



Hampden Park Co-op Mission: The corporation exists to serve its member stockholders and the surrounding community, promoting wholesome, healthful and ecologically sound food consumption, and permitting member involvement both in the procurement of that product and the operation of the corporation.

HAMPDEN PARK CO-OP NEWS

DECEMBER 2008/JANUARY 2009

Volume 19 Issue 6

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Co-op Hours:

Monday–Friday 9:00 a.m. – 9:00 p.m.
 Saturday 9:00 a.m. – 7:00 p.m.
 Sunday 10:00 a.m. – 7:00 p.m.

The co-op will be closed on Thursday, December 25, 2008, and Thursday, January 1, 2009.

Board Meetings:

The Hampden Park Co-op Board of Directors meets monthly. See its bulletin board in the entryway for meeting dates and locations.

Newsletter Deadline:

The deadline for the February/March issue is January 5. If you wish to write an article for the newsletter, contact Naomi Jackson at naomijx@juno.com, or leave a note in the Membership Coordinator envelope in the entryway.

HPC Web site:

www.hampdenparkcoop.com

Hampden Park Co-op Expansion Update

—by Lisa Scribner, HPC Board Co-chair

You may have heard that the Hampden Park Cooperative is planning to purchase the building we occupy. Owning our building has been a longstanding goal and we will be asking all of you—staff, members and other shoppers—to help make this a reality.

As we work with our bank on securing a mortgage, it currently appears that we will need to raise an additional \$400,000 in loans and gifts from our members. The management and the board of directors are exploring ways to raise these funds. A fundraising campaign will begin in the first quarter of 2009. Active members will receive a letter indicating that we are purchasing the building and that we are requesting a gift or a loan to accomplish this. A phone call will follow the fundraising letter so the member can ask questions and receive more detailed information before making a decision.

Other fundraising ideas currently under consideration include:

1. A “round-up” campaign: When you make a purchase the cashier will ask if you would like to round the purchase amount up to the next higher dollar amount (\$24.79 would round up to \$25.00).

2. Temporarily decrease the discount percentage for volunteering members: Currently 7% of the total income of the co-op is expensed to cover member discounts. If this percentage is lowered by just 1% the savings will reach \$83,000 over a three-year period. All of these savings would be dedicated to the building purchase.

No final decisions have been made and we encourage you to contribute your own fundraising ideas. Please contact a staff or board member with your suggestions.

We are excited about our future and hope that you will help us achieve our goal.

front of store

Membership News

—by Naomi Jackson, Membership Coordinator

Many thanks to all the volunteers who helped prepare our new space. We're embarking on a new and exciting era in the history of Hampden Park Co-op!

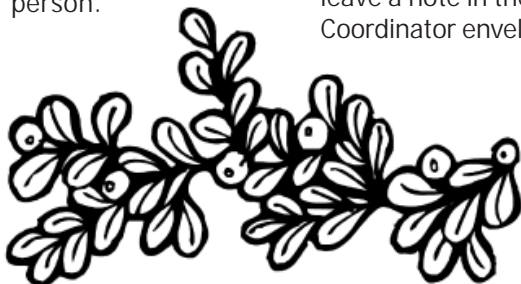
As we expand into the new space, we will of course need more volunteers. We've already added 1½-hour cleaning shifts to the weekday morning and evening calendar. More shifts will be added in the coming months.

In the midst of all the change, some things do stay the same. In December, all volunteers need to fill out a new Rolodex card and pick up a 2009 wallet card. Cards and information will be available at the cash register. If you have questions about the card changeover process, feel free to ask a cashier or staff person.

For all members, this is a good time of year to check whether the co-op has your current information. Did you turn 65? Ask for a senior discount card. Did you move in the past year? Make sure we have your current address. Are there more or fewer adults in your household? Let us know.

And, something new: We are now offering a 10% discount four times per year to all non-volunteering shareholders. In order to receive the discount coupons, make sure we have your current mailing address, and use your wallet card when you are shopping. If you don't use your wallet card, you end up on our "inactive" list and won't receive mailings.

Questions? Contact me at the co-op, or leave a note in the Membership Coordinator envelope in the entryway.



Welcome, New Members!

Membership Information

Membership in Hampden Park Co-op involves a one-time purchase of one share of stock per household. The cost of a share is \$30. Stockholders can be eligible for dividends at the end of each fiscal year. You may sell back your stock share if you move away.

Volunteer Discounts

One or two non-senior adults in a household may earn:

15% discount for 3 hours/month
21% discount for 6 hours/month
28% discount for 12 hours/month

Seniors

All seniors receive a 15% discount on the first Wednesday of the month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any coordinator. Senior working members start with a 15% base, plus time worked.

Food Shelf Contributions

Any shopper, member or non-member, receives a 28% discount on food shelf items. When you get to the checkout counter, let the cashier know that you have food shelf purchases. Donations go to the Keystone food shelves, located in the Midway neighborhood.

Non-discountable Items

Certain items in the store are non-discountable. These include milk (quart and larger), eggs, non-organic frozen orange juice, baby food, brewed coffee, HPC hot soups, gift certificates, and some sale items. There is no discount on these items because the mark-up on them is intentionally low.



Beyond your Basic Coleslaw

—by Kathryn Tempas

Tired of your basic creamy coleslaw? Have a partial head of cabbage hiding in the back of the crisper? Here are some fresh takes on coleslaw that will liven up any meal.

Waldorf Slaw

4 cups shredded cabbage*
(approximately 12 ounces)
1 cup chopped apple
1 small pear, chopped
¼ cup raisins or craisins
2 tablespoons chopped walnuts
1 small carrot, grated

Dressing:

2 tablespoons mayonnaise
2 tablespoons buttermilk or plain yogurt
1 tablespoon apple cider vinegar
1/8 teaspoon cinnamon

Combine cabbage through carrot in a medium bowl. Combine dressing ingredients and stir well. Pour dressing atop salad and toss to coat. Serves 5–6.

Poppy Seed Fruited Slaw

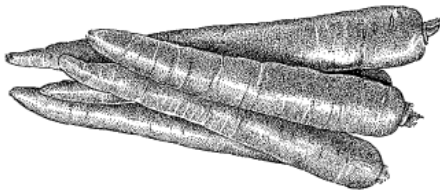
3 cups shredded cabbage*
1 small carrot, grated
½ cup orange sections
1 cup halved red grapes

Dressing:

2 tablespoons sugar
1 tablespoon canola oil
1½ tablespoons cider vinegar
1 tablespoon minced onion
½ teaspoon poppy seeds
dash of salt

Combine cabbage through grapes in a medium bowl. Combine dressing ingredients and pour atop salad. Toss to coat. Serves 5.

*cabbage can be green, red, or a mix



Ad rates: \$15 per issue for a camera-ready, 2½" by 3½" ad. Ads may be either vertical or horizontal. Contact the editor.



Thai Slaw

3 cups shredded cabbage
(green or napa)
1 cup shredded red cabbage
½ cup red bell pepper, diced
½ cup shredded carrot

Dressing:

1 tablespoon lime juice
1 tablespoon rice vinegar
½ tablespoon fish sauce
1 tablespoon water
1½ teaspoons creamy peanut butter
¼ teaspoon chili paste with garlic
1 small clove garlic, minced

Toppings:

1 tablespoon chopped peanuts
1 tablespoon chopped fresh cilantro
and/or mint

Combine first four ingredients in a bowl. Combine dressing ingredients and stir or shake well. Pour dressing atop salad and toss to combine. Just before serving, add toppings. Serves 4.

Cabbage, a member of the brassica family, which includes broccoli, Brussels sprouts, and cauliflower, contains vitamins C and A in addition to a number of minerals and anti-cancer compounds such as sulforaphane and glucosinolates.

Remember, you can also cook cabbage. Sauté it in butter or oil, make cabbage rolls, or boil it. Cabbage also stores well, so if you only need part of a head, tightly wrap the remainder in plastic wrap, and it will keep in the refrigerator for several weeks. If you find a bit of brown on the cut edge merely cut it off and use the rest. Try some new recipes this fall to expand your repertoire for this nutritious vegetable.

[Kathryn Tempas works at a local bakery. She loves experimenting with healthful foods to try to entice her family (and you) into eating the good stuff.]

News & Notes

HPC Book Club

Date/Time: Tuesday, January 27

6:45 gathering/get acquainted
7:00 discussion

Location: St. Anthony Park Library meeting room

Book selection: *Blood Orange Brewing* by Laura Childs

The book is available for a discount at Micawber's Books, located at 2238 Carter Ave. in St. Anthony Park. Let them know you are part of the Hampden Park Co-op Book Club.

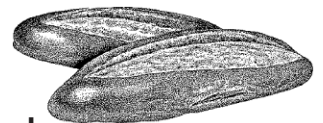
Voluntary Simplicity discussion group planned for late January

Hampden Park Co-op is sponsoring a discussion group on a very timely topic, voluntary simplicity. Using Northwest Earth Institute discussion guides, the group will be coordinated by volunteer Michael McKenna and will last for six or seven sessions.

More information and a sign-up sheet are available on the calendar bulletin board in the entryway. Meeting dates will be determined by the participants.

Donate to Midway Food Shelf

The economic downturn has put a bit of a damper on this year's holiday season, as people struggle to make ends meet. If you are able, donate some food or household items through Hampden Park Co-op's food shelf program. While you are shopping, select items to donate. Let the cashier know that these items are for the food shelf. You will receive a 28% discount on all food shelf donations. A volunteer picks up HPC's food shelf donations every two weeks.



Thank you!

Many thanks to Linda Morey and her excellent cleaning crews. They have spent dozens of hours cleaning the kitchen equipment, coolers, and freezer that we acquired from area co-ops for our new space. It was a hard job, but everything looks great!

Sweet Holidays

—by Karen Kloser

Another holiday season is upon us and so is the temptation of all the sweets made with refined sugar. Besides the high calories and lack of nutrients, refined sugar contributes to a range of side effects from mood swings and insomnia to headaches and weight gain. Hampden Park Co-op has several healthier sugar alternatives available (including Stevia, which is not covered in this article) to fulfill our sweet tooth urges.

Sucanat™

Sucanat™ is the abbreviated word for “sugar cane natural.” The sugar cane is processed much like refined sugar, but after heating, the juice is left to evaporate into grainy crystals. These crystals have the distinctive, strong flavor of molasses.

One source says Sucanat™ is a good substitute for brown sugar and “anything that calls for sugar.” Another says, “it can be difficult to bake with, because it behaves very differently from more processed forms of sugar.” It’s less sweet and its grainy texture comes through in baked goods. Also, its molasses-like taste competes with intense flavors like citrus and chocolate. In general, it does not replace refined sugar cup-for-cup in a recipe.

Agave Nectar

Agave nectar comes from the base of a large cactus-like plant that resembles a giant aloe vera. It is 25% sweeter than refined sugar and has a low glycemic index (GI) of 39 compared to sugar with a GI of 110. Because the body metabolizes agave nectar more slowly, it is less likely to cause fluctuating blood

sugar levels. It is full of such nutrients as carbohydrates, fructan, vitamins, and amino acids. Typically, the juice is boiled to obtain the traditional agave syrup.

In most recipes, agave can be substituted for honey in equal parts. For 1 cup of sugar, use $\frac{3}{4}$ cup of agave and reduce the liquid content by $\frac{1}{4}$ cup. Reduce the oven temperature by 25 degrees when baking with agave.

Brown Rice Syrup

This natural sweetener is made from fermented brown rice using special enzymes to break down the starch in the grain. The liquid is strained off and the brown rice is cooked until it is syrup. The result is a delicate sweet liquid with a buttery smooth flavor. Brown rice syrup is healthful and an ideal sweetener for baking and desserts, but reduce other liquids in the recipe by one-fourth.

Barley Malt Syrup

Barley malt syrup is made from barley that is soaked and sprouted to make malt. It is combined with more barley and cooked until it becomes a sugar mash. The mash is strained and the liquid cooked into syrup.

According to the *Sweet Savvy* Web site, barley malt syrup is considered to be one of the healthiest sweeteners in the natural food industry, since it is produced from a whole food source and is made up of the simple sugars. It metabolizes slowly in the body but does have calories and carbohydrates. Diabetics and low-carb dieters should use it with caution. Otherwise, it is fine for anyone who wants a whole-food natural sweetener.



Honey

The range of honey flavors and colors available (some 300 types in the United States) depends on the floral blossom the honey bee visits. Generally the lighter the color, the milder the taste. Honey is produced from many types of plants, including avocado, blueberry, sage, almond, and fireweed. Honey in the comb comes as it was produced and is completely edible. Made primarily of carbohydrates and water, honey also contains small amounts of vitamins and minerals. It’s mainly used for cooking, baking, and as a beverage sweetener.

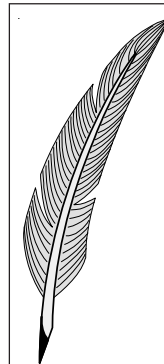
When cooking, it’s best to use recipes created for honey. If substituting honey for sugar in recipes, start with half honey and half sugar. As honey is sweeter than sugar, you can use less of it. When baking with honey, reduce any amount of liquid called for by $\frac{1}{4}$ cup, and add $\frac{1}{2}$ teaspoon baking soda per 1 cup of honey used. Reduce the oven temperature by 25 degrees.

Whole Cane Sugar

Whole cane sugar is unrefined, naturally evaporated sugar cane juice that retains the natural vitamins and minerals in sugar. You can substitute cup-for-cup whole cane sugar for refined sugar in all of your recipes.

(Sweet Holidays continued on p. 9)

Holly House



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A History of Hampden Park Co-op

—by Rachel Fang

Hampden Park Co-op is finally expanding into the long-awaited space formerly occupied by the Parkview Café, and it seems timely to provide a brief history of cooperation and of HPC from its founding in the early 1970s to the newly expanded store in 2008.

Cooperative Beginnings

The first consumer cooperative was founded in England in 1844 by a group of textile workers who combined their resources to rent a store and stock it with products, calling themselves the Rochdale Society of Equitable Pioneers. The Rochdale Society established a code cooperative principles that is still used by cooperatives today:

1. Open membership;
2. One member, one vote;
3. Limited return on investment;
4. Return of surplus;
5. Continuing education;
6. Cooperation among cooperatives;
7. Concern for community*

*added in 1995 by the International Co-operative Alliance, <www.ica.coop>

Minnesota has long been known as a state where cooperatives of many kinds have flourished. Early immigrants from Finland and other European countries brought the tradition of cooperation with them when they settled in the area. Farmers' cooperatives were established in Minnesota in the early 20th century as farmers worked together to get fair prices for the necessities they produced. Other early types of cooperatives in Minnesota included gas, oil, and electric power cooperatives.

Consumer co-ops have served communities in the Twin Cities since the early 1970s when the People's Pantry opened, the first food co-op in Minneapolis. North Country, Seward, Mill City, and Selby co-ops opened soon after. These early co-ops were founded by people with a vision molded by the '60s ideals of social, political, and economic change powered by affordable whole foods.

St. Anthony Park Foods

Hampden Park Co-op (HPC) began in 1972 as St. Anthony Park Foods

(formally incorporated in 1974), located at Cleveland and Buford Avenues, in the space that Mim's Café occupies today. It was a busy co-op in a small space serving neighborhood residents and students from the St. Paul Campus of the University of Minnesota across the street, selling high quality food in bulk at fair prices.

In 1979, St. Anthony Park Foods (SAP) took over the nearby Green Grass Grocery on Raymond Avenue (where HPC is now) and renamed it SAP Too. Green Grass had been founded as a community-based store that sold products such as whole grains and produce along with more conventional items such as Campbell's soup, Wonder bread, and pop. Though it took a few years to get these products off the shelves, the store maintained its customer base after its transition to a more traditional co-op.

Changing Times

During the 1980s interest in the cooperative movement waned and several co-ops in the area closed. With fewer people interested in volunteering, fewer students shopping at SAP Foods, and new parking restrictions in front of the store, sales began to decline. The two stores (SAP Foods and SAP Too) operated as one store governed by the same board with two locations. Because of declining sales at SAP Foods and the debt incurred from the merging of the two stores, they struggled to make payroll and purchase products.

While SAP Foods' sales had slowed, SAP Too's sales remained steady and even began to increase. When the two stores' books began to be managed separately, it became clear that one store—SAP Too—was vastly more successful than the other. However, there were strong allegiances among board members to the original store, and board meetings became acrimonious. Perhaps inevitably, the two stores separated, and SAP Too was renamed Hampden Park Foods in 1990.

The original store, SAP Foods, had been founded as a non-profit, as most

consumer co-ops were at the time. While some board members wanted the new store (HPC) to be organized as a cooperative, the concept was controversial; and it took several years before HPC was able to do so. Through the perseverance of its newly established board, HPC was finally established formally as a cooperative in 1993. Meanwhile, as its sales continued to decline, SAP Foods finally closed in 1995.

Corporate Competition

In the mid-1990s, as consumers began to be more aware of food quality and the dangers of pesticides and growth hormones, natural and organic foods became more and more popular. Stores such as Whole Foods and Wild Oats began to expand throughout the United States.

When Whole Foods (based in Austin, TX) opened a store in St. Paul in 1996, several co-ops in the Twin Cities banded together to combat what they feared would be substantial competition from Whole Foods. They formed Twin Cities Natural Food Co-ops (TCNFC) as a trade organization for local consumer cooperatives, charging members dues and establishing rules for member stores that included TCNFC input on management decision and product choices. In part because it would require giving up the store's autonomy, the board and staff of HPC decided not to join TCNFC. Operating independently, HPC could continue to use volunteers to perform needed tasks at the store and make its own choices about management, products, advertising, and growth.

To the Future

HPC believes that the values and relationships that evolve among people are the lifeblood of the community; and therefore it is the role of the co-op to provide all members with a sense of acceptance that is not based on their involvement in the store. The co-op operates on the principle that the collective efforts of the store's board, members, and staff can make a

(History continued on p. 6)

Hampden Park Co-op Annual Report 2008

	2008	2007	2006	2005
Department Income	2,019,940	1,812,621	1,678,399	1,595,619
Cost of Sales	1,349,993	1,212,498	1,092,056	1,058,675
Member Discounts	150,666	132,178	122,433	120,466
Gross Profit	519,282	468,059	464,184	416,832
Operating Expenses	503,041	459,868	456,404	407,290
Operating Ordinary Income	23,239	8,191	7,780	9,543
Net Income	11,786	17,470	9,878	(-13,241)
Coop Net Worth	483,389	456,459	435,407	394,209
Inventory (wholesale)	110,355	121,268	119,531	101,829



Our fiscal year runs July 1 to June 30.

Department Income—the total rung through the register.

Cost of Sales—the amount HPC paid for merchandise.

Member Discounts—discount given to volunteering members.

Operating Expenses—includes payroll, utilities, supplies, credit card fees, etc.

Operating Ordinary Income—amount left after paying operating costs.

Net Income—amount left after paying our expenses and adjusting our other income.

What a difference a year makes and how our future has changed. The renovation of the next door space and working with the Independent Order of Odd Fellows about potential ownership of the building are certainly wishes that many of our members have voiced in the past. The real possibility of this came last spring and many decisions needed to be made in a short period of time. Many more details [were] presented at the meeting.

One of the changes as a result will be the addition of a third cash register and a front end director whose focus will be faster customer service, assisting at the register, and helping with managing the new space. Our growth in sales requires this additional assistance.

We have had another first this year—having over \$2 million in sales! Along with more sales are more expenses, as you will note.

"Local" has become the new buzzword. Again we have been way ahead of the game. Our mission, written many years ago focused on our store using as much locally produced food as we could procure. We have for the most part held to that mission in our purchases. We have had locally produced goods that do NOT sell and have not reordered them—price often the reason. Some products are seasonal.

I want to thank all of you who helped to make this a good year—volunteers, employees, shoppers, and our Board of Directors. The board this past year was Jay Dregni, Karen Gill-Gerbig, Rosanne Rivers, Marcia Hanson, Sarah Matala, Gregg Richardson, Nicolet Lyon, Lisa Scribner, and Matt Hass. Thank You.

—Respectfully submitted by Helen DuFault, November 9, 2008

(HPC History continued from p. 5)

difference through the products it sells and the store's role in the larger community. HPC's goals include providing enough variety in products to meet the needs of most members and making careful choices about the products the store sells. These decisions affect the larger goal of working collectively in our community to make the world a better place. The newly expanded store will continue to operate as a socially conscious, dynamic retail store that

will follow the current mission and provide more room for high quality products as well as space for shoppers to move around. HPC continues to be an asset to St. Anthony Park and the larger community by offering a balance of products and volunteer opportunities, and modeling good business practices.

[Rachel Fang is a long-time co-op volunteer. She lives in South Minneapolis with her family and enjoys cooking, gardening and eating ice cream with her son Oscar.]



References

- Cox, Craig (1994).
Storefront Revolution: Food Co-ops and the Counterculture. New Jersey: Rutgers University Press.
- Hampden Park Co-op Member Handbook
- International Co-operative Alliance
 Web site: www.ica.coop>
- Interview with Kathy Vaughan (10/08)

Timeline for Hampden Park Co-op Expansion and Purchase of IOOF Building

—prepared by board member Karen Gill-Gerbig

2005 ISSUE: HPC's FUTURE

HPC BOARD STRATEGIC PLANNING CONCLUDED THE FOLLOWING:

- ▶ Stay in geographic neighborhood where we built our business.
- ▶ Location must meet needs of store, while cost effective and affordable.
 - ▶ Present location meets needs of store and is exceptionally cost effective and affordable.
- ▶ HPC must negotiate new lease with the IOOF, prior to the end of our existing lease of December 31, 2005.
- ▶ HPC would like to expand in present location. Restaurant has ongoing lease; no sign of the space opening up.

2005 OUTCOME:

- ▶ Stayed in present space; will look for comparable/larger space in same geographic area; will consider restaurant space should it become available.
- ▶ Negotiated and signed new lease with IOOF, including language that gives HPC first right to rent restaurant space, should it become available.
- ▶ HPC would consider purchase of a building, to be more fully in control of our destiny—no fear of losing lease, significantly increased rents, etc.

2005 EXTENDED OUTCOME:

HPC RENEWED LEASE WITH IOOF

- ▶ Continued favorable terms and additional language in lease that gives HPC first right to rent restaurant space, should it become available.
 - ▶ The lease term began on January 1, 2006, and terminates on December 31, 2015.
- ▶ During these negotiations we indicated our interest in possibly buying the building, should it be placed up for sale.

2006 and 2007 ISSUE: FISCAL PLANNING FOR HPC FUTURE

- ▶ Begin investigating whether to work with Bill Gessner of Cooperative Development Services to further refine our finances and develop an accurate *pro forma* to further plan our future.
- ▶ Contract with Bill Gessner to hold workshop with board to strategically plan for HPC future. Initial foundation formed on which to continue to build the HPC *pro forma*.



2008 ISSUES: ADDITIONAL BUILDING SPACE AVAILABLE & POSSIBLE PROPERTY PURCHASE

- ▶ We are notified by IOOF that the restaurant will not be renewing its lease, and the space is offered to us. IOOF asks HPC to offer a lease agreement for the restaurant space. We have less than one month to write and secure a lease for the open space.
- ▶ At the same time, the IOOF indicates if HPC is sincere in wanting to secure the restaurant space that sincerity would be further and more fully illustrated by also offering a bid on the entire property itself, AT THE SAME TIME WE OFFER THE LEASE. Again, we have a tight timeline to create and offer a purchase agreement for the property.
- ▶ We hired a legal firm whose specialty is real estate law and who also happens to be in the neighborhood.
- ▶ Our bank indicated they are open to working with us and will help HPC, as they can, to pursue our goal of financing the purchase of the property.
- ▶ Continued to develop *pro forma* with Bill Gessner, under our original contract, to present to bank in our financing request.

2008 OUTCOMES: LEASE OF ADDITIONAL SPACE AND PURCHASE AGREEMENT ON PROPERTY

- ▶ HPC and IOOF negotiated a lease for the restaurant space with similar provisions as our present lease for the original store, and identical expiration dates.
 - ▶ "The lease term will begin on May 1, 2008 and will terminate on December 31, 2015."
- ▶ Purchase agreement of property was written and presented to IOOF. Discussions occurred among and between both Boards of Directors. Minimal changes were made to the agreement, to which both parties agreed; and the document was signed by both parties.

(Timeline continued on p. 8)

(Timeline continued from p. 7)

**2008 EXTENDED OUTCOMES PART 1:
HPC WORKS TO DETERMINE HOW TO BEST OWN BUILDING**

- ▶ As stated in the purchase agreement, HPC must secure funding to purchase the property and have the closing—a meeting in which both interested parties all sign the transfer of property papers—by 30 SEPTEMBER 2009.
 - ▶ Obviously, we must have our funding secured PRIOR to closing so that we can transfer the money to the IOOF in exchange for ownership of the property.
- ▶ HPC continues to work with Bill Gessner, our attorneys, our cpa/tax attorney, SCORE, to determine the best methods/processes to:
 - ▶ own the building—(type of ownership of building determines whether any gifts would be tax deductible on the part of the gifter)
 - LLC (Limited Liability Company)

("LLCs are popular because, similar to a corporation, owners have limited personal liability for the debts and actions of the LLC. Other features of LLCs are more like a partnership, providing management flexibility and the benefit of pass-through taxation."

"Owners of an LLC are called members. Since most states do not restrict ownership, members may include individuals, corporations, other LLCs and foreign entities. There is no maximum number of members. Most states also permit "single member" LLCs, those having only one owner."

From the IRS Web site: <www.irs.gov/businesses/small/article/0,,id=98277,00.html>)

- Newly established, separate non-profit, to parallel HPC.
- Contract with established non-profit to have it act as our agent in any and all non-profit-related processes and transactions.
- ▶ Members' monetary gifts to an HPC-contracted non-profit, would be tax deductible for the gifter.

**2008 EXTENDED OUTCOMES PART 2:
HPC WORKS TO PROCURE FINANCING TO PURCHASE BUILDING**

- ▶ HPC continues to work with Bill Gessner, our attorneys, our cpa/tax attorney, SCORE, to determine the best methods/processes to:
 - ▶ put together financing to purchase the building
 - HPC Member loans and/or gifts
 - financing from our bank
- ▶ HPC creates CAPITAL CAMPAIGN to allow HPC membership to gift or loan monies to purchase building.



Blue Sky Guide

2008 Membership Report

Total Members (11/1/08) 2688 (11/1/07 2446)
Total Active Members (11/1/08) 1549 (11/1/07 1505)

	<u>2008</u> (11/1)	<u>2007</u>	<u>2006</u>	<u>2005</u>
Total shares sold	209	235	170	181
Shares sold back	16	16	23	22

Categories:

(as of 11/1 each year)	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>
1) non-volunteering	946	951	859	814
2) volunteering	299	278	258	256
3) senior	226	194	161	162
4) >100 miles	35	27	21	13
5) lost address	43	55	37	8
6) inactive	1124	926	916	842
7/8) do not mail	15	15	15	14
9) stock repurchase	376	356	339	317

	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>
Number of orientees:	127 (11/1)	130	124	128

Volunteers at each discount level:

15%	28.2% of households
21%	54.7% of households
28%	17.1% of households

(Sweet Holidays continued from p. 4)



Sweet Holidays Recipes

The following recipes are adapted from Debra Lynn Dad (<www.dld123.com/>). She's been called "The Queen of Green" by the *New York Times* and is the author of *Home Safe Home*.

Eggnog

Makes 3 cups (6½ cup servings)

3 eggs
1/8 cup agave nectar
pinch of salt
2 cups whole milk and cream*
½ teaspoon vanilla, brandy, or rum
garnishes (optional): fresh ground
nutmeg, chocolate curls,
whipped cream

In a large saucepan, whisk together eggs, agave, and salt. Whisk in 1 cup of the milk/cream. Cook over low heat, stirring constantly, until the mixture leaves a thin film when tested on the back of a metal spoon. Remove from heat. Stir in the remaining cup of milk/cream and vanilla.

Cover and refrigerate several hours or overnight—until it is thoroughly chilled. Pour into cups and garnish with desired garnishes. If you wish you can add more brandy or rum to the chilled eggnog.

*You can vary the proportions to suit your taste and diet. More cream makes a richer nog. Half cream and half milk is very rich.

The Toll House Chocolate Chip Cookie Recipe

using brown rice and barley malt syrups

Makes about 3 dozen small cookies

for soft cookies

¼ cup vegetable glycerin
¼ cup unrefined cane sugar (such as
Sucanat or Rapadura)

for crisp cookies:

¾ cup brown rice syrup
1/8 cup barley malt syrup

add:

½ cup (1 stick) butter, softened
½ teaspoon vanilla extract
1 egg
1-1/8 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 cup grain-sweetened chocolate chips
1 cup chopped walnuts, pecans, or
other nuts

Preheat oven to 375° F. Beat butter, sweetener, and vanilla in large mixer bowl. Add the egg and beat well. Mix flour, baking soda, and salt in a separate bowl, then gradually beat into the butter mixture. Stir in chocolate chips and nuts. Drop by rounded tablespoon onto silicone baking sheets. Bake for 9 to 11 minutes or until golden brown. Let stand for 2 minutes, then remove to wire racks to cool completely.

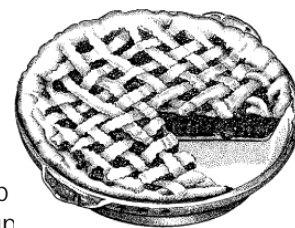
To make bar cookies

Prepare the dough as above, then spread it into a greased 15"x10" jelly-roll pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Cut into bars and serve.

Pecan Pie

Serves 12

3 eggs
½ cup barley
malt syrup
1 cup rice syrup
½ teaspoon cinnamon
¼ teaspoon nutmeg
3 tablespoons melted butter
1/8 teaspoon salt
1 cup chopped pecans
1 tablespoon flour
1 unbaked 9" pastry shell
whipped cream for garnish.



Preheat the oven to 375° F. Beat the eggs in a mixing bowl. Add barley malt syrup, rice syrup, spices, butter, and salt, and mix well. Stir in pecans and flour. Place mixture into pastry shell. Bake for 40 minutes or until firm in the center. Cool. Garnish with whipped cream just before serving.

For Derby Pie add ¾ cup chocolate chips (sweetened with barley malt) to the above recipe.

[Karen Kloser is an HPC member and unabashedly addicted to sugar.]

Sources:

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Lisa Turner

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Have You Tried...? The HPC Aisles Revealed

—by Katharine Holden

Hampden Park Co-op is full of products you may not have tried yet. Read on and I'll introduce you to a few.

yo'gourmet Freeze-Dried Kéfir Starter

Kéfir is a milk-cultured beverage containing probiotics and beneficial yeast (Trust me: kéfir tastes better than that description might lead you to believe.) HPC offers plain and flavored kéfir in large and single-serving bottles. However, it's easy to make at home using yo'gourmet's starter. No machine is required. Each packet makes a quart of kéfir and there are six packets to a box. Yo'gourmet is a Canadian company and they make a buttermilk starter, too. For more info, visit <www.lyosam.ca>.

Tea from Twinings of London

Twinings of London is well represented here at HPC. Check the tea shelves for tins of loose Earl Grey and English breakfast. Teabag aficionados can buy boxes and packets of eight tea varieties plus Herbal Revive, Twinings' herbal blend.

Mount Hagen Organic Café Freeze-Dried Instant Coffee

This coffee is billed as "the first certified organic freeze dried coffee in the world." That's nice, but I'm more intrigued by the manufacturer's claim that this instant coffee is rich tasting and not bitter. In my experience, instant coffee either tastes as if it's made of something akin to cactus or it has no taste whatsoever. Will the German-produced Mount Hagen instant coffee change all that? You have your choice of 100g jars or boxes of 25 single coffee packets. For more info, visit <www.wertform.de>.



Annie's Naturals Gingerly Vinaigrette

Annie's Naturals is a fantastic line of salad dressings. I haven't found a dud in the bunch. Gingerly Vinaigrette has a bit of punch to it. It should—it's made primarily of cider vinegar, shoyo (soy sauce), and both ginger puree and ground ginger.

Eden Selected Hot Pepper Sesame Oil

A couple of drops will do ya. Add those drops to stir fries, soups, and stews. Are you eating on the cheap because you can't find a communications job for love or money? Well, welcome to the club. I've found that a bit of this oil will liven up those thrifty meals of pasta or rice.

Mori-Nu Mates

Are you doing the dairy-free dance? Do you miss milk-based puddings? Mori-Nu, the tofu people, offer a quick way to make puddings using tofu. It couldn't be easier: choose your flavor (Lemon Cream, Vanilla, or Chocolate) and blend the contents of the packet with water and firm or extra firm tofu.

Tapioca

Tapioca is a starchy ingredient derived from dried cassava (or manioc) roots. It's tasteless on its own. HPC offers both the tapioca "pearls" and the granulated form. The best known use of the pearls in the United States is to simmer them in a sweetened milk base for tapioca pudding. You can make tapioca pudding from granulated tapioca, too. But the granulated form is most often used as an add-in to thicken soups and broths; or it can be reconstituted, formed into strips, and fried. In addition to pearls and granulated tapioca in the bulk spice aisle, feel free to check the dairy cooler for tapioca flour/starch, which is a gluten-free flour alternative.

Bearitos Taco Shells

I'm not a big fan of pre-shaped taco shells. I prefer to fry my own corn tortillas. But Bearitos taco shells are tasty and they hold together better than most taco shells I've tried. A package contains 12 shells.

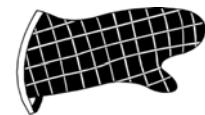


Bob's Red Mill Organic Coconut Flour

Coconut flour is another in Bob's Red Mill's line of gluten-free flours. It's high in fiber and a good source of protein. Unfortunately, you can't just substitute coconut flour for a like amount of wheat flour in your breadmaking recipes. Gluten-free baking is just not that simple. However, a percentage of coconut flour added to the other flours in your gluten-free recipe can add lightness and sweetness to your final product.

Great River Organic Buckwheat Pancake Mix

Grab a bag of this special purchase item while it's available. Once in a while, HPC gets a great deal on an item or stocks a limited supply to test co-op members' interest. Great River's buckwheat pancake mix is delicately blended to avoid the too-heavy texture that buckwheat pancakes often have. Their buttermilk pancake mix is good, too. Great River is based in Fountain City, Wisconsin. For more info, visit <greatrivermilling.com>.



[Katharine Holden is an HPC member who would like to announce to the world that she has overcome her lima bean phobia. She recently made a delicious lentil-baby lima bean-cilantro soup. She used baby lima beans because she felt they were less threatening. Katharine can be reached at holdentld@msn.com]

Board member profile: Sarah Matala

—by Anne Holzman

In her work as an affordable housing consultant, Sarah Matala examines buildings and figures out what needs to be done to prepare them for their new use. She works with an architect and a contractor to develop a “work scope.” Then she and her team determine how to finance the project.

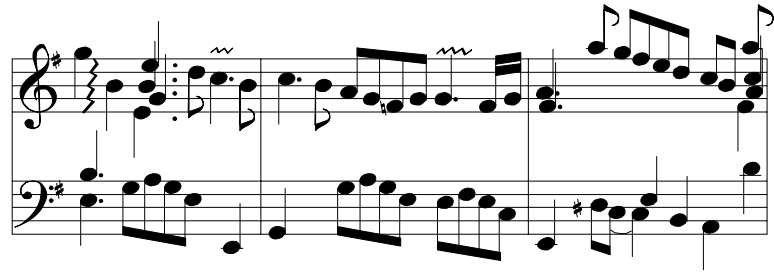
She also loves the dried fruits and nuts and enjoys stocking shelves and being part of the community at Hampden Park Co-op.

What a happy coincidence, then, that just as she applied for a spot on the board of directors, HPC was expanding and getting set to buy the building it has rented for many years. She agreed to fill out the term of a departing member, which expires in November 2009.

Sarah Pearson grew up in Pasadena, California, the daughter of two Midwesterners who encouraged her to return to the region for college. At Gustavus Adolphus, she met Brad Matala, her future husband and a Minnesotan. She graduated in 1994, then served a year in Lutheran Volunteer Corps, placed at Second Harvest in Maplewood. During that year she got acquainted with HPC.

She continued as an active, volunteering HPC member for the next few years while employed first by a Twin Cities food bank network and then as the community organizer for the Lexington-Hamline District Council in St. Paul. “I had always wanted to do community organizing,” she said. “It’s quite fun to have that as part of my history.”

But Brad had established himself in Northfield, where he ran a music performance venue and related ventures. Sarah moved to be with him, and they married in 2000. She said she drifted away from volunteering at HPC because “it wasn’t quite on the way” any more.



In 2006, the pair traded the music nightlife for the more predictable hours of running a studio. They bought a house in Southeast Como and set up Essential Sessions at 1583 Hamline Ave., below Coffee Grounds café. Sarah’s employer, J.L. Pope Associates, worked out of a University Avenue office in Prospect Park, placing HPC in her path once again. She got herself re-trained for volunteer shifts and was soon stocking shelves with employee and board member Matt Hass. It wasn’t long before he began talking to her about joining the board.

She had already applied for the imminent board opening, she said, when she heard that the building was up for sale. “I was excited,” she said. She recalls having recommended, in the application process, “position the co-op for expansion”—not having any idea how quickly that might be happening.

She joined the finance committee and met weekly with them for much of the summer and fall, as well as twice monthly with the full board. As the annual meeting approached, she sounded a bit weary but still game to find financing for the building’s purchase. The worldwide financial crisis was making shopping for credit more difficult than usual, she said. For the co-op, “it could not be happening at a worse time.” Nevertheless, she had another meeting that week with a banker who, she hoped, might have a workable offer.

Matala said she’s been advocating separation of the co-op’s property ownership from its store operation, a distinction she sees often in her work and thinks might help HPC run more smoothly. But she said she hasn’t heard of models for such a separation among co-op grocery stores.

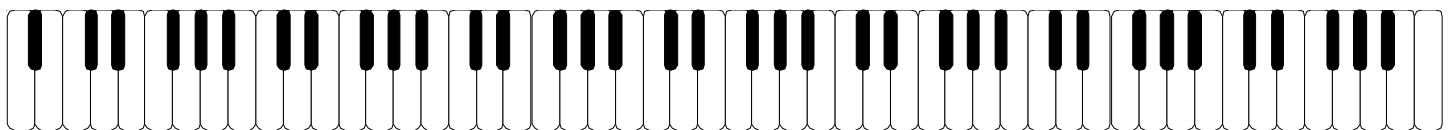
She has another suggestion, which is that the board begin to draw more members who are not board members onto its various committees. The structure allows for this, she said, but the co-op isn’t taking full advantage of folks who might be willing to serve on a committee without taking on full board responsibility.

Matala said she might run for re-election to the board next year. Either way, she hopes to continue applying her real estate expertise to the long-term care of the building, assuming the purchase goes through.

And in any case, she’ll always be happy with the occasional shift stocking shelves. “Something about that systematic bringing-things-forward is really soothing,” she said.



[Anne Holzman is a freelance writer and HPC member. She is grateful for the hours that so many have dedicated to planning the co-op’s expansion.]



Under My Hat

—by Helen DuFault

We have had holiday #1— numbers 2,3, 4, and 5 are upcoming—wow! What a busy time of year. This year we will bring in some items that we hope will meet your holiday needs. We are selling baskets and bowls that you can use to create your own personalized gift. If you struggle with finding an idea, my suggestion is to think “theme” (e.g., Asian, beginning cook, chocolate lovers) and go from there.

By the way, I ordered extra turkeys at Thanksgiving, so if you'd like one for your December gathering, just ask.

Annual Meeting

Our annual meeting was held on November 9. We had a very well-attended meeting. We reached our quorum of 50 voting members; counting children, there were 77 people in attendance!

We started out with wonderful music by “Light of the Moon” and a delicious potluck supper. Roger Pietron talked

about his salmon fishing adventures in Bristol Bay in Alaska. We carry his frozen salmon in the little meat freezer, and smoked salmon in the cheese cooler.

Our business meeting followed Roger’s talk. We had committee reports, followed by an extensive discussion about our remodeling of the space next door and the potential purchase of the building we are in. The board is looking into various types of financing to make the purchase possible.

Four people ran for the two open board positions: Melissa Williams, Jay Dregni, Dori Henderson, and Karen Gill-Gerbig. Incumbents Jay and Karen were re-elected; Melissa and Dori have volunteered to serve on board committees.

Thanks to the board for all the effort and time they have put in this past year as we plan for our future.

Winter Reminders

The slippery season is upon us. Our parking lot sometimes gets icy, and we can't salt the whole thing, so watch your step. Also, pull your car in as far as possible to avoid parking lot dings.

Help us save energy by only using the door opener when necessary. When you come in, stomp off your boots in the entrway, and watch for slippery spots in the store.

Enjoy your holidays, and best wishes to you in the New Year!



Hampden Park Co-op

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