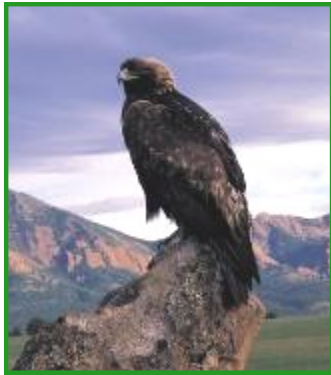


THE CO-OP CHRONICLE

July-August 2009



368 A Street
Idaho Falls, ID 83402
208-529-6993
Hours: 10 a.m. - 7 p.m.
Monday through Saturday



CO-OP BOARD MEMBERS

Shirley Rawson - 529-3132
President
Dana Swift - 528-0317
Vice President
Justin Coleman - 251-1767
Secretary
Sue Rope - 569-9067
Treasurer
Marilyn Case - 524-2567
Anne Dustin - 524-2078
Kim Remien - 419-0269
Carol Strong - 529-1608

THE BOARD MEETS ON
THE 2ND AND 4TH
THURSDAY OF EACH
MONTH AT THE CO-OP
STORE, UPSTAIRS IN OUR
LIBRARY. ALL CO-OP
MEMBERS ARE WELCOME
TO ATTEND AND PROVIDE
INPUT. WE APPRECIATE
YOUR COMMENTS.

THANKS!

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HIGHLIGHTS FROM THE BOARD

This newsletter is a great way to pass along a big "THANK YOU!" to everyone for their commitment to making the Co-op their first stop for groceries. The response we received to our short-term plan for the Co-op has been great.



First, we'd like to give some information about the financial status of the Co-op. While we're in the process of developing a Co-op fund-raising campaign for the dual purposes of retiring start-up debt and gathering member support for daily operations, we thought you'd like to know where we stand right now.



We validate all
parking!

LETTERS OR COMMENTS CAN BE
MAILED TO THE CO-OP STORE
AT: 368 "A" STREET, IDAHO
FALLS, ID 83402. EMAIL TO:
lisatobin@qwestoffice.net. YES,
WE WANT TO HEAR FROM OUR
MEMBERS AND READERS!

HIGHLIGHTS FROM THE BOARD—continued



From January through April, your continued commitment to shopping the Co-op provided us with an increase in sales that ranged from 20 - 30% in those four months. We netted sales that kept us from having to draw on a line-of-credit through most of that time.

However, starting in May, sales fell off again. In order to continue to offer a store-front for the Co-op, it requires sales of about \$4800 to \$5600/week. On a daily basis, this translates to approximately 50 customers a day spending \$15 each. We ask you to continue to make the Co-op your first stop for groceries. If we don't have what you are looking for, please let Lisa, our manager, or a member of the Board know. The Co-op can obtain and offer so many different healthy, organic foods, most often from local sources. This benefits our community and you as members. Thank you for your continued patronage, and please keep coming back!

We're also going to use this space in the newsletter to let you know the two or three top priorities for the Board at the time of publication. For instance, right now the Board is focused on three areas: determining a fair and consistent volunteer discount; providing everyone with fresh, local produce through the growing season; and having a fun, fund-raising social event later in the summer.

Let's touch briefly on each of these areas. We're looking at the kinds of work volunteers currently do for the Co-op, and we've determined an equitable way to allocate discount percents for hours worked. Look for a time in the near future when we roll out the new volunteer policy.

We're bringing in fresh, local produce by partnering with local growers. If you are a local gardener with extra produce, you can donate it to the Co-op, or you can also find a list of other places to donate on our Co-op bulletin board.

We are putting together a fund-raising event, including a pot-luck meal, in collaboration with Idaho Brewing Company, for later in the summer. Stay tuned for updates once the event is scheduled.

The Annual Meeting is coming up in the early fall. At that time, we'll also be electing new members to the Board of Directors. Please consider standing as a candidate for the 2009-2010 Board of Directors. And, if you have ideas about what you'd like to see happen with the Co-op, please let us know. You'll find the current Board members' phone numbers on the left-hand column of the first page.

Board Meetings are held twice a month, on the 2nd and 4th Thursdays at 7:15 p.m. at the Co-op. Meetings are open to members, and you can find the agenda for the meeting posted on the Co-op bulletin board a few days prior to the meeting. The Co-op belongs to all of us as co-owners. Your involvement and your voice are important!

The Co-op Board of Directors



NOTES FROM LISA

Let's talk about awareness. Our mission statement says that we provide, when available, outreach and education on sustainable products and practices. Unfortunately our budget doesn't include advertising so we are collectively working together to get our name and face out there in as many free venues as possible. The places we have been visible so far this year have included: Earthday, the Post Register, Community Garden classes, Big Brothers & Sisters golf tournament, Banff film festival, Green Days at the Home Emporium, several sponsored radio spots, and the latest will be a coupon presence at the Chukars games. I would like to thank all of you who have donated services to help with our visibility and encourage the rest of you to participate by telling everyone you know about our great co-op, or making suggestions as to ideas that will improve this community's awareness. I also serve on the board for the newly-formed Downtown Merchants Association to collectively brainstorm with the other businesses on ways to bring people downtown through advertising and events. I invite each of you to help make this community know that we are more than just a store front. We are conscientious about the environment, your family's health, and the economics of our great city and state. Please spread the health!

INTERMOUNTAIN WEST CITIZENS FOR SUSTAINABILITY

There's a new organization in town, promoting sustainability in all aspects of daily living. We are Intermountain West Citizens for Sustainability. We provide information on an array of topics including reducing home energy consumption, water conservation, gardening without herbicides and pesticides, and lowering your carbon footprint, to name a few. In addition, we announce environmental events happening in our region, particularly Idaho Falls.

Our mission statement reads: "Our demand for resources to create our lifestyle has led to overshooting the Earth's carrying capacity by 21%, worldwide. We in the United States account for about 5% of the world's population, but consume 33% of the global resources. Because we believe our children deserve an environment in which they can live, we are dedicated to creating and maintaining healthy and viable communities by employing sustainable practices throughout industry, commerce, agriculture, and management of the environment."

Please read our blog, Citizens for a Sustainable Future, at <http://citizensforsustainability.blogspot.com/> and contact us if you want to join us. We can be reached by calling Elizabeth Cogliati at 522-5752 or emailing her at morganna1812@gmail.com, or Lala Chambers at 523-5001 or by email at: mlalas@cableone.net.

RETHINK - REUSE - RECYCLE



Unraveling Hormonal Imbalance

"Hormonal imbalance" is a vague term frequently used to describe a wide array of symptoms that can be nagging and not linked to any diagnosable condition or disease. Most people may think that hormonal imbalance just occurs to women going through menopause. The reality, however, is much more complex. It can affect both men and women in their twenties, thirties, forties, and beyond, and involve different endocrine glands within the body. The "endocrine" system refers to the organs, hormones, and other neurotransmitters that control the essential functions of our body. Best known are the thyroid, adrenal, and reproductive glands. Other lesser known players include the pituitary gland, the hypothalamus, the pineal gland, the pancreas, and all the chemical messengers that are a parts of these systems. For both men and women, hormones play a role in mood, sleep, energy, digestion, skin/hair health, appetite, and temperature regulation, just to name a few. You can imagine why someone who has hormonal imbalance may not feel like themselves!

How do you determine what is out of balance?

Based on a combination of symptom patterns, health history, physical exam, and lab testing, it is possible to determine which hormones need balancing. For lab testing, a combination of saliva, urine, and blood hormones, and special metabolic panels can be ordered as needed.

What are the treatment options?

Treatment always combines nutritional, lifestyle, and supplement/hormone recommendations. Changes in diet include such things as reducing sugar and caffeine intake, adding hormone supporting foods such as flax seeds, seaweeds, and plant based oils, or balancing your ratios of proteins/carbohydrates/fats. Lifestyle changes are critical. Examples are exercise suggestions, improving sleep, stress management tools, and recognizing the mind/body connection. Finally, supplements and hormones are prescribed based on your specific symptoms. Botanical medicines, homeopathy, therapeutic vitamins and minerals, glandular based supplements, or hormones may be recommended.

Although it takes some time and patience to unravel underlying hormonal imbalances, it is possible to feel like yourself again, especially with a holistic approach.

BIO:

Chanté Wiegand is a licensed naturopathic physician. She sees patients in Driggs at Pangea Natural Health and in Idaho Falls at Cottage by the Falls Wellness Center. Cottage by the Falls, located at 558 G Street, is a new holistic center providing comprehensive wellness options for mind, body, and spirit. If you would like more information, check out our websites at: www.pangeanaturalhealth.com or www.cottagebythefalls.com, or call: 354-9579 (Driggs) or 522-7700 (IF).

The Eagle Rock Food Cooperative



The Eagle Rock Food Cooperative was founded in May 2007 and the store opened in August 2008. The Co-op is a grocery store that is owned and operated by its members. The emphasis, in the items carried, is on natural and organic products from as many local producers as we can find. Specialty items include locally roasted coffees, gluten-free products, and delicious chocolates.

Everyone is welcome to shop at the Co-op, but the strength and success of the store depends on a strong membership base. Co-op members are united with the hundreds of area families who believe in and support this successful shopping alternative.

The cost to become a member-owner is a one-time fee of \$150. Membership benefits include a 5% discount at the register, discounts on bulk and case items, and a voice in the Co-op business.

Upcoming Event

If you are interested in joining "IF Celiac", an organization that will bring together people monthly who, for health reasons, must eat gluten free: please email Amy Lientz at: amylientz@hotmail.com. The purpose of this organization is for support, education, outreach, and providing influence and awareness to local grocers and restaurants. A first meeting is tentatively planned in September, so please spread the word and join the email list to obtain new or upcoming information on this organization. Thanks so much, Amy. Phone: 208-520-7718

Celiacs

Another place to obtain information on celiacs is at: tntglutenfree.blogspot.com.

PESTICIDE ALERT

Three kinds of pesticides have been implicated as possible causes of Parkinson's Disease. Scientists believe that the mechanism is different for each category.

HERBICIDES Chemicals such as Paraquat that destroy broadleaf weeds are thought to stimulate an increase in the protein alpha-synuclein in the brain, which is known to destroy the cells in the substantia nigra that are responsible for producing dopamine.

INSECTICIDES Agents that kill insects, either naturally (such as the botanical Rotenone) or chemically (such as Dieldrin), increase the production of alpha-synuclein in the brain and also damage dopamine-producing brain cells directly. Rotenone, in particular, also seems to lead to dysfunction of the mitochondria, the energy-producing components of a cell, and to oxidative stress in the brain.

FUNGICIDES Antifungal chemicals such as Maneb and Benamyl are thought to affect the mitochondria of certain brain cells and to injure the repair mechanism of dopamine-producing neurons, making them more vulnerable to stress. This priming function may help explain observations that exposure to Maneb plus Paraquat is much more damaging than exposure to either agent alone.

The notion that exposure to an approved chemical substance can later wreak havoc with the brain has serious implications for public health, especially as the U. S. population ages and a greater proportion of Americans find themselves at higher risk of Parkinson's Disease by virtue of age alone.

Extracted from an article: "Pesticides may be a Cause of Parkinson's Disease" by Robin Marantz Henig in the Natural Resources Defense Council magazine "ONEARTH" Summer 2009 issue. The complete article is available at the NRDC web site: www.onearth.org.

ATTENTION

THANK YOU

A big thank you to all the volunteers who helped out with the store inventory on Sunday, June 28, 2009.

Your help was greatly appreciated!

Lisa

Bobbe Crapo
Britt Drewes
Lauren Koss
Stephanie Malone
Shirley Rawson
Kim Remien

VOLUNTEERS

We always have a need for volunteers for various jobs around the Co-op, so, if you would like to volunteer to help us out, please contact Kim Remien at 419-0269. She will be able to tell you which kinds of assistance are needed.

Thank you, Lisa

ART SHOW

The annual Idaho Falls art show will be held on July 25 and 26, 2009 on the Greenbelt by the Falls. It is the Eagle Rock Art Guild's 55th Annual SIDE-WALK FINE ART FESTIVAL. Hours are Saturday 10:00 a.m. to 7:00 p.m. and Sunday 11:00 a.m. to 5:00 p.m. It's free.

Artists will exhibit a large variety of art including oils, pastels, photography, pottery, sculpture, and other media. There will be live entertainment, a magic show, and dancers. A great way to spent a summer afternoon with friends and family.



BOOK REVIEW: "The CO-OP Cookbook" by Rosemary Eifield

The CO-OP Cookbook includes 100 main-dish recipes, tested and enjoyed by shoppers at the Co-op Food Stores in Hanover and Lebanon, New Hampshire, founded in 1936. It also has a brief history of cooperatives starting with the first successful one organized in 1844 in the town of Rochdale, England.

This book provides:

1. Tips for planning ahead
2. Hints on using your kitchen more efficiently
3. Directions for preparing and using fresh ingredients
4. Idea for substituting ingredients, including seasonal produce and grains
5. An introduction to the principles of cooperative ownership.

There is a copy of this book in the lending library in Lisa's office, upstairs at the Co-op Store. Check it out along with a great variety of other books of interest.

Bob West

RECIPES

GREEK POTATO SALAD

A refreshing, lighter alternative to traditional mayonnaise-based potato salad, this is a great side dish to take to a picnic.

- 2 lb. medium-size red potatoes, scrubbed and quartered
- 6 Tbs. organic extra virgin olive oil
- 4 Tbs. fresh lemon juice, plus more to taste
- 3/4 cup chopped white onion
- 1/2 cup chopped fresh parsley
- Salt and pepper to taste

1. Put potatoes in large saucepan, add water to cover potatoes by at least 1 inch, and add a pinch of salt. Cover and bring to a boil. Reduce heat to medium-low, and simmer 15 to 20 minutes, until fork can easily pierce center of largest potato.
2. Meanwhile, mix olive oil and lemon juice in a small bowl, add salt and pepper to taste.
3. Drain cooked potatoes and peel skins. Place potatoes in a nonmetallic serving bowl, and halve large potato pieces.



Mix in onion and parsley. Pour dressing over salad and toss until it is well distributed.

4. Cover and refrigerate a few hours or overnight for flavors to meld. Before serving, mix well, taste, and add more salt, pepper, or lemon juice to taste.

Per 1/2-cup serving: 215 cal, 2 grams protein, 12 grams total fat (2 grams saturated fat), 25 grams carb's, 0 mg cholesterol, 286 grams sodium, 2 grams fiber, 2 grams sugars.

Serves 7

Reprinted from "Going Against the Grain Group" by Melissa Diane Smith, 2009.

SIMPLY ARTICHOKE DIP

1 jar or can of artichoke hearts, 1 cup of mayonnaise, 1 tsp. garlic powder, 1 1/2 tsp. chopped onions, 1 tsp. parsley flakes, 1 1/2 tsp. crushed red pepper flakes.

Preheat oven to 350 degrees, drain water from artichokes, chop artichokes into small pieces, mix all ingredients in a large bowl, lightly spray an ovenproof, large glass pie pan with cooking spray, and pour mixture into pie pan.

Cook at 350 degrees for approximately 25 to 30 minutes, allow to cool, and serve with your favorite crackers or bread.

Thanks to "Just Recipes" by K. M. Fjeldheim.

MORE RECIPES

Balsamic and Rosemary Scented American Lamb Kebobs

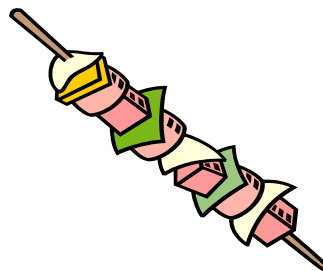
- 1-1/4 pounds American lamb leg or shoulder, cut into 18-20 cubes
- 1/4 cup balsamic vinegar
- 3 cloves garlic, finely chopped
- 2 tsp. finely chopped fresh rosemary leaves
- 3/4 tsp. ground cumin
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. ground coriander
- 12 medium mushrooms
- 2 bell peppers, cut into 1-inch cubes
- 1 large red onion, cut into 12 wedges
- 1 large zucchini, cut into 12 pieces
- 6 (12-inch) wood skewers soaked in water

In small bowl, combine vinegar, garlic, rosemary, cumin, salt, pepper, and coriander. Prepare kebobs by threading lamb, mushrooms, bell peppers, onion, and zucchini onto skewers. Baste with herb sauce. Broil or grill 4 inches from source of heat for 4 minutes per side or to desired degree of doneness: 145°F for medium-rare, 160°F for medium, and 170°F for well-done. Turn once and baste with herb sauce.

Thanks to Lori Anne Lau of Lau Family Farm. This and other lamb recipes can be found at: <http://www.americanlamb.com/recipes/grilling.aspx>.

RECIPES WANTED

We would like to have more local recipes for our readers. Please send in your favorites and we will put one or two of them in each edition of the Co-op Newsletter. We hope to eventually publish all of them in an Eagle Rock Co-op Cook Book. Send them to the address at the bottom of page one or email to Lisa at address given.



BASIC PRINCIPLES

1. Eat locally and sustainably
 2. Eat seasonally
 3. Shop for local produce
 4. Plant a garden
 5. Conserve, compost, and recycle
 6. Cook simply, engaging all your senses
 7. Cook together
 8. Eat together
 9. Remember food is precious
 10. Enjoy life!
- Thanks to Alice Waters, "The Art of Simple Food"

CO-OP CONNECTIONS

Aromassage

Offering therapeutic massage and intuitive energetic bodywork at the World Gym, 1515 Northgate Mile, Idaho Falls. Contact DianaMarie Morgan, N.C.M.T. at 208-521-6080.

Chanté Wiegand, Naturopathic Physician

Providing holistic, personalized health care at Cottage by the Falls Wellness Center.

Visit www.pangeanaturalhealth.com or call 354-9579 or 522-7700 for more information.

CompuSmart

Computer Sales and Service. Laptop repairs including power and screens. Tim Brockish, 465 W 18th St., Idaho Falls (east off Rollandet on 18th), Phone 525-2058, www.compusmart.us.

Cottage by the Falls Wellness Center

Offering a holistic approach to health! Join our email network at: www.cottagebythefalls.com to receive discounts and stay informed of upcoming classes and events. Call 522-7700 for more info.

Golden Compass Oriental Medicine

Find your way to optimal health. Now offering community acupuncture and Tai Chi. Contact Joe Siuda, L. Ac. at 208-403-2540.

Intermountain West Citizens for Sustainability—Elizabeth Cogliati

We are a local group promoting sustainable living in all facets of life and our environment. For additional information, contact us at: <http://citizensforsustainability.blogspot.com>.

Malissa Stanley MSN, FNP-c

Family Nurse Practitioner- "Your Partner in Health"
For a health consultation call 208-523-3436.

Permanent Cosmetics

Permanent cosmetics applied by Mindy Jones at Cherz & Company, 310 N. Eastern Ave., Idaho Falls, ID 83402, Phone 522-9595.

Pilates Classes and Private Instruction

Mat-Reformer-Cadillac-Wunda Chair techniques
Contact Anne Larsen at 208-757-0420.

Stone Hair Care Products, Cher Stone

The foundation of truly healthy hair may be purchased at Cherz & Company, 310 N. Eastern Ave., Idaho Falls, ID 83402, Phone 522-9595.

3 Brothers Spider Traps by Mountain Bluebird Products Co.

Get help for the Hobo Spider invasion this summer with these Spider Elimination Kits. Available at the Eagle Rock Food Co-op or we can deliver to you. Call 208-552-0661 to order.