From the Back of the Editor’s Mind:

Kelly Watters, Conspiracy News Editor

2016 marks the Co-op’s 45th anniversary and we have lots to celebrate! From its beginning in the tumultuous 1960s and 1970s the Co-op has educated and challenged people. From a reading room with left and alternative literature to today’s community room—the Co-op also listens and learns from people.

What’s in a Name?

Conspiracy (n.) [kuh n-spir-uh-see]

We are proud to say that Food Conspiracy has one of the most unique and memorable names of food co-ops across the county. When you think of the word conspiracy you may think of a harmful plot to overthrow the government. Conspiracy from the Latin conspirationem means “agreement, union, unanimity.” The noun of action from conspirare (see conspire). Conspire from Latin consiprare “to agree, unite, plot,” literally “to breathe together.”

We have come full circle to renaming the newsletter Conspiracy News. Over the years we have seen the newsletter named Co-op News, Seasonings, Natural Lampoon, Coyote, The Conspiracy and most recently Community News. We hope that you enjoy taking a walk down memory lane as we share old photos and new aims for the Co-op in this issue. We do not necessarily feel conspiracy means we all have to agree. We only hope that we can remember to conspire together or breathe together as we determine the future of our Co-op.
The Food Conspiracy Co-op Celebrates 45 years of Community Supported Growth

Kelley Kriner, General Manager

Natural and organic sales are becoming more and more competitive on a national level. Once, natural and organic foods could only be found at the Co-op or other natural foods stores. Today these same products are available in almost every grocery store. This increased competition in a way is an educational victory. For decades cooperatives have spread the message of health and wellness and today natural and organics are part of the mainstream. So you can see how this success is also our challenge! With so many natural and organic foods and products available from conventional grocers, how does the Co-op remain relevant and successful? It’s a good question, one that requires constant thought and attention. Thankfully, our Co-op has a plan and plenty of support as we navigate our future.

A little over three years ago, the Co-op went through a major renovation. This work enabled us to clean up the store and create a more full service shopping experience. It also helped us to grow and update our brand, getting ready for the future. Did you know that the renovation of the store and subsequent purchase of the Hoff Building started with the hunt for a commercial kitchen space to accommodate the growing demand in our prepared foods department? In the three years we have been in the kitchen we have had significant growth in selection, sales and staffing. To meet customer demand for healthy and convenient prepared food, a hot breakfast menu was recently added to the lunch and dinner menus. More healthy convenient food choices will be added in early 2016 with the made-to-order sandwich program.

As a result of our expansion we were also able to have a community room in the Hoff Building. This community focused space also enables the Co-op to respond to our review of our customers’ buying habits. Following national trends, our customers are purchasing more fresh and convenience foods. With careful planning and an eye on the future, we made changes to include the best selection possible for customers in a store our size.

In 2016, the Co-op’s 45th birthday, we continue to plan and look forward. We want to meet your needs as your cooperatively owned community grocer. Following the national trend, Food Conspiracy’s success is now also our challenge. Only our challenge is to meet your needs in our current space. Being dutiful grocers and being governed by dutiful directors we are charged with planning for Food Conspiracy’s future success. We acknowledge that as we continue to be successful we will outgrow our current location. Some would argue that we already have! As we plan for the future we are asking you to share with us what you want in your future store. We hope you’ll take the time to let us know which services, products and programs you’d like your co-op to offer. Email me, talk to us in the store or bring your ideas to our Annual Meeting of Owners in March. We look forward to hearing from you. Let us all celebrate 45 years of Food Conspiracy and contribute to its purpose and prosperity.

Kelley Kriner: gm@foodconspiracy.coop

FOOD CONSPIRACY BOARD MEETINGS

Food Conspiracy Board Meetings are held at 6:30 p.m. at the Hoff Building, located behind the Co-op at 425 E. 7th St. All Owners are welcome. Stay involved in Co-op decision-making and accrue time towards a Co-op discount by attending. (For three hours of time accrued, members receive a month-long 5% discount the following month).

The next board meetings are:
WEDNESDAY, JAN. 6
WEDNESDAY, FEB. 3
Your Vote, Your Voice! Participate in Cooperative Economic Democracy

Kelly Watters, Education & Outreach Coordinator

Food Conspiracy Co-op is governed by a nine person Board of Directors each who serve no more than three-year terms. Each year the Co-op member-owners normally elect three members to up to three-year terms. This year we will elect one additional person to fill one unexpected seat. One term, the term with the least votes, will be a one year term and the other three will serve three year terms.

Candidate information is available on our website at www.foodconspiracy.coop, in this issue of Conspiracy News and in the store coinciding with the start of elections February 1st. Democratic Member Owner Control is the second of the seven cooperative principles. Voting in this election is one of the ways this principle is expressed. The Board of Directors represents all of the owners of the Co-op and as such is responsible for the operation of the business through the General Manager. The Board also works to form a vision to guide the Co-op into the future.

Cooperative Community Fund Grants
Food Conspiracy Co-op’s Cooperative Fund (CCF) is one of 29 local Cooperative Community Funds in the country, all of which are sponsored by the Twin Pines Cooperative Foundation. Since the CCF’s creation in 2001, Food Conspiracy Co-op has participated and has invested several thousand dollars into our CCF. Collectively, the endowment CCF partners have donated almost $400,000 to hundreds of nonprofits and cooperatives. The entire TPCF/CCF assets of over $2.9 million are invested in cooperative development organizations and cooperatives. TPCF states that its investment leverages another $30 million for co-op development. You can help build Food Conspiracy’s CCF by choosing to give at the register, as our original Round Up, just ask to give to the George Milan Fund. You can also contribute online at the Twin Pines Cooperative Fund page to the “Give Where You Live Campaign” at http://community.coop/ccf/donate.php In coordination with the Board election each year, the interest earned from our CCF is donated to three local nonprofits. Every year owners elect which nonprofit organization will receive Cooperative Community Fund Grants. If you are involved with a local nonprofit, it’s not too late to apply to be considered for a CCF grant. Contact outreach@foodconspiracy.coop for more information before the Friday, January 8th deadline. More information is at www.foodconspiracy.coop

Electronic Voting or Paper Ballots
All member-owners for whom we have an email address will receive a link to the voting page. If you are a member owner and we do not have an email on file you may go to: www.foodconspiracy.coop. Member-owners who prefer paper ballots can vote by paper ballot in the store. You may also vote by via the website on a computer for this use at the front of the store. You will be able to vote online starting February 1 through February 29. Voting by paper ballots in the store will be February 1 through February 29. The last opportunity to vote will be at the Annual Meeting. Choose the most convenient way for you to vote, just vote!

Candidate questions:
Personal statement discussing your personal story and what connects you to Food Conspiracy and Tucson.
1. What motivates you to run for the Board?
2. What strengths, skills, or expertise would you bring to the Board?
3. If you can find healthy, organic food at another grocery store, why choose Food Conspiracy?
4. Which of the 10 cooperative values resonate with you the most and why?

MEET THE CANDIDATES

Rob McLane
When I moved to Tucson in 2008, I received a membership at the Food Conspiracy as a present from a friend who was familiar with Tucson. The co-op quickly became a central part of my life because I value quality foods and the community of people I came to know through Food Conspiracy. I have been on the Board for five years, currently serving as Board President. I would like to continue for another term. I think the co-op is an important part of the community and I would like to see it grow in a way that allows and encourages more people to be a part of it. The cooperative model benefits owners, staff, and many others in our community not directly involved. Sensible growth in the coming years will strengthen our position as a grocery store in a city where those interested in natural foods have more choices.

1. What motivates you to run for the Board?
My goal in serving on the Board for another term is to build the capacity of the Co-op to do more for its owners and attract more of the growing numbers of people choosing a better food system.
2. What strength, skills or expertise would you bring to the Board? Sensible growth in the coming years will strengthen our position as a grocery store in a city where those interested in natural foods have more choices than ever.
3. If you can find healthy, organic food at another grocery store, why choose Food Conspiracy?
If we as a business can accommodate the currently growing number of people who want to be part of our Co-op, then it will mean a stronger local economy for years to come. Equally important I enjoy seeing our cooperative community expand and enhance the city with its values and purpose.

4. Which of the 10 cooperative values resonate with you the most and why? I identify with the value of honesty, because I have found that if one is honest with oneself and others, it offers the best chance of success working together in a group.

Fiore Iannaccone
I am fortunate to have served as a Board Member for our Food Conspiracy Cooperative since 2011. These four years have been exciting. Successful remodel, renovation of existing facilities and acquisition of the Hoff building were important steps in the Co-op’s transformation. This provided an opportunity to develop a commercial kitchen, office space, space for classes and the garden. A rainwater harvesting grant helped jumpstart our garden. Now the Food Conspiracy is at another juncture in our evolution. The natural foods industry continues to expand threatening our very existence. In order to compete we must grow. In order to grow we have to reach out and educate our community on the benefits our cooperative provides its owners and the community at large. I believe a successful grocery store providing healthy foods sourced close to our location is our foundation. This income allows us to provide services and support our owners and community desire. I have been a customer since Co-op’s inception. We will be requesting your input on the possible development of a larger store.

1. What motivates you to run for the Board? The desire to help others, contributing to our community in a positive way, for a cause that I believe in, which is greater than myself;

2. What strengths, skills, or expertise would you bring to the Board? My strengths, skills and expertise emanate from a successful career in the real estate and restaurant industry working in our community;

3. If I could find healthy organic food at another grocery store why would I choose the Food Conspiracy? I know and believe the Food Conspiracy provides the freshest produce in our community, which is what I eat a lot of. I know this because I personally have visited Sleeping Frog Farm, which is one of the farms our Co-op buys produce from. I, like many in our community, know that if you really want to be sure that what you are eating is truly healthy and grown in a sustainable manner, then you need to find out for yourself. Other natural food grocers may buy local produce, I know for a fact our Co-op does, and it’s really good;

4. Which of the 10 cooperative values resonate with you the most and why? Equity, Members contribute to, and democratically control, the capital of their cooperative. Our cooperative is owned by our community. We are the definition of what local truly means. This principle resonates with me and is an important part of what makes cooperatives successful, providing an alternative to the traditional corporate structure of business.

Michael DeSantis
Visiting Tucson in 1974, my first stop was the Food Conspiracy. There I found both great food and a vibrant hub of diverse community. I moved in and joined the Co-op, developing lasting friendships there while bagging nuts and dried fruit. Those were the early days, and the Co-op has thrived. Today, with many competitors, we’re considering expansion. I was an engaged member during co-op expansions at both the Food Conspiracy and the Sacramento Natural Foods Co-op and learned much from those experiences. I also gained important organizational and communication skills managing projects such as a nature center in Prescott and a co-housing project in California, along with community building and urban ecology principals as program coordinator with the Sacramento Tree Foundation. Each position taught more about the power of community, how a great board of directors works and how I can help our co-op continue to grow and thrive.

1. What motivates you to run for the Board? I’ve been back in Tucson for three years, and I’m ready to do more for my community. The Food Conspiracy is an original, a real Tucson institution that needs our support. The Co-op is facing challenges from competition and a changing environment downtown. As a businessman, I understand those challenges.

2. What strengths, skills, or expertise would you bring to the Board? I am passionate about the Food Conspiracy values and vision. As a project manager I know how to use that vision to guide important decisions. I am a trained mediator with listening and negotiating skills to contribute to the team, and owner of an electrical contracting company that understands business.

3. If you can find healthy, organic food at another grocery store, why choose Food Conspiracy? The Co-op feels like home. (Some even say my house smells like a co-op - a high compliment). It’s a real-life example of sustainable business, partnering with local farmers and directly supporting other Tucson community organizations. Co-op workers are friendly and efficient, members are valued and the food is great!

4. Which of the 10 cooperative values resonate with you the most and why? Caring for others is a value that resonates deeply with me. In families, neighborhoods or on this blue-green ball hurtling through space, we’re in this together. There is no more universal expression of caring than sharing food, and the Co-op makes that possible while supporting local farmers, workers and community.

Gontran Zepeda
My life as a father, a husband and a cooperative member have me focused on our growing region and the role that our cooperative plays in our daily lives as a center for community, well-being and nourishment of all kinds. I’m proud to call the Old Pueblo home. I hold a BS from the UA in Biochemistry; I worked abroad in three countries supporting scientists and doing research both as an academic fellow and for hire. Academics weren’t a perfect fit and I eventually wandered home to the Sonoran Desert. I settled down and found myself working happily for the last ten years with a local software company supporting the free and alternative press in the US. Having participated as a co-op member in Board meetings, I can say with sincerity that I would be honored to collaborate together with an incredible group of individuals who bring a caring and unique perspective and for our greater collective good.

1. What motivates you to run for the Board? I need the cooperative. The Food Conspiracy is our option together and forward. My gratitude extends to all our Members for the opportunity to demonstrate my need for what has been made for us, for what we have now, what we might accomplish together for the future community and by participating dutifully on our Board, should I be elected.

2. What strengths, skills, or expertise would you bring to the Board? Creativity, I hope; practical knowledge, I’d suppose. My resume includes academic and professional tenures, although I am without a post graduate decoration I’ve served in capacities which have required them. I’ll hope to be mindful of our opportunity for service while balancing our needs to survive and sustain our ability to realize the cooperative’s Ends.

Continued on page 15
A World Without Co-ops—Never!

Joyce Liska, Co-op Owner and Board Member

Imagine- you love to bake, it’s the holiday season, and the only flour that’s available is of questionable quality, unfit for baking. What if the only childcare available for your kids is not to your liking because, only unhealthy processed, sugary foods are served to the kids. What if the only financial institutions available are not trustworthy and have egregious fees and onerous policies? What if you want to sell your home-grown chicken eggs, or beef, to local consumers, but can’t guarantee a steady supply because sometimes you are out of town, or only have a small number of chickens or cows? What to do?-Find some like-minded folks and form a cooperative!

Although people have been working together for their mutual benefit since early times, the model for the modern co-op is considered to be the Rochdale Society of Pioneers formed in 1844 in England. As people migrated from rural communities to urban cities where working conditions were difficult and finding quality products, such as unadulterated flour, was difficult. The difficult times prompted the Rochdale Pioneers to pool their resources and create a food store, as an alternative to the corporate company store. To insure their purpose and organizational structure was maintained, the Pioneers established seven operating principles to govern their organization. Now referred to as the “co-operative principles,” they are adopted by the Food Conspiracy Co-op and widely by co-ops all over.

The International Cooperative Alliance, a non-profit international association established in 1895 to advance the co-operative social enterprise model, defines a cooperative as: 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. People have looked to the cooperative model to enhance their economic, social and cultural needs and aspirations, through a cooperative-like ownership model.

Many utilities are structured as co-ops. During the 1930s New Deal, cooperatives were formed to bring electricity and telephone to rural areas. Today, according to the National Rural Electric Cooperative Association, there are more than 1000 electricity cooperatives supplying power to 42 million people residing in 47 states, 12 percent of the U.S. population. In Wales, people have rallied against the privatization of water by forming a cooperative-like ownership model.

Some of the largest insurance companies are also cooperatives that are members of the International Cooperative and Mutual Insurance Federation. Just as an entity is strengthened by pooling resources, risks are reduced by utilizing the same mechanism. There are 184 insurance companies in 70 countries managing 7 percent of the world’s premiums. There are also agriculture co-ops, such as Welch’s, Ocean Spray, Land O’Lakes and Organic Valley.

Co-ops are found throughout the world in every variation imaginable. Co-ops can be structured as consumer co-ops, such as the Food Conspiracy, where owners participate by purchasing. Co-ops are also set up as worker co-ops, where owners participate by working at the co-op, such as Equal Exchange. People have created cooperative nurseries, breweries, bakeries, bicycle shops, funeral homes, hardware stores and art galleries. And then there’s Mondragon, a federation of 103 worker-owned cooperatives based in the Basque region of Spain, which employs more than 74,000 people around the world, and in 2013, had $15 billion in revenue. And, because the “co-operative principles” state co-ops support other co-ops; you can find many co-ops represented at the Food Conspiracy.

So, when you do your grocery shopping at the Co-op, consider-“I am supping other co-ops (people working together), other member-owners (my community) and local farmers. As one of the member-owners of the Food Conspiracy your shopping matters socially, economically, and locally. The “co-operative principles” mean you can share your concerns and ideas at the monthly board meeting, vote for board members who best represent your interests, and run for the Board of Directors yourself! Celebrate the Food Conspiracy Co-op’s 45 years of joy and empowerment that comes when people work together for a common good. And be grateful that we live in a world with co-ops! Why would you want to shop at someone else’s store?”

This Food Conspiracy newsletter cover from 1977 shows various co-ops in the U.S. at the time. Some like People’s Food Co-op & Common Market are still in business almost 40 years later.
WILD WHEAT’S PERSPECTIVE ON THE CYCLICAL NATURE OF THINGS

The planet’s axial spin, every day like any other day, Holding a moon at bay, high tide comes and goes, comes and goes, and we can’t keep our eyes off the closest star. Appearing to rise and set, its simple shine of complex combustion, a barrage of elemental spinoffs without which we’d not weave or whistle.

The wind and ocean whine and wind, monsoon and cyclone, seasonal tilts and depressions, high pressure pulls low, whether the weather be cold or - we are not alone. We were never alone.

Overhead migrations of monarchs, in the distance the calls of geese rising, halfway around the world red-crowned cranes set down in fields still wet. Icicles and icebergs, too, come and go, crouch and grow. Impatient as cicada roar, even our blood comes back around, the heart falls at the fault of man, though the earth does not quake.

While clouds horde rain and fog fancies rivers, night falls and yet you can not sleep; you’re like a wild wheat seed replete with twin awns. The gravity pulls you down like everything else, so you sit on soil at dusk and wait for dew to rise. You swell and dip your toes in the soil, all night.

The earth careens toward the sun and soon your arms dry out, your awns outstretched, a sort of holding pattern of wings and soon (so soon!) the darkness of dew returns. You dive down up to your waist now in glorious soil. You are that seed: What will you do with all your lives?

Co-op owner and father, Jeremy Frey teaches in UofA’s Writing Program from which he received an MFA in Creative Writing in 2006. He’s recently started studies toward an MS degree in Biomimicry through ASU. Wild Wheat disseminates itself via daily humidity change; imagine if our drills and motors implemented similar, life-friendly power.
Food Conspiracy Co-op Originates during the Turmoil of the late 60s and early 70s

Paul Rubin, A Food Conspiracy Founder

The Food Conspiracy Co-op origins were in the turmoil of the late 60s and early 70s. The John Brown Party, a local Tucson group based loosely on the ideals and ideas of the Black Panther Party and the Young Lords Party (a Chicano militant group) operated in the space now occupied by the Food Conspiracy, 412 N 4th Ave. The John Brown Party started a program of free clothes and free food for those without. It fought for decent housing, accessible and affordable health care, empowering of youth, access to healthy food, and counseling for draft resisters to the Vietnam War.

In January of 1971 several nights of rioting occurred on the University of Arizona campus. Out of those riots came a realization that there was a need for alternatives to current institutions. The Food Conspiracy was founded so people did not have to rely on profit driven supermarkets and their less than healthy food options.

For over a year, the Food Conspiracy offered food on Saturdays. During the week people came in, placed orders, on Friday and early Saturday morning the food was picked up at local wholesalers, and brought back of the Co-op for people to pick up. The Cooperative was so successful that the decision was made to open an everyday store. At this time the Co-op was serving the hip and politically active community, and the elderly in the downtown area who had little access to fresh food.

There was a tension, almost from the beginning, between people who primarily wanted to offer healthy food and people who were more interested in political alternatives. For the first few years, there was a reading room with left and alternative literature free for the members. The Food Co-op soon expanded to 2 adjacent spaces on 4th Avenue.

As an alternative organization, the Food Conspiracy was democratically governed. General meetings were well attended and there were often heated discussions on the direction of the Co-op. An argument on what foods to carry, particularly healthy vs. easy to prepare continued for years. Finally, members acknowledged that members and the general public worked and did not have a lot of time to prepare food from scratch. A compromise was worked out to carry the prepared food with a small card placed on the shelf offering suggestions for preparing the same food from scratch with fresh ingredients.

The Food Conspiracy started providing food to several day care centers in neighborhoods identified as low income. Soon, a second storefront was opened in a low-income neighborhood near Speedway and Main. The store was never able to grow or expand and closed after about a year. Several years later a store was opened at Grant and Park, but it too, lasted only a few years. Jumping to today, the Co-op still learns from arguments, discussions, and store openings and closings and continues to be a successful contributing organization to our local community.

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SMOKEY CHICKPEA CHILI

RECIPE FROM MALLORY CINA, BULK BUYER

INGREDIENTS

| 1 1/2 tablespoons of olive oil | 1 cup of frozen corn |
| 1 large garlic clove (diced) | 1 28 oz Muir Glenn fire roasted diced tomatoes |
| 1 medium red onion (diced) | 1 28 oz Muir Glenn diced tomatoes |
| 1 large red pepper (seeded and chopped) | 1/2 cup of Conspiracy Dark Roast Coffee (brewed) |
| 1 large yellow or green pepper (seeded and chopped) | 2 tablespoons of cumin |
| 5 medium size carrots (chopped) | 1 tablespoon of oregano |
| 1 cup of dry chickpeas (soaked overnight and then cooked on stovetop) | 2 chipotle chili powder |
| 1 cup of dry black beans (soaked overnight and then cooked on stovetop) | salt and ground black pepper to taste |

DIRECTIONS

1. In a large stock pot, combine olive oil, garlic and onion on a low heat.
2. On medium heat, add the peppers and carrots to the stock pot. Allow veggies to simmer for 5-7 minutes.
3. Then add chickpeas, black beans, and corn. Allow them to simmer for another 10 minutes.
4. Next, add canned tomatoes, coffee, and seasonings. Cover the stock pot and allow to cook on low heat for 30 to 40 minutes.
5. Continue to cook on low heat until veggies and beans are tender. Add seasonings to taste if spicier chili is desired.
6. Enjoy with sour cream, shredded cheddar cheese, and/or chopped green onions.
The Mobile Health Program began in 1976 and uses a mobile medical clinic to go into underserved neighborhoods (mainly South Tucson) providing many health services to individuals and families in greatest need.

They offer a multitude of health services to individuals and families who have difficulty obtaining access to care. Doctors, nurse practitioners, and Promotoras (Community Health Workers) provide services such as complete prenatal care, well-woman checks, preventive care for acute and chronic conditions (e.g., diabetes), oral health screening and education, and primary care. Community Health Workers are a unique resource who are recruited from their communities and provide outreach and education.

http://www.fcm.arizona.edu/mobile-health
Almost 20 years ago these three growers all described a niche they aimed to fill that no one else at the time was providing. We are grateful that they found their niche and that Food Conspiracy could be a part of it! We are ever more grateful that they are still supplying the Co-op with healthy, high quality food to this day.


2015 Photos by Mamta Popat

Cooperating with Farmers Then & Now

Ned Townsend 25 years

“I love my job” says Ned, who started as a grocery clerk 25 years ago and became a bulk manager helping to develop the Bulk Department at the Co-op. He has also been a grocery buyer and for a brief time, the grocery manager. Ned is happily working his way down focusing on giving great customer service and receiving for the Grocery Department. “The Co-op is an incredible place to work. I try to work hard everyday and try to be a good co-worker.”

Cynthia Taylor 15 years

“I came here thinking I would work for six months. I fell in love with my job and the Co-op. I am still here!” Having never worked in retail, Cynthia says the Co-op has provided her with so many experiences she would have not found elsewhere. She loves that the Co-op is so ethical and is always trying to be a positive force.

Celebrating our Long Time Conspirators

45 YEARS OF FOOD CONSPIRACY
4 Decades on 4th Ave

Top, left to right: FC storefront circa 1970s, FC storefront circa 1980s. Bottom, left to right: FC storefront circa 1990s, FC storefront present day.

START THE NEW YEAR
FRESH AT THE CO-OP

- Mondays - FREE Holistic Happy Hour - different topic each week
- Tuesdays - FREE Yoga Hour
- Garden Fresh Fridays - Conspiracy Grown greens while supplies last!
- All new Conspiracy Classes  •  10% or more off probiotics in January

412 N 4th Ave | (520) 624-4821
WWW.FOODCONSPIRACY.COOP | EVERYONE CAN SHOP, ANYONE CAN JOIN.
This Changes Everything – Capitalism vs. The Climate

Glenn Furnier, Board Member

As many gather in Paris to consider actions to slow global warming, it is well worth reading Naomi Klein’s latest effort. Other excellent books focus on the science and worldwide effects of climate change, including greater food insecurity. Klein’s contribution is clearly showing how our current global capitalist economic system is intimately intertwined with this problem and how it must be changed if we hope to avert an even warmer and more violent world.

The political right takes global warming very seriously because of its power to change everything, threatening our current global capitalist system, and will act to prevent threats to that economic system. Meanwhile, the political left, including some major “environmental” groups, tries to find actions that will be acceptable within that damaging economic framework. Unfortunately, these actions will be woefully insufficient, providing only the illusion of solving the climate problem. Meanwhile, the emissions and accumulation of economic profits continue.

Global warming is a problem created by capitalism and will not be solved by capitalism. We cannot buy our way out of this threat, and thinking that consuming will be a solution to a problem caused by consumption shows how deeply the capitalist consumer mentality has influenced our worldview. We have spent the past twenty years debating the seriousness of the threat of global warming and potential solutions within our capitalist framework. Meanwhile, our global emissions of greenhouse gases have increased to the point where actions needed to avert a temperature rise greater than 2°C have become much more drastic and unlikely.

Reports of decreasing USA greenhouse gas emissions ignore the fact that we have exported much of our manufacturing industry, much of China’s increasing emissions come from manufacture of products ultimately consumed in the USA. Incredibly, official emissions accounting does not consider international transport of products. Locally, only in the twisted logic of global capitalism does it make sense for Food Conspiracy to sell toilet paper shipped from China or bottled water shipped from New Zealand and Italy. If we cannot make the smallest of sacrifices by forgoing products such as these, we stand little chance of slowing global warming and had better tell our children and grandchildren to get ready for a much warmer and more violent world.

The first two-thirds of Klein’s book documents the advent of this problem, the power of large corporations to impose their will on local communities, and the irreversible environmental damage caused by our economic system. The last third focuses on local actions that have the potential to credibly challenge the hegemony of the large corporations causing the damage. Indigenous and economically poor communities are playing a prominent role in this resistance. They have been denied most of the material benefits of the global capitalist system and have been the victims of its worst environmental damage. They will lose the most if our current course continues and are at the forefront of working for change, unwilling to let their lands and planet become economic sacrifice zones. Effective solutions will not come from top-down economic and political structures created by our global capitalist system. They will come from people acting against those perpetrating environmental damages.

We say that we want to avert the drastic consequences of global warming and want to believe that we are part of the solution, but we act in ways that make the problem worse. We justify our excessive consumption by calling many of our purchases and actions needs, when they are simply desires. We are currently gambling by hoping technology finds a solution that lets us continue our current lifestyle. If the gamble is lost, the consequences will be devastating. Meanwhile, we ignore proven solutions that involve changing our lifestyles to have less environmental impact. We think that adapting to a radically different planet will be easier than changing our economic system.

When those who actually believe the climate threat is real and claim to want to avert it are unwilling to take the necessary actions, then there is little hope. We could use the crisis as a way to create a just society and Klein points out many actions that could help avert disaster, but people ultimately have to take those actions. If we are unwilling to do so, then at least we should be honest enough to admit that we would rather gamble with the future of our children and grandchildren than significantly alter our own way of living. One way or another, the crisis will change everything.

You’ll Be Missed Small Planet!

Small Planet Bakery as we know it is closing it’s doors with owner Lucy Mitchell retiring. Food Conspiracy’s history is engrained with Lucy and all the other Small Planet bakers who began in 1975 with batches of granola. Small Planet has dedicated 40 years to providing quality fresh bread made with GMO-free and organic flour. We can’t say thank you enough for 40 years of cooperation & friendship Small Planet!
CONSPIRACY CLASSES & EVENTS

Registration for classes must be purchased 24 hours prior to the start of the class in store or online at www.foodconspiracy.coop/events

*Indicates the class or event will be held in the Hoff Building, 425 E. 7th St.

SATURDAY, JANUARY 16
How To Make Your Own Soap with Traci Hobson (Demo)*
How to Make Your Own Soap is a beginners’ level soap-making class to teach students how to make cold process soap at home. After learning soap-making safety, students will learn how to properly mix base soap ingredients, when to combine them for proper saponification, and how to color and scent soaps properly using all natural, certified pure therapeutic grade essential oils and spices. The class includes a soap-making guide and a bar of soap, at the end of class. NOTE: We will not be making soap during the class because we won’t have a full kitchen. However, we will go through all of the steps in great detail, and students will see samples of all of the required ingredients and equipment. Class limited to 15 participants.
10-11:30 a.m. Cost: $15

SATURDAY, JANUARY 23
Eating With Ease w/ Food Sensitivities, Deborah Mayaan (Demo)*
After years of eating very restrictively with numerous food sensitivities, with leading-edge brain retraining methods I was able to expand my range of foods and eat with ease again. In this workshop, I’ll explain the theories and also lead you through exercises. 1-2:30 p.m. Cost: $5

SATURDAY, FEBRUARY 6TH
Birthday Sale & Celebration
10% off of purchases up to $74.99, 15% off of purchases $75-$149.99 and 20% off purchases $150 and up for Food Conspiracy owners, see ad on page 9.

THURSDAY, FEBRUARY 11
Meet the Candidates
Meet the men running for the Food Conspiracy Co-op Board of Directors, talk with them about their co-op story and learn about their vision for the co-op in this informal and informative social gathering. Bring your ideas and hopes for the co-op. All owners welcome. Public Brewhouse, 209 North Hoff Avenue. 6:00 - 8:00 p.m. Candidates will also be at the Co-op on Saturday, February 20th and you can visit with them in the store.

WEDNESDAY, FEBRUARY 17
Processing Acorns For Food... & Various Recipes With Herbalist And Forager John Slattery (Demo)*
Acorns are believed to be the most substantive food the human race has consumed throughout our time on this Earth. If that’s so, what are we waiting for? Acorns are all around us, particularly in Tucson. Yes, they grow on trees. But what to do with them? That’s what you’ll learn in this class – a detailed approach to gathering, processing, and cooking with acorns. There are so many things to do with acorns - not just stew. For example, there are cookies, bread, pizza crust, pancakes, gnocchi, crepes, falafel, burgers, and much, much more. Featuring a slideshow presentation, hands-on demonstration, and samples to taste.
6:00 - 8:00 p.m. Cost: $10

SATURDAY, FEBRUARY 20
Living with Chronic Illness And Finding Your Healing Pathway with Deborah Mayaan (Demo)*
How can you cope with chronic illness and enjoy your life more just the way you are? What does healing mean to you? I’ll share my experience of recovering from long-term chronic illness, share resources, and guide you through some exercises to help you find your own healing pathway.
1-2:30 p.m. Cost: $5

ONGOING CLASSES / EVENTS

Yoga at the Co-op*
Come join Doctress Neutopia for Lovolution Yoga, a free weekly yoga session every Tuesday from 5:30-6:30 p.m. We will engage in Kripalu Yoga, a yoga of compassion. Experimenting with visualizations for ecological awareness, chakra cleansing techniques (subtle energy centers of the body), we will come to a place of inner sanctuary during our meditations. Moving with conscious breath, our poses range from gentle to moderate levels. Lovolution means a non-violent transformation of our lifestyles starting from within in order to create a sustainable world. Yoga, union with the divine, provides us with a vehicle to make this evolutionary shift possible. Neutopia studied Kripalu Yoga at Esalen Institute. She recently completed 300 hours of training at the Mystical Yoga Farm on Lake Atitlan in Guatemala.

Holistic Happy Hour
Starting in January come and hear different topics weekly on Monday afternoons from Tucson’s wellness community of practitioners and educators. This is a free weekly “Happy Hour” with an informal social time beginning at 4:00 p.m. followed by a presentation at 4:30 p.m. Monday, January 4th is “Your Teeth as a Reflection of Your Health with Jeanne Bjorn MS, January 11th is “Sugar—What’s So Bad About It?” with Kariman Pierce NTP.

New Owner Orientations
WEDNESDAY, JANUARY 13TH AT 6:30 PM
SATURDAY, FEBRUARY 27TH AT 10:00 AM
Welcome new owners! We’d like to invite you to learn how you can get the most out of your investment in the co-op. We’ll talk about how the co-op works, how owners participate, and how you can save money and eat healthy while shopping at the co-op. RSVP by emailing outreach@foodconspiracy.coop
COMMUNITY CALENDAR

O’ODHAM LANGUAGE REVITALIZATION GROUP
Practice O’odham grammar, literacy, conversation and culture every Saturday 12pm-2pm at Mission Garden at the base of ‘A’ Mountain. Everyone welcome, free. For questions please call (520) 444-7610

INTRO TO BUDDHISM
Discussion group led by Nalandabodhi Tucson Buddhist sangha, following a curriculum by Ponlop Rinpoche. “Buddha’s Life and the Spiritual Journey.” Awam Institute, 3400 E. Speedway, Suite 204. Tuesdays, January 12 - February 9, 6pm - 7:30pm. $45 includes sourcebook & 5 classes, scholarships available. Bring your questions and a friend! For more info: NBtucson@gmail.com, http://tucson.nalandabodhi.org/, www.dpr.info

MEDITATION FOR THE 21ST CENTURY
Historically, not many people have done meditation. But, this is changing. This free class is a NEW approach, based on the Integral Movement, and 40 years of my research. The secret is to see the “bigger picture.” Meditation is not one kind of consciousness, but three—personal, social, and impersonal (“I, he/she, and it”). Meditation is less confusing and easier! These methods aren’t complicated. They can be used on their own or mixed with traditional meditation. My meditation can be used for regular spiritual practice, or for things like behavior control & inspiration. Using the three viewpoints, I’ll focus on such things as how to overcome obstacles to meditation and how to adapt it to your individual lifestyle. We’ll explore hot topics like finding the space between your thoughts, meditation WHILE doing daily tasks (yes!), sleep yoga, brain science, taking the perspective of others, and stages of human development. And we’ll meditate together. FREE... Thursdays...7:30 pm...St. Francis in the Foothills church, at Swan & River...Rm 42...Eric Schilling, 323-8435

NONVIOLENT COMMUNICATION PRACTICE GROUPS IN TUCSON
Learn a language of compassion in speaking and listening where we trust there are enough resources for everyone; where competition is about being and becoming our best selves; where support & caring is the name of the game; & where I meet my needs in cooperation with yours, not at your expense. Tuesday morning group and other workshops contact Sylvia Haskvitz, www.eatbychoice.net or (520) 572-9295. Wednesday night group information can be found at www.cornerstonecoaching.com/nvc-practicegroup/. Thursday or Sunday night groups contact Natanya Siegel, (520) 398-4578 or spoonfuloflove@netzero.com.

JYOTI (LIGHT) MEDITATION CLASSES
Free Jyoti (Light) Meditation classes held from 1-2:15pm on the 1st, 3rd, and 5th Sundays at Wellness First, 3861 1st Ave. Sponsored by Science of Spirituality and dedicated to Love, Peace and Unity. For more info call: Diann at 520-625-8312 or email gdshively@gmail.com. www.sos.org.

YOGA FOR BIGGER BODIES
If you’re looking for a way to get moving that respects all sizes and levels of ability...If you’ve ever wanted to try yoga but thought it was only for skinny people...If you want to release stress and gain strength, balance, and flexibility. This class is for YOU! Offered by Amy Vaughn, Sundays 10:30a, Mindful Yoga Studio, 1101 N. Wilmot #123, $9 single class.

TAOIST AND SUFI MEDITATION
Ongoing weekly class meets Mondays at 7:15 p.m. at Caritas Center for Healing, 330 E. 16th St. This class integrates two wonderful spiritual traditions that can help bring deeper peace to our being. The Taoist Water Method practices of inner dissolving can help to open and transmute blockages in the deeper layers of our being. The Sufi path will include chanting Divine Qualities [such as Al-Fattah (the opener) and As-Salam (the peace) etc.]. The qualities infuse us with beautiful energies helping us open to the Divine within. Donations accepted.

DANCES OF UNIVERSAL PEACE
The Dances of Universal Peace are simple, meditative and uplifting group dances. They represent and integrate many of the world’s spiritual traditions, helping to create peace and unity within and without. Second Saturday of every month, 7:00-9:00 p.m. Mettlar Studio, 3131 N. Cherry Ave. Donations of $8 and up accepted. For more info, contact Joanie at: (520) 820-8180 or joanie.sawyer@gmail.com

DANCE, DRUM AND SHOTOKAN KARATE CLASSES
Barbea Williams Performing Company offers dance, drum and Shotokan Karate classes in their newly renovated performing arts studio and gallery located inside Dunbar Cultural Center. We offer ongoing classes for children, teens and adults. Call: (520) 628-7785 or email: barbeawpwc@gmail.com for fees, dress code and registration info.

ELDER CIRCLES
A safe, respectful place for harvesting your life; a project of the Center for Community Dialogue. www.ourfamilyservices.org, 1st Sundays - Jewish Community Center at 1 PM (3800 E River Rd); 2nd Mondays - Udall Senior Center at 1 PM (7200 E Tanque Verde Rd); 2nd Tuesdays - Atria Campano del Rio at 2:30 PM (1550 E River Rd); 2nd Tuesdays - Oro Valley Library at 10 AM (1305 W Naranja Dr, Oro Valley); 2nd Tuesdays - Atria Campano del Rio at 2:30 PM (1550 E River Rd); 2nd Wednesdays – TMC Seniors at 10:00 AM (1400 N Wilmot Rd), 2nd Fridays - St. Francis in the Foothills at 10 AM (4625 E River Rd); 3rd Wednesdays – St. Philip’s in the Hills at 10:30 AM (4440 N Campbell, Room #10); 4th Mondays – Casa Community Center at 3:00 PM (780 S. Park Centre Ave., Green Valley)

CONTRA DANCE
Presented by Tucson Friends of Traditional Music. 1st, 3rd, and 4th Saturdays. 7-10 p.m. (Intro lesson at 6:30 p.m.) at First United Methodist Church, 914 E. 4th Street. Caller, live music, smoke/alcohol-free environment, all ages welcome. $10, $9 TFTM members, $5 students. For more info go to www.tftm.org or email tucsoncontradance@cox.net

BICAS
Learn about repair and maintenance of bicycles. Tucson’s Bicycle Non-Profit offers community classes. Saturdays, 1:00-4:00p.m. Classes are $20 each. Work-trade and Spanish translation is available. To register or for directions, call: (520) 628-7950.

CANDLELIT RESTORATIVE YOGA
Restore inner peace and quietude by candlelight with this restorative yoga class, guided by Shradha Hilda. Give yourself the gift of relaxation and let go of tension from the week. Shradha will guide a gentle, restorative practice, with a special focus on finding inner peace. Every Sunday 6pm, Mindful Yoga Studio, 1101 N. Wilmot #123, Fees: $9 single class. www.mindfullyogatucson.com

COMMUNITY JUSTICE BOARD PROGRAM
Do you want to make a difference in the life of youth who have committed a minor offense? If so, the Pima County Attorney’s Office is looking for volunteers who would enjoy: Guiding youth to make positive life choices, helping youth gain insight about their actions, working with community members in a team setting. Volunteers work with first or second time youth offenders on holding them accountable and building on their assets. For more information about the Pima County Attorney’s Office Community Justice Board Program or how to become a volunteer, please call 740-5608 or visit our website at: www.pcaao.pima.gov/communityjustice.aspx

RAINWATER HARVESTING TOURS
The Nature Conservancy is now offering free
public tours of their 2+ acre central Tucson site featuring rainwater harvesting cisterns, passive water harvesting berm and basin designs, water harvesting curb-cuts, native landscaping, and green building construction. For more info and a current tour schedule, contact: (520) 547-3437. Groups may schedule tours at times other than the regular schedule. To participate in a tour, simply show up and meet at the front entrance (NE corner) of The Nature Conservancy’s office building at 1510 E Ft. Lowell Dr.

Women Singers Wanted!

Gentle Yoga and Meditation Class
Ongoing weekly class provides a foundation for a healthy and safe yoga practice; $12/small group class. Wednesdays except 2nd Wednesday of each month 5:45-7pm at Yoga is Therapy, Winterhaven Center, 2921 E. Fort Lowell, Suite 103, Tucson, AZ It is necessary to pre-register for your first class. www.healingpathyoga.net; Contact Jessica Byron MD RYT500 healingpathyoga@gmail.com; Aqua Yoga Classes also available, see website.

The Community Calendar highlights events and meetings of interest to Co-op members. If you would like to be considered for inclusion in the calendar, please submit all information about the event to: newsletter@foodconspiracy.coop. Due to quantity of submissions, we are not always able to publish all events. Submissions for the March + April issue must be received by Feb. 1.

“The care of the earth is our most ancient and most worthy and, after all, our most pleasing responsibility. To cherish what remains of it, and to foster its renewal, is our only hope”.
- Wendall Berry

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BOARD ELECTIONS, CONTINUED FROM PAGE 5

3. If you can find healthy, organic food at another grocery store, why choose Food Conspiracy? Self-empowerment is the sweetest additive, only it won’t fit in my cup. By purchasing through our cooperative, I can be assured that my wages are translating to Ends-aligned groups. A sentiment of self-sufficiency, in short, but with community identity.

4. Which of the 10 cooperative values resonate with you the most and why? Concern for Community. Our community is growing rapidly, and naturally. I believe that this trend may continue or increase. This is a natural concern for our primary venue on 4th Avenue where the impasse of the Western U.S. comes to term with ’70s classics escaping “the Hippi Gypsi.” This, however, is not a theme park; it’s our community calling to us with their needs, and from the street!
CONSPIRACY NEWS

START THE NEW YEAR FRESH!

Starting in January come and hear different topics weekly on Monday afternoons from Tucson’s wellness community of practitioners and educators. This is a free weekly “Happy Hour” with an informal social time beginning at 4:00 p.m. followed by a presentation at 4:30 p.m.

**Monday, January 4th** is “Your Teeth as a Reflection of Your Health with Jeanne Bjorn MS.

**Monday, January 11th** is “Sugar—What’s So Bad About It?” with Kariman Pierce NTP. **Monday, January 18th** is Digestive Healing with Robin Schuett-Hames, NTP. **Monday, January 25th** is Traci Hamilton Faith topic on the Benefits of Womb massage.

Tuesdays ongoing is Yoga hour. Doctress Neutopia leads weekly yoga session every **Tuesday from 5:30-6:30 p.m.** We will engage in Karipalu Yoga, a yoga of compassion. Experimenting with visualizations for ecological awareness, chakra cleansing techniques (subtle energy centers of the body), we will come to a place of inner sanctuary during our meditations.

Introducing **Garden Fresh Fridays** with local Conspiracy Grown greens in the produce department. You can’t get it any fresher unless you grow it yourself!

SAVE THE DATE! THIS YEAR’S ANNUAL MEETING IS **MARCH 6TH**