



# Lost River Community Co-op

## Annual Membership Meeting Saturday February 7th 12:30-3:00 pm at Paoli Presbyterian

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If you haven't filled out your **SURVEY** yet, there's still time! Turn it in at the store or **online** at <http://tinyurl.com/6h2dsd>

The third annual membership meeting of the Lost River Community Co-op will be held Saturday, February 7, from 12:30 – 3pm.

The meeting will again be held at the Paoli Presbyterian Church, across the street from the Lost River Market & Deli. This meeting will be a chance to exercise your rights of membership through voting for your Board of Directors.

Election process: As a member-owner you have the right to vote in the Co-op's annual Board of Directors election.

This year we have four candidates running for five available seats. (Our bylaws state the Co-op's board of directors may range from seven to 15 seats. Adding the four candidates to the existing six board members would fill 10 board seats.) The new candidates are: Karen James (re-election), Rod Kahl, Janabai Raymundo, and Randy Young. To learn more about these member-owners, please see the candidates' statements inside this newsletter.

Since there are no contested races for the available seats these candidates will be elected

at the annual meeting on Saturday, February 7<sup>th</sup>. At that time additional candidates may be nominated from the

**Guest Speaker George Huntington, General Manager of Bloomingfoods, to speak on the value of co-op membership and the co-op principles.**

floor but they must be present at the meeting to introduce themselves and to agree to the election.

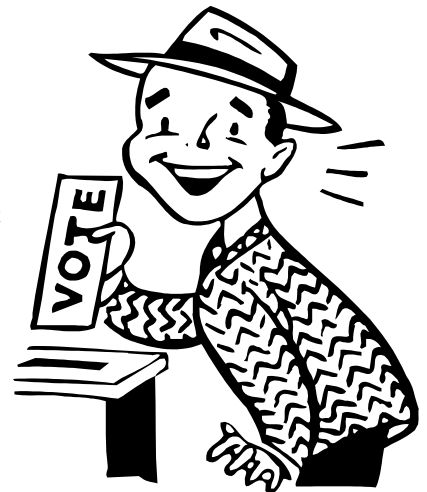
The meeting will begin

with **lunch provided by the Lost River Market & Deli** and entertainment by Maria & Dave Crece-lius, and friends.

Agenda will include Election of board of directors, annual report, highlights from the member survey, a discussion of the value of co-op membership and the co-

op principles by George Huntington, General Manager of Bloomingfoods.

You'll be asked to help shape the goals for the Co-op for 2009 while sharing desserts.



### January Wellness Workshop Tues. 20th at 6:30 pm to Feature Acupuncture

"Bringing our body in balance with Acupuncture" will be the topic for January's Wellness Workshop. Presenter Shauna Burton holds a Master's Degree in Oriental Medicine from the Texas College of Traditional Medicine, and is accredited by the NCCAOM which is the highest accrediting agency for acupuncture in the country. She operates the

Springs Valley Spa.

The workshop will be held January 20th at 6:30 pm at the store. It will be an overview class with some interesting bits of history along with new scientific studies from the NIH and Johns Hopkins.

Coming up: **February 17; 6:30 pm: Romantic Foods – Chocolate and a cooking demonstration**

**Member  
Appreciation  
Day:  
Saturday,  
January  
17th!**

## Upcoming Board Meetings

All members are welcome  
and invited to attend!

Monday, February 2nd  
Monday, March 2nd

Meetings are held at 6pm  
at the Presbyterian  
Church, across the street  
from the co-op store.

Lost River  
Community  
Co-op

## Adheres to the following Cooperative Principles:

- 1st Principle:**  
Voluntary and Open Membership
- 2nd Principle:**  
Democratic Member Control
- 3rd Principle:**  
Member Economic Participation
- 4th Principle:**  
Autonomy and Independence
- 5th Principle:**  
Education, Training & Information
- 6th Principle:**  
Co-operation among Co-ops
- 7th Principle:**  
Concern for Community

## Staff Members

Brad Alstrom, general manager  
Espri Beaugard, graphic artist  
Linda Boswell, deli coordinator  
Shannon Cheek, perishables  
buyer, produce receiver  
Becky Gardiner, bookkeeper  
Andrew Gilleo, bulk foods  
buyer, meat buyer  
Pete Johnson, grocery and produce  
assistant  
Keith Robertson, produce manager  
and beer & wine buyer  
Melinda Sketo, deli cook

## Board Members

(those continuing to serve  
until 2010 listed in bold)

Steve Hayes, Carol Hudelson,  
Karen James, **Andy Mahler**,  
Sherry Schmidt, **Debbie  
Turner**, Carol Anderson,  
**Robin Young**, Bernard Weesner,  
and **Jim Beachy**.

# Board of Directors Candidate Profiles

*Profiles of the candidates for the Lost River Community Co-op Board of Directors for 2009-2010:* Each candidate has answered a set of questions concerning their interest in the Co-op and what experiences they may bring to the board. Those answers are presented below.

### **Karen James** (re-election), Marengo

*Why do you want to serve on the Lost River Community Co-op (LRCC) board of directors?*

I feel the co-op is a valuable asset to our community. I am amazed by how much we have accomplished in the past two years and want to do all I can to ensure the co-op's continued success.

*What strengths and skills will you bring to the board?*

I have good organizational and communication skills. I am willing to attend meetings and to do routine tasks.

*What past experiences do you have that would aid you in being an effective board member?*

I have been on the co-op board for the past two years. It has been a learning experience for all of us as we moved through the process of opening the market and redefining our role as a governing board. The board has had some very useful training through national co-op organizations.

In my career as a librarian I have had training and experience in grant writing, in developing fund raising letters, in developing policy and procedures, in public speaking, in developing and presenting training workshops, in developing and writing annual reports, and in hiring and evaluating staff. As Collection Development manager for the Louisville Public Library I was responsible for a five million dollar materials budget, negotiating purchasing contracts, and selecting all books and other materials for the library system.

*What do you see as LRCC's role in the community?*

It is a meeting place for the disparate elements in our community from traditional farmers to transplanted urbanites. The co-op is unique in that it exists for the good of the entire community. I see it as an organization that strives to expand the choices we have in terms of where and how we shop, grow food, and lead healthy, productive lives.

*Additional thoughts.* I think food is a basic element in good health. No matter what diet one follows, the key is fresh food, with as few additives as possible and a variety of

choices. Since my working life was spent in Louisville, it is only with my involvement in the co-op that I have begun to get a sense of the richness of the community in which I live. I believe that it is both important and possible to find ways to make decisions that benefit the entire community.

### **Rod Kahl, Campbellsburg**

*Why do you want to serve on the LRCC board of directors?*

I want to serve on the Board of Directors to more actively participate in the day-to-day, tactical and strategic goals and efforts of the Co-op. In short, I want to add my voice to my feet and money in support of the Co-op's efforts.

*What strengths and skills will you bring to the board?*

My skills and strengths include broad business experience and knowledge. My energy and critical thinking would offer the board of directors different perspectives. I am organized and a highly effective communicator as well.

*What past experiences do you have that would aid you in being an effective board member?*

In my professional career I have served as an advisor to Board of Directors and I have held a high level position with a small company (VP/COO).

*What do you see as LRCC's role in the community?*

Lost River Market & Deli is first of all a place to sell/purchase whole foods, second to and supporting this role, the Co-op's education, training and information activities.

*Philosophy of community, food, health, nutrition or other pertinent topics that members should know about you?*

Fundamental to my family's life is the understanding that as humans we are integrated beings – everything we do affects all aspects of our body, mind and spirit/soul. We see our neighbors & the world as a whole in the same light – we are all integrated, whether we acknowledge it or not.

### **Janabai Raymundo, Salem**

*Why do you want to serve on the LRCC board of directors?*

To support the positive changes happening in the community.

*What strengths and skills will you bring to the board?*

Commitment to positive growth and change, willingness to help make changes happen and computer and communication skills.

*What past experiences do you have that would aid you in being an effective board member?*

Project management, owning a business, past experience with a previous term on the Co-op board that gives me a background in cooperative principles and governance.

*What do you see as LRCC's role in the community?*

The Co-op can be a vehicle for positive change, an information source, educational involvement, a role model for "caring for each other and the community."

*Additional thoughts:* As a certified practitioner of holistic health modalities, I am convinced that the road to physical health, clear thinking, and a joyful life involves healthy eating which includes organic foods. Lost River Community Co-op can be a source of reliable, honest information and products for healthy eating to help us change to an improved lifestyle to benefit our families, communities and the environment.

### **Randy Young, Mitchell**

*Why do you want to serve on the LRCC board of directors?*

To share in a belief of supporting local producers. Also to help the Co-op continue to grow and add value to its members. Plus share in my wife's passion of ideas and workings of the Co-op.

*What strengths and skills will you bring to the board?*

Community outreach abilities as well as access to wellness opportunities. Creative thinking and ways to reach current and future members.

*What past experiences do you have that would aid you in being an effective board member?*

Board experience with Lawrence County Community Foundation and Prevent Child Abuse of Lawrence County.

*What do you see as LRCC's role in the community?*

An outlet for local producers to reach local buyers. To also promote healthier choices for families. Encourage community unity by pulling together for the good of all involved.

*Additional thoughts:* To have peace of mind that knowing where the food our family consumes comes from is local and fresh. Working at a hospital and doing health screenings, I get to witness the health status of our demographics and I make any attempt I can to help those with risk factors of disease get information on how to reduce damage to their bodies. That means I enjoy and to a point see it as a personal duty to do what is possible to spread awareness of ways to be more knowledgeable. I often mention the Co-op because of the quality of produce and meats which are carried there. I feel I would make a good ambassador for the Co-op and its vision.

# January Member Specials

The member special prices will be clearly marked in the store and with a yellow price tag. Member Specials are not combinable with other discounts such as Member Appreciation Day 10% off or the 5% off Member Coupon

## Kettle Chips

Lightly Salted, Sea Salt & Vinegar, Salt & Pepper, & Honey Dijon  
5 oz.

MEMBER SPECIAL

**15% OFF**

**Regular price \$2.89  
Member price  
\$2.44**

## Natural Brew Sodas

Draft Root Beer, Vanilla Crème Soda, and Ginseng Cola  
4 pack 12oz bottles

MEMBER SPECIAL

**20% OFF**

**Regular price \$5.59  
Member price  
\$4.47**

## Cascade Fresh Yogurt

All flavors, 6oz.

MEMBER SPECIAL

**15% OFF**

**Regular price \$1.19  
Member price  
\$1.01**

## Natures Gate 18oz.

### Shampoos & Conditioners

Aloe Vera Moisturizing, Jojoba Revitalizing, and Chamomile

MEMBER SPECIAL

**15% OFF**

**Regular price \$6.29  
Member price  
\$5.34**

## Orange Crusted Salmon with Parsnip Puree

Recipe from Martha Stewart Living and Tested in Alice's Kitchen. Serves 4

- 2 navel oranges, washed thoroughly
- 1/4 cup sugar
- 2 pounds parsnips
- 1 1/2 cups orange juice, preferably freshly squeezed and strained (4 oranges)
- Salt and freshly ground black pepper
- 4 salmon fillets, (5 ounces each), skin removed

Heat oven to 275 degrees. line a baking pan with aluminum foil. Using a vegetable peeler, remove zest in large strips from 2 oranges. Place zest in small nonreactive saucepan; add sugar and 1 cup water. Set over high heat; bring to a boil. Reduce to a simmer; cook until liquid is syrupy, about 35 minutes.

Transfer zest to the prepared baking pan, and place in oven. Bake until zest is dry but not brown, 25 to 30 minutes. Let zest cool completely, and grind to a powder. Set aside.

Carefully separate oranges into segments, removing white membranes, and set aside.

Peel parsnips, and cut into 1-inch chunks. Place in

a large saucepan; cover with water. Cook until parsnips are very soft, 8 to 10 minutes. Drain. Add 1/2 cup orange juice to parsnips, and season with salt and pepper. Return saucepan to medium heat. Cook, mashing parsnips with the back of a wooden spoon or a potato masher, until orange juice has been incorporated and parsnips are hot, about 5 minutes; set aside.

Sprinkle both sides of fillets with salt and pepper. Sprinkle 1 teaspoon powdered orange zest on top of each fillet. Oil a large skillet with olive oil; heat over medium heat. Place salmon in pan, orange-zest-side up, and cover. Cook until salmon turns opaque three-quarters of the way through, about 5 minutes. Turn fillets over, and cook until orange crust is golden brown, about 2 minutes more. Remove salmon from pan; set aside in a warm place.

Pour the remaining cup orange juice into the sauté pan. Using a wooden spoon, scrape up any brown bits from bottom of pan. Increase the heat to high, and cook until the sauce has been reduced by half and is slightly thickened, about 4 minutes.

Divide parsnip puree among four plates, and top with salmon. Spoon sauce and reserved orange segments over salmon; serve.

## January coupon Lucky 5% off member appreciation

Coupon is good for **5% off** on one visit to the Lost River Market & Deli. Expires February 7th, 2009.

*One coupon per co-op member per month. Not combinable with other member discounts.*

*Here's a great way to use salmon. The parsnip puree is good too, but it's certainly optional. Parsnips are now available in the produce section at the Lost River Market & Deli. The salmon can be found in the freezer section. It's ocean caught and full of Omega 3. When the parsnips are not in season, you could serve this delicious salmon with your favorite couscous, rice, pasta or potato dish. The powdered orange zest (Steps one and two) can be made several days ahead, and keep it in an airtight container in a cool, dry place; grind before using. I think it would also be great on other types of fish and chicken. The powder smells divine and would make a lovely hostess gift for a friend who likes to cook, so instead of pitching orange peels in the compost pile, make this yummy powder for your next dinner!*



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MARKET & DELI

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**Want to contribute  
an article?**

Call and talk to Brad, or e-mail  
[coop@netsurfusa.net](mailto:coop@netsurfusa.net)

## January, 2009 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
				1 Store hours 12-6pm	2	3
4	5 Senior Citizens Discount Day	6	7 Music Jam 6pm	8	9	10
11	12 Senior Citizens Discount Day	13	14 Music Jam 6pm	15	16	17 <b>10% off Member Appreciation Day!</b>
18	19 Senior Citizens Discount Day	20	21 Music Jam 6pm	22	23	24
25	26 Senior Citizens Discount Day	27 Vegetarian Cooking School Potluck at the Cedar Ridge Seventh-day Ad- ventist 6 pm Info call 936-2997	28 Music Jam 6pm	29	30	31
Feb. 1	Feb. 2 Board Meeting 6 pm	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7 <b>Annual Membership Meeting 12:30-3:00pm</b>