful partner, and our dog and cats. My children are all grown now, and I enjoy seeing them do what they want with their life knowing they are loved by their family and friends. Growth is important.

Have obtained an MBA and a BS from St. Ed's, as well as becoming lifetime certified as a senior professional in HR. I've had significant experience in technology and consumer product companies, and for the last five years have been self-employed, and happy for the most part!



My interest in the board is simply to extend what I can do more for Wheatsville; to me it is more than a store, it is a place that embodies every day what our lives can be like when we live to help each other in a manner of mutual support and respect. In short, Wheatsville replenishes me, and I'd like to give back.

# Meet the Candidates for the Board



**Christina Fenton**

**NOMINATION COMMITTEE ENDORSED**

**Place of employment:** University of Texas at Austin  
**Position/Title:** Program Administrator  
**Education:** BA-Political Science  
**How many years have you lived in Austin?** 5  
**How many years have you been a member of Wheatsville?** 3

**1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?**

I believe in Wheatsville's mission, I believe that we as consumers vote with our dollars and that a vibrant, healthy coop is good for our community. I believe in supporting businesses that support the community, that are good employers and stewards of our resources. I am convinced that the coop business model offers a vibrant and viable alternative to corporations and would like to contribute to the long-term health and well being of our coop and to learn more about the cooperative economy in Austin. I have the time and energy to give back to Wheatsville as a Board member and I believe the Board would put my talents to good use. I believe that my program management experience in particular will help me contribute to Wheatsville's work in serving the community and accomplishing its mission.

**2. What are you passionate about? How could we see that passion in action in your day-to-day life?**

I'm passionate about food and people. That certainly makes Wheatsville a great fit for me. I've been a member of a CSA here in Austin for almost five years and think supporting local farmers and eating locally and seasonally is one of the greatest ways to feel connected to your food. It's especially easy to eat seasonally in Austin where we can grow produce all year! This year we started keeping backyard chickens, eating fresh eggs and raising chickens has been such an eye opening experience for me. As a culture, we are so disconnected from our food sources and I love that Wheatsville works to educate its members on where our food comes from. To me, food is much more than fuel-it's a cultural experience, a creative outlet, a community building activity and something to take pride in. I strive to be engaged in my community as much as possible and try to make the best food choices possible. I think eating sustainably and making educated food choices is our responsibility as citizens.

**3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?**

I am an effective team member because I am good at being a "bridge" connecting people with divergent perspectives, skill sets, and goals. I work at UT Austin where I coordinate two continuing education programs for adults. Most of the members of my programs are retired or semi-retired. The programs are volunteer-driven and I spend a large portion of my day working with these volunteer members. Within the last two years we have designed a database/web management system in conjunction with the IT team at UT. The IT team is obviously very technical while our office and our members aren't, though we are the main users. I often help the team communicate, expressing the needs of the users and then expressing the capabilities of the web team. I have had to compromise a lot on this project, reprioritizing our needs based on the amount of time the IT team has to spend with us.

**4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.**

This is a tricky situation and there are a few ways that this could be handled. Obviously, I have a personal connection to the business owner, which keeps me from being impartial. Also, the Board of Wheatsville does not deal in the daily operations of the store, that is the General Manager's duty.

First scenario:

I could bring this issue to the Board, relying on their expertise to navigate the situation. This puts me in a difficult situation considering my personal relationship with the business owner and the fact that the Board does not make operational decisions.

Second scenario:

Suggest the friend bring her grievance up to the Board. Board meetings are open to the owners and she could attend a meeting and share her story.

Third scenario:

I could send the friend to the General Manager with her story. The General Manager handles the operations of the store and makes all decisions about products. The decision to investigate the allegations or to carry another product would be his to make. Ultimately, I would choose the third scenario, explain the role of the Board and ask my friend to bring her issue up to the General Manager.

**Short Bio—resume will be available online.**

My passion is food and the local food economy. I will work hard as a board member to maintain the integrity of Wheatsville's mission as it grows and expands. I have a diverse professional background in program management, committee work, and daily program operations. In my job, I work on the day-to-day operations involved in running a program such as putting on events, customer service, and technological logistics, all while keeping long-term program sustainability in mind. I have experience setting a program budget, and reporting on that budget throughout the year and I find joy in working on a team to achieve a common goal. I believe that all Wheatsville owners share my desire to have a coop which is focused on preserving and expanding the local food economy and which is financially successful in the long term. I have the professional skills and the passion help the coop achieve these goals by serving as a Board member.



**Jason Heffron**

**NOMINATION COMMITTEE ENDORSED**

**Place of employment:** Juice Homes, LLC  
**Position/Title:** Owner/REALTOR  
**Education:** Bachelor of Science in Foreign Service and Master of Business Administration  
**How many years have you lived in Austin?** 10

**How many years have you been a member of Wheatsville?** 1st became a member in 2001; became a fully vested member in 2011

**1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?**

I am interested in how communities develop into thriving, mutually supportive groups and what we can do as individuals to nurture these groups so that they benefit their members and the larger community in which they are housed. By its very nature, the grocery store sits at the middle of so many communities. Because Wheatsville is not profit-centered, it can spend more time grappling with the questions revolving around its role as community builder. I want to be a part of that discussion, particularly as Wheatsville looks to strike out into new communities.

**2. What are you passionate about? How could we see that passion in action in your day-to-day life?**

Joy. Happiness. I worked in the not-for-profit world for 7 years and have worked helping people buy or sell homes for the last 8 years. Despite the very different chores of these two fields, my avocation has not changed . . . "how can I affect the environment of the people I am serving so that they can more easily discover richness and joy in their lives." It is the litmus test I use in the decisions I make as a parent . . . will the choices I make contribute to the long-term happiness of my child or endanger it. I see community development the same way - the end goal is happiness among the community's individual members. It is not about short-term pleasure. It is about creating an environment that bolsters the individual's chances for developing their own deeply rooted joy.

**3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?**

I started Juice Homes (my real estate company) by myself in 2006. For the first several years everything that was the company was a reflection of me. I had detailed plans of what the company could be as it grew, but ultimately I wanted it to be more than my vision alone. So a number of years ago I brought other agents into the partnership and gave them equal voice in building the company. The success that Juice Homes has achieved to this point is because of a collective vision that has exceeded where I would have been alone.

**4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.**

I would explain to her that Wheatsville is member-owned organization and that boycott decisions can not be made without the input of the members. I would explain that there are procedures in place for recommending a boycott and point her in the direction of those procedures.

**Short Bio—resume will be available online.**

Please provide a 200 word "conference bio" summarizing you and your relevant experiences. This should be a "snapshot" of you that will help Owners understand your background.

I own a boutique residential real estate company here in Austin that helps people buy and sell homes in central Austin. I graduated from the University of Texas - Austin with an MBA in 2003. My undergraduate degree is in Foreign Service from Georgetown University in DC. Before going back to school I worked for years in a number of different not-for-profit organizations in the international humanitarian aid and youth service learning fields. I'm married with two young kids.

**International Cooperative Alliance:  
Principles for Coops**

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 Cooperatives
7. Concern for Community

*Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.*

# Meet the Candidates for the Board



**Sukaynah Joyan**

NOMINATION  
COMMITTEE  
ENDORSED

**Place of employment: Self**  
**Position/Title: Owner**  
**Education (degree, major, etc.): B.A. Business Education; M.Ed. Master of Education in Business; M.A.Ed Master of Arts in Education in Counseling; Master of Social Work**  
**How many years have you lived in Austin: 22 years**  
**How many years have you been a member of Wheatsville? 1**

## 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

Serving on the Wheatsville board would be a joy and is in full alignment with my values and passions. I wouldn't put myself forward for this position if I didn't believe I could contribute real value. One of the things I am excited about is the expansion. I feel that through my experience with other organizations in rapid growth phases, I am familiar with the types of challenges that come with this kind of growth and may have some things to contribute. The most valuable successes of my business life that I would bring to Wheatsville have been with organizations with whose values I was aligned. I have been blessed to achieve great things with the right people, i.e., being in a major leadership role as part of the team that lined up millions of people joining hands from coast to coast; having one of my consulting projects profiled in The Economist magazine; being recognized as one of 2000 notable businesswomen in America; bringing a failing organization to financial solvency within one year's time. It is because of these types of possibilities of Wheatsville achieving great things that I want to serve and be part of that exciting process.

## 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

How well I remember the simpler life of the 1950's, when the milkman used to show up at the back door with milk with the cream on the top, and Sam, the vegetable man would drive up the driveway twice a week and open his truck up like a stall at the farmers market. That was how we shopped. Little did I know how much I had been shaped by those experiences nor the impact they would have on the rest of my life! Eating the way I did as a child...clean, healthy whole foods...has become one of the great passions of my life. Like most Americans I used to shop at regular supermarkets; then I wondered if memory was playing tricks on me. I realized one day that food didn't taste as good. I realized that I wasn't getting the nutritional value. That caused me to become an enthusiastic devotee of organics, which led to a diet relying on fresh whole foods. And now, having come full circle, I share my passion for healthy eating by influencing my friends, family and spiritual healing clients to consider this healthier way of life.

## 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

When I became CEO of the University of Spiritual Healing and Sufism, a new management team needed to be built. I brought value through a combination of business sense with a deeply spiritual component. The problem had been that the leadership was purely spiritual which appeared to be in conflict with the realities of the business world. My contribution in addition to leadership was to demonstrate that spiritual principles are not out of alignment with prosperity. From my experience I was able to shore up the weaknesses within the systems to bring them into right alignment and to increase the focus on marketing and revenue generation. I made it okay to appreciate prosperity. I presented the revenue generated as a measure of the positive impact the university had on the world. With my collaborative leadership style which allowed everyone's point of view to be heard and considered, I was able to offer the team something they didn't have...a new perspective as well as understanding and experience in the business world. Regarding compromise, I helped the team focus on outcome rather than be attached to a particular position which led the organization to operate in financial stability, prosperity and harmony.

## 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

I would consider her request for as long as it took for me to come to a decision that would both serve her need to be heard and serve my need to take myself out of the equation as early in the process as possible because as a board member I would not be able to help her directly. I would listen closely and honor her concern. My priority would be what is best for Wheatsville in this situation because as a board member, that is what I would be committed to. I would let my friend know that the board's job is not day-to-day management of the store but rather has an oversight position to ensure that the policies and goals are carried out. I would then suggest to my friend that I felt her concerns could best be heard by the general manager as a starting point and suggest to her that she bring her concerns to him. If at any point the issue came before the board, as a board member I would recuse myself from the discussion and vote.

## Short Bio—resume will be available online.

Sukaynah Joyan helps people and organizations re-invent themselves to come into alignment with their greatest strengths and potential for realizing their mission. She is a visionary who was given the ability to see what needs to happen today to leverage the possibilities of the future. Over the years her colleagues, staff, students and clients have lauded, admired and appreciated her ability to inspire and empower them to step into their greatest potential. Sukaynah lives and works from a heart-based framework; she is a truth teller with love and empowerment and her top personal value is integrity. She was the founder of the St. Louis Women's Counseling Center and the Austin Women's Project, both community based organizations devoted to the empowerment of women from all walks of life. Women who participated in these projects accomplished many things such as being empowered to go back to school to gain training to be able to let go of welfare, get a job to begin supporting themselves and their families. She was the keynote speaker for the Texas Women in Business conference.



**Jim Reed**

NOMINATION  
COMMITTEE  
ENDORSED

**Place of employment: Self Employed**  
**Position/Title: Electrical Engineer**  
**Education: BS Physics, BS Electrical Engineer**  
**How many years have you lived in Austin? 16**  
**How many years have you been a member of Wheatsville? 9**

## 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

I believe in democratizing the world around us, which is not limited to elected public office. A sustainable community needs to be informed and empowered to make decisions

that affect their daily lives. At the basic level, a community should have considerable influence over their utility power and water, public transportation, housing opportunities, financial lending, education and work force development, environmental protection, and of course means of food production. We vote every day when and where we purchase food. And when you shop at Wheatsville, you are promoting a local economy with sustainable farming practices where workers and local farmers alike share a living wage. If selected to serve on the Wheatsville Board, I would serve in the capacity of continuing the Wheatsville tradition of creating local and sustainable economic solutions.

## 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I am passionate about being active in community solutions. I started my community involvement with pro-democracy solutions for elected office such as preferential voting systems (IRV), proportional representation, and public financed campaigns from 2000-2002. Then I served on the City of Austin Ethics Review Commission for 8 years, 7 of which as Chair. For the last 3 years I have been serving on the Community Council of the Community Action Network (CAN), also serving as Chair for 2010. At one time I had a talk radio program on KOOP, and I also was a producer for a program on public access TV. Currently I live in Cherrywood Neighborhood Association, where I serve on several committees, including Land, Use and Transportation Committee, Web Committee, and Summer Film Night Series. We create the world around us, and as a society, I subscribe to the notion that we have more unimplemented solutions than problems. I attempt to focus on the gratifying nature of the work without being overly attached to timely outcomes, a lesson anyone would learn in progressive politics.

## 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

I have worked in many volunteer community boards and commissions. I attempt to serve as both information miner and to assist in keeping the discussion on track while ensuring all voices have been heard. I truly believe an informed group will make a better decision through consensus than an individual, so I anticipate my first impression on a topic to evolve with the group's discussion. Listening to others, not holding firmly to one's own disposition, is the best way to compromise.

## 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

The proposed scenario does not appear to be within the scope of a Board member's responsibilities. Any such communication from a food producer with ethical allegations would be brought to the attention of the General Manager and the Board Chair to be placed on an upcoming Board agenda for discussion if merited. Another approach would be to ask the plaintiff to communicate directly to the General Manager and Board Chair.

## Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

I enjoy forward thinking and stretching existing boundaries of what is currently possible. At the same time, I have a very pragmatic personality. I take my community responsibilities serious, and if elected, I will serve to my full capability. At the same time, after meeting several of the other candidates, Wheatsville is blessed with an array of invested and capable individuals for these positions. Whatever outcome this election has will be a positive outcome.

## Short Bio

I am the youngest of four siblings, born and raised in Fort Worth, TX. My family valued athleticism, music and academics, so I grew up involve in all three. My higher education degrees are BS Physics from Southwest Texas and BS Electrical Engineering from the University of Texas. I have lived in Austin most of my adult life with much pride and gratitude for this community. I enjoy traveling and outdoor recreation. Sailing holds a special place in my heart. For the last 12 years, I have been active in the community with various boards, commissions, and public media. My profession is in the technology field, and for the last 8 years I have run my own company. I am recently married and had a beautiful son, both of which have been the most humbling and empowering experiences of my life.

## Short Bio—resume will be available online. *John Vinson...continued from Page 25*

After graduating law school in Portland, Oregon, I moved to Austin and began practicing constitutional and nonprofit organizations law as well as representing clients in other civil and criminal matters. I then served as an attorney in the Consumer Protection Division practicing nonprofit charity regulatory law, including litigation of major probate and trust cases. I have now returned to private practice, where I concentrate in estate planning, probate and guardianship law. This involves helping people with the sometimes complex legal issues surrounding the incapacity or death of a partner, relative or friend, and helping people themselves to prepare for those eventualities. I also continue to provide expert consultation and advice to nonprofit charitable organizations. I am politically and socially progressive and a dedicated co-op advocate. In addition, I am a cook, gardener, and proud new urban farmer with 5 chickens in our yard. Together with my wife, Martha, I enjoy biking, hiking, birding, swimming and kayaking ("*aller en pirogue*," as we say in Louisiana). I am keenly interested in bettering our society, and as quality groceries, good nutrition and appropriate farming are important parts of our lives, I feel that serving on the Wheatsville Board will further that interest.



# Meet the Candidates for the Board



**Kate Vickery**



**Place of employment:** Texas Land Conservancy  
**Position/Title:** Development & Communications Director  
**Education:** BA-Sociology, Kalamazoo College; MPAff, LBJ School of Public Affairs (in progress)  
**How many years have you lived in Austin?** 3  
**How many years have you been a member of Wheatsville?** 3

## 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

I have been honored to be able to represent our Owners as a board member for the past three years and am excited to have the opportunity to continue to do so if elected again. I am deeply passionate about the difference that Wheatsville is making in the Austin economy and the ways that I believe our little co-op - as well as the national movement of which we are a part - is changing the world. In an era when our traditional capitalist system is failing citizens on the most basic levels, I believe that we have a responsibility to make a fundamental shift in the way we think about assets, community, food, and the way we treat each other. I truly believe that co-ops are part of the solution to many of our current social ills. I am anxious to help lead Wheatsville into an era of co-op development, where more Wheatsville's will help our community by providing more excellent jobs, more socially responsible food, and more engaged and happy Austinites. Serving you as a board member has been an incredible privilege and I hope I have the chance to continue this important work!

## 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I am passionate about food and community. There is no sound in the world more joyful than a group of people sitting around my table eating food that my husband and I have cooked with ingredients from the farmer's market. My Italian family heritage ingrained this ritual into my understanding of how to live a full life and it has informed the way I choose to build new communities. In Austin, I have tried to incorporate this passion into not only my social life, but also in the other activities, like volunteering on the Urban Roots farm. I am inspired by the passion I see in the good people who run the farm, in the meaningful community and leadership being built among the youth interns, and the time spent, not around the table, but around the rows of vegetables. I believe that our world is better when people spend more time in each other's company enjoying the fruits of their communal labor.

## 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

I have worked on many teams over the years but the one that has been the absolutely most meaningful has been my Wheatsville team. I have never been a member of a more high-functioning, hard-working, accountable, careful and thoughtful group of people. Our president, Rose Marie reminds us often that a group of smart, well-meaning people don't inherently know how to be an effective board, and has worked diligently to establish a culture of continuous learning, clear expectations, regular evaluation, and just the right amount of fun. While my role in past teams has often been to be the one who volunteers to get a project done, it has been a joy to work with folks who all have that level of accountability and excitement for the work. I believe that I offer this team a unique ability to synthesize complex discussions and to help bridge the gaps between discussion and actionable steps forward. When debating the more heated topics, I've never felt the need to compromise my values because I feel confident that everyone on our team is being thoughtful and well reasoned, which gives me confidence in the decisions we make, regardless of my own personal opinions.

## 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

There are two primary issues in this scenario: whether the board can or should take action on the issue of "alleged" unethical business practices of a vendor, and the appropriate relationship for an individual board member with a local food producer. The second issue is straightforward and simple. Through a polite conversation with my friend, I would explain that what she is asking is taking advantage of our relationship, is particularly inappropriate because the board does not deal with individual product selection or individual vendors, and, most importantly, that outside of the board room, I have no more authority than any other Wheatsville Owner. While the second issue is more complicated as it deals with our mission, Ends policies, and responsibility to our Owners, the solution would still most likely fall into the wheelhouse of our excellent management team. I would direct my friend to have a conversation with our General Manager about her concerns with the business practices of the other vendor. If Dan felt that the alleged practice was in fact unethical, and not simply sour grapes from a competing vendor, and that the issue warranted further discussion from the board, we would work together to find a solution.

## Short Bio

I have been a board member of Wheatsville since 2009 and am so excited about having the opportunity to continue to work for my beloved co-op if elected again. Professionally, I serve as the Development & Communications Director for the Texas Land Conservancy, an environmental non-profit with a mission to protect land in Texas by working with rural landowners. I grew up in Michigan and have a B.A. in Sociology and Environmental Studies from Kalamazoo College and am starting a Master's in Public Affairs from the LBJ School at UT this fall. I am deeply committed to both the environmental and cooperative communities in Austin, volunteering regularly with Urban Roots, a youth-development farm program, and the fledgling Austin Cooperative Think Tank, a new coalition of co-op folks dedicated to expanding the cooperative economy in Austin. You can often find me shopping the aisles of Wheatsville or enjoying a pint at Black Star Co-op!



**John W. Vinson**



**Place of employment:** John W. Vinson, PLLC  
**Position/Title:** Attorney  
**Education:** Law degree (J.D.)  
**How many years have you lived in Austin?** 27  
**How many years have you been a member of Wheatsville?** 5

## 1. Why do you want to serve on the Board of Directors of Wheatsville Co-op?

The quality of Wheatsville's grocery items and related services make it an Austin treasure. Even though Austin has an incredible number of gourmet and specialty grocery stores, Wheatsville stands out as the place I prefer to shop for safe, wholesome food. Wheatsville strives to carry products that I can buy and consume with the knowledge that the farmers, farm workers and store employees responsible for the products have all been treated fairly. This cannot necessarily be said of other Austin grocery stores. I also strongly support the co-op model and believe that many more of our needs should be met through co-ops and that most major corporate institutions throughout all segments of our society should be operated cooperatively. Based on my experience as an attorney and former nonprofit regulator, an organic gardener, and a dedicated Wheatsville shopper, I believe that the Board would benefit from my input. I would also like to participate in the governance of such a treasured cooperative hopefully to ensure that Wheatsville continues to thrive far into the future. When my wife and I are contemplating our next meal or where to find a nice beverage or snack, I often refer to Wheatsville as our "Second Home."

## 2. What are you passionate about? How could we see that passion in action in your day-to-day life?

I am passionate about Wheatsville and the nonprofit, co-op model. I believe that direct involvement of citizens in the institutions that provide their goods and services increases the quality and appropriateness of those goods and services, and leads to greater general cooperation and understanding in society. I am passionate about the local food movement and living as simply and inexpensively as possible (as a matter of resource use) so that maybe one day we can all live comfortably and healthily. I have also been involved in various forms of organic gardening for more than 40 years. I recently joined my neighborhood community gardens trying - despite the weather - to grow various vegetables for myself and my wife, as well as our friends and neighbors. I have also recently joined the yard egg movement: I have 5 hens who lay 3 to 5 beautiful blue or brown eggs every day, which are also shared with friends and neighbors. So, I am passionate about cooperative efforts to promote community goals, striving for self-sufficiency, and activities that help to sustain our environment and our planet. I believe that most Wheatsville members share these passions.

## 3. Describe an experience where you worked on a team. What did you offer the team? How did you compromise for the team's benefit?

I have been involved as an attorney in the creation and management of several businesses and nonprofit entities. My legal expertise was my main contribution to these endeavors, but I also believe that my understanding of interpersonal relationships and the essential need for respectful treatment of all involved assisted in the success of the entities. I am a pragmatic person and understand and appreciate that other team members will have specialized expertise or unique experiences and perspectives, and so I will appropriately defer to those persons in making a decision on a matter. Compromise is essential in group decision making and open-minded flexibility will usually lead to a good decision or result. Yet there will always be times when important values are at stake or strong opinions are involved, and when compromise is difficult to obtain and tough votes have to be made. At such times an involved, informed and collaborative team or board with members who fully understand their duties and roles is essential. After an issue is fully processed and the team votes, dissenters should graciously accept the result and move on to other matters important to the organization.

## 4. You've recently been elected to the Wheatsville Board. A close friend and local food producer privately asks you to help her business by having the Board publicly denounce the alleged unethical business practices of her closest competitor, whose products are already sold at Wheatsville. The business owner says she will deeply discount Wheatsville's orders for her product for a year if you help her. Briefly describe two or three possible ways you could handle this situation, and how you would ultimately act.

There are many possible ways to handle this situation, but only one that I believe is appropriate for these circumstances (assuming that no laws were broken). I would first tell my friend that the request is inappropriate and that I cannot initiate any action with the Board for the purpose of benefiting her. I would further explain that I would also be required to divulge the conversation to the Board - my friend may have also contacted other members, or might do so after contacting me, so it would be in the Board's best interest to know who has been contacted in this matter. I would, however, also bring to the attention of the Board any valid allegations of unethical behavior on the part of my friend's competitor, based on verifiable facts. The Board would then be able to act or not based on the facts, not as a favor to any Board member seeking to assist a friend. In short, my friend would be told that I will not take action simply to provide an unfair advantage for her, but I would convey any allegations of unethical behavior to the Board. If any action were taken against my friend's competitor, I would advise the entire Board to be very cautious of providing my friend any quid pro quo for the information.

## Is there anything else you'd like to tell us? Do you have other experiences that you see as being related to the work of the Board?

For 14 years I served as an Assistant Texas Attorney General with the Consumer Protection Division, Charitable Trusts Section, charged with protecting the state's charitable and nonprofit entities. Ensuring that funds dedicated for charitable or nonprofit purposes were truly used for such purposes was the goal of my position. Unless fraud was clearly indicated, I would attempt to correct any issues or problems with a particular entity by collaboratively working on solutions with the entity's board, but sometimes I was compelled to sue board members for breach of their duties. In my current practice I continue to represent and advise charitable and nonprofit entities. I have also written several papers on the duties of nonprofit board members, so I am intimately familiar with the requirements of nonprofit board members. I consider myself to be an ethical, collaborative, pragmatic, determined and resourceful person and I would like to put my expertise and experience to work for Wheatsville.

...continued on Page 24

# Virgins of Guadalupe Softball Team 2011 Season story & photos by Bob Kinney

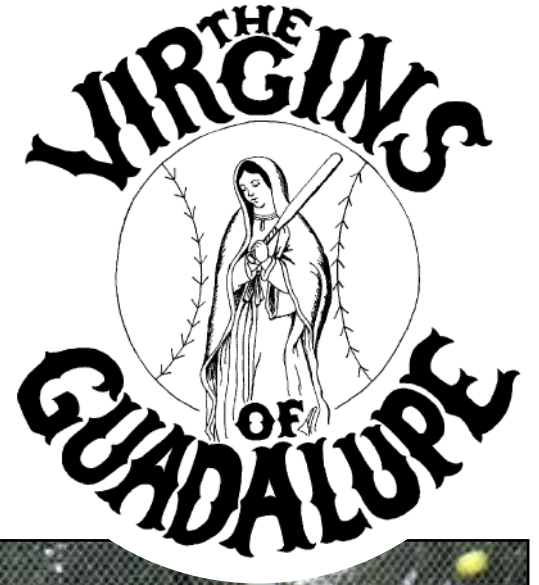
Concluding its second year as the Virgins of Guadalupe, the spunky Wheatville softball team concluded its season in late August that began when temperatures were in spring-like double digits five months ago.

The Virgins play against teams like KOOP Radio, BookPeople and the Black Star Co-op in Austin's Alternative Softball League.

While softball teams – especially of women/men like the Virgins – are popular in Austin, our Wheatville team is unlike many others.

The Virgins play well together – most all team members currently work at the co-op and the few non-worker players are part of the larger Wheatville Community. Having seen (and photographed) all but two games this season, I have watched with a smile as the team grew together since early April. Adjectives that come to mind include dedicated, ego-less, supportive of each other and – not surprisingly – cooperative.

Fan support has filled the Krieg Field bleachers with co-workers and other friends coming out to support the Virgins.



Fan attendance has ranged from several up to the 30s – notably, boosters have been in the stands for every game.

While Wheatville has fielded a softball team for several years, the Virgins were born in Spring 2010 sporting iconic team jerseys with a clever Riley Luce designed logo on the front that features the Virgin of Guadalupe holding a baseball bat and a player-chosen nickname on the back.

Examples range from Foxy, Jimbabwe and Pickles to Councilman, Bruiser and Dirt.

A facebook page has photos of 2011 and 2010 games – <https://www.facebook.com/pages/Virgins-of-Guadalupe/108947059141559>

As the team looks forward to taking the softball field next spring, all Wheatville folks echo what former-player Carla cheered at games, "All The Way, Virgins!"



# September 22 — World Car Free Day *by Amy Babich, WV Owner*



A friend of mine in Boston is undergoing chemotherapy for cancer. She has been practicing Aikido for over 20 years. The chemotherapy drug robs her of vitality, so sometimes she must spar with an Aikido beginner, rather than with someone at her own level. Recently the Northeast had a hot spell, and it was 100 degrees in Boston. The dojo was not air-conditioned. The heat didn't bother my friend; in fact, she rather enjoyed it. "Everyone was like me," she said.

This story made me laugh and cheered me up. I was in need of cheering because the heat had been discouraging me. It makes me slow to recover from exertion. I get aches and pains more easily. I don't think my mind is as sharp as usual. And I worry about my chickens.

Watermelon is a great food for times like these. I have never bought watermelon much before. It's big and cumbersome to carry, and messy to eat. But one day a friend gave me a big hunk of watermelon to lug home in my bicycle cargo boxes, and it arrived safely, and I shared it with my chickens. Since then, I've been a watermelon fan and consumer. Chickens love watermelon, and it helps keep them cool in the summer. There should be more paintings of chickens eating watermelon. It's a very festive bucolic scene.

Even though it's ridiculously hot, I need to walk and bicycle every day. I need to go to work, do errands, and so on, of course, but also I need to move around physically. I even need to bike to Lady Bird lake, row a scull, and then bike back uphill. If I don't do this sort of thing, I tend to get depressed. I can bear anything except depression. Depression is quite unbearable. Outdoor exercise is a great natural antidepressant. But it carries a price in this heat. It makes me tired for a long time.

Someday it will be fall. The Fall Equinox will occur on Friday, September 23, the day after World Car Free Day. World Car Free Day will be the fourth Thursday in September this year. All over the world, except in the United States, cities will attempt to free at least parts of themselves from the tyranny of cars. There are far too many cars, and we all indulge them far too much for our own good, whether we drive cars or not.

I neither drive a car nor want to drive one, but even if I did, I still wouldn't want to see every single cityscape buried in a swamp of cars. Even if I drove a car myself, I wouldn't like the enormous parking lots, the huge, inhuman and anti-animal highways tearing across the city. (Whose bright idea was it to run highways through the middle of cities?) We need to corral and control cars more, so that they don't keep wasting city space.

People treat car-parking space as expendable space, trash space. A parking lot is a place to toss garbage and bottles, do some damage and then drive away. Yet we, as a city, give away valuable real estate to be abused in this way. At least we should charge money for it. Charge what a private parking-lot mogul would charge. Charge what the traffic will bear.

Whenever it's even slightly less hot, life is excellent. When you walk or bicycle, you feel currents of air like the currents in Barton Springs. There are some cool currents and some clouds. There is some relief.

My friend in Boston has had some good news. The doctors think they've been giving her too much of the debilitating drug, and they're going to cut the dosage. She will still be ill, still undergoing the treatment, but she'll probably feel very lively and strong. Perhaps by the equinox we'll see a slight drop in temperature. Then we'll be happy again.

**World Car Free Day is September 22, this year and every year.**

There will probably be no mention of it in the news. Our country does not acknowledge the car free movement. But someday, perhaps, this too will change. Don't give up. Keep voting with your feet for a better world.

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