

## Hours:

MONDAY – FRIDAY  
7:00 – 8:00

SATURDAY 7:00 – 6:00

SUNDAY 10:00 – 6:00

# HONEST WEIGHT FOOD COOP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #302

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## What's the Scoop?

- New on the shelves – something for everyone! (see page 6)
- Fair trade for skilled Mayan hands (see page 10)
- Have your cake and eat it, too – the French paradox (see page 12)
- Fun things in the Children's Corner (see page 13)

## NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, October 27.

### Finance

The Board discussed a draft donation policy. An ad hoc committee consisting of the Board member who wrote this proposal, the staff member who administers the program, and the Operations and Administrative Coordinator will use this draft to refine the proposal. They will report back to the Board.

It was decided that the Coop should lower the interest rate at which money has been loaned to the Capital District Community Loan Fund, which makes loans to non-profit organizations and small businesses. The current rate is 2%, which, it was noted, is more than the Coop would get from a bank. The Board agreed to lower the rate to 1%.

It was noted that the Coop is doing well compared to other coops, and some people are concerned that there is too much profit. Several Board members pointed out that since the Coop may be moving, we will

*continued on page 3*

# Working Members' dinner hosts discussion & appreciation

by Deborah Trupin

About 250 Honest Weight Food Coop members — weekly workers, monthly workers, Board members, and staff — gathered on Sunday, November 7 at St. Sophia's Church in Albany for the third annual "Member Thank You Dinner." Honest Weight's member coordinator, Nate Horwitz, and outreach coordinator Jessica Allen, were the overall organizers of the event; they drew on members to take responsibility for parts of the evening. Member Mary Kay DelGiaccio coordinated all of the cooks; all of the food was prepared by Coop members. Peggy Steinbach directed the set-up of the hall, while Jessica was responsible for recruiting members to work that evening. Although this was a member acknowledgment dinner, it seemed that about half the members there to be thanked were also working for the dinner! This was a great reflection of the spirit of Honest Weight.

Mary Kay DelGiaccio said this was her first time volunteering for the dinner. She volunteered because she enjoyed the food so much last year and wanted to get involved this year. She said that her task of coordinating the cooks wasn't that hard because she had a good base of cooks. She said that "the cooks' experience really came through." Saul Rigberg, attending the dinner for the third year in a row, attested to that, saying that "the food is always fantastic!" The happy faces of members as they filled their plates with the variety of veg-

etarian main dishes, breads and deserts also testified to the cooks' skills.

Members Paul Cronin and Michael Lamkin provided piano music during the evening, adding nicely to the sound of forks on plates and friends talking and laughing. There was a separate play room for children.

The dinner also served as the venue for the fourth membership meeting of 2004. Board president Lynne Lekakis interrupted the chatting and eating to make a few announcements, to further recognize members, and to open the floor for discussion. She first reminded members that according to the Bylaws, each adult member of a household should purchase a share. The work requirement for membership is based on the number of household members. Lynne asked everyone to think about if they had the right number of shares (and thus work hours) for the number of people in their households and, if not, to rectify the situation by purchasing additional shares. Shares can be purchased at the Service Desk in the Coop.

Lynne noted that the Board will be looking for new members in April and that the Nutrition committee is looking for additional members. Lynne encouraged members to consider running for a Board seat or serving on the Nutrition committee. The Board especially needs members with financial skills, while the Nutrition committee is

*continued on page 4*

# Behind the Coop

## Board of Directors

President: Lynne Lekakis 427-7386  
Vice-President: Howard Brent 456-2560  
Secretary: Jim Monsonis 794-8601  
Treasurer: Virginia McEwen 463-8904

## Committee Liaisons

Alternative Supply & Products Ray Ratte  
371-3648 rratte1@nycap.rr.com  
Communications Lynne Lekakis  
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Finance Virginia McEwen  
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Governance Howard Brent  
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At Large David Seaman  
392-7797  
Collective Management Team representative  
Cindee Lolik 663-9962  
Staff representative  
Duke Bouchard 466-0654

## Collective Management Team (482-3312+ext.)

Operations and administrative coordinator: Cindee Lolik (x116)  
Member coordinator: Nate Horwitz (x104)  
Outreach coordinator: Jessica Allen (x120)  
Accountant: Ghada Jaouni (x107)  
Accounting assistant: Alfred Bouchard (x103)  
Personnel administrator: Robert John Allen  
Point-of-Sale administrator: Lexa Juhre (x101)  
Front end manager: David Jimenez (x109)  
Assistant front end manager: Jennifer Felitte  
Grocery manager: Nancy Reich (x119)  
Grocery floor managers: Karisa Centanni, Jason Garry, Robert Lloyd, Joe Marra, Christian Schider, Lee Wilson, Russell Ziemba  
Produce manager: Gayle Anderson (x102)  
Assistant produce manager: Jamie Felitte  
Produce assistants: Lorilee Bird, Justin Birk, Mel Dragon, Michael Kelly, Steve Kroeger, Steve Lamica, Kelly Schroeder, David Ziedman  
Bulk manager: Bob Linn (x106)  
Assistant bulk manager: John Haag  
Bulk assistant: Leigh Nowicki  
Cheese manager: Gustav Ericson (x118)  
Cheese assistant: Ken Runquist  
HaBA manager: Kathleen Boehning (x111)  
Senior assistant HaBA manager: Mitchell Liberman  
Second assistant HaBA manager: Lynne Sims  
HaBA assistants: Wendy Gray, Dick Kavanaugh, Mira Nussbaum, Kinga Zalavary  
Food service manager: Nicole Bailey (x108)  
Assistant food service manager: Cathy Fitzgerald  
Cooks: David Nasner, Laura Pederson  
Night manager: Michael Ferrandino  
Floor managers: Robb Cole, Fil Toplif  
Maintenance: Sonya DeWitt, Emily Collins, Shantel Ellis, Trudy Ellis, David Fogarty  
Shift managers: Emily Collins, Sonya Dewitt, Shantel Ellis, David Fogarty, Dick Kavanaugh, Desiree Krueger, David Ziedman



## Member Labor Openings

**BULK • BAGGER** — Make your own hours. *Help!!* • **BIN CLEANER** — Inquire about hours. • Member needed to **WRITE PRICES** on new bulk bin labels. Speak to Bob Linn, bulk manager.

**CASHIERS** • Many positions open throughout the week.

**COURTESY CLERKS** • Needed for ALL SHIFTS.

**FRONT END** • Looking for Courtesy Desk workers — weekly.

**GROCERY • WAREHOUSE CLEANERS** — every evening, 5–8. Involves some heavy lifting. • **SUNDAY AFTERNOON SHIFTS** — many shifts available, very flexible time slots. See David.

**HaBA** • Looking for a **CLEANER** — 3 hours

a week, detail-oriented person. • **PRICE CHANGER** — once a month on price-changing night • **HERB STOCKER** — Friday p.m., 3-hour shift. Call Kathleen.

**NUTRITION/EDUCATION** • Coop members needed for special projects of the Nutrition committee, such as staffing info tables, writing articles, distributing flyers, circulating petitions on legislative issues. Contact George Broeckx at 458-8144.

**OFFICE** • Typing, filing and other office work.

**PERSONNEL** • Working members needed to serve on Personnel committee. Contact Lynne Lekakis at 427-7386.

**PRODUCE** • Check the book at the Service Desk — variable hours.

# ATTENTION All Members!

by Lynne Lekakis

We've just learned that there are some households out there where more than one person eats regularly and the household only owns one share! Egads! We can't have that! Seriously, our goal for the next few months is to identify households where this is the case and take steps to correct it. It has long been the policy of the Coop that if more than one person in your household eats, then each adult (>18 yrs.) should purchase a share. It enables us to have a clearer idea of how many members we actually have, enables our balance sheet to reflect a truer picture when we go to the bank for loans, and is actually more cooperative, which is why it was designed that way initially. We all work together.

The system supports the people who work and/or buy a share. They get a discount. Not everyone gets one—you have to make an effort. If your effort is greater, your discount is greater. When more than one person consistently benefits from a discount that they didn't work to earn, it puts our entire discount structure in jeopardy and places a larger burden on those who do work.

*continued on next page*

## About the Coop

The Honest Weight Food Coop (HWFC) is an organization owned and operated by its members. Its main purposes are to supply high quality natural foods at low cost to both members and non-members, and to bring people together through cooperative action.

Active HWFC members work three hours per month and receive a discount off ticketed prices. Please see the Customer Service Desk for more information about becoming a member.

Honest Weight is currently located at 484 Central Avenue in Albany, New York, a half-block west of Partridge Street.

## Contacting Honest Weight Food Coop...

Postal mail — HWFC, 484 Central Ave., Albany NY 12206. Phone — 518-482-2667 (482-COOP). E-mail — email@hwfc.com. Website — www.hwfc.com.

## NEWS AT A GLANCE, from page 1

need to have as much cash on hand as possible and that no steps should be taken to reduce profit at this time. The Board agreed.

## Shares

The Coop policy regarding shares is that each adult member of a household must purchase one share. This policy has not been enforced for some time and the Board discussed how to rectify the situation. It was agreed that the policy will be enforced at the cash register, that the issue would be discussed at the member dinner and discussed in a *Coop Scoop* article.

## Communications

The Board discussed approval of articles on Coop policy that appear in the *Coop Scoop*. It was decided that such articles written by a member of the Collective Management Team (CMT) should have the prior approval of two members of the Team and one Board member. When written by a Board member, the approval of three other Board members is needed.

In response to a query, it was noted that the *Coop Scoop* is the Coop's newsletter that exists for the benefit of the membership. Whether or not the *Scoop* makes money (within reason) is not an issue. The *Scoop* is currently actually under budget.

## Committee Chairs

It was noted that it is desirable that committees be chaired by Coop members who not members of the Board nor paid staff. How-

Note: News at a Glance is a summary of the meetings of the HWFC Board of Directors.

## ATTENTION ALL MEMBERS, from page 2

So, we're asking you first to self-identify. If you know that you are not pulling the weight of your entire household, please see Nate and he can set you up to get in the system. We'd like to start the new year knowing how many members we actually have. Please sign up before December 31. It's our job to ensure that policies are being followed, and we don't want to make this process more difficult than it has to be. Don't bring your partner's card to the register and expect that you'll be given the discount. Don't give the cashiers a hard time if they ask you why it says John on the card and you plainly look like a Jill. Your household memberships will be linked if you like, and one person can do all the work, or you can share it, as you prefer. You can buy a share with a variety of payment plans, so this needn't be onerous for your holiday budget.

We recognize that there are households where one person does the exclusive "Coop-style" eating for a number of reasons and the others do not. That's real, and it's clear. But the people who don't eat the food don't come to membership meetings and participate either. You shouldn't have all the benefits of membership without being a member. We want you to be a member. We want to hear your voice and we want you to be counted.

Please work with us on this. We're sorry that we have to bring it up and we laud all the households who follow the policy. We're coming up to our busiest time of the year and we appreciate your support.

Articles in the *Coop Scoop* are for informational purposes only and are not intended to diagnose, advise and/or treat medical conditions. Contact your health practitioner.

## KATHERINE TURNER

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## Guidelines

for *Coop Scoop*  
article submissions

1. You must include your NAME and PHONE NUMBER on all submissions. *Articles without a name and phone number will NOT be accepted.* Submissions by e-mail are preferred.
2. If you are submitting a typed document, the deadline is the 10<sup>th</sup> of the month, at store closing time.
3. Handwritten copy is *NOT* accepted without prior approval.
4. If you are submitting on computer disk, the deadline is the 12<sup>th</sup> of the month at store closing time. We can accept any size DOS disks, or Mac disks if they are high-density (HD), 1.4MB format. (Note that older Macs cannot produce this format.) **HARD COPY MUST BE SUBMITTED with your disk!** Please call the Editor for further details about how to type and save your text.
5. Please e-mail your article to *both* [fordtrupin@verizon.net](mailto:fordtrupin@verizon.net) and [coopscoopers@yahoo.com](mailto:coopscoopers@yahoo.com).

All articles are printed at the discretion of the Editor and editorial board. It is a policy of the *Coop Scoop* only to print articles that have been signed.

Work credit for articles is only available if pre-approved by the *Scoop* Editor.

## Behind the Scoop

Editor: Judy Trupin 489-6392  
Production design: David Ford 489-6392  
Illustrator: Alice Bernat  
Calendar editor: Susan Palmer 438-4344  
Advertising rep: Christy Carton 674-5773  
Distributors: Nancy Fisher, Doug O'Conner  
Printer: The Printing Company

looking for people with training in nutrition and health. Interested members should contact Lynne about the Board and Board member George Broeckx about the Nutrition committee.

Next, Lynne moved to the "thank you" part of the meeting. She asked everyone in attendance who had been a working member for more than one year to stand. (About half of those in attendance stood). She then asked those who had worked for over 5 years to remain standing (about half remained), then 10 years (again about half), then 15 (about 10 people remained), then 20 (about 5 people), then 25 (only 1 person, George Broeckx, remained standing). There were, however, more 25-year working members present. (Many were in the kitchen, working!) Lynne read their names and presented each with a token of appreciation (Spectrum Theater movie passes) from the Coop. The 25-year working members recognized were: Howard Brent, George Broeckx, Bob Fullem, Ellen Higgins, Marilyn Kaplan, Kathy Koch, Tim Maxwell, Jill Meehan, Harriet Seeley, Scott Spinner, Mark Yolles, and Pola Yolles. In conversations after the formal meeting, Board member Ginny McEwen acknowledged that the records for member labor are probably not

complete and accurate, so that this list was the best that the Board could assemble. There was a round of applause for all these members.

The Board also had tokens of appreciation (again, Spectrum Theater passes!) for those members who had worked for 10, 15, and 20 years. She asked those in attendance to pick up their tokens at the T-shirt sales table. I am a 15+-year member, and I was truly touched by this gesture.

The last item on the agenda was time for questions and general discussion. The questions focused on requests for updates on the strategic planning process, for the benefit of those who had not been at the October membership meeting. In response, members of the Strategic Planning subcommittees (Finance, Site Selection, Vision and Documentation, Food and Product Manual, and Alternative Supply and Products) gave short updates. Most of these repeated what they discussed at the October meeting, which was published in the November *Coop Scoop*. The Site Selection *PowerPoint* presentation on building options was running during the meeting. Lynne also noted some developments since the October meeting. The results of a financial analysis will come in on December 1, which will give the Coop

### To advertise in the Coop Scoop...

Prices for camera-ready ads are: \$20 for our smallest 1-column size; \$45 for 1/4-page; \$85 for 1/2-page; \$120 for a full page — with several other sizes and prices in between.

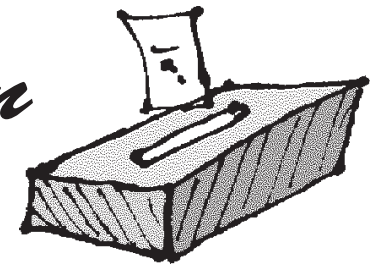
One free ad is provided with ads prepaid for a year. Advertising copy must be submitted by the 15<sup>th</sup> of the month preceding publication.

For more information about *Coop Scoop* advertising, contact Christy Carton at [ccarton@verizon.net](mailto:ccarton@verizon.net), or (518) 674-5773.

more information to use in planning for a move. After a long period of there being few sites to consider, there seemed to be more options in the last few weeks. Lynne reminded the group that "whenever the subcommittee had something 'excellent' to bring to the members, that the members would be the first to know."

Lynne closed the meeting at about 6:30 pm by thanking all the members for their help. She noted that we are lucky to have such an excellent staff and member labor program, and noted that it is one of the strongest in the country. Members attending this dinner seemed to agree.

# Suggestion Box



- Q. Coffee center has names of drinks but no descriptions of what ingredients [are]. It would also be more attractive with a more decorative display.
- A. Information about the coffee is available with the bulk coffees. What sort of decorations do you have in mind?
- Q. Your bike rack is terrible, but even worse is the location. Please move it to the front door. Yes, displace a car! Make a statement that bikes are better!
- A. We're working on having a member build a new rack. We cannot displace the handicap parking spaces. Yes bikes are better, and we'll have to figure out how to make that statement.
- Q. Eco string bags with short handles, not shoulder length, thanks!"
- A. We carry Eco string bags to provide an environmentally sound option, although they do not sell well. The short handle sells worse. You can knot the handle to shorten it.
- Q. A lot of people have been asking for mason jars — maybe we could start carrying them.
- A. We will not be carrying them this year.
- Q. Please make some of your deli recipes available (on website perhaps) for those new to things like seitan, tempeh, etc.
- A. We're currently updating our website.
- Q. Many people are on a No Salt Diet. How about some baked goods, soups, and deli items without salt?
- A. The baked goods require some salt for the leavening process. We'll look into some salt-free soups and deli items.
- Q. There is no whole wheat sour dough *Berkshire Bread* on Saturdays. Please get more!
- A. OK.
- Q. Can you provide a gluten-free bread maker mix? I think *Gluten-Free Pantry* makes it.

- A. We'll get some.
- Q. The organic sweetened cranberries don't say what they're sweetened with.
- A. They are sweetened with organic (certified) evaporated cane juice. We will update the sign as well. Thank you for pointing this out.
- Q. Please keep *Annie's* ranch-flavored bunny crackers in stock. My daughter is in love."
- A. We aim to keep them in stock.
- Q. Tins of loose tea? Where'd they go?
- A. Which tea are you looking for?
- Q. *Organic Valley* whole milk in quart size please.

- A. We'll get some.
- Q. Lids for plastic containers need to be as substantial as containers. They are getting more and more flimsy these days.
- A. They substituted substandard lids on the last order. We told our supplier.
- Q. The *Red Mill Scottish Oatmeal* that was on sale in October was great. Will you carry it as a regular item?
- A. Yes we will.
- Q. Would it be possible for you to stock *Herbatint* hair dyes? I believe they are from Europe.
- A. We will gladly special order some for you. You may speak with a HaBA representative and it will arrive in a few days.

Q. Have a member worker open the door for shopping carts. It's a struggle by yourself.

A. We'll take it into consideration.

Q. Could you sell organic, clean, frozen fish?

A. We carry a small selection of wild, sustainably grown and conscientiously harvested fish. If and when our fish referendum passes we may expand our selection.

Q. Boca Italian sausage... also please Boca smoked sausage."

A. The buyers have received a lot of criticism for carrying Boca. At this point we have not been expanding the line.

Q. Please bring back *Walnut Acres Peach Salsa*. The entire family loves it!

A. We have it back in stock.

Q. Bliss Bars — why does it take 6–10 weeks to restock?

A. We have to order a lot to make their minimum.

## LOCALLY GROWN PRODUCE

LIVE MUSIC & CHILDREN'S ENTERTAINMENT

### SATURDAY


10am to 2pm  
Atrium, Downtown Troy

December 4  
Kate Blain sings and plays.  
The Community Inclusion Project will have art for sale.  
Erica Pelton author of *Golflyns in America* will be signing books.

December 11  
**Winter Art Festival**  
Artist from all over the region will show their work for holiday shoppers.  
Feu de Joie will entertain us with their old time repertoire.  
The Albany Pine Bush Preservation Commission will have information at the community table.  
Honest Weight Food Coop will entertain the children.  
Lori Doyle, Personal Chef LLC, from the Capital District Community Gardens, will give a cooking demonstration.

December 18  
Maria Zemantauski will entertain us.  
Capital District Community Loan Fund will have info.  
Cornell Cooperative Extension will prepare a dish.

December 25  
Happy Holidays



## TROY

### Winter Farmers Market

for more information  
(518) 475-2909  
[troymarket.org](http://troymarket.org)

## "Offering Healthy Choices"

- Health Food (Gluten free, Organic)
- Health Supplements/Remedies
- Health Clinic (Treatment space also available)



**Center for Natural Wellness**  
20 Mall - Guiderland - 869-2046

## Fair Trade Is a Sweet Deal

This month, there's a slew of new products at the Coop. From fair trade to a jet lag kit, there's something for everyone.

From **Rapunzel Pure Organics**, we have *Bittersweet Baking Chocolate* made with pure chocolate and 70% cocoa. Rapunzel uses only 100% certified organic commodities and ingredients that are grown and purchased through the

Hand in Hand fair trade program, which ensures farmers in developing countries are paid based on a fair pricing structure independent from the world market.

From **Equal Exchange**, we have a new line of organic chocolate made with cocoa. Available varieties are *Milk Chocolate*, *Dark Chocolate with Almonds*, and *Very Dark Chocolate*. These bars are made with cocoa from the farmer cooperatives CONACADO, in the Dominican Republic, and CACVRA, in Peru, and the fairly traded organic sugar comes from cooperatives in Paraguay and Costa Rica.

## Snackin' and Sippin'

We're getting in some new products from **Vegan Creations**, including *Seitan* and *Vegan Biscotti*. Seitan is made from wheat gluten and has been used in China and Japan for centuries as a high-protein meat substitute. It is prepared with a savory mix of spices and cooked to a firm consistency. There sure-to-be-good Vegan Biscotti comes in a *Almond*, *Hazelnut* and *Chocolate Chip*. We will, most likely, be getting more of Vegan Creations' products in the near future.

We've got plenty of new snack foods this month. From **Cracklebred**, we have a new line of fat- and cholesterol-free, all-natural flat bread. The line is available in *Original*, *Tomato* and *Fine Herbs Veggie*, and *Multigrain*. In addition to the flat "bred," we now carry **Nature's Path's Organic Signature Series Crackers**. This line, which has no trans fats, is available in several varieties — *Tamari Flax*, *Garden Veggie*, *Lemon Poppy*, *Tamari Sesame*, *Deep Chocolate* and *Ginger Spice*. To delight your sweet taste buds as well, we



# New on the Shelf

by Mel King

have *Vanilla, Choco* and *Lemon Organic Wafers* from **Helwa Wafers**. Made in Holland, these wafers are sweetened with cane sugar and contain only organic ingredients.

Since at **Mrs. May's** they "are

mostl  
nuts," we  
have a new  
snack line that is  
vegan, wheat-free,  
gluten-free and  
non-GMO (geneti-  
cally modified or-  
ganisms). We are  
currently carrying  
*Almond Crunch*,  
*Black Sesame*, and  
*Pumpkin Crunch*.  
Slow-dry roasted  
with a touch of sea  
salt, the nuts are  
made with premium  
dry-roasted nuts,  
toasted sesame seeds,  
natural fruit pieces, or-  
ganic evaporated cane  
juice, rice malt, and  
sea salt.

We've done salty,  
sweet. Now for...  
*chreese* (rhymes with  
"trees")? From **Road's  
End Organics**, we have  
*Nacho Chreese Dips*. This  
fun vegan, gluten-free  
and wheat-free product  
is a organic alternative to  
queso dips. The *Nacho  
Chreese Dip* is available in  
spicy and mild.

The "**Juice Guys**" are at it again, this  
time with *Nantucket Nectars Organic*. The  
line contains 100% juices and juice cock-  
tails made from USDA-certified organic  
fruit. The organic cocktails are sweetened  
with organic cane juice or organic cane  
sugar only. The line is currently available  
in *Blueberry Banana*, *Banana Mango Car-  
rot*, *Very Raspberry*, and *Cranberry Orange*.



## Pretty Cheesy!

From the Champagne region of France we have two new, very festive cheeses. The *Chaource* is the most renowned of the soft-ripened bloomy rind cheeses. It is a rare, though rumored to be fabulous cheese. *Delice de Bourgogne* is similar to the classic Brie both in appearance and texture; this is a sumptuous cheese that delivers an extra triple-cream punch to the palate. From local **Jasper Hill Farm** in Vermont come *Constant Bliss* and *Bayley Hazen Blue*, which has a low salt level and hints of hay and hazelnuts.

"The Christmas [holiday] desserts from Italy are on the way!" (Thanks Ken!)

## Cookin' at the Coop

New this month is **Dr. Fred Pescatore's Healthy for Good! Mac Nut Oil**. Dr. Pescatore is former associate medical director of the Atkins Center and mastermind behind this pure Australian macadamia nut oil. Made from macadamia nuts that originate in Australia, the oil is said to be more healthy than olive oil and more stable than canola oil. We'll let you be the judge of

that. Over near Ken and Gustav in the cheese department, you'll find some delightful oils from Sicily. Among them are **Paesano's Extra Virgin Olive Oil**. This interesting unfiltered oil is only bottled once a year after its first pressing in mid-October. We also have **Asaro Partanna's Extra Virgin Olive Oil** and **Asaro's Premium Olive Oil**, which is available in *Garlic*, *Rosemary*, and *Porcini Mushrooms*.



## Cleaning up "Coop Style"

From **Edward and Sons** come some organic breadcrumbs. The vegan seasoning comes in *Italian Herbs* and *Lightly Salted*. We also have an authentic blend of Indian spices including cumin, coriander, cinnamon, cloves, and black pepper with no MSG. We have *Punjabi Chhole* (chick peas) from **Arora Creations**.

From cooking, we go to cleaning. **Earth Friendly Products** brings us *Dishmate* in *Lavender* and *Natural Pear*. The liquid hand dish washing product contains no phosphates, dyes or perfumes. Though used for dish washing, it acts as a cleaner for hand washable clothes and is mild on sensitive skin.

## HaBA... Great Month!

Kathleen has a new **Burt's Bees** make-up

display up and running. From **Dr. Hauschka**, we have a *Jet Set*. The "jet lag kit" contains hand cream, leg and arm toner, a facial toner, a rejuvenating facial mask and an eye solace. From **Naturally Clear** we have a three-part acne kit that contains a supplement, a cleanser and a skin mist. It is a 15-day supply.

It should be noted that some **Tom's** products that we have long carried have been discontinued. Included are the *Almond Shampoo* and *Honeysuckle Baby Shampoo*. We will be getting in *Jasmine Baby Shampoo/Body Wash* to replace the *Honeysuckle Baby Shampoo*. **Tom's Un-scented and Calendula** roll-on deodorants have made some changes to their ingredients: They now contain zinc for a "longer-lasting" formula.



From **Herb Farm**, we now have *Holy Basil* in capsule form. Back in stock, we have *Kava* root vegetarian capsules, as it is the only Kava root we can find. Also back in stock is *Skullcap Tincture*. **Garden of Life** brings us *Goatein IG* — a protein milk



**Bio** brings us *Flu Relief* and *Flu Resist*. Kathleen advises to not worry about the influenzium that *Flu Relief* contains, as "like cures like" and it is homeopathically diluted.

In for the holidays are a lovely glass olive oil decanter and dipping set by the **Santa Barbara Ceramic Company**. From Tibet, we have singing bowls and incense kits that make great gifts. From **Microfiber**, we have eyeglass cleaning cloths with replicas of famous paintings on them. Also we have some beautiful baskets and ornaments made of natural barks and wood. Soon to be in are some delightful organic cotton and herb animal-shaped eye pillows by **Natural Relaxer**, in the bear, sheep and kitten shape. Kathleen says, "They're adorable!"

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# December Calendar

12/1 **HWFC HEALTH & WELLNESS SERIES:** "Holistic Psychic: Medical Intuitive Readings," with Katherine Turner. 5-7 pm. 15-minute sessions in the HWFC Kids Room. For more info, call 482-2667.

12/4 **CRAFT FAIR.** Annual fair features a variety of Capital Region crafters and goods: woodwork, blown glass, jewelry, furniture, clothing, etc. 10 am-4 pm at Hamagrael Elementary School, 1 McGuffey Ln., Delmar. Free admission. More info: Dawn, 439-9031 or [dawnfleck@earthlink.net](mailto:dawnfleck@earthlink.net).

12/5,19 **HWFC HEALTH & WELLNESS SERIES:** "Holistic Psychic: Medical Intuitive Readings," with Katherine Turner. 10 am-1 pm. 15-minute sessions in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

12/6 **HWFC HEALTH & WELLNESS SERIES:** "Introduction to Feng Shui (Black Sect Tantric)," with Laura Lee Ross. 6:30-8:30 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

12/7 **HWFC HEALTH & WELLNESS SERIES:** "Get your knives sharpened!" Let Vince Manti hone your knives while you shop at the Coop. (No serrated blades, please!) 5-7 pm. For more info, call 482-2667.

12/7 **ALBANY VEGAN MEET-UP** Group. 6:30 pm at Mamoun's Mideast Café, 206 Washington Ave., Albany. For more info and to sign up: <http://vegan.meetup.com>.

12/10 **HWFC HEALTH & WELLNESS SERIES:** "Personal Introduction to Feng Shui for Your Home, Office, or Workspace," with Laura

Lee Ross. 5-7 pm in the HWFC Community Room. Sign up at the Coop for 30-minute individual consultations. Bring a floor plan of the space that you want to "Feng Shui." For more info, call 482-2667.

12/11 **SAVE THE PINE BUSH** Holiday Vegetarian/Vegan Lasagna Dinner. 6 pm. First Presbyterian Church, State & Willett Sts., Albany. Reservations: 434-1954/462-0891.

12/12 **VEGETARIAN/VEGAN POTLUCK.** Tasty food and conversation, plus an informal members meeting. 12-4 pm at Temple Sinai, 509 Broadway, Saratoga Springs (side door entrance). For more info: 573-0092 or [susanalden1@mac.com](mailto:susanalden1@mac.com). Sponsored by Saratoga Vegetarian Society.

12/22 **HWFC BOARD OF DIRECTORS.** Wed., 6:30 pm, FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

1/10 **KESHET: JEWISH COMMUNITY DAY SCHOOL** of the Albany Region. Informational meeting for interested families. (Anticipated opening Sept. 2005.) 7:15 pm at the East Greenbush Public Library, 10 Community Way. For more info or directions: 448-6877 or [keshetalbany@gmail.com](mailto:keshetalbany@gmail.com).

## ONGOING EVENTS

### MONDAYS

Capital District **MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS** Support Group. 4th Monday, 7 pm. Coping with environmental, chemical and occupa-

### POLICY FOR CALENDAR LISTINGS

There is a charge for all calendar listings of classes and workshops for which the fee is more than \$5. HWFC members receive one 4-line listing free of charge. The charge for all other listings for fee-based classes and workshops is \$3.00 for the first four lines (approx. 25 words), and \$0.75 for each additional line.

ALL ADS MUST BE PRE-PAID (make checks payable to HWFC, not Coop Scoop). Send payment with your listing to: **Coop Scoop Calendar, Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (518-438-4344); e-mail: [SPalmer@UAmail.Albany.edu](mailto:SPalmer@UAmail.Albany.edu).**

Calendar listings will be accepted for publication based on appropriateness and general interest to the Coop community.

tional illnesses. Unity Church, 21 King Ave., Albany. Info: Terry, 785-1117; or Donna, 372-8783.

GAY MEN'S A.A. 7:30 pm. CDGLCC

G/L/B ADULT MEN'S Support Group. 7 pm. CDGLCC

**HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage." With Jack Allison. 4-7 pm. 10-min. sessions. See Coop bulletin boards for times.

**VIPASSANA BUDDHIST PRACTICE GROUP.** (a.k.a. Insight Meditation). 7:30 pm in Colonie. For both experienced meditators and beginners. Free. For info: call 438-9102 or email [BJPetiet@capital.net](mailto:BJPetiet@capital.net).

☺ **YOGA FOR KIDS.** 5 pm at Lunar Mist Healing Arts, 307 Hamilton Street, Albany. Ages 4-7. More info: Jen Winders, 456-1417.

### TUESDAYS

**ACTIVE BIRTH: PREGNANCY** Support Group. Open to all. 7:30-9:30 pm. \$8-10/evening. FL/SG.

**ALBANY FOLK DANCERS.** 7:45-9:44 pm. Instruction provided, beginners welcome, no partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$5. Info: 489-7996, or online at [jnsavitt@yahoo.com](mailto:jnsavitt@yahoo.com).

**BUDDHIST LECTURE & MEDITATION.** Every Tuesday, 6 pm. 727 Madison Ave., Albany. Please call 392-7963 for more info.

**CAPITAL TOASTMASTERS.** Communication, public speaking, leadership training. 2nd and 4th Tuesdays. 6 pm. Center for the Disabled, Rm.511, 314 S. Manning Blvd., Albany. Info: Stephanie Jubic, 459-7716.

**HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage." With Ed Thomas. 1-5 pm. See Coop bulletin boards for times.

**INFERTILITY SUPPORT GROUP.** 3rd Tuesday. 7:15 pm-8:45 pm at Belleview Women's Hospital, Schenectady. For more info: 346-9410.

## KEY TO LISTINGS

- ES The Eighth Step  
Various locations • Info: 434-1703
  - FLC Family Life Center  
20 Elm St., Albany • 465-0241/449-5759
  - CDGLCC Capital District Gay & Lesbian  
Community Council  
322 Hudson Ave., Albany • 462-6138
  - MCCD Mothers Center of the Capital District  
715 Morris St., Albany • 475-1897
  - RFFP Regional Food & Farm Project  
295 Eighth St., Troy • 271-0744
  - WB Women's Building  
79-81 Central Ave., Albany • 465-1597
- ☺ For children & families

We welcome submissions to the calendar. To have an event listed, call or send information by the 13th of the month to: Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (438-4344). E-mail: [SPalmer@UAmail.Albany.edu](mailto:SPalmer@UAmail.Albany.edu)

To list an event in the *Peace Community Calendar* published by the Social Justice Center of Albany, call Rezsine Adams at 462-0891.

LESBIAN & BISEXUAL SUPPORT GROUP. 7 pm. CDGLCC

**PRENATAL YOGA.** 7:30-8:45 pm. Delmar Chiropactic, 204 Delaware Ave., Delmar. \$10-12. For info: Mary Sloan, 459-8216.

**TRANSMISSION MEDITATION** Group. 7:45 pm. Info: 765-4079.

### WEDNESDAYS

**BIRTH CENTERING.** Playing with the arts to prepare for birth. Paint, clay, poetry, movement. No art experience necessary. 2nd Wednesday. 7 to 9 pm. \$10/class. Info: Ellen Becker, 462-9963 or [artlaweb@aol.com](mailto:artlaweb@aol.com). FLC.

**HWFC HEALTH & WELLNESS SERIES:** "Gentle Wind Project: Healing Arc Accelerator." Healing technology designed to restore and regenerate a person's energetic structure. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

**HWFC HEALTH & WELLNESS SERIES:** "Knitting Group," with Elaine Larsen. 7-8:30 pm. All skill levels and other handwork welcome. No sign-up necessary. For more information, call 482-2667.

**KARUNA TENDAI DHARMA** Center. Every Wednesday. 6 pm. Buddhist lectures and meditation, followed by potluck dinner. Call 392-7963 for more info.

**MEDITATION.** 7-9 pm. Center for Natural Wellness in 20 Mall, 2080 Western Ave., Guilderland. Free, and all are welcome. To register: 869-2046.

**SANT MAT MEDITATION.** Every Wednesday, 7 pm. Learn about meditation on inner light and sound. Also come for a vegetarian dinner. Free. Call 758-1906 for directions.

## THURSDAYS

**FARM & FOOD RADIO SHOW.** 4th Thursday on WRPI-91.5FM, 8-9 am. Info: Regional Farm & Food Project, 426-9331.

G/L/B/T **YOUNG ADULT** Support Group. Ages 18-25. 7 pm. CDGLCC

**IN THE SPIRIT** Radio Show. Interviews and music. WRPI-91.5FM, 2-4 pm. Info: 393-9979.

**MEDITATION.** Open to everyone in need of a quiet and sacred space in life. 5:45-6:45 pm. St. Paul's Episcopal Church, State & 3rd Sts., Troy. Free and all are welcome. Info: 273-2106.

**MOTHER TO MOTHER.** 2nd and 4th Thursdays. Info: Maureen, 465-5087. FLC

**SITTING MEDITATION.** Shambhala Meditation Group, 7-8 pm. Campus Arts Building, 3rd flr., Academy of the Holy Names, New Scotland Ave., Albany. Free. Info: 439-7618 or [www.shambhala.org/center/albany](http://www.shambhala.org/center/albany).

## FRIDAYS

**BIRTHNET.** 2nd Friday. 9:30 am. 17 Wilbur St., Albany. Info: Carolyn, 482-2504; or Maureen, 465-5087.

**8TH STEP CONTRADANCES.** 2nd & 5th Fridays. 8 pm, at First Lutheran Church of Albany, 181 Western Ave., Albany. Instruction at 7:45. \$6 admission. Info: 489-9066.

G/L/B/T **YOUTH** Support Group. 7 pm. CDGLCC

**MOTHER'S CENTER** of the Capital District. Whole-family activities and outings, parent/tot classes and a network of parents for support and socializing. Open drop-in hours: 9:30 am-12 noon. 475-1897. MCCD

**TRI-CITY FOLK DANCERS.** Schenectady YWCA, 44 Washington Ave. 8:30-11 pm. Instruction. 482-5006.

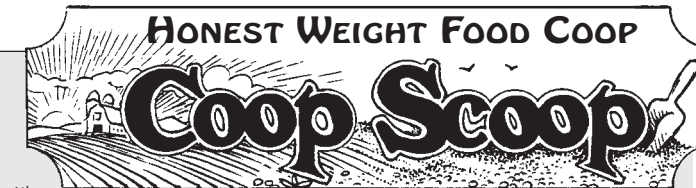
## SATURDAYS

☺ **KIDS YOGA.** Ages 4-7, 10:30-11:15 am. Center for Nia and Yoga, 4 Central Ave, Albany. Jen Powers, RYT, 463-5145 or [jen@nia-yoga.com](mailto:jen@nia-yoga.com). [pd3]

**OLD SONGS COUNTRY DANCES.** 1st Saturday (October-June), 8-11:30 pm. Masonic Temple, Rt.146 (Maple Ave.), Altamont. Instruction at 7:30. Covered dish supper at 6:30. \$7. 765-2815

**PRENATAL YOGA.** 9:15-10:30 am. Center for Nia and Yoga, 4 Central Ave., Albany. Info: Jen Powers RYT, 463-5145 or [jen@nia-yoga.com](mailto:jen@nia-yoga.com). [pd3]

**SCANDINAVIAN DANCING.** 2nd and 4th Saturdays, September-June. 7:30-10:30 pm. YWCA of Schenectady, 44 Washington Ave. \$5. Instruction provided, beginners welcome, no partners needed. Bring clean, low-heeled, leather-soled shoes. Info: 489-7996, or online at [jnsavitt@yahoo.com](mailto:jnsavitt@yahoo.com).



☺ **TROY WINTER FARMERS' MARKET.** 10 am-2 pm. Uncle Sam Atrium on Broadway, betw. 3rd & 4th Sts. Locally grown produce, flowers, eggs, plus baked goods, had-crafts and more. Info: 475-2909 or [www.troymarket.org](http://www.troymarket.org).

## SUNDAYS

☺ **ALBANY FRIENDS MEETING** (Quakers). Worship without liturgy, 11 am. 727 Madison Ave., Albany. Refreshments and conversation at 12:15. 436-8812.

**BISEXUAL BRUNCH.** 1st & 3rd Sundays, 11 am. All welcome. 438-6315. CDGLCC.

☺ **FIRST UNITARIAN UNIVERSALIST SOCIETY.** Sunday services, 9 and 10:30 am. 405 Washington Ave., Albany. Social hour between services at 10 am. 463-7135.

**GAY & LESBIAN AA.** 7:30 pm. CDGLCC  
**HWFC HEALTH & WELLNESS SERIES:** "REIKI with Raven." Using traditional-form Chi Kung (Qi Gong). 1-6 pm, in the HWFC community room. Individual sessions available.

**SANT MAT MEDITATION.** Every Sunday, 9:30 am. Learn about meditation on inner light and sound. Followed by vegetarian lunch. Free. Call 758-1906 for directions.

**SUNDAY CELEBRATIONS.** Center for Creative Life, Church of Religious Science. 11 am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or [www.CenterForCreativeLife.org](http://www.CenterForCreativeLife.org).

## OTHER EVENTS

☺ **CAPITAL DISTRICT ATTACHMENT PARENTS** is a support and networking group for families practicing attachment/responsive parenting, playgroups, and monthly potlucks (usually 4th Thursday). Free. For email discussion info: [raindan4@yahoo.com](mailto:raindan4@yahoo.com); for meeting info: Alyssa at 489-6067 or [abcolton@juno.com](mailto:abcolton@juno.com).

**COMPASSION BUDDHIST CENTER.** Ongoing meditation classes and retreats. Everyone welcome. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

☺ **MISS PEGGY'S MUSIC ROOM.** Fall 2004 session registrations now being accepted. 8-week Parent/Child classes, ages 6 months-5 yrs. 10-week Group Piano classes, ages 4-6 yrs. More info: 458-2927 or [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com).

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by Barbara Coughlin

The 230 Guatemalan weavers who work with Mayan Hands are smiling today. Why? Because their products are coming to the Honest Weight Food Coop!

Mayan Hands is a small, fair trade organization trying to find markets for the products of talented Maya weavers. Though these weavers have been hailed all over the world as consummate artists, they still live under conditions of extreme poverty. They weave on the backstrap loom, an ancient, 3,000-year-old technology whereby even expert weavers can only produce about one inch per hour.

The beauty of this loom is that its products are high quality and that it keeps the weavers connected to their ancestors for hundreds of generations, in a tradition that goes from mothers to daughters. Mayan people have a strong culture that they are struggling to preserve, and the backstrap loom is a symbol of resistance to assimilation. However, the backstrap is a painstaking technique; weavers can produce only a few inches of cloth every day.

Sometimes, American consumers are

## Fair trade, hand-crafted products come to the Coop



not aware of the value of Maya products — their cultural significance, their elegance and beauty, the many hours of work involved — and often, as we know, price is their only consideration. But we know that people who shop at the HWFC care about our planet and its people. And they know that when people buy these beautiful handcrafted products, they are assisting Maya women in breaking the cycle of poverty. Mayan Hands weavers count on a

steady, though modest, income that allows them to feed their families, send their children to school and harbor hopes for a better future.

In the past year, Mayan Hands has expanded its work with the weavers to include workshops on herbal medicine. A traditional Mayan healer is teaching the women the art of curing with herbs, a knowledge that has been lost among many Mayan communities in the past generation. It's very exciting to see how the weavers have become empowered both by receiving a regular income and by learning how to deal with disease in an affordable and natural way. In the coming year, Mayan Hands will sponsor other workshops in the areas of self-esteem (including women's rights), business skills, and innovative weaving techniques.

A selection of Mayan Hands products is now for sale in the Toy-and-Gift section, which is located across from the Cheese department. Occasionally during the holiday season, a larger selection of fine hand-woven products (including scarves, placemats, napkins, table runners, and t-shirts) will be featured near the HaBA department. Look for in-store-postings on these days and times.

For more information on Mayan Hands, contact the organization at 301-515-5911, or by email at [upavimc@clark.net](mailto:upavimc@clark.net).



A few of the Fair Trade handcrafted products created by Mayan artisan groups living in the highlands of Guatemala.



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For years experts have been trying to explain the disconnect between France's typically high-fat diet and relatively healthy population. The rate of heart disease in France is significantly lower than America's and just 7 percent of French adults are obese, as compared with 22 percent of Americans. So far, researchers are still seeking conclusive answers to explain what is known as the "French Paradox," but there are some interesting, and in some cases obvious, indicators.

### The French Diet

Protection against heart disease in France appears to correlate most strongly with the diet in the Southern region of the country, which has much in common with other Mediterranean regions. The diet here is rich in plant foods including often seasonally fresh, locally grown fruits and vegetables, potatoes, breads and grains, beans, nuts and seeds. Olive oil — a heart-healthy oil — is the principle fat, while cheese and yogurt are also common sources. Fish and poultry are typically consumed weekly, while red meat tends to only be eaten a few times per month. Wine is also moderately consumed with meals, which are often ended with fresh fruit. More sugary, higher-fat desserts on the other hand, tend to only be consumed a few times per week. It's also important to note that the French typically don't skip meals or snack in between, and tend to be physically active, walking frequently.

### Red Wine

You may have heard research suggesting that the antioxidants in red wine offer protection from cardiovascular disease and heart attacks. While the wine industry has

# Is it Better to Eat Like the French?

by Kristi Wiedemann

heavily promoted these studies, not all experts agree that this connection has been thoroughly proven. What has become more increasingly clear on the other hand, is that any alcohol-containing beverage appears to offer heart protective benefits when taken in moderation, whether it be red wine, beer, spirits, etc. However, because alcohol is such a major cause of preventable deaths (ie.contributes to liver disease, cancers and

so on) experts are very careful not to widely endorse wine or alcohol as a means to protect your heart. Instead, they base recommendations on individuals, emphasizing moderation for those who already consume alcohol.

### Portion Size

Researchers at the University of Pennsylvania recently set out to prove what turns out to be a fairly obvious reason as to why the French may be slimmer than Americans. They simply eat less — which, over time, can amount to substantial differences in weight. For example in a comparison of portion sizes in restaurants and grocery stores on both sides of the Atlantic, portions in French restaurants were shown to be on average, 25 percent smaller, and 14 of 17 comparable single-serve items were smaller in French supermarkets. Again, this may seem like an obvious way to keep weight down, but what's stopping the French from getting seconds? At least part of the answer can be explained by several studies that have shown people tend to consume what is put in front of them and generally consume more when offered more food. To date, much of the debate around the "obesity epidemic" in the United States has focused on personal will power; however this study highlights the importance of the role of the environment and suggests that people may be satisfied even when they are served less than they would normally eat.

### Savoring Every Bite

Ironically, although the French seem to eat less than Americans, they generally take more time to eat, and savor their food more. Perhaps because the food also tends to be much less processed than what Americans typically eat, and instead emphasizes freshness and flavor, they are more satisfied with less. In the end, no matter how hard we try to eat right in this country, we tend to overlook the fact that there is no shortcut to good health. So why not do it like the French? Eat less, enjoy more!

To get the most out of your meals, seek out the Mediterranean-style foods at the Coop, particularly in the produce, bulk and cheese departments.

### References


Paul Rozin, et al. 2003. "The Ecology of Eating: Smaller portion sizes in France than in the United States help explain the French paradox." *Psychological Science* 14 (5; Sept.): 450.  
 K. Dunn Gifford. 2004. "Oldways Preservation Trust & Exchange: The Mediterranean Diet Pyramid." Online at [www.oldwayspt.org](http://www.oldwayspt.org).  
 Walter C. Willett MD. 2001. *Eat, Drink and Be Healthy*. Simon & Schuster.

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## Looking for Toys?

by Krissie Breen

# Check out the Coop's Children's Corner

The Coop has a unique assortment of toys and games for babies and children. The items in the children's section are unique because many support the needs and concerns of parents, families, babies, and children who embrace natural living, such as care for the environment, nature, others, and personal wellness.

The blossoming naturalist will enjoy *Sierra Cards* and *Knowledge Cards*. Each deck focuses on a special area of interest such as baby animals, animal identification, animal tracks, animals of the rainforest, geology, and physics. Mesh nature houses, binoculars, colorful butterfly nets, and dowsing kits for finding underground water sources are great fun and learning. Also, learn about wilderness plants and wildlife, a forest food chain, and life in a garden with board games. Try kits for making your own camera or radio receiver, too.

Art, anyone? Check out kits for making tie-dye T-shirts, handmade paper, and chocolates.

Music educators say that it is best to teach children music on real instruments instead of toys. This year we have some high-quality, great-sounding instruments for kids by the *Woodstock Music Collection*.

Most children's stuffed toys are made from synthetic fibers and treated with chemical "flame retardants." Natural fiber

toys offer a cuddly alternative to scratchy synthetic fibers. Look for *Mr., Mrs., and Baby Bear* made with soft wool clothing, and dolls made with wool stuffing and cotton clothing. *Hugg-a-Planets* are geographically correct maps on 100% cotton fabric with cotton stuffing. They are soft, educational, and fun for playing ball. *Foundlings* are cute soft toys made with organic cotton. You will also find felt puppets of rainforest animals from Brazil and gorilla and monkey *Eclombia* puppets. This company protects animals by hiring people who might otherwise be involved in the illegal trade of animals.

Items for babies include wooden teething rings and beautiful *Maya Wrap* baby slings in vibrantly colored Guatemalan fabrics. Baby slings are recommended for attachment parenting to comfort and hold baby close and create bonding and security. *Maya Wrap* is a popular sling, with secure metal rings that hold up to 35 pounds.

You will also find colorful hacky sacks, books, castle blocks and wood blocks, and many wooden puzzles.

Look to the children's section of the Coop for unique and thoughtful toys and gifts. Peaceful wishes for the holiday season.

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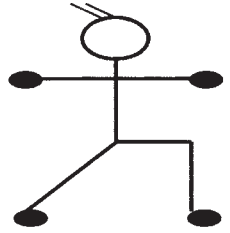
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All workshops are free unless noted.

**Reiki with Raven**  
Sundays from 1 to 6 pm in the Coop Community Room

**Chair Massage**  
With Jack Allison. Mondays from 4 to 7 pm in the Coop Community Room  
Free 10-minute sessions. Jack Allison is a licensed massage therapist who has completed the Center for Natural Wellness program in massage.  
With Ed Thomas. Tuesdays from 1 to 5 pm in the Coop Community Room  
Ed Thomas is a New York state-licensed massage therapist, a graduate of the Bancroft School of Massage and a former member of the state Licensing Massage Board.

**Get your knives sharpened while you shop!**  
With Vince Manti. Tuesday, December 7 from 5 to 7:30 pm in the Coop Community Room  
No serrated knives please!

**Holistic Psychic—Medical Intuitive Readings**  
With Katherine Turner. Wednesday, December 1 from 3 to 5 pm and Sundays, December 5 and 19 from 10 am to 1 pm in the Coop Community Room  
Bring powerful insight into your life. Get information and awareness about your: career, relationships, state of mind, blocks to well-being, recurring problems, and health issues. Readings are done with compassion and truth.  
Katherine Turner is a graduate of the International School for Energy Healing and Feng Shui and is certified in Healix Energywork, Feng Shui, Reflexology and Reiki.

**Introduction to Feng Shui**  
(Black Sect Tantric)  
With Laura Lee Ross. Monday, December 6, from 6:30 to 8:30 pm in the HWFC Community Room

**Personal Introduction to Feng Shui for Your Home, Office, or Workspace**  
With Laura Lee Ross. Friday, December 10 from 5 to 7 pm in the HWFC Community Room  
Sign up at the Coop and be prepared to "Feng Shui" the personal space of your choice with a floor plan of that space. Feng Shui is an ancient Chinese art that deals with placement. Learn how man can live in the most harmonious way with nature and how the philosophy of Feng Shui applies to holistic prosperity.  
Laura Lee Ross is the owner of Ross and Associates Feng Shui Art Cures and a Feng Shui consultant.

**The Gentle Wind Project**  
Healing Arc Accelerator  
Wednesdays from 4:30 to 7 pm in the Coop Community Room  
The Healing Arc Accelerator is a healing technology designed to restore and regenerate a person's energetic structure when used one time in a person's life. It provides an additional aspect called Physical Realignment and Trauma, which may correct for physical and emotional imbalances caused by a traumatic event. This healing is available free of charge to anyone who would like to obtain it.

**Knitting Group**  
With Elaine Larsen. Wednesdays, 7 to 8:30 pm in the Coop Community Room  
All skill levels welcome! Bring a project and/or questions. Other handwork welcome: crochet, quilting, needlepoint, etc. No sign-up necessary.  
*Coming in January 2005...*

**Herbal Health – Thursday, January 13**  
**An Introduction to Macrobiotics – Thursday, January 20**

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# chamomile

## Scalp Soother and Hair Rinse

Steep 1 tsp chamomile in 1 cup boiling water until tepid. Strain.

## Hair Conditioner

Combine ⅓ cup each chamomile flowers and oil. Place on a sunny window and shake daily for a few weeks. Strain and apply a few teaspoons to hair ends only. Leave on for 10 minutes, then shampoo.

## Mild Shampoo

Steep 2 tsp dried chamomile in ¼ cup boiling water for 30 minutes. Strain and add to ¼ cup mild shampoo.

## Aromatic Tea

Steep 1 tsp each of dried chamomile, mint and lavender in 2 cups boiling water for about 5 minutes. Strain and add honey and/or lemon to taste.

## Fever, Flu and Cold Tea

In a non-metal pan, blend ¼-inch piece peeled and diced gingerroot, ¼-cup dried chamomile flowers, ½-cup fresh mint leaves and 1 tsp fennel seed with 2 quarts of water. Bring to a boil and simmer, covered, for ½ hour. Strain and add cayenne pepper, lemon and honey to taste.

## Chamomile Cranberry Tea

Steep 2 tsp dried chamomile in 2 cups boiling water for about 10 minutes. Strain and add ½ cup cranberry juice or blend, along with honey to taste.

## Spicy Chamomile Tea

Mix together ½ cup each dried chamomile flowers, mint and orange peel, 1 cup dried lemon balm or lemon verbena, 1 heaping TBS crushed cloves and 3 crushed cinnamon sticks. Keep the mixture in a tightly closed container. For each cup of tea, use 1 tsp of the mixture. Add to boiling water and steep for up to 10 minutes. Sweeten to taste.

**Chamomile** is known to be one of the best selling herbs, not only medicinally, but also cosmetically. Its sweet aroma makes it a popular ingredient in shampoos, soaps and body creams. As far back as the Vikings, it was used as a rinse for blond hair. Egyptians dedicated chamomile to the sun because of its curative properties and bright golden flowers. Long before Peter Rabbit's mother gave him chamomile tea, the Greeks, Romans and Ayurvedics suggested it to heal headaches, fevers and kidney, liver and bladder ailments.

Even though its name is synonymous with tranquilizers, chamomile has many other uses, as well. In German, its name means "capable of anything." Indeed, it is widely used as a sleep inducer and calmative, but it is also effective as a strengthener and healer and a poultice for external wounds, bruises, corns, calluses and sprains. Taken internally, it is a good appetite stimulant, particularly when combined with a small amount of ginger. It has been known to ease gout, sciatica, colic, colitis, asthma, hemorrhoids, rheumatism, worms, jaundice and kidney/spleen/liver/bladder ailments. Other uses for chamomile:

- Could relieve the pain of some types of arthritis
  - Aids digestion
  - Soothes menstrual cramps
  - Promotes menstruation
  - Stimulates production of white blood cells to fight colds, bronchitis and flu
  - Fights internal and external infections
  - Could prevent ulcers and speed their healing
- As a precaution, chamomile should not be used during pregnancy or if there is an allergy to ragweed. The Coop carries chamomile in bulk, as an essential oil, in tea, compounds, children's formulas and beauty preparations.

