



Lost River Community Co-op

Lost River Community Co-op Board of Directors Election

Please participate in the **2nd Cooperative Principle – democratic member control**. Vote to confirm candidates to the Lost River Community Co-op Board of Directors.

Two candidates are running to fill two available directors' positions on the Board of Directors. Their terms will end at the annual meeting, 2014. They must be approved or voted upon by the membership of Lost River Community Co-op. Here are some responses from both about Co-op questions.

Alicia Wilson, English, IN

What strengths and skills will you bring to the board?

I have good people skills from the amount of management I've been involved in. And I've acquired both a love of food and community which are both at the center of a lot of my values.

List other board or relevant experience.

I owned my own company for three years which gave me experience with employees, managers, payroll and other bookkeeping. My husband and I also grow a large organic garden which has helped me have a better understanding of where my food



comes from and how important it is to stay connected to our food source.

What groups of people do you feel you represent?

I feel I represent young people who are re-educating ourselves about what is healthy and responsible, not just with food but also the environment and community.

Jim Wootton, Paoli, IN

What strengths and skills will you bring to the board?

I persevere and take enjoyment in administering the group's vision for a project. I believe I am consistent and conscientious in my efforts to move a

See **ELECTIONS** on page 3

Lost River Community Co-op Annual Meeting

MOVING 4WARD

Join other Co-op members as Lost River Community Co-op prepares for its Fourth Year of Serving its Owners and Community

When:

Sunday, February 27, 2:30-4:30pm.

Where:

Paoli Presbyterian Church, directly across from Lost River Market and Deli. Parking available in the Church lot, the store and street parking.

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2011 Co-op MEMBER APPRECIATION DAYS!

10% OFF ALL DAY

- Saturday, January 22
- Saturday, February 19



Follows the Cooperative Principles:

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

• MISSION STATEMENT

We are a member-owned association dedicated to serving the needs of local growers, producers, and consumers by providing goods, services, and healthy food choices at a fair value. We promote community well-being, economic prosperity, and self-reliance through Co-operation.

• BOARD MEETING SCHEDULE

All members are invited to attend. Meetings are held the second Monday of the month @ 6:30pm at the Paoli Presbyterian Church, across the street from the Co-op store.

- **Jan. 10**
- **Feb. 14**

STAFF MEMBERS:

Randy Young, *General Manager*
 Shannon Cheek, *Assistant Manager*
 Linda Boswell, *Deli Coordinator*
 Pete Johnson, *Produce, Bulk Foods*
 Melinda Sketo, *Deli Lead*
 Debbie Davidson, *Deli Cook*
 Kathleen Villa, *Deli Cook*
 Kelly Thompson, *Cashier*
 Leslie Alexander Smith, *Baker*
 Wes Zipp, *Stocker, Store Beautification*
 Vol. Debbie Turner, *Vol. Office Manager / Newsletter Editor*

BOARD MEMBERS:

Brooks Galloway, Karen James,
 Andy Mahler, Gabe Plimpton,
 Edward Powell, Janabai Raymundo,
 Maxine Redding, Debbie Turner

Interim Managers' Report

by Debbie Turner, Shannon Cheek

What an honor it's been to help guide the operation of the Co-op during November and December as we made our transition to our new general manager, Randy Young. Every member of the Co-op staff is incredible and has helped Lost River Market and Deli thrive during the holiday season.

November and the Thanksgiving season was very strong for the Co-op. We sold 98 turkeys and lots of cranberries and other fixings. Our baked goods production expanded with new products and special orders. November's revenue of \$62,200 made it the second largest month since the Co-op opened in October, 2007. May 2008 was larger at slightly more than \$68,000. Business during the Christmas holidays was strong despite some awful weather. Many of you purchased gift baskets full of local products, gift certificates, memberships and other valuable Lost River products for gift giving. The Co-op enjoyed visits from Paoli Peaks skiers and strong support from staffers from the Peaks.

From Debbie....."Personally, it was wonderful to get to know some of you better and to become knowledgeable about your product choices. Everything reinforced my belief in the Co-op's ability to supply healthy local food to you, your families and our communities. The music, lunch gatherings and sense of community that lives inside our Co-op was icing on the cake."

From Shannon...."I just have to say WOW! When Brad hired me, after constant bugging and Andrew's good word I didn't think I would be in Paoli this long, let alone become the assistant manager of the Co-op. I want to thank you, our members, customers and friends for changing my mind on that. You showed me the great sense of community we have here that I have never found any where else I've lived,

and that's a long list. This recent transition period has been a lot of work, sometimes 70 hours a week but it has been a lot of fun as well. It has allowed me to discover hidden strengths. I am very excited about the upcoming year and the future as Randy, I and our wonderful staff work to provide the best possible food choices for you, our members.

Staff news:

Kelly Thompson

joined the staff in early November. She is often at the cash register but also has helped a great deal with stocking shelves and making displays. She helped create holiday gift baskets in her spare time. Kelly is also recognized as the seasonal naturalist at Spring Mill State Park and previously as part of the Blue River Cafe wait staff.



Kathleen Villa

joined the deli staff and quickly learned how to make deli sandwiches and salads. She is a great addition to the hard working deli team. Kathleen recently moved from California to live in rural Orleans area to be close to her family.



Wes Zipp

joined Lost River in early December for three afternoons a week. Mostly Wes cleans the store to make your visits as pleasant as possible. But he also has learned about stocking, produce, the bulk area and deli dish washing. We appreciate the impact Wes had on the store during the holidays.





Shannon Cheek named as assistant manager for Lost River Market and Deli.

Shannon has been with the Co-op since March, 2008 in several capacities. He has been instrumental in merchandise selection and display for the grocery, refrigerated and frozen departments. We especially relied upon him to act as informal operations manager during the recent management transition. During that time Shannon began ordering and merchandising the beer and wine area and meat department. He is starting to tackle the wellness area as well.

Please see the Health and Wellness survey on PAGE 6.

He anticipates good changes in that area with your help.



Andy Mahler leaves Board of Directors.

Lost River Community Co-op Board Chair **Andy Mahler** has announced that he will be leaving the Board of Directors after five years of service.

In addition to serving as Board Chair since the opening of the store in 2007, Andy chaired the Steering Committee for two years from September 2005 through the many meetings and planning sessions that resulted in the formal opening of Lost River Market and Deli in October, 2007. Andy also served two years on the Bloomingfoods Board of Directors prior to the establishment of Lost River Market and Deli, so his involvement with this enterprise represents seven years total service.

Andy will continue as Board Chair through the upcoming annual meeting and the election of new Board members. He expresses his deep appreciation to all the member-owners of Lost River Market and Deli for the opportunity to serve, and for their support of the store and the vision of a healthy, cooperative and mutually supportive community that it represents.



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project forward. I particularly like to be a strong spokesperson for the projects in which I believe, whether the farmers market or the Co-op.

List other board or relevant experience.

I have had years of experience on non-profit boards. I was previously a board member for Lost River Community Co-op as we developed and opened the store. I have been associated with Orange County Homegrown since its inception, deeply involved with its farmers market programs, the music series and its other activities.

What groups of people do you feel you represent?

I represent those seeking to diminish their carbon footprint in food production and those committed to very localized economic development.

The following lists the current Board of Directors:

Terms ending at annual meeting, 2012

- Janabai Raymundo, Salem
- Karen James, Marengo
- Maxine Redding, English

Terms ending at annual meeting, 2013

- Gabe Plimpton, French Lick
- Edward Powell, Paoli
- Debbie Turner, Marengo
- Brooks Galloway, Paoli

Here's how you can vote!

- Cast a ballot in the store anytime in February. Ballots available at the service counter.
- Cast a ballot via email. Simply send in a vote for one or both candidates to email.lostrivercoop@gmail.com
- **Cast a ballot in person at the annual meeting on**

Sunday, February 27

ONE VOTE PER HOUSEHOLD/ MEMBERSHIP.

If multiple people use your household membership please only vote once!





Lost River Specialty

Wallaby
Organic NonFat Yogurt

2/\$6 32 oz
selected varieties
Reg. \$4.49
Save \$2.98 on 2!



Tofuti
Non-Dairy Products

2.19 to 2.59
selected varieties
Reg. \$3.19 to 3.89
Save up to \$1.30!



Terra Chips
Exotic Harvest Chips

2/\$7 6 oz
selected varieties
Reg. \$5.69
Save \$4.38 on 2!



Ian's Gluten Free
Chicken Nuggets

4.19 8 oz
selected varieties
Reg. \$6.89
Save \$2.70!



Rising Moon
Organic Ravioli

3.29 8 oz
selected varieties
Reg. \$4.69
Save \$1.40!



Clif
Organic Z Bar

2.19
6/1.27 oz
selected varieties
Reg. \$5.19
Save \$3.00!



Barbara's Bakery
Multigrain Shredded Spoonfuls

2/\$7 14 oz
Reg. \$5.19
Save \$3.38 on 2!



Nature's Path
Organic Flax Plus Cereal

3.59 13-25 oz
selected varieties
Reg. \$5.29
Save \$1.70!



Nature's Path
Organic Toaster Pastries

2.79 11 oz
selected varieties
Reg. \$4.19
Save \$1.40!



Napa Valley
Organic Extra Virgin Olive Oil

9.99 25-4 oz
Reg. \$15.69
Save \$5.70!



Bragg
Organic, Raw, Unfiltered Apple Cider Vinegar

4.69 32 oz
Reg. \$6.49
Save \$1.80!



Muir Glen
Organic Soups

2.29 to 2.79
14.5 oz
selected varieties
Reg. \$3.29 to \$4.19
Save up to \$1.40!



Natural Brew
Natural Brew Sodas

3.99 4/12 oz
selected varieties
Reg. \$5.59
Save \$1.60!



R.W. Knudsen
Simply Nutritious Morning Blend

3.19 32 oz
selected varieties
Reg. \$4.39
Save \$1.20!



Seventh Generation
Natural 2X Concentrated Laundry Detergent

7.29 50 oz
selected varieties
Reg. \$11.69
Save \$4.40!



Bulk Department
Organic Regular Rolled Oats

79¢/lb
Reg. \$1.69/lb
Save \$0.90/lb!



Bulk Department
Pecan Halves, Fancy

8.59/lb
Reg. \$11.29/lb
Save \$2.70/lb!



Bulk Department
Roasted/Salted Sunflower Seeds

1.69/lb
Reg. \$2.69/lb
Save \$1.00/lb!



Alacer
Emergen-C Super Orange

10.49 30 pk
Reg. \$15.89
Save \$5.40!



Boiron
Oscillococinum Homeopathic for Symptoms of Flu

10.99
6 dose
Reg. \$15.19
Save \$4.20!



Gen Soy
Protein Shake

10.99 22.2 oz
selected varieties
Reg. \$18.79
Save \$7.80!





Lost River Community Co-op's Staff Product Picks!

The Lost River Market and Deli staff place great pride in the products offered to you, the member/owners and our other customers. As we start a New Year they offer their favorites for you to try.

.....
• *Debbie Davidson, Deli Cook*
Peanut butter cookie from the bakery.

Just one of the great bakery items by staff baker, Leslie, the peanut butter cookies have a strong and committed following. Debbie Davidson is just one of the many fans.

.....
• *Kathleen Villa, Deli Cook*
Sesmark Rice Thins, found in the cracker section.

We've used the Rice Thins for sampling our cheese balls and dips. It's a great, crisp cracker that doesn't overpower our fine cheeses.

.....
• *Melinda Sketo, Deli cook*
Braggs Apple Cider Vinegar.

Melinda says this apple cider vinegar CURES ALL! Many other customers agree and rely on the Braggs items as part of their healthy lifestyles.

.....
• *Pete Johnson, Produce and Bulk Depts. Manager*
Coconut Bliss Ice Cream

Pete knows his fruits and vegetables and is committed to healthy eating. He enjoys his Coconut Bliss Ice Cream guilt free and suggests that you can too.

.....
• *Terry Weaver, fantastic volunteer*
Mocha Marble Crunch

This is a favorite choice of the trail mix type products in the bulk section of the store. Terry spends a great deal of time putting the bulk items, like Mocha Marble Crunch, into small bags and containers for easy access. He packages a lot of Mocha Marble Crunch because it flies off the shelf. Terry says try it.

.....
• *Kelly Thompson, cashier and stocker*
Lemon Ginger Echinacea Juice

Kelly says it's healthy and delicious. If it helps put the zip in Kelly maybe we should all try it. This healthy juice blend is found in the juice aisle.

.....
• *Leslie Alexander Smith, baker*
Black and Gold coffee

Black and Gold is just one of the Jameson Coffee bulk choices but it's Leslie's favorite. She should know. This coffee keeps her going through the late hours of baking. We'll keep plenty of it on hand if it helps Leslie create her magical muffins.

.....
• *Shannon Cheek, assistant manager*
Bull's Blood Egervin, a \$9.99 selection in the beer and wine dept.

Bull's Blood is just one of our fantastic red wines in the beer and wine dept. this winter. It's a dry red wine and has a strong following. Shannon has taken great pride in bringing you the best reasonably priced wines available to us.

EVENTS @YOUR MARKET

Thursday, January 20, 6pm – Make your own Bath Salts Workshop*

Soothing Salt for Aching Bodies!

Learn how to mix your own therapeutic bath salts with Kelly and Janabai during this hands on workshop. (*requires a reservation)

.....
Thursday, February 10, 6pm – Celebrate Chocolate!

Learn more about the healthful qualities of good chocolate. Janabai and Alice will demonstrate some favorite chocolate items, share recipes and chocolate lore. There will be plenty of chocolate sampling to go around.

Monday, February 21, 6pm – Meatless Monday

It may be unreasonable to expect everyone to become a vegetarian, but is it such a stretch for Americans to skip meat just one day a week?

The evening will include demonstrations, sampling and Husband-Tested Recipes you'll need to add healthy, environmentally friendly meat-free alternatives to your diet each week.

.....
Thursday, March 3, 6pm – Movie night showing "Eating".

This documentary has been recommended by several Lost River Market and Deli members. We'll view the CD and discuss the implications that our culture of eating has on each of us. Great information presented to help us all make better eating decisions. This is just one of a series of informational CD's presented throughout the year to foster discussion on healthful eating.

.....
All events are held at Lost River Market and Deli at 6pm. Bring your own chair just in case of a crowd.

***The Bath Salt Workshop requires a reservation. Please call 812-723-3735 to reserve your spot.**



Health & Wellness Survey

As we start a New Year, we are looking around the store to update certain areas to better serve you, our Member Owners and Customers. One area deemed most in need of a transformation is the **Health & Beauty / Wellness Department**. We would like to simplify the selection and make it easier to find what you are looking for. We want YOUR input! **We want to know:**

- What Items that we now carry would you like to remain on the shelf?

- What favorite Items, that you get elsewhere, would you like to find here?

- What sections in the Wellness Department do you shop regularly & how often? (Check all that apply)

Personal Care Supplies **Vitamins**
 Supplements **Weight Loss / Gain**
 Herbs and Natural Remedies
 Men/Women/Children Specific Needs

How Often?

x Week

x Month

- Is there a brand you find particularly appealing or appalling & Why?

- Comments / Suggestions?

Please submit your input to your Cashier or directly to Shannon. You can pick up a copy of the survey and fill it out at the register.

ALSO: If You have made a request in the last 6 Months and it was not honored, **PLEASE** resubmit and **WE WILL** find a solution if possible.

THANK YOU!!



Receive your Co-op newsletter electronically.

Many of you have requested that you receive the Lost River Community Co-op newsletter electronically rather than receive a printed copy via mail. That would be a great alternative for the Co-op as well, saving money and reducing environmental impact. But this option doesn't work for everyone, especially in our rural areas.



Please let us know if you wish to switch to the electronic version of the newsletter. We'll take you off the mailing list and develop a new electronic delivery list. **WE MUST HEAR FROM YOU.** Please give us your correct and current email address. We'll do a test distribution prior to the March/April newsletter. You can sign up for electronic distribution at any time.

Just put "newsletter" in the subject and send your email information to: email.lostrivercoop@gmail.com

Or sign up at the store by telling any staff member.

January's Art Corner features

Annemarie Mahler, Bloomington

Annemarie's work consists of large paintings so only a couple of her real-life pieces will be displayed near the deli area. Printed renditions of her acrylic-on-canvas work will be displayed in the front Art Corner. She also uses acrylics on paper at times. She describes the content of her work as "magic realism" where one thing turns into another. The small renditions will make you want to see the real things some day.



February's Art Corner features

Janet Powell, Paoli

Janet's work consists of natural watercolors. Her featured work will include some of her favorite land and seascapes that she is pleased to share with you.

If you are interested in exhibiting your work in the Co-op Art Corner please contact Randy Young at randy.lostrivercoop@gmail.com or Debbie Turner at debbie.lostrivercoop@gmail.com or 812-723-3735.



Letter From Brad Alstrom

Dear Lost River Co-op Membership,

I want to take this opportunity to thank you and let you know how much I've enjoyed serving as Lost River Co-op's General Manager during its first three years. It's been a pleasure to get to know our customers and the strong sense of community that you all have helped create.

A co-op's primary purpose is to meet its members' needs. I am proud that in my role as General Manager I helped Lost River Market & Deli meet the need for local healthy food for its customers. I hope Lost River continues to thrive, grow, and better serve its members' needs.

My wife, Anne, and son, Anton, have been a great support for me in my work at the store. The three of us plan to stay here in Paoli while I explore new career opportunities. In the meantime, I am enjoying the chance to take a big breath and be able to spend valuable time with my family.

Lost River Co-op is an amazing organization. I can't recount how many visiting customers were impressed (and often jealous) to see a food co-op here in Paoli. Lost River will continue to act as an example and inspiration for new and emerging co-ops throughout the region. Presently, there are at least seven start-up co-ops in the region that Lost River has lent a helping hand in one way or another.

Once again, it has truly been an honor to have been Lost River's manager. Thank you all for giving me that opportunity. It's been both a challenging position and one in which I have learned and grown immeasurably. I already miss seeing all of you behind the counter, so instead I look forward to seeing you in the aisles as a fellow shopper. Cheers and thanks for all your support!

-Brad



What's Going On?

The Lost River Community Co-op presents these announcements from non-profit and other organizations which share the Co-op's mission and vision for community development. If you have an announcement you would like to include in our next newsletter please send it to Debbie Turner at debbiethorgrenturner@gmail.com. The next Co-op newsletter will be published the first week of March.

Take one step this year to help Orange County lessen its carbon foot print – become a member of the Orange County Recycling Cooperative for only \$25.

- Orange County Recycling Center

105 E. Water Street, Paoli

Recycling Open Day and Night

- **Re-Sale Store** at 201 SE First St., Paoli,

Open Tuesday, Thursday, 9-12, Friday 9-3, Saturday 9-1.

The store welcomes gently used items. Please drop off when store is open.

- Wednesday Night Jammers – music every Wednesday at the Co-op

We would like to give a special thank you to our **Wednesday Jammers!** They provided a great performance during Christmas week!!!



Also a BIG thank you to **Lick Creek Band** who played for over 3 hours during our December Member Appreciation Day!! Spectacular !! **Lost River Market & Deli** still has the **New Lick Creek CD** available for sale, plus some old favorites!

Changing times at the Co-op

Happy New Year friends of the Co-op.

That timeless, Bob Dylan song comes to mind, "*The Times they are a Changin'.*" New faces coming in and some familiar faces embarking on new journeys.

The Co-op continues to grow and growth usually brings changes.

These changes are the result of good things happening at the Co-op, thanks to all of you! Your continued support has brought the Co-op a successful year and one-step closer to attaining the sustainable future we all hope for. There is plenty of hard work ahead before we reach that realization, but the Co-op is on the right path.

After serving on the Co-op board for nearly two years and being involved with various Co-op activities I am excited to be in my new role as general manager. I look forward to learning and working alongside the Co-op's great staff and volunteers. They all work tirelessly to keep the shelves full and soups a-flowin'.

Collectively we are anxious for the new year to begin so we can develop together



and bring energy into the store. We want to encourage everyone who comes to the Co-op to remain engaged and continue using the store as a place to not only shop for healthy, local food, but to continue to learn, connect, and just hang-out...you know...someplace you want to be.

We at the store are looking forward to a positive future, full of energy, team work, and continued community involvement, in and out of the store.

On a personal note I want to thank Brad for helping the Co-op lay a solid foundation for its future. I wish him and his family the best in life. I would also like to thank Andy for his continued commitment to the well being of our community and environment. I wish him a well deserved respite from his duties, but expect to see him during Wednesday night Jam!! I hope.

Everyone has helped me feel welcome during my first week on the floor. Thank you. The staff and I will see you at the Co-op. Peace, Love & Light.

-Randy

Lost River

Community Co-op

Healthy • Local • Food



Presorted
Standard
U.S. Postage
PAID
Bloomington, IN
Permit No. 267

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

p: 812.723.3735

f: 812.723.3755

e: email.lostrivercoop@gmail.com

w: www.lostrivercoop.com

HOURS:

Mon-Sat- 8a-7p ~ Sun - 10a-6p

Lost River Community Co-op Annual Meeting

“MOVING 4WARD”

*Join other Co-op members as Lost River
Community Co-op prepares for its Fourth
Year of Serving its Owners and
Community*

**Sunday
February 27
2:30-4:30 pm**

**HEALTH & BEAUTY SURVEY
PAGE 7**

January/February Co-op Calendar



- **Thursday, January 20, 6pm**
Make your own Bath Salts Workshop* Soothing Salt for Aching Bodies! (*requires a reservation...call early)
- **Saturday, January 22, Member Appreciation Day!**
- **Thursday, February 10, 6pm**
Celebrate Chocolate! - Learn more about the healthful qualities of good chocolate. Chocolate sampling & demonstration.
- **Saturday, February 19, Member Appreciation Day!**
- **Monday, February 21, 6pm**
Meatless Monday - Food demonstration
- **Saturday, February 27 2:30-4:30 pm, Lost River Community Co-op Annual Meeting**
- **Thursday, March 3, 6pm - Movie night** showing “Eating”
- **Wednesday Night Jammers - Music every Wednesday night at the Co-op**

Visit us on the web: www.lostrivercoop.com