



March 2022

# Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER



**MARCH DEPARTMENT SALES ARE HERE!**





Are you as concerned about what is happening in Ukraine as I am? I bet you are. Maybe more so. And I bet, like myself, you want to do something to help. But what? Some will uproot themselves and fly to Europe to help the refugees. Noble, for sure. But most of us are not in a position to do that.

When you look at the options, it certainly comes down to donating dollars. That's something we can all do to varying degrees. But then the question is, "to whom do we donate to?"

This is where it gets tricky. My most important (emotional) concern is that I want the killing to stop. So where do I donate to help that cause? If there is no outlet or possibility of stopping the onslaught, where does one donate to after that? Well, although this goes against everything that I hold sacred, I want to arm them to fight back. Again, this is emotional because I know that it would probably increase the deaths in the long run. Unless the resistance win which doesn't seem likely at this vantage point.

I wonder if it would have been better to just open their borders and let the Russian in and deal with it internally over time. That doesn't really seem like a good idea though, does it? These countries, which were part of the Soviet Union, struggled hard to get free of that yoke and eventually brought that system down. Doesn't make sense to let those imperialists just walk in and take the countries they want back into their sphere.

You know, I have Facebook "friends" who are posting that this is all the US's fault because they instigated and encouraged the 2014 coup and then installed a puppet government so what choice did Russia have than invade the country and proceed to slaughter the people as well as their society. First, if you pick around the edges, there certainly was US involvement but that ignores many, many other dominant factors. But second, and more important, nothing deserves this type of response anywhere. It's heinous and a throw back to thousands of years where humanity followed the "might makes right" philosophy.

So let's circle back as to where I should donate. The Co-op movement in Europe is much bigger and dynamic than it is in this country. They are in all sectors of the economy and represent millions of people. And COOP Ukraine is like that too. Certainly our Co-op Movement world-wide would be rallying all Co-op members to donate heavily to save it. But I have not found this yet.

If you look at all the groups asking for donations, most are centered on helping those who made it out of the country. It's difficult to find any that gives to create either a cease fire or a viable resistance.

Surprisingly, the most Co-op organized effort on behalf of COOP Ukraine – so far – is through our very own NCG (National Cooperative Grocers which we are a participating member of) in conjunction with the Cooperative Development Foundation and the National Cooperative Bank.

Doubly (triple or more) surprising is that the goal is \$100,000. At that point, NCG will match it for a whopping \$200,000 total.

Let's put this into perspective: If someone gave our little Co-op \$100,000, that would be great. \$200,000 would be even better. We would be able to take care of all the deferred maintenance on our

property including our roof, our floors, our parking lot and new register stands. It would not be enough to replace our refrigeration units although there would be enough to replace our most problematic ones. Nor would it be enough to relocate our Co-op; or open a second location; or get into the production business; or build up on our own property. A typical Co-op expansion runs from a very low \$1 million to around \$10 million with the average around \$3 to \$6 million. Any Co-op would welcome \$200,000 clear and free but it's rather little in the scheme of things.

My mind screams, "why aren't we mobilizing Co-op Members worldwide (as well as the Co-op businesses)? That is the strength of the Co-ops: we are millions of individuals who come together for a common purpose!" When some ding-dong politician makes outrageous remarks, it is used to raise funds and millions of dollars come in – mostly from folks donating \$20 to \$100.

There are 150 Co-ops in NCG. If each would contribute \$1,000, we would have \$150,000 that NCG could match (wholly or partially). And that would be a drop in the bucket of what is really needed. The last word I've heard from COOP Ukraine was on Feb. 25th when they urged all their businesses and workers to remain open and serve the people. Obviously, that is not the case now as the heavy bombardment has closed down that entire society.

COOP Ukraine's website is still up ( [coop.ua](http://coop.ua) ). Probably because it is hosted on non-Ukrainian servers. It hasn't been updated since Feb 21st. It is very questionable that if the Russian take-over is successful, that COOP Ukraine will be allowed to exist.

I still have no conclusions as to where we donate funds. Our Co-op (and myself) will probably donate to NCG's efforts but what the effectiveness of that will be remains to be seen. I personally know the NCG folks. They are great people. They have good hearts. They care deeply. Yet, their efforts here seems more like what is today called "virtue signaling". It's a symbolic gesture with no real clout. But on some level, it makes us feel good that we are at least trying to do something. Nothing really wrong with that. Better than doing nothing.

My research continues. I'll get the NCG donation link onto our website. If I find other donations sites that stress diplomatic solutions or arming the resisters (how's that for bi-polar), I'll post those there too.





Cody Reinheimer  
President



Weston Medlock  
Vice President



Elizabeth Shephard  
Board Member



Sheryl McGourty  
Board Member



Open Seat!



Open Seat!



Open Seat!

**JOIN DNF CO-OP'S BOARD OF DIRECTORS!  
BE A PART OF LOCAL GROWTH & CHANGE.  
WORK AS A TEAM.**

**DURANGONATURALFOODS.COOP OR ASK A CASHIER FOR  
A CANDIDATE INFORMATION PACKET & APPLICATION.**

**ALL CANDIDATE APPLICATIONS ARE DUE BY SUNDAY, MARCH 27TH!**



**YOUR VOICE MATTERS!**





# **NOW HIRING!**

## **MARKETING, EDUCATION, & COMMUNICATION MANAGER**

**Purpose:** To create and develop relationships with our Member/Owners, our Shoppers, our Staff, and the Community that fosters Co-operation, loyalty, and unity.

**Position:** Full-time Salaried (firm \$40,000) Reports to General Manager

This is a difficult position on a number of levels but very rewarding for the right person. It encompasses the look and feel of our Co-op as well all the various communication paths with everyone who uses the Co-op.

If you think you'd be a good fit for this position, please read our full job description which will inform you on how to apply.

**[Ask a cashier or visit our website](http://durangonaturalfoods.coop/employment)**  
**(durangonaturalfoods.coop/employment)**  
**for the full job description to apply.**

Open until filled.



# MEET JAMAICA



Jamaica "J" is DNF's Front End Manager On Duty. She has been at the Co-op since April 2021. She graduated from DHS in 2021. Her previous work experience consisted of working at Durango Doughworks. Let's meet J:

1. Where are you from?
  - a. I was born in Vermont, but I've grown up in Durango my entire life.
2. How did you end up in Durango?
  - a. My parents moved here.
3. When not working at DNF, how do you spend your time?
  - a. I like to draw and go on hikes with my dog.
4. What is your favorite place that you've traveled to?
  - a. Puerto Rico!
5. What's your favorite type of music?
  - a. Rap
6. What is your favorite hike around Durango?
  - a. Definitely Falls Creek
7. What is one of your favorite things about working at the Co-op?
  - a. Probably the environment and my co-workers.
8. What are your three favorite products currently being sold at DNF?
  - a. (1) Guayaki's sparkling cranberry pomegranate yerba mate, (2) Kerrygold Dubliner cheese, and (3) Boulder malt vinegar and sea salt chips.
9. How would you describe your diet – vegetarian, carnivore, etc.?
  - a. I eat anything!
10. Share your favorite meal with us.
  - a. I like sushi... any type of Asian food really!



# MESSAGE FROM THE BOARD

**SHERYL MCGOURTY,  
BOARD MEMBER**

My heart warmed as I connected with Madison, a lead employee at DNF outside the co-op recently. You see, his cherry red rimmed glasses perfectly accentuated the beautiful colors of the exterior of our store. I thought of how refreshing it is to preserve character and make unconventional choices. Yes, Durango Natural Foods Co-op could have repainted in earth tones but chose to engage in a community collaboration with local artists to add vibrant color to the corner of College and 8th. Sweeter is the honey when we co-create for the greater good.

Speaking of community-like energy, we recently did a walk through of the back room at DNF with our local Small Business Development Center consultant. We wanted to solicit ideas from a pair of neutral and experienced eyes on ways in which we might continue to work within the limitations of the current space. I was highly impressed with employees' adaptability in the multi-purpose back space that serves perhaps too many functions and yet swarms like a productive bee hive. I have admiration for our employees keeping it beautifully afloat for us shoppers while they maneuver around one another and weave through a maze of inventory. The philosophy: work with what we've got, refine and increase efficiency all the while keeping our sights on possibilities and future visions. It is the creativity behind DNF that will work towards its evolution. As Einstein said, "We cannot solve our problems with the same thinking we used when we created them."

In the immediate future, the board election is on the horizon with three open seats. If you or someone you know loves the co-op experience and has a desire to help DNF thrive, please consider applying. As I reflect on completing my first year as a board director, there are clear reasons why I look forward to continuing in this role.

I am highly invested in the cooperative model. Small business closures throughout the COVID-19 pandemic showed us the importance of supporting the local economy by shopping at small, independent businesses that make Durango unique. While there are many different ways that we can go about supporting the local economy, we make an impact when we prioritize what we shop for most often... food. Cooperatives are unique in that they are member-owned, member-governed businesses that operate for the benefit of their members according to common principles agreed upon by the cooperative community.

As a board director, I have a much greater understanding of a place I have supported and loved for so many years which has only increased my investment. Additionally, anytime we join a group of people committed through a common mission, there are ample opportunities to learn about oneself. We further realize through experience our unique contributions, styles, gifts and liabilities, while polishing invaluable skills that can help serve us in future endeavors and respective sectors.

We look forward to seeing which talented community members put their hat in the ring in this year's election. **All members are welcome to apply.**

I have come to expect the corners of my mouth to turn up every time I pull into the DNF parking lot, as I glean symbolic joy from the building's bright colors. I am proud and supportive, like an invested parent and always pleasantly surprised by the sweet conversations with shoppers and staff within the buzz of the ever creative energy of the hive.

In Thanks,  
Sheryl McGourty

## **BOARD ELECTION SCHEDULE**

Sunday, March 27: Applications due in-store or received digitally

Monday, April 11: Candidate information for voters is available in-store & online at [www.DurangoNaturalFoods.Coop](http://www.DurangoNaturalFoods.Coop)

Monday April 18 – Thursday April 28: Ballots available to vote in-store or online (10 day voting period)

Monday May 2: Election verified and results announced

Wednesday May 18, 5:30 – 7:30pm: First board meeting of new Board



# DNF'S SOUNDING BOARD



Cody Reinheimer  
President



Weston Medlock  
Vice President



Elizabeth Shephard  
Board Member



Don Lewis  
Treasurer



Sheryl McGourty  
Board Member



Alyssa Rainbolt  
Board Member

## OUR NEXT MEETING IS WEDNESDAY, MARCH 16TH!

Do you have something you'd like the BOD to address at their next meeting? Please email us at [Board@durangonaturalfoods.coop](mailto:Board@durangonaturalfoods.coop) or join the meeting!

Meetings are open to the public and take place every third Wednesday of the month from 5:30 pm - 7:30 pm at 1911 Main Ave. (across the street from Peerless Tires on N. Main)

Enter building from parking lot --> in doors, turn Right --> halfway down hallway --> next to Dale Stritzel DDS



**RUN FOR OUR BOARD OF DIRECTORS!**

EMAIL US AT [BOARD@DURANGONATURALFOODS.COOP](mailto:BOARD@DURANGONATURALFOODS.COOP)

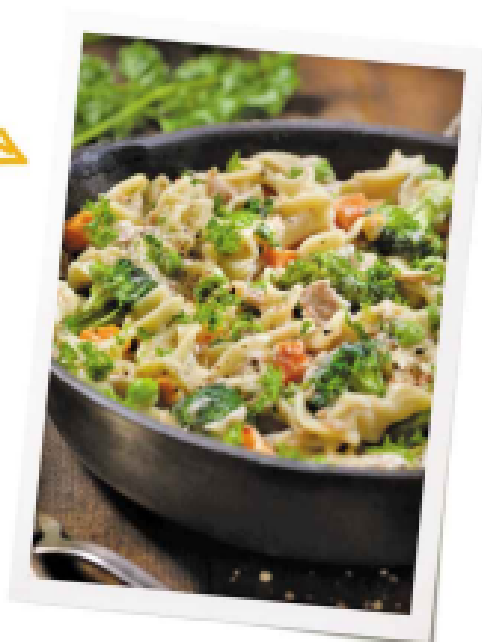
# coop deals

MAR 2 - MAR 15, 2022

quick  
and easy

## PROTEIN-RICH MEALS

Heat up the stove and make a delicious tuna hot dish (or is it a casserole?). Add your favorite pasta and veggies, plus Wild Planet's sustainably caught tuna. Shop the co-op for all your dinner inspiration, and save on high-quality ingredients.



2/\$5

Wild Planet  
Skipjack Tuna  
5 oz., selected varieties



2/\$6

Annie's  
Organic Dressing  
8 fl. oz., selected  
varieties



2/\$6

Kashi  
Organic Cereal  
9.5-16.3 oz., selected  
varieties



4.49

Lifeway  
Organic Kefir  
32 fl. oz., selected  
varieties



Fresh produce is at the co-op.

The co-op supports local farmers.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!



## SAUSAGE AND CABBAGE STEW



### INGREDIENTS

- 2 tablespoons canola oil
- 12 ounces Kielbasa (or your favorite sausages), cut into 2-inch pieces
- 1/2 pound smoked ham, cut into 1-inch cubes
- 1/2 large yellow onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 4 ounces mushrooms, cut in 1/2-inch slices
- 1/2 pound green cabbage, shredded
- 1/2 pound sauerkraut, drained
- 1 apple, diced (about 1 1/2 cups)
- 1 can (14.5 ounces) diced tomatoes
- 1/2 teaspoon allspice
- 1/2 tsp. ground black pepper



### Preparation:

1. In a large stockpot or Dutch oven, heat the canola oil over medium heat. Brown the pieces of sausage and smoked ham. Add the onions and garlic and saute for several minutes until the onion starts to soften. Add the remaining ingredients and stir well. Lower the heat, cover and continue to cook for 45 minutes. Stir every 10 minutes or so to prevent sticking.

### Serving Suggestion:

Traditionally, this stew is served with potatoes and rye bread, and is often made a day ahead of time, allowing the flavors to mingle overnight. Deviled eggs or creamed herring are served as an appetizer with this dish. For a lighter meal, add a fresh green salad, or lightly-steamed broccoli, carrots, or green beans.

## PALEO SWEET POTATO CASSEROLE



### INGREDIENTS

- 3 large sweet potatoes (3 pounds)
- 1 1/2 cups fresh or frozen cranberries
- 1 15 ounce can coconut milk, full fat
- 1 tablespoon maple syrup (optional)
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 cup whole almonds, coarsely chopped
- 2 tablespoons shredded coconut
- 1 teaspoon coconut oil

### Preparation:

1. Heat the oven to 400°F. Place the whole sweet potatoes on a sheet pan and bake until tender, about 30 minutes, then let cool. Strip off the skins and cut potatoes crosswise, into thick slices, placing them in a 9x13 pan, sprinkle the cranberries over the sweet potatoes. In a medium bowl, stir the coconut milk, maple syrup (if using), cinnamon, allspice, nutmeg and salt, then pour over the sweet potatoes.
2. In a medium bowl, stir the almonds, coconut and coconut oil, then sprinkle over the sweet potatoes. Bake for 25 minutes at 400°F, until bubbling and golden brown. Serve warm.

### Serving Suggestion:

This not-quite traditional side dish is a natural accompaniment for roast turkey, pork or chicken, or savory meat alternatives like braised tempeh. It also holds up well on a buffet table and is easy to bring along to a holiday potluck.

**ALL RECIPES ARE FROM GROCERY.COOP**

# The Mighty Women of the Cooperative Movement

By: Kat Johnson

March is Women's History Month, a celebration that can trace its roots back 100 years. What started as just one day (International Women's Day), became a week-long celebration in the 1970s (National Women's History Week), and then expanded to Women's History Month in 1987.

To celebrate Women's History Month, take a moment to learn a little about five women who have been figureheads in the Cooperative Movement, whose work spans from the 19th to 21st century!



**Alice Acland: Founder and President, Co-operative Women's Guild (UK)**

Alice was a figure in the UK Co-operative Movement. Her husband, Sir Arthur Dyke Acland, was an advocate for educational opportunities for working-class men. She traveled with him on speaking

tours which led to her own involvement in providing more opportunities for working-class women, who held purchasing power for their households.

Acland began writing articles about women's lives for Cooperative News. Her column's popularity led to co-ordination of the Co-operative Women's Guild, which also advocated for Women's Suffrage, and successfully lobbied for Maternity benefits in the National Insurance Act 1911.

**Mary E. Arnold: Founder and GM, Consumers Co-operative Services in New York City**



Prior to 1950, few women had attained executive leadership in cooperatives. One who did was Mary E. Arnold, founder and general manager of Consumers Cooperative Services in New York City. The CCS was founded in 1920 by a group of socially minded women as a white collar consumers cooperative in New York City which ran a chain of cooperative

restaurants, bakeries and grocery stores.

CCS was a progressive consumer cooperative, which took "the larger view in things cooperative". It was active in consumer and cooperative education and took a lead in establishing new consumer cooperatives on the East Coast. CCS used part of its accumulated profits (patronage funds) to build a 12-story cooperative apartment complex in Lower Manhattan with 66 apartments which was opened in 1935.

**Beryle E. Stanton: Director, Farmer Cooperative Service information division (USDA)**



After serving as the Director of the Farmer Cooperative Service information division, Stanton became editor of a monthly magazine called News for Farmer Cooperatives. She also joined the American Institute of Cooperation staff as editor of the AIC's Yearbook, American Cooperation. She transformed the yearbook from a

proceedings publication into a complete almanac of cooperative happenings covering major cooperative

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**Elizabeth Lee: Co-founder, Ocean Spray**

Did you know Ocean Spray is a cooperative of cranberry growers? It was started in 1930 when three independent cranberry growers found the key to expanding the super-fruit's success: a single cranberry-growing family. One of

those founders was Elizabeth Lee. It's also claimed she was the originator of cranberry sauce, which she sold under the name "Bog Sweet."

Once Lee joined forces with Marcus Urann and John Makepeace, they released their first product, jellied cranberry sauce. They continued to grow the cooperative, which now includes over 700 grower families across North and South America!



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milestones. She served as the national coordinator for National Co-op Month as she truly believed in the concept of a nationally celebrated observance that allowed U.S. cooperatives of all types to join hands and observe their commonality as people's institutions. Stanton guided Co-op Month from its inception in 1964 to prominence as a national event.



**Theresa Marquez: Mission Executive & Chief Marketing Executive, Organic Valley**

A pioneer of the natural foods movement, Marquez moved to rural Wisconsin in 1995, where she spent more than a quarter century growing Organic Valley into what consumers know today. She served 17 years as the co-op's

Chief Marketing Executive, and the last six in the Mission, Messaging and Media Department.

As Mission Executive, she ensured Organic Valley stayed true to its goals – including encouraging a farming future emphasizing ecological and economic sustainability, producing the best tasting, most nutritious and wholesome food possible, and respecting the diversity, dignity, and interdependence of human, animal, plant, soil, and global life.

<https://www.bushwickfoodcoop.org/blog-log/2019/3/8/the-mighty-women-of-the-cooperative-movement>

**Celebrating International Women's Month!**



**March 8th is International Women's Day!**

# 15% OFF BULK

March 1 - 15



## MARCH DEPARTMENT SALES!

# 15% OFF Body Care

March 16 - 31

