



# the wheatsville breeze

Pets & Valentine's Day Issue • January-February 2012

## Hospitality. Community. Cooperation. Welcome to 2012: International Year of Cooperatives

by Raquel Dadomo, Brand Manager



In recognition of the hope that cooperatives give to the world, 2012 has been designated as the International Year of the Co-op by the United Nations. It is a historic move that will globally promote awareness and membership in cooperatives. UN Secretary General Ban Ki-moon said, "Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility." In other words, you can work with values and principles, help your community and still be economically successful.

By working together under a set of co-op values and principles and through thoughtful governance and involvement from our Board of Directors and owners, we have created a successful thriving business in one of the worst economic downturns in history. Wheatsville Food Co-op has not only given our owners easy access to healthy sustainable foods but also a voice in shaping our community. As a co-op we have decided to be at the forefront of a transformed society that will be centered on hospitality, kindness and generosity. These are the Ends Policies drafted by our Board of Directors and it's something we work towards every day, in every interaction. It is purposeful.

In this new year, the International Year of Cooperatives, what can you do to purposefully forward the co-op movement? How can you work towards a society and an economy that resonates with your own personal values? How can you create change? *continued on Page 11*



### 2012 International Year of Cooperatives

In 2012, join us in celebrating co-ops, fresh food and the stories of the people they bring together. See the video series featuring co-ops and their communities across the country at: [www.strongertogether.coop](http://www.strongertogether.coop)

## Lights, Cameras, Co-ops Virtual Premier Party, Saturday, Jan. 21, 9 pm

The spotlight is on food co-ops for the world premiere of Co+op, Stronger Together's video series celebrating 2012 International Year of Cooperatives and hosted by celebrity chef Kevin Gillespie.

In this series, Kevin travels to food co-ops across the country—from grocery aisles to farm fields—to share their passion for delicious food and their local communities. Watch and you'll quickly discover the many ways food co-ops, their shoppers and owners, and their communities are stronger together.

**Catch the world premiere of the first three episodes at [www.strongertogether.coop](http://www.strongertogether.coop) on Jan. 21 at 9pm, and watch the entire series unfold throughout the year.**

### Schedule

January 21, 2012

#### A Community of Shared Values:

Seward Co-op Grocery & Deli & Backyard Harvest, Minneapolis, MN

#### Grow Where You're Planted:

Valley Natural Foods Co-op & Gardens of Eagan, Minneapolis, MN

#### Celebrity Farmers:

Just Food Co-op and L&R Produce, Northfield, MN

February 6, 2012

#### Three Generations of Cooperation:

Putney Food Co-op - Putney, VT

February 6, 2012

#### Five-Star Eggs:

Community Food Co-op & Misty Meadows Farm, Bellingham, WA

March 5, 2012

#### A New Breed of Farm:

Community Food Co-op and Heritage Lane Farm, Bellingham, WA

March 19, 2012

#### Feeding the Community:

Community Food Co-op Celebration and BUGS, Bellingham, WA

April, 2, 2012

#### One Farm at a Time:

Sacramento Natural Foods Co-op and Davis Food Co-op, Sacramento and Davis, CA

*continued on Back Page*

COOPERATIVE ENTERPRISES BUILD A BETTER WORLD

## Owner Appreciation Days

Owners receive 10%  
off of any ONE shopping trip

Saturday, Jan. 14— Sunday, Jan. 22!



Owners wishing to place case pre-orders to be picked up during Owner Appreciation Days, should pre-order by January 8th.

### In this Issue:

Community Action Wednesdays /Upcoming Events/ Staff Spotlight	2
New Store Manager / My Co-op Rocks Winners/ Love Your Co-op	3
Celebrate Citrus! Dirty Dozen & Clean 15 /Valentine's Flours	4
Introducing Staff Pets /Robert Kreuzburg's Top 10 Picks	5
Benefits of Fish Oil for You and Your Pet	5
Wheatsville's Love Affair with Chocolate / Chill Blast	6
Movie Pairings / Local Love / Erica Rose Dunford's Top 10 Picks	7
Herbs to Share with Pets / Pets / James Stricker's Top 10 Picks	8
Travis Smith's Top 10 / Staff Anniversaries / New Invested Owners	10
2012 IYC continued / Support Co-ops / Human Power	11
Directory Online/Election Results	Back Page



# Community Action Wednesdays

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



**Peoples Community Clinic's** mission is to improve the health of medically underserved and uninsured Central Texans by providing high quality, affordable healthcare. The Clinic has been offering care with respect and dignity since 1970.  
[www.austinpcc.org](http://www.austinpcc.org)



**SafePlace's Vision**—A community free of rape, sexual abuse and domestic violence.

- Provides safety for individuals and families affected by sexual and domestic violence.
- Helps victims in their healing so they can move beyond being defined by the crimes committed against them, and become Survivors.
- Promotes safe and healthy relationships for the prevention of sexual and domestic violence.
- Works to create change in attitudes, behaviors and policies that perpetuate the acceptance of, and impact our understanding and responses to, sexual and domestic violence.

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

## Staff Spotlight—Candace Squire

by Beth Ley, HR Generalist



**BL:** What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)  
**CS:** I started in March 2011 as a deli clerk, now in addition, I am also a morning baker. I love it here.

**BL:** Where are you from and when did you get to Austin?  
**CS:** I grew up in Ohio and moved to Austin from Chicago three years ago.

**BL:** What is your favorite product at Wheatsville?  
**CS:** It would probably begin at Chocolove Almond and Sea Salt Bar and end somewhere near the local meat!

**BL:** What is your favorite thing to do/place to go in Austin?  
**CS:** Besides hanging out at the home I share with my husband, stepson, dog, cat and chickens – going for a swim in Barton Springs on a hot day cannot be beat.

**BL:** Tell me one thing that most Wheatsvillians don't know about you (that you're willing to share!).  
**CS:** I paint pictures in my spare time.

**BL:** Fill in the blanks:  
**CS:** I've always wanted to be a farmer. And if I had my way land would not be quite so expensive.

# Upcoming Events...



**January 14-22 Owner Appreciation Days!**  
All Owners receive 10% OFF one shopping trip. Owners wishing to place case pre-orders to be picked up during Owner Appreciation Days, should pre-order by January 8th.



**January 14 & 15 Celebrate Citrus!**  
Join us for a taste of all our in-season citrus.

**Football Playoffs in January & Super Game Sunday– February 5th**

We're ready to help you feed your game face! Look for the GREAT GAME SNACKS signs for great game day suggestions. Of course, the deli will be ready with Popcorn Tofu Party bags and all kinds of party trays and platters. (I hear there may be Hot Wings!) And check out our new **Gold Mine Vegan Chicharrones** in Aisle 1. Enjoy delicious homemade chips that are ready in seconds! Just fry for a few seconds in coconut, sesame or olive oil and drain on a napkin. They magically puff up into curly "pork skins" that are great with dip.



**Tuesday, February 14th is Valentine's Day.** The Deli will be baking up a lovely selection of heart shaped treats. Need I say that we'll have chocolates of every description— dark and milk chocolates, heart shapes, heart shaped boxes, vegan chocolates, bites and bars, and bags and boxes of delicious chocolate.



Show your sweetie that you're socially responsible with a gift of Fair-Trade Roses!

Having a Valentines Party? Our Local Cheese Trays are elegant and impressive. Also scrumptious!



## 2012 Donation Schedule

January  
February  
March  
April  
May  
June  
July  
August  
September  
October

**People's Community Clinic**  
**SafePlace**  
**Sustainable Food Center**  
**Ecology Action**  
**Yellow Bike Project**  
**OutYouth**  
**Austin Pets Alive!**  
**Hospice Austin**  
**Meals on Wheels and More**  
**Capitol Area Food Bank**

November and December of each year are reserved for the **Wheatsville Community Cooperative Fund.**

### The Wheatsville Breeze is a publication of

**Wheatsville Food Co-op**  
3101 Guadalupe  
Austin, Texas 78705  
512-478-2667

email [aldia\(at\)wheatsville.coop](mailto:aldia(at)wheatsville.coop)  
website <http://wheatsville.coop>  
Editor & Production- Aldia Bluewillow

#### Contributors -

Cody Atkins, Amy Babich, Aldia Bluewillow, Brent Chesnutt, Raquel Dadomo, Erica Rose Dunford, Gabriel Gallegos, Gan Gillotte, Adam King, Robert Kreuzburg, Beth Ley, Chris Moore, Niki Nash, Shane Shelton, Travis Smith, Candace Squire, James Stricker, Kim Tehan-Barrow, Carla Vargas-Frank, Kate Vickery, Mark Wochner



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

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

#### Wheatsville 2012 Board of Directors

Rose Marie Klee	Reyna Bishop
Doug Addison	Kitten Holloway
Ellison Carter	Kate Vickery
Steven Tomlinson	Mark Wochner
John Vinson	

**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 nonsectarian information about food to people in Austin, Texas.





## Welcome Bill as our New Store Manager by Dan Gillotte, GM

Actually, Bill Bickford really needs no introduction to anyone who has been around Wheatsville in the past 11 years. Bill started out as a part time cashier and worked his way up to Floor Manager and then Front End Manager. In 2005, he was promoted to become our Operations Manager, taking on additional responsibilities relating to facilities and IT support. He is the perfect candidate to step up into our newest position at Wheatsville, Store Manager.

As I spend more of my time making Wheatsville's BIG Direction a reality and doing what we need to do to plan for our second store, the daily operations at 3101 Guadalupe need more significant tending than I am able to give it. So, this new Store Manager role will step up and improve the focus on store operations. I'll still be VERY involved with the store, but I'll be able to

divert the attention necessary to move us forward toward our exciting future.

I can really think of no one else I'd rather hand over these crucial parts of my job to than Bill. The other members of the management team that will now be reporting to Bill have all expressed enthusiasm and excitement to work with Bill in his new role and I look forward to the positive energy that comes out of a new set of eyes looking at the store operations.

I wanted to announce this change to you all, but hopefully, you'll barely notice. It's our intent for you to continue to receive the kind and caring service and excellent store that you've come to expect. Thanks you for your continued support and congratulations to Bill Bickford in his new role!



My Co-op Rocks asked people to share all the reasons their food co-op rocks, and fans nationwide responded by firing up their cameras and unleashing their creativity.

Participants expressed their love for their food co-ops, incorporating everything from song and dance, to special effects, to products, farmers, customers and employees. The entries highlight the many reasons food co-ops matter to owners, shoppers and staff, and how they're making a difference in people's lives.

The public selected winners in two categories: Video and Photography. Prizes were awarded to the top three entries in each category: 1st-place winners each receive an Apple iPad2 with WiFi (64 GB) Congratulations to this year's winners!

### Video Category

**1st Place—Wheatsville R.O.C.K.S. by Wheatsville's own Shane Shelton**

**2nd Place—OMG!—by Natt McFee, Hungry Hollow Co-op, Chestnut Ridge, NY**

**3rd Place—Ozark Natural Foods by Tony Gray, Fayetteville, AR**

### Photography Category

**1st Place—FRESH by Amy Neussl, Astoria Co-op, Astoria, OR**

**2nd Place—Bananas!!! by Mike Cuseo, Skagit Valley Food Co-op, Mt. Vernon, WA**

**3rd Place—Local Farmers by Patrick Kouba, Viroqua Food Co-op, Viroqua WI**

See all the videos on [www.mycooprocks.coop](http://www.mycooprocks.coop).



Shane Shelton won First Place! Thanks to Wheatsville staff, owners, and customers for participating in making this great video and voting!!! Wheatsville R.O.C.K.S.!!!

## Take Your Love of Wheatsville to the Next Level by Kate Vickery, Board Member

Your Board gives a great deal of thought to the ways in which we can deepen our connection to the Wheatsville ownership. We are honored to serve all of you as your representatives and we are deeply committed to finding ways to facilitate meaningful linkage between your everyday relationship with WV (shopping, eating, etc), the governance structure (the board) and the big-picture cooperative movement in Austin (our new BIG Direction).

In the spirit of connectedness, we are making an effort this year to give Owners more opportunities to engage in leadership roles with the Board of Directors. The purpose of this is threefold. First, we hope that you will consider ways in which you can lend your wisdom and thoughtfulness to your co-op in a volunteer capacity. Second, we know that getting involved with Wheatsville from a governance level is a great way to learn more about what makes co-ops truly different from other business models. And third, we think that these opportunities may inspire you to consider running for a seat on the board some time in the future.

This list of volunteer opportunities is not exhaustive, but we want to present a few concrete ways you can get involved with the Board in the coming year.

### Join a Board Committee

#### Annual Report Review Committee or Audit Committee

Owners who would like to help with the Board's governance and financial oversight can volunteer to serve on the Annual Report Review Committee or the Audit Committee. Owners who have experience with audits or financial reviews can be especially

helpful on these committees. The board oversees a full audit in even-numbered years (when we appoint an audit committee) and a less extensive financial review in odd-numbered years. The Annual Report Review committee looks at the results of the audit or review, conducts additional spot checks on the Co-op's financial processes and prepares a report to the owners to be distributed with the Annual Report at the Fall Owner Gathering.

#### Fall Owner Gathering (FOG) Committee

Every autumn, Wheatsville throws a big party for its Owners planned and executed by a group of hearty volunteers. The purpose of these gatherings is to give context to the year, to give Owners a chance to meet and mingle with other Owners, to present the candidates for the Board, and to have fun and eat good food. An incredible group of Owners volunteered on this committee this year, including Christina Fenton, Ellison Carter, Jim Walker, and Melissa Bryan.

### Attend a "What the Heck Does the Board Do?" Orientation Session

We will hold a one-hour information session every six weeks throughout 2012 to give you a chance to learn about what the board does and what our governance structure looks like. While these sessions are particularly good for Owners who are interested in running for the board, they are a great way for any Owner to spend an hour learning more about our co-op.

The tentative schedule for 2012 is:

Wed, Feb. 1, 6-7 pm  
Sat, March 17, noon-1pm  
Wed, April 18, 6-7 pm  
Sat, June 2, noon-1pm  
Wed, July 11, 6-7 pm  
Sat, July 21, noon-1pm  
Wed, Aug. 29, 6-7 pm  
Sat, Oct. 6, noon-1pm  
Wed, Nov. 14, 6-7 pm  
Wed, Dec. 12, 6-7 pm

An RSVP to [boardemail\(at\)wheatsville.coop](mailto:boardemail(at)wheatsville.coop) is appreciated. This schedule will be posted on our Facebook page and website.

### Get involved with the Austin Co-op Think Tank (ACTT)

If you haven't heard about ACTT yet, check out the December 2011 issue of the Breeze ([wheatsville.coop/breeze\\_online/2011breeze12.pdf](http://wheatsville.coop/breeze_online/2011breeze12.pdf)) for a description of this new community organization dedicated to a thriving cooperative economy in Austin. This is a great way to learn about the cooperative movement from a very high level and to get involved in a number of innovative projects promoting and educating about co-ops. To learn more, visit ACTT on Facebook: [www.facebook.com/ThinkTank.coop](http://www.facebook.com/ThinkTank.coop) or send an email to [austin-coopthinktank\(at\)gmail.com](mailto:austin-coopthinktank(at)gmail.com).

If any of these activities sound like things you'd like to get involved with, please tell us! Send us an email at [boardemail\(at\)wheatsville.coop](mailto:boardemail(at)wheatsville.coop). We hope you'll consider these opportunities to deepen your connection to Wheatsville and to your community.



## Patronage Rebates

Thanks to another successful year, we are now distributing Patronage Rebates! **They will not be mailed out and must be picked up in-store.** Rebates may be applied to your purchase, redeemed for cash, or donated to our current Community Action Wednesday recipient.

**All rebates must be picked up and redeemed by February 15, 2012.**





## Celebrate Citrus! by Adam King, Produce Manager

It feels like only yesterday we were complaining about the continuous days of 100°+ temperatures, and today the days are cold and the nights are long and colder still. We've used up all our big holidays: Thanksgiving, Christmas, New

Years. Any ideas for combating the winter blues? I've got one: **Celebrate Citrus!**

After all these years working with produce, it still seems a bit counter-intuitive. Fruit in the wintertime? Crazy? No, it's true! Citrus trees require cool night temperatures for the fruit to ripen. Wintertime is citrus time and we are having a citrus party to celebrate it. Join us on **January 14th & 15th** and have a taste of every orange, tangerine, and grapefruit we've got in stock. Try some old favorites or make a new one! You can look forward to sampling **clementines, satsumas, blood oranges, cara caras, minneolas, honey tangerines** and **kumquats** along with some of the best organic South Texas citrus you can find!



### Wheatsville and Texas, a History of Citrus

At Wheatsville, we have a long standing commitment to supporting the local economy, and local agriculture in specific. One of the crown jewels of Texas agriculture is its citrus industry. Citrus has been grown in Texas since the 1880s. Red grapefruit and oranges are the biggest products, though there are numerous smaller groves cropping up which specialize in items like tangerines, tangelos, and lemons. With the coming of modern irrigation techniques, Texas' Lower Rio Grande Valley became a major producer of citrus, rivaling Florida and California, and now represents more than \$200 million in our local economy.

The vast majority of the citrus groves in Texas are in Hidalgo County, which is situated just north of the Mexican border on the gulf coast. It was in Hidalgo county in the 1920s that the first Ruby Red grapefruit was discovered growing on a pink grapefruit tree. This sparked a contest of who could grow the reddest grapefruit, and the result is the Texas red grapefruit you see on store shelves today. Did you know the Texas red grapefruit is the official state fruit of Texas? Citrus is serious business in Texas!

G&S Groves, a certified organic citrus grove supplies Wheatsville with Rio Star red grapefruit, Valencia oranges, and Meyer lemons, among others, is located in McAllen, the largest city in Hidalgo County. We're featuring organic G&S red grapefruit and Valencia oranges right now at Wheatsville.

### Why Organic?

#### Limit Your Exposure to Toxic Pesticides

We are very fortunate to have G&S groves as a supplier of organically grown citrus here at Wheatsville, but why buy organic when conventional produce is so much cheaper? Often times, in the national conversation of organic versus conventional, the answer to that question is summed up with one word: pesticides. Bug poison. If it's bad for the bugs, it must be bad for humans, right? The conventional produce industry has spent millions of dollars in studies with the aim to dissuade your fear of consuming trace amounts of pesticides. I honestly don't know what to think about the results they've come up with, but I completely understand the choice of erring on the side of caution and buying organic produce whenever possible. By referring to the **Environmental Working Group's Dirty Dozen and Clean Fifteen** lists, shoppers can limit their exposure to pesticide residues by purchasing organic versions of the dirtiest fruits and vegetables while saving money and buying conventional produce on the Clean Fifteen list.



### Impact on the Environment

While reducing exposure to toxic pesticides is usually the first reason people turn to organic produce, there are many more compelling reasons to eat organically if one does a bit more research. Organic agriculture is far better for the environment than conventional agriculture. More than pesticides, which by their nature are poisonous and a bit scary, chemical fertilizers used in conventional agriculture represent a far bigger threat to our Earth. Fertilizers are water soluble—concentrated solids mixed with water in proper ratios and sprayed on crops—and will wash off plants and soil with rain or irrigation. That agricultural runoff makes its way into our waterways and eventually into our oceans. This nutrient-rich runoff spawns massive growth of algae called "blooms" which grow and grow until the nutrients are exhausted and the algae die. As the algae decompose, oxygen is sucked out of the water resulting in "dead zones"—areas of the ocean which are inhospitable to fish and other marine life. Additionally, the algae decomposition releases carbon into the atmosphere, further accelerating global warming.

Organic agriculture is farming in concert with nature, not in conflict with it. In conventional agriculture, everything the plant needs is given to it artificially through chemical inputs: nitrogen, phosphorous, potassium. Organic agricultural methods nurture the soil as a living organism, it's not just a substrate that holds the plant up, it's the "mother crop" that all other plants grow out of. Permaculture practices like mulching, composting, cover crops, the use of beneficial insects and crop rotation keep the soil healthy. There are no toxic byproducts to ruin waterways or kill wildlife. Biodiversity and a stronger ecology is the result.

### Better for farm workers

While the magnitude of the effects of exposure to residual pesticides on your food can be argued, the result of years of chemical exposure to farm workers is unequivocal. Organophosphates and carbamate pesticides commonly used in conventional agriculture act as nerve poisons which, with depending on exposure, can cause dizziness, muscle spasms, even paralysis. RoundUp, the number one selling herbicide worldwide, causes gastrointestinal irritation and liver damage. To make a long, painful story short, conventional agricultural methods are much more harmful to farm workers than organic ones and if the health and welfare of the people growing and harvesting the food you eat is important to you, buying organic produce is probably a wise choice.

### Do What You Can

Don't be too hard on yourself—buy local when you can. Buy organic when possible. Think of it like offsetting your carbon footprint—don't beat yourself up because you drove your car instead of riding your bike in the rain. Every bit helps, and we'll be here when you've got a hankering for a delicious, Texas organic red grapefruit.

## Valentine's Flours

by Brent Chesnutt, Bulk Buyer



*This Valentine's Day, snuggle up next to your loved one and enjoy a nice evening baking this delicious cake that you will both adore. Coupled with a nice homemade meal or after a stunningly romantic date you just can't go wrong.*

### Gluten-Free Cornmeal Cake with Whipped Cream

1/2 cup olive oil, plus more for pan  
2 large eggs  
1 cup sugar, plus a few handfuls for topping  
1/2 cup champagne (or orange juice)  
zest of 1 orange

1 1/4 cups gluten-free all-purpose flour  
1/2 cup fine-ground yellow cornmeal  
1 1/2 tsp. guar gum  
2 tsp. baking powder  
1 tsp. salt

Pre-heat oven to 350°F. Oil a 6x8 glass baking dish thoroughly. Mix olive oil, eggs, 1 cup sugar, champagne, and orange zest until well combined. I like to zest my orange with a fine-toothed cheese grater, so the zest is big enough to be just visible in the finished cake. Mix dry ingredients separately and then stir into wet ingredients until just combined. Spoon batter into baking dish and sprinkle top of cake with a generous layer of sugar (a few handfuls will do it) to make a crust. The layer should be visible when you put the cake in the oven. Bake for 40-50 minutes, until knife inserted in center comes out clean. Now come the part of the evening where you can just sit back, enjoy the rest of the champagne and get nice and cozy. Once the cake is finished baking try topping it with your favorite ice cream, some berry coulis or even a nice cardamom whipped cream. Just bruise a couple of cardamom pods, put them into a chilled metal bowl, add whipping cream and sugar and you're golden. This recipe would also work beautifully baked in individual ramekins.



## Every January we introduce a few of our Staff's Pets



Kitchen Manager Merilee Kuchon has a sweet new girl, meet Seven!



Who's a good boy? Isaiah is the bestest friend of Co+op Deals Coordinator Brooks Wood.



Aldia's pals, Caius Merlin Britannicus and Jasper Twinkletoes (AKA Mr Lovins) lounging on Aldia's sister Debra. I feed the boys dry food in the morning which prevents the dawn parade of feeding demands. I feed them wet food in the evening when I get home. This means I am always enthusiastically greeted at the door with meows of gladness, which I interpret as, "Stinky foods NOWWWWW!" Their most favorite food is cans o' Wellness. Any flavor. NOW!

**Thundering Paws Animal Sanctuary**  
Offering a safe haven for animals who are homeless, neglected, injured or abused. For information about adoption visit our website [www.thunderingpaws.org](http://www.thunderingpaws.org)

"go braless & be modest"  
100% comfy cotton to wear over or under  
**Ttime flatwear**  
www.ttimeflatwear.com  
"I'll never wear a bra again!"  
micro thin quilted panels keep nipples undercover

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

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

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

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

Alliance PAL Youth Advocacy

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

## Staff Top Ten Picks

by Robert Kreuzburg, Produce Clerk



1. Kala's Kuisine Curry-Chipotle Salsa  
Hot and tasty!! Great with any chip!

2. El Milagro Thick Tortilla Chips

Perfect for thicker dips like guacamole



3. Nutella  
Everything literally tastes better with it!



4. Applegate Naturals Uncured Sunday Bacon  
Bacon, duh!

5. Prometheus Springs Lemon Ginger Drink

Excellent at any time, any place



6. Organic, Salted, Dry Roasted Pistachios

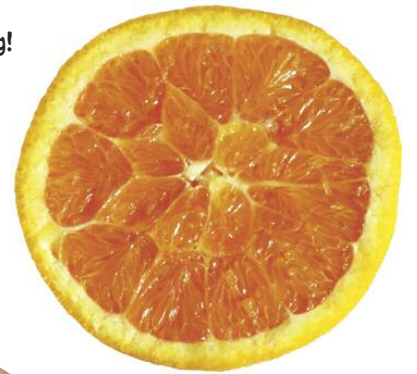
Sometimes hard to open, always worth the effort!

7. Valentina Black Extra Hot Sauce

To spice up anything!



8. Cara Cara Navel Oranges  
Best oranges around



9. Young Thai Coconuts  
Fun to open, eat and drink!!!



10. Thai Kitchen Organic Coconut Milk  
I'd sauté life in it if I could.



## Benefits of Fish Oil for You & Your Pet by Cody Atkins, Health Team Super



By now you probably know about how amazing fish oil is for you and your family but did you know that your dog or cat can benefit from taking a daily dose as well? Many of the conditions that fish oil has been taken for to address in humans can be taken for the same reasons by your pet. Some of these not-specific to human conditions include allergies, itching due to atopic dermatitis, joint inflammation, overall eye and brain health, dull hair and high cholesterol.

Dosing should consider the animals weight and you should check with your veterinarian for your pet's recommended dosage. Some fish oils have vitamins A, D and E in the final product so that may be a consideration your vet would need to know.

Liquid fish oil may be easier to administer than capsules as you can just drizzle it over food or give to them straight from the spoon. Even if the same can't be said for you, there's a good chance your pet will enjoy the taste!

So if you and your pet both suffer from creaky joints, allergies, or maybe y'all's hair just doesn't shine like it used to, you can both use a fish oil supplement. Unless you are REALLY close with your friend though, you may want separate spoons!



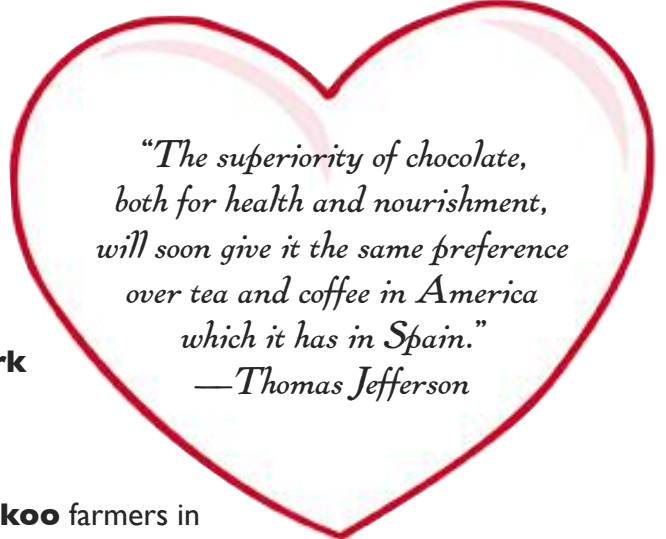




# Wheatsville's Chocolate Love Affair

by Niki Nash, Wheatsville Merchandising Manager

Wheatsville shoppers are not shy about their devotion to the magical cacao. It's not uncommon for people to approach me in the aisle to tell me why they love their favorite chocolate bar or how obsessed they are with a new variety that just hit the shelves. Whether it's light and creamy, medium and smooth, 87% DARK, or completely raw, your co-op has everyone's chocolate needs covered.



*"The superiority of chocolate, both for health and nourishment, will soon give it the same preference over tea and coffee in America which it has in Spain."*  
—Thomas Jefferson



Wheatsville shoppers' favorite chocolate bar, **Choclove with Almonds & Sea Salt**, on sale February 1-14 for \$1.99 (regular \$2.39)



## Divine Dark Chocolate Hearts

**Kuapa Kokoo** farmers in Ghana dry cocoa beans in the sun on large tables  
[www.divinechocolateusa.com](http://www.divinechocolateusa.com)



Raw Dairy Free "Mylk" Chocolate from **Sacred Chocolate**



Limited Edition **Dark Chocolate Sea Salt Caramels Box** from Long Grove Chocolates



Handcrafted in Austin, **Kaka'wa Cocoa Beans** are small batch roasted and then coated first in white chocolate, then in milk chocolate, then in dark chocolate. Finally, the beans are rolled in a luxurious cocoa powder.



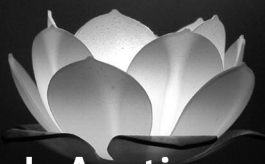
Locally made **Sirius Chocolate** created from truly raw cacao, coconut sugar, vanilla and a pinch of Himalayan mineral salt.



Limited Edition Valentine **Truffle Birdie Box** from Sjaak's Organic Fair-trade Chocolate

world peace begins with you

Sunday Prayers for World Peace  
9:30-11am



MeditationInAustin.org

## Novellas Farm and Schoolhouse

- Children's Farm Mornings
- Homesteading Craft Classes
- Sustainable Living Coaching

We allow children the opportunity to be children. We have 4 lovely acres to explore, animals to tend, bees to observe, gardens to grow and so much more!





(512) 761-1852 Dripping Springs TX  
[novellasfarmandschoolhouse.com](http://novellasfarmandschoolhouse.com)

## Chill Blast

by Chris Moore, Chiller



### Tiny Winter Treats Are Here!



I hope y'all had a Merry Yuletide! We are happy to be the first store in Austin to carry **Tiny Pies!** They are single serving ready-to-bake frozen pies! Tiny Pies come in most excellent seasonal flavors—for only \$4.99 a pie—you can't afford not to try one!



# Valentine's Movie Pairings by Shane Shelton, Beer & Wine Buyer



Valentine's Day—dinner, diamonds, drinks, or just a movie—what to do? With the economy the way it is, why not stay in and make dinner, serve drinks and watch a movie—diamonds are optional. Here's a few suggested pairings to get you started, but you can come up with your own, too. Let's do Valentines!



### **Lost In Translation paired with Sofia Coppola Blanc de Blanc.**

*Lost In Translation* is a languid, dryly funny, hypnotic film starring Scarlett Johansson and Bill Murray. The third star of this film is the city of Tokyo itself. It was directed, with a wonderful sense of melancholy, by Sofia Coppola. When his Sofia was a little girl, her father, Francis Coppola, made her a promise that he would someday make a sparkling wine and name it after her. Fruity and refreshing, Sofia Blanc de Blanc is a rare blend of Pinot

Blanc, Muscat, and Riesling. Pair it with some **sushi** made fresh here at Wheatsville and you have a perfect date night.



### **Silence of the Lambs paired with Santa Margherita Chianti Classico**

Jonathan Demmes' *Silence of the Lambs* is an incredibly smart and scary thriller. Anthony Hopkins chews more than just the scenery as a cannibalistic mastermind with a love of Chianti and fava beans. With a deep, ruby-red hue, Santa Margherita Chianti Classico starts with fruits and spices that gradually give way to forest fruits and herbal notes. This is an elegant wine that reflects fully the characteristics of its terroir. Pair it with some **fava beans** from our bulk department for an evening to remember.

### **Thelonious Monk: Straight, No Chaser paired with North Coast Brother Thelonious Belgian Style Abbey Ale**

*Straight, No Chaser* is an incredibly interesting and at times heart breaking documentary about jazz legend Thelonious Monk, who in his later years seemed to retreat into his own mind, growing gradually more mad and increasingly isolated. Brother Thelonious Belgian Style Abbey Ale is North Coast's take on a

Belgian dark strong ale; the beer is rich and robust with an ABV of 9.3%. Pair this with **Pere Joseph Belgian Trappist Cheese** from our wonderful cheese department and you have the makings an elegant evening. *Eastern Promises* paired with North



### **Coast Old Rasputin.**

David Cronenberg's *Eastern Promises* is a gritty psychological drama about the inner workings of the Russian Mafia in London. Viggo Mortensen gives a stand out performance in a film that is dark and yet strangely romantic. Also dark and romantic is North Coast Old Rasputin Imperial Stout. Like Cronenberg's film, Old Rasputin it complex and rich. Pair it with a nice bowl of **borscht made with fresh beets** from our fabulous produce department for a wonderfully cozy night.



## Local Love!

*by Kim Tehan-Barrow, Bodycare Buyer*

Looking for something special to spice up your Valentine's Day? Well look no further! Locally made JOYRIDE natural lubricants come in three varieties to suit every mood! HOTROD contains cinnamon and cayenne essential oils to really

heat things up. ICE contains cooling peppermint and spearmint for an intense cooling sensation and SRT8 UP is unflavored for those with sensitivities to essential oils. All contain aphrodisiac botanicals and are gluten, paraben, and propylene glycol free and at \$9.99 a bottle a good time can be had by all!



In addition, JOYRIDE is a small women-owned business right here in Austin so you can feel good while supporting an incredible small business!

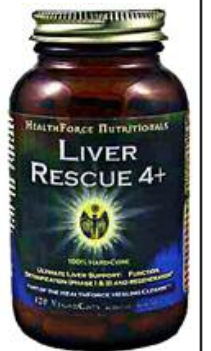
For those romantics out there who prefer a steaming hot bath, we will also be carrying heart shaped boxes with rose scented bath petals from Organic Bath Company and lots of bath salts, body oils, perfume mists and other goodies to make your day special. So have fun and enjoy!



## Staff Top Ten Picks

*by Erica Rose Dunford, Health Clerk*

**1 HealthForce Nutrition Liver Rescue 4+**  
Its hard out there for a liver...support your liver & help it to dump damaging toxins!



**2 Righteously Raw MACA Bar**  
Lift & set your mood! This warm nutty dark chocolate gets ya fired up ;)



**3 Weleda Salt Toothpaste**  
Give your dirty mouth a scrub-down! (amazing for your gums)



**4 GingerMaté**  
1/2 Gingerade, 1/2 Maté .  
Take the edge off the maté & warm your tum!



**5 Wild Spirit Healfast Boo Boo Balm**  
Like remodeling for your wounds

**6 Pink Lady Apples**  
T.C.B. "Tart Crisp Bold"



**7 Soy Delites Candles**  
Burns cleaner & smoother so you can too



**8 Rubberneck Zine**  
Local photozine keeping music lovers in-the-know



**9 South River Miso Company**  
This is the Real Deal! Made from Japanese farmhouse tradition—a cup of this a day will keep the ills away. This versatile high-protein seasoning includes probiotics, enzymes, and all of the amino acids!

**10 Samuel Smith's Organic Cider**  
A benchmark for English ciders! Dry like a homemade cider. Crisp, tart, clean, delicious!







## Herbs to Share with Your Sweetheart, Be They of the Human or Animal Kingdom

by Carla Vargas-Frank, Bulk Herbs Lead

As I write this, I am waiting to pick up my first ever cat companion, "Mr. Meow-gi," also called "Tommy the cat," from the veterinary clinic. I always thought of myself as a dog person through and through but then, one fateful eve about a month ago, I more or less fell into the role of a cat owner. I adore their independence and ability to turn grown men into bumbling, baby-talking idiots with a coy and calculated look (such coveted gifts!). So, with felines on the mind, I want to

share the all too overlooked wonders of **Catnip** with you wonderful *Breeze* readers.

Most of us think of catnip purely as a kitty cocktail, something to entertain and intoxicate our furry friends of the feline persuasion. However, to stop there would be selling short this incredibly multifaceted herb. Common catnip, *Nepeta cataria*, is a member of the mint (or *Lamiaceae*) family. It has been long used by humans as a **tea, infusion, tincture**, and even smoked for its **calming effects, to ease upset stomachs, reduce fevers, chills, aches and pains**, and to help relieve **joint pain and rheumatism**. I like to drink catnip as a tea, in a blend with **chamomile** (*Matricaria recutita*), **oat-straw** (*Avena sativa*), and **passionflower** (*Passiflora incarnata*) to alleviate anxiety and promote rest and relaxation. Considering these characteristics, it might not be surprising to learn that catnip shares a similar chemical structure with the Valerian plant.

...but those are just reasons why us humans love catnip. Your cats love it because it contains a **terpene** called **nepetalactone**. When cats inhale this fragrance, they begin to exhibit the range of actions associated with kitty intoxication, purring, rolling on the floor, etc, likely reacting to similar "feel good" pheromones. Interestingly, only cats over the age of eight months usually respond to the herb, and even after those eight months, 10%-30% of cats will not become susceptible to the nepetalactone in catnip's stimulating effects. That same terpene, **nepetalactone**, is also a **potent insect repellent**, and has been tested and reported to be more effective than DEET against flies, mosquitoes, and even roaches.

This Valentines Day, consider showing love to yourself and your furry soul mate by sharing in some catnip and a candlelit salmon dinner.

*If you are pregnant, breastfeeding, or prone to allergies, check with a trusted health practitioner before using herbs – and as always, please use respectfully and responsibly.*

### Staff Pets Enjoying Hanging Around in the Bathroom

Pixel, Niki Nash's pal below.



Aldia's buddy, Caius Merlin sits on the tub seat. Not seen is Jasper lurking under the seat waiting to swat.



Counter Manager Mariah Barrett's Juicebox chills in the sink.

## Staff Top Ten Picks

by James Stricker, Cashier



**Coca Cola in a glass bottle from Mexico**  
Real Sugar, nothing else need to be said!



**Bulk Breadshop Animal crackers.**  
No animals were harmed in the making of these crackers.



**Mom's Spaghetti Sauce**  
Quite possibly the best sauce in the world, and it's local!

**Ginger People, Ginger Soother**  
Nothing is better for an upset tummy.

**Chili Man Vegetarian Chili**  
Goes great with veggie tamales :)



**Rosita's Vegetarian Tamales**  
So delicious even fervent carnivores will love them.



**Pure Luck, June's Joy**  
Amazing, like a fine butter, best late night snack ever!



**New Belgium Ranger**  
22oz bottle  
Delicious, refreshing, and a bargain. Give one a try tonight!



**Real Ale Firemans Four**  
Crowd pleasing, delicious, and local. Share with your friends!



**Chocolove Cherries and Almonds in Dark Chocolate**  
If the chocolate doesn't melt her heart, the poem inside might :)



# PLANET K GIFTS

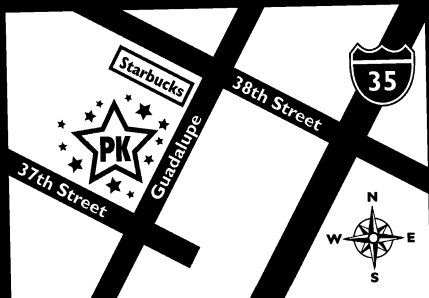
PLANETKTEXAS.COM

## OUR NEW STORE IS OPEN!

### GUADALUPE

3700 Guadalupe  
(NW CORNER OF 37TH STREET & GUADALUPE)

371-1920



## THINK GLOBAL BUY LOCAL!

OPENING SOON!  
**TRADING POST**  
12701 HWY 71 W  
263-9945

<b>NORTH</b>	<b>RESEARCH</b>	<b>SOUTH</b>	<b>STASSNEY</b>	<b>CESAR CHAVEZ</b>
9407 N. IH35	11657 RESEARCH	1516 S. LAMAR	727 W. STASSNEY	3111 E. CESAR CHAVEZ
832-8544	502-9323	443-2292	707-9069	247-2222

OPEN TIL MIDNIGHT 7 DAYS A WEEK



# *There's A New Kid On The Block*

## **Pharmacy opens across the street from Co-op**

TAS Specialty Pharmacy is built on exceptional customer service and the clinical expertise of our pharmacists.

***We are a full-service pharmacy able to fill all prescriptions and also specialize in:***

- Infectious Diseases (*HIV/AIDS/Hepatitis*)
- Animal Health
- Fertility
- Hormone Therapy
- Oncology
- Transplant
- Pain and Addiction Management
- Compounding



Insurance Gladly Accepted  
*(including Worker's Compensation, Medicare, Medicaid)*

Delivery and shipping

Access to clinical pharmacist  
24 hours a day, 7 days a week

Rapid prescription fill capability

Co-pay and Patient Assistance Programs

Prior Authorization services, split billing

*This coupon entitles  
Co-op Member to*

**5% OFF**  
*each Compounded  
prescription  
through May 2012.*

*Coupon must be accompanied by a prescription  
from doctor or veterinarian. May not be used  
toward co-pay.*

**(512) 368-2962 Phone**

**(512) 368-2936 Fax**

***tas-sp.com***





# Staff Top Ten Picks

by Travis Smith, Produce Clerk

1. Spicy Philadelphia Roll  
Love water? Read 'Hidden Nature' about scientist Victor Schauberger



2. Windy Hill Farm Goat  
You are what you eat and goats are awesome

3. Yogi Tea  
Perfect Energy  
I love coffee but this stuff treats me so right



4. Just Coffee Bike Fuel  
Reminds me of a cup I had under the volcano by the lake in Guatemala



5. Aged Gouda

Life's too short not to drop some dough on cheese



6. Santa Fe IPA

Where cans + Quality meet, in the park, with a koozie

7. Macro Greens

Eat a goat burger, drink some greens



8. Natural Value Diced Green Chiles

Guacamole, burgers, eggs, queso...these chilies get around



9. Sunchokes

Root of a sunflower, sweet nutty flavor, great sliced thin in a salad!



10. Organic Hulled Sesame Seeds

These little guys and my pork get along real nice

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

**Tammy Brookshire 23 years as of 2/6**  
(accounts payable clerk)

★ **Kim Tehan-Barrow 22 years as of 1/14**  
(bodycare buyer)

★ **Dan Gillotte 14 years as of 2/18**  
(general manager)

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

**Susan Amicarella 3 years as of 2/9**  
(grocery clerk)

★ **Chris Moore 2 years as of 1/6** (chill buyer)

**Marla Fox 2 years as of 2/12** (deli clerk)

★ **Brooks Wood 2 years as of 2/22**  
(category management coordinator)

**Warren Moore 1 year as of 1/13**  
(deli clerk)

★ **Andrew Bogle 1 year as of 2/7** (cook)

**Tess Gargrave 1 year as of 2/7** (deli clerk)

★ **Liz Patterson 1 year as of 2/14**  
(grocery lead)

### 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.

### HYDE PARK GYM A FRIENDLY NEIGHBORHOOD GYM



VISIT [HYDEPARKGYM.COM](http://HYDEPARKGYM.COM)

FOR PHOTOS  
TESTIMONIALS  
RATES  
HOURS  
AND A FREE PASS!



4125 Guadalupe Street Austin TX 78751 • [www.hydeparkgym.com](http://www.hydeparkgym.com)

## Congratulations to Our Newest Invested Owners 11/1/11-12/11/11 (141)

Lucy Mer	James Fain	Rex Wright	Carole Zoom	Karin Maxey	Caitlin Meek	Angela Latini	Paul Hernandez	Savannah McNally
Ty Alyea	Jerri Bell	Sean Lewis	David Cohen	Katie Stahl	Calvin Daily	Angela Vogeli	Richard Simoes	Shelley Hardenan
Ian Cubie	Jett Hanna	Virgina Lu	Gaye Abbott	Margo Smith	Ellen Elmore	Caleb Daniels	Robert Matlock	Carolyn Calabrese
Joe Marty	Jill Rader	Bill Bender	Gerard Luna	Matt Arnold	Erin Stecker	Carla Sublett	Serena Sprungl	Christine Dipboye
Yoed Anis	Lorie Lake	Hal Bolton	Hunter East	Mieke Weger	Jan Williams	Cheri Robbins	Siti Opio N.D.	Andrew Van Hyfte
Alison Ali	Luke Heath	Stefan Davis	J M Johnson	Sarah Deuel	Jay Bartlett	Chung-Wei Lu	Tara Lattimore	Daniel Armendariz
Jack Waite	Megan Snay	Anna Rusch	John Dorsey	Zack Snider	Kevin Trahan	Hyangsook Oh	Vincent Flores	Jennifer Arbuckle
					Laura Nugent	Jonathan York	Alexis Schrubbe	Katherine Torrini
					Linda Chanow	Joshua Renfro	Belle Ku-Benjet	Melissa Delbosque
					Lynn Joselyn	Laura Grenard	David L Shapiro	Meredith Paterson
					Marcus Sharp	Priscilla Hale	Deborah Schagen	Nelson Carrington
					Miriam Umana	Laurel Kinney	Francine Slaton	Calandra Lindstadt
					Peggy Kelsey	Laurel Parton	Hemant Kulkarni	Erica Faulkenberry
					Sarah Machen	Marty Swanger	Katherine Moore	Katherine Gallegos
					Heather Ryan	Shannon Pitts	Michael Plaster	Kristina Rodriguez
					Steven Flood	Shannon Stahl	Phillis Hawkins	Julian Wischniewski
					Tyler McEwen	Suzanne Felts	Rick Schwalbach	Katherine Pelletier
					Leslie Allison	Terri Delgado	Somali Chaterji	Aleksandra Gajdeczka
					Daniel Hoover	Vanessa Kager	Caroline Holland	Lynn Goodman-Strauss
					David Stevens	Allison Werner	Crystal Esquivel	Maria Elena Martinez
					Elizabeth Lee	Amanda Winkles	Deanna Whitworth	Christina Chiarchiaro
					Holly Prosser	Bradley Capron	Elizabeth Oliver	Colleen Montgomery
					Janet Bizzell	Heather Houser	Andrew Claycomb	Elizabeth Ashabanner
					Adam Robinson	Kathleen Burke	Jerome Hasselson	Larry Kelly-Mahaffrey
					Alexis Puchek	Mary Anne Hunt	Marissa Rathbone	Betsy Frederick-Rothwell
					Amanda Mullee	Michael Matson	Mary Littlefield	
					Andrew Levack	Neal Gilbreath	Natalie Goodnow	

**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](mailto:membership(at)wheatsville.coop)



# 2012 International Year of Coops

continued from Front Page

## Join and Support More Co-ops

*Be the change you wish to see in the world. – Mahatma Gandhi*

From credit unions to brew pubs, from housing to nursery schools, Austin hosts numerous co-ops to fit almost every aspect of your life. Consider your local co-op resources first and commit to promoting a robust co-op economy in our community. Check the **Austin Co-op Directory** for listings [www.austincooperatives.coop](http://www.austincooperatives.coop)

## Buy Products Created by Co-ops

Wheatsville actively promotes and sells a number of products that are created by co-ops. By using our collective purchasing power we send a message to businesses big and small that there is room and support for more co-op businesses.

Consider buying and supporting these cooperative brands:

- **Organic Valley Dairy**, Cheese
- **Tillamook Creamery Association**, Cheese
- **Cabot Creamery**, Cheese
- **Organic Prairie**, Meat
- **Eden Foods**, Grocery
- **Blue Diamond Dairy**, Grocery
- **Once Again Nut Butter**, Grocery, Bulk
- **Equal Exchange Grocery**, Bulk
- **Just Coffee**, Grocery
- **Frontier Grocery**, Herbs, Bodycare
- **Simply Organic**, Grocery, Herbs, Bodycare
- **Aura Cacia**, Grocery, Herbs, Bodycare
- **Red Rabbit Cooperative**, Bakery



## Tell Your Friends!

Most people are influenced by the good experiences of their friends. If YOU have had a good or a great experience at a co-op tell your friends and family, write about it, tweet about it! Let people know.

Joining a co-op is voluntary (Co-op Principle #1) so if you really want someone to join Wheatsville consider buying them a \$70 Gift Card (the price of an ownership) and tell them the reasons you think they should join.

## Build Your Own Business Using the Co-op Model

In December 2011, Andrea Abel wrote a feature story for *Edible Austin* about a new co-op here in town, **Red Rabbit Cooperative Bakery**. In the article Ms. Abel describes how this group of hardworking entrepreneurs were captivated by the idea of building a cooperative bakery after watching Michael Moore's documentary, *Capitalism: A Love Story*.

They sought out co-op / green business advice from **Third Coast Workers for Cooperation** in Austin and production advice from Wheatsville's Deli Manager, Dana Tomlin. Wheatsville along with **Black Star Co-op** and other local businesses have supported Red Rabbit through product orders and promotion and in turn, Red Rabbit has provided us with high quality handmade donuts, made with love—cooperatively.

What about you? Have you thought about starting a green cleaning business or green delivery service? Would your business do just as well, if not better using the co-op model? Perhaps Third Coast Workers for Cooperation could help you too. Who knows? We might be writing about your co-op this time next year.

## Join the Austin Co-op Think Tank (ACTT)

This year a new group, initiated by Kelsey Balcitis from **A+ Federal Credit Union**, took shape in Austin. The idea was to create a think tank where people would come together and share ideas about how to promote co-ops in all forms. The initial meeting was attended by representatives from Wheatsville, Black Star and A+ Federal Credit and quickly expanded to include representation from over 20 co-ops and non-profits.

From those initial meeting ACTT defined their goals as being an incubator for co-op ideas, provide mentorship and experience to newly formed co-ops and promote co-ops through education and outreach.

If you are interested in promoting co-ops and would like to be a part of the ACTT, you can find them on Facebook.

## Be Stronger, Together

It's a simple phrase but it's so true. We are stronger together. Patronize other Wheatsville owner's business and tell them why you chose to give them your business. Promote the bonds between co-ops and owners and strengthen our community at it's very roots. We maintain an updated **Member Owned Business Directory online** and will be happy to list your business if you are an owner of Wheatsville Food Co-op.

## We are not alone!

Co-ops are electric companies, telephone companies, agricultural producers, insurance companies, lenders and mortgage holders. Co-ops feed our families, provide care for our children and help workers unite and build enterprise. Currently, Americans hold over 350 million co-operative memberships and in the United States, 30,000 co-operatives provide more than 2 million jobs and are present in EVERY congressional district.<sup>1</sup>

<sup>1</sup>"The Co-operative Movement brings together over 1 billion people around the world. The United Nations estimated in 1994 that the livelihood of

continued on Back Page

## Human Power

by Amy Babich, Wheatsville Owner



A friend of mine was hit by a car while bicycling, at the intersection of Cherrywood and Manor. I mention this because the sort of crash he suffered happens far too often. Bicycle safety advocates often call this crash "the right hook." It has killed people. It did not kill my friend, but it destroyed his bicycle and sent him to the hospital with minor, but painful, injuries.

Here's how the right hook works. A bicyclist is riding in a bicycle lane to the far right of the motor traffic. The bicycle and a car approach an intersection side by side, with the bicycle to the right of the car. The bicycle continues forward in a straight line, and the car turns right. They collide. It happens because the car driver is not looking to the right and does not see the bicyclist.

Cities paint bicycle lanes on the streets, and leave it up to cyclists and motorists to interpret them. Bicycle lanes should come with instructions, though perhaps no one would read them. Here are some suggestions, similar to what is taught in bicycle safety classes. I have found them to be helpful.

At an intersection, it is usually safest for a bicyclist who is not intending to turn right to merge with car traffic, lining up behind and in front of the cars to pass through the intersection. Thus, the bicyclist should not be in a bicycle lane at an intersection. (The bicycle lane is not supposed to be painted all the way to the intersection, but in Austin it often is.) The bicyclist should be roughly in the middle of the traffic lane. This ought to force cars to line up behind the bicycle.

Sometimes this works without a hitch, but there can be difficulties. Like bicyclists, many motorists firmly believe that bicycles should always be to the far right of cars. Thus, even when the bicyclist is in the middle of the right lane, a car driver will often drive up beside the bicyclist on the left. In this case, at least you, the cyclist, know that the car driver sees you. But the driver may turn right and hit you anyway. When a car is beside you at an intersection, slow down and let the car get slightly ahead of you, so that you can see what it's doing and avoid the right hook.

Another glitch occurs when the cyclist has been riding on a shoulder or in a bicycle lane, and, because of the speed and volume of traffic, just can't manage to maneuver the bicycle into the line of motor vehicles. In this case, again, keep track of the car on your left and make sure that it's not turning right as you go straight.

Sidewalk users—pedestrians and sidewalk-riding cyclists (including users of the western end on the Lance Armstrong Bikeway) are also in danger of being right-hooked by cars. Pedestrians face right hooks and left hooks whether there is a sidewalk or not. The pedestrian's best defense is wariness. Visibility can also help pedestrians. A bright-colored umbrella can help car drivers to see you walking in the rain. Lights and reflective clothing can help at night. Sidewalks help, too. But remember that every driveway or street that crosses the sidewalk is an intersection where a car may hit you.

It seems ridiculous that we've booby-trapped our cities so that we are always in danger of being struck by cars. It's as if we thought life would be too pleasant and easy without the threat of violent death on every street. Without all these motor vehicles pointed at us, we'd soon get soft and complacent. (I'd like to try it, however.)

When I need to walk across a high-speed, high-traffic street, I wave my hands or my umbrella around to call attention to myself. People in cars often don't notice pedestrians unless we behave somewhat vividly. For the same reason, I ride a very conspicuous bicycle, covered with reflective material and safety flags in order to be visible day and night.

Don't let the need for wariness discourage you from walking and bicycling in Austin. Just use caution and understand the risks. Don't assume that a bicycle lane is safe; take a look at it. If it's in the door zone of a parked car, or full of potholes and debris, you may well not want to use it. You can legally bicycle in the "travel lane" with the cars. Some bike lanes in Austin are painted up to and even across intersections, encouraging cyclists to ride straight ahead from a position to the far right of motor traffic. This is a mistake on the part of the City of Austin.

Similarly, a crosswalk does not guarantee that it is safe to cross the street. Keep your wits about you. Beware of the cars.

Even with the need to be wary, there are few experiences more magical than moving about the world under one's own human power. Let's enjoy the beauty of the world on foot and by bicycle.

## EASY STREET RECUMBENTS

(comfy bikes, fast trikes, and rugged tires) 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)



# 2012 International Year of Cooperatives

continued from Page 11

nearly 3 billion people, or half of the world's population, was made secure by co-operative enterprise. These enterprises continue to play significant economic and social roles in their communities."<sup>2</sup>

This is a special year and a special time. Cooperatives have been given an opportunity to shine light on a movement and an idea that has been years in the making. As Gar Alperovitz wrote in a December Op/Ed article for the *New York Times*, "A long era of economic stagnation could well lead to a profound national debate about an America that is dominated neither by giant corporations nor by socialist bureaucrats. It would be a fitting next direction for a troubled nation that has long styled itself as of, by and for the people."<sup>3</sup> We have learned too much to go backwards, so here we sit, on the wire between the past and the future we wish to see.

*"Once social change begins, it cannot be reversed. You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. We have seen the future, and the future is ours." – Cesar Chavez*



## Further Reading & Information

- 2012 International Year of Cooperatives [www.2012.coop/en](http://www.2012.coop/en)
- International Cooperative Alliance [www.ica.coop](http://www.ica.coop)
- Go Co-op [www.go.coop](http://www.go.coop)
- Third Coast Workers for Cooperation [www.thirdcoastworkers.coop](http://www.thirdcoastworkers.coop)
- Austin Co-op Think Tank, 'Like' them on Facebook. Website coming soon.
- Austin Co-op Directory [www.austincooperatives.coop](http://www.austincooperatives.coop)
- Wheatsville Owner Business Directory [www.wheatsville.coop/memberbusinessdirectory/mbdir.html](http://www.wheatsville.coop/memberbusinessdirectory/mbdir.html)

<sup>1</sup> All Data from <http://usa2012.coop/co-ops-in-usa/quick-facts> and <http://www.ica.coop/coop/statistics.html#economic>

<sup>2</sup> ICA [www.ica.coop/statistics.html](http://www.ica.coop/statistics.html)

<sup>3</sup> Gar Alperovitz, *Worker-Owners of America, Unite*, *New York Times*, December 14, 2011

# Video Series Schedule

continued from Front Page

April 16, 2012

## Co-ops Helping Co-ops:

The National Cooperative Bank, Davis, CA and Richfield, MN

April 31, 2012

## A Farm for the Future:

Sacramento Natural Foods Co-op, Davis Food Co-op, and Good Humus Farm, Sacramento, Davis, and Capay, CA

May 14, 2012

## Local Power:

La Montañita Co-op and MoGro, Albuquerque, NM

May 28, 2012

## Everyone Agrees on Good Food:

La Montañita Co-op and Los Poblanos, Albuquerque, NM

June 11, 2012

## An Economic Engine:

Los Alamos Co-op and La Montañita Co-op Distribution Center, Los Alamos, NM

## About the Host: Kevin Gillespie

Many of you may know Kevin Gillespie for his "fan favorite" status on Season 6 of Bravo's hit show *Top Chef*, but there's more to this Atlanta-based chef than meets the popular-viewing eye. Kevin is passionate about locally sourced, organic ingredients, so it's no surprise he was named one of Mother Nature Network's Top 40 Chefs Under 40. He's also a member of Slow Food Atlanta and the Society for the Preservation of Traditional Southern Barbecue.

## It's the International Year of Cooperatives

Check out the inspiring stories of all kinds of co-ops around the world at [www.stories.coop](http://www.stories.coop).

## The Wheatsville Member Owned Business Directory was a victim of its own popularity!

The Directory had grown so large that it took up ever more space in the Breeze even as the type size was shrunk. As part of the streamlining of the Breeze in 2012, we no longer will be printing the Directory on paper.

However, the online Directory will still be available. One advantage is that the listings can be updated in real time rather than having to wait several weeks to be printed.

If you have a listing, please review the wording at [wheatsville.coop/memberbusinessdirectory/mbdir.html](http://wheatsville.coop/memberbusinessdirectory/mbdir.html) to see if it is still accurate. And readers, if you find a listing that is out of date or has a nonworking link, please let me know so it can be fixed.—aldia(at)wheatsville.coop



# 2012 Election Wrap Up by Mark Wochner, Board Member

This was indeed a great year for democracy in our co-op! I'm so proud to be able to recap our very successful 2012 election and share with you the results. First off, by the close of the election at 5pm on December 6th we had **720 ballots cast**, a huge increase over last year's 420 votes. This was thanks to the great efforts of our staff and Board to really get the vote out, so that the members can have their say on matters of importance

to the co-op. The Board participated in tabling events to get out the vote, while the staff really pulled out all the stops with an amazing effort throughout, but especially in the final days, during which the employees even started a conga line to get people excited about voting!

Before I get too carried away about the great success of the election, I should share the results, so without further delay I'd like to congratulate **Kate Vickery**, **Reyna Bishop**, and **Doug Addison** for each being elected to three year terms! In addition, we have two new directors who have been elected to one year terms: **Ellison Carter** and **John Vinson**. I look forward to working with Ellison and John, and on behalf of the 2011 Board of Directors—welcome to the 2012 Board of Directors!

In addition to the Board election, we also voted for which organizations will be supported through our Wheatsville Community Action program, in which we donate 1% of sales each Wednesday to benefit community groups. This year, the membership has chosen to support the following organizations: **Capital Area Food Bank**, **SafePlace**, **People's Community Clinic**, **Sustainable Food Center**, **Hospice Austin**, **Meals on Wheels and More**, **Out Youth**, **Austin Yellow Bike Project** and **Ecology Action**. In addition, **Austin Pets Alive!** was chosen as the winner of the write-in category. We congratulate all of the winners and look forward to working with you in the coming year.

There are also many people to thank, and I'd first like to thank all of our Board candidates for running. We had a very impressive pool of candidates, and I encourage everyone who didn't win a seat to please consider running again as we'd be lucky to have you!

There is one standout person who deserves a great deal of thanks for his excellent hard work: our election coordinator, **Gabriel Gallegos**. He's again outdone himself this year, improving the process and making for an incredibly trouble-free and organized election. While performing my oversight of the election, I could see firsthand how capable and professional he is, and how very lucky we are to have him. I'd also like to thank all of the other Wheatsville employees who helped get out the vote and make this our largest turnout ever—everyone did a great job!

Finally, I'd like to share with you some details about the election process. As the Board representative overseeing the election, I was tasked with ensuring that we followed the processes detailed in our governance document on co-op votes, available at <http://wheatsville.coop/BoardPolicy/ProceduresforCoopVote.pdf>. Essentially, we check that the election was properly scheduled and announced, the ballot was impartial, each voter was a member of the co-op and they voted only once, and that the election data was secure and confidential. I can confidently say that all of these requirements were met by our very capable election coordinator. Following my report to the Board on these findings, the election results were confirmed and finally certified. Again, congratulations to the winners and a big thanks to everyone who participated in this year's election, whether it was by running for the board, working to get out the vote, or voting in the election!

## 2012 Wheatsville Election Board of Directors and Community Action Results

<b>Kate Vickery</b>	<b>451</b>	Jim Reed	197
<b>Reyna Bishop</b>	<b>449</b>	Christina Fenton	194
<b>Doug Addison</b>	<b>420</b>	Jason Heffron	103
<b>Ellison Carter</b>	<b>246</b>	Christopher de Mers	83
<b>John Vinson</b>	<b>209</b>	Sukaynah Joyan (withdrew)	19
Monika Cavazos	207		
<b>Community Action</b>			
<b>Capital Area Food Bank</b>	<b>487</b>	Urban Roots	365
<b>SafePlace</b>	<b>473</b>	Save Our Springs	337
<b>People's Community Clinic</b>	<b>451</b>	AIDS Services of Austin	330
<b>Sustainable Food Center</b>	<b>437</b>	Family Eldercare	320
<b>Hospice Austin</b>	<b>411</b>	Caritas	292
<b>Meals on Wheels and More</b>	<b>399</b>	Tree Folks	287
<b>OutYouth Austin</b>	<b>380</b>	Green Corn Project	260
<b>Austin Yellow Bike Project</b>	<b>376</b>	Green Doors	121
<b>Ecology Action</b>	<b>375</b>	Mary House	118
EmanciPet	373	LiveStrong	79
<b>Write-In Nominations</b>			
<b>Austin Pets Alive!</b>	<b>15</b>	KUT Radio	1
ACLU	1	League of Bicycling Voters	2
Action for Animals	1	Lilith Fund of Austin	1
Animal Trustees of Austin	2	Love ATX	1
ARCH	1	Men's Health	1
ASPCA	1	Mobile Leaves & Fishes	1
Austin Humane Society	1	Mother's Milk Bank	1
Austin Parks Foundation	3	NAMI Austin	1
Austin Zen Center	1	Occupy Austin	1
Best Friends Animal Sanctuary	1	Occupy Wall Street	1
Big Brothers/Sisters	1	Patchwork Farms	1
Casa Marianella	3	Planned Parenthood TCR (Texas Capital Regi	2
Challenger Newspaper	1	Red Cross - Bastrop Wildfire	1
Community Cultivators	10	Ronald McDonald House	1
Conspire Theatre	1	Shadow Cats	1
Design-Build-Live	1	South Austin Pop Culture Center	1
Equal Justice Works	3	Sunshine Community Garden	1
Foundation Communities	1	Susan G. Komen	1
Friends of Barton Springs Pool	1	Texas Midwifery Association	1
Giving Austin Labor Support	1	The Q	1
Helping Hands Home	1	Theatre Austin Project	1
Helping Home for Children	1	Third Coast Workers for Cooperation	1
Hill Country Conservancy	1	Thundering Paws Animal Sanctuary	3
Hill Country Ride for AIDS	1	Travis Audubon Society	1
Homeless RV Coach	1	Treasure City Thrift	1
Hope Food Pantry	1	UT Austin	1
Inside Books Project	8	VSA - Arts of Texas	1
Koop Radio	1	Workers Defense Project	1



Total Ballots Cast 720  
mailed in ballots 24  
online 293  
in store 403