

Co-op Community Newsletter



Potsdam Food Co-op
& Carriage House Bakery and Deli



Your local grocer since 1973

Save the Date: Join us for the Annual Meeting & Potluck on Thursday, February 15, 2018 at the Trinity Church in Potsdam. Dinner is at 6pm with meeting to follow at 7pm along with the election of new Co-op Board Members.

Producer Interview: Daniel Martin

By Erica LaFountain

Erica: To begin, can you tell me some of the varieties of produce you sell to the Co-op?

Daniel: Root vegetables, tomatoes, peppers, broccoli, asparagus, cilantro, lettuce, potatoes, onions, strawberries, (including frozen ones) - almost anything you'd find in the seed catalog.

Erica: Where do you sell your produce aside from the Co-op?

Daniel: The majority goes to the farmstand. I also sell to Save-a-lot, PACES, and assorted restaurants such as Jake's, First Crush, McDuff's, Robideau's Mahogany Ridge, Italian affair, Hot Tamale, and Cactus Grill. Jake's varies their menu quite a bit to utilize what's in season so they buy throughout the season. In fact, they were here this morning (12/14).

Erica: What is your daily life like, and do you think there are significant misconceptions about what the life of a farmer entails?

Daniel: One misconception that comes to mind is that a farmer is already at home, so they don't really have to go to work, they just stroll outside and harvest into a basket and stroll back in. Sometimes it's like that, but mostly it's not. I have a somewhat soft life in the winter, and a gradually intensifying workload leading into the growing season. In summer, we start harvesting at daybreak, have the stand ready by 10, have the stand open 10-6, and prepare orders until dark. This is not a nice pace for 6 days a week. So this coming year we're looking at some changes. It looks like we'll have more help at the stand.

All the employees at Martin's Farmstand are part-owners. We have agreements as to profit sharing. I'm the general manager, the biggest labor source, and the owner of most of the assets since this is my sole livelihood. I mean, the rest of what I do is to make my household self-sufficient. You know how it is, we try to stop money from going out rather than making a lot of money... and while we're at it we try to have fun and make a big mess!

Erica: Where did you learn to farm, and can you describe some of your practices?

Daniel: I learned by gardening. I grew up in a family with a homesteading lifestyle, so I learned about growing from the beginning. I read a lot on any subject that interests me, including farming. For example I might read about a certain bug, like the striped cucumber beetle, and try to exploit a weakness in their lifecycle. I noticed they prefer some strains of cucur-

bit's over others, like hubbard squash, and they tend to target individual plants. So I plant watermelons, cucumbers, and squash as thick as corn. If the beetle's do well, we still have plenty of plants out there, but if they don't, we have to thin the plants.

Another example is Cabbage looper. I discovered that when you mow, you devastate the population of all bugs in an area, so at any given time, I mow just a quarter of what needs to be mown so that there are plants in all stages in my waste areas. That way, although I always have cabbage loopers, I am also always supporting the beneficial insects that eat cabbage loopers. I prefer this approach over spraying. Even if it's an organic-approved spray, and even if it doesn't harm the beneficial insects (which is a big "if"), if you crash the pest population, the beneficial insects need to go elsewhere to eat. And when the beneficials go elsewhere, the pest problem gets even worse. I don't do any pesticide spraying on the farm. I haven't for 10 years. I don't even use organic sprays.

Erica: Why do you farm the way you do?

Daniel: I'm a 2nd generation [uncertified] organic farmer, like Mosie Keim, so it's the way I was raised. I believe in it. Just look at the damage that's being done by conventional herbicides. Also, who gets the worst of the chemical exposure on a conventional farm? The farmer. The farmer bears the brunt of that exposure by applying it, and growing with it. So even if my customers didn't care, I would still avoid pesticides because I don't want to be exposed, and I don't want to teach my kids to farm that way either.

You know, there are many young people around here who grew up on conventional farms, who have an interest in farming cleanly but don't know how. Martin's Farmstand is a partnership with several families that supply the stand. We make it possible for many chemical-free growers to have an outlet for their produce. I've watched Moses Yoder [who supplies all of the vegetable seedlings to the Co-op] go from conventional growing to using just a couple of products, to declaring his "last year" of using any pesticide sprays. Now he doesn't use any of those products. He comprehended the importance of avoiding chemicals and took hold of it. I'm sure I was influential in his transition, but since then I've learned a lot from him!

Erica: Have your practices evolved over the last decade?

Daniel: I'm just a beginning farmer, or it feels like it sometimes. After all I've only been growing 20 years or so! Conditions



change. If you continually observe, you can always improve the way you do things, especially considering that you'll forget some of your observations! It's as true in the field as at the stand. I make improvements based on observations, and I'm often surprised at how simple the solutions are.

For example, we now have a 20c license for our kitchen. Before, the State stood in the way of making value-added products, but now it's more a matter of having enough energy to do it. We can now provide frozen produce, ground scapes, things like that at the stand. This is just another tool to further eliminate waste from the farm. In the spring I may be building a walk-in freezer. If so, we could stay open through the end of December next year (no promises though!). This year, from May-Thanksgiving we always had someone at the stand, but it's more informal heading into winter. We are available three days a week but encourage calling ahead.

Erica: Do you like to try out new varieties or stick with the ones you're familiar with?

Daniel: Both. I stick with the tried and true ones, but try out a few new ones, maybe I try 20 or so new varieties each year. Sometimes I'll try a whole bunch of different kinds of something, like 15 different varieties of potatoes, and just observe them for a season, then use the results to focus on my favorites for a few years.

Erica: Where do you source seed from?

Daniel: Johnny's, and E and R (an Amish family in Indiana) are some I buy from. I always buy untreated, non-GMO seed. Sometimes it's organic, sometimes not. Seed sourcing is about the only way I stray from organic standards. If I think the quality of an organic seed is low, I might look for an untreated, non-GMO source. We basically comply with organic stan-

dards without being certified. In some ways we're more organic than some certified operations because we think organic, rather than all those organic farmers who think like conventional farmers, but just swap organic-approved sprays for conventional ones. We believe in what we're doing. Our heart's in it.

Erica: What do you add to your soil to build it and sustain its fertility? Ex) manure, compost, cover crops.

Daniel: Primarily I use cover crops. I like to see 1/3 of the land in cover crops at any given time, using many different types for different conditions and purposes. For example a cover crop can support insect diversity, provide nectar to the bees, or smother weeds. But cover cropping is not enough. You can do about 75% with a good cover crop program, but it can't address all the possible mineral deficiencies, such as calcium. I sheet mulch and spread some organic fertilizer each year.

Erica: Do you consider the North Country a good place to farm, or do you think the long, harsh winters and the local economy make it marginal compared to other areas of the country?

Daniel: I think it's a good place to farm. I'm not a farmer who complains about the local economy. We aren't that far from markets compared to farmers in Eastern Montana, for example, or plenty of other places in this country. We have a long-enough growing season if you're tired at the end of it. Even if I didn't have greenhouses, I'd be in the fields from April to Thanksgiving. Winter starts about now (mid December) and I'll already be starting to grow in my greenhouse in January. So the way I see it, we have a short winter and a long growing season. I look forward to the cozy, warmth indoors in the winter when I can eat food I've already put up.

Become a contributor! Before making a submission to the newsletter, please familiarize yourself with the Newsletter Submission Guidelines available on our website and in the store. The next newsletter deadline is April 1 with delivery around May 15. Submissions can be made via email to newsletter@potsdamcoop.com.

From the GM

By Andy Peet

I write to you in the second week in my position as Interim General Manager sitting at the desk in Eric's old office (I still can't bring myself to call it my office.) So far the experience has been challenging and very rewarding. I'm honored by the opportunity to serve our Co-op and the community in this role. Thank you to the board and to those who have shown me their support.

I want to take this chance to appreciate Eric for the amazing job he's done running the Co-op for the past five years. I can't thank him enough for the amount of dedication, hard work, and passion he put into our store. He provided insight, structure, and co-op savvy that has been instrumental in moving our co-op forward. Any direction the Co-op goes in the future will be influenced by his efforts. He was a supportive leader, and was a major influence on my own confidence and has helped shape me into the employee I am now. He has our gratitude and he will be missed not just in the Co-op but in the community as well.

SALES

October and November sales are down in comparison to the same two months in 2016. This is due in no small part to the strong numbers we had in the final quar-

ter of last year. I'm not entirely discouraged by these sales figures as they are still stronger than 2015. It continues to be a positive year overall as we are up 1.25% over 2016. For more details, join us at the annual meeting on February 15 when we will be presenting our annual report and taking your questions.

BUYING DEPARTMENT

I maintain my position as Lead Buyer but my role has changed. Buying is now shared by Jessie, Erik, Alissa, and Linzie. Each are dedicated, long-standing employees who have been chosen for their new buying roles based on their strengths, experiences, and personal interests. They provide a spark to the Buying Department as they are all eager to contribute to our continued success. I believe the Co-op stands to gain with this new system because our new buyers seek to rejuvenate their respective departments by finding new interesting items and strengthening the product mix.

I encourage you to continue to let us know what you want to see on our shelves. It's always uplifting when our shoppers get involved in the discussion about what to stock. So keep offering suggestions and feedback so we know what we are doing right and wrong. I look forward to our future here and you are all part of it.

Share Your Voice

Our Co-op's Actions Should Reflect Our Co-op's Values

At the Co-op's special member-owners' meeting held last October, we discussed, among other things, the findings of the market study conducted earlier in the year. Through the course of that discussion the idea of "our values," was raised more than once. We may all have ideas about what our Co-op's values are, but do we really have shared values? Although our Co-op has a mission statement, a vision statement, and abides by the Cooperative Principles, we don't currently have a clearly defined and agreed-upon statement of our most important values and goals.

The Co-op board is working to change that by adding "ends policies" to our governance

structure. Ends policies are described as a special type of goal that designates the results for which the Co-op exists, the beneficiaries of those results, and the value of those results.

The exciting part about this is that we can all participate. Now is the time to let the board know what is important to you about the Co-op. What changes in our community, our region, or the world do you think the Co-op can be instrumental in creating? Are you passionate about local food? Do ideas about local economic resilience keep you up at night? Do you want our local business to be a model for creating good jobs? Do you care about access to healthy food options for everyone in our

community? Do you believe the cooperative business model is the secret to a more just society? The board wants your input.

One very easy way to participate in this is to add your "five words" to the Co-op's word cloud at this link:

<https://goo.gl/p8PYvb>

This will be a fun visual way to see what our member-owners value. Everyone who participates will be entered to win a fabulous prize.

If you would like to talk more about ends policies for the Co-op, feel free to reach out to the Co-op board of directors at board@potsdamcoop.com



The Potsdam Food Co-op and Big Spoon Kitchen have partnered to bring "Dinner's In The Bag" to the Co-op. "Dinner's In

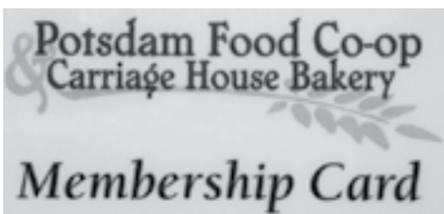
The Bag" allows customers to purchase meal kits that include all ingredients (minus salt, pepper, olive oil), and an easy-to-follow recipe. No more bags or boxes of excess ingredients! It allows customers to experiment with new recipes they may never have tried before, and makes home-cooking easy!

Each month at the Co-op's 1st Thursday Sampling from 3:30-5:30pm, Big Spoon Kitchen will feature a new "Dinner's in the Bag!" meal to taste. At the

sampling, and for the rest of the month, shoppers can purchase Meal-Kits of that featured meal at the store. The kits allow customers to make a quick and nutritious meal for four (or two plus left-overs) in their own kitchen, no planning required.

So, on those days you don't feel like planning a meal, you have a late or busy night, or you want to try something new, don't go for take-out, stop by the Co-op!

Become a Member-Owner



Join the Co-op!

2% discount for all member-owners. Working one hour per adult in your household will earn your household a 10% discount for a month. Core workers work three hours per week to earn a 20% discount. If you are interested in becoming a working member-owner, call (315) 265-4630.

Our Mission Statement

The Potsdam Consumer Cooperative, Inc. is owned and operated by its members and is dedicated to meeting the community's need for specialty and whole foods at the lowest possible cost. As a member of the local community interested in its well-being, we will attempt to use local sources whenever feasible.

We strive to provide a pleasant shopping experience and working environment, with an emphasis on education, shared information, and developing our relationship with the community. We encourage environmental respect through the goods we sell and in the manner in which we conduct our daily operations. We are committed to providing a model of responsible business practices based on the cooperative principles of open membership, democratic control, limited return on share capital or investments, return of surplus to members, continuous education, cooperation among cooperatives and concern for our local community.

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Store Hours

Daily 8:00am - 7:00pm
Except major holidays

The Co-op Accepts

- Cash
- Checks
- MasterCard/VISA
- EBT/SNAP
- Co-op Gift Cards
- Potsdam Chamber of Commerce Gift Certificates

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Co-op Community News is the official newsletter of the Potsdam Consumer Cooperative, Inc. in Potsdam, NY. It is published seasonally and serves as an open forum for the exchange of information and ideas between Co-op members. Articles appearing in this newsletter may be reprinted in other cooperative newsletters provided credit is given to Potsdam Co-op Community News and to the author of the article. We welcome submissions and comments from members and non-members. Submissions can be sent via e-mail to eric@potsdamcoop.com.

Holiday Baking Fest & Silent Auction Raises \$813 for the Potsdam Neighborhood Center

By Lynn Clark

The Potsdam Food Co-op held its 20th Holiday Baking Fest and Silent Auction on Sunday, December 3rd to benefit the Potsdam Neighborhood Center. This annual community event was held again in the Potsdam Town Hall on Elm Street, just down the street from the Co-op.

Eager guests gathered and visited with friends and neighbors in the Hall's Community Room, which was beautifully decorated for the occasion. Comfortable seating allowed guests to relax and enjoy samples of the 18 mouth-watering entries donated by community bakers. Those who

attended silently voted for their favorites in the friendly baking contest. Many also placed bids on the creations displayed in the Silent Auction Showcase for a chance to bring home a special treat. Kristal Hayes of the Potsdam Neighborhood Center helped to serve and was available to talk with visitors about the essential work the Center does for those in the community. In an email after the Baking Fest, Kristal said: "We here are immensely impressed and thankful for the continued support, and hope you know we could not do what we do without you."

This annual Baking Fest has become a tradition for many

individuals and families over the years. It is a wonderful way to begin the holiday season. Bakers show their community spirit of giving by creating entries, attendees contribute their dollars by submitting bids, and many also contribute to the donation jar. This collective effort is what makes the Baking Fest and Silent Auction a success, and an integral part of the holiday season that helps to make a difference in the lives of others.

We wish to sincerely thank everyone for their significant part in helping to raise \$813 for the Potsdam Neighborhood Center! We very much appreciate everyone who participated; the bakers, bidders, and those who contrib-

uted monetary donations. Thank you also to the Co-op staff, working-owners, and members of the Co-op's Board of Directors, who assisted in all aspects necessary for the success of this important community event.

Whether you can bake or bid, individuals and businesses alike are invited to join us next year for this annual tradition. This event is a great way to begin the holiday season while supporting a worthwhile organization!

The bakers with the most votes in each category of our friendly baking contest, and winners of a \$25 Co-op Gift Certificate are:

Cookies: Candy Cane Chip Cookies by Sandy McCloy

Dessert: Carrot Cake with Cream Cheese Frosting by Dawn Parham

Special Diet: Vegan Cheesecake with Chocolate Ganache and Peanut Butter Cream Cheese by Rachel Topf

Savory: Shakshuka Buns by Fatima Mustafa

Winter Skin Care for Your Baby (and You!)

By Mary Michalek, certified birth and postpartum doula and child-birth educator at New Day Doula

North Country winters can be harsh – and your skin often bears the brunt of it. Babies have particularly sensitive skin and you should use extra precaution to keep them healthy and comfortable. Adults also need to take extra care of their skin during the winter, but their skin can be much more forgiving. However, all my recommendations for babies can definitely be used by adults as well!

PROTECT WHILE OUTSIDE

Cold air plus wind can be an awful combination for skin. But that doesn't mean you have to keep your baby inside all winter! I am a firm believer in getting fresh air even on the coldest days. To make sure the harsh air doesn't affect your little one, make sure to really cover him up. Wearing your baby in a wrap or carrier

so she's right up against you is a great idea. I used to put my son in a wrap and then zip my coat up around him. That way I knew he was warm enough and he could snuggle his face right against me.

If your baby is going to be in a car seat bucket or a stroller, use layers to ensure proper warmth. A snowsuit and blankets are a good idea. While you don't want your baby to overheat, it is really easy for little ones to get chilled. A good rule of thumb is one layer more than you need to keep warm.

DON'T DRY OUT

Babies don't need to be bathed every day. They don't have the hormones adults do, so as long as you clean well during diaper changes, they won't get stinky. And I don't really see an instance where your baby will be rolling around in the mud in the winter... So, really, you don't need to bathe your baby every night. Some people use a bath as part of their

nighttime routine and I get that, I really do. But maybe don't fully bathe with soap, etc every night. Save a full bath for twice a week or so.

The reason I'm stating this so strongly is your baby (and you!) have natural oils that keep skin healthy. When you bathe with soap, you wash those oils away, which leaves the skin dry. If you only bathe once or twice a week, you'll help your baby retain those oils for longer. Keeping the water temperature warm, not hot, will also help protect the skin. This is true for adults as well! As tempting as it is to turn the heat way up, try to avoid that in the winter.

GENTLE PRODUCTS

Another really important aspect to consider is the product – cleanser and moisturizer – you use on your baby. As babies have very sensitive skin, you'll want to choose the most gentle products possible. So, what should you look for? First, steer clear

of anything with fragrance. That can really irritate skin (even for adults!) and can cause rashes. The Co-op carries Dr. Bronner's Baby Unscented Soap, which is really the best option for newborns and babies prone to rashes. If your baby is past the newborn stage and hasn't developed rashes from products, then you can try Everyone Baby Wash, which the Co-op also carries. That is lightly scented with lavender and chamomile, which could help with sleep. But the benefits of those fragrances are not worth it if your baby develops a rash!

As for moisturizer, you can really go simple. Olive and coconut oil are excellent moisturizers. A little bit goes a long way! If you want something more than that, look at the labels before putting anything on your baby. A lot of baby products contain mineral oil, which is best to be avoided. Another common ingredient is petroleum, which a lot of people choose to avoid. Do your research

and make the best choices you can for yourself and your baby. At the very least, try to keep the fragrances at a minimum.

Clothing is another thing to be careful with. You should use cotton clothing exclusively for babies. Any other fabric can be irritating. And use detergents that don't contain dyes and fragrances. The Co-op has a few different options to choose from for free and clear detergents. Try either the Field Day or Ecos detergents without added dyes or fragrance.

MOISTEN YOUR AIR

In the colder months, buildings heated with forced air or wood are often very dry. This can be hard on the skin and also makes breathing more difficult. If your baby's room is especially dry, invest in a cool mist humidifier. Make sure you clean the humidifier frequently, though, as they're prone to mildew.

Winter can definitely be enjoyed by everyone with a little planning. Choose your products wisely and bundle up and you and your baby should be comfortable all winter long!

SNAP Challenge and the Co-Op

By Betsy Kepes

We've all heard it. "The Potsdam Coop? It's too expensive for me." So when my husband Tom and I decided to take the SNAP challenge and eat for a week on \$4.60 per person per day I wanted to prove the naysayers wrong. I had \$64.00 to buy all our food for a week at the coop and I hoped by using the bulk bins I could buy the exact quantities of rice, beans, flour, and oil that I needed, with money left over for a few other items.

SNAP, the Supplemental Nutrition Assistance Program, is a federal food program for low-income Americans. \$4.60 is the average amount of money that New Yorkers who use SNAP get for food per day. The NYS SNAP website states "the current SNAP food benefits in New York are meant to provide participants with the means to purchase healthy and nutritious food." That sounds good, but the cheapest food available in our area comes from the Dollar Store—ramen, boxed

macaroni and cheese, sweet peanut butter, corn syrup jam, Little Debbie cupcakes. Even healthy foods are cheaper elsewhere. My friends who use SNAP told me I could buy dry beans for much less at the grocery store than at the Coop.

But I still wanted to try it. A couple of years ago my family volunteered at an eco-lodge in a remote part of Costa Rica and we ate with the staff. For two weeks we were served white rice and black beans for every meal, and we ate with gusto. As the old expression goes, "hunger makes the best sauce."

To begin the SNAP challenge I marched into the coop on a Sunday afternoon with my list and a measuring cup. White rice and brown rice, 6 cups of each, went into my basket. Four kinds of dried beans. Whole wheat and white flour. 1 dozen eggs. Toasted sunflower seeds. Canola oil (half the price of olive oil). Oats. Popcorn. Small amounts of chili powder and cumin. One small piece of cheddar cheese and

a wedge of domestic parmesan. The total came to \$51.18.

Yes! I was tempted to buy some raisins and peanut butter and a small splurge item but I decided to keep the \$13.00 I hadn't spent as money in the bank. It turned out to be a good call.

But what about fruit and vegetables? For most SNAP users fresh produce is too expensive. Locally, Gardenshare is helping by doubling SNAP benefits at the farmers' markets and fresh food is available at most food banks. I decided we'd eat our homegrown veggies—onions, garlic, carrots, potatoes and winter squash. They would flavor the bean stews we'd be eating every day. And I had a box of wrinkled apples from our apple trees that I could turn into applesauce. Instead of boxed herb teas we drank peppermint tea from leaves I'd dried. For a week we'd live without coffee, tea, beer or wine.

We had a lucky coincidence when we visited a friend who lives in a community that twice a week gets the cast-off produce

from a local grocery store. In a mudroom we saw four crates of fruits and vegetables, including one whole box of perfectly ripe bananas. Our friend insisted that most of the food would be composted so we gratefully added two bunches of bananas, three avocados, a big red bell pepper and two parsnips to our week of food.

Our menu for the week was fresh and delicious, ranging from dal with veggies and white rice to chili with fresh sour-dough bread. One evening I made banana bread using some of our home-produced maple syrup as



Food purchased at Co-op: \$51.18



Food left over after SNAP week valued at \$7.17

the sweetener. Still, Tom missed yoghurt and granola, peanut butter, and green tea. *Continued on page 4....*

YOU ARE NOT WHAT YOU EAT

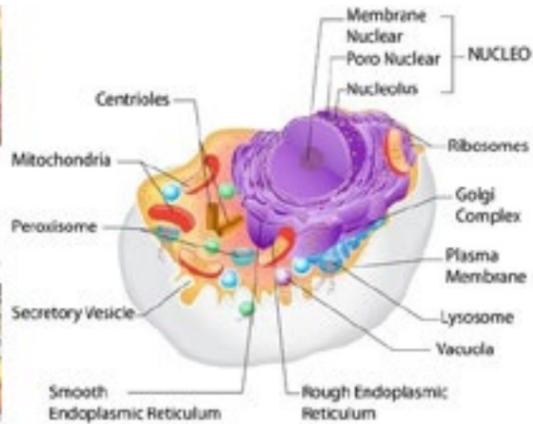
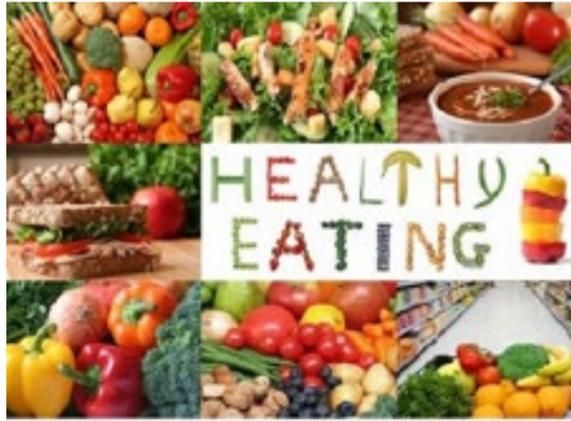
By Paula Youmell, RN

Ok, so the story, as we have been told, is that You Are What You Eat.

I truly love this statement as it says so much. If you stop and think consciously about this statement, you just might think hard and long about your food choices.

At the same time this statement says so much... it does not say enough. Hence my title:

You Are NOT What You Eat. Let me explain.



healthy fat from real food, whole foods, to keep the membranes strong and intact. Healthy cell membranes allow nutrients into the cell and cellular waste products out of the cell. This is metabolic heaven.

- a daily dose of healthy protein keeps the cell membrane happy.
- avoid processed, packaged, factory made foods as they contain unhealthy fats (hydrogenated & partially hydrogenated oils, cheap vegetable oils high in omega 6 fatty acids), denatured proteins, and synthetic ingredients that confuse your body and interfere with this whole digestion - absorption - circulation - and transport across the cell membrane process (for more information head back up to #1).

1. You ARE what your body digests.

- real food is required, whole foods.
- chew well: food must be masticated very well so your body can easily break it down (digest it) otherwise you will just be pooping out undigested chunks of food. Pity, seems like such a waste of whole foods.
- strong stomach acid is required to break down food so you are able to use all of the nutrients in that real food you spend your money on. You want to encourage stomach acid not repress it with acid suppressing drugs.
- good microbial colonization of your intestinal tract is needed for certain biological activities; microorganisms perform a host of useful functions such as fermenting unused

energy substrates, training the immune system, preventing growth of harmful, pathogenic bacteria, regulating the development of the gut, producing vitamins for the host (such as biotin and vitamin K), and producing hormones to direct your body to store fats (and so many more good gut-bug jobs). http://en.wikipedia.org/wiki/Gut_flora

2. You ARE what your body can absorb.

- in order for nutrients to be absorbed, they have to be able to be digested. I will refer you back to #1 above.
- your small intestine must be healthy in order to absorb the nutrients from the digested food. Processed, packaged, factory made foods (and all the synthetic ingredients in them) damage the villi and micro villi that line your small

intestine. Damaged villi do not absorb nutrients well. Ask your body's cells how they feel about this lack of blood nutrients coming at them?

What destroys these precious little villi and micro villi you ask?

- packaged foods' synthetic ingredients
- sugar, corn syrup, high fructose corn syrup
- hydrogenated oils and partially hydrogenated oils
- GMO food crops
- gluten in people with celiac disease or gluten intolerances
- poor chewing... see above.

3. You ARE What Your Heart Can Circulate Around Your Body and Deliver To Your Body Cells.

- moving your body daily and often creates a strong heart, strong blood vessels, and strong muscles that all help to pump blood around your body.

I could go on and on and write a whole book on the benefits of daily movement to your body's tissue strength and how this movement supports the movement of fluids, oxygen, and nutrients throughout your body. I will spare you the long story. Trust me, just get up and move. Dance and your body cells dance with you.

4. You ARE What Can Pass Across Your Body Cell Membranes.

- The nutrients in your real food that you have chewed well, were then digested well by your healthy - intact digestive tract, and absorbed by your villi and micro villi are only useful IF they can now pass across the cell membrane and actually nourish your body cells. Complicated, eh?
- your cell membranes need

You are SO much more than just what you eat. You ARE what you:

- digest
- absorb
- circulate
- pass into your each and every tiny cell

Deeper Dive Homework: look at your food and your bodily processes in a different light. Feed your body whole foods. Support all your bodily processes so you, in turn, feed your body cells well.

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SNAP WEEK...

I missed good olive oil, nuts and chocolate. Even so we ate each meal with gusto, as hunger makes the best sauce.

On Thursday our younger son, Jay, called to say he'd be home the next day, on his way to the Adirondacks where he'd be celebrating his birthday with friends. "Great," I said. "I'll make a carrot cake for you to take with you." After work Tom and I stopped at the Price Chopper in Canton and bought carrots, cream cheese, half a dozen eggs, a pound of butter, confectionery sugar and a splurge—a bag of chocolate chips, on sale. The total came to \$13.11. I sent a two-layer cake to the mountains with Jay and kept a one-layer cake at home. (The extra butter was a welcome addition to our meals and we slathered it on bread, plus I made a supremely satisfying batch of chocolate chip cookies.)

So is it possible to eat for a week, buying all the food at the coop? Yes and no. We relied on other sources for our fresh food. The most expensive item I bought was organic brown rice, six cups for \$6.76. The white rice was half the price as the coop stocks a non-organic type. All the beans I bought were organic, with the cheapest being the yellow split peas. Should we consider stocking some cheaper basic items for shoppers on a very tight food budget?

I'd recommend the SNAP challenge. It is an eye opener for



Food for SNAP week: free or home-grown



Homegrown peppermint, apples and maple syrup.

those of us who can walk into the Coop and buy whatever catches our fancy. A friend asked me how the week went and I told her, "Honestly, it was a bit grim." Yes, we had plenty of food to eat but we couldn't get a coffee or a drink with a friend, buy a bagel for lunch, or even go into a drugstore for a cheap candy bar. I caught a glimpse of the isolation that might happen to the poor in our community.

Do we have a responsibility to stock affordable, whole food products at the Coop? This is a conversation I think we should continue to have, especially as we look forward to welcoming a new general manager.

Response to SNAP Week Article

By Laura Cordts, Board Vice President

Hi Betsy. I know that one of our Board Members, Gail Anderson, responded to you already about your article. We had a Co-op Board meeting last evening, and the Board asked me to follow up with you. Your article, and our potential responses to it, generated considerable discussion. The questions you raise are exactly the same ones our Board and Manager have grappled with repeatedly, and we have discussed this topic at length at previous Board meetings and our annual retreat. Last year one of our Board members, Erica LaFountain, addressed this same topic in a Co-op newsletter article.

I know that Gail's reply to you addressed some of the fundamental flaws in the SNAP challenge - primarily that SNAP is not intended to be a household's sole source of food. Regardless, what you observed about being able to successfully complete the challenge, on Co-op items alone, is correct: it's pretty tough to do.

We do not have a ready solution. As a long-time

member you already know that our cost to purchase products is higher than what larger chain stores pay, which leaves us no choice but to charge more. You also know that the Co-op remains committed to paying our staff a living wage, and to offering organic, clean, fair trade, and/or locally-sourced items wherever possible, which also raises our cost. We operate on an extremely tight margin.

With input from our membership, the Board has recently begun working on creating "ends policies" for the Co-op. Ends policies are written policies which define the results, outcomes or benefits that we want to occur as a result of all the work done by Co-op. These policies also specify the recipients or beneficiaries of those outcomes, and, where possible, their relative costs and priorities. The questions you have raised only highlight our need for Ends Policies.

The Board wants you to know that we value your membership and your long support of Co-op, as well as your thoughtful exploration of this difficult subject.

Response to SNAP Week Article

By Gail Anderson, Board Member

First of all, Kudos to you, Betsy and your family, for taking on this challenge! I'm sure you know the challenge has been attempted by others using conventional stores with similar results, (although adding organic foods to the mix makes it more likely to fail).

As a dietician, I've worked within governmental and other institutional guidelines to formulate balanced diet plans...not easy! SNAP is unfortunately considered a supplemental benefit not guaranteeing a complete nutritional supply. However, many families rely on it in that way. Hence the poor health and often obesity that ensues. Junk food is cheap to supply calories but most often a poor source of nutrients. Junk food is cheap for a reason...the quality is lower. There is also a need for education so that these families can maximize their benefit in

terms of eating healthy. Often neighborhoods don't have a good supplier of fresh food, and they may not have transportation, etc. Needless to say, it is a complex social problem.

Having said that, I'm not sure the coop is in a position to take it on. As far as I know, we charge what we need to charge for our products so that the doors stay open, and no more. It is a question to ponder. There are many sources of lower cost food in our town. Should we attempt to compete with them and then displace products our current members demand? The average family of four in the US spends approx \$250/week on food and they're shopping mostly conventionally at bigger food chains that can afford to bargain with suppliers. Our coop doesn't have that kind of margin available to us.

Thanks for being a compassionate person. We are in tough times. I am open to suggestions as a member/board member as to potential solutions, etc.

Business Partners

These locally owned businesses have generously agreed to grant the following offers to Co-op members. Present your current Membership Card when asking for the discount. One time offers will be checked off when used.

Food

 <p>30 Market Street, Potsdam \$1.00 off any large pizza</p>	 <p>St. Lawrence Valley Roasters Jernabi Coffeehouse 11 A Maple St, Potsdam 10% off brewed coffee</p>	 <p>32 Market St, Potsdam 10% off 7am-2pm Monday to Friday</p>	<p>3 Bears Gluten Free Bakery & More (Potsdam)</p>  <p>For each \$10 purchase you will be entered into a drawing to win their featured dessert of the month</p>	 <p>Purple Rice 20 Elm St #105, Potsdam \$2 off one lunch special (one time offer)</p>
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Retail

 <p>49 Market St, Potsdam 10% Off All Maple Run Emporium brand merchandise</p>	<p>Seaway Cash Register & Typewriter 14 Bray Road, Norwood 5% off on machines, services, and supplies</p>	 <p>200 Market Street - Potsdam, NY 13676 (315) 265-4545 • store5986@theupsstore.com 10 free B&W, self service copies, daily</p>	 <p>5% OFF Folkstore purchases for Co-op member-owners (other discounts also apply) NORTH COUNTRY FOLKSTORE 53 Main Street, Downtown Canton 315-386-4289 • tauny.org • M-F 10-5, S 10-4</p>
 <p>Farmhouse Forge James Gonzalez, blacksmith 315-566-1130 10% off www.FarmhouseForge.com</p>	<p>Downtown Sports & Toys (formerly The Cornerstore) 75 Market St, Ste 100, Potsdam 10% off with a purchase of \$25.00 or more</p>	<p>The Computer Guys 4 Clarkson Avenue, Potsdam / 2564 State Highway 68, Canton 10% off on all in stock items at both locations</p>	 <p>Friends of the Potsdam Public Library 10% discount at the regular Saturday 10-1 sale in the library basement</p>
<p>St Lawrence Nurseries 325 Route 345, Potsdam 10% off regularly priced plant stock</p>	 <p>15 Market St, Potsdam 10% off sheet music and accessories</p>	<h3>Featured Business</h3> <div data-bbox="1058 1306 1324 1580">  </div> <p>Renew Architecture & Design is an architectural firm specializing in new buildings, residential renovation planning, green building and historically sensitive design. Led by architect Rebecca N. Weld, AIA and LEED AP, Renew serves the North Country from the St. Lawrence River to deep in the Adirondacks. We love to work with clients to provide quality design, creating healthy and beautiful places to live and work. Our office is located in Potsdam, at 7 Maple St. Feel free to walk in or call (315) 262-0082 for an appointment. Members receive a 5% discount on residential projects, but be sure to specify that you are a member when we meet!</p>	

Home Services

 <p>Alpine Foam Insulation 315-262-6544 5% off residential foam insulation job</p>	 <p>rebecca@renewarchitecture.com 5% discount on residential architectural services</p>
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Health/Beauty

 <p>67 State Highway 345 Potsdam, NY 13676 315.262.0482 www.bodyshopfitnessandspa.com 10% off Fitness Center Membership</p>	 <p>North Country Center for Yoga and Health 17 Main Street, Canton NY One time \$5 discount for any drop-in class</p>	 <p>17 Maple Street, Potsdam, NY 10% off body art (excluding specials)</p>	<p>Alexander Technique Lessons and Workshops (Beth Robinson) (315) 212-0562 73 Leroy Street, Potsdam 10% off first lesson</p>
<p>Chiropractic Office of Dr. Jamie Towle & Dr. Lisa Francey Towle 16 Park Street, Canton / 3276 State Route 11, Malone 10% off chiropractic services at both locations</p>	 <p>10% discount Two locations: 143 Market Street & 25 Market Street, Potsdam</p>	<p>Colton Massage Therapy, Catherine A. Klein, BA, LMT 4808 State Highway 56, Colton \$10 off first massage or gift voucher</p>	<p>Knead of Life Helen M. Kenny, NYS LMT Hannawa Falls \$5 discount on first session</p>
<p>Jazzercise 22 Depot St/PO Box 624 Potsdam 1 complimentary class to new customers (may not be combined with other offers)</p>	<p>Back In Motion Family and Sports Chiropractic 17 Leroy Street, Potsdam 15% off initial visit for those without insurance</p>	<p>Potsdam Center for Innovative Dental Technologies, Aaron Acres, DMD 83 Market Street, Potsdam 10% discount</p>	 <p>315-265-0961 PO Box 115 Hannawa Falls, 13647 10% discount on initial consult</p>

Entertainment

 <p>15% off regularly priced tickets at the box office (some restrictions may apply).</p>	 <p>St Lawrence County Arts Council 1 time SLC Arts member rate discount on a community arts class</p>	 <p>Orchestra of NNY 315-267-3251 15% off regular priced tickets</p>
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Board Member Elections

In general, the Board is responsible for the financial viability of the Co-op. The Board evaluates and approves the Co-op Budget, evaluates the General Manager's performance, sets goals and objectives for the Co-op and makes sure the Co-op continues to operate in accordance with and in

the spirit of its mission and by-laws.

The Co-op Board expects Board members to attend and participate in monthly 2-hour Board meetings (held the third Tuesday of each month). Certain annual events hosted by the Board also require Board attendance, such as the Co-op Annu-

al Meeting, the staff holiday party, and the Co-op Open House. The Board accomplishes a great deal of work in committees and the Board expects members to participate in committees of their choosing. Currently the Board has the following standing committees: Executive Committee,

Finance Committee, Governance Committee, Marketing and Outreach Committee, Membership and Events Committee, and IT Committee.

Eric Ochraneck



ERIC OCHRANEK

How long have you been a Co-op member?

I've been a part of the Co-op since moving to Potsdam in 2009.

What do you appreciate most about the Co-op?

The obvious! I appreciate the friends, food, and the community that forms around supporting a local market. I also appreciate the variety of vegan foods available at the Co-op that can't be found anywhere else in Potsdam. These are things that make the Co-op unique.

What opportunities have you had to be involved in the Co-op?

I was employed at the Co-op for nearly three years as a cashier, cashier supervisor, and then IT specialist. I joined the Board three years ago and have been serving as the Board IT Committee Chair.

Why have you chosen to run for a seat on the Board of Directors?

I have a desire to work for the Co-op and give back to the community. I think this would be a great opportunity for me to accomplish that.

Can you fulfill the requirements of the Board as outlined above?

I look forward to it!

What interests, skill and talents will you bring to the Board of Directors?

I have strong technical skills and was a critical part of the implementation of the membership card system, inventory tracking, and maintaining the Co-op's online presence. I enjoyed doing all of that as part of the amazing team at the Co-op. I believe I offer a unique perspective as I've worked on the front-lines and as part of the back office. Since leaving the Co-op my technical skills have grown and I've earned a Master's in Educational Technology. I support buying local, eating local, and the fair treatment of animals and humans along the way.

What's working, what's not working and what's missing at the Co-op?

Many of the people I know or meet in Potsdam are somehow connected with the Co-op. I often speak with people who note that the Co-op is the place to go for fresh produce, local goods and delicious ready-to-eat foods. As a vegan, I know it's hard finding certain ingredients for recipes. That would be even more difficult without the Co-op. However, maintaining the Co-op isn't cheap and sometimes prices reflect that. Initiatives like the Buying Club offer members the opportunity to cut those costs. I would look forward to helping the Co-op achieve its goals of making goods more affordable as well as expanding that selection. I'd also like work towards attracting new membership and reaching out to ed-

Erica LaFountain



ucate members and non-members alike of the benefits of a Co-op membership.

My Vision for the Co-op is:

As a former employee, I really appreciated being able to contribute to the Co-op. I would love to see the Co-op's wonderful community of employees, volunteers, board members and working members continue to be actively involved in the Co-op's growth and development.

ERICA LAFOUNTAIN

How long have you been a Co-op member?

My parents have been working members since the early 1980s so I was raised as a member and can remember packaging and cleaning at the old Market St. location. I moved back to Potsdam with my new family in 2012, and we became members in our own right.

What do you appreciate most about the Co-op?

The intimacy. By that I mean not only the small space, but also the kinship of the people. Even if you don't recognize a fellow shopper, you know you have something in common because you've chosen the Co-op.

What opportunities have you had to be involved in the Co-op?

I have complete one full term as a Board Member. During these 3 years, I have served as the chair of the Membership and Marketing Committee, and am currently Co-chair of the Newsletter Committee. I have served as Board Secretary for 2 years. I eagerly attend most Co-op functions.

Why have you chosen to run for a seat on the Board of Directors?

I am proactive, and I care about the Co-op. As a mother of three young children I've decided not to hold a traditional job for the time being, so this is a welcome opportunity to apply myself in a different capacity.

Can you fulfill the requirements of the Board as outlined above?

Yes.

What interests, skill and talents will you bring to the Board of Directors?

I have experience with the co-op model, having participated on our Board and in another food co-op as well as housing and childcare co-ops. I also have a background in organic farming, and I feel strongly about locally and directly sourcing everything we can. Perhaps I'm about the right age to connect with the younger Potsdam crowd, while being old enough to have nostalgia about the Co-op's earlier iterations. I hope we can keep the Co-op solvent and relevant without sacrificing its character and mission.

Joseph Andriano



JOSEPH ANDRIANO

My name is Joseph Andriano, and I have been a co-op member since 2014. Over the past three years, I have served on the Co-op board, in the positions of Secretary, Vice President, and President. In my non-Co-op life, I am an Assistant Professor of Law at Clarkson and live in Crary Mills with my wife, my llama, two cats, and five chickens.

I am seeking second term on the board because I love this organization and feel we are at a pivotal time of transition. With our General Manager, Eric, leaving, expenses rising, and discussions about expansion in the air, I think it is important to have consistent leadership on our board. When I participate on the board, I bring experience of nearly a decade of serving on non-profit boards, a legal background in both private practice and academia, and a long standing commitment to sustainable and local food economies to the table. I believe that set of skills and interests is critical at this transitional time.

Our Co-op is a center of the community. People love to shop here because they know they will be getting good food in a friendly environment (thanks to our wonderful staff without whom we would be nothing!). In my second term on the board, I want to work to expand our footprint in the community—whether that is literally or figuratively—in order to increase sales so our Co-op can remain viable. We are at a time when more and more people care about shopping and eating locally—how can we capitalize on that movement and show the wider St. Lawrence County community that this is something we've cared about all along and have had 40 years to perfect? These are the kind of things that I think we should be working on as a Co-op, and I hope, if elected, I can help us consider these issues.

MARSHALL ISSEN

How long have you been a Co-op member?

I have been a member since about 2001, about a year or so after my spouse and I moved to Potsdam from Chicago.

What do you appreciate most about the Co-op? What do you think is working well?

The list here is very long. First, it's the members and staff! I could not find a friendlier atmosphere to grocery shop. In addition to the variety of items and the availability of locally produced items, I also appreciate the convenience of the store in terms of parking and shopping efficiency. The Carriage House Bakery rocks! We only buy our bread there now as nothing else compares to it in terms of quality and selection for fresh baked goods. Finally, I really appreciate the choices from

Marshall Issen



the Deli. The selection is tasty and I usually can find something for a quick lunch and dinner options!

What opportunities have you had to be involved in the Co-op?

When I first joined, I did packaging. Around 2002, a Core-Working Member-Owner position opened up and I have been filling the bulk bins and keeping the bulk food items organized in the back cooler until this Fall. I had to take a leave from this position due to a shoulder injury, as it affected my ability to lift the bulk food bags.

Why have you chosen to run for a seat on the Board of Directors?

I have decided to run for a seat on the Board of Directors for a variety of reasons. I was approached several years ago by a former Board member about considering a Board position. At the time, I was still very happy to do my part as a Core-Working Member-Owner and did not want to leave my position in the store. Since my "retirement" from filling the bulk food bins, I have been looking for another way to contribute. I mentioned this to a friend on the Board who told me about the current opportunity to run.

What interests, skill and talents will you bring to the Board of Directors?

I have degrees in Mechanical Engineering (BS) and in International Business (MS) with a focus on Management/Economics/Finance and spent most of my professional career at a safety certification company based in the Chicagoland area. My last position was in management (sales and marketing) where I had budgetary responsibility for staff and programs in excess of \$2,000,000 annually. I teach project management and other project based classes at Clarkson. I am also involved in an organization where I hold a Board position, Vice Chairperson/Treasurer. This group runs an annual summer event on the St. Lawrence River in Massena. I also volunteer at Reachout of St. Lawrence County, answering the crisis hotline during a regular summer shift and during breaks in the academic year. It is through education, work experiences and volunteer work that I have become quite familiar with accounting principles/financial reports. I expect to tap into the experiences from business/academia, volunteer work and academic background as I work with the rest of the Board members in setting the direction for the future of the Potsdam Food Co-Op.

WISER Center at SUNY Potsdam

By Ray Bowdish

If you have visited SUNY Potsdam's campus in the last year and happened to travel down Barrington Drive, you'll likely notice the twin, tall, cutting-edge greenhouses opposite Sisson Hall. A generous gift to the Biology Department from Alumnus Bob (75') and his wife Wendy Wagner, made it possible! The resulting construction comprises 3,000 square feet of greenhouse and classroom space adjoined to Stowell Hall now known as the Wagner Institute for Sustainability and Ecological Research (WISER) Center. The current Center mission is to provide applied research and educational programming in sustainability and ecology. The WISER activities and outreach begin on campus and extend to our local and global communities. This mission is focused into specific goals to:

Increase applied learning opportunities in the Science, Technology, Engineering and Mathematics (STEM) fields, focused on sustainability and ecology

Enhance awareness of sustainability and ecological conservation issues

Provide technical support and educational collaboration around food and nutrition curricula

Promote sustainability initiatives on campus and in our region by teaming with local community groups and institutions

The last two goals align with two, of the seven Cooperative Principles, namely: Education, Training and Information and Concern for the Community. However, it's the third goal where WISER and the Co-op are most synergistic in their respective missions.

The WISER Center began a collaboration with Global Teaching Award Top-Ten finalist and educational activist, Stephen Ritz. His non-profit, Green Bronx Machine has been featured in Michael Pollen's PBS documentary In Defense of Food (based on his

best-selling book). Stephen's recently-released book, *The Power of a Plant* is an autobiographical tale about the effects of introducing students to growing their own food and adopting a plant-



Figure 1 View inside WISER Greenhouse 1. Tower gardens with new LED lighting system.

a workshop introducing Tower Gardens® (Figure 1) to local educators and students. Tower Gardens® are self-contained, vertical, aeroponic growing technology where nutrient rich

they learn biology, math, history, and much more. The Green Bronx Machine students have been so successful with Tower Gardens®, they were invited to install them in the Obama Whitehouse! The PBL curriculum delivers amazing results to children in the severely disadvantaged neighborhoods of

also been used to promote the hyper-local food movement that has started on the campus. Interns are currently researching exciting new ways to produce compost on small scale and grow microgreens vertically using recycled coffee bags donated from St. Lawrence Valley Roasters and Jernabi Coffee House, Potsdam (Figure 2).

This fall, four WISER interns visited bee hives owned by Sarah Lister. She and her husband Willie Trithart and his mom Rosie plan to use honey and other "hive-derived" materials in their Big Spoon Kitchen. The interns helped Lister by sampling and treating the hives for Veroa Mite infestations using the Sugar Shake technique after getting basic training (Figure 3) with hives purchased with Alcoa grand funds. The hives serve the The Cecilie Garden, now managed by the WISER Center and the Unitarian Universalist Church, Canton. On their visit to Lister's hives they were accompanied by local amateur beekeeper, Dwayne Belt. He is a member of the Bee Keeper's Interest group started as part of the Local Living Venture (LLV).



Figure 3 - WISER Interns leaning about bee keeping near The Cecilie Garden in Lehman Park

based diet. He learned that it leads to better academic performance, higher attendance, and a reduction in disciplinary actions in elementary schools. The home of the Green Bronx Machine (GMB) is The National Health, Wellness, and Learning Center at CS (Community School) 55, South Bronx, NY. This innovative classroom space is designed to afford an interactive Project-Based Learning (PBL) environment for the Grade 3-5 curriculum available from the non-profit.

In September, the WISER Center began its programming with an auspicious event. Stephen Ritz joined Duane McCarthy of the Juice Plus® company to deliver



Figure 2 Student Researcher Sydney LaPan shows of her vertical microgreens grown no used coffee bags. The "tip table" bench she created holds the promise of increasing the space efficiency by 600%!

water droplets splash plant roots. The towers have a small footprint (30" diameter) and their own light source, perfect for classroom applications. The GBM curriculum focuses students on growing with these vertical gardens to produce nutritious food that they prepare and eat! As they grow,

the South Bronx. The WISER Center seeks to enhance the food and nutrition education mission of the GBM by teaming up with organizations like New York Agriculture in the Classroom, Cornell Cooperative Extension, Canton Schools Green Team and educators at Salmon River School. Funds from a community building grant from the ALCOA foundation

have provided growing racks from Massena-based, 2445 Organics and Tower Gardens along with tools like pH meters, temperature probes, soil, and seed. The funds have also been used to enhance applied learning through internship and student research in the WISER Center. Funds have

The WISER Center's relationship to the Local Living Venture highlights its concern for the community. The two organizations have begun a collaboration that led to two events this fall that were part of the LLV's Pollinator Protection Program. Both the Honey Hobby to Business presentation and the Honey Harvest Hoedown & Pollinator Jamboree are examples of ways the WISER Center has begun to reach to the local community concerning local food and the economy.

The events and activities of the WISER Center are just beginning. We hope if you are wandering through Stowell Hall you will drop into room 205 and visit the Center and greenhouses! There will be lots more to come!

To see more, take a look at our Facebook Page, WISER at SUNY Potsdam or visit www.potsdam.edu/academics/AAS/biology/wiser



Potsdam Consumer Cooperative, Inc. Proxy Authorization – February 2018

We need your vote to reach our quorum of 100 memberships or 10 percent of the total current memberships, whichever is smaller. If we don't reach quorum, we cannot elect new Board members.

To vote, one must have an up-to-date Co-op membership. **Only one (1) vote per member-household is permitted.**

Submit your proxy authorization in one of these ways:

1. **Drop** completed proxy authorization into the ballot box at Co-op;
2. **Mail** it to be **received** at Co-op no later than February 12, 2018
3. **Bring** it to the Annual Meeting on February 15, 2018.

If you do not wish to give a proxy, you may vote in person at the Annual Meeting on February 15, 2018 at the Trinity Church in Potsdam, NY. Potluck dinner is at 6, meeting at 7.

I hereby authorize my proxy, Anne McLaughlin (alternate: Vanessa Bittner), to vote in my place at the Potsdam Consumer Cooperative, Inc. Annual Meeting. I direct my proxy to vote as follows:

Select four (4) directors from the slate of candidates (bios available on the website)

Joseph Andriano

Erica LaFountain

Marshall Issen

Eric Ochranek

(or you may write in another Co-op member's name):

(write-in) _____ (with their permission)

OR

I direct my proxy to vote for the candidate or candidates of their choosing.

YOU MUST FILL OUT THE FOLLOWING INFORMATION FOR YOUR PROXY AUTHORIZATION TO BE OFFICIAL — PLEASE PRINT NEATLY!

Date: _____ Member Number (if known): _____

Print Head of Household Member Name: _____

Your Signature: _____

Print Your Name: _____

Potsdam Food Cooperative
24 Elm Street
Potsdam, NY 13676



Potsdam Food Cooperative

Community News

WINTER 2018

FREE



ELECTION EDITION
VOTE FEBRUARY 15
DETAILS INSIDE

ANNUAL MEETING FEBRUARY 15 AT 6PM

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