



# Lost River Community Co-op

## Fall Open House & Birthday Party

**Saturday October  
16th, 11am-2pm**

Help Lost River Co-op celebrate its 3rd Birthday on Saturday, October 16th. Do your Member Appreciation Day shopping and stay for the festivities! Co-op Members receive 10% off your purchases all day long (excluding member specials and clearance items). Outdoors we'll offer complimentary fresh pressed apple cider with apples from Simon Gingerich orchard, hot-off-the-grill Fischer Farms Brats, and live homegrown music. Indoors we'll offer plenty of free samples, great sales, local vendor spotlights and of course, a birthday cake.

**Mark your calendars for  
October 16th, 11am-2pm!**

- **Free fresh-pressed apple cider**
- **Fischer Farms brats on the grill**
- **Store-wide sales and free samples**
- **Member Appreciation Day**

## eat LOCAL CHALLENGE September 5-18

Every summer across the country food co-ops and farmers markets hold Eat Local or Dine Local Challenges to focus on the abundance people can find close to home. Lost River Market and Deli and Orange County HomeGrown's farmers markets are partnering to sponsor our first Eat Local Challenge.

**Use healthy local products....and win valuable prizes. Here's how:**

- Select your favorite recipes and use as many local ingredients as possible
- Prepare and serve your "local" recipes to your family and friends during Eat Local Challenge weeks, Sept. 5 - 18.
- Submit your recipes, including the sources of your local ingredients -- your garden, your neighbor's garden, the farmers market or Lost River Market and Deli. Bring your recipes to Lost River Market and Deli or Orange County HomeGrown farmers markets in Orleans or French Lick by September 22. Recipes with predominantly local products will be eligible for a drawing for valuable prizes.

Share the recipes: The most creative 5-10 recipes will be shared at Lost River Market and Deli, at the Orange County HomeGrown farmers markets, on [www.lostrivercoop.com](http://www.lostrivercoop.com), [www.orangecountyhomegrown.com](http://www.orangecountyhomegrown.com) and through Facebook

### Local Tomatoes Stuffed with Grilled Corn Salad

Husband-Tested Recipe from Alice's Kitchen

3 ears local sweet corn, with husks (*Orange County HomeGrown Farmers Market*)  
 4 local beefsteak tomatoes (*Harvested from our own garden*)  
 1 tablespoon olive oil, plus more for grates  
 1/2 cup chopped local scallions (*Orange County HomeGrown Farmers Market*)  
 1/2 cup crumbled soft local Capriole Farm goat cheese (*Lost River Market & Deli*)  
 1 tablespoon white-wine vinegar  
 Coarse salt and ground pepper  
 3 slices cooked local Hall Farm bacon, crumbled (*Lost River Market & Deli*)

**Sample Recipe with local ingredients**

**Five Eat Local Challenge winners will be drawn from all those sharing recipes**

- 3 - \$10 coupons from the Orange County HomeGrown farmers market,
- 2 - \$10 Gift Certificates from Lost River Market and Deli

**Participate in the Eat Local Challenge, Sept. 5 - 18**

**Prepare healthy local food, share recipes and win prizes.**

### WHAT'S INSIDE YOUR CO-OP NEWSLETTER?

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**2010  
Co-op MEMBER  
APPRECIATION  
DAYS!**

**10% OFF ALL DAY**

- Saturday, September 18th
- Saturday, October 16th



## 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.

- **Sept. 13**                      • **Nov. 8**
- **Oct. 11**                        • **Dec. 13**

### STAFF MEMBERS:

Brad Alstrom, *General Manager*  
 Espri Beaugard, *Cashier/Graphic Artist*  
 Linda Boswell, *Deli Coordinator*  
 Shannon Cheek, *Grocery, Fridge, Frozen*  
 Debbie Turner, *Vol. Office Manager*  
 Andrew Gilleo, *Produce, Meat, Bulk Foods*  
 Pete Johnson, *Cashier, Clerk*  
 Breanna Plimpton, *Deli Cook*  
 Melinda Sketo, *Deli Cook*  
 Debbie Davidson, *Deli Cook*  
 Leslie Smith, *Baker*  
 Vol. Debbie Turner, *Newsletter Editor*  
 Vol. Randy Young, *Newsletter Layout.*

### BOARD MEMBERS:

Carol Anderson, Brooks Galloway,  
 Karen James, Andy Mahler,  
 Gabe Plimpton, Janabai Raymundo,  
 Debbie Turner, Randy Young

## Thanks, Thanks, and More Thanks! Go Co-op

By Brad Alstrom, *Lost River Market & Deli General Manager*

Thanks everyone for supporting us through the summer and helping us continue to grow. Wow, we've been open for nearly 3 years and things are really starting to roll. Nearly every department is growing, especially the bakery, produce, and grocery departments. The co-op is on target to post more than 10% sales growth over last summer, our fourth quarter in a row of solid sales growth! .

I hear more and more from new customers that what brought them into the store wasn't an advertisement. Nor was it an article in the newspaper. It was you, our co-op members and shoppers. You are telling your friends about the store and that is what brings us new customers. Your stories about the co-op are the most powerful advertising that money can't buy. Thanks for the good word and be sure to keep telling your friends. As we head into our fourth year of operations, I'm certain we will continue to grow and become the destination for Healthy Local Food in Orange and surrounding counties.

All of the co-op's staff members and volunteers deserve huge thanks. They have done a great job all summer making the entire store shine.

Andrew Gilleo, our Produce, Meat, Bulk Foods manager always keeps the cases well stocked, including items from many local farmers throughout the growing season.

Shannon Cheek, who manages the grocery, refrigerated, cheese, and frozen departments, does a fantastic job keeping the aisles fresh, paying close attention to customer requests.

Our deli staff, including Linda Boswell, Melinda Sketo, Breanna Plimpton, and Debbie Davidson, continues to provide some of the best cooking you can find in Orange County. Leslie Smith, our night-baker has developed a dedicated fan club of her many delectable baked treats.

Thanks to Pete Johnson and Espri Beaugard for everything they do to keep the store moving at the front-end, and our super-volunteer Terry Weaver at the back-end of the store. Let us not forget our office managers, Becky Gardiner and Debbie Turner. Be sure to take time to thank all our staff and let them know what a great job they do day in and day out.

Many thanks go out to Becky Gardiner, our outgoing office manager, who managed our books for the past three years since before we open our doors. Becky quietly made a very difficult job look easy. She set up our bookkeeping and record-keeping systems from the ground up, giving us a solid foundation on which to grow. Becky continues to keep busy, especially now that she is President of the Orange County

**THANKS** on page 3

## Lost River Market and Deli remembers one of its founding members.

By Kathy Gifford, *Co-op member*

**Cathy Davison**, of Paoli, passed away on July 4th at the age of 51. Cathy was a founding member of the Co-op and served on the board of directors for two terms. Cathy also served two terms on the board of directors for Orange County HomeGrown serving as vice-president for one of those terms. Orange County HomeGrown sponsors the Farmers Market in downtown Orleans on Saturdays and at French Lick on Tuesdays.



Cathy volunteered at the Paoli food pantry and was the current president of that organization when she died. She was a friendly face at the Orleans Farmers Market for the past five seasons where she sold home made bread and candy.

Cathy had resided in Paoli for the past ten years. She was a devoted daughter to her mother, Rose, and a "Mommy" to her rescue Pekinese, Mitzie. Cathy will be sadly missed by family and friends.



# October is National Co-op Month!

In celebration of the unique strengths the co-operative structure lends to projects such as Lost River Market and Deli and to our other local co-ops such as Hoosier Hills Credit Union and Orange County REMC we are including below the Co-operative Principles. We've included some local commentary but we sincerely hope you find yourself and your commitment to Lost River Community Co-op in the following principles.

### Definition

A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

### Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members

believe in the ethical values of honesty, openness, social responsibility and caring for others.

### Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

#### 1st Principle: *Voluntary and Open Membership*

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

#### 2nd Principle: *Democratic Member Control*

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have



equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

*“While the co-op delegates responsibility for day to day operations to the General Manager who in turn oversees the staff, fundamentally, all decisions regarding the operation of the business rest with the members who own the store, elect the Board of Directors, and are the co-op’s most regular and loyal shoppers.”*

**Andy Mabler, board chair**

#### 3rd Principle: *Member Economic Participation*

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the

**PRINCIPLES** on page 7

### THANKS from page 2

Historical Society. Thanks Becky, we will miss you!

Thanks also to our Local Farmers who have provided us with beautiful local produce all summer. Following is a list of a few of them (I'm sure I've forgotten several): Simon Gingrich, Dan Miller, Wendy and Simon Sprigler, Darren and Espri Bender-Beauregard of Bramleberry Farm, Suetta Fischer and Keith Robertson at Dancing with Dirt Farm, Harold Fair, Chase VanMeter, Fannie and Noah Petersheim, Ora Borntregger, Phil Mininger, Mark Stahl of Gypsy Ridge Farm, Ashira Young, Brian Moyer and many others.

It's all of you who make our business thrive by shopping at the co-op, and who believe in our co-op by investing in its future. Keep up the great work everyone. Go Co-op!

## What are you reading?

**Healthy at 100:** How you can—at any age—dramatically increase your life span and your health span by John Robbins, author of Diet for a New America. Random House 2006.

I decided to write a book review of Healthy at 100 for this newsletter because it describes so many of the benefits we get by being members of the co-op. I hope my co-op buddies will live past 100 while maintaining all their gumption!

John Robbins is the son of one of the founders of Baskin-Bobbins. His uncle was Burt Baskin. In the 60's, after years of selling and eating ice cream, Burt died of a heart attack at 51. John's dad had diabetes and hypertension but did not believe at the time that copious quantities of ice cream were a problem. John wanted to find a healthier lifestyle and severed all connection to his family fortune.

The beginning of the book describes cultures where many people live past 100 without the

diseases that plague us. They eat mostly plant-based diets; they do not overeat and they do not eat processed foods. They are also very active; their lives require much more physical effort than ours typically do. They live in tight-knit, small communities surrounded by the natural world.

The section called “Why Your Love Matters” is particularly inspiring. Obviously, having a positive intimate relationship benefits our health but studies have shown that having a strong social network also keeps us healthy longer. So take advantage of the life-giving opportunities Lost River Market & Deli gives to commit to something important, give of yourself and your love and connect with others for the common good. Helping with inventory may lengthen your life!



*Janet Kennedy*



# Lost River Market September Specials


**Brown Cow**  
Cream Top Yogurt  
**10/\$10**  
6 oz selected varieties  
Reg. \$1.19  
Save \$1.90 on 10!



**So Delicious**  
Non-Dairy  
Coconut Milk Yogurt  
**1.79** 6 oz  
selected varieties  
Reg. \$2.59  
Save \$0.80!



**Nasoya**  
Organic Extra Firm Tofu  
**2/\$5** 14 oz  
Reg. \$3.19  
Save \$1.38 on 2!



**Rising Moon Organics**  
Organic Ravioli  
**3.29** 8 oz  
selected varieties  
Reg. \$4.49 Save \$1.20!



**Sunshine Burger Company**  
Veggie Burgers  
**3.29** 3 pk  
selected varieties  
Reg. \$4.69 Save \$1.40!



**Boca**  
Meatless Burger  
**3.89** 10 oz  
selected varieties  
Reg. \$5.49  
Save \$1.60!



**Ian's**  
Organic Chicken Nuggets  
**3.99** 8 oz  
Reg. \$6.79  
Save \$2.80!



**Garden of Eatin'**  
Organic Blue Corn Chips  
**2/\$5** 9 oz  
selected varieties  
Reg. \$3.79  
Save \$2.58 on 2!



**Stacy's**  
Pita Chips  
**2.19** 8 oz  
selected varieties  
Reg. \$3.19  
Save \$1.00!



**Spectrum Naturals**  
Organic Extra Virgin Unrefined Olive Oil  
**12.99** 25.4 oz  
Reg. \$19.19  
Save \$6.20!



Organic Coconut Oil, Unrefined  
**6.99** 14 oz  
Reg. \$11.99  
Save \$4.40!



**Clif Bar**  
Organic Clif Bar  
**10/\$10**  
2.4 oz selected varieties  
Reg. \$1.69  
Save \$6.90 on 10!



**Food For Life**  
Organic Ezekiel 4:9 Cereal  
**4.29** 16 oz  
selected varieties  
Reg. \$6.39  
Save \$2.10!



**Muir Glen**  
Organic Pasta Sauce  
**3.19** 25.5 oz  
selected varieties  
Reg. \$4.59  
Save \$1.40!



**Pacific Natural Foods**  
Organic Soups  
**2/\$6** 32 oz  
selected varieties  
Reg. \$4.49 Save \$2.98 on 2!



**Bob's Red Mill**  
Extra Thick Rolled Oats  
**2.79** 32 oz  
Reg. \$4.29  
Save \$1.50!



**Bulk Department**  
Organic Raw Almonds  
**6.49/lb**  
Reg. 7.89/lb  
Save \$1.40!




Organic Short Brown Rice  
**1.39/lb**  
Reg. 1.99/lb  
Save \$0.60/lb!



**Citra-solv**  
Citra-solv Natural Solvent  
**7.99** 16 oz  
Reg. \$11.79  
Save \$3.80!



**Dr. Bronners**  
Organic Castille Soap  
**2.49 to 5.99**  
4 and 16 oz varieties  
Reg. 3.99 to 9.49  
Save \$1.50 to \$3.50!



**Aura Cacia**  
Lavender Pure Essential Oil  
**5.99** .5 oz  
Reg. \$10.99  
Save \$4.00!





## Co-op Art Corners to feature local artists

Lost River Market and Deli will continue to feature artwork produced by area artists. A front area near the office and a wall area outside the deli will make up the Co-op Local Art Corners.

On September 1st a new exhibit of paintings by Susie Owen, French Lick, will be hung. Susie's work and information will be available for viewing throughout September. In October, an exhibit of pottery produced by Linda Boswell will be developed. The



first local artist exhibiting was Ray Beauregard in 2009. During July and August paintings by Edward Powell were available for viewing.

If you are interested in exhibiting your work in the Co-op Art Corner please contact Brad Alstrom at [brad.lostrivercoop@gmail.com](mailto:brad.lostrivercoop@gmail.com) or Debbie Turner at [debbie.lostrivercoop@gmail.com](mailto:debbie.lostrivercoop@gmail.com) or 812-723-3735.

Nearly 100 people attended the wine tasting/art opening on Saturday, July 10 at Lost River Market and Deli. The event featured artwork by Co-op member Edward Powell. Edward generously donated three of his paintings to be raffled that evening, resulting in raising \$1,000 for the Co-op. Thank you, Edward and Janet Powell.

## Fall Cooking Demos at Lost River Market & Deli

Enthusiastically back by popular demand, co-op members Alice Wootton and Janabai Raymundo kick off the Fall cooking demos schedule on Sept. 9. Join them for all the fall programs. Learn new things and have fun too.

### LUNCHES FOR the YOUNG & THE YOUNG AT HEART Thursday

**September 9, 6pm** at Lost River Market and Deli. You'll learn how to prepare delicious, healthy meals for children's lunches that even the young at heart can enjoy.

### SQUASH B'GOSH, Thursday, October 14,

will focus on seasonal squash and the wonderful ways it can be served. Winter squash is warming and packed full of phytonutrients the body can convert to immune boosting Vitamin A -- just the nutrient we need in good supply for the cold and flu season.

### FOODY MOOD or is that MOODY FOOD?

The food we eat affects the way we feel. The **November 11** cooking demo will help you get through the holiday season tension and rushing about with recipes and helpful hints. Join us for fun and food tasting to launch your holiday happiness!

*Cooking demos are the second Thursday of each month and will start at 6:00 p.m. at Lost River Market and Deli. They are free to the public and everyone is welcome. You might bring an extra chair just in case of a crowd.*

## "Sustain the Co-op" Fund Drive Sustainability....a buzzword and a reality

As members of a growing Co-op we all share a goal...to make Lost River Market and Deli a sustainable business for years to come.

Lost River Market and Deli has shown significant growth so far in 2010 but still will need an influx of capital this year for operations and to build a financial reserve. In future years it will need capital for new products, for maintaining the facility, or exploring new possibilities. In all probability the Co-op will need our financial support far into the future in a variety of ways.

You are invited to participate in the **2010 Sustain the Co-op Fund Drive Goal: \$30,000 by December 31, 2010. Building a financial reserve, reducing debt and creating a solid future**

### You can participate with:

**Capital gifts** - contribute any amount towards the Fund Drive from \$5 to \$5,000.

**Equity** - increase your equity amount from your membership fee of \$90 with any additional amount you choose.

**New memberships** - purchase new memberships as a gift for your spouse, children, relatives and friends.

**Cash register canisters** - contribute small amounts every time you visit by placing a donation in the cash register canisters.

**Community Loans** - make a member loan of \$25,000 or more. Discuss the terms with staff or board members.

Together we have supported Lost River Market and Deli, providing healthy, local food to a growing community. Ready to celebrate its third birthday the Co-op needs your financial support to head into the future.

September  
**MEMBER  
SPECIALS**  
➔

25% off all  
Annie's  
Cheddar Bunnies  
& Bunny Grahams

10% off all  
Hunter's Honey  
Products  
Local vendor from  
Martinsville, IN.



# 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](mailto:debbiethorgrenturner@gmail.com). The next Co-op newsletter will be published the first week of November.

**September 15 - 28** - Indiana Humanities Council, Food for Thought exhibit - Mitchell Public Library.

**Tuesday, Sept. 28 6pm.** - Food for Thought: A Community Potluck Discussion. Mitchell Public Library, RSVP is necessary. Kristen Hess, [Kness@indianahumanities.org](mailto:Kness@indianahumanities.org)

### Orange County HomeGrown Lawn Chair Concert Series

**Thursday, September 2 - 6:30-8:30pm** - Story Teller Night featuring Arbutus Cunningham and John Gage, Lost River Market/Library Lot

**Thursday, September 16 - 6:30-8:30pm** - Lick Creek Band, French Lick Springs Hotel Lawn,

**Thursday, September 30 - 6:30 - 8:30** - Brad Leftwich and Old Time String Band, at Lost River Market and Deli, Beer, Brats and Brad Leftwich night featuring brats on the grill and a beer sampling tent.

### French Lick Town Green

**September 17th thru 19th.** - Block Bash - Say good bye to summer while enjoying the wares of artists of all mediums, wood carvers, music and food.

**October 9th & 10th** - Art on the Green. Featuring regional art and crafts, a "Taste of French Lick" and live music all day.

### Orleans Congress Park

**Saturday, October 9** - Orleans Fall Fun Fest in the Park. Pancake breakfast, antique tractor show, HomeGrown Farmers Market, Corn Hole Tourney, children's activities, Abraham and Mary Lincoln enactors, historical walking tours, live entertainment, food & more. Sponsored by Orleans Chamber 865-9930 [www.historicorleans.com](http://www.historicorleans.com)

### Blue Heron Art Gallery Co-op

Two area artists will display their work in a special month-long exhibit at the Blue Heron Gallery in Milltown, In., (beginning Aug. 14). Donna Stallard, New Albany, a Lecturer in Fine Arts at Indiana University Southeast, and Susan Brown, New Albany, a former Milltown resident who has been an award-winning student of art for 15 years.

Blue Heron Gallery is a non-profit artists' co-operative, located on the second floor, 129 W. Main St. in Milltown. Member art will remain on display during the exhibit. New hours this season are noon-8, Saturdays and 2-6 p.m., Sundays; closed all other days. For more information about the Blue Heron, becoming a member or for directions go to [www.blueriverarts.org](http://www.blueriverarts.org) or phone Mary Jo Moss, 812-738-6017.

### Orange County Recycling Co-op

- Recycling can be done anytime day or night at 105 E Water Street, Paoli at the Orange County Recycling Cooperative.
- Habitat for Humanity here in Orange County benefits from 50% of the proceeds of aluminum can sales.
- You can reduce your carbon footprint by purchasing items at the Re--Sale Store at 201 SE First Street, Paoli. Donations are also accepted.

### Back2Health French Lick, IN

**Thursday, September 16 - 6:30 PM-7:30 PM** - Healthy Digestion Lecture, 567 South Maple St., French Lick, IN 47432 Dr. Susanne Bates, chiropractor, will be presenting how to you know if you have digestive challenges and what can be done to assist your body in healing. There is limited seating so please R.S.V.P. to reserve your space for this free lecture at 812-936-6050.

### Saving Historic Orange County (SHOC)

**September 9th** - Saving Historic Orange County (SHOC) will host a "show and tell" session at 7 p.m. Sept. 9 at Stammers Creek Baptist Church, east of Paoli on SR56. SHOC's annual meeting, open to the public, everyone is encouraged to bring an item, photo, or a what's-it from Orange County's past to share. Refreshments will be served.

**September 25th** - SHOC will host a cemetery restoration workshop from 10 a.m. until noon at Stammers Creek Baptist Church, four miles east of Paoli on SR56. Trevis Tuell, Paoli, a member of the Harrison County Cemetery Restoration Team, will lead the session. Cost is \$5. To reserve a spot, call 723-2485 or 723-2519.

### Holiday Preview at Lost River Market & Deli

- Autumn produce brings new fresh flavors from the garden to the dinner table. Lost River Produce depart will be stocking delicious fresh cranberries, local pie pumpkins, local butternut squashes, late season greens and more.
- Fresh batch of local sorghum syrup usually arrives in September or early October. Yum!
- Lost River will offer fresh regional Free-Range Turkeys again this year. We'll be taking pre-orders as Thanksgiving approaches.
- Lost River Bakery will be offering made-to-order pies, cakes, and cookies this holiday season. Don't miss out on this opportunity!

## Lost River Market and Deli's Adopt - A - Shelf Program

Adopt one or more of the Co-op's shelves for tender loving care.

Commit to 1-2 hours per month.

In your adopted section of the store you'll be responsible for:

- **Dusting and cleaning**
- **Fronting and facing products**
- **Checking expiration dates and accurate pricing.**

Seven volunteers have already signed up. Join the Adopt-a-Shelf team.



Contact Brad Alstrom, general manager, at [brad.lostrivercoop@gmail.com](mailto:brad.lostrivercoop@gmail.com) or Carol Anderson, board member, at 812-936-2455 or [thorntonanderson@gmail.com](mailto:thorntonanderson@gmail.com).

## October is Fair Trade Month

You can make a difference in the lives of farmers and workers around the world by voting with your dollars when you buy Fair Trade Certified products.

Lost River Market and Deli has a new Fair Trade display featuring Equal Exchange products at the front of the store

Watch a DVD at the Equal Exchange display and learn about the growers who produce Equal Exchange products.

Every one of your purchases matter.





**PRINCIPLES** from page 3

common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

*“As a member-lender I am happy to put my money where my mouth is. Love those Deli Chicks.”*

**Linda Lee, Possum Woman.**

**4th Principle:  
Autonomy and Independence**

Co-operatives are autonomous, self-help organisations controlled by their members. If they enter to agreements with other organisations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by

their members and maintain their co-operative autonomy.

*“Our autonomy gives us power, the freedom to support each other and not the agendas of distant corporations.”*

**Carol Thornton Anderson,  
Board Member**

**5th Principle:  
Education, Training and Information.**

Co-operatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

*“Cooking and nutrition demos are unique to the Co-op and are apparent benefits to the health awareness of the community.”*

**Edward Powell, Co-op member**

**6th Principle:  
Co-operation among  
Co-operatives**

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.

*“The very existence of this store is evidence that great things can happen when more than one organization, like co-ops and their members, pull together for a common goal in a community. It was a pleasure for Hoosier Hills Credit Union to work with and along side the co-op to bring this dream to a reality.”*

**Doug Pittman,  
Vice President of Paoli Operations  
Hoosier Hills Credit Union.**

**7th Principle:  
Concern for Community**

Co-operatives work for the sustainable development of their communities through policies approved by their members.

*“Lost River Market and Deli is a place to come in and shop. However, you will always find some form of community gathering there. It is fun to come in and see all-of-a-sudden friends. We count on that.”*

**Janet Powell**

**Concern for Community**

By Jim Wootton, Co-op member

Ten years ago when Andy Mahler called for volunteers to build an organization to nurture the virtues of Orange County, the folks who answered that call formed Orange County HomeGrown, a non-profit community-service organization. During these ten years the group has created many projects to fulfill the above-stated goal of promoting a sense of community. One of the earliest projects, of course, the HomeGrown Farmers Market in Orleans, stands in my mind as a premier example of successful community effort.

Each week a magical village rises from the earth of Congress Square Park to minister in many ways to the needs of our area, offering wonderful food and fellowship for a few hours on Saturday mornings. Alice and I continue to be dumbfounded by the number of people



who communicate to us during the winter their profound desire to see spring arrive so that the tents can rise. I firmly believe that what people are seeking in the reopening of the Farmers Market (and it goes way beyond beans and tomatoes) is the reaffirming of community relationships that seem to infuse the Farmers Market, that sense of conviviality front porches provided at one time.

Astoundingly, to me, the story doesn't end there. HomeGrown, in its fourth Farmers Market year, initiated the project to create a community-owned grocery store in Paoli, thus offering Farmers Market vendors and regional producers in general a retail space in which to ply their goods.

Within two years Lost River Market and Deli stood rooted near the Paoli Square, offering healthful, local food choices to people who care about what and how they eat. As important as the food aspect looms in this story, however, I am struck more by the feeling I often experience at the store that is so close to the warm feeling I appreciate so much at the Farmers Market: the feeling that there is a common purpose among the store family comprised of staff and members. Sure, a multitude of events contribute to this feeling: the music, the brats, the art, the demos. But what I deeply enjoy about the store seems so much more than just the sum of these parts. It's as if these parts form something totally different and good, and it all seems to be about community.

# Lost River

Community Co-op

Healthy • Local • Food



Presorted  
Standard  
U.S. Postage  
**PAID**  
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HOURS:

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



## BRATS, BEER AND BRAD LEFTWICH

Thursday, September 30  
Opens at 6pm  
Music at 6:30pm

Come and enjoy Fischer Farm Brats on the grill and sample regional beers in the Cavalier Distributing Beer Garden at Lost River Market and Deli. The evening's festivities are planned with Orange County HomeGrown's Lawn Chair Music Series featuring the music of

**Brad Leftwich and the Old Time String Band**

*"Brad Leftwich represents the best of the new breed of old time fiddlers." Come For To Sing*

Remember to bring your own lawn chairs. The concert and beer garden will be held outside, weather permitting.

### September/October Co-op Calendar



**September 5 – 30, art exhibit** in Lost River Market and Deli featuring the work of Susie Owen, French Lick

**Thursday, Sept. 9, 6pm – Food Demo** at Lost River Market and Deli – Lunches for the Young and Young at Heart

**Thursday, Sept. 30, 6:30pm – Brats, Beer and Brad Leftwich**, old-time fiddler. Lawn Chair Music series by Orange County HomeGrown plus beer tasting and brats on the grill.

**Thursday, Oct. 14, 6pm – Food Demo** at Lost River Market and Deli – Squash B'gosh

**Saturday, Oct. 16, all day 3rd Birthday Celebration** at Lost River Market and Deli

**Thursday, Nov. 11, 6pm – Food Demo** at Lost River Market and Deli – Food and Mood, getting ready for the Holidays

**Visit us on the web:  
[www.lostrivercoop.com](http://www.lostrivercoop.com)**