

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 #298

JULY-AUGUST 2004

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A View From the Mississippi

by
Lynne
Lekakis

Ginny McEwen, Ray Ratte, Cindee Lolik and I just returned from Minneapolis and the 48th Annual Consumer Cooperative Management Association (CCMA) conference. That's the gathering of the clan for all the coops nationally who belong (or who are thinking about belonging) to the National Cooperative Grocers Association. I must say that I love our Coop, but that is the first time I ever spent 14 hours a day (the women bunked together) talking about it. *Whew.*

We went, I think, with a chip on our shoulders, given the changes we've all been contemplating and the misgivings that we have being a part of the new National Cooperative Grocers' Association (NCGA). Have we become "Stepford" coop members? No. Are we singing the praises of the organization? No. Are we any happier about joining? No. Did we learn anything? Yes.

The bulk of the folks at the conference use a system called policy governance (PG) at their coops, which we've rejected. It's counter to our bylaws, which allow that members and the board have input on a many things—like the budget, for instance. In the PG model, the general manager is strong and empowered to do a lot of things independently. The consultants who are members of the new organization all use and tout policy governance as the answer to every problem—so each workshop was heavily infused with it, which did not make us feel very included. Our evaluation forms reflected this—we'll see if we can effect change.

We met a few folks who share our con-

cerns and our values system, and a few more who were open to discussing them. Some were confused by our committee system, some were downright negative. I never ran into someone who used their committees as we do, but I did talk to other board presidents about the issues of keeping people involved and interested, getting attendance at meetings and functions, staying on track, etc. Many people were talking about expansion—either beginning to plan it, or just thinking about it. Many people expressed that their coops were struggling with something or healing from something. So once we got into it, we met folks who didn't talk the party line constantly and were coming from many places.

We saw five coops—only one like ours—the rest pretty much the same as one another, but the trip was very informative. The largest one there has an organic butcher internally and a first-class bakery (bread comparable to Crown Point or Rock Hill with buns, muffins, etc.). Smaller ones dispense bulk tinc-

continued on page 5

What's the Scoop?

- Where the eggs run free... (see page 4)
- Air – Fire – Water ...Health! (see page 8)
- Your bountiful herbs (see page 12)

NEWS at a glance

by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, May 26.

Board Officers and Committee Liaisons

The Board has elected the following officers: President – Lynne Lekakis; Vice-President – Howard Brent; Secretary – Jim Monsonis; Treasurer – Virginia McEwen.

Board members will serve as liaisons to the Coop's committees as follows: Governance – Howard Brent; Finance – Virginia McEwen; Strategic Planning – David Seaman and Lynne Lekakis; Nutrition – George Broeckx; Personnel – Lenore Gensburg; Membership – Jim Monsonis; Special Events – Desiree Krueger; Alternative Supply and Products – Raymond Ratte; Communications – Lynne Lekakis.

Cindee Lolik is the Collective Management Team's representative to the Board. Duke Bouchard is the Coop staff's representative to the Board.

continued on page 3

Behind the Coop

Board of Directors

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

Committee Liaisons

Alternative Supply & Products
 Raymond Ratte 371-3648
 Bylaws
 George A. Broeckx 458-8144
 Finance
 Virginia McEwen 463-8904
 Governance
 Howard J. Brent 456-2560
 Membership
 Jim Monsonis 794-8601
 Nutrition
 George A. Broeckx 458-8144
 Personnel
 Lenore J. Gensburg 794-8601
 Special Events
 Desiree Krueger 453-1535
 Strategic Planning
 Lynne Lekakis 427-7386
 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: Corenne Black, Karisa Centanni, David Fogarty, 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, Karl Breyman, Mel Dragon, Michael Kelly, Steve Kroeger, Steve Lamica, Kelly Schroeder, Eliza Whiteman
 Bulk manager: Bob Linn (x106)
 Bulk assistants: John Haag, Leigh Nowiki
 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: Dick Kavanaugh, Kinga Zalavary
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Cathy Fitzgerald
 Cooks: Patricia Masiello, 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: Desiree Krueger, David Ziedman

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
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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 per-

son. • **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.

At the Service Desk you can...

- Make a share payment
- Sign-up for a prospective member orientation
- Sign-up for member work
- Fill out or pick up a special order
- Get a refund or make an exchange
- Check the lost and found
- Drop off your *Coop Scoop* article
- Recycle milk bottles & egg cartons

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.

Board Plans

The Board President circulated a list of possible Board goals for the coming year. Board members were to review these and plan further at a June potluck meeting separate from formal Board meetings. Plans were also made for several meetings between the Board and the Collective Management Team to discuss goals, areas of responsibility, and marketing, advertising, and merchandising.

A Board manual is being prepared.

Policy Manual

Plans are being made for a manual outlining policies accepted by the Board. The Board member working on this reported that there would be two ways to do this: either (1) as an index to the minutes; or (2) as a "stand alone" manual with policies fully described and also containing an index to minutes, which would take longer to complete. The Board requested the stand-alone manual.

Physical Plant

Lines and logos have been painted for two parking spaces designated for persons with disabilities. These are to the north of the front door. Parking lines for the whole lot will be painted in the coming weeks.

A new compressor for one of the retail freezers was purchased for about \$3,500. The old compressor was 22 years old and could not be salvaged.

Staff is looking into getting a better bike rack for the store.

Strategic Planning

The Site Development Group of the Strategic Planning committee requested permission to make an agreement with a realtor, and the Board agreed.

Governance

The Governance committee will clarify the eligibility requirements for candidates for the Board. The current wording in the bylaws regarding whether share pay-


ments need to be up-to-date is ambiguous. At the recent Board election, one director was elected without having a share payment up-to-date. There was a discussion of this and all people appeared to have acted in good faith. The director elected did not realize they were not paid up and there had also been a different precedent in previous years. The Governance committee recommended that the election stand for one year and that it be reconsidered at next year's election. The Board agreed that all people standing for election must be paid up and that the language on this in the bylaws be made specific.

Minutes

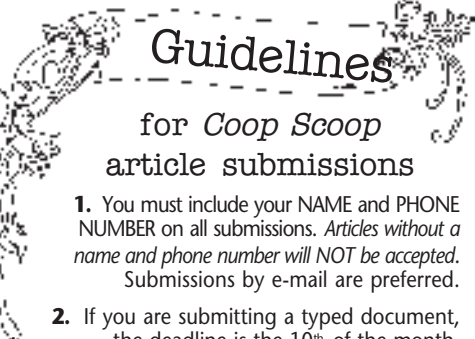
Minutes of all meetings are available at the Coop. Minutes of the most recent meeting are posted on the bulletin board.

Upcoming Meetings

Board meetings are scheduled for the following Wednesdays: July 27, August 17, and September 22. Meetings begin at 6:15 pm at the First Unitarian Universalist Society of Albany, Channing Hall, 405 Washington Ave. Meetings are open to Coop members, but anyone planning to attend should confirm date, time, and location.



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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 10th 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 12th 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@aol.com and 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.



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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.

Cooper's Ark Farm

Cooper's Ark Farm, in Schoharie, is one of Honest Weight Food Coop's egg suppliers. The eggs from Cooper's Ark are from free-range hens, who eat grass, water, and grain with no chemicals or hormones. The farm typically has between 500 and 750 laying hens. But the 15½-acre farm along the Schoharie Creek is about more than just eggs and chickens.

While proprietors Phil and Pam Metzger also raise goats and pigs for meat (which they sell to individuals), they are also focusing on developing their farm as a destination for those who want to see and learn about farming. Pam Metzger remembers raising her children on Long Island and making trips upstate to see farms, but having to knock on random farm doors in order to do so. To

make it easier for today's children to see life on a farm, they have opened their farm to visitors.

The Metzgers are particularly excited about their latest undertaking. They recently received a grant from the New York State Agritourism Educational Program (part of the state Department of Agriculture and Markets) to develop a handicap-accessible hay ride. The farm visit at Cooper's Ark begins with a hay ride to the barn, and Phil Metzger realized that people in wheelchairs or with other mobility problems were not able to participate. Pam Metzger noted that they have always been involved with handicapped children, so this seemed a logical project for them. They will construct a ramp to permit anyone to get onto the

All Tom's Products 20% off suggested retail Every Day!



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hay wagon and are also having road work done so that those riding on the wagon in a wheel chair will be safe and comfortable. The accessible hay ride should be available later this summer.

The Metzgers are recent "converts" to farming, having bought the farm about five years ago, moving up from Long Island, where Phil worked in construction. They are very enthusiastic about their enterprise and their animals. They emphasize that all their animals are friendly, so children can get close to them. In contrast to many places where people can feed the animals small amounts of pre-ground chemical-laden feed, at Coopers Ark Farm, visitors can purchase whole corn on the cob and then shell it and grind it themselves using old-time shellers and hand grinders. They also offer pony rides—through the woods, rather than in the typical hot, dusty ring. Phil also mentioned that the farm has several varieties of donkeys, llamas, hair sheep (which resemble llamas) and "lion-head" rabbits, a rare breed. From his excitement about the variety of the animals, there may well be some other types there in the near future.

The Metzgers welcome visitors to the farm seven days a week, between 9 am and 5 pm, for a fee of \$4 per person. Cameras are welcome, but pets and buses are not. For directions and more information call (518) 296 7662, or log on to www.coopersarkfarm.com.



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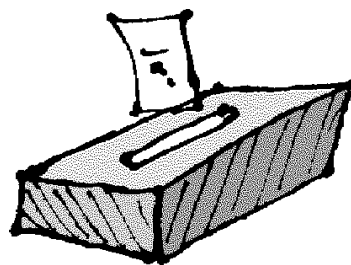
A VIEW FROM THE MISSISSIPPI, from page 1

tures, but have no fresh baked goods. Here's what we wanted to share:

1. One was—as we discussed at the retreat—living the values. You walked into produce, and then the bulk section.
2. Most had the HABA department in the center somewhere, very visible. We wondered if this cut down on theft. Most were about a half of an aisle our size with a lower inner aisle. Spices and bulk teas were in alpha order with larger backups below. Some used Metro shelves for the jars, and had a little counter at counter level in front that was clear, so you could put down the container and the jar from home while filling. Scoops were kept in a container of salt.
3. The one most like ours in structure sold plants and Fedco seeds right up front. That made a difference in the natural feel.
4. Most had a customer service spot that had no register. Some were away from the door. A few had membership information and customer service information mixed together. They all had strong membership info—professional brochures, defined programs, etc.
5. They all had recipes cross-department , and/or clearly placed cooking instructions for the bulk section.
6. Of the smaller ones (our size—mid-sized—the largest one we saw did \$25 million), all had four equally capable registers. The registers were all using a system with a raised keyboard over the scale so that the cashier could face the customer the whole time. We liked one that angled the registers toward the door and had little flip down shelves off the back for packing boxes or bags.
7. Produce sections all had newer cases than ours, enabling more to be stocked at one time. None had better quality than ours.

Suggestion Box

Compiled
by Dee Wind



- Q.** Cheese cloth is not a tight enough weave. I like the non-bleached. Can we get a tighter weave? Thanks.
- A.** That is our only source. Have you tried doubling or tripling it? Have you tried a fabric store?
- Q.** Can we get "green" batteries?
- A.** So far we do not have a hardware section nor do we have a source for batteries. We'll keep it in mind.
- Q.** Rice butter substitute for butter please.
- A.** All right. We'll consider it.
- Q.** Please carry Westsoy—soy smoothies.
- A.** What flavor would you prefer?
- Q.** Is it possible to get the "steel cut" instant McCain's Oatmeal?
- A.** We have steel cut oats in bulk. We believe that there is no instant steel cut oatmeal, based on our research.
- Q.** All the plain coffee tastes alike to my Philistine palate. Any chance of flavored coffees? Surely there are some with natural flavors? Thanks!
- A.** Our coffee grinder would become contaminated with flavors and other shoppers would have to get flavors in their coffee.
- Q.** Can we get some sorbet—especially lemon? What a nice summer treat!
- A.** What have you tried lately that you like? Please let us know the brand.
- Q.** Can we please get Aunt Gussie's Oatmeal Cookies (same company as the biscotti we carry). They're good!
- A.** We'll look into it.
- Q.** Will you be getting more dried papaya and soy grits?
- A.** We have discontinued soy gritts. You can order 10-lb. bags through the bulk department. We should have more dried papaya this week.
- Q.** Not enough veggie sandwiches made for the lunch crowd, so by 2 pm there is nothing left.
- A.** If you call ahead, we would be glad to set one aside for you.
- Q.** Please ask Albany JCC to offer a discount to Coop members!
- A.** We will ask them.
- Q.** Can we have eggs packaged by the half-dozen? 12 is too many for me to use.
- A.** We are currently offering eggs by the half dozen. Any specialty foods worker will gladly split a dozen in half at your request if we have no half boxes available.
- Q.** Dave, at the service desk, is always so helpful and nice!
- A.** Yes he is!
- Q.** Carrot juice comes frozen in quarts. Yummy!!
- A.** They are no longer available to us. Sorry.
8. Most had rear-fill dairy coolers—one of our dreams. Just load them up as they empty, taking up no floor space from the customer.
9. Each had spices reflecting their population. At one there was a large Ethiopian population, so they sold 15 lb. bags of rice and flour right off the shelves, Ethiopian bread, and many spices that were unfamiliar to us—already blended.
10. Most had meat. Most had it frozen. Several had it fresh. One had an organic butcher. Most had both. The commingling issue wasn't clear.
11. Most had a deli of some sort. Some sold sandwiches, some did not. The largest had a full-service meat slicing deli. Most had vegetarian salads.
- We still seem to be the only ones in this group using reusable bags at the check out. In order to maintain this unusual distinction, we need help sorting them. It's a member labor job you can sign up for at the front desk—one you can do sitting down, outdoors, or even in your own backyard. Your teens and tweens can do them at home—your aunt can do them at the nursing home. Please sign up. Our commitment to recycling sets us apart and we're proud of it.

Next issue: We'll tell you about the speakers—they were definitely thought provoking. Enjoy your summer.

Summer Calendar

JULY

7/3 **SOIL REMEDIATION & DETOXIFICATION.** Part of the Urban Permaculture series on ecological design for autonomous communities. 11 am–1 pm, lecture; 1–2 pm, potluck; 2–4 pm, workshop. Albany Free School, 8 Elm St., Albany. Sliding scale: \$5–\$20. To register, contact Emily, 465-5087 or collins_emily@hotmail.com.

7/6 **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.

7/6–15 **GREAT HUDSON RIVER PADDLE.** Sponsored by Hudson River Watertrail Association, a non-profit corporation founded in 1992 to promote and develop a continuous water trail from New York City to the Erie Canal. More info: www.hrwa.org.

7/8 **HWFC HEALTH & WELLNESS SERIES:** "Naturopathic Medicine," with Dr. Eliot W. Edwards, ND. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

7/10 **HWFC HEALTH & WELLNESS SERIES:** "Making Your Own Baby Food," with Jennifer Felitte. 6 pm at the HWFC Deli. Sign up at the Coop—space is limited. For more information, call 482-2667.

7/14–18 **SUSTAINABLE COMMUNITIES** Conference. Workshops that highlight the cutting edge of sustainability planning, collaboration, implementation, and evaluation. Burlington, Vt. More info: call 802-272-2684, or visit www.global-community.org/conference.

7/15 **HWFC HEALTH & WELLNESS SERIES:** "Sugar Blues," with Kate Fritz. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

7/15 **QI GONG** Workshop. Learn basic theories behind this movement-centered and meditation-oriented art of promoting life. Wear comfortable clothing. 7:30 pm at Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Free and open to the public. Reservations: 689-2244.

7/17 **HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage," with Linda Addario. 9 am–12 noon. 15-min. sessions. See Coop bulletin boards for times.

7/17 **RAINWATER HARVESTING WATER PURIFICATION.** Part of the Urban Permaculture series on ecological design for autonomous communities. 11 am–1 pm, lecture; 1–2 pm, potluck; 2–4 pm, workshop. Albany Free School, 8 Elm St., Albany. Sliding scale: \$5–\$20. To register, contact Emily, 465-5087 or collins_emily@hotmail.com.

☺ 7/22–25 **FALCON RIDGE FOLK FESTIVAL.** Music and dance at the foot of the Berkshires. Long Hill Farm, Rt. 23, Hillsdale (NY). Tix: 1-866-325-2744. Info: 1-860-364-0366 or www.FalconRidgeFolk.com.

7/24 **HWFC HEALTH & WELLNESS SERIES:** "Shiatsu Massage," with Rachel Meyer. 11 am–2 pm in the HWFC Community Room. 20-min. sessions. See Coop bulletin boards for times and August date.

7/27 **HWFC HEALTH & WELLNESS SERIES:** "The Machine-Free Method of Pain Relief," with Nathan Mosher. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

7/28 **HWFC BOARD OF DIRECTORS.** Wed., 6:30 pm, at FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

7/30 **HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage," with Kristin Romano. 4:30–7:30 pm. 15-min. sessions. See Coop bulletin boards for times and August date.

☺ 7/30–8/1 **WINTERHAWK 2000.** Bluegrass and beyond at the foot of the Berkshires. Long Hill Farm, Rt. 23, Hillsdale (NY). Tix & info: 1-860-364-9396 or www.Winterhawk-2000.com.

7/31 **HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage," with Linda Addario. 9 am–12 noon. 15-min. sessions. See Coop bulletin boards for times and August date.

7/31 **WASTE MANAGEMENT: Grey Water and Humanure.** Part of the Urban Permaculture series on ecological design for autonomous communities. 11 am–1 pm, lecture; 1–2 pm, potluck; 2–4 pm, workshop. Albany Free School, 8 Elm St., Albany. Sliding scale: \$5–\$20. To register, contact Emily, 465-5087 or collins_emily@hotmail.com.

AUGUST

8/3 **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.

8/7 **ENERGY: Windmills, Oil, Bikes & War.** Part of the Urban Permaculture series on ecological design for autonomous communities. 11 am–1 pm, lecture; 1–2 pm, potluck; 2–4 pm, workshop. Albany Free School, 8 Elm St., Albany. Sliding scale: \$5–\$20. To register, contact Emily, 465-5087 or collins_emily@hotmail.com.

8/14 **NATURAL BUILDING TECHNIQUES.** Part of the Urban Permaculture series on ecological design for autonomous communities. 11 am–1 pm, lecture; 1–2 pm, potluck; 2–4 pm, workshop. Albany Free School, 8 Elm St., Albany. Sliding scale: \$5–\$20. To register, contact Emily, 465-5087 or collins_emily@hotmail.com.

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.

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

8/27 **HWFC BOARD OF DIRECTORS.** Wed., 6:30 pm, at FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

ONGOING EVENTS

MONDAYS

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

☺ **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.

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.

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**

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

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

INTRODUCTION to KADAMPA BUDDHISM. 7–8 pm. (Call for dates.) Everyone is welcome. Suggested donation: \$10. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info: Jayne, 786-0670, or www.compassionbuddhistcenter.org.

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

CENTERING FOR BIRTH & PARENTING through Expressive Arts. 2nd & 4th Wednesdays. Drawing on the book *Birth From Within*, class uses the process of making art to prepare a woman and her partner for the labor process, birth and parenting of their child. 7 to 9 pm. \$10/class. Info: 462-9963 or 465-0241. FLC

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

PRAYERS & MEDITATION for WORLD PEACE. 7–8 pm. (Call for dates.) Everyone welcome. Suggested donation: \$5. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info: Jayne, 786-0670, or www.compassionbuddhistcenter.org.

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

FRIDAYS

BIRTHNET. 2nd Friday. 9:30 am. 17 Wilbur St., Albany. Info: Carolyn, 482-2504; or Maur-
een, 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.

VEGETARIAN POTLUCK Dinner. Every Friday, 7 pm. Bring a dish to share and help clean-up. At Turtle EyeLand Sanctuary, 44 Gilligan Rd., East Greenbush. Call 477-6100 for directions.

SATURDAYS

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, 463-5145 or jen@nia-yoga.com. [PD3]

SCANDINAVIAN DANCING. 2nd and 4th Saturdays, Septemer–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.

☺ TROY WATERFRONT FARMERS' MARKET. 9 am–1 pm, rain or shine. Just north of the Green Island Bridge at 433 River St. Locally grown produce, flowers, meat, eggs, plus baked goods and crafts, and more. Info: 475-2909 or www.troymarket.org.

HONEST WEIGHT FOOD COOP



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.
.....

INTRODUCTION to MEDITATION. 11 am–1 pm. (Call for dates.) Everyone welcome. Suggested donation: \$10. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info: Jayne, 786-0670, or www.compassionbuddhistcenter.org.

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.

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; for meeting info: Alyssa at 489-6067 or 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.

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & WISE WOMEN. Free moonlodges, exciting classes, work weekends, and empowering events! Visit www.susunweed.com or write PO Box 64, Woodstock NY 12498. [PD4]

☺ MISS PEGGY'S MUSIC ROOM. Winter 2004 Session. Registrations now being accepted. 8-week parent/child classes, ages 6 mos.–5 yrs. 10-week group piano classes, ages 4–6. More info: 458-2927 or misspeggysmusic@aol.com.

by
Kristi
Weidemann

Ayurveda

Quite possibly the oldest complete medical system in the world, Ayurveda, dates back some 5,000 years to ancient India. A holistic approach that resonates with those seeking a healthier more balanced lifestyle, Ayurveda has grown increasingly popular in the increasingly fast-paced Western world in recent years and today is recognized by the World Health Organization.

A Brief History

Ayurveda, a Sanskrit word literally meaning “science of life,” was derived from the Vedas, the classical religious texts of Hinduism. It is believed that the sages—physicians of the time—received their training of Ayurveda through direct cognition during meditation. Within the Vedas, written more than 2,000 years before the microscope was even invented, is a description of how the body is made up of cells, a list of different microscopic organisms that may cause disease and detailed surgical procedures. This medical information includes both spiritual and philosophical advice on living a healthy and purposeful life. According to Vedic philosophy, human lives will only be filled with purpose when they strive to fulfill their potential, which cannot be achieved without health on a basic level.

The Ayurvedic Approach to Health

Ayurveda is a combination of science and philosophy, which de-

tails the many physical, mental, emotional and spiritual components necessary for holistic health. The goal of Ayurveda is not only healing of the sick, but the prevention of illness and the promotion of health, well-being and longevity. It is a comprehensive system of healthcare that essentially prescribes a way of life, rather than a treatment for specific illnesses. Ayurveda has wide-ranging, clearly defined methods of treatment for a variety of ailments and conditions affecting all systems and organs of the body. Many therapies are utilized including nutrition, herbal formulations, yoga, meditation, color, sound and aromatherapy, lifestyle adjustments and Pancha Karma, or cleansing therapies. All modern Ayurvedic practitioners work in accordance with traditional beliefs and practices and treatment is tailored to the individual; no one treatment will work for the same ailment in every person.

Your Ayurvedic Constitution

Ayurvedic philosophy says that each person has a unique constitution, called Prakrti, that needs to be brought into harmony with nature for true healing to take place on all levels: mind, body and spirit. Comprising this constitution are three doshas or biological forces that are said to be the primary and essential factors of the human body that govern our entire physical structure and function: vata, pitta, and kapha, which can be loosely translated as air, fire and water. These three doshas are based on your individual characteristics including physical and emotional attributes.

- Vata (*air*): The vata person tends to be thin, highly active, and mentally restless. Emotionally, they are often frightened and insecure. In the human body, vata is responsible for all sensory and motor activities.
- Pitta (*fire*): Of medium build and with fair skin and with fair or reddish hair, the pitta person tends to be intelligent with a good memory. Pitta controls your body’s chemical processes.
- Kapha (*water*): With a large frame, the kapha person tends to be slow, caring, and emotionally secure. All of your body’s constructive processes are governed by kapha.

Each individual has a different make-up and a different combination of the three doshas: while all three can be balanced, this is rare, and usually one or two dominate. Your constitution is a critical component of Ayurvedic philosophy as it determines your susceptibility to diseases and the course they take, plus any complications that may arise and the prognosis of the disease. In their normal, balanced state of equilibrium, the doshas give us strength, a good complexion, normal functioning of organs and a long life. When the three doshas are imbalanced, disease sets in. For all these reasons, your constitution is fundamental to Ayurvedic diagnosis and treatment and is always first on the list of things for the Ayurvedic physician to examine.

Applying Ayurveda to Your Daily Life

While it may seem that Ayurveda is a complex approach to healthcare, applying the Ayurvedic philosophy to your life does not require understanding much more than the importance of making healthy choices in everyday life. On top of this, it welcomes you to do this in a relaxed manner at your own pace. These choices can be as simple as choosing a fresh organic locally-grown apple over an empty calorie snack, or getting an adequate

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July 2nd
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 Global Jazz Singers perform Music @ Market.
 Guatemalan Juarezana Coffee at the Community Tent.

July 10th
 The Honest Weight Food Co-op at the Kids Tent.
 Personal Chef LLC, Lori Doyle, Capital District Community Gardens, cooking demonstration.
 Rob Skane performs Music @ Market.
 Guatemalan Juarezana Coffee at the Community Tent.

July 17th
 The Junior Museum at the Kids Tent.
 Dublin Train Whisk performs Music @ Market.
 Cornell Cooperative Extension offers food samples.
 Regional Farm and Food Project and Guatemalan Juarezana Coffee at the Community Tent.

July 24th
 MILK A GOAT TODAY! With Promised Land Farm (the Djajak family)
 Mike Siki performs Music @ Market.
 Guatemalan Juarezana Coffee at the Community Tent.
 Soil testing provided by the Capital District Community Gardens (dry samples in plastic bag).

July 31st
 Grates Lake State Park at the Kids Tent.
 Two Rivers String Band performs Music @ Market.
 Guatemalan Juarezana Coffee and Habitat for Humanity at the Community Tent.

August 7th
 Shaker Creek Tilt performs Music @ Market.
 Guatemalan Juarezana Coffee at the Community Tent.
 Troy Lions Club offering information and a collection box for used eyeglasses at the Community Tent.

August 14th
 Amy Ryan performs Music @ Market.
 Cornell Cooperative Extension, cooking demonstration.
 Soil testing provided by Cornell Cooperative Extension at the Community Tent (dry samples in plastic bag).

August 21st
 The Honest Weight Food Co-op at the Kids Tent.
 Don Gaylord performs Music @ Market.

August 28th
 Global Jazz Singers perform Music @ Market.

For more information and newly added events,
 Please visit www.troyfarmersmarket.org or call 518.475.2900

I♥NY Enjoy the Market, Take a Stroll down the Riverfront and Find a Treasure in the Antique District.

ALL MAPLE SYRUP IS NOT CREATED EQUAL.

by Jamie Malcolm

I was stocking peanut butter this past winter under the expert tutelage of Christian when I heard a couple discussing the topic of maple syrup. The woman questioned her male companion, "Should we buy the organic syrup?" and his response was, "All maple syrup is organic!" I wanted to interrupt and provide the definitive answer as Nate or Christian would do, but I didn't know the answer. Is all maple syrup organic? I believe the answer is "No," and the following information should provide readers with some useful information on the topic.

Maple syrup is a significant agricultural commodity in New York state, and is second in the nation in production to Vermont. In 2003, New York state produced \$6.84 million worth of maple syrup. However, the first people to unlock the secret of maple syrup were the Native Americans who lived in the northeastern woodlands. As with many practices, the Indians taught the Europeans the process of boiling the sap down into dry sugar cakes. Without glass containers and this process, maple syrup could only be consumed during the relatively short sugar season. People who labored over such activities were coined "sugarmakers" and as usual in our country, a natural resource was translated into a political issue. Our

forefathers, George Washington and Thomas Jefferson, advocated the creation of a national sugaring industry (note the push for big business even then!). This would have reduced our reliance on England—but such plans never came to fruition, for obvious reasons. Maple trees grown outside of the northeastern climate do not provide the volume of sap, and such a natural luxury now continues for only a few blessed states.

On to the question of organic and non-organic maple syrup, many of these issues are not intuitive—but make sense once one gives it some thought. Pesticides and chemicals are used in forests for insect or related problems, but not if organic certification is to be achieved. The chemical formaldehyde (in tablet form) has also been used historically in tree tapping as a means to keep the tap open and the syrup flowing. While illegal, it has been reported as common practice, but not for organic maple syrup producers. Organic maple syrup is obtained by placing the tube inside of the tree, and thus accomplishing the same goal. Also, the organic standards limit the number of taps in maple trees in an effort to sustain the health of the tree and the forest. Conventional practices allow as many taps as desired. Other criteria for organic

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certification include the use of natural defoaming agents such as milk, butter or olive oil, and limiting the use synthetic materials in cleaning equipment. Organic producers also use lead-free stainless steel equipment and proper standard containers, which adhere to handling and sanitation requirements.

This article is not meant to be exhaustive or comprehensive in nature, and I welcome any and all corrections. I merely wanted to show that not all maple syrup is created equal, and the reasons for purchasing organic maple syrup at our store.

Now, how about some blueberry pancakes...

night's rest and enough exercise. Above all, Ayurveda encourages you to use your intuition and common sense as you strive to maintain health. Because Ayurveda is about lifestyle, you are the most important component in following its principles.

For those who wish to consult an Ayurvedic health professional, it's still difficult at this time to find enough qualified prac-

tioners. According to some experts, a qualified practitioner will have completed a five-year degree course from India or Sri Lanka, as well as a one-year internship in an Ayurvedic hospital. Unfortunately, Ayurveda is still not recognized as a medical discipline in the United States, and there is no licensure system in place for its practitioners. However, a few medical doctors and osteopaths combine Ayurvedic philosophy and practice with contemporary medicine and other types of alternative health care. Some U.S. colleges have also begun to offer certifications.

To learn more, there are several books available on the subject, such as those included in the reference section, as well as cookbooks that incorporate Ayurvedic principles. Cookbooks available at the Coop include *Ayurvedic Healing Cuisine*, by Harrish Johari and *Ayurvedic Cooking for Westerners*, by Amadea Morningstar.

References:

- Shubhra Krishan. 2003. *Essential Ayurveda: What It Is and What It Can Do for You*. New World Library.
- Swami Sada Shiva Tirtha. 1998. *The Ayurvedic Encyclopedia: Natural Secrets to Healing, Prevention, & Longevity*. Ayurveda Holistic Center Press.
- Gopi Warrior and Deepika Gunawant, MD. 1997. *The Complete Illustrated Guide to Ayurveda: The Ancient Indian Healing Tradition*. Element Books.



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Cranberry Oatmeal Cookies

by Judy Trupin

Last month's herb focus was about the health benefits of flax. Another great use for flax seeds is as an egg substitute in baking—that's how it's used in this recipe that I adapted from one I found online.

- ½ cup dried cranberries (or raisins, if you prefer)
- ½ cup chopped sunflower seeds or chopped nuts
- ¾ cup boiling water (use apple juice for sweeter cookies)
- ½ cup sugar (maple, barley, brown — your choice!)
- ¼ cup safflower oil
- ½ cup applesauce
- ½ cup water
- 2 TBS ground flax seeds
- 1 tsp vanilla extract or 1 tsp almond extract
- 2 cups rolled oats
- 1½ cups whole wheat or spelt flour
- ½ tsp baking soda

1. In a small bowl, pour boiling water or juice over cranberries. Let stand for one-half hour.
2. Combine flax seeds and water. Let stand.
3. Preheat oven to 350°.
4. In a large bowl, combine date sugar, oil, flax mixture, and extracts. Stir in raisins, nuts, and soaking liquid. Add oats, flour, and soda. Mix well.
5. Spoon by teaspoonsful onto greased cookie sheet and flatten slightly into disks about ½-inch thick. Bake 12–15 minutes, until edges begin to brown.

Makes about 4 dozen small cookies.

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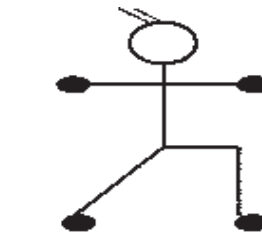
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All workshops are free unless noted.

Naturopathic Medicine

With Dr. Eliot W. Edwards, ND. Thursday, July 8, at 7 pm in the Coop Community Room

Come learn about this reemerging practice of holistic medicine. Doctors of naturopathic medicine (NDs) are medically trained in western diagnosis of disease, but use natural medicines, dietary interventions and lifestyle counseling to help their patients regain health. Dr. Edwards will talk about the philosophy and practice of naturopathic medicine, which is a truly preventive approach to healthcare.

Dr. Edwards is a naturopathic doctor at the Center for Integrative Health and Healing in Delmar, and an adjunct professor at SUNY Oneonta.

Making Your Own Baby Food

With Jennifer Felitte. Saturday, July 10, at 6 pm in the Coop Deli

A familiar face at the Coop's front desk, Jennifer is the mother of 9-month-old twins. Because she is on a limited budget, she has been making her daughters' baby food. Learn the basics of making vegetables and fruit for your baby, and how to store it safely for up to 3 months. Bring some ice trays and paper to write down recipes, along with your own ideas for adding to the basics. Space is limited—so sign up in the Coop as soon as possible.

Sugar Blues

With Kate Fritz. Thursday, July 15, at 7 pm in the Coop Community Room

If you're constantly craving sweets and want to understand why or if you want to gain control without will power or deprivation—here's your chance! Get a handle on what you eat and drink not through will power or discipline, but by understanding what causes those crazy uncontrollable cravings and how to reduce them naturally.

Kate Fritz is a holistic health counselor who studied at the Institute for Integrative Nutrition in New York City.

Shiatsu

With Rachel Meyer. Saturday, July 24, from 11 am to 2 pm in the Coop Community Room

Check Coop bulletin board for August date

Shiatsu is a Japanese healing art that utilizes channels of energy, or meridians, in the body in order to relieve stress, pain and illness. A session is traditionally performed in loose fitting clothing on a futon on the floor. However, these sessions will be 20-minute chair sessions. By rocking, stretching and pressing different points on the body, shiatsu enables natural healing energy, or Ki, to flow.

Rachel Meyer is a graduate of the Motherhand Society in New York City and has a practice in Albany.

*continued on
page 12*

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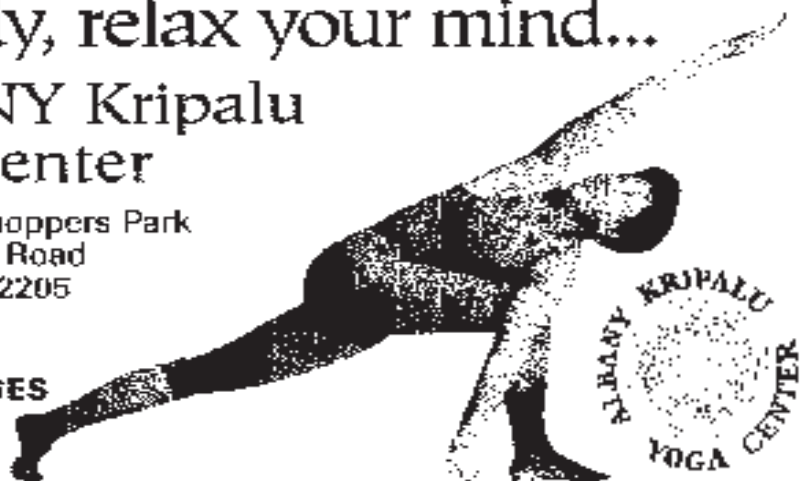
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gifts from the garden

Now that the growing season is in full swing, it's time to think about drying some of the garden's output for use throughout the year. Flower petals, dried herbs and leaves are all important ingredients in potpourris, cosmetics cleaning agents and culinary preparations. Start thinking about what you can prepare with gifts from your garden or ingredients that can be found at the Coop. Here are some recipes to make and use all year long. Unless otherwise indicated, all herbal ingredients are to be used dried.

Soothing Bath Tea

2 TBS each thyme, calendula and chamomile blossoms
1 qt. water

Add herbs to boiling water and steep about 10 minutes. Strain and add to the bathwater. If calendula isn't available, double the amount of chamomile.

Calming Bath Tea

½ cup rosemary
1 cup each lavender and rose petals
½ cup mint

Mix the dried ingredients together. Pour 1 to 2 cups boiling water over ½ cup of herbs for each bath. Steep about 15 minutes, then add to the bath.

Herbal Sachet

2 cups lavender flowers
1 cup each peppermint and rosemary
½ cup patchouli
¼ cup whole cloves
⅓ cup thyme

Chop or crush dried herbs before mixing all ingredients. Use in sachets for drawers and closets, particularly where wools are stored.

Spicy Aftershave

½ cup distilled witch hazel
3 to 4 bay leaves
¼ tsp whole allspice
1 small cinnamon stick
Orange or lemon zest

Add ingredients to witch hazel and steep in a jar for two weeks in a cool, dry place. Strain.

Relaxing Tea

¼ cup rosebuds
½ cup chamomile
⅓ cup lavender buds
1 cup lemon balm or a combination of lemon herbs

Use 1 tsp per 8 oz. of boiling water and steep about 5 minutes before drinking.

Herbal Eye Pillow

½ cup each flax seed and lavender. Mix together and place in a muslin pouch. Use hot or cold over the eyelids.

Fragrant Body Powder

¼ cup cornstarch or arrowroot powder
2 TBS finely ground and sifted lavender buds
3 drops lavender essential oil
5 drops rose geranium essential oil
Blend all ingredients and store in a covered container.

Aromatic Potpourri

2 cups peppermint, thyme and lavender
1 TBS combined of crushed cloves, coriander and nutmeg
2 TBS crushed caraway seed
1 TBS crushed gum benzoin
Mix together and cover for about six weeks to blend the scents. It mellows as it ages.

The Machine-Free Method of Pain Relief

*continued from
page 11*

With Nathan Mosher. Tuesday, July 27, at 7 pm in the Coop Community Room

The method you will hear about is a results-oriented series of programs designed to: identify anatomical dysfunction and limitations, restore and maintain the body's full range of motion, develop optimum levels of physical and mental wellness, promote well being through functional physical fitness and proper nutrition, enhance performance of professional and recreational athletes, and overcome physical limitations. A brief overview of this method and some sample exercises will be presented.

Nathan Mosher is the founder of Pinnacle Performance in Troy, holds a BS in health science from SUNY Cortland, and is currently enrolled in the physical therapy doctorate program at Sage Graduate School.

Chair Massage

With Linda Addario. Saturdays, July 17 & 31, from 9 am to 12 noon in the Coop Community Room

Check Coop bulletin board for August dates

15-minute chair massage includes clothed massage seated in a special massage chair, work on the upper body areas of back, arms, hands and neck. For maximum benefit of massage, show up clean, relax and enjoy. Sign up on the Coop bulletin board. Linda is a New York state-licensed massage therapist.

With Kristin Romano. Friday, July 30, from 4:30 to 7:30 pm in the Coop Community Room

Check Coop bulletin board for August date

Fifteen minutes of body work will be given on the back, neck, shoulders, arms and hands. Sign up on the front bulletin board in the Coop. Kristin Romano is a New York state-licensed massage therapist who has been receiving body work for over fifteen years.