

THE WHEATSVILLE BREEZE

A PUBLICATION OF WHEATSVILLE FOOD CO-OP • 3101 GUADALUPE • AUSTIN, TEXAS 78705

Fall Owner Gathering

YOUR COMMUNITY OWNED COOPERATIVE, SINCE 1976

Join us on Sunday, October 12th 1-5 pm at Fiesta Gardens for our Annual Fall Owner Gathering

Join us on Sunday, October 12th from 1:00 p.m. to 5:00 p.m. at the Fiesta Gardens Building and Patio located at 2100 Jesse E. Segovia St, Austin, TX 78702 for our annual Fall Owner Gathering! We are col-

laborating with the Austin Cooperative Business Association for a full-fledged cooperative experience.

1pm: Fall Owner Gathering Meeting Begins

Meet our board candidates, review the annual report, and reflect on the question, "Why co-op?"

2-5pm: Festivities & Fun

- a fair featuring many of our fellow local cooperatives
- tasty treats and goodies
- presentations by city candidates
- a panel of local cooperative experts
- and fun entertainment for the kiddos!

We need volunteers to help create signs and posters and to help with set-up on the day of the event. Email FOG Committee Chair Kitten Holloway kholloway@wheatville.com to volunteer!

So save the date and bring your family to our cooperative party! There will be fun and informative times to be had by all!



Wheatville Election

Voting starts **Sunday, September 1**, and ends **Monday, November 3, at 5:30PM.**



To learn more about the candidates, please read the Candidate Forum on pages 8-9 or on wheatville.coop. Information on the Eden Foods Ballot Petition is on page 11.

Owner APPRECIATION DAYS!

OWNERS RECEIVE 10% OFF ANY ONE SHOPPING TRIP!

→ SATURDAY, OCT. 11TH
THRU SUNDAY, OCT. 19TH!



DISCOVER ORGANIC

OCTOBER 2014 CELEBRATE

YOUR RIGHT TO CHOOSE NON GMO



www.nongmoproject.org



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Community Action Wednesday



Wheatsville donates 1% of Wednesday sales to benefit community groups selected by our owners. Customers can also contribute their bag credits or any dollar amount at the cash register any day of the week.

In June: \$7,175 was donated to Austin Pets Alive!
In July: \$7,035 was collected for Hospice Austin.
Thank you!

The group selected for September is **Austin Children's Service** and the group selected for October is the **Capital Area Food Bank**



AUSTIN CHILDREN'S SERVICES

Since 1984, ACS (formerly known as Austin Children's Shelter) has been committed to ensuring the safety and well-being of children who have experienced abuse or neglect. Today the organization has grown to include an array of services designed to prevent abuse before it happens and better intervene when abuse and neglect have already occurred.

In just the last year ACS has dramatically expanded its services to include community-based programs that help to support at-risk children and families in their homes. The community programs include: **Strong Start**, a child abuse prevention program for at-risk families with children under age 6; **the Care Academy**, a child development and family support center; and **Foster in Austin**, a program to recruit, train, monitor and support loving families that provide foster placements for children in their own homes.

ACS is able to provide the high-quality care and critical services for the children, youth and families through support from the community.

Wheatsville is happy to announce **Austin Children's Services** as the Community Action Group for September! This is ACS's first year to be elected by our owners!



CAPITAL AREA FOOD BANK OF TEXAS

Our Community Action Group for the month of October is the Capitol Area Food Bank of Texas. The Food Bank's service area covers 19,064 square miles in Central Texas. The mission of the Capital Area Food Bank is to nourish hungry people and lead the community in ending hunger. When you donate to the Capitol Area Food Bank every dollar provides five nutritious meals. CAFB serves more than 48,000 Central Texans each week! Holy cow! CAFB make healthy food available for families that are in crisis and Wheatsville is happy to be accepting food donations and raising funds for this amazing non-profit. Ask your cashier how you can donate! During the month of October, we will also donate 1% of our total sales every Wednesday to CAFB, so come on in and help us grow that donation number!

www.austinfoodbank.org



Grow Locally, Cook Globally

16TH ANNUAL FALL FESTIVAL
Sunday, October 26

Gates open from noon to 3pm
 Boggy Creek Farm

- Food from Austin's top restaurants
- Chef demonstrations
- Live music

Tickets available online
www.greencornproject.org

\$35 in advance, \$40 at the door,
 children under 12 free



You Own It!

by Erica Rose, Ownership & Outreach Coordinator

Wheatsville operates by and for co-op owners, people who have voluntarily joined by paying a \$15 joining fee and \$55 investment. Purchasing an ownership in the co-op is a great way to invest in your community and help grow the co-op economy!



Co-op Owners enjoy:

Owner Appreciation Days – 10% off of one shopping trip, four times a year

Owner Deals – sale items just for owners

Patronage Rebates – a share of Wheatsville's profits (during sufficiently profitable years as determined by the Board of Directors)

Democratic Participation – vote in the Wheatsville Election...plus more! Stop by the Hospitality Desk when you are ready to join!

Total Co-op Owners as of August 21, 2014: **15,995!**

If you have an ownership inquiry or need to update your mailing information, please contact Erica Rose, Ownership & Outreach Coordinator, at membership@wheatsville.coop.

DOGGONE IT! WHERE'D YOU GO?

Owners- if you're not getting the Breeze in the mail, please email your new address to Erica Rose at membership@wheatsville.coop



News & Updates

KEEP UP WITH ALL THE LATEST NEWS & STORE HAPPENINGS!

Sign up to receive our weekly email at WWW.WHEATSVILLE.COOP or

Follow us on:



Dad,
 Please pass on our sincere gratitude to all the wheatsville members for nominating Hospice Austin again this year for the Community Action Wednesdays. With your help, wheatsville was able to donate more than \$7,000 to Hospice Austin!
 I'm a wheatsville member myself. It makes me proud that my grocery store is so proactive in supporting the nonprofit agencies that make Austin special.
 Thank you!
 xxoo
 Melinda Marble
 Hospice Austin Communications Coordinator



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

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Photos by: Aldia Bluewillow, Raquel Dadomo, Dana Tomlin
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The Wheatsville Board of Directors generally meets at 6pm the last Tuesday of every month. Check wheatsville.coop/membership/board-of-directors for details. Owners are encouraged to attend. Something that you would like discussed at the meeting? Use the Open Time Form on the Board's webpage.

Wheatsville 2014 Board of Directors

Doug Addison	Reyna Bishop
Marcia Erickson	Christina Fenton
Michelle Hernandez	Steven Tomlinson
Kate Vickery	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 non-exploitation.

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 non-doctrinaire information about food to people in Austin TX.

Co+op Basics: Great Food, Great Prices!

by Raquel Dadomo, Brand Manager



Save money or eat good food? Do BOTH! We've LOWERED PRICES on some of your favorite products! Our new Co+op Basics program offers a variety of popular, affordable grocery and household staples – the building blocks for hearty meals and day-to-day living.



Why shop somewhere else when you can get what you need at the co-op for the same price or less? We're working hard to give you fantastic prices on some of our best-selling pantry essentials so that you can spend your dough where it counts most for you and your family.

Remember, every time you shop at the co-op you are voting with your dollars to support our local community and participate in our BIG Direction goals of growing the co-op economy, getting more local, organic, sustainable food onto plates and making more people happy.

We might be the only grocery co-op in Texas, but with over 15,000 invested owners like YOU – we're making a difference every day in how business is done. Time to ditch the hand basket and bust out the big cart!

You'll find Co+op Basics items in every department – just look for the purple Co+op Basics logo. For a list of all the items make sure you pick up one of our purple Co+op Basics brochures at the Hospitality Desk.

Customer FAQ

What is Co+op Basics?

Co+op Basics offers our shoppers grocery and household staples at super affordable prices. We want to help stretch your dollars so that you are free to spend them where it counts most for you and your family.

How will know if something's considered a Co+op Basics item?

Every product on the list is highlighted with a round purple 'Co+op Basics' sign and shelf tag. A full list of items is available at the Hospitality Desk and on our website.

What kinds of food are included?

We've chosen some of our most popular items - the essential building blocks for hearty meals and day-to-day living. You'll find items in all departments from organic bananas and bulk rice to whole locally raised chickens!

I hate to cook! What about ready-made food?

Not all of us are born with the Julia Child gene which is why we've chosen items that are easy to prepare, like eggs, ground beef, tofu and spaghetti. For a hot freshly prepared meal, try our organic brown rice and black bean bowl with your choice of salsa for just \$1.99 at the deli counter!

Are things like shampoo and toilet paper included on the list?

Our Co+op Basics list includes household and personal care items on our Co+op Basics list as well. Look for toothpaste, soap, multivitamins and more!

Can I use manufacturer's coupons?

Absolutely! If you find a manufacturer's coupon in the paper or online, feel free to redeem it at either of our stores.

Can I get a case discount or use my Owner Appreciation Day discount?

In order to give our shoppers these great prices all year round, we are unable to allow any further price reductions on Co+op Basics items. However all purchases will count towards your patronage rebate.

Does Wheatsville accept WIC or SNAP cards?

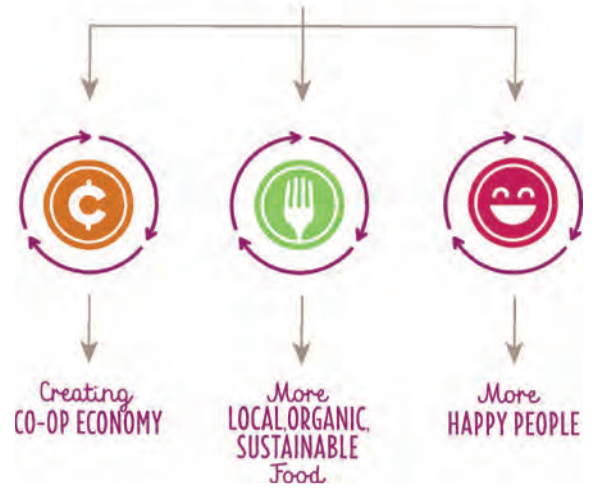
We are happy to accept Lone Star cards, but at this time are not able to redeem WIC benefits.

What else can I do to save money at Wheatsville?

Look for green Co+op Deals signs for great prices on awesome products. Owners receive additional discounts on Owner Deals – which includes 200+ more items throughout the store. Owners also receive 10% OFF one ENTIRE SHOP four times per year! We'll also give you a nickel back for every bag and container you bring in and reuse. Depending on how much you shop, all those nickels can really add up!

How do I find out about other in-store deals?

Stay in touch! Some of our best deals and giveaways are highlighted in our weekly newsletter and on Facebook, Twitter and Instagram. Follow us for all the latest news and savings! Also, make sure your address is up to date if you're an owner. We'll send you the Breeze newsletter full of information about co-op events & happenings plus occasional coupons and fliers. Don't miss out!



Let us know what you think!

Leave us a comment at the Hospitality Desk and let us know if Co+op Basics makes your shopping easier! Remember, YOU OWN IT!

Stay in Touch

Some of our best deals and giveaways are highlighted in our weekly newsletter and on Facebook, Twitter and Instagram. Follow us for all the latest news and savings! Also, make sure your address is up to date if you're an owner. We'll send you the Breeze newsletter full of information about co-op events & happenings plus occasional coupons and fliers. Don't miss out!

More ways to save!

Co+op Deals

Look for the green Co+op Deal signs to find great savings on some of our most popular products.



Owner Deals

Membership has its perks! Look for the magenta Owner Deal signs to find great prices exclusively for owners.



Owner Appreciation Days

Four times per year we offer 10% OFF ONE ENTIRE SHOP during Owner Appreciation Days.



Shop Bulk

Buy a pinch or a pound. Get a nickel back every time you use your own bag or container.



Patronage Rebates

In profitable years, owners can receive a percentage of the profits back based on the total spent at the co-op during that fiscal year.



SUPER AWESOME → 1 DAY DEALS!

DURING Owner APPRECIATION DAYS

Saturday, October 11

DR. BRONNER'S MAGIC LIQUID PEPPERMINT SOAP 32oz Reg. \$13.99 → \$8

Sunday, October 12

New! 'I OWN A GROCERY' WHEATSVILLE TSHIRTS Reg. \$14.99 → \$10

Monday, October 13

ALL PINTS OF DAIRY & NON-DAIRY ICE CREAM → 30% OFF!

Tuesday, October 14 Bulk SPROUTED ALMONDS

Reg. \$14.99/lb → \$10/lb

Bulk CHOCOLATE SPROUTED ALMONDS

Reg. \$19.99/lb → \$15/lb

Wednesday, October 15 3.2oz (excludes all other Chocolove Bars)

CHOCOLOVE ALMONDS & SEA SALT CHOCOLATE BAR Reg. \$2.79 each → 3/\$4

Thursday, October 16

BOAR'S HEAD VERMONT SHARP CHEDDAR, Yellow or White Reg. \$9.29/lb → \$5/lb

Friday, October 17

WHEATSVILLE BAKEHOUSE RUSTIC LOAF Made with 100% Organic Flour. Reg. \$3.49 each → 2/\$5

Saturday, October 18

TENDER BELLY DRY-RUB UNCURED MAPLE BACON 16oz Reg. \$10.49 → \$8

Sunday, October 19 Refrigerated

MEDITERRANEAN CHEF GRANDMA'S HUMUS (LOCAL) 9oz Reg. \$4.99 → \$3

DEAL PRICES FOR OWNERS ONLY — Not an Owner yet? Find out how YOU can become one at the Hospitality Desk.



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LOCAL, HANDMADE TEMPEH AND TEMPEH SAUSAGE

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The Hearty Vegan

heartypegan.com

100% organic ingredients non GMO, gluten-free vegan



Apple Guide

by Ralf Hernandez, Produce Coordinator



As a shopper entering the produce aisle, you are hit with a staggering variety of colors, shapes, and sizes; it really is a beautiful thing. We are very fortunate, as variety is such a wonderful privilege to have. The majority of folks have a good idea of what they like and what they are looking for when they shop. In the spirit of fun and adventure, we have developed an apple guide to

help usher you through some of the more common and popular varieties we carry at Wheatsville. You can match your preferences and needs with a different variety than your regular "go to" apple. Here they are in deliberately unbiased alphabetical order:



Braeburn

Color varies from orange to red over a yellow background. Tart/sweet flavor, with a hard/crisp texture. Great for snacking and baking.

Fuji

This variety was introduced to the U.S. from Japan in the 1980s; currently, the U.S. produces more of this extremely popular apple. Fuji's have a very sweet flavor with a hard/crisp texture. Excellent for snacking, baking, and salads.



Gala

Pinkish-orange stripes over a yellow background. Gala's are sweet, with a delicate crisp texture. These have been one of the most popular apples at Wheatsville, and are primarily used for snacking and salads.

Golden Delicious

Considered an all-purpose apple. Mellow sweet flavor with a delicate crispness. Great for snacking and baking. Really good for salads, as their flesh stays white longer than other apples.



Granny Smith

Green skin, with a really tart flavor. They have a hard/crisp texture. Great for salads and snacking. The apple for most pie bakers.

Honeycrisp

A relatively new and wildly popular apple; people frequently ask for these by name at the beginning of apple season. Excellent crisp texture with a juicy and sweet flavor. These are not as commonly cultivated as other apples (supply is lower but the demand is really high), which translates into a higher price.



Pink Lady

Vibrantly colored pink skin. Firm and crisp flesh, with a fantastic tangy/tart flavor. These are my favorite apple for snacking. They also hold up really well when baked.

Of course, throughout the season we have other apple varieties (ambrosia, Jonagold, etc.) available, but this should be a good start at broadening your apple horizons. As always, please ask your friendly produce clerk for recommendations and samples.

Staff TOP 10 PICK



JIMMY DAWSON: OPERATIONS LEAD, GUADALUPE

1. Wyman's of Maine Frozen Wild Blueberries

GET YOUR SMOOTHIE ON Y'ALL



2. New Belgium Brewery Ranger

22oz A BIG HOPPY IPA FOR LESS THAN \$2.75? YES PLEASE.



3. Teton Waters Ground Beef

100% USA, 100% GRASS FED AT A GREAT PRICE

4. Guayaki Lemon Elation

24 HOURS TO GO, I WANT TO BE ELATED



5. Lakewood Organic Pineapple Coconut Juice

BLEND WITH FROZEN MANGO AND BANANAS. OR RUM, YOUR CHOICE.



6. Wheatsville Deli Beans and Rice

THE BEST LUNCH DEAL ANYWHERE

7. Silipints WV Pint Glasses

PACKABLE, UNBREAKABLE PINT GLASSES. PUT ONE IN YOUR BACKPACK.



8. Yellowbird Sauce

AMAZING LOCAL HOT SAUCE. PUT SOME BIRD ON IT!



9. H&J Eggs

FRESH, LOCAL, AND RAISED WITH CARE.

10. South of France Lemon Verbena Soap

BECAUSE I LIKE TO SMELL LIKE AN ENGLISH GARDEN



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Local Vendor Profile: Mediterranean Chef (Grandma's Humus) by Chris Moore, Bulk & Chill Coordinator

Nikki Kaya, the chef owner of The Mediterranean LLC, emigrated from Istanbul in 1995 after studying Chemical Engineering and working in both Swiss and American nutritional analysis laboratories. Then she began her career in the food

industry, working up to Food Service Director for corporate accounts, while simultaneously enrolled in French culinary education. She now brings authentic Old World Mediterranean cuisine to your table.

Grandma's Humus has been around Austin about nine years, and for the first three years it was Nikki herself delivering to all the locations around town. As demand grew, she was able to open a restaurant in North Central Austin and expand on her ability to provide excellent



Mediterranean cuisine all over town. She doesn't deliver in person anymore, but she is still one of our favorite people!
When I asked Nikki if she intends to develop more varieties of hummus, she said she does not deviate from Grandma's original recipe and has no plans to, either. The taste and texture is on point and it pairs perfectly with so many things.

One of our favorites is to dip baby carrots in their hummus. The sweet crunch of the carrots is wonderfully enhanced by the smooth, garlicky hummus yum. People who normally won't eat raw veggies will enjoy eating them with this hummus!



At the restaurant their kitchen is open, so while you eat you can watch them make many gallons of hummus.

As well as making delicious food, Mediterranean Chef is also concerned with the environment. They guarantee that everything in the kitchen is recycled, reused, or composted and they make a monthly donation to Ecology Action.

At Wheatsville, we love Mediterranean Chef because they are always

willing to participate in promotions and Grandma's Humus is always one of our top sellers. We are more than happy to feature Grandma's Humus as one of our Super Awesome One Day Deals during Owner Appreciation Days on Sunday, October 19, when it will be on sale for \$3, a \$1.99 savings!

Correspondence with Capital Metro RE: Route 1 Metric/South Congress Changes

CapMetro Bus Service

Earlier this year, CapMetro added new rapid bus service and made changes to local bus service. We heard from several shoppers and staff that the changes made it harder to get to Wheatsville. Because of our focus on food accessibility, the Board of Directors has submitted the following comments and suggestions to CapMetro on behalf of our owners, shoppers and staff.

If you have been affected by the recent CapMetro bus service changes in front of Wheatsville Food Co-op at 3101 Guadalupe, please send your comments to feedback@capmetro.org or call Lawrence at CapMetro (512) 369-6272.

To: Ms. Laurie Shaw, Capital Metro Planning and Mr. John-Michael Cortez, Community Involvement Manager
2910 E. 5th St., Austin, TX 78702

Dear Ms. Shaw and Mr. Cortez,

On behalf of the Board of Directors of Wheatsville Food Co-op, I am contacting you to express the Board's concern about recent changes to the Route 1 Metric/South Congress bus schedule. These concerns have previously been shared with Capital Metro by our Operational Team as well as by individual co-op consumer-owners. As a result of the schedule change, the city buses on this route do not stop in front of the Wheatsville store at 31st and Guadalupe as frequently as they did under the previous schedule. *Decreasing the frequency of this local bus service has made it difficult for our consumer-owners and employees to rely on public transportation to travel to the store, and has actually limited, rather than expanded, access to Wheatsville Food Co-op.*

As a consumer-owned co-op, Wheatsville exists to serve the needs of our more than 15,000 owners in Austin. Many of these consumer-owners take public transportation to perform the basic function of grocery shopping. In addition, Wheatsville's employees rely on public transportation to get to work. As an Austin employer and grocer, the Wheatsville Board supports finding a resolution to this issue. Therefore, I respectfully ask that Capital Metro planning:

- 1) Address the timing issues for the 1M and 1L buses in the Guadalupe corridor to provide a shorter time frame between local buses to accommodate consumer-owners, employees, and citizens shopping in the community; and
- 2) Consider adding 31st and Guadalupe as a MetroRapid station to enable Wheatsville's consumer-owners, employees, and other customers to access the store and other IBIZ destinations.

The Board appreciates the great service that Capital Metro provides to our city and recognizes the importance of creating a comprehensive city transit system for our rapidly expanding population. That said, our Wheatsville customers have been vocal about how the schedule change has impacted their lives. Below are some of the comments we have received from our consumer-owners about the changes:

"I am a Wheatsville Coop Owner who works at UT and lives in North Central Austin. In the past, I would sometimes take a bus to Wheatsville and shop, then get back on the bus to continue my commute home loaded with all my groceries from Wheatsville. Now because of the infrequency and unreliability of the #1 bus (as of Jan 26th changed schedule), I can no longer afford the time to do this. In fact, my personal commute time because of this change has already increased by 45 minutes per day on average, and I am only going straight up Guadalupe/Lamar 7 miles directly on a bus line."

"...I have stopped riding the local bus myself, and begun driving my car to the Transit Center, where I can catch the Rapid bus. I won't be stopping at Wheatsville conveniently on my way home from work anymore, sorry to say...The local bus is too infrequent, crowded, and uncomfortable. It remains to be seen if it affects your business, I'm afraid, but it has affected my own ability to shop at Wheatsville during the week or by bus."

CAPITAL METROPOLITAN TRANSPORTATION AUTHORITY
2910 East Fifth Street, Austin, Texas 78702 | TEL 512.389.7400 | FAX 512.469.6596 | www.capmetro.org

July 29, 2014

Reyna Bishop
President, Board of Directors
Wheatsville Food Co-op
3101 Guadalupe St.
Austin, TX 78705



RE: Route 1 Metric/ South Congress Changes

Dear Ms. Bishop,

Thank you for contacting Capital Metro. We greatly appreciate your feedback and would like to touch on the concerns you and the Board of Directors of Wheatsville Food Co-op have in regard to the recent changes to local service Route 1 Metric/South Congress that have affected your consumer-owners and employees.

The frequency level for Route 1 was reduced from 13 minutes previously, to every 26 minutes, today. As you know, the reduction in service has been replaced by the frequency level of service on MetroRapid; serving at 12 minute intervals during peak periods and 15-20 in between, serving MetroRapid bus stops. Capital Metro has addressed concerns expressed by the community related to capacity loads and unreliability of the local Route 1 Metric/South Congress by inserting extra support buses at peak travel times. This has significantly reduced the issues of unreliability noted in your letter, we continue to evaluate service levels and make changes as necessary.

Capital Metro received funding for the MetroRapid project through a federal grant, from the Federal Transit Administration. Initially, Capital Metro proposed a station at Wheatsville Co-op, but it was not approved, due to low ridership projections, comparatively to the other station locations that were chosen. However, Capital Metro has recently submitted a request to the FTA to include additional MetroRapid station locations; this location being one. If this station location is approved, it will take us approximately one year to build a station.

Capital Metro also shares in your dedication of access to healthy food for our community. We hope with improvements to Route 1 service and reliability, and future MetroRapid service, we are working with you to meet those needs. If you should have additional questions or concerns regarding this issue, please don't hesitate to contact our offices directly.

Sincerely,

Todd Hemingson, AICP
Vice-President Strategic Planning & Development
Capital Metro

In addition to serving our consumer-owners, Wheatsville is dedicated to working to ensure easy access to sustainable, healthy food. Our main concern pertains to the issue of "access," and we believe public transportation is a key component of this issue. In a recent email to our Marketing Director, Capital Metro indicated that it is "committed to making this change work for the needs of the corridor and will continue to address these as they arise." The Board appreciates this opportunity to provide specific feedback to Capital Metro and would like to be included in future discussions about this particular bus route schedule. Should you have any questions about our requests, please do not hesitate to contact me.

Sincerely,
Reyna Bishop
President, Board of Directors
Wheatsville Food Co-op

c: Mike Martinez, Chairman, Capital Metro, and CAMPO Elected Official Rep.
Linda S. Watson, President and CEO, Capital Metro
Cap Metro Customer Service Department customer.service@capmetro.org



Democracy In Action *by Reyna Bishop, Board President*

OK Co-ops! It's that time of the year when you get to exercise your right as Wheatsville owners and let your voice be heard by voting in our annual election. This year is especially exciting because we have added a few thousand (yes... THOUSAND!!!) new owners since the opening of our South Lamar store last September. That means even more Austinites to participate in our Democracy!

Up for grabs are six open seats on the Board of Directors and ten non-profit recipient slots for our Community Action Wednesdays. Also on this year's ballot is an initiative started by concerned Wheatsville Owners (and confirmed by a petition with 514 owner signatures) asking owners to determine whether Wheatsville should boycott Eden Foods products (see page 11 for a write up on both sides of this issue).

This year, voting is as easy as ever. It's also painless (and actually kinda fun)! Here are the details you need to know:

Where do I get a ballot and how do I place my vote?

You will find hard copy ballots right in this very copy of the Breeze as well as at the Hospitality Desk in each of our store locations. Hard copy ballots can be mailed or hand delivered to the store. Ballots are also available online. Just visit www.wheatsville.coop to submit your vote electronically. [Note: You will be asked for your owner number, first and last name, and (optionally) email/phone/address which may be used to help resolve any questions on the ballot should the issue arise.]

When does the election start and how long do I have to vote?

Voting starts Sunday, September 1, and ends Monday, November 3, at 5:30PM. The election results will be confirmed Tuesday, November 4th at 6:00PM at the Guadalupe Store. Confirmation meetings are always open to owners. Ballots are maintained for 30 days after the election should there be questions about the results. The election results are certified by the Board at the November Board Meeting.

I'm not familiar with any of the candidates running for the Board. How do I decide who to vote for?

This is a comment that we hear a lot from owners. We have tried to make it easy for you to get to know your candidates by providing information about them through a variety of media. On pages 8-9, you will find concise (yet informative) statements from each candidate describing themselves, their values, and why they want to serve on the board. Each candidate will also record a video statement which will be available on the Wheatsville website. Finally, you will be able to meet our candidates in person at the **Fall Owner Gathering, Sunday October 12th**. Find more information about the Fall Owner Gathering on page 1.

How do Board Candidates Get on the Ballot?

There are two ways for a person to get on the ballot.

The first is through our Board endorsement process. In order for a person to receive board endorsement the person must:

- Be an owner in good standing,
- Submit a complete application by August 1st,
- Attend a candidate orientation session,
- Attend a Board Meeting by August,
- Provide two references,
- Agree to abide by the Board of Directors' Code of Conduct, and
- Answer a series of questions about cooperatives.

NOTE: The board limits the number of candidates it will endorse to 2 per vacant seat + 1 (with a maximum of 9 total candidates per year).

The second way an owner can get on the ballot is to submit a petition signed by 100 or 1% (whichever is greater) of the owners in good standing as described in section 5.2 of the Wheatsville Bylaws.

How does the Community Action Wednesday work?

Each year, owners vote for 10 local non-profit organizations to support from January through October. Wheatsville then donates 1% of Wednesday sales (for the first four consecutive Wednesdays) to the non-profit. Owners will also have the opportunity to make additional donations to the featured non-profits throughout the year.

For a more detailed information about our voting process, you can visit the Procedures for Coop Votes Guidance Document at wheatsville.coop/images/uploads/pdfs/Procedures_for_Coop_Vote_Adopted_June_2013.pdf

Democratic participation by co-op owners is one of the cooperative principals laid out by the International Cooperative Alliance. The people you elect to the Board help to shape your co-op. These folks develop the policies that govern how the co-op is managed and they, along with your fearless Chief Executive Grocer, are the visionaries for the future of Wheatsville. Voting really does matter and we hope you will take a few minutes out of your busy schedule to submit your vote.

Board of Directors: Two Farewells and One Hello Again



Christina Fenton

Farewell from Christina

We came to Austin so that my husband could get his PhD and we always knew that we'd leave Austin once he finished. That certainly didn't make leaving any easier! Austin is a special place, and serving on Wheatsville's Board was one of the most fulfilling things I did during my 8 years in Austin.

Wheatsville is a great example of how a cooperative business can be successful without compromising its values. The Wheatsville Board is a passionate, motivated, intelligent group of people and I'm proud to have worked with them during the opening of the S. Lamar store. It has been such an amazing learning experience and I'm thankful for the opportunity.

Christina Fenton, Board of Directors



Kate Vickery

Farewell from Kate

It has truly been a privilege to serve as a Wheatsville board member for the past five years. Working on behalf of the owners of our co-op has been the single most rewarding experience of my Austin life and it is with great sadness that I say farewell. Working with my fellow board members and our amazing staff made me a stronger leader, a more skilled collaborator, and an overall better person. There is no doubt that I am taking away from Wheatsville more than I could ever hope to contribute. I encourage you all to consider running for a seat on the board – it is a singular experience that will help you understand how Wheatsville is transforming our community in fundamental and important ways. In the meantime, if you find yourselves in Houston, please drop some popcorn tofu on our doorstep!

Kate Vickery, Board of Directors



Kitten Holloway

Hello Again!

Fellow Wheatsville Owners, I was recently appointed to serve in an interim position on our Board of

Directors to help with the Board's work through the end of the year. I am honored to have been asked to serve and pledge to be present and accounted for as our Board continues to provide leadership for our cooperative.

I previously served a three year term on the Board and am currently serving as this year's Chair of the Fall Owner Gathering committee.

Our Board Members, then and now, are some of the best, brightest and most committed co-op owners! They are dedicated leaders who are passionate about putting cooperative principles into practice and ensuring that decisions are made in the best interest of Wheatsville owners. I encourage you to come to a Board Meeting and hope to see you at this year's Fall Owner Gathering!

**Yours in Cooperation,
Kitten Holloway**

Kitten was appointed at the June, 2014 Board meeting.



Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation among Cooperatives
7. Concern for Community

Help Grow New Co-ops



Food Co-op initiative

From kitchen-table conversation to grand opening, Food Co-op Initiative helps bring new co-ops to life.



Read Monadnock's story and find out how you can help communities grow new food co-ops.

foodcoopinitiative.coop/monadnock

Board Candidate Forum



NOMINATION COMMITTEE
Endorsed

Doug Addison (Incumbent)

I was motivated to run for the Board in 2009 in part by the "financial meltdown" that had recently propelled the U.S. economy into the "Great Recession," in hopes that I could somehow affect change through leadership in a cooperative business that I have long patronized. Fully acknowledging five years later that I can only take the tiniest bit of credit, Wheatsville is thriving, Austin has a cooperative business association, and the Austin City Council is exploring ways to promote cooperatives. I'm running for a third term because I think have valuable expertise to share with my fellow board members and other co-ops, insightful leadership and counsel to offer to Wheatsville's management, and responsive representation for Wheatsville owners. Personally, I am a long-time owner and 18-year Austinite raising two co-op-aware daughters with my wife in central Austin.



NOMINATION COMMITTEE
Endorsed

Deborah Ingraham (Incumbent)

I am a licensed attorney who came to Austin by way of Chicago and San Antonio in the 1990s. While in San Antonio, I discovered credit unions, which are to me a far more pleasant way to interact with a financial institution. My love of consumer-minded membership organizations began then, and continued when I moved to Austin in 1998 and discovered electric and food cooperatives. I live and work in Austin as a cooperative and government relations attorney for a trade association that represents the 74 electric cooperatives. Wheatsville became my go-to grocery store when I started using nearby businesses in the same neighborhood several years ago. My desire to use my extensive knowledge about cooperatives to help Wheatsville grow the cooperative economy and educate others about the benefits of the cooperative business model motivated me to run for the board.



NOMINATION COMMITTEE
Endorsed

Nada Lulic

We joined Wheatsville when we arrived in Austin in 1993. We sought a reliable, stable, source for organic and local foods, with a mindful approach to product selection. Wheatsville provided a consistently positive shopping experience, and we kept coming back, even after other sources for healthy food were available. Cooperatives offer an opportunity for a humane way to manage a for-profit business. Democratic, transparent, decision processes empower customers and employees in their relationships with the organization in significantly different ways than corporations. I am interested in serving on the Board to apply skills gained from 20 years in corporate Human Resources to support a way of doing business more aligned with my values, and to continue to learn more about Co-ops. Wheatsville is doubly exciting because it sells healthy food, promotes a strong local food economy, and conducts business in ways that build local economy and community.



NOMINATION COMMITTEE
Endorsed

Marshall Reid

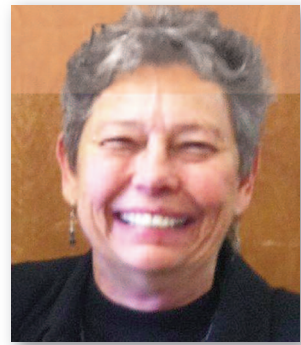
For most of my life, I disliked grocery shopping. I had to become a member of Wheatsville to realize how unhappy I was with this daily chore. Wheatsville is not another grocery store: its culture, cooperative business model, and the values that go with it make Wheatsville a valuable and unique part of our community. You can tell the first time you visit. Recently Wheatsville crossed an important threshold with the opening of the South Lamar store, but I know from experience that with growth comes risk and complexity. I wouldn't want to see Wheatsville, like so many other companies, lose its way as it grows. My motivation for running for the Board is to help Wheatsville stay true to its core values and its culture as it navigates a new course of expansion amid a rapidly growing Austin community.



NOMINATION COMMITTEE
Endorsed

Reyna Bishop (Incumbent)

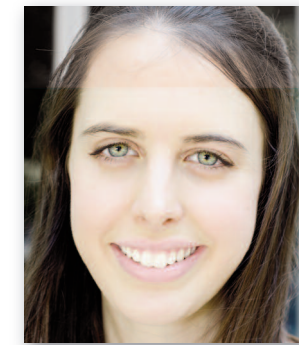
During my eleven years in Austin, I have been a business owner, employee, parent, citizen, voter, and consumer. In each of these roles that I share with so many of you, I keep looking for the "better way." Being on the Wheatsville Board for the past 4 years has done much to shape my view of what "better" looks like. Because of my work with Wheatsville, I now have a more solid concept of what democratic participation can look like. Rather than feeling hopeless about the sociopolitical wrongs articulated by the "Occupy Wall Street" Movement, I feel hopeful because co-op provides a proven alternate business model that can and is being replicated. When I was recently job searching, I thought about Wheatsville's amazing work culture and that highly influenced my choice of workplace. Better is about quality. It is about people, relationships, justice, and choice in our every day lives.



NOMINATION COMMITTEE
Endorsed

Kitten Holloway (Incumbent)

I am a University of Texas graduate and my work in public health has given me a great appreciation for our community. I believe Wheatsville embodies the spirit of Austin. We care for our neighbors by contributing to local organizations. Our stores operate in ways that support our environment. We purchase products from companies that engage in fair trade practices. We value our employees by paying them a fair wage, providing benefits and creating a work environment that encourages initiative and ownership of customer satisfaction. I had the privilege of working on the Board as we planned for the opening of our second store. I am motivated by the belief that Wheatsville does and will continue to have a positive economic and societal impact on our community. I would like to lend my skills and experience in service of the cooperative principles and values that foster this transformation of society.



NOMINATION COMMITTEE
Endorsed

Allison Maupin

Wheatsville is more than simply a grocery store to me – it is a second home. I did a lot of soul-searching upon graduating from UT. I wanted a job that conformed to my ideals and provided a sense of community. After researching job openings in Austin, I realized that the only place I truly wanted to work for was Wheatsville. Nearly one year ago, I was hired as a cashier for the Guadalupe location. Wheatsville has exceeded my expectations – I cannot fully express my gratitude. Because I am so attached to my coworkers and the customers I see each day, I long to see Wheatsville and the cooperative community flourish. I would cherish the opportunity to apply my experiences with other cooperative and consensus-based organizations, namely, ICC and Bikes Across Borders, and the problem-solving skills I developed from a degree in physics, to further a community I love.



NOMINATION COMMITTEE
Endorsed

John Turlington

My wife and I initially became members shortly after we moved to town from Washington, DC six years ago. I am very motivated by food issues, specifically the slow food movement, and have sought out opportunities to help move my community forward. Specifically, I have enjoyed my time volunteering with the Sustainable Food Center, working at the East Farmer's Market in their "Taste Tent" where I prepare and serve locally-sourced produce for customers – many of whom are tasting certain foods for the first time. The smiles on their faces, especially the children, are priceless. In this same way of bringing good food to my local community, I became interested in joining the Wheatsville board in order to help this process on a larger scale. Wheatsville's core principles and values are aligned with my own, and I hope to be able to serve my community in this capacity.

	Doug Addison	Reyna Bishop	Deborah Ingraham	Kitten Holloway	Nada Lulic	Allison Maupin	Marshall Reid	John Turlington
1. What role do you think Wheatsville will play in Austin's future?	A big one. With a second store entering its second year of operation and more stores to come, Wheatsville is expanding its influence beyond the North University neighborhood to greater Austin. In the years to come, Wheatsville will have a growing impact over not just the food Austinites eat, but the type of businesses and economy Austin has.	Wheatsville will set the bar for what responsible and caring business looks like. As more people experience Co-op, they will demand things like better customer service, better work culture, more input into the ways companies conduct business, responsibility to environment and community, equitable distribution of wealth, and higher quality products.	The addition of the second Wheatsville store on South Lamar signals the cooperative's intention to reach out to other communities in Austin. Wheatsville's expanded presence in the city will improve the nutrition of more Austin citizens and enhance the city's economy by creating more jobs, more healthy, ethical food choices, and a more empowered community.	Wheatsville will play a role in gaining the support of City Leaders to create tangible avenues for the development of cooperatives in Austin. Wheatsville will model the 'economic engine' that drives a robust cooperative economy by growing our organization and providing support and guidance to developing cooperatives.	Wheatsville's expansion will help Austin grow in positive ways. In addition to providing fresh, healthy food, a great place to work, and community centers, Wheatsville is in a position to anchor development of a robust co-op economy in Central Texas and support remedying structural economic inequality.	Wheatsville will continue to expand its role as one of Austin's most influential cooperatives by acting as a resource and an example for budding cooperatives, while remaining a tremendous supporter of local and organic businesses. I can't wait to see it happen!	The need for affordable, healthy, organic and local food will continue to grow and Wheatsville remains one of the few options available. I see Wheatsville as a leader and an advocate for current and newly formed cooperative businesses in Austin and the values they represent.	I predict that Wheatsville will be a huge catalyst for the town's food future. Due to the co-op's increasing presence in Austin - through membership and stores - I see an increased role for local farmers, and more empowerment of the owners to nourish their community with good food and quality service.
2. In what ways are you working to contribute to and improve the Austin community?	In addition to my five years on the Wheatsville board, I assist several Austin non-profits and advocacy groups in my day job as a freelance web developer. I also serve on the board and planning committee for the annual Austin Funky Chicken Coop Tour.	I strongly believe the work that I do alongside the talented Wheatsville directors and staff will have a far-reaching impact on the Austin community. Without responsible businesses paying fair wages, treating consumers and employees with respect, and the stability of locally invested companies, we are in trouble.	I am thrilled to serve on the Wheatsville board of directors and enthusiastically support the expansion of the cooperative economy and Wheatsville's mission to "create a self-reliant, self-empowering community. . ." In addition, I donate to Meals on Wheels, the Austin Children's Shelter, and Safe Place, and reach out to women and struggling single mothers in my community to offer help and practical guidance on self-empowerment.	Recycling, water conservation, consistently voting in local elections, staying abreast of issues that impact Austin neighborhoods, and shopping at Wheatsville!	I support Hill Country Conservancy, The Trail Foundation, KUT, Sustainable Food Center, and work local and statewide elections, including voter registration and GOTV. I have served as Ride Guide for the Texas Mamma Jamma Ride since 2008; as the 2013 Volunteer Coordinator, I recruited and managed 120+ volunteers.	This past year, I have helped a community ensemble collaborate with local composers to perform new works (my other degree is in classical music composition). I also intend to create a non-profit website that encourages community gardening within the next few years. Should be fun!	Now that my kids are older, I have more time to give back to the community. I volunteer weekly to deliver meals as a driver for Meals on Wheels. I participate in fundraising activities at my son's school. And I regularly support local farmers and purveyors at the Mueller and Downtown farmers markets and through CSA.	Having been a volunteer with local organizations focusing on food (SFC), health (Kelly Davidson Foundation), homelessness (Back on My Feet), and children (B&GC), I find it very gratifying to utilize my abilities to help those in need and affect lives in a positive way.
3. If you can find healthy, organic food at another grocery store, why choose Wheatsville?	As a cooperative business, Wheatsville offers three distinctions that set it apart from other grocery stores: ownership, values, and community. Wheatsville promotes better citizenship and democratic participation in its customer-owners. It places values that are important to me on equal or higher footing than profit. And Wheatsville strengthens our community by being a truly locally-owned business.	Simply stated, I trust Wheatsville. Wheatsville's success proves to me that it is possible to be efficient, profitable, and well run without sacrificing values for the bottom line. Wheatsville exists to be an excellent grocery store AND to be the economic engine for positive change.	I choose Wheatsville because as a member I have a sense of belonging and greater control over the organization through my vote for the board of directors. I can't vote for the leadership of other grocery stores – organic or not. I also want to support Wheatsville's mission to create a transformed, empowered society.	I trust the products at Wheatsville. The employees who work at Wheatsville aren't just friendly, they genuinely care about owners. I like being an owner and having a voice in an organization that gives back to the community, buys local and values their employees.	The shopping experience and a commitment to spend my money in businesses aligned with my values. The team at Wheatsville is knowledgeable and friendly. The food selection is consistently high quality. Wheatsville engages responsibly with the community economically, and socially, demonstrating a long-term commitment to its mission.	Unlike other grocery stores, Wheatsville aims to support the local community. Wheatsville treats employees kindly (I know this from personal experience!), does charitable work with the profits, and intends to promote a just society free from exploitation.	I choose Wheatsville because it is affordable and I enjoy shopping there. Wheatsville feels like a neighborhood market. I appreciate the smaller, easier to navigate stores and don't feel like I'm sacrificing on selection. The staff stocks high-quality foods and ingredients so I don't miss the plethora of brands found at "big box" stores.	The reason I initially choose to become a member of Wheatsville was because of the sense of community in the store. You can go anywhere to buy your groceries, but if you want to part of something greater, Wheatsville is the best option. It's why I love being a member.
4. Which of the 10 cooperative values resonates with you most, and why?	Self-responsibility — We are all accountable for the choices we make about the lives we live. Democracy — In cooperatives, we can practice a concept that seems to have atrophied in other spheres of society — equal participation. Social Responsibility — Our business enterprise and organizations (not just cooperatives) are obliged to operate for the benefit of society at large.	Social-Responsibility. In an era where government often protects the rights of corporations over the common good, I think it is increasingly important for business to take responsibility for their impact on the communities within which they operate, on the people they serve, and on the environment.	The value of self-help resonates with me most. Many goals in life are met with a "no" or "it can't be done." The way around such roadblocks and narrow-minded thinking is to cooperate with others to create choice and change in the marketplace.	Social Responsibility. Because I believe that everyone has an opportunity to contribute; and that if we all contribute in some way to the betterment of our community, we truly can bring about a change that could 'transform society' where we live, work and play.	Social Responsibility articulated as fundamental value, not as an afterthought, is inspiring. The way a business relates to the community is as important as what it provides. Consistent practices (i.e., Community Action Wednesdays) ensure investment in supporting organizations that promote a healthy society, ultimately changing the world for the better.	Social responsibility drives most of my routine choices, such as eating ethically, reducing waste, donating to non-profits, and using eco-friendly means of transportation. I would like to personally apply principles of social responsibility to a larger scale - let's change the world, one cooperative at a time!	It is hard to pick one but I would say "social responsibility" . A lot of companies talk about this but so few put it into action. One of the strengths of a cooperative is the ability and willingness to consider the needs of the community (not just the shareholders) when making decisions.	Caring for others. It is the most basic of human connections that makes a successful co-op what it is. There has to be a mutual caring on every level - from the farmers to the members to the staff to the board - that allows the community to thrive.



Wheatsville 2015 Election Ballot

Voting begins Sept. 1 and ends 5:30 pm, Nov. 3, 2014
All Wheatsville Owners are eligible to vote. You must include your name, address, and owner card number. All information is confirmed and confidential. **One owner per ballot, please.**

Name _____
Address _____
City _____ State _____ ZIP _____
Owner card # _____
Phone _____
Email: (optional) _____

Board of Directors

Vote for SIX candidates to fill: 6 terms.

All candidates have been endorsed by the Board Nominations Committee. Candidate Forums available at wheatsville.coop, the Hospitality Desk, & in the Breeze.

- Doug Addison** (incumbent) _____
- Reyna Bishop** (incumbent) _____
- Deborah Ingraham** (incumbent) _____
- Kitten Holloway** (incumbent) _____
- Nada Lulic** _____
- Allison Maupin** _____
- Marshall Reid** _____
- John Turlington** _____

Community Action Wednesdays

Vote for TEN local organizations.

Organizations with the most votes will be assigned a month in 2015. November and December of each year are reserved for the Wheatsville Cooperative Community Fund.

Note: Selection of Community Action recipients is by non-binding vote providing advisory input from the owners to Board and management.

- _____ **Any Baby Can**
Family education, therapy and support services.
- _____ **Austin Children's Services**
Shelter & transitional living for children, youth & families.
- _____ **Austin Pets Alive!**
No-kill animal shelter, run almost exclusively by volunteers.
- _____ **Capital Area Dental Foundation**
Expands access to dental care in Austin.
- _____ **Capital Area Food Bank**
Distributes food and groceries throughout Central Texas.
- _____ **Center for Child Protection** Reduce trauma during investigation/prosecution of crimes against children.
- _____ **Dub Academy**
Instruction in electronic arts & technology-based music.
- _____ **Ecology Action of Texas**
Environmental advocacy group and recycling center.
- _____ **Farm and Ranch Freedom Alliance**
Supporting independent family farmers food systems.
- _____ **Farmshare Austin**
Teaching aspiring farmers business and technical skills.
- _____ **Foundation Communities**
Creating housing where families succeed in Austin and North Texas.
- _____ **Giving Austin Labor Support (GALS)**
Support to empower women through birth experience.
- _____ **Growing Roots**
Hands-on info, resources & support for special needs families.
- _____ **Hospice Austin**
Hospice care & health care for terminally ill persons.

- _____ **Inside Books Project**
Providing reading materials for the incarcerated.
- _____ **Literacy Coalition of Central Texas**
Supports/coordinates high-quality literacy services.
- _____ **Marbridge Foundation**
Residential community for adults with cognitive challenges.
- _____ **Mariposa Pathway**
Program empowering disadvantaged & at risk young women
- _____ **Meals on Wheels and More**
Prepares and delivers healthy meals to homebound persons.
- _____ **Mobile Art Program (MAP)**
Delivers art activities to seniors and disabled adults in Austin.
- _____ **People's Community Clinic**
Non-profit, primary health care facility.
- _____ **Project Transitions**
Hospice care, transitional housing and HIV/AIDS services.
- _____ **SafePlace**
Safety for those affected by sexual & domestic violence.
- _____ **Sustainable Food Center**
Cooking classes, nutrition education & farmers markets.
- _____ **Small Green Tech Academy**
AISD public middle school for Environmental Sciences.
- _____ **Urban Poultry Association of Texas, Inc.**
Education on the benefits of raising poultry.
- _____ **Urban Roots**
Sustainable agriculture internships for Austin youth.
- _____ **WE VIVA**
Fitness and nutrition programs for low-income communities.

Owner Petition

Wheatsville should discontinue selling products from Eden Foods.

Yes _____ No _____

Submit ballot at the Hospitality Desk or mail to:
Wheatsville Food Co-op, Attn: Election
3101 Guadalupe St, Austin TX 78705
or vote online at www.wheatsville.coop

Make It Count: Tips & Guidelines for Voting by Erica Rose, Ownership & Outreach Coordinator and 2015 Vote Coordinator



Last fall, owners submitted 614 votes in the Wheatsville Election. With two stores and over 15,000 Owners, we are confident we will far surpass that number and are striving for another enthusiastic turnout of participative co-op owners. Here are some tips to ensure that your vote is tallied correctly and we have another successful election!

Tip #1 – Voters Must be Current Co-op Owners

Democratic control of the co-op is a benefit outlined in the Cooperative Principles and is reserved for co-op owners. Encourage your family and friends to join so they can participate in the election, too!

Tip #2 – Ballots Must Contain the Voter's Name

While we maintain the anonymity of the votes, **all ballots must have a name listed to verify against our owner database.** Voters should use the same name on their ballot that is listed on the ownership account. Using alternate names or nicknames can impede the verification process and may prevent your vote from being tallied. Ballots missing a name or those that are cast by non-owners will be declared invalid.

Tip #3 – One Name per Ballot

If you live in a household with more than one owner, each owner should submit a separate ballot. If more than one name is placed on one ballot, it may be difficult to determine if both owners intended to vote for the same candidates and/or Community Action groups.

Tip #4 – One Vote per Owner

Each owner is entitled to one vote during the Annual Wheatsville Election. Duplicate ballots will be declared invalid unless the owner contacts the Vote Coordinator and requests to cast a replacement ballot.

Tip #5 – Be Thorough

Filling out all the contact information on the ballot may help the Vote Coordinator contact you should there be a problem with your ballot. It is also a convenient way to update the contact information on your ownership account.

Note: When a ballot contains errors, the Vote Coordinator will make attempts to contact the voter before officially declaring it invalid. We want to make sure that every owner receives the opportunity to participate in the election!

This year we will be collecting electronic votes at www.wheatsville.coop or you can mail in the ballot included in this issue of the Breeze. Paper ballots will also be available at the Hospitality Desks. If you have any questions about voting, feel free to contact me at membership@wheatsville.coop. This will be my first year to serve as Wheatsville's Vote Coordinator and am excited to see all the votes pile in. Don't forget to remind your friends and family to vote!

Meet the Candidates at the Fall Owner Gathering Saturday, October 12th

Join us on Sunday, October 12th from 1:00 p.m. to 5:00 p.m. at the Fiesta Gardens Building and Patio located at 2100 Jesse E. Segovia St, Austin, TX 78702 for our annual Fall Owner Gathering! We are collaborating with the Austin Cooperative Business Association for a full-fledged cooperative experience.

1pm: Fall Owner Gathering Meeting Begins

Meet our board candidates, review the annual report, and reflect on the question, "Why co-op?"

2-5pm: Festivities & Fun

- a fair featuring many of our fellow local cooperatives
- tasty treats and goodies
- presentations by city candidates
- a panel of local cooperative experts
- fun entertainment for the kiddos!

EDEN FOODS: BALLOT PETITION VOTE INFORMATION

Summary of the Issue

Eden Foods is one of the oldest natural and organic food companies in North America and has been an industry leader in maintaining organic standards, directly supporting North American family farms, and providing Non-GMO assurance on all products. The brand's line of BPA-free canned beans, condiments, soy milk and pastas has been carried at Wheatsville Food Co-op since the 80s. On March 20, 2013, Eden Foods filed suit against the U.S. Department of Health & Human Services, which administers the Affordable Care Act, for the right to opt out of contraceptive coverage for its employees. Eden Foods objects to a provision of the Affordable Care Act that requires companies, if they choose to offer health insurance to their employees, to include coverage of a wide array of contraceptive choices. Here's an excerpt from **Eden Foods' statement** on the issue:

We believe in a woman's right to decide, and have access to, all aspects of their health care and reproductive management. This lawsuit does not block, or intend to block, anyone's access to health care or reproductive management. This lawsuit is about protecting religious freedom and stopping the government from forcing citizens to violate their conscience. We object to the HHS [Health & Human Services] mandate and its government overreach.



Wheatsville's Response

In response to Eden's stance, some customers have inquired if the co-op would consider pulling Eden Foods products from our shelves. As a cooperative grocery, Wheatsville doesn't pull product in response to any political issues.

Our co-op serves a very diverse customer base and there are individuals on both sides of any issue. We

believe that we can best serve our community by continuing to focus on providing healthy foods.

We also encourage our customers to vote, on this and other issues, with their dollars by supporting those companies they like and believe in. When (for any reason) products don't sell, the co-op stops carrying them.

If the products in question, such as Eden Foods, continue to sell and see no significant decrease in support, the decision on whether or not to pull products from the shelves must be made through the petition process. This process is outlined in our bylaws as a way for owners to address issues like these in an open and democratic manner.

Wheatsville's Petition Process

Below is the section in our cooperative bylaws that pertains to this process:

3.3.3 Petitions Any matter that the owners wish to put before the ownership via a Co-op Vote may be placed on the ballot by a petition signed by at least 500 or five percent (5%) of the total number of owners in good standing, whichever is fewer. Proposals initiated by such a petition shall be included in the next regularly scheduled Co-op Vote, except that if a petition is signed by at least 1,000 or ten percent (10%) of the total number of owners in good standing, whichever is fewer, then the Co-op Vote shall be scheduled to commence no sooner than thirty days and no later than 60 days from the date the petition is submitted.

In order to have this, or any other matter considered on the next ballot, Wheatsville members needed to submit a petition to the Board of Directors by August 1st, 2014 with at least 500 owner signatures. The required signatures were received and verified and so the issue is being put to a vote.

YES, Eden SHOULD be removed from the shelves.

A vote in favor of the petition means that Eden products will no longer be sold at Wheatsville. Current products would be removed and replaced by other comparable brands. The brand will not be carried until another petition to reinstate the brand is received and voted upon by owners.

Owner Editorial Opinion: REMOVE Eden from the Shelves

Fellow Wheatsville Owners, Our Mission Statement says Wheatsville Co-op seeks 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."

Carrying Eden Foods undermines that mission. As reported by Forbes and Salon.com, Eden has fought to exempt itself from covering birth control as required by law in its employee health insurance. Eden's CEO has repeatedly called birth control and fertility treatments "lifestyle drugs."

In light of the recent Hobby Lobby Supreme Court ruling, we believe it is vital that we who seek to transform "society toward cooperation, justice, and non-exploitation" and do so not only with our words, but our wallets. When we send profits to a company that prevents its employees—the people who produce the food we consume—from accessing the full spectrum of reproductive health care, we betray Wheatsville's mission.

We agree with the American Congress of Obstetricians and Gynecologists who wrote "...contraceptives are essential health care for women and should not be treated differently than other, equally important parts of comprehensive care for women, including well-woman visits...cervical and breast cancer screenings..."

Boycotts have long been effective tools for social change, including Wheatsville's use during the 1970s to support the United Farm Workers. We hope you'll agree with us, over 500 Wheatsville members who signed our petition, and thousands of other co-op members nationwide who have joined the boycott—that Eden Foods has no place in our community grocery store.

Please join us in voting YES in favor of the petition to remove Eden Foods from Wheatsville.

- Julia B.
Wheatsville Owner

Items that would be discontinued:

- Organic Pinto Beans
- Organic Garbanzo Beans
- Organic Aduki Beans
- Organic Black Beans
- Organic Kidney Beans
- Organic Cannellini Beans
- Organic Butter Beans
- Organic Blackeyed Peas
- Organic Black Bean & Quinoa Chili



- Organic Apple Butter
- Organic Edensoy Extra Original Soymilk
- Organic Edensoy Extra Vanilla Soymilk
- Organic Edensoy Unsweetened Soymilk
- Organic Pizza Sauce
- Organic Sauerkraut
- Mirin Rice Cooking Wine
- Hot Pepper Sesame Oil
- Toasted Sesame Oil
- Portuguese Sea Salt
- Gomasio & Garlic Gomasio
- Eden Shake Furikake
- Bonito Flakes
- Wasabi Powder
- Organic Hacho Miso
- Organic Genmai Miso
- Agar Agar Flakes
- Organic Kuzu Root Starch
- Umeboshi Paste
- Umeboshi Plums
- Pickled Ginger
- Ume Plum Vinegar
- Organic Barley Malt



NO, Eden products should NOT BE REMOVED from the shelves.

A vote against the petition means that Wheatsville will continue to offer Eden products for sale. If an individual product or brand has a significant decrease in support in the future, we will discontinue carrying the product.

Owner Editorial Opinion: KEEP Eden on the Shelves

Wheatsville Owners, Customers, and Wonderful Staff,

I should state first how sensitive I am to the cause of a Woman's Right to have choice, particularly the subject of birth control and contraceptives. I am hoping one day for better quality, more access and cheaper medical care for every woman who chooses it.

The problem with barring Eden Foods from Wheatsville over their recent suit versus the ACA's mandating of certain prescription contraceptives, is that it misjudges what the government's role in our lives should be, and if it prohibits this American-made company from acting with a conscience it can truly stand by, then it's done something no other competing food conglomerate has ever could. The fact is Eden has been one of the foremost leaders in using non-GMO sourced ingredients, nurturing a network of over 300 American organic farms, and offering unprecedented product transparency to consumers in an increasingly cloaked organic food market. In the fight for food, they are our best ally.

Eden Foods isn't acting against Women's Rights; Eden Foods has stated that under their previous insurance (pre-ACA) they had opt-in/opt-out clauses for all their employees, and 66% of Eden employees chose to opt-out of prescription coverage. Eden is taking a stand against a government who wants Eden to foot the bill for mandating in opposition to its family principles, but it is not opposing a woman's choice. How many female farmers and Eden employees do we plan on putting out of a job by banning them? Why further shrink the availability of high-quality organic foods in an already polluted market? Shouldn't consumers have choice, too?

Let's vote to keep true quality, non-GMO pioneers like Eden on our shelves!

-Kevin M.
Proud Wheatsville Owner



Red Rabbit Cooperative Bakery: We Love Them!

by Lisa Weems, Kitchen Supervisor



your-mouth apple fritters. We love that they now deliver to Wheatsville seven days a week so that owners and staff alike can get a daily fix of the aforementioned goodies. Best of all, we love that Wheatsville has been able to contribute to the thriving Austin cooperative community by helping Red Rabbit become a successful and growing business.

According to Cathy, one of Red Rabbit's co-founders, the co-op got started after she watched Michael Moore's documentary *Capitalism: A Love Story*, which included a segment on the Alvarado Street Bakery, a worker-run cooperative in California. Cathy was working in a corporate-run commercial bakery at the time and found the business model less than satisfying. "I was tired of working in jobs where I was told what to do by people who had no idea of what my job entailed. Who knows better about how to make work flow more efficiently and effectively than the people actually doing the work?"



The very next day, Cathy approached a number of baker friends about starting a worker-owned bakery.

Though she found several like-minded colleagues, none of them had any idea of how actually to start a cooperative. Enter Cooperation Texas, a non-profit based in Austin whose sole purpose is to help cooperative ventures get off the ground. The Red Rabbit crew signed up for the organization's start-up course, which provided the tools they needed to get started, and they began production within six months of graduating from the course.

Other coops, including Wheatsville, have been vital to Red Rabbit's initial success and continued growth. Wheatsville was Red Rabbit's first customer and remains its largest. Black Star Co-op was also among Red Rabbit's first customers.

"There is such camaraderie amongst Austin coops," Cathy said. "It is very refreshing. One of the seven cooperative principles is 'cooperation amongst cooperatives,' which contrasts with the competitiveness that can exist between conventional businesses."

This spirit of cooperation took tangible form when Wheatsville and College Houses, another long-standing Austin co-op, helped secure a loan for Red Rabbit from Northcountry Development Fund, an organization which provides loans to cooperative businesses nationwide. With this financial support, Red Rabbit moved to a new and larger kitchen, which has allowed them to make bigger batches of their signature items as well as expand the number and variety of products that they offer. The kitchen, which Red Rabbit shares with several other local businesses, is completely vegan, offers recycling and composting, and is located less than 2 miles from Wheatsville. They've also nearly doubled the size of their staff in this new facility, contributing more co-op jobs to the Austin economy.

Most recently, Red Rabbit launched the Piña Colada donut, an airy yeast-raised donut topped with a luscious pineapple-coconut glaze and sprinkled with shredded coconut—already a staff and customer favorite! Wheatsville also proudly offered the limited edition Yellowbird donut, a sweet and spicy treat featuring our new favorite local hot sauce. The cooperative bakery has also ventured into the gluten-free arena—they are currently offering gluten-free muffins to some of their vendors and look forward to expanding gluten-free offering throughout this next year.

Wheatsville is so proud to have been part of Red Rabbit's early successes. We like to think that we have sold a good many of the over 100,000 donuts that the co-op has provided to hungry Austinites since their inception and look forward to a future of growing the co-op economy in Austin and beyond!



New at Wheatsville by Nina Norton, Category Management Coordinator



BrainJuice Natural Brain Power Shots

BrainJuice is a natural brain power and health booster, a coffee alternative without the crash, that still gives you energy and focus. Energy drinks generally sacrifice long-term energy for an immediate boost, causing mental depletion.

BrainJuice is a refreshing peach flavored 2oz liquid shot formula that contains the raw materials your

body uses to make essential neurotransmitters, which fuel thought, feeling, and muscle movement. *Locally made in Austin, Texas.*



Organic Fuel High Protein Milkshakes Vanilla, Chocolate

Organic Fuel is a nutritionally balanced, organic milk protein recovery shake designed to benefit both endurance and strength athletes. After long or intense bouts of

exercise, your muscles have lost glycogen stores. Organic Fuel, with its optimal mix of protein, carbohydrates and fats, helps your body restore glycogen levels while building and repairing muscle. Plus, Organic Fuel is made with 26 grams of high quality whey and casein proteins (which occur naturally in organic milk). This means you're getting all the essential and branch chain amino acids necessary to increase protein synthesis, which helps you recover faster, feel less sore the next day, and make sure your body is performing at its peak. And because Organic Fuel is made only with the most wholesome, organic ingredients, you know you're getting everything you need and nothing you don't.



Dreaming Cow Cream Top Grass Fed Yogurt

Vanilla Agave, Honey Pear, Maple Ginger, Strawberry Pomegranate, Cherry Chai, Blueberry Cardamom, Plain

Dreaming Cow Creamery has a very cow-centric core philosophy: take care of the cows and they will take care of you. Dreaming Cows reside in Jumping Gully Dairy, one of three family owned, grass based, New Zealand-style rotational grazing dairies. Located in Southern Georgia, they have an ideal climate that allows their cows to graze year round on lush green pastures. Grass-fed cow's milk is packed full of Omega-3 fatty acids and vitamins, and this yogurt is full fat (including a delicious layer of cream on the top) so all that good stuff doesn't become diluted. This style of yogurt contains two very important proteins: whey (quickly digested into amino acids) and casein (digested slower, providing a delayed source of amino acids). Greek style yogurt actually strains out the whey proteins to create the thick texture that it is defined by. Additionally, Dreaming Cow is a source of Omega-3 Fatty Acids, a direct result of the grass-fed diet the cows are provided.



Love Grown Foods Power O's Cereals Original, Honey, Chocolate, Strawberry

Love Grown Foods Power O's will revolutionize your breakfast.

Made with navy beans, garbanzo beans, lentils, and brown rice, Power O's are a powerfully nutritious cereal and a great way to power up your day! Low fat and cholesterol-free, these legume-based cereals also offer a good source of fiber and 4-6 grams of protein per serving. Love Grown Foods prides itself on the quality of its products and that they are made with all-natural, nutritious and high-quality ingredients. All varieties are free of GMOs, high fructose corn syrup, wheat, soy, dairy, tree nuts, corn, and potato ingredients (however, they are manufactured in a shared facility with some of those allergens).

Rise Protein+ Bars

Almond Honey, Crunchy Carob Chip, Sunflower Cinnamon, Lemon Cashew

Rise Protein+ Bars are designed to make good workouts great.



Each bar is a super clean formula that delivers a big protein boost with five ingredients or less, all of which are familiar whole food ingredients, including high quality protein from both vegan (pea protein) and dairy (whey protein) sources. Each bar has 15-17g of protein, which is pretty significant for plant-based protein bars in particular. All Rise bars are gluten free.

Barnana Organic Chewy Banana Bites

Original, Chocolate, Coconut, Peanut Butter

Barnana makes delicious, healthy snacks from raw, organic, dehydrated bananas. It takes 11



pounds of fresh bananas to make 1 pound of the dried bites, which are sweet, soft, and chewy. While an excellent snack any time, Barnana bites are especially great for workouts, since the natural sugars in bananas provide steady energy without the highs and lows of refined sugar. Additionally, each whole bag provides 70 percent of the recommended daily allowance for potassium, which helps fend off muscle cramps. All varieties (even the chocolate and peanut butter covered) are gluten free, high fiber, non-GMO, and free of preservatives, sweeteners and additives.



5th Annual Non-GMO Month

by Niki Nash, Packaged Manager

October 2014 marks the 5th annual Non-GMO month at Wheatsville and it is set to be the best one yet. Non-GMO Month was created by the Non-GMO Project as a platform for raising awareness of GMO issues. The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. I'm excited to say that in the past 5 years, the Non-GMO Project has certified over 20,000 products, many of which can be found in the aisles of Wheatsville.

The process is considered North America's first consensus-based standard for GMO avoidance. Compliance to the standard is assessed through the Product Verification Program. Although you may see other "non-GMO" claims on products, the "Non-GMO Project Verified" Seal is the only one backed by independent, third party verification, according to a consensus-based standard. A tremendous outpouring of verification requests has caused the Non-GMO Project to expand their verification capacity in August 2014 by training additional certification bodies.

"We currently have more than 2,200 participating brands, and are receiving an average of 70-80 new verification inquiries every week," says Megan Westgate, Executive Director of the Non-GMO Project. "By offering multiple technical service providers for verification, we're ensuring that every company seeking Non-GMO Project Verification has options and gets the support they need."

From larger-scale businesses like **Kettle Foods** and **Cal-Organic** to smaller, local companies like **Hummusphere** and **Thunderbird Energetica**, the Non-GMO Project is dedicated to timely, accurate assessment of every product submission. Look for the Non-GMO Project Verified seal on hundreds of items at Wheatsville; there are exponentially more than when we celebrated the first year of Non-GMO month.

If you would like to see verification on your favorite product, contact the company and provide them with information on the process. The small vendors I have spoken with about it say that the verification process is affordable, clearly laid out and relatively easy to do.

At Wheatsville we'll be using enlarged versions of the verification seal on products in the aisles to increase awareness as well as hosting demos, providing product samples, creating displays and featuring great sale prices on Non-GMO Project verified items.

Ways to Get Involved

1. Vote with Your Wallet

When you are shopping look for the Non-GMO Verified seal on the products you buy. To find out if a product is verified you can also use the online Product Search to easily search the products currently verified by the Non-GMO Project.



2. Donate

The Non-GMO Project is a 501(c)3 tax exempt organization. Your financial support is tax-deductible, and helps to ensure that they can continue working to provide safe, healthy food choices. They will gratefully accept donations of any size. Donate now and help support clear labeling.

3. Encourage Your Favorite Brands to Participate

If a brand you love is not verified, let them know about the verification program. Use your voice to help ensure a non-GMO food supply.

4. Stay Informed

Read the Non-GMO Project Blog and follow them on Facebook and Twitter to keep up-to-date on the latest news on GMOs. For the most recent updates on state and national Non-GMO legislation visit righttoknow-gmo.org

WHAT ARE GMOs

GMOs, or "genetically modified organisms," are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from divergent species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit. Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers' and consumers' rights.

ARE GMOs SAFE TO EAT?

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the



European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.

Staff TOP 10 PICK



ANTHONY BERTALOTTO, FRONT END SUPERVISOR, S. LAMAR



1. Skull and Cakebones Gluten Free Bing Bongs

SUCH A SWEET TREAT AND GLUTEN FREE!



2. Daily Greens -Harmony

A WONDERFULLY REFRESHING DRINK!



3. High Brew Mexican Vanilla Roasted Coffee

NEVER HAVE I TASTED SUCH AWESOMENESS IN A CAN!

4. Wheatsville Popcorn Tofu

A TASTY LEGEND!

5. Austin East Ciders

BEST HARD CIDER, HANDS DOWN!



6. Mom & Pop's Strawberry Lemonade Popsicles

PERFECT TREAT FOR MY DAUGHTER. . . AND MYSELF.



7. Uncle Eddie's Oatmeal Chocolate Chip Cookies

I LOVE COOKIES AND THESE ROCK MY WORLD!



8. Late July Restaurant Style Chia & Quinoa Chips

THESE CHIPS REALLY HIT THE SPOT!



9. Van Dijk Dorothea Potato Chip Cheese

POTATO CHIPS AND CHEESE, TOGETHER! YES, PLEASE!

10. Pink Lady Apples

ONE OF THE BEST TASTING APPLES, EVER!



Sign up for the Wheatsville Email List!

About once a week, you'll get an e-mail from us informing you of upcoming events, new products, special deals or changes in the store.

Go to www.wheatsville.coop to sign up!

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



Organic Turkeys from Coyote Creek Farm by Mark Maddy, Meat & Seafood Coordinator, photos by Dana Tomlin



I am sure you are familiar with Jeremiah Cunningham's World's Best Eggs. They are fantastic and they come from chickens that are very well cared for at Coyote Creek Farm—a perfect addition to the Texas agricultural community since 2004. Coyote Creek's mission is to "revitalize rural middle-class family farms by teaching families efficient and effective farming practices." Their goals include "long-term sustainability, slow growth, support for local agricultural communities, and limiting our carbon footprint." All of these things speak to the heart of co-ops and that's why

Wheatsville is pleased to announce that Coyote Creek Farm is raising certified organic turkeys for us this Thanksgiving.

We will have about 100 Broad Breasted Whites available exclusively at Wheatsville. They will be raised and harvested here in Texas on the farm in Elgin. The turkeys will be fresh and range in size from about 18-24 lbs.

The poults arrived in July and we have taken our first visit to see how they are doing. They are doing great! It was also a good opportunity to see the whole farm and to see how the turkeys fit into the operation.

Raising turkeys is not much different than raising chickens...just more so. They are bigger and require more space, more feed, and take three times longer to reach maturity. Chickens take 45-50 days and turkeys take 140-150 days. Chicken houses are moved once a week to keep them on fresh pasture. The turkey houses will be moved once a day to give them access to fresh grasses and small critters that make up about 30% of a turkey's daily diet. The most substantial factor in raising animals is feed—how and what they eat is crucial to their success. It is also the most expensive.

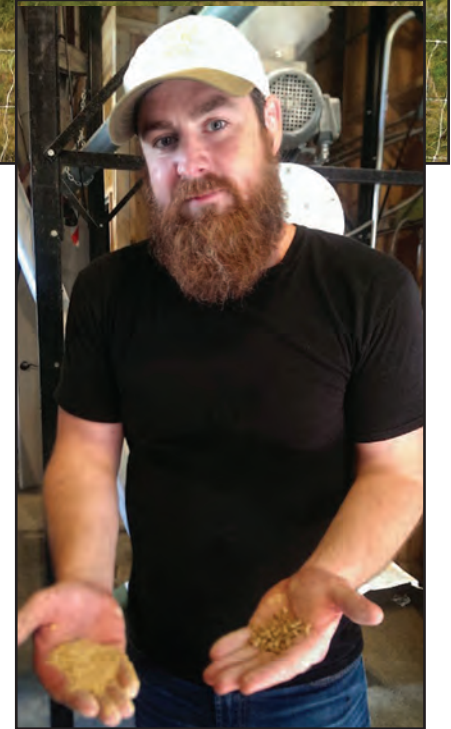


Mobile chicken shelters at Coyote Creek Farm

Coyote Creek is unique in that it's home to a certified organic feed mill. Coyote Creek maintains four organic certifications for land, livestock, processing/manufacturing, and distribution. What Coyote Creek offers to local agriculture is of major importance. The organic feed mill has helped increase organic agricultural by over 8,000 acres in Texas by providing a ready market for farms to sell their feed crops. It is the first commercial organic feed mill in the state and actually serves most of the South with its organic feed. They are branching out to Georgia to help increase organic crop production in that area by 50,000 acres, which will allow for more affordable access to certified organic feed.

Producing their own feed allows them, and other local farms who use their feed, to adjust immediately to the needs of their animals. Here in Texas, the extended hot season changes the eating habits of livestock and therefore requires different nutrition to fit those needs. In Texas, the back and forth temperature swings can make it challenging to prepare the moveable houses for cold temperatures one day and 85° the next. Acute attention to detail with a high level of adaptability makes Coyote Creek a dynamic and high functioning organic farm and feed mill. This also makes them an obvious choice for growing a local organic turkey.

We look forward to working more with Coyote Creek. Being able to see the pastures, the livestock, and the houses the animals live in shows proof the excellent care the animals receive. Knowing that the money you spend on these products is going back to the farms that raise your food and flows back into the local economy is a great way to build toward a more sustainable future.



Cameron Molberg shows us the feed



Turkey chicks in their shelter.



Organic grain hoppers.



The organic feed mill.

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the **AUSTIN MUSIC** experience

KUTX.org 98.9 fm

I ♥ Wheatsville!

Each week we capture all the love you give us—in person, on comment cards, emails, Facebook, Yelp, Twitter etc. Here are a few of the comments we've gotten that we thought would be fun to share!
Got love? We have I ♥ Wheatsville comment cards at the Hospitality Desk.

- "I may need an intervention. The fresh pizza dough at Wheatsville is so good, I've had pizza for dinner several times in the last couple of weeks, and the directions they include are spot on." Jen B
- "I was doing what I always do at Wheatsville, which was treating my shopping trip like the reunion for a big happy family. I've mentioned this in a past post— how I hardly ever get out of that place without at least a few hugs, from my fellow customers and from the great folks who work there. Thanks again, Wheatsville, for being a breeding ground for so much hippie joy!" Spike G
- "Thank you for all of the wonderful things Wheatsville and its invested owners do for our community. It is greatly appreciated!" Meals on Wheels
- "I was away for over a week and I'm glad to be back at Wheatsville, eating food I love and seeing my friends. I missed it here." Karol M
- "Great place to shop for groceries/fresh produce and it just seems to get better over the years. New second location on South Lamar seems to be following in the fine tradition of the original location on Guadalupe which has been there for years. They seem to go out of their way to promote local Austin product which I support. One of the few places in Austin where you can find Dad's Granola during the week if you run out during the week before you can get to a local farmers' market." Yelp review



Staff Spotlight- Phil Horan

by Heather Fisher, Office Admin & Payroll Coordinator



HF: What is your Wheatsville history?

PH: Started on March 13th. First day was School Day (8 hours intensive WV training day). What a wild day it was. I've been a part of the accounting team since I started.

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

PH: I'm originally from Georgia, but spent almost a decade in the San Francisco Bay Area.

HF: What is your favorite product at Wheatsville?

PH: My favorite product at the 'Ville is Great Bean Raw Chocolate.

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

PH: Playing softball on the Wheatsville squad. What a hoot.

HF: Tell me one thing that most Wheatsvillians don't know about you.

PH: I like to dance, sing karaoke, and generally cut loose.

HF: Fill in the blanks:

PH: I've always wanted to travel through time and if I had it my way, back

Sign up for the Wheatsville Email List!

About once a week, you'll get an e-mail from us informing you of upcoming events, new products, special deals or changes in the store.

Go to **www.wheatsville.coop** to sign up!



Try this at home!

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food, plus easy recipes for delicious homemade meals. See what's cooking in the Co+op Kitchen! Visit www.strongertogether.coop/coop-kitchen.



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

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is world renowned for research and conservation of Chimney Swifts. TAS spearheads conservation programs locally and supports 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. Their outreach programs educate the community about the vital connection between conservation and sustainable, healthy human habitats. www.travisaudubon.org/fieldtrips.html

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

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

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



Workers Assistance Program, Inc.
Economic Justice, Strategic Advocacy, and Community



We support Wheatsville Food Co-op!
www.workersassistance.com
512.328.8519

MORE HAPPY PEOPLE! Staff Anniversaries!

Aldia Bluewillow 31 years as of 10/30

(art coordinator)



Niki Nash 15 years as of 9/13 (packaged manager)

Greg Flores 6 years as of 9/19 (packaged clerk)

Bill Sherborne 6 years as of 9/29 (accountant)

John Davis 5 years as of 9/3 (kitchen lead)

Matthew Miller 5 years as of 9/3 (deli clerk)

Luke Huston 5 years as of 10/12 (cook)

Monica Ford 4 years as of 9/13 (hospitality clerk)

Erica Mendoza 3 years as of 9/15 (hospitality clerk)

Trey Rowell 3 years as of 9/15 (front end clerk)

Chea Fuller 3 years as of 10/6 (produce clerk)

Matt Otto 3 years as of 10/13

(front end clerk supervisor)

Kelly Spivey 2 years as of 9/24 (cook)

Nathan Vyskocil 2 years as of 10/17 (produce clerk)

Josh McWhirter 2 years as of 10/24 (front end clerk)

Daniel Gustavus 2 years as of 10/26 (operations lead)

Millie Womack 2 years as of 10/30 (front end clerk)

Jessie Rhodes 1 year as of 9/2 (front end clerk)

Jamison Miller 1 year as of 9/11 (packaged clerk)

Nathan Dixey 1 year as of 9/18 (deli clerk)

Laura Francescangeli 1 year as of 9/18 (deli clerk)

Rachel Forster 1 year as of 9/23 (facilities clerk)

Eileen Rice 1 year as of 9/23 (front end clerk)

Ryan Sharpe 1 year as of 9/23 (meat assistant)

Taryn Williams 1 year as of 9/30 (pricing clerk)

Don Breedlove 1 year as of 10/1 (meat assistant)

James Marshall 1 year as of 10/2 (deli clerk)

Marty Anger 1 year as of 10/8 (cook)

Gwen Journey 1 year as of 10/8 (front end clerk)

Lauren Castagno 1 year as of 10/8 (cook)

Walter Cassana 1 year as of 10/14 (cook)

Jim Weems 1 year as of 10/14 (cook)

Ethan Dixon 1 year as of 10/14 (cook)

Brooke Burtard 1 year as of 10/17 (baker)

Heather Fisher 1 year as of 10/28

(office admin and payroll coordinator)

Sam McDonald 1 year as of 10/31 (order clerk)

Classes & Events Register for classes by clicking through the links on our Calendar webpage.

Here's what's on deck for September and October, but check our website's Calendar Page for the most up-to-date information.

If you are an experienced, energetic instructor that would like to lead cooking demos, workshops or a hands-on fun activities for kids and/or adults, please submit your class or workshop proposal on our website.

Stay connected and informed. Sign up for our weekly email on our website www.wheatsville.com or follow us: Facebook @Wheatsville Food Co-op, Twitter @wheatsville, Instagram @wheatsville.

EVENT: Sausage on a Stick!
DATE & TIME: Monday, September 1, 12-2pm, or until sold out
WHERE: Grilling at BOTH STORES!
 Join us for housemade sausages on a stick for Labor Day! Made fresh with fresh ingredients in small batches then grilled 'til AWESOME. Just \$3 each!

CLASS: Kimchi Cooking Workshop
Instructor: Abbi Lunde
DATE & TIME: Saturday, September 6, 1pm-3pm
COST: \$35
WHERE: 4001 S. Lamar Community Room
RSVP: <http://wheatsvillekimchicooking.eventbrite.com>
 Learn how to create traditional Korean dishes using kimchi from Oh Kimchi's Abbi Lunde! In this workshop, we will celebrate Korean culture by pairing kimchi and other easy ingredients to create 4 delicious recipes, 2 traditional Korean recipes and 2 recipes with Abbi's modern twist! Abbi will start with a cooking demonstration followed by a tasting and a Q&A to finish off the class. Everyone will receive one jar of kimchi to take home and try out the recipes and recipe cards will also be provided! These recipes will make great week night meals and provide a creative way to use kimchi combined with everyday ingredients!

EVENT: Raising Arizona Sponsored by Wheatsville Food Co-op
DATE & TIME: Thursday, September 11, 8pm
WHERE: Republic Square Park
 Enjoy a great movie under the stars with your neighbors. Movies in the Park are presented by Austin Parks Foundation and Alamo Drafthouse.
www.austinparks.org/moviesinthepark.html

CLASS: Healthy Indian Cooking
Instructor: Priti Pandya
DATE & TIME: Saturday, September 13, 10am – 12pm
COST: \$50
WHERE: 4001 South Lamar Community Room
RSVP: <http://healthyindiancooking.eventbrite.com>
 This class will focus on Gujarati cuisine, which refers meals typical of Gujarat, India, a state in western India. It is primarily vegetarian, but this class will focus on vegan cooking, with gluten-free options. A typical Gujarati Thali consists of Rotli (a flat-bread), Dal (lentil soup) or Kadhi (a yogurt based soup), Rice, and Shaak/Sabzi (a dish made up of different combinations of vegetables and spices). Let's cook and enjoy some healthy Gujarati food!

CLASS: Austin Simply Fit FREE WORKOUT
DATE & TIME: Thursday, September 18, 6:30am-7:15am
WHERE: 3101 Guadalupe – PARKING LOT
 Start your morning off right with a free group training session with the best personal trainers in Austin. Let the team from Austin Simply Fit whip you into shape with a fun action-packed workout guaranteed to leave you feeling energized and strong! All you need is a yoga mat, water and a positive attitude!
REGISTER: austinsimplyfit@gmail.com.

EVENT: Magic Carpet Kiddie Time
DATE & TIME: Saturday, September 20, 10am-12pm
COST: FREE
WHERE: 4001 S. Lamar Community Room
 We're rolling out the magic carpet for co-op kids! We'll have board games for pre-schoolers through adults, a simple craft, light refreshments and a movie. Drop by for a few minutes or a couple of hours.

EVENT: MOVIE NIGHT: Food for Change
DATE & TIME: Wednesday, October 1st, 7pm-9pm
COST: FREE - Snacks & drinks served.
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillefoodforchange.eventbrite.com>
Food For Change is a feature-length documentary film focusing on food co-ops as a force for dynamic social and economic change in American culture. The movie tells the story of the cooperative movement in the U.S. through interviews, rare archival footage, and commentary by the filmmaker and social historians.

CLASS: Chocolate Making
Instructor: Bob Williamson
DATE & TIME: Saturday, October 4, 10:30am – 12pm
COST: \$25
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillechocolateworkshop.eventbrite.com>
 Ever wondered how chocolate was made? Learn how cacao is transformed into chocolate with SRSLY Chocolate's own Bob Williamson. Watch as cacao beans are cracked, winnowed and refined into chocolate. Taste some fantastic chocolates from SRSLY Chocolate while we learn about cacao's history and impact, past and present. Learn the basics, ask questions and go home with a bar of fine flavor craft chocolate!

EVENT: Fall Owner Gathering
DATE & TIME: Sunday, October 12, 1pm-5pm
WHERE: Fiesta Gardens
 Owners are invited to attend our annual shareholders meeting at Fiesta Gardens. This year we are collaborating with the Austin Cooperative Business Association for a full-fledged cooperative experience. Meet our board candidates, review the annual report, and reflect on the question, "Why co-op?". Fun, festivities and food to follow!

CLASS: Vegetarian Indian Cooking 101
Instructor: Vasavi Kumar
DATE & TIME: Saturday, October 18, 11am-1pm
COST: \$35
WHERE: 4001 South Lamar Community Room
RSVP: <http://vegetarianindiancooking.eventbrite.com>
 Whether you've been a vegetarian for years or want to bring some new flavor to your dinner table, Vasavi Kumar, a graduate of The Natural Epicurean Academy of Culinary Arts will show you how easy it is to cook Vegetarian Indian dishes. In this hands-on class you will learn about traditional Indian spices and health benefits, the basics of a North Indian meal and receive step-by-step instructions on how to make popular North Indian dishes

CLASS: Kimchi Workshop
Instructor: Abbi Lunde
DATE & TIME: Saturday, October 25, 1pm-3pm
COST: \$35
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillekimchiworkshop.eventbrite.com>
 Learn how to make traditional Kimchi with Oh Kimchi's Abigail Lunde! In this workshop, we will celebrate Korean culture by using only the freshest and most delectable local produce in Central Texas! Whether you are a first-timer, or a seasoned Kimchi consumer, we'll show you how to make it just the way you like it - organic, traditional, tasty, and totally fermented! Students will receive one-on-one instruction on basic kimchi making processes, information on the history of and cultural significance of kimchi, their own handmade jar of Vegan Mool "water", and kimchi created to their own liking made during the class. Each student will need to bring the following to class:

- Paring Knife and/or Chef Knife
- Vegetable Peeler
- Cutting Board
- (1) quart sized mason jar with lid
- 2 large mixing bowls

EVENT: Travis County Early Voting POLLING LOCATION
DATE & TIME: October 27 - October 31, 8am-7pm
WHERE: 4001 South Lamar Community Room

EVENT: Travis County Election Day POLLING LOCATION
DATE & TIME: November 4th, 8am-7pm
WHERE: 4001 South Lamar Community Room



PROFESSIONAL DEVELOPMENT OPPORTUNITIES
 Come meet the brightest minds in industry through private mentoring sessions, hands-on workshops, and exhibitions showcasing the visionaries shaping our future.

REGISTER NOW FOR AN EXCLUSIVE DISCOUNT
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 Email reg@sxsweco.com with your name and member number to save \$200 off the walk-up rate.

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CHALLENGE YOUR PERSPECTIVE AT SXSW ECO



EVAN HANDLER
Speaker, Eco Awards Emcee



M. SANJAYAN
Conservation Scientist

SESSIONS SPOTLIGHT:

Practical Tools to Increase Animal Welfare in Food (World Animal Protection)

The Ag Entrepreneur: How Technology is Bringing Back the Family Farm (Fairlife, Frequency 540, Natural Prairie Dairy)



SPECIAL EVENTS

Explore your inner beast at a wildly fun closing party hosted by Nat Geo WILD, converse over dinner with leading global innovators at Springdale Farms, and help save the Monarch Butterfly at the 2014 Hackathon presented by World Wildlife Fund.

THANKS TO OUR SXSW ECO SPONSORS







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