



Hey Wheatsville! Want to Lead? Read This!

by Kate Vickery, Board Member



So, we all know that co-ops are wonderful. We know that co-ops provide an alternative economic model that keeps money local, provides socially responsible and sustainable food choices for customers, and allows owners to have a voice in the business. We definitely know that Wheatsville is a great place to buy healthy food that you trust. But at its core, Wheatsville is more than that, right? It's a place where you can call and ask a staff member whether the Remember



When Dairy butter bakes the same as "regular butter" when making a cake (yes, I've done this), and a place where becoming a new owner gets you in a drawing to win a lunch date with the general manager. It's a place you can discuss the euphoria of eating popcorn tofu with a perfect stranger, enjoy a quiet lunch on the beautiful patio, decide which non-profit organizations will benefit from community action months, and read an article about the joys of kale written by Johnny, the produce guy. This is NOT just a grocery store, folks.

Wheatsville is a community of people bound together by their love of good food, social justice, and a commitment to be a responsibly profitable, Austin-focused, business. You, our owners, are why we do what we do, and we, the directors are the democratically elected leaders of your community. We like to use the metaphor of a ship: the board is sitting in the crow's-nest with a telescope, calling out carefully considered directions about where our beloved co-op will go in the future. We are also lucky enough to have one of the best captains the co-op world has to offer in Dan Gillotte (I like to think of him with a peg leg and a parrot). As a board, we continuously strive to become better at calling out these directions, ensuring that the choices Wheatsville makes benefit community, transform society, and promote cooperative economics. Part of this effort to grow and be better requires that we are always on the lookout for folks like YOU who are interested in sharing the leadership responsibility for this amazing community of people.

In this spirit, the board is ramping up its annual election process, and as chair of the Nominations Committee, I would like to invite all Wheatsville owners to think seriously about running for a seat on the board. I am convinced that this is a different kind of leadership opportunity than you can find at any other organization. As a board, we are charged with acting on behalf and for the benefit of the owners of our co-op. We do this by using an incredible governance system that facilitates our leadership by focusing our energies on the "big-picture" questions, leaving the work of running the co-op in the hands of Dan and his incredible staff. We have the great privilege of leading you, a diverse and passionate group of people who have invested in a business you believe in.

The board is reading a book right now called *Tribes*, by Seth Godin, which is about exactly these kinds of groups of people. Godin calls them "tribes" because they are "a group of people connected to one another, connected to a leader, and connected to an idea." We are currently working on strategically understanding how we can lead and connect with our tribe. This is a perfect example of the strategically focused, "big picture" work of your board, and we invite you to be a part of the conversation. We will host a strategic learning book group discussion on *Tribes*, Tuesday, May 4. To join us, even if you haven't read the book, meet at the Hospitality Desk at 5:30 pm.

This is just the first of several events in the coming months where you can come and engage with current board members about what this whole leadership thing is about. We hope that this, and other opportunities like it, in the next few months will inspire many of you to run for a seat on our Board! Look for more invitations throughout the summer.

Applications will be available later this month at the hospitality desk in the store, or online at <http://wheatsville.coop/bod>, and will be due on August 1st. Please send your questions to nominations@wheatsville.coop. Keep an eye on the *Breeze*, Dan's weekly emails, and our Facebook page, for more information about becoming a Wheatsville director!



CO-OP Join the challenge

Eat Local America!

June 15th – July 15th

- You're invited to try to consume 80% of your diet (4 out of every 5 meals) from food grown or produced locally.
- For the challenge, we define local food as food grown or processed in Texas.
- Sign up on the poster at the Hospitality Desk.
- It's honor system-based.

Look for the LOCAL signs to guide you in your choices.

Look on the Wheatsville website for a handy list of LOCAL SUPPLIERS

www.wheatsville.coop/local.html

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"The opposite of poverty is not wealth. The opposite of poverty is JUSTICE."

by Rose Marie Klee, President of the Board



Wow. I recently heard the above quote and it took my breath away. It is perhaps the most eloquent way I have yet heard of expressing why we who are not impoverished are nevertheless motivated to have poverty minimized and eliminated in our world: because *it is just* that children (big and small) be nourished with food and real opportunity. I believe that the roots of cooperation are founded in the selfsame thirst for justice, as further expounded by the ten Cooperative Values.

Cooperative Values

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social responsibility
- Caring for others

The pioneers of the cooperative movement in Rochdale, England sought a form of justice in 1844 when they banded together to ensure that they themselves were treated fairly and that this opportunity could be extended to other members of their community. I wanted to share the above quote with you because I find it helpful to consider both the truth that it expresses and how profoundly a single change in syntax can serve to reveal a fundamental truth.

I am utterly delighted to work with an outstanding group of Directors this year, as we build upon the many efforts of those who came before us. The 2010 Board of Directors has been engaged in several areas of work. In February, we participated in a two-day retreat where we had lively interactive learning sessions on strategic concepts for cooperative organizations; reinforced our understanding of the Policy Governance system by which we operate; made significant progress on Executive Limitations policy revisions; and topped off our weekend with some excellent conversation around a talk given by Gar Alperovitz, a self-described "prudent historical optimist". Alperovitz postulates that the cooperative model could be part of an 'evolutionary reconstruction' process insofar as it addresses justice issues related to economic structure. Gar states that of the various business models which have existed, co-ops have proven to be a practical way to organize an economic institution while maintaining a serious connection to important human values and principles.

I would encourage YOU to grab some friends and watch Gar's talk at: <http://www.screencast.com/users/MarkGoehring/folders/Videos/media/dbe8abe5-b68e-4e25-acd7-447975e0a85a>. While this may sound like a super-nerdy suggestion, it is a tremendously interesting and inspiring discussion! You can also read a high-impact article called "Three Strategic Concepts for the Guidance of Co-operatives" by Brett Fairbarin at: <http://www.usaskstudies.coop/pdf-files/StratConcepts.pdf> (but that might really be too nerdy!)

Another current and noteworthy task of the Board is to recruit excellent candidates to run for the 2011 Board of Directors. There will be several opportunities for you to learn about what we do and how to become a candidate, so please stay tuned (see article on the front page of this *Breeze*), and don't hesitate to learn more even if you are more curious than certain of your interest. Being on the Wheatville Board is a tremendously fun and rewarding experience, both because of the work we do and because of the lovely people who comprise our organization.

Published on the next page of this issue is a Resolution passed by the Board in March. I do hope that you will also take a moment to read this document, which celebrates the successful completion of our store renovation. There is endless gratitude to be showered upon all who have supported this effort!

And during this beautiful spring, as the constant procession of flowers bloom and the exciting season of warm-weather crops gains momentum, I do hope that you can enjoy some time on your bicycle, including participation in the many events taking place in May. A friend once told me that bikes are, in his estimation, man's greatest invention. I really appreciate the supporting rationale he provided and am sure that you can think of several possibilities based on your own experiences. Perhaps for fun you could ponder the bicycle in the context of Co-op values...but *THAT* would really be nerdy!

Community Action Wednesdays

The group selected for May is the **Yellow Bike Project** and the group for June is **Texans for Midwifery**

The Austin **Yellow Bike Project** is dedicated to providing human-powered transportation for the people of Austin, running a community bike



shop, and educating kids and adults.

The project promotes cleaner air, land, and water, while encouraging people to meet their transportation needs through an active lifestyle and community participation.



Texans for Midwifery-Austin is a consumer-based group working to inform families, the medical community and decisionmakers about midwives and midwifery care. TFM-Austin educates members of the state legislature, city council, and local hospital administrators about the value of The Midwives Model of Care®, and how to make this kind of care accessible to all women. Their goals have been to remove barriers to midwifery care at local hospitals (which no longer offer midwifery care) and to protect access to out-of-hospital birth with midwives.

The **Wheatville Breeze** is a publication of
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Photos by: Aldia Bluewillow, Bikes Across Borders, Tony Piccola, valerietamburri.com, Adam J. Rifels, and Ray Wilder
except where otherwise noted or not known

The **Wheatville Board of Directors** usually meets at 6pm the fourth Tuesday of every month at 3105 Guadalupe (building North of store). Check http://wheatville.coop/pop_bodagenda.html for details Members are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or gm@wheatville.com

Wheatville 2010 Board of Directors

Rose Marie Klee, president
Doug Addison Theron Beaudreau
Lee Blaney Kitten Holloway
Aditya Rustgi Steven Tomlinson
Kate Vickery

The purpose of Wheatville is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

The mission of Wheatville is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and non-doctrinaire information about food to people in Austin, Texas.

Guess What!! We have staff anniversaries

Shane Shelton 19 years as of 6/14
(beer and wine buyer)

Bill Bickford 11 years as of 6/10
(operations manager)

Ricky Shaw 7 years as of 5/27 (cook)

Mariah Downing 4 years as of 5/30 (cashier)

Jimmy Evans 4 years as of 6/13
(floor manager)

Mark Maddy 4 years as of 6/9
(meat assistant)

George Pryor 3 years as of 5/24
(bulk clerk)

Joseph Ramirez 3 years as of 5/15 (cashier)

Lisa Graves 2 years as of 5/3 (baker)

James Stricker 2 years as of 5/1
(cashier)

Chris LaBrasca 2 years as of 5/21
(produce receiver)

Kerie McCallum 2 years as of 5/23
(deli shift lead)

Ladda Phommavong 2 years as of 5/29
(produce clerk)

Ken Hargrove 1 year as of 5/1
(meat clerk)

Emily Albert 1 year as of 5/1 (deli clerk)

Melissa Riddle 1 year as of 5/6
(health team coordinator)

Ryan Fowler 1 year as of 5/8
(deli clerk / cook)

Olivia Pepper 1 year as of 6/5
(grocery clerk)

Kelsi Urrutia 1 year as of 6/5 (deli clerk)

Matt Washburn 1 year as of 6/26
(floor manager)



Wheatsville Co-op Board of Directors Resolution to Commend All Who Supported the Successful Renovation of 3101 Guadalupe Street

Whereas, *Wheatsville Co-op has completed the renovation and expansion of the current store at 3101 Guadalupe, a project that required the heroic efforts of many people;*

Whereas, *the Owners of Wheatsville have remained steadfast in their commitment to our organization and have contributed their ideas, passion, and patience throughout the expansion project;*

Whereas, *Investor-Shareholders, the invaluable subset of Owners who made personal financial contributions in the sum of \$715,000, have demonstrated their tangible dedication to the Wheatsville mission and their abiding trust in our organization, and have provided the financial leverage which was required to secure the necessary additional project funding;*

Whereas, *Dan Gillotte, General Manager, performed an alchemy in translating the dreams of our founders into the store which Owners and employees have longdeserved through wise and visionary leadership; skill in managing design development and construction execution; valor in nurturing, supporting, and inspiring the members of his staff through the myriad challenges of construction and operational growth; and his boundless sincerity and commitment to cooperative practices and principles;*

Whereas, *John Perkins, Finance Manager, has provided wise and constant expertise in the realm of financial planning and asset protection and has masterfully assisted in the negotiation of significant requisite legal and property transactions;*

Whereas, *the additional core members of the management team: Bill Bickford, Aldia Bluewillow, Johnny Livesay, Niki Nash, and Dana Tomlin each demonstrated remarkable teamwork, effort, and leadership in creating the parts that add up to the incredible whole and by executing so well all the myriad project objectives that were expected of them while still doing much of the heavy lifting of day to day operations;*

Whereas, *the team of operational staff members, widely recognized for their friendliness, knowledge, creativity, and skill, have earned their rank as the best of the best by fearlessly rising to every challenge presented, making order from the dynamic chaos of an active construction site, and ensuring that Wheatsville customers were patiently assisted through the ever-changing store conditions;*

Whereas, *the Wheatsville Board Directors, including many generations of past Directors on into the present, have demonstrated their unwavering loyalty to the mission of transforming society by their years-long organizational prosecution of this most significant event in Wheatsville's history since the day we first opened our doors;*

Whereas, *Bill Gessner of Cooperative Development Services, and his associates set us on the proper path for success and coaxed, cajoled and challenged us to better and better decisions through the process of offering key expertise and invaluable insight;*

Whereas, *our sister co-ops throughout the country have generously provided invaluable assistance by sharing their expansion project knowledge and experience, their time and actual personnel, and their overwhelming love and support;*

Whereas, *countless other individuals, from neighbors to City of Austin staff to design and construction personnel, provided stakeholder input, sweat equity, and other support during the execution of the renovation;*

Now Therefore Be It Resolved That:

The Board of Directors of Wheatsville Co-op expresses our sincerest appreciation and gratitude to our community and those particular individuals whose combined talents, leadership, commitment, patience, creativity, and passion have effected the realization of our newly-renovated store at 3101 Guadalupe. The Board affirms that the overwhelming success of this project represents a significant contribution to the expansion of the cooperative economy and cooperative values of self-help, selfresponsibility, democracy, equality, equity, solidarity, honesty, openness, social responsibility, and caring for others; and therefore constitutes a significant contribution toward the transformation of society.

Approved by the Wheatsville Board of Directors this 7th day of April 2010.


Rose Marie Klee, President


Aditya Rustigi, Secretary

Our Kitchen's Hot, so Yours is Not

by Dana Tomlin, Deli Manager



The weather is gorgeous and everyone really starts getting excited about grilling. The deli is stocked and ready to be your

personal chef for this summer. We will have an assortment of side dishes prepared with grilling season in mind. **Roasted potato salads, fresh veggie salads, coleslaws** – all great twists on traditional sides. Pick out your main grilling option, whether it is **Niman Humane meats, local Buddy's chicken, or Field Roasts vegetarian sausage**. Find something you love and then pair it with a delicious side from the deli case.

The food bar is a great way to get a quick and healthy meal, just the way you like it. My favorite thing to do is to make a really simple salad with spinach and egg, maybe some sprouts and carrots, and then drizzle some of the brine from the **Fiery Thai Olives** over it. This adds a

little spice to my salad! Don't forget to take advantage of the fact that the Food Bar is all the same price. That means that you can add olives, cornichons, lasagna, and some salad makings all together for one great meal, for one great per pound price.

The cheese department has a wide variety of cheeses that are perfect additions to your outdoor cooking. Smoked cheddars are a great addition to a burger, one of my favorites is the **Applewood smoked cheddar**. Stuffing your burgers with chevres or blue

cheeses can really add a kick to a burger. Goat chevre is perfect for summer – light, tangy, and always flavorful. My favorite is the **Cypress Grove Purple Haze**. The perfect mixture of lavender and fennel pollen gives this cheese a sweet flavor that plays off the acidity in the cheese for a delightful complement.

YUM!!!

It's too hot in the kitchen during summer, let us do all of the hot work for you so you can enjoy more time with your family and friends!



Owners!

Help us promote Wheatsville to you friends and co-workers. Celebrate the end of the surcharge, new earlier hours and the renovation by sharing your Co-op Advantage Flyer with friends and co-workers. Let them see the great prices and products that we have and get them excited about your co-op! Your word of mouth is worth a million dollars of advertising!



Grab 'n' Go! by Merilee Kuchon, Kitchen Manager



Going beyond the sandwich? Our sushi case is brimming with deliciousness, from sweet **Inari rice rolls** to the incredibly popular and refreshing salad-filled **spring rolls with shrimp, crab, tofu or avocado!** Add those summery stars to a full selection of sushi rolls and you're sure to find something you love! Don't forget the chopsticks!

Sweet tooth begging for relief? Head over to our bakery case for some easy-to-pack pre-wrapped cookies like the chocolate and cherry-studded **Black**

Forest, and our classics **Chocolate Chip and Cashew Butter!** Wrapped **brownies, blondies, sweet breads and rice crispy treats** are also perfect pack-me-ups for pick-me-ups!

Noshing on nibbles? Wheatsville's homemade spreads are the way to go! Choose from our fabulous pecan and apple-studded **Chicken Salad** made with local, all-natural Buddy's white meat chicken; creamy, buttermilky **Pimento Cheese**, **Tuna Salad** chockfull of crunchy and sweet veggies, super-spicy **Green Chile Hummus**, rich and robust **Walnut Pecan Paté** and the very vegan, tofu-based **Eggless Egg Salad!** These are all divine spread on slices of our fresh baked artisan baguettes or your favorite crunchy crackers – that's all it takes to turn a nibble into a fantastic summer lunch!

Packing a picnic? By picking up just a few select items from your Wheatsville Deli's self-service case, we can help you throw together a full meal in minutes! Start with one of our pre-packed **green salads**, either veggies-only or tossed with fresh, soft cubes of mozzarella cheese, topped with your choice of our Cashew-Tamari or Cilantro-Lime dressings! Follow that with one of our amazingly juicy and flavorful house-brined, **all-natural roasted chickens**

for just \$9.99 – these are just as good cold as they are re-heated! On the side, our **Lemon Parmesan Tortellini**, cheese-stuffed pasta twists tossed with artichoke hearts, roasted red peppers and shredded parmesan, and dressed in a citrusy vinaigrette, would be a superb selection. To finish your lovely summer picnic, pack a container of our vegan, cinnamon-laced **Mexican Chocolate Pudding** from the salad bar. This cold, custardy concoction would be the perfect end to a grand day out, especially

served alongside a bowl of mixed berries from our Produce Department!

So there you have it! No matter where your summertime plans may take you in the great outdoors, your local Wheatsville Co-op

Deli has all sorts of delicious grab'n'go treats ready to help you spend less of your time cooking and shopping, and more time enjoying and breathing in the beauty here, deep in the heart of Texas!



Summertime is here and the livin's easy! And your Wheatsville Co-op Deli is here to make it even easier for you to enjoy!

Our cases are brimming with tasty treats to outfit a quick bike ride, hardcore Greenbelt hike, lazy afternoon at Barton Springs or action-packed weekend on the lake! Whether you need a quick energy boost or a four-course picnic lunch, your Wheatsville Deli is here to provide it all, and on the quick!



Taking a hike? We have tons of tasty **ready-to-go sandwiches and wraps** perfect for backpack snacking in our Grab'n'Go self-service case – there's always a variety of house-made sandwiches like **Baked or Southern-Fried Tofu** with veggies on fresh, local Sweetish Hill bread,

as well as local vendor favorites like **Green Cart's Brahman**, an Indian-inspired wrap spread with curried hummus, roasted corn, sauteed onions, fresh spinach and julienned carrots, and **Tom's Tabooley's Thai Falafel Wrap**, savory falafels packed on a bed of zesty Thai noodles with veggies and tarator.



Use a Wheatsville Credit Card!

Every time you use your UFCU Wheatsville VISA® card, whether it's at Wheatsville or any other store, a portion of the fees normally charged to the retailer will go back to your friendly neighborhood grocery co-op. It's also pretty cool that this VISA® card is brought to you as a joint effort of two local cooperatives, Wheatsville and University Federal Credit Union.

Please check the Wheatsville website (www.wheatsville.coop) for a link to the application or visit UFCU's website (ufcu.org) for more info.

Cool For Summer!

by Mariah Barrett, Deli Counter Manager



Hello Wheatsvillians!

Just like death and taxes we all have to face the inevitable— Summer's coming and it's about to get HOT!

Luckily for us, we have many refreshing options to cool you down. We have seasonal favorites that we're bringing back for the change in weather. At the deli counter we have our classic **Organic Iced Black Tea** and for maté lovers, our beloved **Iced Yerba Maté** is also back for the season. In our Grab-n-Go case you will find the warm weather return of our cold, spicy **Tomato Gazpacho Soup**.

One of our number one staff favorites is our **Iced Coffee Toddy**. This beverage is guaranteed to get your day going.

If you like life with even more of a kick, then try our **Wheatsvillian** – strong black coffee with an espresso shot! Don't forget to take advantage of our fancy-pant new espresso machine, we can ice down almost any hot beverage.

Is there anything better than an all organic and fair trade **iced latte** on a hot summer day? You can have it with soymilk or ricemilk for no extra charge! We use Dagoba organic chocolate syrup for our **iced mochas** and you can actually add it to a smoothie for only \$0.50. Try a **Banana Dream** with peanut butter and chocolate syrup. Mmmm... just like a little

piece of peanut buttery heaven.

However you decide to cool off this summer, Wheatsville is here to help. Enjoy!

Staff Spotlight—Carla Vargas-Frank

by Beth Caudill, HR Generalist



BC: What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)

CVF: I am a deli veteran 100%. (I even remember the old deli!) We're a bit of a rare and exotic breed.

BC: Where are you from and when did you get to Austin?

CVF: I moved to Austin a year and a half ago after graduating from art school at the University of Arizona in Tucson. Before moving to Austin, I lived in Arizona all my life. I'm a desert rat.

BC: What is your favorite product at Wheatsville?

CVF: Avocados – of all varieties! They say avocados are nature's Mayonnaise? I say, they are nature's way of saying it loves us and wants us to be happy.

BC: What is your favorite thing to do/place to go in Austin?

CVF: Nothing beats going to the river and other swimming holes in the summer! You may also occasionally spot me setting fire to the dance floor at Barcelona with my coworkers.

BC: Tell me one thing that most Wheatsvillians don't know about you (that you're willing to share!).

CVF: I'm a student of herbal medicine and an herbalist apprentice. Since I began, I've become an avid eater of weeds – even they're often nutritious and medicinal!

BC: What are your long term goals?

CVF: I plan on eventually going back to school for a Master's Degree in Art Therapy, specializing in challenged populations and youth.

BC: Fill in the blanks: **CVF:** I've always wanted to travel by boxcar. And if I had my way the world would not be quite so divided.

Staff Top Ten Picks

by Kerie McCallum, Deli Clerk



#1. Green Chili Hummus

A Co-op Share recipe so good we had to keep it.

#2. Organic Fair Trade Coffee

The best way to start my day.

#3. O.N.E Coconut Water
The cure for a parched palate.



#4. Pabst Blue Ribbon bottles

Inexpensive with a touch of class.

#5. Curry Chicken Salad

Try it on a sandwich. It's delicious.

#6. Emergen-C

Makes me better when I'm not feeling well.



#7. Dr. Bronners Liquid Almond Soap

Makes me look forward to shower time.



#8. Sriracha Hot Chili Sauce

Adds spice to my life.



#9. Tuna Steaks

Raw, seared, or grilled. I'll take it.



#10. Goodflow Honey

Local honey. How sweet it is!

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Coconut Water 101 by Niki Nash, Merchandising Manager

Bike riders and outdoor enthusiasts take note: coconut water is your friend! Many of you already know this, as evidenced by

how very popular it is at Wheatsville. However, the benefits are worth a review; or maybe you haven't tried it yet or have been wondering if you should.

Coconut water is the clear liquid inside a young coconut. As the fruit matures, the water is gradually replaced by coconut meat and air; with little water left at full maturity. Notably, it is different than coconut milk, which is white, creamy and made from the meat of the coconut. It has long been a popular beverage in locales that feature coconut palm trees such as Southeast Asia, the Pacific Islands, Central America and Brazil.

Traditionally, coconut water is enjoyed by cutting a hole in the top of a young coconut and inserting a straw. Wheatsville's produce department often has these for sale and will even cut it open for you on request!

We also have



several brands of packaged coconut water, either in cans or aseptic tetra-packs (like the packaging for soymilk and soups), which keep it fresh and maintains the high nutrient level for a longer time-span than the produce version.



Coconut water has 5 essential electrolytes: calcium, magnesium, phosphorus, potassium and sodium and no fat or cholesterol and minimal natural sugars. The brands we carry at Wheatsville have no added preservatives or sugars: Zico, O.N.E., Harvest Bay, Amy & Brian's, and certified organic Nature Factor. Coconut

water has more potassium than a banana and more electrolytes than most sport drinks, without the added sugars, coloring and artificial flavors!

This is what makes it an up-and-coming favorite of athletes, cyclists and sweaty Austinites!

The taste of the coconut water can vary based on the country of origin. For example, Indian and Thai coconut water tends to be slightly sweet while Brazilian coconut water is more mild and slightly tangy. Not everyone likes the taste of it but I recommend trying several different brands to see if there's one that stands out for you.

Personally, I am a fan of Amy & Brian's Coconut Water (in the tall tin cans) but I appreciate them all! Also, I think it tastes best when it's very, very cold but occasionally I prefer it to be room temperature. Not to get too editorial here but I love this stuff and drink one every day, enjoying it most after a run or Pilates class. The refreshing hydration is most noticeable when the temperature reaches the 90s, as it replaces the water you sweat out as well as the electrolytes. There's also something fresher and more satisfying about it than plain water.

All of the brands we carry offer a pure, plain coconut water and Zico also makes Mango and Passionfruit flavors. Try out some of these recipes for cool ways to use the water, and try inventing you own! Recipes borrowed

from www.zico.com and www.onenaturalexperience.com

Replenishment Smoothie

- | cup fresh or frozen mixed berries
- | ripe fresh or frozen banana
- | scoop protein powder
- | Zico natural coconut water

Mix all ingredients together in a blender. Yields approximately 16 oz. Enjoy!

Zico Mangotini

- | Zico mango coconut water
- 2oz vodka or gin
- twist of lemon or lime

Add ingredients into a shaker filled with ice, Shake, strain and garnish into a chilled martini glass. Enjoy!

Spring Salad Dressing

- 1/4 cup raw cashews
- juice of half a lemon or lime
- half a small clove of garlic
- 3 TBS O.N.E. Coconut Water
- 1/2 medium stalk of celery
- 1 1/2 inch piece of cucumber

Grind the cashews to a powder then add the remaining solid ingredients and blend. Add the lemon/lime juice and O.N.E. Coconut Water, blend to a smooth consistency.

Coconut Almond Shake

- 2 11-oz O.N.E. Coconut Water
- 1/2 cup raw almonds
- 4 soaked dates (soaked in water for at least 1 hr)
- 1 tsp pure vanilla extract

Combine O.N.E. Coconut Water, soaked dates, almonds, and vanilla in a strong blender and blend until all ingredients form a smooth shake-like consistency.



Summer is Time for Vinho Verde

by Shane Shelton, Beer & Wine Buyer

Vinho Verde is the most popular white wine from Portugal. It is a deliciously refreshing, light wine with a light effervescence.

Verde, meaning green, refers to the hints of lime color and also the youthfulness of this wine style. Vinho Verde is not only a great way to quench your thirst in the hot Texas sun, it is also extremely affordable.

We have a couple of great Vinho Verdes here at the co-op.

Gazela Vinho Verde is an irresistible bright fruity white wine. The bouquet is a lively mix of citrus and floral aromas. Soft flavors of apricot and grapefruit are perked up by the sparkling bubbles and balanced by delightful crisp acidity and strong minerality.

Casal Garcia Vinho Verde has a citrine color and a clear appearance with a very delicate and slightly fruity aroma. On the palate this is a fresh, smooth and well-balanced wine—ideal with fish, seafood, Asian food and some white meats.

Now is the best time to try one of these great wines!



Time For Fresh Cheeses

by Greg Flores, Cheese Buyer

Spring and fall is the season for fresh cheeses. Fresh cheeses include Feta, fresh Chevre and Mozzarella. Below is a little information on these cheeses.

Chevre is the French word used to describe cheeses made from goats milk. Chevre can be made in any variety of forms, from soft farmers cheese to aged firm cheeses. Though we are more familiar with it in its softer fresher form. Cheeses made from goats milk tend to have a more complex flavor than cow's milk and they also contain more protein. The "goatiness" of the cheese varies, depending on when and where the goat's milk comes from. Cheeses made with spring/summer milk tend to have a more grassy, floral profile. In the winter time goats tend to have to scavenge for their food and will tend to eat more bitter greens, which gives the milk a bitter flavor. Also, milk from nanny goats kept away from a billy will tend to lack the strong hormonal flavor associated with goat milk.

Feta is a brined curd cheese traditionally made with sheep's milk. Though goat's milk can be used, the cheese can only be made up of 30% goats milk. Feta type cheeses have been made in many countries such as Romania, Bulgaria, Iran, and Egypt, but is traditionally made in Greece. The earliest written record of feta is from the Byzantine Empire and was associated with the isle of Crete. Though feta is traditionally made sheep's milk it has been made with cow's milk. In 2005 Feta was granted a protected designation of origin and now only feta made in Greece the traditional way can be called feta.

Mozzarella is an Italian word used to describe several kinds of Italian cheese that are made with a spinning and cutting technique. It is a semi soft cheese that is usually served the day that is made or can be kept in

brine for up to a week. Mozzarella generally has the flavor of fresh milk. Mozzarella is traditionally made from local domesticated water buffalo's milk but is sometimes made with cow's milk. Mozzarella di Bufala is used to describe the cheese that is made from the water buffalo's milk and mozzarella fior di latte is used to describe the cheese that is made from unpasteurized or pasteurized cow's milk. Mozzarella di bufala campana

is a mozzarella that is made from the milk of the water buffalo from the areas of Lazio and Campania in Italy. It was granted a protected designation of origin by European Union. It is an ingredient in Neapolitan pizza.

We do carry quite a selection of local fresh cheeses, especially goat. Texas is known for its plethora of goat dairies and we are lucky to carry some award winning cheeses from **Pure Luck Farms**. Both, their goat's milk feta and plain fresh chevre won awards, a third place and first place respectively. Also, we carry a fresh chevre from **Wateroak Farm** that is absolutely delicious and creamy. And yes we carry a **Mozzarella Fior di Latte from Full Quiver Farms**. It is delicious and you will not go back to any ol' mozzarella after trying theirs.

Come on by Cheese Island for deliciousness!





Get Your Grill On! by Bryan Butler, Meat and Seafood Buyer



This year, we are committed to helping you grill all summer long at a price you can afford while keeping your conscience clear!

We'll have lots of monthly specials on great items geared toward the grilling season.

Wheatsville Co-op is also your stop for animal welfare approved and certified humane meats with a huge selection of great products raised with respect.

Want local? We have that, too!

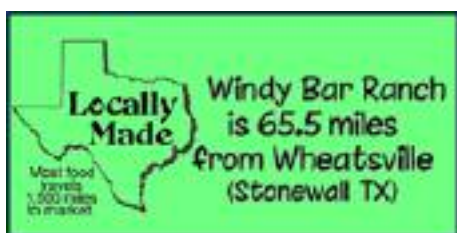
Sustainable seafood is your concern? No problem, because it's all we sell!

Over the last few months we have introduced many new "value added" products to the case. All of your favorite **Buddy's All-Natural Chicken** parts are now available in larger packs with up to 30 cents off a pound, with enough packed in there to feed a family! With our friends at **Niman Ranch Meats** offering us better prices at regular intervals, it's much easier to knock the price down \$2 to \$3 per pound for the summer months. I'm really enjoying the **New York Strip Steaks** for \$15.99 lb, regularly priced at \$18.99 lb.

I also love our **fresh-ground daily in-house ground beef** at \$4.99 lb, or even cheaper at \$4.79 for 3 lb packs. With that kind of price you can make 12 burgers for only \$1.10 each! You can go all over town and not find that great of a price on **certified humanely raised natural beef**, period.

That's right—guilt-free grilling! We have many choices of sausages and meats, and all are certified humanely treated and/or organic. Many of the brands we carry are well-recognized as proactively addressing the major food concerns facing consumers, such as treatment of animals and industrialized farming. We carry some of the biggest and best names in the natural meat business nationwide. Brands like **Applegate Farms** are great for natural and organic lunchmeat (easy, no-cook summertime sandwiches!) and sausages (also great on the grill!). **Niman Ranch beef, pork and lamb** supplies the mainstay of our fresh meats, as well as prepackaged sausages, bacon and salamis. Niman Ranch has unparalleled standards in animal welfare, respect and product quality. **Organic Prairie** is a fantastic choice for frozen organic meats with choices in chicken, breakfast sausages and ground meat.

Want to stay local for your barbecue? Wheatsville has you covered there, too. How about **pre-seasoned steak fajitas made with locally-raised Windy Bar Ranch beef?** These



aren't the ones pre-bagged in a mystery marinade packed with multi-syllable chemicals needed to make crappy meat tender.

No way, Jack!

These are cut, seasoned, and sold fresh every week. Whether you have never tried to make fajitas on your own, or are already a pro on the grill, I guarantee you will be very happy with the quality here.

What about **local bacon-cheddar burgers?** Or **chicken kabobs** made with fresh, local Buddy's chicken breast and marinated in the Wheatsville Deli's famous **Cilantro Lime Dressing?** Yum! See the theme here? Lots of local meat! The way we see it is: if we're going to make it here, let's grow it here too. It's a way for us to show our local ranchers some love, and share the pride we have in them with YOU, our owners.

Here are a few more of our favorite little gems for the grill:

- **Niman Ranch Beef Ribeyes** for \$18.99 lb. Always a favorite with butchers, the ribeyes may seem a little daunting because of the price but they are worth every cent. Flawlessly tender every time, you really can't go wrong.



- **Richardson's Farm Link Sausage** for \$8.49 lb. Deli Manager Dana Tomlin is a rabid fan! These are coiled links that weigh up to 1 1/2 pounds. Meant to be cooked whole on the



grill, they can easily feed a crowd. Very tasty and so juicy!

- **Moroccan Lamb Patties** for \$9.99 lb. More spicy, more better, more MOROCCAN! Try this as an alternative to a standard beef burger, grilled and topped with tzatsiki sauce. Out To Lunch makes a prepared tzatsiki sauce that I like, and it can be found in the Dairy Case. These lamb patties are seriously good with lots of flavor!

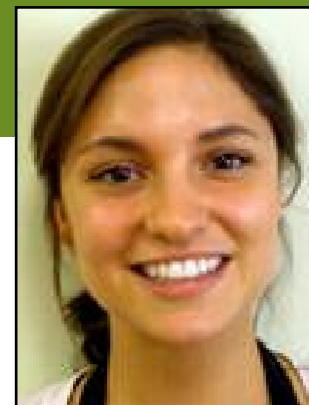
- **Cajun Catfish** for \$7.29 lb. Marinated in oil and spices, these grill surprisingly well and the flavor is from the grill is divine.



So come on in to Wheatsville and get your grill on!

Staff Top 11 Picks

by Whitney Mangold, Cheesemonger



#1. Wheatsville's Pico de Gallo

My secret guacamole ingredient...sshh don't tell.

#2. Dried Bananas from bulk

Add these to your next batch of cookies and you won't be disappointed!



#3. Flour Sack Kitchen Towels

I think, the day I brought these home, my dishes truly fell in love with me.



#5. Mancho:

There is just something about those Spanish sheep.

#4. Sahale Snacks Soledad Almonds

I'd Sahale around the world for these little treasures.



#6. GoodPop Pineapple Basil

Childhood favorite, grown up flavor. mmm thats a GoodPop.



#7. Tom's Southwestern Hummus

Mediterranean meets Texas!



#8. Kale

Any Day. Any Way.



#9. Raw Cultured Sauerkraut

If my momma was German, her sauerkraut would taste this good. But she's not, so I get my fix here.



#10. Sablefish AKA Butterfish.

Need I say more? Oh wait, you're not convinced? It's Sustainable and easy to cook too.

#11. Vitamin B12

What? I'm in college. It's gotta be better than a RedBull.

Healthy Biking!

by Melissa Riddle and Miranda Robinson, Health Teamers

Happy May to all of you! In honor of BikeMonth! Austin, we have some products that will make your bike riding, and summer activities in general, much more enjoyable.

Emergen-C ElectroMix packets are a convenient way to refuel with an electrolyte mix including potassium, calcium, magnesium and chromium. The single serving packets are super light-weight, waterproof, and fit nicely in a jersey pocket or saddlebag. Just add 1 liter of water for an instant sports drink without all the added sugar.

And what better way to sip your refreshing beverage than in a **Klean Kanteen water bottle**? We're excited to offer the classic Kanteen in several fresh spring colors, the new 20oz insulated wide-mouth Kanteen, and insulated totes to keep your water nice and cool.



those hot sunny days. A few of my personal favorites are:

Badger SPF 30 Sunscreen

This small family-owned company in Gilsup, New Hampshire makes fabulous sunscreens. Available in both scented and unscented formulas, this sunscreen has been recognized by the Environmental Working Group as one of the safest and most effective on the market.



Badger uses natural organic zinc oxide which blocks both UVA & UVB rays for complete protection. I also love the fact that they give back 10% of before tax profits to non-profit organizations which focus on the healthcare and welfare of children. An awesome product and I must say that baby badger is pretty darn cute!

Sunscreen—We've Got You Covered

by Kim Tehan-Barrow, Bodycar Buyer

Spring has finally sprung and in Texas that means slather up or burn up! Luckily Wheatsville has lots of safe and effective sunscreens to keep you covered on

those hot sunny days. A few of my personal favorites are:

Badger uses natural organic zinc oxide which blocks both UVA & UVB rays for complete protection. I also love the fact that they give back 10% of before tax profits to non-profit organizations which focus on the healthcare and welfare of

children. An awesome product and I must say that baby badger is pretty darn cute!

MyChelle Sun Shield SPF 28

This anti-aging, full spectrum sunblock contains organic aloe that preserves skins moisture without clogging pores or stinging eyes. It is also free of phthalates, parabens, fragrances, and artificial colors and when used daily can protect your skin from future damage. MyChelle also has a charitable mindset—as supporters of the Medicine Horse Programs




Hopefoal Project they rescue baby horses from the hormone production drug industry and raise the foals as therapy animals for troubled at-risk girls. You can learn more about the project at www.medicinehorse.com

California Baby SPF 30 Sunscreen

Loved by moms everywhere, this sunscreen has always been a big seller. This tear free non-chemical sunscreen contains no nut oils, gluten, soy, oat, dairy or fragrance so it is perfect for kids and adults who cannot tolerate fragrance or other common allergens. I personally know lots of moms that come back year after year for this product because it is very safe and very effective! A must have for summer!



So slather up, wear a hat, have fun and enjoy our beautiful Texas summer!



We Wanna Adopt Your Mac

Got a G4, G5, iMac or laptop sitting around since you got your Intel Mac? We would appreciate the donation of iMacs, G5s, G4s, or peripherals like DVD Burners, LCD monitors, laser printers, USB printers, or external firewire hard drives, etc. We can't offer you a tax-deduction but you will definitely amass some good karma. Call Aldia at 478-2667 or email her at aldia@wheatsville.coop to place your Mac in a loving home.

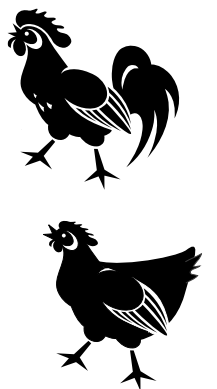
We Wanna Adopt Your PCs, too! Our PC guy says we could use a speedy PC laptop.

BUCK MOORE

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10% discount for
Wheatsville owners!





Beer and Bikes!

by *Shane Shelton, Beer & Wine Buyer*

Beer and bikes can be a fantastic combination, but like all things you should use common sense and moderation when combining the two.

One thing to remember when bringing brew with you on your bike is that cans work better than glass. There was a time when it was hard to find a

good beer in a can but this is no longer the case.

Oskar Blues started the trend of great micro brews in cans with the fantastic Dale's Pale Ale and their other fabulous flavors.



Recently Ska Brewing Company has joined the party! Ska Brewing Company Opened in 1995 in Durango, Colorado and was created by two guys who loved Beer and Ska music with equal zeal. Luckily you don't have to love Ska music to love their beer.

Ska Brewing Company's Modus Hoperandi is a big bold mix of citrus and pine followed by a pleasant bitterness which is balanced out by a nice caramel sweetness.



Ska Brewing Company's True Blond Ale is a whole different affair. This beer delivers golden waves of yeast, mildly sweet bready malts, and a lovely sweetness provided by Durango honey. This is rounded out by a crisp citrus hop bitterness that provides a nice balance to the sweet Durango honey. Available in 12oz cans, these beers are good to go so you can take them with you on your next bike-powered get away!

Staff Top 10 Picks

by *Travis Smith, Produce Clerk*

Sunflower Sprouts

Sunflowers are big.

Their sprouts= small + powerful.



Quinoa in bulk

Try sprouting!
High octane fuel!
I appreciate ya Inca!

Red Lentils in bulk

Call me crazy, but tastes like chicken

Nutiva Organic Extra Virgin Coconut Oil

Great fat for my blood. My skin desires its pleasure.



Straight from the Vine - Texas Hot Raw Cultured Sauerkraut

For digestive health and happiness, I add this to tacos!



Specialty Mushrooms
Mushrooms should have greater importance in the American Diet



Amador Bibb Lettuce

Aquaponic Systems may be highly influential in our Agricultural Future.

Cumin in bulk herbs

Crucial in my cooking. Spiciness makes us delicious!

Red Hot Blues
by *Garden of Eatin'*
Corn, in some cultures, is God.



Theo's Coconut Curry Milk Chocolate
Seattle produces great things, like me :o!o!



Farm to Plate 2010

May 6, 6:30 - 9:30

am at **Barr Mansion**

Sustainable Food

Center's third-annual

Farm to Plate

fundraiser features

over 20 Central Texas

chefs' tastings using

local, seasonal produce

as well as over 10 wine-

makers and brewers.

Sponsors Barr Mansion and

Wheatsville present the premiere sip & stroll fundraising event of

spring,

exclusively focused on local food and wine as well as educational components about healthy, affordable food for Central Texans.

In keeping with SFC's mission this will be a zero-waste event;

no paper tickets will be issued, but your name will be

added to the door list upon purchase.

Buy tickets at www.sustainablefoodcenter.org

2010 Chefs Include:

- * Quincy Adams-Erickson, Fête Accompli
- * Charles Bloemsmas, Green Pastures
- * Kelly Casey, Hudson's on the Bend
- * Terry Conlan, Lake Austin Spa
- * Sonya Coté, East Side Showroom
- * Jason Donoho, FINO & ASTI Trattoria
- * Foo Swasdee, Satay & Get Sum Dim Sum
- * Joel Welch, Kerbey Lane Café
- * Ben Willcott, Texas French Bread
- * Jack Gilmore, Jack Allen's Kitchen
- * Robert Mayberry, UT/ SFC's Farm to Cafeteria project
- * Rene Ortiz, La Condesa
- * Jam Sanitchat, Thai Fresh
- * Shawn Cirkiel, Parkside
- * Andrew Curran, 24 Diner
- * Renee Dahl, Borboleta
- * Josh Watkins, The Carillon
- * Teresa Wilson, Aquarelle
- * Roberto Espinoza, TacoDeli
- * Jesse Griffiths, Dai Due
- * James Holmes, Olivia



Travis Audubon Society promotes the enjoyment, understanding, and conservation of native birds and their habitats.

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is home to more than 30 nesting avian species and is world renowned for research and conservation of Chimney

Swifts. TAS continues to spearhead conservation programs locally and support them abroad. They lead field trips and bird walks both at local birding hotspots and exotic getaways. They offer an exciting array of monthly speakers, workshops, youth birding camp, the annual Birdathon, and seasonal and monthly bird counts & surveys. TAS offers classes from the basics of birding to advanced classes for the identification of sparrows, raptors, gulls, butterflies and dragonflies, and even grasses. Their outreach programs strive to educate the community about the vital connection between conservation and sustainable, healthy human habitats. Visit www.travisaudubon.org/fieldtrips.html for more details.

May Field Trips

Tuesday, May 4, 7 am to early afternoon. Super Tuesday! at Bastrop & Buescher State Parks! Participants will meet at a central location and carpool. Bring a bag lunch. Limited to 15 people. Contact Ken Zaslav at [khz\(at\)att.net](mailto:khz(at)att.net) to register.

Saturday, May 8, 7a.m. and 4p.m. Monthly Bird Count at Hornsby Bend Contact Eric Carpenter at [ecarpe\(at\)gmail.com](mailto:ecarpe(at)gmail.com) for more information.

Tuesday, May 11, 8 to am - Two-hour Tuesday at Riata Pond Take Duval exit from Hwy 183, continue past Duval on service road about 0.6 miles, then turn right onto Riata Trace Parkway. The pond is about 1 mile ahead on the right. Park in office building parking lot just past the pond. No registration required.

Saturday, May 15, 7:30 a.m. to noon Monthly Bird Walk at Hornsby Bend For more information go to www.hornsbybend.org. No registration required.

Sunday, May 16, 6:30 - 11:30 am Acacia Survey Meet at the "Y" in Oak Hill, in the Jim's Restaurant/Albertson's parking lot at 6:30 am to carpool to the property. Bring a lunch and water. Some parts of the property have fairly rugged trails, but others involve easier walking. Contact Jeff Patterson at [jepbird2\(at\)jaustrin.rr.com](mailto:jepbird2(at)jaustrin.rr.com) to register for this field trip.

Saturday, May 22, 8-11 am Berry Springs Preserve (1801 CR 152, Georgetown) A 300-acre preserve with walk of about two miles on concrete and crushed granite hiking trails (ADA-accessible), listening and looking for late spring breeding birds. No registration required. For questions, contact Kathy McCormack at [VEFL21\(at\)yahoo.com](mailto:VEFL21(at)yahoo.com) or 512-698-9880.

Tuesday, May 25, 7 am to early afternoon. Super Tuesday in San Marcos Visit the grounds at the Aquarena Springs and walk the boardwalk around the wetlands. We will also visit nearby lesser known birding hotspots in Hays County. Participants will carpool from a location in South Austin. Bring a bag lunch for a picnic at one of the parks along the San Marcos River. Limited to 12 people. Contact Ken Zaslav at [khz\(at\)att.net](mailto:khz(at)att.net) to register.

Saturday, May 29 or May 30, Early start 6 a.m. or Regular start time 7a.m at Commons Ford Ranch Metropolitan Park located only a few miles west of the intersection of Bee Caves Rd. and Loop 360. There will be extensive walking but mostly on level ground. Bring water and snacks to make it through a full morning. Beginners and experienced birders welcome. Each day's field trip will be limited to 15 participants. Priority for Sunday morning trip will be given to first time park visitors. These trips are always full, so please confirm your reservation early with Ed Fair at [ezflaw\(at\)sbcbglobal.net](mailto:ezflaw(at)sbcbglobal.net) or 512-560-1943.

May Classes

Saturday, May 15, How to Attract and Care for Bluebirds - Workshop by Pauline Tom Contact Frances Cerbins [fcerbins\(at\)yahoo.com](mailto:fcerbins(at)yahoo.com) or 512-372-9039 for additional details and to register.

Thurs. & Sat., May 13 7-9pm and May 15, 7:30-11:00 am Introduction to Backyard Birdwatching Contact Jane Tillman at [mjt\(at\)mail.utexas.edu](mailto:mjt(at)mail.utexas.edu) for more information or to register.

General Membership Meeting, May 20, Westminster Presbyterian Church Social hour at 6:30, Program at 7:00 "The Best Part of Birds" This talk by Dr. Peter English includes a survey of the physiological traits that make up a modern bird, the wide array of plumage and foraging adaptations that make birds so unique, and the incredible behavioral adaptations of birds.

Discover Tart Cherries in Bulk by Janelle Buttery, Bulk Buyer



Hello again! It's been nice meeting everyone these past few months...thanks for saying "Hi!" Austin is amazing and I'm very glad to be here.

I'd like to introduce a little treat from "home" now carried in the bulk department, Montmorency Tart Cherries. They are grown in "The Cherry Capital of the World," Traverse City, Michigan at King Orchards. This first generation family farm devotes about 250 acres to their production, which is located in Michigan's Northern Lower Peninsula.

Not only are these dried cherries delicious, they pack a lot of beneficial nutrients. When eaten in their natural dried state or take orally as a concentrate you are getting natural melatonin, which

helps maintain healthy/normal sleep cycles, support for healthy joint function (great for arthritis) and antioxidants which support healthy cardiovascular function. Their taste is best described as, "Eating cherry pie without the crust."

If you don't feel like cooking, you can make a super easy mix of peanuts, dried cherries and chocolate chips that's great for snacking. A favorite for kids or for parties! Or try some tart cherries on their own or in these delicious recipes.

Cherry Chili

Lean ground turkey simmered with fire-roasted tomatoes, onions, garlic, bell pepper, cilantro, chili powder, cumin, mustard powder and chopped dried cherries

- 4 oz dried tart cherries, chopped (3/4 cup)
- 2 cups fat free low sodium chicken broth, divided
- 1 TBS olive oil
- 1 cup chopped onion
- 1 TBS fresh chopped garlic
- 1 pound lean ground turkey
- 1 roasted red bell pepper, cut into 1/4 in. cubes
- 1 TBS + 1 teaspoon chili powder
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried mustard powder
- 1/2 tsp dried oregano
- 4 cups chopped fire-roasted* tomatoes
- 1 1/2 cups cooked black beans (or 1 16-oz can, rinsed and drained)
- 1/4 cup cilantro, chopped



Heat one cup of the broth. Place cherries in small mixing bowl. Add hot broth and set aside.

Heat olive oil in a 4-quart saucepan over medium heat. Add chopped onion and sauté for about five minutes or until onion is soft. Add garlic and cook one minute longer. Do not brown garlic. Add turkey and cook until it is no longer pink.

Add roasted bell pepper, chili powder, cumin, coriander, mustard and oregano. Cook mixture over medium-high heat, stirring occasionally for about two minutes. Add tomatoes and remaining cup of broth; bring to boil. Reduce heat and simmer uncovered for about 5 minutes. Stir in beans, cherries and cilantro. Continue cooking for an additional 2 minutes or until mixture is just heated through. Season with additional salt if desired.

*Use canned fire-roasted tomatoes for optimal flavor; may use regular canned chopped tomatoes
Yield: about 2 quarts or 8 servings
Nutrition Info: Calories 223, Total Fat g 6, Sat Fat g 2, Chol mg 41, Sodium mg 448, Total Carb g 28, Fiber g 5, Sugars g 14, Protein g 17

Staff Top 10 Picks

by Carla Vargas-Frank, Deli Shift Lead



1. **Chocolove Dark Chocolate, Almond and Sea Salt**
Split it with that special someone...who will let you eat more than half.



2. **Bulk Organic Hulled Barley**
A staple in my household, nutritious, and more versatile than Gary Oldman.

3. **Vegan Pesto** Who says it ain't easy being vegan?



5. **Wild Spirit Botanicals**
High quality ingredients, hand crafted by respected local herbalist and her team of apprentices.



6. **Fresh Berries**
Summer without berries is like the Cosby show without Lisa Bonet, just not as good!

7. **Tempt Coffee Biscotti Ice Cream**
Think cookie dough ice cream with a shot of espresso. Soy and dairy free!



8. **Starter Plants**
There are few things more satisfying than eating out of your own garden.



9. **Vegenaise with Flaxseed and Olive oil**
The same great spread I love, without the canola oil that I don't.

10. **Burdock Root**
A tasty blood purifier, antioxidant, and liver aid and there are just as many ways to enjoy it!



Walnut and Dried Cherry Bars

- 1 cup quick-cooking oats
- 3/4 cup whole-wheat pastry flour or regular whole-wheat flour
- 1/4 cup toasted wheat germ
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 cup honey
- 1/3 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 egg, beaten to mix
- 1 egg white
- 3/4 cup chopped dried tart cherries
- 1/2 cup finely chopped walnuts
- cooking spray
- 1/4 cup "fruit only" apricot preserves

Preheat oven to 350 degrees F. In a medium bowl, whisk together the oats, flour, wheat germ, cinnamon and salt.

In another bowl, whisk together the honey, applesauce, oil, egg and egg white until well combined. Stir in the oatmeal mixture until well combined. Add the dried cherries and walnuts.

Coat an 8-inch square baking pan with cooking spray. Spread the mixture into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30-35 minutes. Put the preserves in a small saucepan and bring to a boil. As soon as the bars come out of oven, brush with the preserves. Cool completely and cut into 12 bars, about 4 by 1 1/2 inches each.

Don't forget to visit Wheatsville's other fabulous departments for the other ingredients!! And visit the King Orchards website for more information and recipes: www.kingorchards.com

ARE YOU OUR ONLINE FRIEND?

Twitter — <http://twitter.com/wheatsville>

Facebook — The Wheatsville Page

Facebook— The Produce Dept
Popcorn Tofu Fan Page

Connect to all at www.wheatsville.coop

Green Features at Wheatsville by Dan Gillotte, General Manager, photos by Aldia Bluewillow



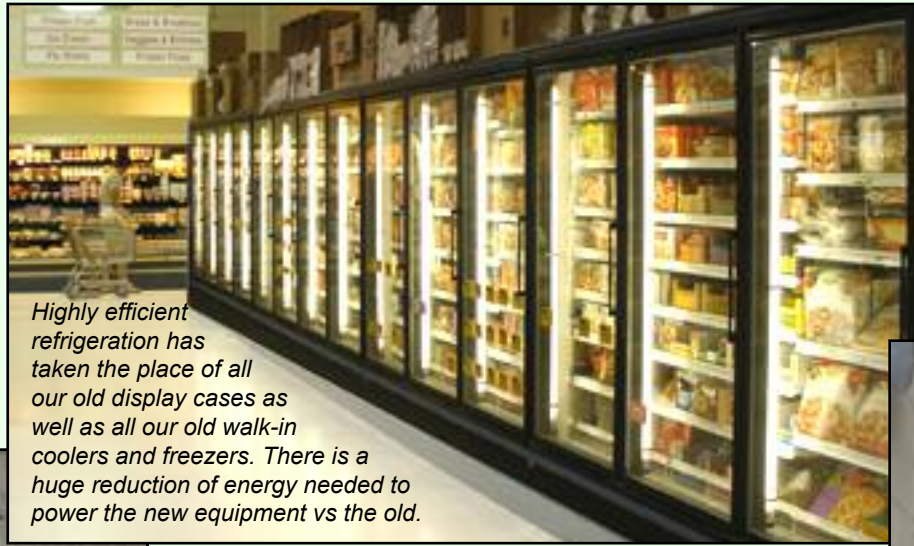
We're extremely proud of all the great new Green Features we added during our renovation. We earned a One Star rating from Austin Energy Green Builder program!

All the paint used in the store and office is low or no VOC.

We buy our electricity through the Austin Green Choice program.

Our toilets are super low-flow dual flush

Unsalable produce is composted.



Highly efficient refrigeration has taken the place of all our old display cases as well as all our old walk-in coolers and freezers. There is a huge reduction of energy needed to power the new equipment vs the old.



Skylights and large windows along the front of the store provide lots of natural lighting.



We Recycle! All the aluminum, glass, paper and cardboard are recycled. We have a baler to compact most of the boxes we get our groceries in. We save some boxes for shoppers to carry their groceries home.

Our roof is coated with a Firestone White Ultraply TPO system. TPO membranes are Energy Star Certified and 100% recyclable. The primary green benefit of the roofing system is its high albedo (reflectivity). High albedo roofs help to conserve energy by reducing a building's cooling loads as well as reducing Urban Heat Island Effect. Urban Heat Island Effect is a phenomena resultant from heat absorbing surfaces in urban areas making urban spaces significantly warmer than their rural counterparts.

We paved our parking lot with concrete instead of asphalt—unsexy but it matters! Asphalt absorbs sunlight and converts it into heat. At night concrete requires less artificial light because it reflects light better. Asphalt degrades with heat; it softens and forms ruts or ripples as brakes applied to vehicle tires pushes around softened asphalt. By contrast, properly placed concrete may not need maintenance for 40 to 50 years.



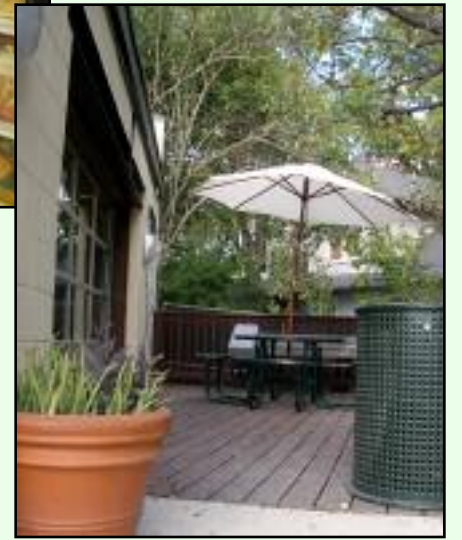
We planted native Chinquapin Oaks in our parking lot which will provide shade and help reduce heat.



Deck constructed with planks made from recycled plastic bags!

Our office has huge windows and we often don't turn on the lights at all on the window sides. We also have tinted glass and shades that can

limit the heat penetration during the summer. The office carpet is made of recycled soda bottles!



A cistern at the end of the patio collects rainwater from the awning gutter and two cisterns on the east side of the store collect rainwater off the roof. This not only allows us to water our landscaping, but also prevents hundreds of gallons of runoff from running into storm sewers and our neighbors yards



We re-used parts of our old stocking shed to become our fancy sliding meeting room doors.



Locally made countertops made of recycled glass and concrete beautify our Hospitality Desk and eat-in counter



More plants! More bike racks!



Compostable utensils!

Sign up for the Wheatsville E-mail List!

A few times a month, you'll get an e-mail from us informing you of upcoming events, new products or changes in the store. So far most folks on the list have been happy with its frequency and informative nature. We will also begin offering e-mail only deals and other special opportunities. Go to <http://wheatsville.coop> to sign up!

We will not sell, lease, lend or otherwise disclose your email address to any other entity.

Life Without Wheatsville by Tony Piccola, Wheatsville Owner



During the entire time we have been involved with Wheatsville, we have always recognized and appreciated the sense of community that always comes out when members get together. Like when I need help finding something in the store, I usually ask 'do we have...' to help signify that we, too are a part of this community in some small way.

Wheatsville is a place that is comfortable, weird, and fun to shop.

Can you imagine a life without Wheatsville? We thought not, until about 5 years ago when we saw how crowded Austin and the surrounding area was getting, especially around us. So we began an effort to find another piece of property that better suited our changing lifestyle and attitudes.

In April of 2009, we closed on 136 acres in Duval County about 200 miles South of Austin—halfway between Port Aransas on the coast and Nuevo Laredo, Mexico—and a view we fell in love with.

What does that mean for Wheatsvillains? At the end of May 2010, P/2 Organics will cease to exist as we prepare to eventually sell our farm and

move to Duval County where we will grow only for ourselves and make frequent trips to the beach. And for us that means a life without Wheatsville. Except for the occasional trip through Austin, we will no longer be local weekly vendors or shoppers. We will have to survive, however, without that sense of fun and community. The local HEB or Super S won't even begin to provide that.

For those of you that remain, we urge you not to take Wheatsville for granted. There are always opportunities to pitch in and help. Attending events, helping in the It's My Park clean-up, keeping the patio and parking lot clean, and even serving on the

Board can be a great experience.

As a cooperative-member owned store, everyone has to do their part, especially shopping regularly and often. Wheatsville is stronger now than at any time in the past, but don't let non-participation force you to live a life without Wheatsville. Stay informed, read your *Breeze*, sign up for Dan's informative weekly email,



and talk to the friendly staff and other shoppers.

Meanwhile, we will continue to sell our pestos and starter plants to Wheatsville until the end of May and I will be set up in South Austin on Saturday mornings where I have been for the last 20 years, in the parking lot of El Gallo Restaurant at 2910 S. Congress selling whatever we have produced.

Finally, Suzanne and I want to thank the staff and all the Wheatsville owners—some of whom have become close friends—for all their support over the years. It has been fun and we will always have a special place in our hearts for you. If you ever find yourself in Duval County, look us up.

My name is Tony Piccola. My wife, Suzanne, and I own P2 Organic—one of the first certified organic farms in Texas certified by the Texas Department of Agriculture in 1988. We are located about 35 miles Northeast of Austin between Elgin and Coupland.

We started out growing normal field vegetables like most farms and have evolved to

growing green-house tomatoes, cucumbers, peppers and basil from November-May. In 1985, when Marie Ceasar was produce manager, we began selling our vegetables to the produce department.

Thanks to Bret Brookshire, who was cheese buyer

in 1998, we've been selling our pestos that we make in our certified kitchen. We also sell spring starter plants at Wheatsville.

We have been owners of Wheatsville since 2002 and I served on the board of directors for a brief period and we have helped to volunteer a time or two for different projects.



Congratulations to Our Newest Invested Owners 2/11/10 - 4/10/10 (308!)

Amy Hart	Mack Royal	Joanne Delk	Will Hewett	Keith Coffee	Jeanna Watson	Amanda Gomez	Alina Praxmarer	Heidi Schmalbach
Jon Plum	Marc Hesse	John Garner	Aaron Phelps	Kelly Schaub	Jennifer Cota	Aleemna Wraye	Ardie Schneider	Justin Pratscher
Lynn Hou	Owen Davis	Katie Burke	Abby Reisman	Laura Ripple	Joanna Duncan	Amanda Kenney	Ashley Cseterki	Katherine Murray
Alex Huff	Paula Yuma	Laura Selis	Alberto Telo	Leslie Watts	Joshua Geiger	Amelia Koford	Benjamin Heller	Laetitia Hawkins
David Fox	Rob Moehle	Liz Newkirk	Sean Mcneal	Ryan Patrick	Judith Morris	Ami Mcchesney	Camille Deprang	Monika E Cavazos
Erin Ford	Sandy West	Liza Talbot	Ann Welbes	Sarah Brooks	Katherine Cox	Caroline Smith	Connie Brashear	Patty Trowbridge
Erin Mohr	Ty Wolosin	Marnie Long	Beth Caudill	Sean Carroll	Kathleen Diaz	Chris Campbell	Courtney Keller	Rebecca Campbell
Kami Wilt	Aaron Dixon	Noelani Fox	Bill Badeaux	Russ Sartain	Kathleen Gulf	Christina Ford	Denise Mclemore	Robert Ainsworth
Lisa Olds	Adam Hilton	Nora Martin	Buffy Thomas	Liz Anderson	Katie Edwards	Daniel Aceveeo	Elizabeth Carey	Christine Stafford
Paul Ward	Asha Poyzer	Ramey Moore	Clare Zimmer	Lyndon Poole	Krista Church	Dave Desmarais	Gary Richardson	Elizabeth Donihoo
Abe Dillon	Bill Latham	Regis Marco	Crystal Dunn	Lynn Carlson	Kristin Jones	David Fruchter	Hawk Mendenhall	Jessica Scaglione
Alan Hayes	Bonnie Boyd	Robin Cohen	Dale Buehler	Maica Jordan	Larissa House	Deborah Mersky	Heather Johnson	Rowena Chodorow
Betsy Levy	Bryan W Law	Ryan Dailey	Donald Wertz	May Gonzales	Eric Insirillo	Ellen Hargrove	Hillary Geisler	Judith Hutchinson
Brian Hain	Dana Curtis	Salena Acox	Elda Collier	Megan Wadley	Laura Koffler	Emily Twidwell	Jonathan Takish	Karl Van Nostrand
Craig Long	Darwin Mann	Sara Clough	Elliot Brown	Melinda Chow	Laura Larsell	Heather Oswald	Julie Yarbrough	Laura Zabalgoitia
Ethan Cole	Dianne Izzo	Steve Allen	Erik Telford	Michael Bond	Lauren Peters	Isabel Welland	Katelena Cowles	Lindsay Patterson
Ethan Love	Doug Strott	Steven King	Galen Kralik	Michelle Cox	Linda Bertoli	Julie Tovarnak	Lauren Oholendt	Madelyn Vertenten
Gale Spear	Erick Clark	Susan Ardis	James Glavan	Mindy Cooper	Linda Smarzik	Kelly Nesvacil	Lawrence Walker	Melissa Glidewell
Kate Short	Hollie Holm	Teal Hyland	Jessi Devine	Murry Vinson	Linda Wiatrek	Kenlyn Kolleen	Lillian Vanscoy	Murali Narasimhan
Silas Lowe	Holly Kozee	Tom Gingras	Jordan Dodds	Nancy Bittle	Lydia Marolda	Kevin Mcdonald	Manuel Arellano	Patricia Florence
Jeff Pirkey	James Lynch	Tom Sheahan	Joshua Piper	Phil Demarie	Margie Gaudin	Laurel Coppock	Marilee Hickman	Randee S Wagstaff
Kim Kupiec	Jean Leider	Vesta Yoder	Justin Hanks	Robert Rowan	Michael James	Lazarus Pomara	Mark Cunningham	Rocella Grisebaum
L B Feiner	Jerry Cantu	Wendie Wise	Kate Merriam	Roger Zessin	Michelle Rath	Leanne Valenti	Mary Ann Kaiser	Samantha Davidson
				Ross Oermann	Molly Spector	Lindsey Lugin	Melissa Boswell	Thomas Nicewarner
				Tara Carmean	Nicola Davies	Lotty Ackerman	Michael Estrada	Charlotte Rotthoff
				Thomas Ardis	Ondre Sembera	Matthew Ohayer	Michael Werckle	Constance G Mullen
				Travis Smith	Rachel Badger	Melissa Barkin	Nelly P Ramirez	James Roger Barnes
				Angela Pierce	Richard Queen	Melissa Riddle	Rachel Martsof	C Grayson Hoffman
				Brandon Glass	Robert Fiddes	Nandy Siptrott	Rebecca Schwarz	Katherine O Connor
				Brett Kotecki	Scott Collier	Natalie Poulos	Rondaline Craft	Marikristen Robert
				Casey Seeboth	Sophie Marine	Patricia Valls	Shannon Ratliff	Martina Be Lozerco
				Cayla Cardiff	Starr Hawkins	Pedro Espinoza	Steven Strasser	Melanie Westerberg
				Charles Banks	Susan Griffin	Rachael Bailey	Trina Robertson	Trinidad A Granada
				Chris Stewart	Taylor Martin	Rebecca Weaver	Willie F Walker	Charlotte Westbrook
				Cole Husbands	Travis Ritchie	Robert Kellogg	Alexis Alexander	Christian Alexander
				Corrie Stokes	Theresa Noyes	Sara Mcgonagle	Anjali Deolapure	Christina Rodriguez
				Cristen Guest	Todd Chessher	Sidney Roberts	Barrett Sundberg	Marshall Swearingen
				Cristen Perks	Vanessa Fritz	Stephen Arceri	Caroline Emerson	Kim Cameron-Webb
				Cynthia Lewis	Aden Kirschner	Susan Hausmann	Catarina Popescu	Wilhelmina Peragine
				David Hinkley	Alan Gutierrez	William Foster	Daniela Trujillo	Ann Kolego-Markovich
				David Sanchez	Amanda Caserta	Graham Chapman	Desiree Brutocao	Judith Nanette Jaimes
				Emily Shelton	Andrea Wulwick	A Farzan Zaheed	Felice Childress	Rebecca Frazier-Smith
				Greg Mcarthur	Brian Peterson	Alayna Wadleigh	Harriett Choffel	Natalie Niles Arguello

DOGGONE IT! WHERE DID YOU GO?

Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

YES! UPDATE ME!

Member Number

Name

Address

City

State

Zip

Phone

Email

Mail to Wheatsville Address Update, Attn. Gabriel, 3101 Guadalupe, Austin TX 78705 or drop in the box at the Member Center or email changes to [membership\(at\)wheatsville.coop](mailto:membership(at)wheatsville.coop)





Throughout the years I have worked at Wheatsville, our managers have continually strived to perfect our staff training. Whether it is teaching how to provide excellent customer service to our shoppers, how to educate others on natural, organic, and local foods, or how to utilize all of the employee benefits Wheatsville offers, our staff training leaves no stone unturned. Recently, I have been lucky enough to participate in training my co-workers by creating an all-staff co-op ownership class. After holding a couple of these training sessions, I realized how many staff owners really enjoyed having a refresher on what it means to be a co-op owner.

As many of you may already know, encouraging others to support the co-op and to support the advancement of cooperative principles in society are some of our Owner Responsibilities. This being said, I am going to provide you with some valuable information to help get your family and friends to support Wheatsville by becoming an Invested Owner. But don't be surprised...I might teach you something new too!



I am pleased to announce that we have added a new face to the Hospitality Desk crew. Her name is Rachel Badger and she has been with Wheatsville since August of 2009. Prior to earning a promotion to Hospitality Clerk, Rachel worked on the Front End as a cashier and will work both gigs now. Congratulations, Rachel! We are happy to have you at the Hospitality Desk.

about 1% of your sales from the previous fiscal year and hinge on the success of the co-op. The more our owners shop, the more likely we will be able to declare a Patronage Rebate for that year. They truly show how special co-ops are because most businesses do not share their profits with the shoppers.

What kind of things do I get be democratically involved with?

Each year we have a co-op election. During this time you can vote for new board directors who are owners elected to run the co-op. Anybody who is an owner of the co-op in good standing can run. You also get to help choose which organizations we will donate to in the next year. We call this program Community Action Wednesdays and each selected group receives 1% of Wednesday's sales for a whole month. Owners in good standing with the co-op can also petition to have product boycotts added to the election ballot. If there are any boycotts on the ballot you will get to vote on whether

Wheatsville carries that specific product(s).

As a co-op owner, would I be responsible for any unpaid debts if Wheatsville were to go out of business?

Rest assured, Wheatsville is nowhere near going out of business, but if it ever should, the only thing you are at risk of losing is your \$55 investment.

What kind of responsibilities do co-op owners have?

Owners have several responsibilities which are outlined in the Wheatsville Owner's Manual. (If you are an owner and would like a new one, feel free to stop by the Hospitality Desk to pick one up.)

Your owner responsibilities are to:

- Shop at Wheatsville
- Vote in store elections
- Abide by board and store policies and decisions made according to the bylaws, and under-

stand that policies are subject to change

- Respect the rights and opinions of other owners
- Stay informed and participate in co-op events
- Support the advancement of cooperative principles in society
- Use owner benefits only for those for whom the ownership account was created
- Act responsibly as owners of the business
- Help Wheatsville serve the community by encouraging others to support the co-op.

So how much does it cost to become an Invested Owner of Wheatsville?

An Invested Ownership in Wheatsville costs only \$70, which is very reasonable compared to other retail food co-ops across the U.S. \$15 is considered a non-refundable joining fee which covers the administrative costs to process the ownership and offsets the price we pay to print ownership literature and stickers, and postage for the *Breeze*. \$55 is a refundable capital investment. If you ever wish to leave Wheatsville or move away, we will refund it to you. If it suits you better, we have a payment plan option to pay off your investment in \$10 monthly installments.

Where do I sign up to be an Invested Owner of Wheatsville?

All you have to do is stop by the Hospitality Desk at the front of the store. It only takes about five minutes of your time and our Hospitality Clerks are trained to answer any questions you may have regarding co-op ownership. They will also walk you through the Owner Agreement and make sure you receive all of your new coupons and goodies.

Lastly, why is there a big green dinosaur on Wheatsville's roof?

When Mangia Pizza moved across the street, they no longer had a place to put the Mangiasaur. In the spirit of community cooperation, we offered Mangiasaur a home on our roof where he can gaze across the street to his pizza family. We love him.

For starters, why does Wheatsville have shoppers that we refer to as owners?

Unlike most businesses, Wheatsville does not have a single business owner. Since we are a cooperative, we are collectively owned by the 10,500+ members we serve. Because our members contribute equity to the business and democratically participate in running the store, we refer to them as owners. It is a more accurate representation of their role at Wheatsville.

Do I get a discount if I'm an owner?

There is no flat rate discount given at the cash register for your purchases made at Wheatsville. However, we do have three ways you can save at the co-op. Each month we have Owner Specials which are additional sales for the co-op owners. We also have Owner Appreciation Days four times a year where you can save 10% on one transaction. If you are Fully Invested, meaning that you've paid the \$15 joining and \$55 investment in full, you are eligible to receive Patronage Rebate checks. These are profits that Wheatsville shares with its Fully Invested Owners during sufficiently profitable years. They are usually

After shopping at Wheatsville, I can no longer step into a Randalls or HEB without feeling slightly depressed. There is no other store where I know I'm going to have a fun and perhaps slightly ridiculous conversation with at least one person there. I am assured to get generous help from another staff member and I can guarantee I will buy more than I was planning on.

I love that I can find all the local meat I could desire. They stock Bastrop Cattle Co., Thunderheart Bison and many others! The meat department is full of great choices and Bryan, the meat buyer, is always so friendly and doesn't get impatient with my many questions about how to cook fish or what type of steak I should buy. I do wish they would start making the cilantro chicken patties again...those are so delicious!

I eat at the deli several times a week and never really get tired of it. My favorites are the hummus and veggie sandwich, the italian, the BLT and if I'm lucky the curry chicken salad. The only thing I've had there that I would change is the tempeh chili which I would like more spicy.

I love the addition of the sushi! The Inari is so sweet and delicious I eat them for dessert.

Stopping in here is definitely one of the favorite parts of my day.
Megan K. on Yelp

Thundering Paws Animal Sanctuary

Offering a safe haven for animals who are homeless, neglected, injured or abused. Our goal is to respect animals as individual beings with spirits who deserve the right to live a happy and healthy life, regardless of their attitude towards humans and human contact. For information about adoption visit our website www.thunderingpaws.org

Dripping Springs TX

Ellen Feldman Massage Therapy

- * Swedish
- * Reiki
- * Polarity
- * Shiatsu
- * Aromatherapy



by appointment 451-5045

Celebrate Bike Austin! Month!

What a great month to ride your bike. Whatever your reason to ride, I hope you do. I hope you go to the grocery store with your canvas bags. I hope you ride to the park. I hope you ride to dinner, or to work. I hope you ride to a ride, and ride with others who are out to ride. May is all about bikes and this year there is so much to do.

Every day in May is a chance for you to ride your bike and celebrate human powered transportation and its benefits for us, our communities, and our planet.

The **Yellow Bike Project** (austinyellowbike.org) will be running regularly scheduled shops and can teach you how to fix a flat tire, or adjust your brakes.

The League of Bicycle Voters and Bike Texas will be defending your rights to bike and making it easier

and safer for you to get out on the road. All the bike shops in town will be turning wrenches, tuning bikes so people can ride for fun, or to get to work. They will be fitting bikes to new cyclists, and helping someone go faster, or be more reliable on the transportation that they need or love, or both.

There are rides, rides, rides. You can go on a **Full Moon midnight ride**, or a Saturday morning race ride, or **Critical Mass**, or a hosted ride through historic Austin. You can go on the 16th annual **Armadillo Hill Country Classic**. To find a ride go to austincycling.org and click on the calendar link and find a ride that is great for you. Some of them are slow, some of them are fast, but either way they are always a blast.

Don't forget that **May 21st from 7-9 am is Bike to Work Day**. Wheatsville will have a **breakfast station** where cyclists can come and get a snack and share the stories of the road on their way to work.

No matter when you choose to ride, or what you choose to do, I hope that in May you choose to do it on your bicycle. The bicycle makes you stronger, and more aware. As you travel you can see the world around you. You can stop and take a picture or chat with friends. You can ride to work and you might even find that you get there almost as fast, but feeling better. You can ride in the mornings. You can ride at night. You can ride to Barton Springs and take a nice cool dip in the middle of the afternoon. My only hope is that you ride.

Saturday, May 1st

Bike In Book Swap

Time: 11:30AM

Location: Terrazas Branch Library

The Austin Public Library will host a Bike-In Book Swap in the parking lot of the Terrazas Branch Library. Anyone who attends can participate in the "take a book, leave a book" swap, with around 200 titles provided by Recycled Reads to act as "seed books". Fruit and water will be provided.

Yellow Bike Project volunteers will be teaching and outfitting attendees with bicycle panniers (saddlebags) made from recycled 25-35 gallon buckets. This will provide patrons with a safe and sustainable way to cart their books and other items on their bikes, and hopefully make biking to the library an easier option.



Bike to Work Day!
Friday, May 21
Breakfast Station at
Wheatsville 7-9am



Saturday, May 29th

Frankenbike #58

Noon-4pm at the Texas Bicycle Coalition, 1902 East 6th St.

A free bike swap meet held once a month that is open to anyone who wants to buy, sell or trade bicycles and bicycle related gear or parts. Admission is free, recycling great stuff is priceless. Visit www.frankenbike.net for more info.



FrankenBike
THE ULTIMATE SWAP MEET

Traffic Skills 101

May 14 - REI Downtown

May 21 - REI Gateway

League of
American
Bicyclists

Traffic Skills 101 will help you ride safely and effectively — to work, to the store, around your neighborhood or around the state. Most of us were taught to ride a bike when we were kids—mostly how to ride without falling down. Few of us were taught how to drive our bicycle in traffic. Traffic Skills 101 is like Driver's Ed for cyclists—taught by League-certified instructors, and the curriculum covers bike selection, simple maintenance, fixing a flat, and strategies for riding a bike safely and confidently.

Classes are small, 5–10 students and are held in two sessions: 4 hours on a Friday evening and 5 hours on a Saturday morning.

The Friday-evening session is classroom work; the Saturday session is in two parts: 1.) parking lot safety drills and 2.) a ride through Austin streets under the eye of one or more instructors.

Tuition is \$65, which includes the textbook and class handouts.

Register at www.austincycling.org/classes

Yellow Bike Project

Call 457-9880 for shop hours and directions.

The Austin Yellow Bike Project is a community supported ALL-VOLUNTEER 501(c)(3) non-profit organization dedicated to providing human-powered transportation for the people of Austin, running a community bike shop, and educating kids and adults. The Austin Yellow Bike Project offers regular open shop hours to allow you to use shop space and tools to repair and maintain your bike. YBP asks those who use the shop to volunteer time to YBP equal to what they use for their own personal projects. Volunteer tasks include building Yellow and Kids' bikes for free community programs, sorting parts, organizing and cleaning the shop, constructing storage places, fixing tools, etc. www.austinyellowbike.org



Orange Bike Project

is a subcommittee of the Campus Environmental Center at the University of Texas that provides students with more sustainable choices for transportation. They have volunteers, access to used bikes, tools, and a space in which to work. Students are able to check out a bike and keep the bike for the entire semester. This allows many students to make their bike their primary mode of transportation. A student who checks out a bike has cheap transportation and is able to lead an active lifestyle, and society benefits by having fewer cars on the road.

There is a wait list, but if you come and volunteer, you can get a bike sooner. Volunteering does not necessarily mean fixing bikes, there are many different types of projects that need to be done. Add yourself to the waitlist at

www.utenvironment.org/orangebike

If you want to donate a bike, rent a bike, or get involved, email us at: [orangebike\(at\)utenvironment.org](mailto:orangebike(at)utenvironment.org)



Bikes Across Borders by Elliot Siff, Produce Clerk

Hello from Elliot in produce and Bikes Across Borders (BxB). Thank you to all of the Wheatsvillians that visited us back in December when we were outside the store gathering support for our DIY bicycle caravan to Monterrey, Mexico to help set up a community bike shop there. We left just after New Years and the trip was a great success, we appreciate your support!

With over 30 riders, we spent two weeks on the road biking through south Texas and Mexico on our way to Monterrey. Along the way we found great hospitality from folks of all sorts who listened to our stories and also helped us with shelter with the cold weather we were having. Over 400 miles later we made it to Monterrey where we met with the group we are in partnership with there, Pueblo Biciclero, on the streets and paraded into the city together after a 50 mile day into the hills of Monterrey. We were able to donate 30-40 bikes there, held some bike workshops and also set up a community bike shop/ lending library at Kasa Komunitaria, a place full of activists and community organizations including Pueblo Biciclero, Food Not Bombs and a

free library among others.

Our hosts from Pueblo Biciclero have been organizing group bike rides similar to Critical Mass and promoting alternative transportation in the crowded city for a year now. The day following our arrival was when one of their group parade/rides was happening. Around 140 bikers showed up for the hour and a half ride through the streets, parks and plazas of Monterrey, Mexico and the event was covered by television and newspaper reporters. All along the streets we were greeted with smiles and waves. Following the ride was Pueblo Biciclero's first ever bicycle festival. This event featured speakers and presentations, a documentary on bike commuting, live music, Food Not Bombs, a bike workshop and a puppet show we had created along our way. It was a great feeling to collaborate with folks sharing our own mindset in a place that seemed far away at first. Since returning to Austin we have kept the ball rolling and some members have already brought more tools and supplies to the community shop there. Others are planning return trips to Monterrey with their bands to perform, bring more supplies, hold some bike workshops and visit our new friends. We have been holding meetings currently to discuss finding a home here for our own space to have a bike lending library, community bike shop and to create the bikes we will ride next year from salvaged parts. Our operations were scattered when we lost our warehouse space at the Rhizome Collective about one year ago when it closed down. BXB is always growing and changing, for more information see www.bike-sacrossborders.org, find our page on facebook, or talk to me, Elliot in produce.



Bikes Across Borders is a horizontal—non-hierarchical—consensus-run collective with the goal of promoting autonomy and community through the use of human-powered transportation, do-it-yourself technologies and the arts.

We seek to build a network of mutual aid among communities struggling for self determination and challenging capitalist ideals both locally and across borders. By seeking partnership with communities across political borders we aim to draw attention to the arbitrariness of those borders and the negative consequences of globalization policies on peoples and the environment. Through our work we aim to expose some of the problems caused by capitalism, states and borders while simultaneously demonstrating how we can choose to live outside of these artificial structures.

Strategic Plan

In our goals and our methods for achieving them, we actively seek to resist patriarchy, racism, homophobia and all other forms of domination, while also having a great time. We value spontaneity, and as a consensus-run organization, we recognize that the actions we take to meet our stated mission will change as people with different interests and talents come and leave the group. Some of the concrete actions we are currently taking to accomplish our goals are:

- We liberate bicycles and bike parts from the waste stream and put them back to use in Austin and in other communities across the border.
- We run a bike library made up of salvaged and refurbished bicycles. We lend these freed bicycles to whoever needs them the most in our Austin community. At the end of the year we deliver all those bicycles to activists and communities in Mexico.
- We are trying to secure a location to house a community bike shop in which we could run our bike library, work on bikes to send on the bike caravan, and provide skillshares on bike mechanics, pannier and trailer construction, puppet making and more.
- Every year we set out on a DIY bicycle caravan from Austin to a pre-determined community in Mexico. Through this caravan we promote the use of bicycle as a viable and fun form of transportation. With this caravan our goal also is to connect communities in South/Central Texas and el Norte de Mexico.
- We collaborate with organizations in Austin whose work aligns with our mission
- Our music, puppetry and graphic design creates interactive puppets shows and posters and present them for free at parks, schools and community events to share the fun and joy of our activism and as a friendly way to get people thinking and talking about autonomy, patriarchy, borders, mutual aid, bikes, the environment...etc.
- Potential future project: mobile bike shop

The Dropouts by Leana Mooradian, Editor of the Dropout

Here is a story I love to tell. I suppose that it is equivalent to a "how we first met" story. This is the origin of everything, the story of how the dropout zine began.

It was late summer and Scott and I decided to take a bike trip to Pedernales Falls to go camping, we told no one as this made it seem more exciting to just skip town for a few days and take a much needed break from our respective daily routines.

So we loaded up our gear, we both had Cannondale road bikes, and I was carrying a pack while Scott towed the trailer. All was going well; we made good time and made it up the brutal hills in Dripping Springs in good spirits.

It wasn't until we were thirty miles out and off of the main roads that things began to go awry.

I was ahead of Scott and had just reached the top of a hill when I turned around to find he had stopped about fifty feet back. Thinking some of the camping gear had slid loose I rode back to offer my help. As soon as I pulled up Scott took one look up at me and said, "This trip, is over!"

As it turns out, one should not attach a trailer with 50 lbs of gear to a high performance road bike frame. His right dropout had snapped clear off of the frame.

Luckily we ended up having a fun and exciting trip, lots of serendipity and lots of hitchhiking brought us to Pedernales Falls and back home the next day



ripe with new experiences and, unbeknownst to us at the time, a seedling of a great idea.

When we got back to Austin we began to talk about printing a pocket bike repair guide, we came up with a few ideas but kept wanting to add more to it, tutorials, shop profiles, local discounts and bike friendly businesses, personal stories, crosswords, etc. All of a sudden our repair guide became a zine. We decided to name it *The Dropout*, in honor of its conception.

Scott and I have stumbled into something incredible; we are 7 months in and currently working on issue number four. Our first issue was a slightly unfocused, black and white DIY publication. We have since moved to a full color, perfect bound zine, and each issue has a specific theme and purpose. We are lucky that the bike community here in Austin and across the nation is strong and growing even stronger. We are endlessly inspired and create each issue with the enthusiasm of people who truly love what they get to do every day.

We currently sell the dropout locally at almost every bike shop as well as Wheatsville, Book People, Royal Blue, and Domy Books. You can view past issues, order issues and subscriptions online at www.dropoutzine.com.

When I think back on that bike trip I realize that Scott was not incorrect, we were not going anywhere else on our bicycles that day, however he was mistaken in his statement that "the trip was over" on the contrary, it had just begun.



photo by valerietamburri.com

Ride the Armadillo! Photos by Adam J. Rafels

Austin Cycling Association sure knows how to put on a ride. Now in its 16th year, ACA is hosting the Armadillo Hill Country Classic, a ride for cycling enthusiasts of all ages, ride preferences and abilities who will pedal to provide bike safety education and free helmets for kids.

There is no ride like the Armadillo. It's an amazing and breathtaking ride through the Texas Hill Country. If you're feeling frisky, the ride offers a 105 mile route. For those of



you with afternoon plans, there are shorter distances starting at as little as 14 miles. There's also a 6.5-mile Kids & Family Ride in Bertram.

The Armadillo is well supported with SAG, plenty of rest stops and many friendly faces. This ride also features some of the best signage for a ride of its type anywhere in Texas.

Check out what past Armadillo riders say about the ride.

"It's really relaxing and refreshing to ride that far out of town on less traveled roads".

"Seeing nothing but hundreds of cyclists in front of you with only an occasional car makes me joyful."

"It's one of the few opportunities to ride on a supported ride that is longer than

100 miles."

"It's a cool ride with a long tradition of fun for a good cause."

The signage and maps are excellent."

"Really fun people. The riders are great and the volunteers are the greatest."

"Homemade cookies at the Bertram rest stop!"

"Great scenery."

For additional information, visit www.RideTheArmadillo.org



About Austin Cycling Association

Austin Cycling Association (ACA), a 501(c)3 non-profit, serves the interests of all Central Texas cyclists regardless of age, ability and cycling preference. ACA provides safety, education and advocacy through various initiatives, such as outreach to elected officials in the promotion of cycling, educating the public about the rights and responsibilities of cyclists, hosting rides, and providing free helmets for children. For more information, visit www.austincycling.org.



Who Is BikeTexas? by Emma Cravey, Membership Director of BikeTexas



BikeTexas (formerly known as Texas Bicycle Coalition) is a member based bicycle advocacy and education non-profit headquartered in Austin. Our mission: to advance bicycle access, safety and education in Texas. We've been working since 1991 to unify the voices of thousands of bicyclists, the Texas bicycle industry, Texas bicycle clubs and Texas-based bicycle rides and events.

What does BikeTexas do?

A little of everything! We are an advocacy 501(c)4 organization. We are also a nonprofit education 501(c)3 organization. This means we both lobby at the local, state and federal level for cyclists rights, pro-bike legislation, hike and bike trail funding and educate Texas cyclists and motorists about bike safety and sharing the road.

Bike Advocacy

Over the years, BikeTexas has represented cyclists' interests before our state and federal legislatures. We have fought bike bans, passed trails legislation, and helped bring millions of dollars of Safe Routes to School and trails funding to Texas. During the 2009 Texas legislative session, BikeTexas culminated 8 years of hard work by passing a Safe Passing bill, to require motorists to give three feet of clearance while passing a "vulnerable road user", including bicyclists. Though the bill, SB 488, passed overwhelmingly in both the Texas House and Senate, Governor Rick Perry vetoed it. Though we were disappointed, we will not give up – in preparation for our next attempt in 2011, we are helping pass Safe Passing Ordinances in cities around Texas. Austin, San Antonio and Helotes have passed the ordinance so far, and many other cities are considering it.

BikeTexas is already working with members of the Texas Congressional Delegation to get the most bike friendly 2010 Federal Transportation Bill possi-

ble. We recently led teams of cycling leaders from all over Texas who met with key staff in the offices of every Texas senator and congressional representative (all 34!) during the League of American Bicyclists National Bike Summit in Washington.

What is the Safe Passing Bill?

The bill, which we will reintroduce in the 2011 legislative session, require motorists to **give three feet while passing** "vulnerable road users", such as: persons with disabilities, pedestrians, equestrians, tow truck operators, maintenance workers, motorcyclists, and bicyclists. In addition, it imposes penalties for the "right hook" (turning dangerously in front of a vulnerable road user). To find out more see www.BikeTexas.org/safepassing.

After Governor Perry vetoed the bill, we started a petition to let him know that cyclists want a Safe Passing bill, and that we plan to take his veto into consideration at the ballot box. To sign the petition, go to www.BikeTexas.org/petition.

Want to support initiatives like Safe Passing? Join BikeTexas as a member!

Our legislative efforts depend on our members! Not only do membership dues fund our lobbying work, but there is strength in numbers. The more members we have, the more clout we have with our lawmakers to get things done for bikes. So please join today! It's easy at www.BikeTexas.org/join.

BikeTexas works because Texans get involved. To find out more about what we do, visit our website at www.BikeTexas.org, or stop by our office at 1902 E. 6th Street and ask about our "earned membership" volunteer opportunities.

What about Bike Safety Education?

For twelve years our principal education program was the BikeTexas SuperCyclist Program, a nationally rec-

ognized bicycle safety education course which reached over 200,000 4th and 5th grade Texas elementary school students annually through their P.E. teachers.

Our newest program, still in development, is the ParentsPlus program, which will provide parents, plus other adults concerned with bicycle and pedestrian safety, the certification training and resources necessary to instruct communities in these issues and to develop neighborhood bicycling and walking events. These events will incorporate safety messages in a fun and healthy venue. The events will allow the safety lessons to be heard by the larger community, thus amplifying its effect.

The Texas Department of Transportation provides most of the funds for this program enabling BikeTexas to offer the trainings for free. Matching funds come from donations and the Share the Road Y'all license plate revenues. You can help by purchasing the "Share the Road Y'all" special license plate for your car or truck at www.BikeTexas.org/licenseplate.

Share the Road License Plate

Not only do the \$30 specialty license fees bring in almost \$60,000 for bicycle education per year, the plates sport a yellow jersey clad cyclist and "Share the Road Y'all" message.



Celebrate Bike Month with the children in your life: Texas Bike and Walk to School Day is the third Friday of every May!

Do it yourself - Texas Bike and Walk to School Day tips and tools for free at www.BikeTexas.org/bikewalk.

BEFORE YOU RIDE, CHECK YOUR BIKE FOR SAFE OPERATION

Have your bicycle inspected twice a year by a bike mechanic.

SADDLE

Adjust frequently for comfort and growth. Tighten saddle and seat post nuts securely, leaving at least 2 1/2 inches of seat post down in the frame.

FENDERS

Be sure they are undamaged and securely fastened.

BRAKES (coaster or hand)

Check before your first ride. Must brake evenly every time, no slippage. Periodically inspect and maintain brakes. The coaster brake arm must be securely fastened to the frame.

CHAIN

Check frequently for damage and stretch, and readjust if necessary. Lubricate frequently with light oil.

PEDALS

Reflectorized pedals add safety in night riding. It is imperative that the shoulder of the pedal axle be securely tightened against the crank arm. Replace worn or damaged pedals.

BELL OR HORN

Be sure it works properly, load and clear.

LIGHTS AND REFLECTORS

If reflectors are damaged or lost, for your safety, replace them immediately. Lights and reflectors should be visible at dusk and at night; headlights from 500 feet, rear reflector from 300 feet. Flashing lights and pedal and spoke mounted reflectors are very visible to motorists. Don't ride at night without a light. At some angles, an unlighted bike is invisible to motorists. Use state-approved reflectors.

TIRES

Inspect frequently for wear or leaks. Remove embedded stones, nails, glass, etc. Keep inflated to the correct pressure which is stamped on the sidewall of the tire.

WHEELS

Should rotate smoothly without wobbling from side to side. If necessary, should be realigned. Axle nuts should be kept tight.

SPOKES

Replace broken spokes promptly. Keep them tight.



Bicycle Safety Tips from www.ci.austin.tx.us/publicworks/bicycle-resources.htm

Riding a bicycle is fun and by using your bicycle instead of a car, you can help reduce air pollution and traffic congestion in Austin. Bikes are great for errands. Trips to the convenience store, the park, a restaurant or friend's are easy and fun.

Obey Traffic Signs and Signals

Bicycles must drive like other vehicles if they are to be taken seriously by motorists.

Never Ride with Headphones

Always wear a helmet

Never Ride Against Traffic

Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicycles drive like other vehicles.

Use Hand Signals

Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.

Don't Weave in or Leave the Curb Between Parked Cars

Don't ride out from between parked cars. Motorists may not see you when you enter traffic.

Follow Lane Markings

Don't turn left from the right lane. Don't go straight from a lane marked "right-turn only" unless "except bikes" is posted.

Riding in the Middle of the Lane is Safest When:

- the lane is too narrow to share safely
- debris or glass is on the edge
- obstructions force you away from the edge
- traveling the same speed as traffic

Choose the Best Way to Turn Left

There are two ways to make a left turn. (1) Like an auto: signal, move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far-side crosswalk. Walk your bike across.

Don't Pass on the Right

Motorists may not look for or see a bicycle passing on the right. Pass on the left like other vehicles.

Make Eye Contact with Drivers

Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.

Scan the Road Behind

Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors, but still look before turning.

Avoid Road Hazards

Watch out for parallel-slat sewer grates, gravel, ice or debris. Cross railroad tracks at right angles.

Keep Both Hands Ready to Brake

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.

Be Visible: Wear Bright Colors in Daylight and Use Lights at Night

Texas law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).

Don't Ride Double

Riding with extra people on the back or handlebars of the bike makes it unsteady and unsafe. Only ride with two people on tandem bikes designed with two handlebars and two seats.

Keep your Bike in Good Repair

Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.

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832-8544	443-2292	441-5555	502-9323	707-9069	247-2222

OPEN 10AM TIL MIDNIGHT 7 DAYS A WEEK - SINCE 1990

As a Project Coordinator for the City of Austin's Neighborhood Connectivity Division I work to implement the Bicycle and Sidewalk Master Plans. Both of these plans underwent years of development and are rich with feedback from interested parties, experts, professionals, and government representatives. While some of the action items are clearly defined (bicycle lane on X road from Y street to Z lane), others are more nebulous, i.e. "increase the percentage of all trips made by bicycle," or "set forth policies that will encourage walking as a viable mode of transportation, improve pedestrian safety and enable people to walk to and from transit stops."

Every day I think, "What can I do today to get you OUT of your car?"

Encouraging Austinites and visitors to the City of Austin to walk, bike, and choose transit has a multitude of benefits; and I'm sure I'd be preaching to the choir by expanding on all of them here. However, as a loyal reader of the *Breeze*, I'd like to equip you with some information about the Neighborhood Connectivity Division, our work, and how you can get involved. For this year's Bike Month article I've compiled a list of FAQ's. Please remember that our office is always open and willing to help you and your family safely and confidently navigate Austin's network of bicycle and pedestrian facilities. See our website for more information:

<http://www.ci.austin.tx.us/publicworks/ncd.htm>

How does the City decide where sidewalks are to be built?

The Pedestrian Infrastructure Management System, or PIMS tool is part of the 2009 Sidewalk Master Plan, includes information on both existing and absent sidewalks, and is the basis of the prioritization for the construction of sidewalks. Priorities are determined by the use of a geospatial analysis (proximity to attractors and destinations). The absent sidewalk matrix is divided into five parts: Pedestrian Attractor Score (PAS), Pedestrian Safety Score (PSS), Fiscal Availability Score, Neighborhood Plan Score, and Special Consideration Score.

The need for sidewalks is great (an \$800m shortfall). For this reason we have developed the PIMS tool to fairly and adequately distribute sidewalk construction funding. This year the NCD will be requesting almost \$18m for the construction of sidewalks in the 2010 Transportation Bond package. However, please note that due to our complete streets policy (see below), any street reconstruction or intersection improvement project in which the cost of building a sidewalk or bicycle facility is less than 20% of the total budget of the project would pay for sidewalks and bicycle facilities. This means that potentially 95% of the bond monies would include projects that will include new or improved bicycle and pedestrian facilities.

What is the City's policy regarding complete streets?

Resolution no. 020418-40 states that if cost estimates for the appropriate sidewalk facility and the appropriate bicycle facility show that they would add less than 20% to the cost of the entire roadway construction, reconstruction or major rehabilitation project, the sidewalk and bicycle facilities must be added to the roadway during the construction, reconstruction, or major rehabilitation project; and these facilities must be funded out of the street construction, reconstruction or major rehabilitation project itself. In the event that the cost analysis shows that adding sidewalks to both sides of an arterial roadway under construction would add 20% or more to the cost of the project, but that adding a sidewalk to one side of the roadway would add less than 20% to the cost of the project, a sidewalk must be added on one side of the roadway during the construction, reconstruction or major rehabilitation project. Watch for the implementation of this resolution as the 7th Street and Brazos Street reconstruction projects are implemented.

How do cyclists contribute to paying for the facilities they use?

Every Austin Energy customer is required to pay a "Transportation User Fee." As the Solid Waste

Services Department collects your recycling and trash, the transportation user fee pays for the Public Works Department to build and maintain your City of Austin roadways. Every utility bill customer pays this fee; whether they drive a one-ton SUV, or a 20 lbs bicycle. One might argue that cyclists pay disproportionately more to use the roadways than motor vehicle drivers because the weight of a bicycle has little to no effect on the wear of our streets, and often times cyclists use only 1/3 of the roadway.

Other City of Austin roadway projects are funded through bonds. Bonds are paid back through property taxes. That means that any resident of the City of Austin who pays rent or property tax contributes to street construction, automobile owner or otherwise.

What about motor vehicle license, registration fees, and gas taxes?

Gas motor vehicle license and registration fees go to the state and federal government offices. They build and maintain highways and some major local arterial roadways (portions of Burnet Road and Lamar Boulevard).

Gas taxes are divided by Federal and State entities and are used to implement various projects and programs. Any person that owns an automobile or uses public transit contributes to these funds.

What is the vulnerable user ordinance (Give 3 Feet, It's the Law)?

A Vulnerable Road User is a pedestrian, physically disabled person, skater, worker with legitimate business in or near the road or right-of-way, a person on horseback; a cyclist, handcyclist, equestrian, or a person operating a motorcycle, moped, motor-driven cycle, or motor-assisted scooter.

There are three parts to this law. The first part applies to how a motorist must pass a vulnerable road user. A motorist passing a vulnerable road user operating shall vacate the lane in which the vulnerable road user is located if the highway has two or more marked lanes running in the same direction; or pass the vulnerable road user at a safe distance (three feet for a passenger car or light truck; six feet for trucks, other than a light truck, or a commercial motor vehicle as defined by Texas Transportation Code Section 522.003).

Secondly, when turning left a motorist shall yield the right-of-way to a vulnerable road user who is approaching, is located in, or is in proximity to the intersection. A motorist may not overtake a vulnerable road user traveling in the same direction and subsequently make a right-hand turn in front of the vulnerable road user.

Finally, a motorist may not cause intimidation or harass a vulnerable road user; or threaten a vulnerable road user. Motorists shall exercise due care to avoid colliding with any vulnerable road user on a roadway or in an intersection of roadways. Therefore, if you are a vulnerable road user and you experience intimidation, harassment, or are threatened by a motorist, it is your right and duty to immediately report these actions to the police. If this should occur, call 9-1-1 with the license plate number and the description of the vehicle so as to file a report.

Motorists charged with violating this law and could be fined up to \$500.

How can I protect my bicycle from getting stolen?

Use a U-lock.

Use more than one type of lock. For example, use a cable lock around your wheels and seat post and u-lock around your frame and front wheel.

Invest in locking skewers for your wheels.

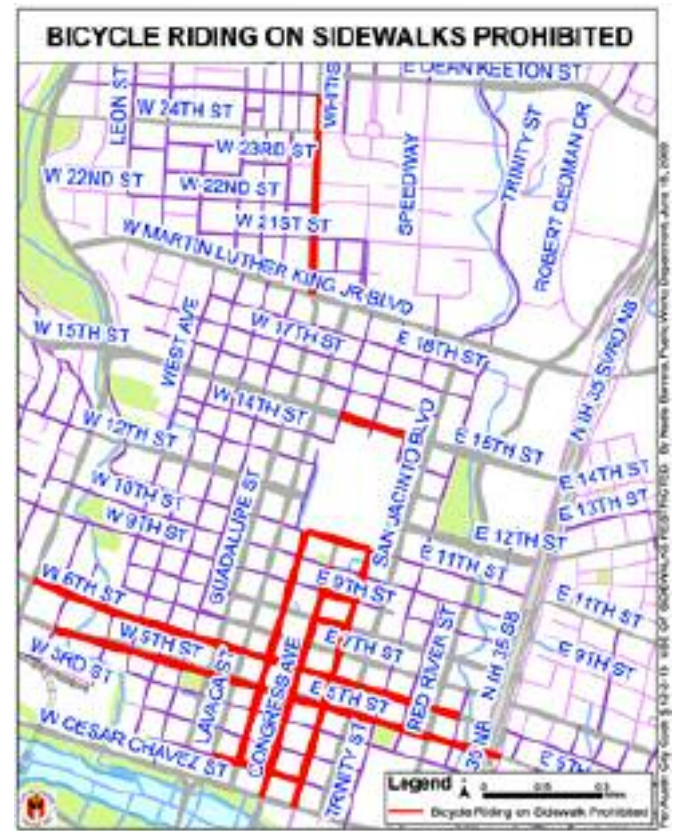
Invest in a cable lock for you seat post and rear tires. Write down your serial number (under your bottom bracket) and take a picture of your bike. Save in a good location.

What is the law regarding making a complete stop?

A complete stop means stopping all forward motion. The best way to do this legally is to put your foot down at every stop sign. If you feel comfortable with your track-stand skills try a track stand, but putting the foot down is the safest, easiest, undeniably legal way to stop.

Where can I ride on the sidewalk?

According to City Code it is illegal to ride on sidewalks in the downtown area or on Guadalupe near the University of Texas. (see map)



Sidewalk riding can be dangerous, especially at intersections and driveways where motorists are unlikely to see you. Sidewalk riding is also unnerving to pedestrians. The Bicycle Program recommends riding your bicycle on low traffic volume, low speed streets when possible. To learn more about recommended bicycle routes near you, get a free copy of our Bicycle Route Map at our offices on the 8th floor of the One Texas Center (505 Barton Springs Road). Remember, you do not have to drive your bicycle on the same streets as you drive your car. Often times a quiet neighborhood street will get you there faster and safer on your bicycle, not to mention less traffic congestion and an overall more enjoyable experience. I often wonder why cyclists choose to ride on S.

Lamar for example, when Bouldin, S. 5th Street, and Kinney Avenue, are wonderful alternatives to this busy roadway and they are for the most part, just one block away.

When will the Lance Armstrong Bikeway be complete?

We are hoping the bridge over Waller Creek on 4th Street should be ready some time in May. The next phase to be complete is the conversion of 3rd Street to a two-way for the whole roadway. This should occur sometime in the next two years and be complete by 2012. Finally, the segment from Shady Lane to US183 should move into the construction phase some time in 2011.

How can I get a bike rack for my office/commercial/retail space?

Contact Jason Fialkoff (Jason.fialkoff@ci.austin.tx.us) with the name and contact information of the management property. Property managers must sign a document that says they will keep the bike racks in for at least 10 years. We also conduct a short meeting to make sure that the racks are installed in a location that makes sense and does not conflict with sidewalks or other areas. There is also an option of placing bike racks in the City's right-of-way if the property management does not want to maintain the racks.

How do I get involved in bicycle related issues?

Attend a Bicycle Advisory Council (BAC) Meeting. They are the third Thursdays of every month in the 8th floor conference room of the One Texas Center (505 Barton Springs Road) from 6:30-8:30 PM. There you will meet a plethora of bicycle advocates, professionals, and enthusiasts. The BAC is a grassroots organization that works directly with the Bicycle

...continued bottom of next page

Don't Wait for Sidewalks—Walk & Ride (Carefully) Now! by Amy Babich



Spring is here in central Texas, and we'd better get moving before we get clobbered by summer. Our fledgling pedestrian activist movement has an e-mail list, courtesy of Sam Placette. The address is <http://groups.google.com/group/human-power-austin/>. Like many people who like to walk and bicycle, I don't really like high-powered machines, including computers. So I haven't posted much to the list yet. But I will do so, because communication is necessary, if we wish to get Austin's walking network finished. If the way to a connected sidewalk network is through the computer, I'll grit my teeth and use the machine. At least I don't have to drive a car, or ride in one.

A reporter from KUT news called me one morning in April to interview me about a sidewalk resolution I was bringing before the Bicycle/Pedestrian Subcommittee of Austin's Urban Transportation Commission. I was surprised, particularly as I never actually got to the subcommittee meeting on March 29. Instead, I suffered my first bicycle crash in Austin since 1996. I'm hoping that this was a very unusual crash, and that a similar thing won't happen to anyone else.

I was riding my bicycle through the Capitol grounds toward downtown, on my way to the UTC meeting. At the south end of the Capitol grounds, as I prepared to ride through a green light across 11th Street, suddenly my bicycle fell down. It all happened very quickly. I had already hit the pavement and was back on my feet when two people approached and asked whether I was OK. I said yes, I thought so. Then I asked, "What happened?"

"You got tricked," said one of the witnesses. "The posts came up and hit you."

Until then, I had forgotten the retractable bollards at the Capitol.

The bollards were installed a few years ago, for the purpose of fighting terrorism. They do this by blocking the cars of unauthorized people from driving into the Capitol grounds. This could have been a golden opportunity to make the Capitol grounds car-free. The Texas State Capitol is a pretty building, and the grounds are pretty, too, full of trees and birds.

But the Texas State Legislature doesn't like to make any area car-free. So instead of stationary bollards, the entrances and exits to the Capitol grounds have bollards that bob up and down. Usually, they are up, and plainly visible. When the car of an authorized person approaches, they sink down into the ground.

A car had driven through the south boundary of the Capitol grounds, but it was at least a hundred yards ahead of me. When I reached the southern edge of the Capitol grounds, there were no bollards to be seen, and I forgot about them. Then they came out of the ground and hit the rim of my rear wheel.

I didn't feel hurt, so I got back on the bicycle, and rode it across 11th Street. Then I got off and rolled the bike onto the sidewalk. The bicycle was not rideable—it was all askew. It turned out that the rim of the rear wheel was badly twisted. I was not badly hurt myself, probably because I was riding a recumbent bicycle with an extra-strong rear wheel. But I couldn't get to the meeting on time. I'll have to go to the next meeting. Please, fellow cyclists, don't forget about those bollards. I don't think I'll ever forget them again.

The resolution I was hoping to present for, calls for a schedule for finishing Austin's sidewalk system in 20 years. At the rate at which sidewalks are currently being built, there won't be a complete sidewalk system in Austin until after everyone now alive is long dead. And yet it would cost less to finish the sidewalk system (and build out the Bicycle Plan, and make the bus stops accessible to people with disabilities) than it costs to build a few miles of fast-traffic car road.

Another point to consider is that pedestrians constitute a large share of the people killed in Austin traffic. In 2008, 59 people were killed in crashes on Austin's street, and 24 were pedestrians. In 2009, 59 people were killed, and 15 were pedestrians. At the end of March, when I crashed on my way to the meeting, 13 people had been killed by

cars in 2010, and 6 were pedestrians. Surely these numbers should be considered when deciding what share of transportation money is spent on sidewalks and crosswalks for people on foot.

The US Secretary of Transportation, Ray LaHood, announced in March that the federal government would adopt the principle that walking and bicycling be considered modes of transportation as important as driving cars. This announcement was denounced by various business associations. Business associations in Austin, too, seem convinced that car driving is and always will be the most important form of transportation, and the only one worth accommodating. They never seem to consider that, when a customer walks through the door of a business, that customer is no longer a motorist, bicyclist, or bus rider, but a pedestrian.

Bicycling in Austin seems to be much safer than walking. One bicyclist was killed here in 2009, and none by the end of March in 2010. But most people seem to think that walking is safer than bicycling.

Near a highway or other big high-speed street, I'd much rather be on my bicycle than on foot, even if there is a sidewalk. On my bicycle, I have lights and other visibility gear. On foot I'm much less conspicuous. And on my bicycle, I can act like a car driver. I can't do this convincingly on foot.

Don't let the scary numbers dissuade you from walking in Austin. Not walking is even more dangerous than walking. Forgoing walking can make you depressed and anxious, and also increase your risk of developing various deadly diseases. (For example, an article in yesterday's newspaper claimed that walking for two hours a week decreases a woman's risk of a stroke by 30%.) Walking in Austin would certainly be nicer and less stressful (and, perhaps, even more effective at preventing strokes) if we had good sidewalks on both sides of every street.

But we don't have this right now, so we must walk in the street with the cars. It's still very nice much of the time, with exasperating or scary moments when a lot of cars are around. We can't postpone walking or bicycling, or living until we have ideal conditions. Let's work for much-needed improvements, such as sidewalks. We may get them eventually. Meanwhile, let's walk and bicycle happily but warily through the intermittently pleasant streets.



EASY STREET RECUMBENTS
(comfy bikes, fast trikes, and rugged tires) encourages you to support The

League Of..... Bicycling Voters

Austin's voice for bicyclists: www.jobv.org

5555 N. Lamar Blvd. #C105 (hidden behind the hair salon)
11-6, Wed-Sun, 453-0438, EasyStreetRecumbents.com

Yes, Austin now has a bike advocacy organization! We're building on our past success and building our membership. Check us out, join up, and help the LOBV make Austin even more bike friendly! Join today at LOBV.org or at Easy Street, a proud supporter

Neighborhood Connectivity...continued from previous page

Program staff to implement the Bike Plan and improve cycling conditions for your community.

We look forward to seeing you take your bicycling and walking to the next level. Consider taking small trips on your bicycle or walking to the store. These small steps (pun intended) will not only make a difference on the air you breathe, but on your general health and happiness. Many people don't know this, but the steel cage that surrounds you in your car actually focuses the pollutants in the air, making you and your family more vulnerable. Therefore, those of you that walk and ride to your destinations breathe cleaner air. Think of that the next time you are stuck in traffic, and then contact us when you get home to help you plan your bicycle or walking route.

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