



October 2022

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER



It's Co-Op Month!

**15% Off Products
From Fellow
Cooperatives**



ANNUAL HARVEST FEST

CELEBRATING LOCAL FOOD

MUSIC | FOOD | BEER

ROBIN DAVIS DUO | FRESH SOUP & BREAD | SKA

SUNDAY OCTOBER 16TH

ROTARY PARK

2PM-6PM

DURANGONATURALFOODS.COOP
FOR MORE INFO!





Anger is a very strong emotion. Most of the time, it's confined to an individual being ornery, grumpy or depressed. But other times, individuals lash out at others - sometimes verbally and way too often, physically.

I think it's possible to get to hate without being angry but I doubt very much if that is a norm. But I'm pretty sure it's possible to be angry without being hateful. The relationship between hate and anger is not absolute but they are certainly bedmates.

Joy could be considered the opposite of anger. It doesn't seem to be a strong emotion compared to anger. Anger can manifest as abuse and violence. Joy manifests as smiles and maybe, as hugs (which can lead to anger and violence if you're not careful who you're hugging).

When I was a teen, I knew that love and joy were more powerful than hate and anger. I believed that with all my soul. And I believed it strongly in my twenties too. Even in my thirties, I knew this to be true. By the time I was in my forties, I knew this to be false and the ensuing years keeps proving it. Joy is fragile. Anger can last. I now believe that anger is hardwired into us as humans. Yet I wonder if that is true. The vast majority of children I've known have nearly universally been quick to experience joy but situations that we would think would cause anger is met with more with confusion by them. This is truer the younger you are.

So that would point to anger as being learned instead of hardwired. So is anger maybe a latent emotion? Because once it's triggered, it permeates everything and anything could make a person angry. Step in a pile of dog poo - anger, anger, anger. But kids in the same situation first don't notice and when it's pointed out, just hand the shoe to Mom and go on their merry way. I know few adults who are not angered by stepping in poo... Anger is so pervasive that we have classes in "Anger Management". While I certainly know of a few adults who could use it, "Joy Management" classes aren't readily available because not too many people have too much joy that needs to be managed.

To maintain joy, although a spontaneous emotion at times, takes effort. Our world almost seems to be focused on destroying joy in all its forms. But how does that explain Cirque du Soleil or the Blue Man Group? To most folks who have seen one of those shows, the word that resonates is that they're joyful. How can you be angry after witnessing such compelling demonstrations of Human creativity whose goal is to spread joy?

The point is that while anger seems to fuel the world, strategically placed venues of joy can have a quelling effect. As I mentioned in this column last month (which can be found on our website), Co-ops were probably started not by joyful people but by the downtrodden. I bet they were angry. They used that anger as a force of good - to create something that is an alternative to their lives as it existed then.

But back in those days, meetings and gatherings were a norm that is no longer common in today's rapid society. And while they probably bickered and fought, while I can't prove it, I bet that a large part of their motivation was the joy they felt in creating such a novel, credible, workable and just organization as our Co-ops.

Sometimes it may be hard to discern, but Co-ops are based on joy. Indeed. I know quite a few Member-Owners who tell me how much they love shopping at our store because it makes them feel good.

Okay. I can talk about how wonderful and joyful our Co-op is but then you come into the store and our dairy cooler is down. Or the cheese cooler. Take your pick - they all go down. Do you feel anger then? Hey, I get it! I feel that anger too for many reasons. Especially when we spend thousands to repair them. They're just very old, the same as old cars. They're kinda-sorta working and replacing them would be too expensive (though, we are exploring new options and how to finance/afford them).

It's beyond our control. Our old, failing refrigeration is what this current iteration of our Co-Op inherited. We can lament about our situation; get angry at the former folks who ran this store; get angry at the current folks running the place for not fixing everything; or we can work together to figure out how to move forward.

For me, that is joyful. Our store continues to grow and new Members tell me how much joy they feel here. Despite the refrigeration woes; our two register limit; our ever-changing personnel, our small parking lot, our Co-Op has reached new levels of popularity and support.

We want every person who interacts with us to have a joyful experience on many different levels. We can't ban anger but we can promote joy. No - we're certainly not perfect at this but that is our goal. We find Staff who understands this so even with all our turnover, we maintain our customer service and our smiles.

We want our little corner in Durango to be a safe, wholesome and happy place. I think we make great strides towards this and we'll continue down this path. By working together - all of us: the Staff, our Board, our Member-owners and our Shoppers - we can overcome things that make us angry and forge a force that is more than just great quality foods and services.



ESSENTIAL TRAIL NUTRITION

NOW AVAILABLE IN STORE

Bars

Bars are perfect for short breaks. You might need to sit down, but a great way to get calories plus protein when taking a rest.



Electrolytes

Electrolytes are ESSENTAIL to muscle function. Choose electrolyte mixes with high or low calories depending on your effort. Just add water.



Gels

Gels are calorie shots. They allow you to eat without breaking stride. They are an important source of food on long and/or fast efforts.



LET'S MEET DREW

Drew has been working as a buyer on our grocery team since May



1. Where are you originally from?
 - a. Eugene, Oregon.
2. Why did you end up in Durango?
 - a. Family brought me here, but I also came for the sunny winters.
3. When not working at DNF, how do you spend your time?
 - a. I like to hike, spend time by the river, and learning through reading, YouTube, or going to the library.
4. Why is supporting your local food Co-Op important to you?
 - a. Co-Ops are a small scale example of how business should operate everywhere. DNF is a community-owned, non-profit store that prioritizes people.
5. What is one of your favorite things about working at the Co-Op?
 - a. I like spending time with the community of folks who work and shop here. Also feeling like I am making a difference by doing what I can in my community.
6. What are your favorite products currently being sold at DNF?
 - a. Anatolian farms hemp and GT kombucha.
7. How would you describe your diet?
 - a. Intentional and health conscious.
8. What is your favorite food at the deli?
 - a. Dolmas (Greek grape leaves) and pesto!

co+op deals

SEP 14 - OCT 4, 2022

ultimate loaded nachos

GRAIN FREE & DELICIOUS

With Siete's grain-free tortilla chips, it's easy to enjoy nachos completely grain free. Visit the co-op for delicious ingredients like shredded cheese, sliced avocados, olives, jalapeños or any other favorite toppings and welcome fall with a warm tray of nachos.



INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



2/\$7

Siete
Grain-free Tortilla Chips
5 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



3.49

Sweet Earth
Benevolent
Bacon
5.5 oz.



2/\$7

Yogi
Herbal Tea
16 ct., selected varieties

**inclusive
trade**

Look inside for Inclusive Trade brands at the co-op!

Co-ops support diverse trade.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!

COOPS ARE ESSENTIAL TO AN EQUITABLE ECONOMY

Those hoping for an equitable and just future should celebrate every October. We are currently in COOP month, a time to support businesses that are owned by their workers or members. Cooperatives are unique in two primary ways: democratic governance and profit sharing. First, COOPs allow all member-owners to run for a seat on the decision-making body. This form of workplace democracy allows members to have direct influence over their workplace. Issues like pay increases, termination, safety, hours, and more are voted upon either through direct vote or through elected representatives. Second, potential profit is shared among member-owners, rather than hoarded by a select few. If it's a good year, all member-owners might walk home with a check. In a bad year, member-owners can collectively decide how to weather the storm. COOPs offer an example of an international alternative economy – a vision where workers collectively make decisions and where surplus (profit) is equitably shared among the many.

COOPs have some foothold in Durango. Durango Natural Foods Cooperative, La Plata Electric Association, and Basin COOP are the most notable. These institutions offer alternative business models in a brutally laissez-faire, capitalist economy. All Durango residents should appreciate that no one is taking home a fat paycheck off our electric bills and that ratepayers can vote for board members. However, LPEA is a cautionary tale since this COOP continues to operate an exceptionally coal-dependent grid despite our planet's accelerating climate catastrophe. While LPEA must be reprimanded for its coal usage, the utilities' status as a COOP allows a relatively simple method to change course – vote. As ratepayer owners, you can vote out those who utilize short-term thinking to justify crimes against nature. COOPs offer an alternative vision for a more democratic and equitable economy, but we need to look beyond Durango to find revolutionary examples.

Mondragon is the largest operating COOP located in the Basque region of Spain. This COOP was founded in 1956 to bring economic stability to a region rocked by Franco and imperialist wars. Mondragon now has 80,000 employees and operates in 150 countries. While far from perfect, Mondragon is largely democratic and shares its wealth.

CO-OPS
BUILD
ECONOMIC
POWER

As a worker-owner, you can run for many different committees, all decision-making meetings are open to the public, and sometimes direct votes occur on large issues. At Mondragon, income inequality is capped at 6:1, meaning the CEO can earn a maximum of six times the lowest employee. If it's a profitable year, wealth is shared with all employees. In a bad year like during COVID, workers can decide to collectively take a pay cut. Mondragon Cooperative is an example of an economic engine that actively helps create a democratic and equitable world.

We must turn to cooperative forms of ownership to drive economic activity in times of increasing inequality and democratic decline. Imagine if you could vote for the leaders in your workplace. Imagine if you got a chunk of those record profits. The capitalist experiment has proved one primary point: when you concentrate wealth and power in the hands of the few, these few will use their power to accumulate more wealth and power. Corporate social responsibility is a scam, the only way to bring about a just world is to transfer power to workers. We must create an economy that systemically incentivizes democracy and wealth sharing. We need cooperatively run businesses on every corner.

-Alec Fleischer



BEET AND TEMPEH BOLOGNESE
*INSPIRED BY MEATLESSLOVERS
[HTTPS://WWW.MEATLESSMAKEOVERS.COM/BEET-BOLOGNESE/](https://www.meatlessmakeovers.com/beet-bolognese/)

BEET AND TEMPEH PASTA BOLOGNESE (VEGAN)



INGREDIENTS (4 SERVINGS)

- 2 Large Beets
- 1 Pack of Tempeh
- 1 Pack of Choice Pasta
- 1 Red Onion
- 5 Garlic Cloves
- 1 Can of Diced Tomatoes
- 2 Tbsp Miso Paste.
- ½ Cup Red Wine
- 2 Tbsp Salt
- 1 tsp Dried Oregano
- 1 tsp Pepper

Preparation:

1. Preheat the oven to 400 degrees.
2. Prepare pasta according to instructions on the pasta box.
3. Cube beets, Place in a baking dish; add 1 in. of water. Bake at 400°, covered, until tender, 40-45 minutes.
 - a. Airfry method: coat chopped beets with oil, place in airfryer at 400° for 15 minutes.
4. In a large skillet over medium heat, sauté the onion and garlic for 2-3 minutes. Stir frequently.
5. Add the tempeh and dry spices to the skillet.
6. Next add the chopped beet stems to the skillet and sauté for 2-3 additional minutes. Stirring frequently.
7. Next add tomatoes, miso and wine.
8. Add cooked beets.
9. Serve over pasta!

*Inspired by Meatlesslovers

<https://www.meatlessmakeovers.com/beet-bolognese/>

MESSAGE FROM THE BOARD



Chrissy Mosier
Board Member

Hello Co-op Community,

I have to say, I've enjoyed my experience on the Board of DNF thus far. Sheryl McGourty (Board President) and I set up a table outside the Co-Op and talked with people about what is going well and what we could improve. There were heartwarming stories about having been a member since 1972 when DNF was fully volunteer powered, as well as people who didn't know they could become a member for \$20/year. What stood out the most

was an overall feeling of home, connection, and belonging. The whole experience was wonderfully informative and I look forward to doing it again to keep a pulse on the day to day life at DNF. Mark your calendars for our Annual Harvest Fest at Rotary Park on Sunday October 16th from 2-6pm. This will be a great opportunity to share ideas and visions for our Co-op, and hang out with DNF's Staff, the Board of Directors, member-owners, and community. We'll have local vendors, music from the Robin Davis Duo out of Pagosa Springs, soup from DNF's Deli, and beer from Ska Brewing. Come join us!



DNF'S SOUNDING BOARD



WE WANT TO HEAR FROM YOU!

DO YOU HAVE SOMETHING YOU'D LIKE THE BOD TO ADDRESS AT THEIR NEXT MEETING? PLEASE EMAIL US AT BOARD@DURANGONATURALFOODS.COOP!

**OUR NEXT MEETING IS WEDNESDAY, OCTOBER 19TH
FROM 5:30 PM - 7:30 PM**



Sheryl McGourty
President



Weston Medlock
Vice President



Elise Boulanger
Secretary



Kate Randall
Board Member



Chrissy Mosier
Board Member



Hadley Bevill
Board Member



Cody Reinheimer
Board Member

YOUR VOICE MATTERS!

BOARD@DURANGONATURALFOODS.COOP