



Lost River Community Co-op

Happy Birthday to Us!

Lost River Market & Deli to celebrate 1st Birthday

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**Member
Appreciation
Days:
2 Day
Birthday
Special!**
Members receive
**10% off Friday
AND Saturday,
October
24-25th!**

The Lost River Market & Deli will be one year old on October 23, 2008. It's been one full year since the store opened to offer healthy food choices right here at home thanks to you, member-owners and supporters of the Co-op!

We're planning a birthday celebration October 23rd-25th, so mark your calendars. And watch for more details at the store, in your email or in the newspaper and on the radio as the celebration approaches.

Friday, October 24th

- Evening of music and food and drink samples. Plan for an outdoor event, weather permitting. We're hoping to offer a craft beer tasting in addition to other products featured in at the co-op.

Saturday, October 25th

- 11 am to 1 pm at the store we'll have free birthday cake.

- 11 am – 1 pm: Grill Out with hamburgers and brats from our local meat producers plus hot dogs for the kids. Nominal charge for refreshments.

- Free apple cider from an antique cider press

- Free outdoor music from area music students and Orange



County HomeGrown Jammers from 11 am – 2 pm.

- Free Children's Fall Activities from 11 am – 2 pm
- "Honoring local vendors" display at the store

Other activities being planned include a special Harvest Dinner at an area restaurant featuring local foods and ingredients found at Lost River Market & Deli. Look also for a local farm tour featuring fall crops, a 5K walk in Orleans at 9am on Saturday, and a 10am walk at the Paoli Sports Complex.

The Lost River Market & Deli would like to use this first birthday celebration to share with others. We hope to offer a free luncheon at each of the Senior Citizens Centers in the county and to offer frozen soup selections at the local food pantries.

Lots of volunteers will be needed. Email coop@netsurfusa or Debbie Turner at debbiethorgren-turner@earthlink.net if there is activity with which you would like to help. Thanks!

Locally Grown Produce: Aren't we Lucky!

By Carol Thornton-Anderson

While visiting the Jersey Shore in my home state, my sister-in-law suggested a salad dinner featuring the famous Jersey tomato. Alas- the tomatoes made me miss Southern Indiana gardens and the kind of produce our beautiful store offers all of us.

Several days later in an uncanny coincidence, the book I had brought along for the

beach noted the plight of my home state's tomato. It seems that the Jersey tomato literally is not the Jersey tomato of the '60s. The food conglomerates recognized a profitable product and tweaked it to be able to travel across the country. Taste and juiciness were sacrificed for "shipability."

I don't want industrialized food that has the unnatural ability to bounce across the

country unscathed. There are many reasons why I love our store and the Jersey tomato has become my mascot for all the things that can and do go wrong when global agribusiness gains total control over our food supply.

I don't want to buy mad cows, poisoned pet food or coffee whose growers live in abject poverty. Shop co-op!

Name that Newsletter!

The Co-op Communicator? Lost River Times? Nutrition News? ...we're sure you all can do better than that. Start brainstorming for our newsletter naming contest. Watch for details in the 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
Esprí 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

Cathy Davison, Kathleen Gifford, Steve Hayes, Carol Hudelson, Karen James, Andy Mahler, Sherry Schmidt, Debbie Turner, Iona Fravell-Clifton, Carol Anderson, Robin Young, Bernard Weesner, and Jim Beachy.

600 Member Challenge

Lost River Community Co-op currently has 580 member-owners. All members are challenged to help the Co-op reach 600 members by the Co-op's first birthday party on October 25. There are a lot of non-member shoppers supporting the store who could be encouraged to join. There are a lot of people who are expressing interest in joining. Let's sign them up before October 25 and really have a celebration!

When You Become a Member of Lost River Community Co-op, You...

1. Support a local, community-owned business.
2. Support local and organic farmers and producers.
3. Ensure that we have nearby shopping choice for healthy natural foods.
4. Contribute to the Co-op's financial stability and longevity.
5. Support the Co-op's mission and the Co-operative Values and Principles.
6. Have a vote in deciding the future of the Co-op.
7. May choose to volunteer at the co-op or run for the board of directors.
8. Receive discounts during member appreciation days and on case purchases.
9. Receive our monthly newsletter full of articles, recipes, and monthly sales.
10. Help keep our one-of-a kind, locally-owned food co-op alive and well in Orange County, IN.

Scholarship Memberships Still Available

Twenty scholarship memberships are available for people interested in joining the Co-op but find the \$90 household investment prohibitive. Through donations and the Treasure Trade revenue we have raised enough funds to cover one-half the cost of 20 memberships. Each recipient of a scholarship still is responsible for the other half or \$45 investment, payable in one year. This insures that all members par-

ticipate economically in the Co-op.

If you know of someone interested in a scholarship membership, please ask him or her to write scholarship the application and list you as a member referral. They need to make some payment towards the \$45 investment and can do that at the cash register during a regular visit to the store, or at the farmers market information

booths. That's all they have to do.

Almost forty scholarships have already been awarded through the generosity of the Paoli Mennonite Fellowship and other donors who made contributions in the early membership development stage in order to make sure families with lower income or the elderly with fixed incomes could also join and support the Co-op.

Consider Running for Board of Directors

Lost River Community Co-op is managed by a board of directors. We are looking for member-owners who will help guide the co-op and speak for the membership at large by serving on the board of directors.

Board members are elected by the general membership prior to the annual meeting and serve a two-year term. We are looking for candidates for the 2009 - 2011 term of office. There will be at least three board vacancies to fill.

Since the board of directors acts on behalf of the members

at large, the board must reflect a wide range of talents and interests. We need farmers, gardeners, financial experts, truck drivers, health care workers, senior citizens, long-time residents of the community, retirees, and parents. Any member-owner who is dedicated to the success of the Lost River Community Co-op is invited to apply to be a candidate for the board of directors.

If you are interested in being a candidate, please read the *board expectations* on our website (or ask for a copy at

the store), then fill out and submit the *application for board nomination*, also available on the website or at the store. If you have friends, neighbors or family who you feel would be an asset to the co-op board, please encourage them to apply for nomination.

Board nomination applications will be accepted until November 8, 2008. Questions about board membership may be sent to coop@netsurfusa. You may also call board member Jim Beachy, at 812-723-3500 or email at beachyhill@hotmail.com or inquire at the store.

Co-ops Take a Back Seat to No One in Community Investment

By Brad Alstrom, General Manager

When it comes to making economic and charitable contributions to their communities, the nation's more than 40,000 cooperative businesses take a back seat to no other economic sector. Co-ops generate hundreds of thousands of jobs and billions in income for their communities through their day-to-day activities.

Nearly 3,000 farmer cooperatives, for example, account for as many as 300,000 jobs nationwide and a total payroll of more than \$8 billion. Some 270 local, consumer-owned telecommunications cooperatives employ an average of 47 people each and generate more than \$2 billion in

revenues annually. In Minnesota alone, cooperatives of all types generate more than \$10 billion in economic activity annually. In New York, credit unions alone generate \$4 billion annually.

But that's not all co-ops do. They also have a strong com-

They also invest in new community businesses. For example, Hoosier Hills Credit Union invested in Lost River Market & Deli as our primary lender.

Lost River Community Co-op demonstrates concern for the community by recycling its revenues back into the local

community. When you spend \$1.00 at Lost River Market, you can be proud to know that 67¢ is recirculated in a 100-mile radius! Cooperatives around the country have

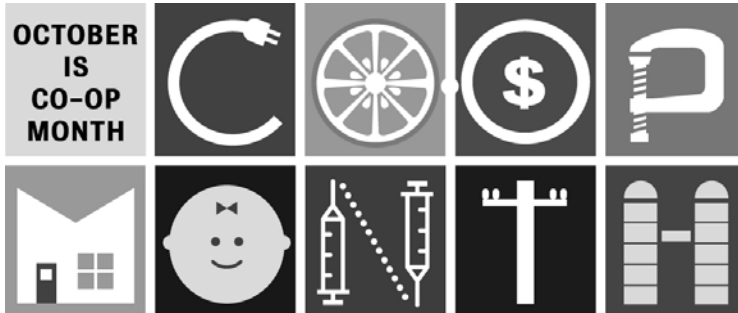
demonstrated similar community commitment.

This extensive community involvement isn't just chance. As member-owned enterprises, co-ops are owned largely by the

people who live and work in the communities they serve. That gives us a different perspective from businesses owned by distant investors.

According to Lost River Community Co-op President, Andy Mahler, "Community is not just where we work; it's why we work. Cooperatives are motivated to serve their members, not outside investors. Doing that means we must also serve the communities in which our members live, work and play."

As we pause to celebrate the role and accomplishments of the nation's cooperatives, their economic and charitable contributions cannot be overlooked. At a time of increasing concern about the national economy, co-ops are creating jobs, income and opportunity in their communities every day. Sure, investor-owned businesses generate jobs and make charitable contributions. But for co-ops it's more personal. It's a critical part of where we work, what we do and why we do it. Cooperatives: Owned by our members. Committed to our communities.



mitment to the communities in which their members live and work. Every day, in every sector, through cash contributions and volunteerism, co-ops support local causes ranging from education to the environment.

Grilled Pork with Chili Maple Glaze

Recipe from *Gourmet Magazine* June 1998, Adapted and Husband-Tested in Alice's Kitchen

- 2 pork tenderloins (pork chops or pork cutlets will work too)
- 2 cups water
- 1 1/2 tablespoons salt
- 3 tablespoons pure maple syrup
- 2 tablespoon chili powder

Pour water and salt in a measuring cup and whisk until the salt is dissolved. Pour salt water in a large plastic zip lock bag. Place pork inside the bag and refrigerate overnight. Prepare grill.

In a small bowl stir together syrup and chili powder. Discard brine and diagonally cut pork into 3/4-inch-thick pieces. Put pork between sheets of plastic wrap or parchment paper and flatten with a rolling pin or meat mallet to make 1/4-inch-thick cutlets. Pat pork dry and season with salt.

Grill pork on a lightly oiled rack set 5 to 6 inches over glowing coals until just cooked through, 2 to 3 minutes on each side. Brush pork with glaze and grill 15 seconds more on each side. (Alternatively, pork may be grilled in a hot well-seasoned ridged grill pan over moderately high heat.)

Each serving has about 217 calories and 5 grams fat. Enjoy. Thanks Alice!

Fall is in the air! Who can resist the smell of a grill on the crisp evening breeze? For a hearty seasonal menu, pair *Grilled Pork with Chili Maple Glaze* with baked winter squash (such as butternut) sprinkled with walnuts and butter, roasted Brussels sprouts, and hot apple pie. In this recipe, the maple syrup goes very nicely with the pork and is not too sweet. The chili powder not only adds a good balance to the syrup, but makes the pork a very pretty color. Alice suggests preparing these ahead of time by flattening the pork into cutlets and placing them in the fridge on a platter covered with plastic wrap. It then only takes a few minutes on the grill to cook them.

October 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

Cabot Cheddar Cheese

Sharp & Mild
Co-op Produced!

MEMBER SPECIAL

\$3.79 8 oz.
reg. \$4.59

All Equal- Exchange Products

Coffees, Teas,
and Chocolates
Co-op Produced!

MEMBER SPECIAL

20% OFF

Tofurky *Meat-Free* Beer Brats & Italian Sausage

MEMBER SPECIAL

\$4.49 14 oz.
reg. \$5.29

Boca Burgers & Sausages

Meat-Free

MEMBER SPECIAL

\$4.39 10 oz.
reg. \$5.29-5.49

Julie's *Organic* Fudge Bars

MEMBER SPECIAL

\$3.89 4 pack
reg. \$4.79

Blue Diamond *Dairy-Free* Almond Milk

32 oz Varieties

MEMBER SPECIAL

\$2.29 32 oz.
reg. \$2.69

October Fest Beers From Harpoon, Spaten & Berghoff

SEE MEMBER
PRICE IN STORE

Kiss My Face *Natural* Deodorants

MEMBER SPECIAL

\$3.79
reg. \$4.79

October coupon Lucky **5%** off member appreciation

Coupon is good for
5% off on one visit
to the Lost River Market
& Deli during the month
of October, 2008.
*One coupon per co-op
member per month. Not
combinable with other
member discounts.*

HomeGrown Gallery Opens October 4th

By Bob Turner

You are invited to the opening of the HomeGrown Gallery, a part of the French Lick Market project scheduled to open Saturday, October 4th. The French Lick Market, a series of kiosks and market stalls, will be opening in downtown French Lick between the French Lick Post Office and the Ritter Building located at the corner of Maple Street and College. The new town green walkway leads directly to the series of market stalls featuring arts and crafts produced by artisans in the Ohio River Valley region. The Market will be open Saturday 10 am to 7 pm and Sunday from Noon to 5 pm.

The French Lick Market will give visitors easy access to a variety of unique vendors from Orange County and surrounding area, all in one experience. Look for the Orange County HomeGrown kiosk at the market. Home-grown vendors' products will include jewelry, wood products, stationary, soap and lotion, photography, rugs, Amish baskets and Lost River Market will provide a variety of grab'n go foods and other wares.

Orange County HomeGrown's kiosk will include several local vendors, including: Soaps, lotions, bath salts, oils from Divine Creationz, Paoli; Beaded jewelry by Jill Mor-

gan, Orleans; Turned Wood bowls by Jack Brock, Paoli; Handcrafted knitted products by Julie McDill, Salem; Locally grown and spun wool and knitted products by Pam Hoover, Washington County; Handmade stationary, cards and journals by Dixie Durbin, Paoli Flower containers and yard art by Pam Mundy and Shelly Jackson, Campbellsburg. In addition, other vendors will display wooden puzzles, toys, photographs of local themes, ornaments, "green" shopping bags from recycled materials and hand made kitchen utensils. Be sure to check out the new French Lick Market opening in October.

\$50 Shopping Cart Drawing Oct 24th-25th Win a Free Massage!

Each time you buy \$50 of groceries from lost River market & Deli Oct. 24th & 25th you can enter your name in a drawing to win a Gift Certificate for a **one hour massage** donated by Shauna Burton, Massage Therapist with Springs Valley Spa. Support your local food co-op and win a free massage!



Lost River Community Co-op's Nofziger Fund

The Nofziger Fund was established to promote health education and healthy living through Lost River Community Coop. Sherry Schmidt made the announcement of the fund on behalf of Nofziger family members at the Co-op's annual meeting last February. There was immediate interest by many who knew Dr. Terry and Mary Nofziger to grow this fund as a way to remember them, to remember their service to the community and to remember what they taught us about the importance of a healthy diet. Now your contributions to the Fund are tax-deductible.

Dr. Terry Nofziger was a founding physician of Comprehensive Health Care in 1974. He served the community and the hospital for almost 30 years. When he had his first heart attack at age 52 he learned to promote supple-

ments considered complementary to medicine at the time. Now adding fiber to the diet is considered prudent to prevent and aid recovery for heart disease.

Mary Nofziger faced cancer after raising a family, working with children who had developmental delays and serving on the Paoli school board for several terms. In addition to the latest cancer treatment she found supplemental products to help with side effects and hopefully help cure the cancer. As she faced death she was open to the healing support of community and was concerned about the mental health of those involved in grieving.

Many of us became aware of the relationship between diet and health in new ways through the Nofzigers. It is fitting that a fund, which

makes available information and products that support health and vitality, be named in their honor. You may contribute to the Nofziger Fund by sending your contribution to Orange County HomeGrown, P. O. Box 244, Paoli, IN 47454. Orange County HomeGrown is the 501 (c) 3

organization acting as fiscal agent for the Lost River Community Co-op. The Nofziger Fund is used to purchase educational materials and nutritional products for the Lost River Market & Deli and to help fund educational programs on health and nutrition.

Diabetes Prevention Workshop Offered

Tuesday, October 21st 6:30pm at Lost River Market & Deli
Part of the Lost River Co-op Education Series

Type 2 diabetes is on the rise in America. 10.7 percent of the adult population has type 2 diabetes. By age 60, 23 percent of the population will develop diabetes. Fortunately the condition is often preventable. Hanna Swayer, RN, Education Director for Bloomington Hospital of Orange County, will present a program on lifestyle changes to prevent diabetes. Tips on diet and exercise as well as information on local resources will be included. Free glucometers for home testing of blood sugar levels will be distributed.



LOST RIVER
MARKET & DELI

P.O. Box 505
26 Library Street
Paoli, IN 47454

Phone: 812.723.3735
Fax: 812.723.3755
Email: coop@netsurfusa.net

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Healthy Choices Close to Home
Hours: Mon-Fri 10-8, Sun 10-6

We're on the Web!
www.lostrivercoop.com

Mark your calendars!
**Birthday
Celebration!**
**Friday, Oct. 24th-
Saturday Oct. 25th**

October, 2008 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
			1 Music Jam 6pm	2	3	4
5	6 Senior Citizens Discount Day	7	8 Music Jam 6pm	9	10	11
12	13 Senior Citizens Discount Day	14	15 Music Jam 6pm	16	17	18
19	20 Senior Citizens Discount Day	21 Wellness Workshop: Lifestyle Changes to Prevent Diabetes 6:30pm	22 Music Jam 6pm	23	24 Birthday Celebration! See article on front page for details. 10% off Member Appreciation Days: Both Friday & Saturday!	25
26	27 Senior Citizens Discount Day	28	29 Music Jam 6pm	30	31	