



## Board Election Wrap Up *by Kate Vickery, Board Member*

Congratulations, Wheatsville Owners! December 7th marked the end of your Annual Election, in which 430 of you voted to elect four board members and 10 organizations to benefit from Community Action Wednesdays. This is the greatest number of Owners to have participated in the annual election in years, and I hope to see the number of Owners voting continue to increase long into the future.



We are honored to introduce you to the winners of the Board of Directors Election. First, you re-elected **Rose Marie Klee**, our current board president, who will be starting her third consecutive term as a director. Wheatsville benefits greatly from her wise leadership and vast experience; we are thrilled to see her elected for another term! You also re-elected **Steven Tomlinson**, our current board treasurer, and second longest serving director. Trust me when I say that you should all be honored to have Steven represent you—his keen insights and incredible communication style are a benefit to this organization.



Rose Marie and Steven will serve three-year terms starting in 2011.

Two new faces will be joining our board in January. While **Mark Wochner** will be new to Wheatsville, he is a co-op veteran, as he also currently serves as president of the Black Star Co-op and has been instrumental in the success of our beer-brewing co-op friends. Mark will

serve a three-year term on the Wheatsville board. And last, but not least, we are delighted to welcome **Reyna Bishop**, who has been elected to serve a one-year term, filling a vacancy that we have had for much of 2010. I am personally excited to learn from Reyna's experience in nutrition and local food systems.



In addition to your board directors, you also chose the 10 community groups who will benefit from Wheatsville's monthly donation program. Each year, nine groups are chosen directly, and the tenth group is the winner of the write-in campaign, which gives a smaller or less-well-known organization an opportunity to benefit from this great program. **The People's Community Clinic, Capital Area Food Bank, SafePlace, Sustainable Food Center, Meals on Wheels and More, Ecology Action, EmanciPET Mobile Spay/Neuter Clinic, Hospice Austin, and the Yellow Bike Project** all received enough of your votes to win them spots in the Community Action Program. The winner of the write-in election is **OutYouth**, an outreach organization for LGBT youth in Austin.

Wheatsville has improved its election process vastly over the years. The election process is overseen by the Board Secretary—this year, the illustrious **Lee Blaney**—while the vast majority of the work, from organizing get-out-the-vote efforts to counting ballots falls on the shoulders of the Vote Coordinator. Our Vote Coordinator for the past two years has been **Gabriel Gallegos**, Wheatsville's Ownership Coordinator. Gabe has done an incredible job keeping the election running smoothly, and increasing Owners' access to voting.

At the close of voting at 5:00 p.m. December 7th, the board held a special Confirmation Meeting, at which the results were presented by Gabe and Lee, and any invalid ballots were inspected. Most invalid ballots were a result of non-Owners voting, or votes without any contact information. For your vote to count, Gabe must be able to verify that you are an Owner in good standing at the Co-op. The results of the election were officially Certified by the entire board on December 14, 2010. For more details about our election process, please see our Procedures for Co-op Votes guidance document, available on the Board's webpage: <http://wheatsville.coop/Board Policy/Procedures for Co-op Vote.pdf>.

Congratulations to all of the winners and THANK YOU to all of our Owners who exercised their democratic voice in this election.

This election process, by which you choose the Owners who will represent your voice in the leadership of your Co-op is one of the most important ways that Wheatsville is different from a traditional business.

## Owner Appreciation Days



Owners receive 10% off of any ONE shopping trip Saturday, January 15th-Sunday, January 23rd!

Saturday, January 15th Free Samples 1-3pm  
3pm - Minor Mishap Marching Band!

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Co-ops everywhere are guided by the Co-op Principles and Values, which have been carefully crafted by the International Cooperative Alliance. The second of those principles is Democratic Member Control. "Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner." When you vote, you exercise this privilege and move your Co-op forward.



## Reduce, Re-use, PRE-Cycle!

Learn how to help save the Earth's resources AND save money, too!  
**Sat. 1/29 at 11am**  
**in the Wheatsville Meeting Room**  
(check in at the Hospitality Desk)

Long-time Wheatsville owner and pre-cycling enthusiast, Lisa Schneider will be leading a discussion about how you can make easy changes in your life, reduce packaging waste and save money through re-using containers as much as possible. This session is also for people who already know about pre-cycling, but would like to learn more and offer their own ideas into the mix.

Feel free to drop in, or RSVP at the Hospitality Desk in advance.

January is a great time to commit to new beneficial habits, so join us!



**People's Community Clinic** is our Community Action Wednesday Group for January. During January Wheatsville will be conducting a children's book drive. The books can be for children of all ages, Spanish books and bilingual books are especially appreciated. Collection boxes will be at the front of the store.

## Community Action Wednesdays

The group selected for January is the **People's Community Clinic** and the group for February is **SafePlace**



**People's Community Clinic** is Austin's largest comprehensive primary health care center serving the uninsured working poor. All services are offered on a sliding scale basis. A dedicated, professional staff of doctors, nurses, and other health care workers provide a full range of primary care treatment and prevention services. By forming partnerships and strategic alliances within the community, health care is dignified, affordable, and accessible.

**SafePlace** works to end domestic and sexual violence through crisis intervention, prevention, education, long-term support and advocacy. The Center for Battered Women and the Austin Rape Crisis Center merged in 1998 to create a unified source of assistance and hope for survivors of sexual and domestic violence.



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- ### 2011 Community Action Schedule
- January - People's Community Clinic
  - February - SafePlace
  - March - Sustainable Food Center
  - April - Ecology Action
  - May - Yellow Bike Project
  - June - OutYouth
  - July - EmanciPet
  - August - Hospice Austin
  - September - Meals on Wheels and More
  - October - Capital Area Food Bank
  - November and December of each year are reserved for the Wheatsville Community Cooperative Fund.

## ★ Guess What!! ★ We have staff anniversaries

★ **Tammy Brookshire 22 years as of 2/6** (A/P clerk) ★

★ **Kim Tehan-Barrow 21 years as of 1/14** (bodycare buyer) ★

★ **Dan Gillotte 13 years as of 2/18** (general manager) ★

★ **Mindy Dolnick 4 years as of 1/5** (baker) ★

★ **Susan Amicarella 2 years as of 2/9** (grocery clerk) ★

★ **Chris Moore 1 year as of 1/6** (chill buyer) ★

★ **Bhu Muhler 1 year as of 1/27** (facilities clerk) ★

★ **Jeremiah Lee 1 year as of 2/5** (grocery clerk) ★

★ **Marla Fox 1 year as of 2/12** (deli clerk) ★

★ **Brooks Wood 1 year as of 2/22** (co-op deals assistant) ★

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Photos by: Aldia Bluewillow  
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**The Wheatsville Board of Directors usually meets at 6pm the fourth Tuesday of every month** at 3105 Guadalupe (building North of store). Check [http://wheatsville.coop/pop\\_bodagenda.html](http://wheatsville.coop/pop_bodagenda.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 nondiscriminatory information about food to people in Austin, Texas.

**Sign up for the Wheatsville 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://wheatsville.coop> to sign up!  
*We will not sell, lease, lend or otherwise disclose your email address to any other entity.*



Happy New Year! What a great year 2010 was for Wheatsville, and we are looking forward to building upon that success over the coming year.

In December we elected four candidates to be on the 2011 Board of Directors, and we will be seating the new Board later this month. The 2010 Board did a lot of great work on which we will build in the coming year, and during our annual self-evaluation discussion at the November board meeting it was exciting to appreciate the successful accomplishment of each of our 2010 goals. We will be plotting our course over several meetings in early 2011, and I am hopeful that over the coming year we will strengthen our interaction with local cooperative organizations and work progressively toward participation in activities for the International Year of Cooperatives in 2012. Because of diligent efforts and operational successes over the past many years, the board has increasingly developed the capacity to tackle bigger-picture issues. We have become adept at maintaining our inward focus on accountability, managing to keep our sights on high-level governance issues, and concurrently developing our connection to the larger cooperative community around us on both a local and national level.

In December 2009, the United Nations resolved that 2012 should be the International Year of Cooperatives, recognizing that co-ops "in their various forms, promote the fullest possible participation in the economic and social

development of all people, including women, youth, older persons, persons with disabilities and indigenous peoples". They further stated that co-ops contribute to the eradication of poverty and have a major role to play in the kind of beneficial economic and social development we need.

In this extraordinary economic time that we are experiencing, we have a powerful opportunity as cooperators to encourage our community to coalesce around cooperative enterprises and especially away from predatory practices which exploit people and our environment.

We wish you health and prosperity in the coming year! After all we are stronger together, and our work is not done while there is injustice...after all, our mission states that "the purpose of the Wheatsville Co-op is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and non-exploitation."

**"Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility."**  
—Ban Ki-moon, UN Secretary-General

**Cooperative Values**

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social Responsibility
- Caring for others

**ARE YOU OUR ONLINE FRIEND?**

Connect to our pages on **Twitter** and **Facebook** at [www.wheatsville.coop](http://www.wheatsville.coop)

**Co-op Deals Have You Completely Covered for All Your Valentine's Day Love-Food Needs!**

**Breakfast for the one you love**

- Equal Exchange Organic Love Buzz Coffee
- Greek Gods Honey Yogurt
- Rudi's Cinnamon Raisin Bread

**A dinner made of love for your love**

- Bionaturae Organic Pastas
- Muir Glen Organic Pasta Sauces



**Treats without wheat!**

- Amy's Gluten-Free Chocolate Cake
- Pamela's Gluten-Free Baking Mixes
- Glutino Gluten-Free Cookies

**Chocolate Dreams..**

- ChocoLOVE Bars
- Green & Black's Chocolate Bars of LOVE

**There's even love in the tub**

- Aura Cacia Bubble Baths
- Dr. Bronner's Rose Soap



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# We Love Cooking for You

by Dana Tomlin, Deli Manager

I want to start this off by giving a shout out to the entire Deli Team. Everyone has really been doing their best to meet the ever-growing number of customers by providing excellent food and great customer service. The way the team handled the intense holidays rush was awesome and awe inspiring. I've seen exemplary teamwork and compassion for each other in the past months.



It takes a lot of work to make the magic happen behind the scenes and every single one of the Deli Team employees has contributed to this in some way or another. Some worked double shifts, some worked on their days off, and everyone brought a great attitude to work every day. So thank you Deli Team!! You are all very appreciated for your hard work and overall greatness.

## Happy New Year!

Along with a new year comes a new perspective and a commitment to a lifestyle change – yep, I'm talking about New Year's Resolutions. For some people, food is the focus of New Year's resolutions. If you decide to eat more vegetables, cut back on sweets, support local products, or eat humanely-raised beef we can definitely be a really good resource for you.

## We're Cooking Up Something Sweet

Valentine's Day is a great food holiday where we are given the opportunity to tempt you with delicious treats. The bakery is mixing up some fancy indulgences, **heart shapes** and all! The meat case will be loaded with great cuts if you want to cook a special dinner. Plus, our Seafood selection is focused on sustainable and fresh! **Scallops, shrimp or Coho Salmon** are all great for a dinner meant to impress! If you need ideas for this, just ask our experienced meat team.

You might want a little appetizer, or even better a dessert cheese course. You should try the **honey chevre spread on a Bosc pear** which is easy and delicious.

The Deli will be offering up some delicious sides that are perfect additions to any meal you have planned. This way you can focus on the entrée part of your meal! Our selection will include some all time favorites like **Grilled Asparagus, Saffron Pasta Salad, Risotto Cakes** and the new favorite – **Quinoa Polenta Corn Cakes**. There will be many more great dishes that you can choose from and if you need some help – just ask! We are always glad to help you make a decision.



## Olivia Pepper's New Favorite— Sacred Chocolate Raw Chocolate Medicinal Hearts

Hello Raw Chocolate Fans! These don't taste like your everyday traditional candies. Lively, unusual botanical benefits give these two a bit of a unique flavor, so be prepared for a new kind of chocolate experience. I think they're amazing.



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# I Resolve...by Mariah Barrett, Deli Counter Manager



Happy New Year everyone! I can't believe it's already 2011, this past year in our new store has been so wonderful and exciting. The Wheatsville Deli has many different options to help your new year go smoothly. All of our delicious salads and pastas that we have in our full serve case are available in larger quantities by the pound for any entertaining you may do, just give us a couple days notice to get it ready.

We gave our already stellar Catering Menu a make-over and now we have even more gorgeous platters, trays, and desserts available for gatherings of all types and sizes! The menu is available on our website, [wheatsville.coop](http://wheatsville.coop).

As for myself, I've got at least a hundred resolutions I'll be making and breaking during the new year but the biggest and most important is to **SLOW DOWN**.

The act of slowing down can mean a lot of different things, it means taking the time to appreciate all of the amazing people I get to work with, it means taking time to be grateful that I get to be part of an organization that is part of the solution rather than part of the problem, and most of all it means taking time for myself to enjoy my very favorite activity, cooking! Here is my recipe for a great winter-time staple, **Chicken Pot Pie ala Mariah**. Keep in mind, it can easily be made vegetarian or even vegan by making a few simple adjustments.

- 1/2 cup oil
- 1 white onion, diced
- 3 celery stalks, diced
- 1/4 cup flour
- 1 cup milk
- 3 Buddy's skinless boneless chicken breasts
- 4 cups water
- 1 chicken bouillon cube
- 1 carrot, cut into 1/4 inch pieces
- 1 cup Cascadian Farms frozen peas
- 3 frozen Wholly Wholesome Traditional pie crusts
- Salt and Pepper to taste



Pre-heat oven to 350°

Boil chicken breasts and the bouillon and the carrots in 4-1/2 cups of water for 20 minutes, remove chicken and carrots to cool and set aside the water for later use.

Heat oil on medium high on the stove in a large sauce pan. Add the onion and celery and cook down for 5 minutes. Add flour 2 Tbs at a time and thoroughly stir it into the veggies and oil. When the flour is incorporated into the mix, it may start to stick to the bottom of the sauce pan, add the milk and stir thoroughly. Reduce heat to medium.

Add the bouillon water 1 cup at a time and thoroughly stir into the roux. Can you tell that the trick is a whole lot of stirring?!!

After all the water has been added, bring to a boil (don't forget to stir!) then remove from heat.

Dice up the chicken breasts and add them, the carrots and the peas to the mixture.

Use 1-1/2 frozen pie crust to line the bottom of a casserole dish. It's okay if it breaks and cracks, just use the warmth from your fingers to smooch it back together. Add the yummy chicken-y goodness to the pie shell and use the left over 1-1/2 frozen pie shell to lay on the top. Pinch the edges closed, and use a knife to poke a few vents in the top of the pie. Bake at 350° for 1.5 hours. Enjoy!



# Love Essentials by Kim Jehan-Barrow, Bodycare Buyer

Chocolate, flowers, love potions, oh my! Luckily for us, the days of using hippopotamus snouts, crocodile dung, and hyena

eyes as aphrodisiacs has passed—WHEW!! These days a blend of pure essential oils can make your heart sing! But how exactly you may ask DO the aromas of essential oils impact our feelings of romance? Basically, the olfactory lobe, which is the part of the brain that processes scent, is part of the limbic system which is associated with emotion and the formation of memory. Essential oils have the ability to facilitate a wide range of moods—including romantic ones! Here's a quick rundown of the most popular oils used to impact romance:



- Geranium, clary sage, and lavender create a calming effect to help you to relax.
- Cardamom, nutmeg, clove, and cinnamon create a stimulating effect.
- Neroli, rose absolute, and ylang ylang effect arousal.



- Sandalwood, patchouli, jasmine and cedar wood are considered oils of attraction.

Use the essential oils listed above to blend your own personal love potion! Whichever blend you choose remember that essential oils are very concentrated and you should never apply them directly to your skin, but rather dilute them using a carrier oil such as jojoba, almond, or grape seed. Two to three drops of essential oil per tablespoon of carrier oil is adequate to derive the full benefits. If a massage isn't what you had in mind, you can add a few drops to your bathwater, or place a few drops on your pillows or on top of the light bulb on your bedroom lamp! After all, variety is the spice of life!

However you spend your Valentine's Day, I hope it is filled with love, happiness and lots of chocolate!



## Make an Impressive Meal for that Special Someone by Mark Maddy, Meat & Seafood Buyer

As Valentine's Day approaches, it is time to think of that special meal for that special someone. A beautiful homemade meal can be as romantic as any dinner you could get at a crowded and rushed restaurant.

Often, it's really about the atmosphere you can create around your meal. Candles and fresh flowers are always tried and true mood setters. Here in the meat department we always start with the proteins.

A wonderful Valentine's dinner, albeit for bigger eaters, is the sweetheart steak. The sweetheart steak is a cut from the beef ribeye.

We start with a thick-cut boneless ribeye and butterfly it from one side to the next, being careful not to cut all the way through the steak. Making this tricky cut is not something we recommend to try at home, but we will certainly take care of that for you.

Our Niman Ranch boneless ribeyes for \$19.99/lb are one of my favorite cuts and are a perfect entrée for that special meal. When preparing ribeye its best not to over process them—let their robust beef flavor come through.

I recommend grilling the sweetheart steak since it's normally a big steak. When grilling meat, you want the most heat you can make. If it's too much hassle to bring the grill back out of winter storage, there are indoor cooking options as well. I recommend using a skillet and the oven.

Always let your proteins get to room temperature before you start cooking. Depending on how you like your steak, you can sear it at the end or the beginning of cooking. Heat a skillet (I prefer cast iron) on the stovetop until it's good and hot. You



want to sear the steaks for about 30 seconds on each side. If your pan has an ovenproof handle, put the pan with your steak(s) in a 350° oven for seven to ten minutes per side for medium rare. Always let your steaks rest for at least five minutes before you cut into them.

While they're resting you could always deglaze your pan for a nice saucy accompaniment to your entrée. So here's a rundown of ingredients you'll need for a marinade:

- 2 ribeye steaks or 1 sweetheart steak
- 1 cup of vegetable oil
- 2-3 shallots, sliced
- 1-3 cloves of garlic, crushed
- fresh ground black pepper
- 1 Tbs of paprika
- 2 tsp of cayenne pepper
- 1 tsp salt
- 1 tsp dried oregano
- 1 tsp dried thyme

Mix together the oil, shallots, garlic, and 2 Tbs of the ground pepper in a zip top bag. Seal the bag after getting out all of the air and place in a large bowl for several hours or over night. Mix together the paprika, cayenne, salt, and 1 tsp of black pepper, oregano, and thyme. Remove the steak from the marinade and let the excess marinade drip off the steak.

If a ribeye is a little too much for your dinner, the Niman Ranch Flat Iron Steak for \$9.99/lb. is a fantastic alternative for your meal. They are packed with flavor and a little nicer to the pocket book.

Maybe a surf and turf entrée is the way you want to go. Our organic peeled and deveined shrimp and scallops would complement any red meat. I also love the Halibut we get from Trollerpoint Fishery, who also provides us with our scallops and Coho salmon.

Sable fish, sometimes called Butterfish, is my all time favorite sustainable seafood because of its succulent flavor and texture. It's also quite a success story in the sustainable seafood world. Here's an easy herbed-up recipe than will melt any heart.

- 2 Tbs butter or margarine, very soft
- 1/2 tsp thyme
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp white pepper
- 3 butterfish fillets
- lemon wedge



In a bowl, mix the butter, thyme, onion powder, garlic powder, salt and white pepper. Transfer the ingredients from the bowl into a frying pan on medium heat. Once the butter has melted add the butterfish fillets and cook for 3-5 minutes on each side or until cooked to your satisfaction. Squeeze the lemon wedge over the fish once cooked or serve as a garnish.

So whatever you select, pick it with your heart, and eat healthy. Pick a meal that will energize you and be good for your body because you want your loved one to live a long time...right?

## A Perfect Valentine's Day Dinner by Merilee Kuchon, Kitchen Manager

It's long been stated that the route to one's heart is via the stomach, and Valentine's Day is the perfect time to show your love by cooking up a stylish, homemade meal for your sweetheart. This year, Cupid's arrow flies on a Monday, calling for an elegant but quick to prepare after-work meal. Also, while you need to make sure you have enough food, be warned to keep your portion sizes in control so you're not so stuffed that you can't properly show and receive abundant affection afterwards! Some of this prep can happen ahead, even a day ahead if you'll be pressed for time on Monday, but it is certainly possible to do it all after work and before dinner, without feeling too rushed.

To win the heart of your beloved, or at least mine, red meat is key. But first, open up that bottle or two of red wine you have undoubtedly bought, and let it breathe. And pour yourself a glass. Now for the steak. Whether you choose my favorite, a thick **Niman Ranch boneless ribeye**, or your favorite cut, here's what to do: dry the steaks with a paper towel, then rub them evenly with some salt, pepper and garlic powder. You can stick them back in the fridge at this point while you prep the rest of your meal, like getting your mashed potatoes on, or snapping asparagus. Or you can just leave them on the counter like I do, as long as you know you'll be cooking them shortly. You can even rub 'n' fridge them a day ahead, if you're an advance prep kind of cook.

When the time is nigh, cook the steaks in a bit of oil in a cast-iron pan or on the grill over high heat, flipping once a nice crust has formed on the side nearest the flame, and letting it go until the other side looks similarly succulent. This will most likely take about ten minutes total, a little shorter for tenderloin, and a little longer for bone-in cuts. Remove to a warm platter, tent the steaks loosely with foil, and let them rest about 5 minutes before serving. Be sure to add the juices to the individual plates when serving the steaks – they'll be amazing with the mashed potatoes you're about to make.

And now for the mashed potatoes. Scrub a few **red or Yukon Gold potatoes** – probably about three would feed the two of you, depending on their size, but add one or two more if you are a mashed potato fiend – and drop them whole in a pot of cold water to

cover by an inch or two. Bring to a boil over high heat, then lower heat to a high simmer – you want bubbles, but not explosions.

While the potatoes are boiling you should be slicing up a **leek**. This is easier than it sounds: cut off all of the dark green, the root, and any ugly bits, and toss or compost those parts. You will be left with a short stalk of perfectly wonderful white and light green leek, which you will then cut in half lengthwise, and then slice each of those halves thinly crosswise, leaving you with a pile of little leek half-moons. As leeks are grown in sand, make sure you clean them well: drop your gritty sliced leeks into a bowl of water or salad spinner and rinse them very well, then drain. Twice. Really, no one wants sand in their mashed potatoes.

Let your spotless little leeks rest on a clean towel while you start melting about a tablespoon of butter in a wide pan over medium heat. Toss your leeks in the hot butter and stir around just until transparent and softened, a few minutes, sprinkling them with a little salt and pepper. While your leeks are softening is a good time to pour yourself a second glass of wine. Add about one-third cup of milk or cream to your leek-filled pan (I've even used skim with great results) and stir it all together until hot and bubbly, just a minute or two more, and then take it off the heat.

Check the doneness of your potatoes with a paring knife when they are tender, in about 30 minutes, the knife will slip right in with no resistance. You may also notice the skins start to peel away when they're ready. At that point, drain the potatoes and return them to the empty pot. Mash your hot, dry potatoes in their hot, dry pot until divinely creamy. Take your time here; creaminess is next to godliness. Add your hot leeky milk to your mashed potatoes and stir well, adding more hot milk if they're thicker than you like. If you need to hold the potatoes and reheat them for later, you can stir in more plain hot milk and stir over low heat until heated through, or even make the whole dish the day before, dollop the finished mashed potatoes in a small, buttered, oven-safe casserole dish, top with another pat of butter, and reheat in the oven at 350°F for about 10-15 minutes before your Valentine's Day dinner. Presto! Best

mashed potatoes ever, and sure to win the heart of your loved one, trust me.

February in Texas is almost like springtime, so let's round out this meal with some simply cooked **fresh asparagus**, a noted aphrodisiac, and always tasty. Do this last and just before dinner. Grab a nice, sturdy bunch and bend each stem at the lower stalk – it will snap right where it needs to so the tough end winds up in your trash or compost, and the slender, tender tip remains yours for the eating. Rinse those tender ends well, and dry them a bit. Toss with some olive oil, salt and pepper. If you're grilling your steaks, throw the asparagus on the grill in one layer once you take off the steaks to let them rest. If you're reheating your potatoes in the oven, toss the asparagus in an oven safe dish and roast until done. They'll take just about five or six minutes no matter which way you do them, more or less dependent on how thick the stalks are; I like the thicker, meatier ones. If you're using neither grill nor oven, just clean out your leeky milk pan and throw the asparagus right in there over medium-high heat with a little extra oil or butter and sauté until tender. Asparagus doesn't need much cooking to make it delicious, so err on the side of less, be gentle and be sure to taste one as soon as you think they're done. Squeeze on some fresh lemon, which you can also add to the glasses of water you have thoughtfully set at the table, beside the wine and unscented candles, and you're golden. Just turn down the lights and don't forget the music!

Now pour some more of that wine for both of you, sit down and eat up. Then there is plenty of time for an ecstatic intermezzo of passion, right there on the kitchen table if it should so strike you, before you break out the gorgeous, heart-shaped **Chocolate Raspberry Cakes** you picked up at the Wheatville Bakery. Or maybe it's a three-pack of **Dark Chocolate Peanut Butter Cups**? How about a couple **Strawberry Shortcake cupcakes with Cream Cheese Frosting**? A box of powdered sugar-sprinkled **Linzer tortes**? No matter the direction your sweet tooth pulls you, your sweetheart will surely be delighted. Definitely do not waste a moment on dessert – we've got you covered. Happy Valentine's!





## Warmth, Snacks & Love from the Cold Zones by Christopher Moore, Chill Buyer

Nothing warms you up like fresh baked goods right out of the oven, and there is no better place to pick up your baking needs than the Wheatsville dairy case. We have delicious local eggs,

butter milk, and non-homogenized organic milk to assist in your baking. Don't have time to make it from scratch? We carry some most excellent products from the Immaculate Baking Company including Scones, Cinnamon Rolls, Crescent Rolls and Cookies.



in bed. Go local with Organic Batter Blaster for Pancakes or Waffles, Alexander or H&J Ranch eggs and The Hearty Vegan's Tempeh Sausage.

If you're not too big on breakfast, you could finish off your Valentine's Day with our new local raw deserts from Yummy Living Foods, we carry all five of their varieties!  
—Love from the Wheatsville Chill Department!



### Need some ideas for some snacks for your super-bowl party?

You can always count on the frozen department to provide you with some easy-to-cook all-natural snacks like PJ's Taquitos, Amy's Pizza Snacks, Kim & Scott's Stuffed Pretzels, Quorn Meatless Chick'n Nuggets or even some Health is Wealth Spinach



Artichoke Dip to go with some chips.



### Local Love Connection

Last but not least, on Valentine's Day there is no better way to wake your loved one then with breakfast



### Staff Top Ten Picks

by Oscar Patino, Cashier



#### Risotto Cakes

I like them better than regular cakes!

#### Wheatsville Bakery Carrot Cake

Probably the best carrot cake in the world.

#### Wheatsville Deli Cashew Tamari Dressing

The only reason I eat salads.



#### Satsuma Tangerines

EZ to peel, delicious, and seedless!

#### Yerba Mate Energy Drink

Way better than Red Bull & a lot tastier too

#### Ginger People Ginger Chews

Just plain awesome – ginger chewiness rocks!

#### Chocolove Almond & Sea Salt Chocolate Bars

Just plain addicting and delicious chocolate

#### Tom's Fudge

This fudge is prime, pure chocolate bliss.

#### Wheatsville Deli Forbidden Black Rice Salad

Black rice salad; its forbiddenly good!

#### Give Energy Drinks

These are the best carbonated energy drinks that I have ever tasted.



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### Oregon Kombucha Starter Kits!

By frequent customer request, we are happy to be able to offer starter kits so you can brew your own kombucha at home!

The steps are simple: Boil water, brew tea, add sugar, let it cool, and add culture. A kit makes one gallon of kombucha and the included starter culture can be used over and over.

Choose from four delicious flavors of tea: Pear Ginger Black Tea, Black Tea, Decaf Ginger Citrus Green Tea, Strawberry Green Tea.

You can find these kits in Aisle 3 in the raw foods section at Wheatsville. See the Oregon Kombucha website for more information, including step-by-step instructions. <http://oregonkombucha.com>





## Beer

**New Belgium 1554 Enlightened Black Ale** is one of my favorite beers that New Belgium Brewing makes but it doesn't have the high profile of the **Fat Tire Amber** or the **Ranger IPA**. I think it may be that most people are not sure what black ale is.

This is because this unique style of ale was lost to the ages until the good people at New Belgium resurrected it. In 1997, a flood in Fort Collins destroyed the original recipe that Phil Benstein, New Belgium Beer Researcher, found in the library. (Yes, New Belgium has a beer researcher, very cool!) So Phil and brew master, Peter Bouckaert, traveled to Belgium to track down the ancient recipe.

After locating a source for the recipe, their first challenge was deciphering antiquated script and outdated units of measurement. Trial and error and many months of in-house sampling culminated in 1554, a highly quaffable dark beer with a moderate body and mouthfeel.

The beer sports a nicely thick *cafe au lait* colored head. There is great lacing on the glass and a nice coffee color that looks pretty black at first glance, but is evident when held up to the light, you can see its true colors. The beer has smooth notes of roasted malts and roast nut flavor which turns to more chocolate tones on the finish.

If you are in the mood for something new then why not try something old and grab a six pack of New Belgium 1554 Enlightened Black Ale today!



## Wine

The grapes for **Ferrari-Carano Cabernet Sauvignon** come primarily from mountain-grown fruit from Alexander Valley located in Sonoma County. Fog drifts over the peaks of the coastal mountains but burns off quickly in the morning sun, resulting in a warm climate with bright sunlight lasting all day, conditions that are ideal for growing Cabernet Sauvignon.

Ferrari-Carano's mountain vines are dry farmed in shallow, rocky, low-vigor soil that add impressive depth and concentration of flavors to the wine. A mild, late spring and summer ensure that the mature vines have a healthy canopy for the fruit, which provided the perfect combination of sunlight and heat penetration for the thick grape clusters. These conditions allow the grapes to reach full maturity in both flavor and structure.

With aromas of blackberry jam, baking spices, pure maple syrup and black tea, this wine is rich with delicious flavors of caramel, dark chocolate and espresso. A full rich palate with mouth-coating tannins and excellent depth characterize this fantastic wine. Ferrari-Carano Cabernet Sauvignon pairs well with roasted or barbecued heavy game and red meats such as lamb, beef, and pork. Medium and strong-flavored cheeses, such as blue cheese or sharp cheddar, also pair nicely with Cabernet Sauvignon.



Don't forget that we have a new wine deal. Buy six or more bottles of wine and get 10% off. Any wine! Any price! Mix and match!

We also have a great way to transport your wines with our spiffy Wheatsville 6 bottle carrier for only \$1.99 each! Best of all they have the Wheatsville logo on the side so you can bring it to a party with co-op pride!



## *Cheese and Beer Make a Great Pair!* by Greg Flores, Cheese Buyer

When thinking of pairing cheese with food, most people think of wine. With the expanding market of microbrewed artisan beer, beer is becoming a favorite pairing with cheese. And many people say it is the better pairing. Some say that it is because both have a common denominator in the production of each product. Grass. Cows eat grass and use it in the production of milk. Barley is a cereal grass and it is used in the production of beer. I have to say that I am becoming a bigger and bigger fan of beer and cheese pairings.

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 **Hefewiezen**.

Mascarpone goes well with fruit beers. **Magic Hat's #9** pair well with mascarpone, crackers and walnuts. I think the apricot in it's flavor profile will play well with the fresh flavor of mascarpone and the sweetness of the walnuts.

With cheddars and colby, brown ales are recommended. **Samuel Smith Nutty Brown** and **Brooklyn Brown** are some really delicious brown ales. **Real Ale's Brewhouse Brown Ale** would go great with a smoked cheddar and some venison summer sausage.

**Pure Luck's June's Joy** goes really well with a **Hefewiezen**.

With strong cheeses such as **Gorgonzola** and **creamy bleus**, Barleywines are recommended. For **Roquefort** and **Stilton** strong Belgian ales such as **Chimay**, **Maredsous** and **Duvel**. Trappist cheeses such as **Port Salut** and **Pere Joseph** are great cheeses for these tasty beers.

For **Parmigiano Reggiano** a hoppy ale is recommended. I would add honey into this equation. The salty, sweet and bitter will keep your tastebuds on there toes.

Remember these are just rules of thumb. Be adventure-some—try different combinations of pairings. Add chocolate into some of these pairings. Try whatever seems good to you.



Mascarpone goes well with fruit beers.

Magic Hat's #9 pair well with mascarpone, crackers and walnuts. I think the apricot in it's flavor profile will play well with the fresh flavor of mascarpone and the sweetness of the walnuts.

With cheddars and colby, brown ales are recommended.

Samuel Smith Nutty Brown and Brooklyn Brown are some really delicious brown ales. Real Ale's Brewhouse Brown Ale would go great with a smoked cheddar and some venison summer sausage.



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## Exciting New Health Brands by Cody Atkins, Health Team Supervisor

Happy New Year! I hope everyone had a happy and healthy holiday season! A new year often means new resolutions and here in your Health Team department we want to encourage you meet all of your New Year's health goals. We have cleanses, healthy diet aids, super foods, greens, and sports nutrition items to assist you with your resolutions. One of our resolutions on the Health Team is to continue to bring you exciting new items! With that, I would like to introduce a few of our newest brands to you:

continue to bring you exciting new items! With that, I would like to introduce a few of our newest brands to you:

### Health Force

HealthForce Nutritionals has been around for twenty years and is a 100% hardcore vegan therapeutic superfoods company. HealthForce was co-founded in 1990 by Jameth Sheridan and Kim Sheridan, ethical vegans and hardcore herbal medicine researchers. HealthForce Nutritionals empowers individuals to experience dramatic health improvements with verified TruGanic, Vegan, Raw, Superfood products formulated and selected by Jameth Sheridan for vibrant health and wellness. Try their **Vitamineral Greens** to incorporate more greens in to your diet this new year!



### DEVA

DEVA Nutrition is a manufacturer of unique vitamins, minerals, and food supplements that are suitable for vegans and vegetarians. Founded in 2003, DEVA products are manufactured at GMP certified and FDA regulated facilities to achieve high quality. DEVA Nutrition is committed to protecting animal rights and supports all the organizations that try to make our world a less painful place for all living beings. I especially like their **Vegan Omega 3** derived from algae which provides 200 mg of DHA per capsule.



### Himalaya

The many different herbs used in Himalaya Herbal Healthcare's scientific product line are also used in India's ancient, traditional system of medicine, Ayurveda. The word Ayurveda comes from the Sanskrit root words ayur (meaning 'life') and veda (meaning 'to know'). Literally, Ayurveda means 'the science of life.' It is a system of medicine dating back over 4,000 years. Used by doctors and sold in pharmacies all over the world, the ancient roots and modern branches of Himalaya Herbal Healthcare

have been carefully combined into a world-class line of science-based formulas. Resolved to be less stressed? Try their **Stress Care** and **Mind Care** formulas!

### Gaia

Gaia is a brand we are extremely excited to bring to you. Started by Ric Scalzo in 1987 Gaia manufactures a wide range of supplements made from medicinal plants. Of the 160 botanicals the company extracts, 120 are certified organic. In an effort to maintain more control over its botanical supply chain, Gaia Herbs operates a 250-acre certified organic farm in North Carolina. Additionally they are a 2008 winner in Nutrition Business Journal's Environmental and Sustainability category. They have single herbs and unique formulations offered in either their patented liquid Phyto-Caps or concentrated liquid extracts.



This will be one resolution that we stick with and we already have several other exciting brands in the pipeline! I hope you stop in to visit with us, we would love to discuss your resolutions as well as these new items!

-cody(at)wheatville.coop

## The Season for Cleansing by Elke Stoeckelmann, Health Team Clerk



Many look to cleansing the body as a way to jumpstart their resolutions for the new year. While cleansing is a logical jumpstart to a diet, it can be a jumpstart to so many other resolutions. I like to look at it as a kind of rebooting of the system—if you have ever reformatted your computer's hard-drive, that is like what a good cleanse does for the body. You cleanse all unnecessary garbled-gook from the system so you can reintroduce clean, working programs. And, just as a hard drive works so much more efficiently after being reformatted, so does the body after a cleanse. Fatigue, rashes, headaches, bad breath, digestive issues, and non-arthritis joint aches are some of the reasons that lead people to cleanse.

We carry many cleansing aids here at Wheatville that can help you whether you are a first-timer or a seasoned cleanser. We have cleansing kits that can be used while you continue to eat, drink, work, and play. Now, don't get me wrong. I am not trying to say that you will not feel anything, or that you won't want to adjust your diet a little while on the cleanse. But, the cleansing effects you experience, and the adjustments you may make to the diet during the one to four weeks of cleansing, are manageable for most people. Mostly, you will just want to drink lots of water, herbal tea, and juice, and lay off the alcohol, coffee, and sodas. Eating fresh, unprocessed foods is helpful, too. All the cleansing herbs you are putting in your system with these kits will be pushing toxins out of your organs and into the bloodstream and alimentary canal. This is why you want to drink lots of liquids and eat easy-to-digest foods. This will aid the elimination, and flushing-out, of all the toxins and waste matter you are stirring-up with the cleanse. The cleansing kits have all the herbal and fiber ingredients you need to cleanse. However, it does not hurt to add a psyllium-bentonite shake first thing in the mornings, which is a tablespoon of each in a glass of water.

**Renew Life** makes many good cleansing kits, most of which are 7-14 day kits. They have the **First Cleanse**, a 14 day cleanse for a first-timer or someone who has not cleansed in a while, the **Rapid Cleanse**, a 7-day all-over body cleanse, and several other more specific cleanses. I recommend first doing a general all-over body cleanse before doing any of the organ-specific cleanses (e.g. liver and kidney cleanses.) Renew Life also makes several condition-specific

cleansing kits. If you have suffered from repeated occurrences of yeast or fungal infections, it is likely the fungus is systemic, and you will need to cleanse it from within, with something like the **Candida Cleanse** kit. If you have traveled abroad and feel you may have invited some parasites into your system, you could use the **Parasite Cleanse** kit. If you have metals in your system, there are herbs and foods that attach themselves to metals, which then



can be flushed out of the system, as with the **Heavy Metal Cleanse**. One more Renew Life kit is the **Smokers Cleanse**. I know someone who used this kit and is still not smoking. Even if you did not end up quitting, this cleanse will do the body good. It has herbs to help cleanse the lungs, and adaptogens to help you with your moods during withdrawal.

**Nature's Secret** also has a few kits. One of them is the **Ultimate Diet Cleanse**. I like this one because it starts you off with a 7-day traditional cleanse to get some junk out of the system, and then a 30-day program of thermogenic herbs that help speed up metabolism and turn fat into energy. If you combine this with a healthy diet, exercise, and firm resolution, it could get you well on your way. They say that all habits take 30 days to change and/or develop, 90 days to get really set-in. You can do it!

We also have the popular **Arise and Shine cleansing products**. These are for the person who is dedicated to a thorough, month-long, all-over body cleansing. If you have done a cleanse or two before,

or are just really committed, this could be the way to go. **Arise & Shine** really focuses on cleansing the entire digestive and alimentary system so it can function more efficiently.

We carry a few really good books on cleansing also. They are: **The Complete Master Cleanse**, **The Detox Manual**, and **Cleanse and Purify Thyself**. *The Complete Master Cleanse* is the book that first introduced to me all the ways I could utilize a cleanse for more than the just the physical, which really changed my whole experience of cleansing. I highly recommend reading a good book about cleansing. You will find that the understanding you gain from it greatly increases your enjoyment and the effectiveness of your cleansing experience.

Cleansing can be such a wonderful tool to use in overall self care. I've personally done several cleanses, and I look at it as an adventure, a courageous way to get to know myself better. You get to really look at your relationship to food, your body, your emotions, and your spirituality, if you are so inclined. The best cleanse I ever did was the Master Cleanse combined with one of the Renew Life cleansing kits. But, what made it so good was not just the two ways of physically cleansing, but all the special attention I gave myself during those 20 days. I got massages, sat in steam rooms, did yoga, journaling, meditation, etc. It was a real reboot to the entire system! And, the effects of it are still lasting, years later. I like to cleanse a few times a year now.

During a cleanse, you may feel irritable, achy, tired, and crampy. Usually, these symptoms last for only a few days. The rest of the cleanse you can feel increased energy, a lightness, clarity, and even euphoria. Like I said, fun and adventure! After the cleanse is a good time to make dietary changes, naturally. Also, it can be a good time to test yourself for food allergies by slowly reintroducing possible allergy-producing foods. And, it can be a good time to make behavioral, attitudinal, spiritual, and so on, changes. It's all connected after all!

I hope this increases your understanding of what it means to cleanse. There is so much that can be said about it. Come on in and talk to us—we have lots of ways to help you with many ways of cleansing—and take advantage of special prices on cleansing products during January.





## Stronger Together in the New Year!

by Niki Nash, Merchandising Manager & Brooks Wood, Co+op Deals Assistant



A brand New Year – Who wants to feel better about where your food comes from, eat better every day and save money? Well, because you're shopping at Wheatsville Food Co+op, you're already accomplishing this! And Co+op Deals are making this a reality for more and more people.

One of the goals of Co+op Deals is to provide you with more of the quality foods you love, for better prices and with greater frequency. Better prices mean a better return on your food dollars. And who doesn't want to keep more of their money?



Naturals Organic Extra Virgin Mediterranean Olive Oil, Montebello Organic Pasta, Rising Moon Organic Pasta, Muir Glen Organic Tomatoes, Lundberg Family Farms Organic Risotto and Koyo Ramen Noodles.

Bars, Nature's Path Organic Flax Plus Cereal, Kind Fruit & Nut Bars, Lara Bars, Rudi's Organic Bread and Celestial Seasonings Herbal Teas.

Lunches and easy snack options on Co+op Deals are Pacific Foods Creamy Soups, Edward & Sons Brown Rice Snaps, Annie Chun's Noodle Bowls, PJ's Organic Frozen Mexican Snacks, Alexia Sweet Potato Fries, LightLife Smart Deli Slices, Galaxy Nutritional Foods Vegan Rice Cheese Slices, Sunshine Organic Vegetarian Burgers, Kettle Baked Potato Chips, Food Should Taste Good Tortilla Chips, PopChips, Organic Honest Tea, Late July Organic Mini Sandwich Crackers, Green Mountain Gringo Salsa, Crofter's Organic Premium Fruit Spread, Newman's Own Organic Fig Newmans, Santa Cruz Organic Applesauce, and Glutino Gluten Free Pretzels.

Did the holidays deplete your kitchen staples for a simple dinner? If so, be sure to stock up on Napa Valley Organic Extra Virgin Olive Oil and Spectrum



Co+op Deals offer you a broad spectrum of ways to save. And we have every meal covered! Morning favorites on Deal include So Delicious Non-Dairy Coconut Milk Yogurt, Brown Cow Plain Yogurt, Nancy's Organic Kefir, Organic Valley Organic Yogurt, Blue Diamond Almond Breeze, Organic Rice Dream, R.W. Knudson Simply Nutritious Juice, Bionaturae Organic Fruit Nectar, Cascadian Farm Organic Granola



We will also feature an amazing recipe for Baked Potato Soup with Bacon, a super simple sandwich recipe that's smokin' hot, lots of "Fresh From the Deli" hearty side dishes and a sinful Rhapsody in Blue from our Cheese Department.

Remember that our Deals change frequently so be sure to reference our flyers to see what's on Deal and when. We look forward to seeing you at the Co+op and wish all of you a Happy New Year!



**StrongerTogether.coop** is a new online community— a place for people to gather on their food journey. It's a place to find out more about what's in food, where it comes from, where to find great food, and a whole lot more. It's also a place for consumers to talk with others about food topics they're exploring, are passionate about, or want to get involved in. We'd love for you to participate at <http://stronger-together.coop> or click on the link on Wheatsville's website at [www.wheatsville.coop](http://www.wheatsville.coop).



### 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!

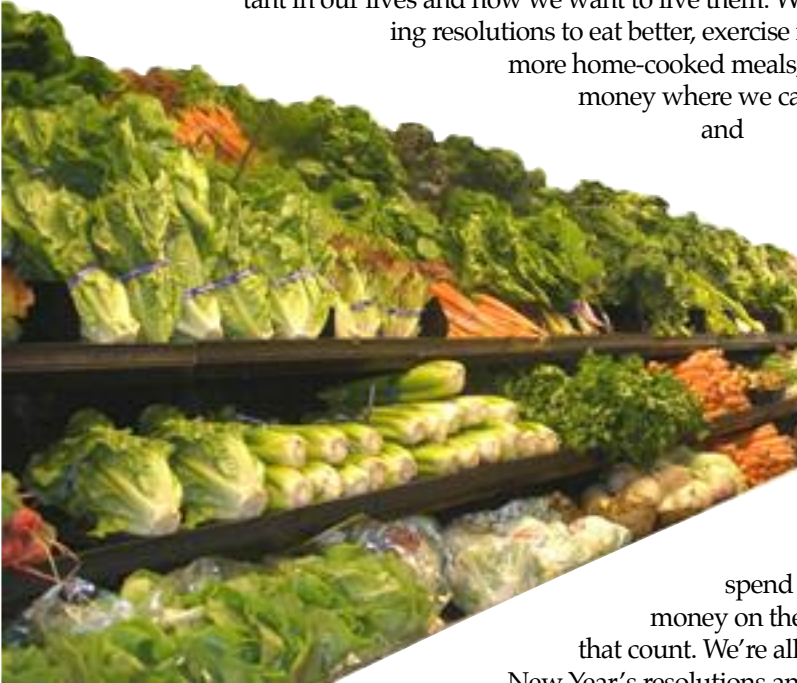
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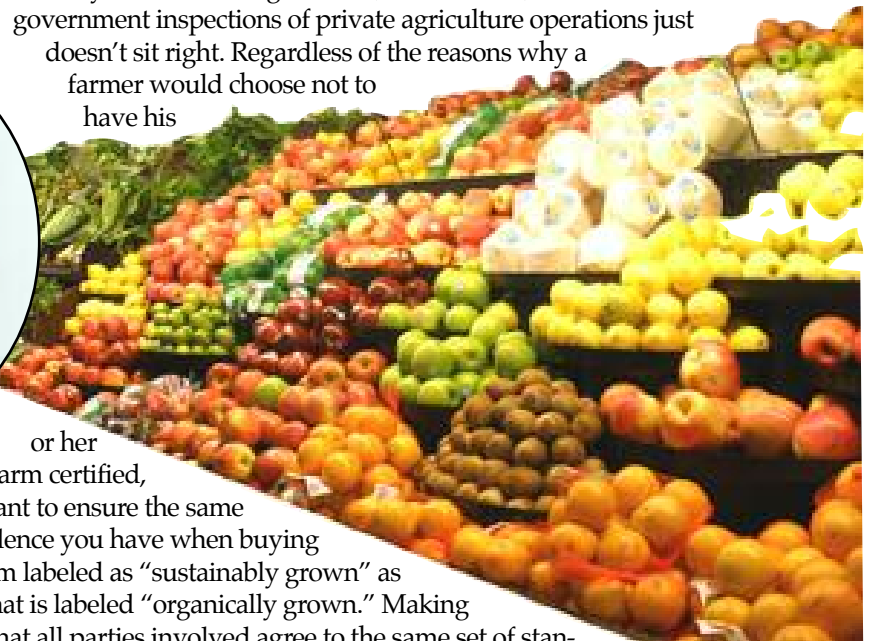


by appointment 451-5045

So long, 2010. Another successful year on Wheatsville's books. I was fortunate to come here during the most exciting time in retail – the busy holiday season, and help see 2010 come to a close. We had a great year here, and hope you did too. 2011 is full of promise: we're pulling free of the lingering effects of the recession which hit us in 2008, and we're thinking about what's important in our lives and how we want to live them. We're making resolutions to eat better, exercise more, eat more home-cooked meals, save money where we can and



You've probably heard the word "sustainably grown" tossed around, both here at the co-op and at the growers markets. Basically, this term implies that a farm uses the organic practices of crop rotation, soil development, integrated pest control, and composting without actually being certified. There are several reasons why a farm might not choose to become certified: for one, it can be expensive. Soil, water, and seeds must be tested. Certifications must be renewed every year. Additionally, farmers can be a bit of an eccentric group. Self-sufficiency is a thread that runs deep in the history of American agriculture, and to some, government inspections of private agriculture operations just doesn't sit right. Regardless of the reasons why a farmer would choose not to have his



spend our money on the things that count. We're all making New Year's resolutions and in addition to my private life, I've been

thinking about the ways I want our produce department to grow and improve.

This February, we're holding a local growers' summit with the goal of maximizing the amount of sustainable, locally grown produce we carry at Wheatsville. As a produce manager, buying from local growers is always much less convenient than going with a national distributor: items aren't always neatly packaged or labeled, sizes can vary greatly, quality and quantity can vary from delivery to delivery, prices are almost always higher than national equivalents, availability can be spotty, and you can find yourself in a situation where several growers come to you trying to sell the same product. On the flip side of all this, there are enormous positives: you actually get to meet the people who grow the food. You can help support the local economy. You can provide the absolute freshest produce to your customers. In my mind, the trade-off is well worth it.

At the summit, we will sit down with members of the agricultural community to sketch out plans for who will grow what, so there won't be too much of any one product available at a time. People who are good at growing one thing can stick to what they're good at, and leave the rest to their neighbors. Farmers can know how much they can expect to sell at the co-op, and how much they can expect to sell it for. We don't want to take away from people's grower's market business; we want to supplement it. We will always encourage co-op members to visit their growers at the market.

or her farm certified, we want to ensure the same confidence you have when buying an item labeled as "sustainably grown" as one that is labeled "organically grown." Making sure that all parties involved agree to the same set of standards would be an important part of the growers' summit.

I also resolve to use the Facebook page more frequently. I've been getting better at it, but it could still use more attention. In case you didn't know, the produce department has its own Facebook page, in addition to the one Wheatsville maintains. I encourage you to swing by and take a look. I post a couple times a week about things like produce sale items and news stories relating to sustainable agriculture. I'll keep working on it, and try to keep you plugged in to what's happening in the store and the world of fresh food at large.

My third and final resolution (am I getting too ambitious?) is to attempt to raise the consciousness of staff members and owners about the food that we eat. This is a big project in itself, and it encompasses many issues: eating food in season, the carbon cost of food, the human rights of farm workers, saving money on items where it is prudent to do so, and spending more on things which deserve it.

I hope you'll continue to support the effort we're making here at the co-op. It's an honorable one, and a way we really can change the world for the better. We want to help you educate yourself and your family, and build healthy habits for the future.

### My Dog, Osa

This is my dog, Osa. We found her wandering the unpaved roads of the Taos Pueblo in Taos, New Mexico. She was only six weeks old, and we fell in love with her then and there. We named her Osa because she looked a bit like a bear when she was a puppy. People often ask us if she's part German shepherd or blue heeler, but in fact, she's a true "rez dog" – a primitive dog that is the result of natural selection for survival in nature, not selective breeding by humans. This "breed" of dog is sometimes called a Carolina dog, or an American dingo. On reservations, there are different attitudes about dogs than



what one might consider "normal." Though sometimes kept as pets, dogs frequently roam the neighborhoods, scrounging food from trash cans or begging from the people who live there. They're not owned by anyone, though they are pretty tolerant of people, especially if they think they can get some food from you. Naturally, they're not spayed or neutered, and the physical characteristics which result are somewhat generic: brown color, upright ears, medium-sized body, and fishhook tail.

Osa is a great dog. She's a pain in the butt – tons of energy and an indomitable spirit. She's very intelligent and loves to get into trouble. When we moved to Austin, she learned the joys of swimming and does it whenever possible. She loves kids, people, other dogs, and cats (though she has no idea how to relate to them). Her best friend is my seven month old daughter, Maya. They love each other!

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TECOLOTEFARM@JUNO.COM**



## Bulk is Beautiful: Herbs, Teas & Spices by Carla Vargas-Frank, Bulk Herbs Lead

Greetings to you all from the herb nook, it might not be the largest part of the store but it's certainly my favorite! I'm Carla Vargas-

Frank, and just in case we haven't met in person, let me introduce myself. If I seem familiar, it's because I've been working at Wheatsville for over two years now, though I was previously stationed in the deli. Currently, I am very excited to say that I now represent the health team, and will be taking over the bulk herb buying from the wonderful and hard working, Miranda Robinson. My specialty is in herbalism, I've been obsessing over it and studying it here in Austin at the Wildflower School of Botanical Medicine for several years now. I've also been working as an apothecary apprentice to local herbalist, Nicole Telkes, who runs and teaches the Wildflower School classes. It is because of my deep love for herbs that I am so pleased to be in this new position and to pass my enthusiasm of our bulk herbs, teas, and spices on to you!

that the product you are taking home has not spent most of its life sitting on the shelf or in a warehouse. While we're on the subject of shelf life, what do you do when you're inspired by a new or exotic recipe that you picked up from a friend or maybe the new

and money, while allowing you to experiment with new and unique seasonings to your heart's content!

At Wheatsville, reducing waste is a top priority for many owners and staff alike. The bulk section is a favorite of *my* large household because we can bring in our own containers and feel good about reusing existing materials, rather than encouraging the production of more. From an environmental standpoint this is a huge advantage of shopping bulk. Not to mention, becoming a regular bulk shopper, you will be quick to realize from the savings you'll accrue, that most of what we are paying for with prepackaged spices, teas, and herbs is the package! I encourage all of my roommates to save containers large and small (think of those pretty gift size jars that contained other spices or preserves). Glass and tin are my favorites and last for ages of reuse! You may already be aware that Wheatsville offers a bag credit of 5¢ every time you bring in your own reusable grocery sacks, but did you know that this credit is also awarded for each jar and other containers? Nickels do add up on a big shopping trip, especially when you consider this 5¢ on top of the dough you're already saving by not having to pay for the production and logo design required of prepackaged products that is reflected in their cost. In fact, since January 1st 2010, Wheatsville has paid out \$11,441.35 in bag credits. That means 228,827 new bags and other containers that were NOT introduced into our environment as a result of our conscious shoppers this past year (and by the time this issue of *The Breeze* is published, this number will be bigger yet!) As you can see, the money and materials we can save together are immense!



There are quite a few reasons why I feel that shopping for your spices, herbs, and tea in bulk is preferable. The number one reason, for me, is freshness. The vast majority of our selection we receive from Frontier Co-op, an environmentally and socially responsible natural products cooperative (hey, that sounds kind of like us). Ground herbs and spices are best when used within six to twelve months, but some pre-packaged varieties may already be close to that, or older, by the time we get it home to our table. Many of Wheatsville's more popular bulk herbs and teas have a turn over rate of only a few days, and since fresh batches are delivered to us as often as twice a week, you can be sure

issue of *Martha Stewart Living*? In this situation you might be inclined to buy a standard 2.5oz jar of spice, say, garam masala for an average of four dollars. It's possible that this culinary venture might spark a passion for Indian cooking that you never knew you had, and Gobi Aloo (Indian spiced cauliflower and potatoes) might become a dinner staple in your household for years to come! If this isn't the case however, it's quite possible that a majority of the jar might sit in the cupboard until the next adventurous chef comes along—hopefully before the spice blend loses that signature spicy, complex flavor. In cases like these, when a special occasion recipe calls for a spice or herb that isn't a part of your normal cooking regimen, consider purchasing only the amount that the recipe calls for—no more, no less. A couple teaspoons of garam masala is likely the most you'll need even for a larger recipe, and at 40¢ for two teaspoons worth, you won't think twice about springing for a seasoning you might only use once. This option certainly reduces waste of both food

Maybe you've made a resolution this year to become a more experimental chef or tea artisan (I've often used the bulk herb section to create my own tea blends by mixing and matching green or white teas and herbs such as hibiscus, catnip, or spearmint, etc. to make delicious and therapeutic gifts in the cold months), or you've made a commitment for the new year to reduce waste, unclutter your kitchen pantry, or decrease unnecessary spending. If any of these resolutions ring true with you for 2011, then I suspect I just might be bumping into you more often in the bulk herbs aisle.



## The Value of Bulk by Riley Luce, Bulk Buyer

I'd like to wish you all the happiest of new years on behalf of myself and my best friend Baxter here (the

unofficial mascot of the bulk department.) The start of a new year is a time for us all to put our lives in perspective, and to think about the changes we can make to better ourselves and the world around us. For me, a major part of this is thinking about my spending and eating habits, and my resolution this year is to spend more time eating quality foods made at home, thereby living a healthier and more cost effective lifestyle. I find that a great way to do this is to consider the options available in the bulk department. Basing as many meals as possible on bulk items such as organic brown rice, beans, lentils, and grains is one of the best ways to eat as healthily and as cost effectively as possible.

I'd like to share a recipe with you that shows what a great value shopping in the bulk department can be.

### Vegetarian Red Beans and Rice

- 2 cups dried organic kidney beans
- 6 cups vegetable stock
- 2 bay leaves
- 3 Tbs olive oil
- 1 large onion, diced

- 2 stalks celery, diced
- 4-6 cloves garlic
- 1 bell pepper, diced
- 1/4 tsp cayenne
- Salt, pepper, and hot sauce to taste
- 2 cups organic brown rice, uncooked

Wash, sort, and soak beans overnight. Place soaked beans in a large pot with the vegetable stock and bay leaves and bring to a boil. Lower heat and continue to cook, uncovered.

Meanwhile, heat oil in a large skillet and sauté the onions, celery, garlic, bell pepper and herbs and cook until softened, about 3-4 minutes. Add onion mixture to beans. Cover the pot, leaving the lid slightly ajar, and simmer until beans are soft (about one hour). Add rice, cover completely and simmer until rice is cooked (about 45 minutes to an hour). Watch carefully and add more stock if needed. Add salt, pepper, and hot sauce to taste and serve.

The beans and rice in this recipe cost about \$4.00 total in the bulk department, the entire dish costs about \$8.00. This dish is very tasty, it's mostly organic, and it easily feeds up to 8 people, costing just a dollar per person! This is just one of the many ways to use ingredients from the bulk department in order to make eating healthy extremely inexpensive.



I'd like to include another little recipe that my pal Baxter always appreciates. Baking your own dog treats might seem crazy to some, but it's lots of fun, and it's a great way to show your pets how much you care. I love making things like this because it feels good to give your pet something you made yourself. These treats are mostly organic, using peanut butter and whole wheat flour from the bulk department, and a batch of these costs under \$5.00!

### Peanut Butter Dog Treats

- 2 cups organic whole wheat flour
- 1 tbsp. baking powder
- 1/4 cup nutritional yeast
- 1 cup organic peanut butter
- 1 cup milk

Preheat oven to 375°. In a bowl, combine flour, baking powder, and nutritional yeast. In a separate bowl, mix the peanut butter and milk, then add to dry ingredients and mix well. Place dough on a lightly floured surface and knead. Roll dough to 1/4 inch thickness and use a cookie cutter to cut out shapes. Bake for 20 minutes on a greased baking sheet until lightly brown.



This past November, I had to say good-bye to SinSin, the sweetest cat in the world. When SinSin came to live with me, she was an itty bitty flea covered kitten with the trademark huge kitten head. My neighbor brought her over one day in 1997 to show off the some of the newest litter her cat had. SinSin never left my care!

She had these huge, magical green eyes that held the secrets of the world and would gaze at us for hours. One of her (many) nicknames was Magic Eyes. (I also called her Shoe Cat because she liked to sleep on my shoes, empty or full of feet!) She loved to hang out in the kitchen for any reason, but she especially liked to keep me company while I cooked.



She was one of those cats that didn't really like to be petted, but she really loved to be gazed at and told how pretty she was. She seemed to really love the silly songs I made up about her. Her favorite toy was a laser pointer and would chase that red dot around for hours, days if we let her!

SinSin never hissed at or scratched any human in her life, even during the occasional bath! She never scratched my daughter, now 5, even when she was a noisy, heavy handed toddler learning how to treat our pets. This cat was always patient and kind, an inspiration to me.

Knowing this cat has taught me many things, the most important is this: Everyday and in every way possible, we need to let the ones we love know how much they mean to us. Too often, I let work stress or car troubles or any number of meaningless things, take up too much of my time and energy. Life is short and the very best things about life (to me) are the ones I love.

In this New Year, I resolve to tell my husband he is sweet and helpful and oh my goodness, thank you for being the most amazing father I know and being able to get me out of a funk with just one funny word. I resolve to tell my daughter, O, each day that since I knew she was coming, my life has gotten better immeasurably. She makes me strive to be a kinder person and a good example for her. I want her to be proud of her mama! I tell her I love her so much, I don't think she can take any more (we are hitting the bigness and sassiness of 5, after all), but what I can do is SHOW her more often how much she means to me. Whatever excuse I have CAN WAIT. There's always time for more hugs, messy art projects, smiles and laughs. I've also been something of an over-protective/nervous mommy, so I also resolve to take a step back and let her explore and take risks (this one will be hard!).

For my furry friends, I resolve to make sure we get some cuddle time in everyday! There is nothing like a furry, purry head butt or a game of peek-a-boo/hide and seek with Lucy, our fluffy gray cat. Lucy has been a little blue since SinSin died and we've all been making sure to give her some extra special love and attention. Even though she is a bed-hog and tries to trip me as I walk down the stairs, she is a special friend and I intend to let her know that!

I also resolve to take better care of all the bodies that live in our house. We need to eat at home more (thereby eating more healthfully) and get more exercise! We all need to have regular doctor check-ups and generally treat our bodies like the glorious temples that they are!

*Staff Top 10 Picks*  
by Cody Johnston, Cashier



- Black Olive Hummus**  
It's a humMUST for any occasion
- Bubbie's Dill Pickles**  
Hubba Bubby right touch of garlic.
- Beanitos**  
No corn? no gluten? No problem
- GT's Multi-green Kombucha**  
It's the "Incredible Hulk" of the marvelous kombucha universe
- Topo Chico Water** - Loco for the Topo
- Black Pepper Cashews**  
Seriously, you cant eat just one, my favorite new addition.
- Raw Shelled Pistachios**  
Low calorie greatness
- Coconut Curry Kale**  
The REASON to go vegan
- Iced Maté** - All hail King Maté
- Amy & Brian Coconut Juice With Pulp**  
Pulpilicious!



**Brooks Wood Introduces Isiah**

Isaiah is the smartest Golden I've ever had the privilege of sharing my life with. He's a talker and has so much to say when I get home at the end of the day. And I seriously credit him with my quitting smoking. Almost every time I would light a cigarette, he would look at me in a way that said, "Daddy, that isn't good for you, please stop!"


Isaiah came to us three months to the day that our previous Golden had died. Our hearts were so broken but the second this GIANT puppy came over to greet and kiss us, our pain and sadness subsided and we began to feel hope and love again.

Shortly after we brought him home in Austin, we took him on vacation with us to the Oregon Coast. The photo of him smiling on the beach was taken right after his first swim in the Pacific Ocean. His expression says it all! He lights up the darkest of days and loves us unconditionally. We love him more than words can express.



**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 Wheatsville Address Update, Attn. Gabriel, 3101 Guadalupe, Austin TX 78705 or drop in the box at the Member Center or email changes to membership(at)wheatsville.coop

*Congratulations to Our Newest Invested Owners 11/7/10-12/8/10 (95)*

- |             |              |                |                 |                       |
|-------------|--------------|----------------|-----------------|-----------------------|
| Bob Ozer    | Robin Lance  | Blaine Tacker  | Keith Langford  | William Burnett       |
| Anna Fish   | Taylor Acee  | Gretchen Ford  | Mark Teschauer  | Audrey Rodriguez      |
| Joe Ensor   | Anna Krachey | Jeremy Dupree  | Nishi Whiteley  | Colleen McCarthy      |
| Elliot Siff | Cara Hopkins | Kate Strecker  | Raylene Harden  | Donna Casterline      |
| Travis Seay | Denise Dugan | Kristen Hogan  | Sara Cukerbaum  | Hilary Whitehead      |
| Leah Moss   | James Eggers | Louis Mestier  | Shalesh Ganjoo  | Lorie Inman-Shaw      |
| Chris Elms  | Janet Hunter | Margaret Ann   | Audrey Reynolds | Robert Hernandez      |
| Jeff Sharp  | Jason Miller | Robert Torres  | Brooke Pimentel | Samantha Sladish      |
| Jill Brady  | Kaitlin Moon | Robin Moratti  | Danielle Kaplan | Shelley Randolph      |
| Katie King  | Kat Phillips | Sara Mullally  | Elaine S Holton | Elizabeth Wyckoff     |
| Lucy Stein  | Katje Morgan | Shane Bartell  | Jasmine Morrell | Jeffrey Milberger     |
| Peter Bean  | Kristen Draz | William Skeen  | Kathy Alsobrook | Jonathan Simpkins     |
| Uri Talmor  | Kyah Johnson | Adhamh Findlay | Kelly Roadhouse | Karl Boyd-Nafstad     |
| Anna Radley | Lori Bausman | Clayton Kalman | Kenneth Latimer | Nicole Montgomery     |
| Bert Godkin | Lou Scalpati | David Petersen | Lindsay Rodgers | Robert C Hamilton     |
| Cody Atkins | Mary Eubanks | Elizabeth Winn | Michael Lindley | Jennifer Westerman    |
| Hala Herbly | Noelle Boyle | Jane Middleton | Patricia Olwell | Kathryn D Quinnelly   |
| Jesse Klatt | Reno Bostick | Jason Mendiola | Patrick Bresnan | Lynnore Polingyouma   |
| Matt Haines | Sandy Tipton | Johanna Hauser | Stephen Nielsen | Anne Marberry-Johnson |

## Staff Spotlight—Annie Downs *by Beth Caudill, HR Generalist*



**BC: What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)**

**AD:** I started working at Wheatsville in early May of 2010 as a cashier. Now I also work part time in the office as a file clerk.

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

**AD:** I'm originally from South Jersey. I kind of crash landed in Austin back in March. My Winnebago broke down pretty much as soon as I arrived in town after a two month road trip, and I figured out quick that this was a good place to land.

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

**AD:** My favorite product has to be JR Liggett's Old Fashioned Shampoo Bar. It takes out all the gunk from my hair while leaving in my natural oils, making my hair happy. Plus, it smells great!

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

**AD:** My favorite place to go in Austin has to be the Greenbelt. Canoeing is one of my favorite pastimes in the Pine Barrens, so naturally paddling about Lady Bird Lake suits my fancy.

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

**AD:** Well, I have an orange cat named Spartacus who's a rescue and has been traveling with me since he was a kitten. He has lived in New Jersey, Tennessee, Virginia and Florida and has been up and down the East Coast and through Alabama, Mississippi, Louisiana, and now Texas. He also walks on a leash. :)

**BC: Fill in the blanks:**

**AD:** I've always wanted to travel and see the world. And if I had my way money would not be an object.

## Raw Food Love for Your Furry Family

*by Mark Maddy, Meat Buyer*

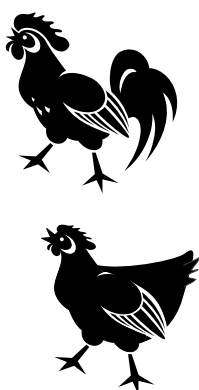
If your pets are those special someones in your life, the meat department has plenty of ways to show your love. Our beef liver and heart will be very popular with your feline and canine pals. We have a selection of bones that will bring a smile to your pet's heart.

If a raw diet is how you express your love to your animals, we can sell you Buddy's chicken necks, backs, or cages for a bulk deal of \$19.99 for a forty pound case. Here is a raw diet recipe from a longstanding Wheatsville owner.

1 lb. chicken livers & 1 lb veggies (carrots, zucchini, squash) combined & split  
 4 lbs ground chicken necks  
 8 oz ground chicken thighs  
 8 oz water  
 2000 mg vitamin C powder  
 1 tsp kelp  
 1 tsp alfalfa powder  
 1 tsp rosemary  
 2 tsp aloe vera juice  
 2 tsp crushed garlic.  
 8 oz liver and veggie mixture  
 Mix and serve



Aldia's Caius Mer & Jass-purr



## Staff Top Ten Picks

*by Christopher Moore, Chill Buyer*



### 1. Niman Ranch Meats

I always enjoy good meat that I can trust.

### 2. Out to Lunch Fiesta Queso

Great with chips for a snack or to bring to a party.



### 3. Kosmic Kombucha

Great variety, local and you get to keep the bottle!



### 4. Gaia Herbs Turmeric

One of the best systemic anti-inflammatories out there.



### 5. Texas Daily Harvest Cheese Curds

Great with everything!

### 6. Bulk Good Flow Honey

I can get as much of that tasty nectar that I want!



### 7. The Hearty Vegan's Local Tempeh

Still alive and great with any dish.



### 8. Ciao Bella Blood Orange Sorbet

One bite and you will not know how you lived without it.



### 9. Yummy Living Foods Dessert Cups

Its all that love that makes them taste so great!



### 10. New Belgium Ranger IPA

A hoppy ending to a hard day!

## 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

Dripping Springs, Texas

Dripping Springs TX

## 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, laser printers, 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@wheatsville.coop](mailto:aldia@wheatsville.coop) to place your Mac in a loving home.

# Wheatville Staff & Families Volunteered at EmanciPet on Saturday Oct 30th

EMANCIPET  
awareness + action



Yay Wheatville team! Gabriel, Clinton, Cece, J, Beth and Pat

Wheatville staffers painted and helped in moving 7000 lbs of landscaping rocks!



EMANCIPET advocates for and provides free and low-cost spay/neuter services because it is one of the most efficient and effective methods of reducing the homeless pet population. They serve between 1,200 – 2,000 pets each month. Their medical protocols exceed the highest standards in veterinary medicine today. [www.emancipet.org](http://www.emancipet.org)



My cats, Caius Merlin Britannicus and Jasper Mockingbird Twinkletoes, despite have loooong names, have many nicknames. For ease in calling and the fun of rhyming, I most often call them "Caius Mer and Jass-purr" or "the boys." Caius is also called "Cootness" when he rolls onto his back and folds up his paws and looks at you cooly. Jasper is "Mr Lovins" when he snuggles up under my chin and rubs and purrs vigorously.

One of Caius's strangest behaviors is that he will always immediately come and jump on my lap if I whistle *Black Hole Sun*. No other song will do, he only responds to *Black Hole Sun* and will get all purry and relaxed and even let me trim his claws just as long as I keep whistling. As soon as I stop he looks disgusted and he jumps down. Cats are weird.

I have some old iMacs that I use for parts sitting on the floor. Jasper loves to sit and gaze in any of the monitor's blank screens, admiring himself. He doesn't care for looking at himself in the mirror, only his dim reflection in computer monitors. Yes, cats are weird.

Caius loves the catnip and really loves to bite the **Castor and Pollux Catnip Mouse** that we started selling right before Christmas. Jasper is indifferent to catnip but he can't help wanting to bite the mouse shape.

Their new favorite food is the little cans of **Wellness cat food**. They used to eat dry food all the time, but they have developed a desire for the stinky wet stuffs. Every evening, as soon as I get home, they start expressing their need of some stinky foods, right NOW! They will happily eat their dry **Halo Spot's Stew adult indoor-cat food** in the morning though.

Caius and Jass have recently expanded their social network and can now be seen on Macs at [www.catsonmacs.com](http://www.catsonmacs.com) —Aldia Bluewillow



**EASY STREET RECUMBENTS**  
(comfy bikes, fast trikes, and rugged trikes) encourages you to support The

**League Of Bicycling Voters**

Yes, Austin now has a bike advocacy organization! We're building on our past success and building our membership. Check us out, join up, and help the LOBV make Austin even more bike friendly! Join today at [LOBV.org](http://LOBV.org) or at Easy Street, a proud supporter

Austin's voice for bicyclists: [www.lobv.org](http://www.lobv.org)

5555 N. Lamar Blvd. #C105 (hidden behind the hair salon) 11-6, Wed-Sun, 453-0438, [EasyStreetRecumbents.com](http://EasyStreetRecumbents.com)



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

#### JANUARY FIELD TRIPS

**Saturday, January 8th - 7am & 4pm—Monthly Bird Count at Hornsby Bend**  
Contact Eric Carpenter at [ecarpe\(at\)gmail.com](mailto:ecarpe(at)gmail.com) for info.

**Sat, Jan. 8th – 8 to 10am—Beginners' Birdwalk at McKinney Falls State Park**  
Take 183 south past Hwy 71 and then take a right onto McKinney Falls Parkway. Meet at the Smith Visitor Center. No registration required.

**Sun, Jan 9th 7:30am-1pm—Balcones Canyonlands National Wildlife Refuge**  
Limited to 15 participants, reservations required at [www.friendsofbalcones.org](http://www.friendsofbalcones.org). Questions? contact Laurie at [lauriefoss\(at\)flywayadventures.com](mailto:lauriefoss(at)flywayadventures.com) or 751-3677.

**Tues, Jan 11th 8:30-10:30am—Two-hour Tuesday! Mary Moore Searight Park**  
Directions: Located in far south Austin off of Slaughter Lane. From I-35, take Slaughter Lane west about 2 miles and turn south (left) onto Bilbrook. Go about 1 mile and turn right onto Watchful Fox, then take second left onto Decker Prairie and drive to parking lot at end of road. Note: we do not meet in the main parking lot off Slaughter. No registration required.

**Sat, Jan 15th – 7:30am to noon Monthly Bird Walk at Hornsby Bend**  
For info go to [www.hornsbybend.org](http://www.hornsbybend.org). All levels welcome, no registration required.

**Sun, Jan 16 – 3:30-5:45pm Winter Bird Walk at Meadow Lake (Round Rock)**  
No registration required. Kathy McCormack [VEFL21\(at\)yahoo.com](mailto:VEFL21(at)yahoo.com), 698-9880 for info.

**Tue, Jan 18 7am-early pm—Super Tuesday! at Bastrop/Buescher State Parks**  
Limited to 15 people. Contact Terry Banks at [55bluebirds\(at\)att.net](mailto:55bluebirds(at)att.net) to register.

**Sat, Jan 22nd – 8:30am to Dusk—Fort Hood Birding with the Pros!**  
Limited to 15 participants, contact Virginia Rose at [virginia.rose\(at\)att.net](mailto:virginia.rose(at)att.net) to register.

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 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/fieldtrips.html](http://www.travisaudubon.org/fieldtrips.html) for more details.

**Sat, Jan 22 – 8-10am—Waste Management Landfill Wildlife Habitat Park**  
Limited to 15 participants. Contact Laurie at [lauriefoss\(at\)flywayadventures.com](mailto:lauriefoss(at)flywayadventures.com) or 751-3677, to register and for info.

**Tues, Jan 25 8-10am—Two-hour Tuesday! at Champion Park**  
Directions: From the intersection of MOPAC and Parmer, take Parmer west for approx. 8 miles. At the light at Brushy Creek Road turn right and go 1.1 mile to the Champion Park entrance at 3830 Brushy Creek Road. No registration required.

**Sun, Jan 30 – 7:30-1am—Bird Survey at the Slaughter Creek Greenbelt**  
Limited to 12 participants. Contact Ken Zaslow at [khz\(at\)att.net](mailto:khz(at)att.net) to register.

#### JANUARY CLASSES

**Sat, Jan 15th, morning—How to Attract and Care for Bluebirds**  
Contact Marcia Dilly [marciadilly\(at\)gmail.com](mailto:marciadilly(at)gmail.com) or 944 0631 for info and to register.

**Sat, Jan 22, 1-4pm—Travis Audubon's Purple Martin Workshop**  
To register, contact Lynn Hill via email at [s-lynn-hill\(at\)sbcglobal.net](mailto:s-lynn-hill(at)sbcglobal.net) or by calling 512 371 1254. Registration cut-off date will be January 15.

**Saturdays, Jan 8th & 22nd - 8am-2pm, Sat, Jan 29th- all day—Waterfowl Class**  
Limited to 14 participants. To register, email [waterfowlclass\(at\)austin.rr.com](mailto:waterfowlclass(at)austin.rr.com) or call Jean Martin at 343-7053.

**GENERAL MEMBERSHIP MEETING Jan 20, 6:30pm social time, 7pm program**  
**Bird Gardening - It's Not Just for Backyards!** Make your yard/greenbelt/local park more desirable to migratory and resident birds.



Uphill is warm; downhill is cold. Uphill is slow; downhill is fast. Much more time is spent going uphill than downhill. Whether this is good or bad depends on the outdoor temperature. With winter comes appreciation for going uphill on a bicycle. With winter also come late dawns and early dusks. We need to use lights when bicycling and even when walking in the dark. I've seen more well-lighted bicyclists lately. Though I still see unlit bicyclists, often on the wrong side of the street.

A bicyclist passed me in the dark the other night, and actually alerted me first. Good for him. This is very unusual in my experience. Too many bicyclists fail to realize that people cannot see them in the dark. And even in the daytime, neither motorists nor other cyclists are likely to know you are there if you pass them on the right. This brings up the subject of bicycle lanes, sidewalks, and crosswalks at intersections.

Austin's bicycle lanes behave quite oddly and inconsistently at intersections, and they are labeled with signs and roadway stripes that very few people understand. Some bicycle lanes in Austin are striped all the way to the intersection. Some stop about thirty feet from the intersection, with no warning except (sometimes) the mysterious street sign, "Bike Lane Ends." And some are striped all the way to the corner, but the solid stripe becomes a dotted line about thirty feet from the intersection. There are also some new markings called bike boxes, that continue the bike lane to the intersection and then widen it to full-lane size.

In bicycle safety skills classes, students are told that it's safest for bicyclists to behave like drivers of vehicles. A bicycle is a vehicle, though not a motor vehicle. Thus, at an intersection, we are taught to merge with the other traffic in the main travel lane, not too far to the right unless we're turning right.

This is the rule I obey—merge with traffic at intersections. But usually I am not riding in a bicycle lane anyway. Bicycle lanes make many bicyclists, especially novices, feel safer, but they put bicyclists to the far right of the main traffic, where motorists are not looking. When a bicycle lane is striped all the way to an intersection, it encourages bicyclists to pass motorists on the right. Motorists can fail to see cyclists passing on the right. A motorist turning right at an intersection can hit a bicyclist passing on the right. Passing anyone on the right is usually a bad idea. But bicycle lanes encourage bicyclists to do it. This is the cause of many crashes and injuries.

When a solid stripe for a bicycle lane becomes a dotted stripe on the approach to an intersection, the dotted line is intended to tell right-turning motorists to merge into the bicycle lane before turning right. But most motorists don't know what the dotted line is supposed to mean. Neither do most bicyclists. When a bike lane disappears, with or without the sign, "Bike Lane Ends," this means that all the traffic, human-powered and motorized, should line up in the same lane, with right-turning traffic furthest to the right. But the signage is far from clear.

For years, bicycle activists have requested signs that say, instead, "Bikes May Use Full Lane." But traffic engineers hereabouts have never been willing to suggest that a bicycle might occupy a traffic lane. Perhaps this will change someday. In the meantime, it's rather confusing.

When I'm downtown, I see some bicyclists who ride in the street (the only legal place to ride, on many downtown streets) and then, at an intersection, move rightward into the pedestrian crosswalk before continuing on in the same direction.

This is a dangerous move, although I am sure it is intended as a safety precaution. When the bicyclist moves right, everyone behind the cyclist assumes that the cyclist is making a right turn. So a motorist may turn right and hit the cyclist. Also, moving right into the crosswalk necessitates moving left right after the intersection. The bicyclist usually doesn't signal or even look back before making this move. It takes people by surprise, and can result in a collision.

Many people think that walking is safer than bicycling, but this is far from true. The best accommodation pedestrians get on our streets is sidewalk. Sidewalks are crossed by car driveways and interrupted by intersections. Many people walk or even bicycle across driveways and intersections without stopping or even looking. They assume that motorists will see them, even though the sidewalk is not placed where motorists are likely to be looking.

When a pedestrian needs to cross a street, there's a question of whether to cross at midblock or at an intersection. Crossing at intersections is mandated by law, but pedestrians generally operate outside traffic law. Pedestrians often like to cross streets at midblock, because at midblock you can see what traffic is coming at you from both sides. At a corner, cars can turn and hit you. Collision statistics show that more pedestrians are hit by cars at intersections than in midblock. But more pedestrians are killed by being struck in midblock than at corners. This is because cars are usually going faster in midblock than they are at intersections.

I cross most streets in midblock. But I don't do it unless I can see everything. On very busy streets, I often have to cross at the intersection, pressing the pedestrian signal button if there is one. When I cross at a corner, I try to make sure that motorists see me. If I have an umbrella with me, I put it up and wave it around. If I have no props, I can still wave my hands around. Perhaps this looks silly, but I would much rather look silly than be struck by a car.

I have been walking and bicycling in Austin for over thirty years. I didn't use to ride as sensibly and safely as I do now. Only once have I been struck by a car. (Once is enough.) It happened in 1984, at Speedway and 26th. The light turned green, and I rode northward off the sidewalk on the southeast corner into the pedestrian crosswalk, and was struck by a slow-moving southbound car turning left. Right before it happened, I had a bad feeling that the driver of that car didn't see me, but I rode forward anyway.

That intersection is different now, and I don't enter it from the sidewalk. In general, I don't bicycle off sidewalks into intersections. On the rare occasions when I do it, I am very wary. And being wary includes respecting any uneasiness I have about a particular car. There is usually a reason why a car is making me nervous, even if I don't know what the reason is. If I don't want to cross the street in front of a certain car, I can back off and wait before crossing. There's no law that says I have to be in a hurry.

In fact, I try hard not to be in a hurry in traffic. (This entails leaving earlier for appointments.) When I'm in a hurry, I get impatient and stressed out. Sometimes I get angry or despairing, overwhelmed by the speed and volume of traffic and exhaust, angry at the sheer unreasonableness of so many people working together to produce

such a nightmare. This is a very unproductive state of mind, when one is actually bicycling in traffic. It's fine to reflect on the nightmare when you're not actually in it, but in the midst of bad traffic it's necessary to stay calm emotionally. This is not easy, and I often fail at it, but it's definitely worth doing. People who are stressed out make mistakes. They also feel bad.

I definitely don't want to feel bad. I love to walk, and I love to ride my bicycle, and I want to be able to go everywhere by these means, without feeling bad. That's what I'd like us all to be able to do.

I-35 has been here less than fifty years. This huge, oppressive car culture is a recent development. It really hasn't been here long. Despite what people say, we don't really need it. It can go away. Remember this when you are overwhelmed, and be of good cheer.

There's more on the streets than just cars. There are birds and squirrels eating nuts. There are trees changing color with the weather. There are backyard, and sometimes front yard, chickens. There are even people who aren't in cars. Let's enjoy our swift round of fall, winter, and spring. It will be summer again before we're ready.

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