

Hours:

MONDAY-FRIDAY
7:00-8:00

SATURDAY 7:00-8:00

SUNDAY 9:00-7:00

HONEST WEIGHT FOOD CO-OP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #342

JULY-AUGUST 2008

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...for Amber Waves of Grain

by Carolyn Maroney

We are witnessing history in the making. With the coming presidential election, our nation stands on the precipice of monumental events that could forever change the face of America.

Likewise, our beloved cooperative is moving toward its collective potential. Members voted overwhelmingly to design a new, green cooperative.

We are making history of our own.

Times are changing (hopefully) for better in the world of U.S. politics and America's mutual priorities are changing. There are changes happening right now at Honest Weight, too. That's why it is more important than ever to be plugged into what is happening and what is being proposed to the membership. After all, ideas for change, suggestions and solutions come from the membership.

If you are fortunate enough to have access to a computer with an Internet connection, you literally have the world at your fingertips. Personally, I did just

fine before I even knew what a computer was, but now that I know the power of this tool my life has changed forever. For one thing, information is available to me 24 hours a day, seven days a week — as long as I have electricity, and I've paid my Internet service provider bill, and the web page is up.

Want to know which types of products the Co-op sells? Check the online Food and Product Manual at www.hwfc.com/Membership/index.html.

Want to read the Membership Manual? Same website. Review Honest Weight's Statement of Conscience? Same site. Looking for a member job? Need to read the Bylaws? You guessed it. Same site as listed above.

Want to show up at a membership meeting knowing

the latest and greatest information on what is being discussed that evening so we can get to the main event? Visit www.hwfc.com/Meetings/general.html to get dates for scheduled meetings and

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A Director's Chair



No matter what your
creed or political
position, you are free
to make decisions that
influence this country
...and your Co-op.

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NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, June 3.

Board Retreat Follow-up

Board members noted that this year's retreat, which is held shortly after elections, had been very productive. The Board has decided to hold retreats quarterly and has scheduled the next one for early September.

Improving Communication

Based on discussion at the recent membership meeting, Board members felt there needs to be increased effort to get information on the new store to members and shareholders. To this end, the Facilities committee is planning a July meeting to discuss financial issues related to the new site. Also, there will be weekly or bi-weekly updates on the new

continued on page 3

Check out our new website:
www.honestweight.coop

Behind the Co-op

Board of Directors

President: Jim Monsonis
 Vice-President: Greg Pedrick
 Treasurer: John Godfrey 274-7996
 Secretary: Lorrie Graham

Committee Liaisons

Accountability Greg Pedrick
 Bylaws Carolyn Maroney
 Communications Greg Pedrick, Bruce Huttner
 Facilities: Ted Mousseau
 Finance John Godfrey
 herbalist.john@gmail.com 274-7996
 Governance Review Bruce Huttner
 Membership Lenore Gensburg
 Nutrition & Education Ted Mousseau
 Personnel Ray Ratte, Lorrie Graham
 rratte1@nycap.rr.com 371-3648
 Collective Management Team representative
 Cindee Lolik cindee@hwfc.com

Collective Management Team (482-3312+ext.)

Operations and administrative coordinator: Cindee Lolik (x116)
 Member coordinator: Nate Horwitz (x104)
 Outreach coordinator: Jessica Allen Hayek (x120)
 Education coordinator: Karisa Centanni (x113)
 Finance manager: Alfred Bouchard (x107)
 Assistant finance manager: Jennifer Felitte
 Personnel administrator: Hoby Ebert
 IT coordinator: Lexa Juhre (x101)
 Front end manager: Katie Centanni (x109)
 Assistant front end manager: Erica Peters
 Grocery managers: Nancy Reich (x119)
 Grocery floor managers: David Aubé, David Filkins, Garrett French, Joe Marra, Hakim Steward, Nick Weber, Lee Wilson, Russell Ziemba
 Produce manager: Nick Bauer (x102)
 Assistant produce managers: Gayle Anderson, Steve Lamica
 Produce assistants: Lorilee Bird, Brandon Bissell-Evans, Ariel Callaschai, Jamie Felitte, Stacie Halloran, Amy Languish, Elizabeth Schaefer, Karen Starr, Hakim Steward
 Bulk manager: Bob Linn (x106)
 Assistant bulk manager: Leigh Nowicki
 Bulk assistants: Walter Fick, Thomas Gillespie
 Cheese manager: Gustav Ericson (x118)
 Cheese assistants: Rebecca Braverman, Emkay Lalor, Cheng-Hua Lee, Ken Runquist
 HaBA manager: Kathleen Boehning (x122)
 HaBA assistants: Neelima Baird, Rebecca Hein, Kevin Johnston, Carolyn Matthei, Kate Skelly
 Meat manager: Chris Kemnah
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Laura Pederson
 Cooks: Lori Doyle, Nick Foster, Sue Ellen Lewanick, Karin Maag-Tanchak, Carolyn Matthei, Michael Natcharian
 Night manager: Michael Ferrandino
 Floor managers: Christopher Kuhn, Amy Pagano, Cathryn Russell
 Maintenance: Jamie Greenwood, Steve Kroeger
 Shift managers: Elyse Bryan, Robb Cole, Sonya Dewitt, Jenny Ruggiero, Michelle Savage, Craig Willis, Phalcore X



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The **Honest Weight Food Co-op (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.

How to contact the Co-op... Postal mail – Honest Weight Food Co-op, 484 Central Ave., Albany NY 12206 • Phone – 518-482-2667 (482-COOP) • E-mail – email@hwfc.com
 Website – www.hwfc.com or www.honestweight.coop

A DIRECTOR'S CHAIR, from p.1

minutes from previous meetings so you can catch up on the latest. Showing up at a meeting without doing this up-front research would be like going to the polls this November and asking people about candidates and what they stand for — something it is our responsibility to know as informed voters.

"But Carolyn," I can hear some of you say, "I don't know how to use a computer and I don't want to learn." "Okay," I say, "but I think you're missing out on some great stuff." For those folks, there is our trusty Customer Service Desk where you can ask to review a plethora of information and announcements.

The Co-op also makes every effort to utilize snail-mail (good old fashioned envelopes and stamps) to keep members in the loop as well.

The bottom line is this. No matter what your creed, religion or political position, you are free to make decisions that will influence this country and your Co-op. Stay informed. Be aware. Participate, read, discuss and exchange ideas. It is what makes this country great. It is what makes our Co-op great.

At the end of the day, it all comes down to a collective consciousness focused on making this planet a better place to live, work, play — and of course, shop.

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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.

NEWS AT A GLANCE, from p.1

store's progress. These could be posted on the website, circulated as an email message, and available in written form at the service desk.

Membership Meetings

Suggestions for improving membership meetings, such as being very specific about what is being voted on and making clearer presentations, were discussed. There was also a discussion of the problem of meetings being held while the store is open. When this happens some staff members and member workers cannot attend; compounding this problem, when some workers leave early for the meeting, this results in the store being understaffed. One suggestion was to close the store a little early on meeting nights. The staff will discuss this and provide feedback, and the Board will consider the issue further.

Product Manuals

Three product manuals are to be completed: one for health and body aids (HaBA), one for the Deli, and one for Cleaning Supplies. The Collective Management Team and the Nutrition and Education committee were to meet in June and make plans for the completion of these documents.

Personnel Manual

The Personnel Manual will be completed as soon as the section on employee rights and responsibilities is finished. The policy part is fine, but the Personnel committee is clarifying some of the language and terms used.

Current Store Reorganization

The final reorganization of space in the current store should be completed in July.

To advertise in the Coop Scoop...

Prices for camera-ready ads are: \$25 for our smallest 1-column size; \$50 for ¼-page; \$90 for ½-page; \$130 for a full page — with several other sizes and prices in between.

One free ad is provided with ads prepaid for a year. Ready-to-print artwork must be submitted by the 15th of the month preceding publication.

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

Governance Review/Bylaws

The Governance Review committee had wondered if they should look at procedures for running membership meetings. The Board clarified that this is a policy issue, handled by the Board, not a bylaws issue. It was also noted that the Membership committee is currently drafting a policy on membership meetings.

The committee will provide Board members with a list of all suggestions being considered by the bylaws panel and will provide recommendations for bylaws changes for the September membership meeting.

Additional Committee Liaisons

At its May meeting, the Board began designating which directors will work with which committees. They completed this task with the following assignments:

Accountability: Greg Pedrick; Communications: Greg Pedrick and Bruce Huttner; Facilities: Ted Mousseau; Board representative to the Governance Review committee: Bruce Huttner; Personnel: Ray Ratte and Lorrie Graham. Previously announced committee liaisons were: Bylaws: Carolyn Maroney; Finance: John Godfrey; Nutrition and Education: Ted Mousseau; Membership: Lenore Gensburg. Jim Monsonis, as the Board president, will work with the Finance and Facilities committees, as well as the Governance Review committee.

Other Committee Notes

Marketing has become the responsibility of the Collective Management Team; there is no committee charged with this. The Energy Task Force seems to have concluded its work.

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

Correction

Last month's *Scoop* article on the annual meeting stated that "Paul Winkler had announced his candidacy, but neither attended the meeting nor submitted a statement." It was learned after we went to press that Paul had expressed his interest in the possibility of becoming a candidate, but had never officially announced his candidacy. He had sent an email officially withdrawing his interest, but no one saw the email until after the meeting had passed. His name should not have been printed on the ballot.

Minutes

Minutes of all meetings are available at the Co-op. Minutes of the most recent meeting are posted on the bulletin board, and are also available on the Co-op's website as password protected files. See instructions on the website (www.hwfc.com) on obtaining a password. (See the Meetings section and go to Board Meetings.)

Upcoming Board Meetings

The Board meets on the first Tuesday of each month at 5:30 pm (with some exceptions depending on holidays, etc.). Meetings are held in the Co-op's Community Room. If you're planning to attend a meeting, please confirm date, time and location.

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 10th of the month at store closing time. We can accept Windows/DOS diskettes, or Mac disks if they are 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 bothfordtrupin@verizon.net and trupinjet@gmail.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

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Trade Your Bag for a Basket

I own a beautiful linen blouse, in a saturated lavender color. The tag sewn into the collar says, "I am open and receptive to all people." I rarely wear it. Probably because I can't take it out of the closet without recalling my point of sale conversation. I was shopping at a little boutique, run by a woman who made a special effort to feature the works of local artists, and women artisans, in particular.

Because the collar tag's pronouncement led me to imagine it was made by some wonderful women's seamstress collective, I asked the boutique owner what the story was behind it. "Probably awful — I don't even want to know!" came the surprising answer.

On the other hand, I own a West African market basket that I use constantly. It is made of straw, with a lovely zigzag pattern of red, green and yellow. Large and accommodating, it holds everything from informational tabling materials to picnic supplies.

I almost never get through the checkout line without a cashier or another customer lighting up with pleasure at the sight of it. Passersby at the farmers' market comment on it. Unlike the floppy, cloth bags I have used for years, this basket has personality. If I were to get a little sappy, and give it a tag with a statement, it would say something like, "I stand at the ready, a helpful companion."

Fair Trade from Ghana

We now have a gorgeous selection of these baskets on hand in the store, just in time to accompany you on your summer forays to the beach and the farmers' market. Each basket arrived here from Ghana, by means of Fair Trade, through the Alahet trading company. Each was made by hand, primarily women's hands in the town of Bolgatanga, from elephant grass. They are colored with natural vegetable dyes and tree barks, and most are woven according to traditional patterns.

Alahet describes itself as "a family owned business

Eating Economically at the Co-op

by Ruth Ann Smalley

that was started in 1992 to help women and [the] less fortunate to be able to fend for their families," the producers being "single mothers and [the] physically challenged." The Aggudey family works directly with 50 to 200 women artisans, paying wages that "are above the standards set by the Fair Trade federation."

Selina Aggudey explains that "the founder, Henrietta Aziki Aggudey, was a single mother for a long time and saw the need to mobilize women and get a way of finding income for the family." Because of their Fair Trade baskets, "the artisans are able to have the benefit of healthcare, education for their children, good drinking water and nutritious food, shelter, clothing, and other items that most people in developed countries take for granted." Thus, Bolga baskets are an object of great utility, economic benefit and aesthetic pleasure — a combination that is hard to find in today's market.

Traditional handicrafts have long combined these qualities, with respect for both one's environment and the tools of one's daily tasks woven into the value systems of many traditional cultures. In the Mandan (Plains Indian) tale

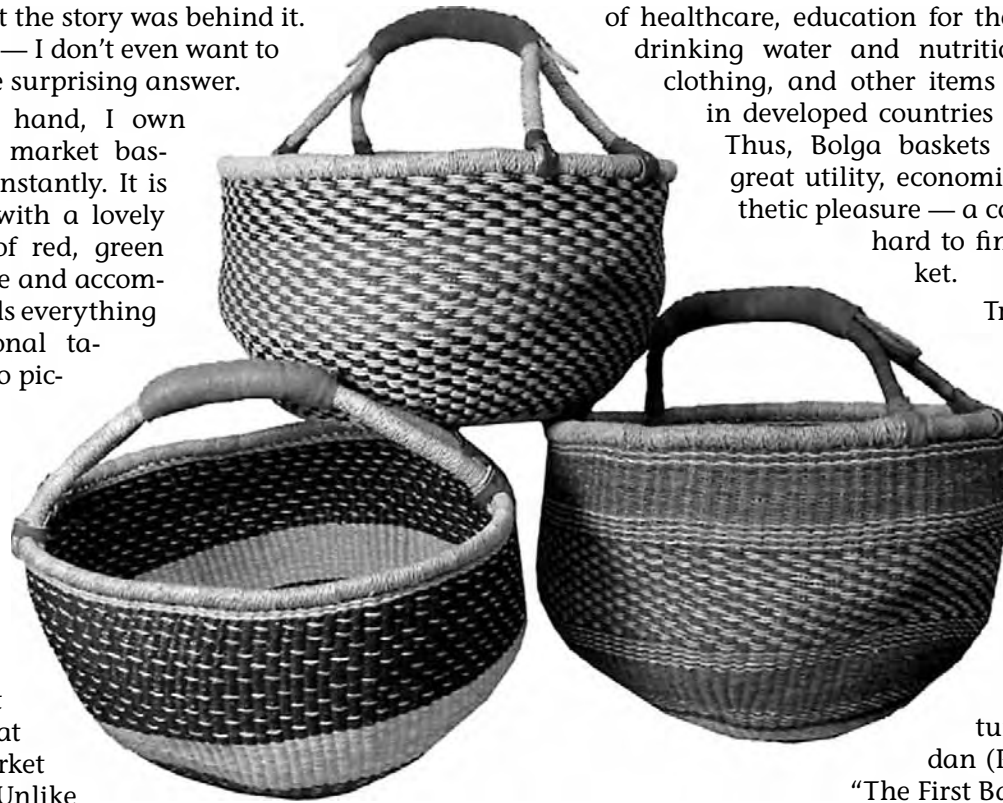
"The First Basket," as retold by

local folklorist Joseph Bruchac, the cedar tree comes to a village woman in her dream and teaches her how to make baskets. These baskets will even carry the load on their own, if the women sing to them as they walk home. But when one woman gets greedy, and takes all of a cache of seeds and beans that have been stored for the winter by the "Mouse People," she suddenly forgets the appropriate song, and the baskets no longer bear the weight themselves.

The story speaks to the fact that we live in constant relationships with the objects and creatures in our surroundings. The level of awareness we can bring to those relationships can mean the difference between exploitation or partnership.

Source

Selina Aggudey, email correspondence (June 13, 2008).



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Happiness is a good camp meal!

Buying Camp Foods in BULK

by Lisa Vines

"Happiness is a good camp meal," begins the chapter on camp food in the *Fieldbook for Boys and Men*. This field book from almost half a century ago includes a section on "Buying Trail Foods," and when I look over the suggestions I am struck by the contrast to the suggested items from a more recent publication, aimed at camping with kids. The more recent publication includes a recipe for "Bird's Nest Breakfast," which calls for "½ cup canned shoestring potatoes (the crunchy kind); 1 large naval orange (thick skinned); ½ cup chopped ham or sliced ham lunch meat; 2 eggs." The 41-year-old field book suggests dried and dehydrated foods. Maybe it's time to re-visit the wisdom of the older guidebooks; surely the quality has improved in the interim, so that we're not limited to the more modern "crunchy kind of shoestring potatoes" for camp food. Many modern dried, dehydrated and prepared foods are available in the Bulk aisle, in whatever amount you choose to purchase.

Camping Challenges, Bulk Solutions

First, however, you need to determine your needs. Camping entails different degrees of challenges. Backpack camping, for example, is different from bicycle camping; canoe/kayak camping is different from car camping. How much food can you take along? How much fuel can you carry or find? How much potable water will you have?

If you want to prepare your own mixes, you will find ingredients in the Bulk aisle: powdered dried milk, powdered buttermilk, textured soy protein chunks, vegetable broth powder. For main course meals, there are filling starch basics that don't take much cooking time and no excess water to discard, such as with noodles. Try quinoa or cous-cous. Quinoa, the "mother grain," is incredibly nutritious and cooks in only 1½ times the water. Bring the mixture to a boil, turn off the heat and cover the pot. Let sit for half an hour. The grains will soak up the water and provide a solid base for whatever else you have planned. (Rinse the quinoa several times before cooking, to remove the natural but soapy tasting covering. This natural covering eliminates the need for pesticides, thereby increasing quinoa's desirability.) Cous-cous, based on semolina flour, cooks up even more quickly. For each cup of cous-cous, boil a cup of water; when the water reaches boiling, dump in the cous-cous, stir, and lower the heat. Cover. The cous-cous will absorb all the water in five minutes and is ready for various toppings. An easy meal is a base of either quinoa or cous-cous with a can of prepared vegetable soup (no refrigeration required). Remember to take along a can opener.

The Bulk aisle also contains many pre-made mixes designed to simplify meal preparation. There is a pancake mix, for example, that requires only water. The instructions

Sierra's Baking Mix

This is a basic baking mix that serves as the base for other recipes.

4 cups flour
2½ TBS baking powder
¼ cup powdered milk
2 tsp salt

Mix all ingredients. Store in plastic bag until needed. To make pancakes, take two parts mix, one part flour or uncooked cereal, and enough water to make a pourable batter. Grease a frying pan and heat until water droplets sizzle on the surface; Cook pancakes gently until bubbles begin to appear on the surface of each pancake; flip and cook on the other side.

(Adapted from *NOLS Cookery*)

on the bin suggest mixing the powder 1:1 with water, but this seemed a little watery to us; you might want to decrease the water. Soup mixes, however delightful they seem initially, require long cooking times — so if your fuel is limited and you're really hungry, you might want to save those for home. Various soup mixes include the organic 7 bean soup mix, the 32 bean soup mix, and the deluxe soup mix.

Energy Foods

Then, of course, there's the entire range of energy foods: dried fruits (dried pears, whole dried bananas, organic dried Turkish apricots, dried mixes fruits, etc.); nuts (take your pick!); pre-made dried fruit and nut mixes (California raw fruit and nut mix, for example); and the locally made Chunks of Energy, available in a number of flavors.

Camping's fun, and part of the fun is the preparation. Take a cruise through the bulk aisle while preparing your meals. You'll find a lot of potential there.

Sources

Fieldbook for Boys and Men (Boy Scouts of America, 1967).
Claudia Pearson, *National Outdoor Leadership School Cookery* (Mechanicsburg, PA: Stackpole Books, 1997).
Linda White, *Cooking on a Stick: Campfire recipes for kids* (Salt Lake City: Gibbs Smith, 1996).

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What I Choose to Buy at the Co-op *...and Why*

A series of monthly articles by members of our Nutrition & Education committee

by Loretta Gillen

If you're like most parents, getting your kids to eat a healthy breakfast and finding the time to prepare it for them in the morning can be a challenge. We all know that breakfast is the most important meal of the day as it gives us the energy and fuel that our bodies and brains need to function optimally. It's no surprise that studies show that children who eat breakfast do better in school. I can't think of anything else that my son, Frank, who is now 16 would rather have than pancakes for breakfast.

A healthy breakfast should include some protein and fiber which can be accomplished when making homemade pancakes using an array of ingredients that the Co-op offers. For example, wheat and some other flours contain protein and whole grains that are high in fiber. I experiment with a variety

Getting Kids to Eat a Healthy Breakfast (without their even knowing it!)

of flours and sometimes mix them up. These include white, buckwheat, amaranth, whole wheat, teff, rice flour and corn flour that can be purchased from the bulk section. (Buckwheat, amaranth, rice flour and teff are gluten-free choices.). Many of the other ingredients found in pancakes can supplement a healthy breakfast like fruit, eggs, milk or yogurt, and there are lots of options for those who want to go gluten-free, dairy-free or cholesterol free. You can also control what you put into your own homemade pancakes versus some of the mixes that are loaded with sugar, chemicals and additives.

The most delicious way to sweeten pancakes is with fresh or fro-

zen fruit. My favorites are the local apples sold at the Co-op, organic bananas, fresh blueberries (when they're in season) and Cascadian Farms frozen berries. Another easy way to sweeten pancakes is to use agave nectar, molasses, brown rice syrup, raw sugar and carob chips. Using a variety of spices and toppings like cinnamon, nutmeg, ginger, walnuts and vanilla extract are all wonderful choices. For toppings, apple butter, preserves, yogurt and pure maple syrup are all perfect. Some of the non-GMO (genetically modified organisms), heart-healthy spreads like Earth Balance or Soy Garden sold in the dairy case are also a delicious addition.

One way to make preparation easier is to make the batter the night before and have it ready for the morning to save time. I find that this thickens the batter slightly too which makes for nice, fluffy pancakes. Once in a while, I do "breakfast for dinner" and include pancakes on the menu and serve

Loretta Gillen is a member of the Co-op's Nutrition & Education Committee.

Tofu-Apple Topping

1 cup silken tofu, drained and crumbled
1 apple (gala, fuji), diced
½ cup granola
1 TBS maple syrup (PLU1473)
½ tsp ground cinnamon
Combine all ingredients in a bowl. Use as a topping for white or sweet potatoes.
Source: *Vegetarian Times* (September 2007)

Amaranth Pancakes

¼ cup amaranth flour (PLU1079)
¼ cup arrowroot starch
½ cup whole wheat pastry flour
¼ cup apple juice or milk
1 egg, beaten
1 tsp oil
3 tsp cinnamon
1 tsp baking powder
½ tsp. sea salt
In a medium bowl, beat together egg, juice or milk and oil. Add in remaining ingredients. Heat griddle to medium high and cook until bubbly. Turn and cook until done. Makes 8-10 3-inch pancakes.
Source: Bob's Red Mill (www.bobsredmill.com/recipe)

Buckwheat Banana Pancakes

1 cup buckwheat flour (PLU1358)
½ cup all-purpose flour
1 TBS sugar
2 tsp baking powder
1 tsp baking soda
Pinch salt
2 eggs
1 cup non-fat milk or soymilk
½ cup plain non-fat yogurt
2 TBS veg. oil
1 banana, diced
3 TBS shredded coconut (optional)

Put buckwheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a bowl and set aside. Beat eggs until foamy in a second bowl. Stir in milk, yogurt and oil. Stir mixture into flour mixture just until free of lumps. Fold in banana and coconut. Heat in a non-stick skillet spray with cooking spray. Ladle onto skillet. When bubbles appear, turn over and cook other side (2-3 minutes). Serves 4.
Source: *Vegetarian Times* (June 2004)

leftovers for breakfast the next day. Pancakes also freeze well.

On the next page are a few recipes for you to try that I would recommend for kids and "big kids" alike!

Resources

Shereen Jegvig. "Don't Skip Breakfast: A healthy breakfast means good nutrition." *About.com.Nutrition* (updated February 13, 2008), extracted from <http://nutrition.about.com>.

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"Flour." Wikipedia, extracted from <http://en.wikipedia.org/wiki/Flour> (May 30, 2008)

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Suggestion Box

September 13, 10 am
(www.nyvegetarianexpo.org).

- Q.** Ahhh! It's painful to see how much bulk product is wasted. Probably pounds of precious organic produce is trashed daily. Are people blind? We need to be more careful!
- A.** As long as we are committed to bulk there is bound to be some spillage. It's the nature of the beast. We do employ new dispensing methods whenever possible. Plus some managers supplement their diet with spilled food.
- Q.** Every year Boston has a huge vegetarian festival (www.bostonveg.org/foodfest). Why isn't HWFC leading the charge to organize one here in Albany?
- A.** We are a sponsor of NY's Capital Region vegetarian expo. It is in Saratoga Springs City Center on
- Q.** Your cheese looks so great — unfortunately nothing for the kosher consumer. Kosher hard cheeses are increasingly available, imported from France or Denmark. Could you carry one or two?
- A.** Please speak with Gustav or Ken about current availability. We do have plans to bring in some new kosher cheeses. Please bear with us as we search for a consistent source.
- Q.** Would the Board reconsider (I'm sure it has been considered in the past) extending the use of Senior Cards for 10% discount to 7 days a week instead of just on Tuesdays? This extension would allow seniors to shop more often at your store and would increase your profits as well.
- A.** Your suggestion will be forwarded to the Board president.
- Q.** You should let kids paint the outside of the new building!
- A.** When we get to the point where we start to decorate the new store, we definitely will include kids' artwork.
- Q.** Liquid Assets is *not* Fair Trade. Why are we serving that at our coffee station?
- A.** As far as we know all of our coffee is Fair Trade and organic. If you
- have any information that proves otherwise, please let us know.
- Q.** When you close for a holiday, please post it in the newspaper. I don't come often enough to rely on the sign on the door.
- A.** Please call or go online for information about closings. We'll list holiday closings and other changes in hours in the Co-op.
- Q.** Why did you stop selling "vitamin" water?
- A.** We can no longer get it since it was sold to Coca-Cola. Our distributor cannot carry it.
- Q.** Hey — there is a Fair Trade olive oil from Nabulus — profits support Palestinians. Do you know anything about it? I've seen it at Hawthorne Valley farm store. Thanks.
- A.** Thank you for your input. We'll do our best to accommodate.

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Summer Calendar

JULY

7/1 HWFC BOARD OF DIRECTORS. 5:30-7:30pm, in Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

7/9,23 HWFC HEALTH & WELLNESS SERIES: "Healing Touch," with Richard Sahr. 3:30-6:30pm. 1-hr. sessions, Co-op Community Room. For more info, call 482-2667.

7/12 HWFC HEALTH & WELLNESS SERIES: "The Wonderful World of Butterflies," with Betty Nickles. 11am-1pm, in the Co-op Community Room. For more info, call 482-2667.

7/13 HWFC HEALTH & WELLNESS SERIES: "Reiki," with Karen Reach. 3-6pm, in the Co-op Community Room. For more info, call 482-2667.

7/15 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened While You Shop!" with Vince Manti and Derek Burns. 5-knife limit (no serrated blades). 5-7pm, outside the Co-op Community Room. For more info, call 482-2667.

7/16 HWFC HEALTH & WELLNESS SERIES: "Reiki," with Jeane Marie. 1-5pm, in the Co-op Community Room. For more info, call 482-2667.

7/16 HWFC HEALTH & WELLNESS SERIES: "Sugar Blues" with Rich Neuman. 6:30-7:30pm, Co-op Community Room. For more info, call 482-2667.

7/18 HWFC HEALTH & WELLNESS SERIES: "Reflexology," with Laura Lee Ross. 9:15am-12pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

7/19 MEDITATION FOR WORLD PEACE. 6-7:30pm, at the Meditation Center, 184 Central Ave, Albany. Free. Info: 438 4180.

☺ 7/24-27 FALCON RIDGE FOLK FESTIVAL. Music & dance at the foot of the Berkshires. Long Hill Farm, Rt. 23, Hillsdale. Tix: 1-866-325-2744. Info: 1-860-364-0366 or www.FalconRidgeFolk.com.

7/26 HWFC HEALTH & WELLNESS SERIES: "The Anti-Inflammatory Diet," with Armelle Lefebvre. 11:30am-1pm, in the Co-op Community Room. For more info, call 482-2667.

7/27 HWFC HEALTH & WELLNESS SERIES: "Reiki with Raven." 12-5 pm, in the Co-op Community Room. For more info, call 482-2667.

AUGUST

8/1,15 HWFC HEALTH & WELLNESS SERIES: "Reflexology," with Laura Lee Ross. 9:15am-12pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

8/5,19 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened While You Shop!" with Vince Manti and Derek Burns. 5-knife limit. (no serrated blades). 5-7pm, outside the Co-op Community Room. For more info, call 482-2667.

8/5 HWFC BOARD OF DIRECTORS. 5:30-7:30pm, in Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

8/6,20 HWFC HEALTH & WELLNESS SERIES: "Healing Touch," with Richard Sahr. 3:30-6:30pm. 1-hr. sessions, Co-op Community Room. For more info, call 482-2667.

8/10 HWFC HEALTH & WELLNESS SERIES: "Reiki," with Karen Reach. 3-6pm, in the Co-op Community Room. For more info, call 482-2667.

8/16 MEDITATION FOR WORLD PEACE. 6-7:30pm, at the Meditation Center, 184 Central Ave, Albany. Free. Info: 438 4180.

8/24 HWFC HEALTH & WELLNESS SERIES: "Reiki with Raven." 12-5 pm, in the Co-op Community Room. For more info, call 482-2667.

8/27 HWFC HEALTH & WELLNESS SERIES: "Reiki," with Jeane Marie. 1-5pm, in the Co-op Community Room. For more info, call 482-2667.

8/27 HWFC HEALTH & WELLNESS SERIES: "Sugar Blues" with Rich Neuman. 6:30-7:30pm, Co-op Community Room. For more info, call 482-2667.

9/2 HWFC BOARD OF DIRECTORS. 5:30-7:30pm, in Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

ONGOING EVENTS

MONDAYS

BEHAVIORAL MANAGEMENT for Indigo/Crystal Children, with Mary E. Qualters LCSW. Last Monday, 7-8pm. Chakra Garden, Center for Mind/Body Healing, Albany. Info: 456-0310, thechakragarden.com/calendar.

CAPITAL DISTRICT MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. 4th Monday, 7pm. Coping with environmental, chemical and occupational illnesses. At Bountiful Bread, Stuyvesant Plaza, Guilderland. Info: Terry, 785-1117; or Donna, 372-8783.

HWFC HEALTH & WELLNESS SERIES: "Blood Pressure & Body Fat Testing," with Jeff Grayson Miller. 11am-1pm, Co-op Service Desk. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "DIY Bike Maintenance," with Willem Heydendaal. On-site repairs and instruction. 5:30-7:30pm, outside the Co-op. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Financial Investment Workshop," with Jim Williams. 11am-2pm, Co-op Community Room. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Spanish Language Immersion," with Shane Lillian Braverman. For all ages and skill levels. 4-5:15pm, Co-op Community Room. 482-2667.

LUNCHTIME & EVENING MEDITATION. 12-1pm & 6-6:30pm, Meditation Center, 184 Central Ave, Albany. Free. Info: 438 4180.

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, c/o Susan Palmer; email: scoopcalendar@earthlink.net.**

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

VIPASSANA BUDDHIST Practice Group (Insight Meditation). 7:30pm in Colonie. For experienced and beginning meditators. Free. Info: 438-9102 or email bjp1088@verizon.net.

WOMEN'S GROUP, with Mary E Qualters LCSW. 1st and 3rd Mondays, 6:30-7:45pm in the Chakra Garden, Center for Mind/Body Healing, Albany. Info, 456-1071, thechakragarden.com/calendar.

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

TUESDAYS

ALBANY FOLK DANCERS. 7:45-9:45pm. Instruction provided, beginners welcome. No partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$4. Info: 489-7996, or online at jnsavitt@yahoo.com.

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

CAPITAL TOASTMASTERS. Communication, public speaking, leadership training. 2nd & 4th Tuesdays. 6pm. Center for the Disabled, 314 S. Manning Blvd., Rm.511, Albany. Info: Stephanie Jubic, 852-6733.

CHILDBIRTH EDUCATION/SUPPORT GROUP. Open to all. \$10-12/evening. 6:30-8:30pm. FLC

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Glenn LaPorte. 15-min. sessions, 12:30-2pm, Co-op Community Room. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Ed Thomas. 2-5pm. 15-min. sessions, Co-op Community Room. 482-2667.

INFERTILITY Support Group. 3rd Tuesday. 7:15-8:45pm at Bellevue Women's Hospital, Schenectady. For more info: 346-9410.

LUNCHTIME & EVENING MEDITATION. 12-1pm & 6-6:30pm, Meditation Center, 184 Central Ave, Albany. Free. Info: 438-4180.

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

WEDNESDAYS

BETHLEHEM TOASTMASTERS. We help you overcome the fear of public speaking and more! 2nd and 4th Wednesdays, 7:30-9pm. Info: Jim, 439-7625; <http://bethlehem.freetoasthost.com>.

KEY TO LISTINGS

- CDCG Capital District Community Gardens
40 River St., Troy • 247-8685
 - CDGLCC Capital District Gay & Lesbian
Community Council
322 Hudson Ave., Albany • 462-6138
 - ES The Eighth Step at Proctors
423 State St., Schenectady • 434-1703
 - FLC Family Life Center
20 Elm St., Albany • 465-0241/449-5759
 - 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 10th of the month to: Susan Palmer, [e-mail: scoopcalendar@earthlink.net](mailto:e-mail:scoopcalendar@earthlink.net).

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

GENTLE YOGA. 10-11:30am at the Yoga Loft, 540 Delaware Ave., Albany. Contact Mary Sloan: 459-8216 or synthesis@nycap.rr.com.

☺ HWFC HEALTH & WELLNESS SERIES: "Natural Family Support Group," with Elisa Grimm, Lauralee Holtz, Meg Breen, Liza Feldman Vinci. Children's storytime follows discussion. 10am-1pm, Co-op Community Room. 482-2667.

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

LUNCHTIME & EVENING MEDITATION. 12-1pm & 6-6:30pm, Meditation Center, 184 Central Ave, Albany. Free. Info: 438-4180.

MEDITATION. 6-7pm. Center for Natural Wellness, 20 Mall, 2080 Western Ave., Guilderland. All are welcome; donations appreciated. To register: 869-2046.

MEDITATION, with Healing Practitioner Beth Netter MD. Introduction for beginners, practice for experienced. 7:30-8:30pm, Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info, 689-2244.

MOM AND BABY YOGA. 10-11am, Albany Jewish Community Center, 340 Whitehall Rd. \$15 per class. Info: Beth Monaco, 689-0039.

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

☺ SARATOGA FARMERS' MARKET. 3-6pm. High Rock Park, High Rock Ave., Saratoga Springs. Locally grown produce, pasture-raised meat, free-range/pasture-raised eggs, local raw honey, baked goods, homemade soaps, on-site marseille, live music and more! Info: 893-2669 or Bluemoodndressing@aol.com.

THURSDAYS

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

HWFC HEALTH & WELLNESS SERIES: "Pilates," with Brian Hull. 12-1pm, Co-op Community Room. For more info, call 482-2667.

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

LUNCHTIME & EVENING MEDITATION. 12-1pm & 6-6:30pm, Meditation Center, 184 Central Ave, Albany. Free. Info: 438-4180.

LUNG CANCER ALLIANCE. Advocacy group meeting on 2nd Thursday, 10am, at the American Cancer Society, 260 Osborne Road, Loudonville. For info, call 482-3142.

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

MOTHER TO MOTHER. 2nd & 4th Thursdays, 10am-12pm. FLC

SITTING MEDITATION. 7-8pm, Shambhala Meditation Center of Albany, 879 Madison Ave., Albany. Free. Info: 375-7041 or www.shambhala.org/center/albany.

WOMEN'S CREATIVE PROCESS GROUP. Use art play and a supportive group to tap into your creative potential, relax, have fun! No previous artistic experience needed. Thursday evenings at The Artist Studio, Delmar. More info: Lorraine, 482-5428; heart2art07@yahoo.com.

FRIDAYS

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

8th STEP CONTRADANCES. Most 2nd & 5th Fridays, 8pm at Albany Hiberian Hall, 375 Ontario St. Instruction at 7:45pm. \$10 admission. Info: call 489-9066 or psitix1@nycap.rr.com.

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Paul Jensen. 2-5pm. 10-min. sessions, Co-op Community Room. Info: 482-2667.

☺ SUMMER UPDATE - HWFC HEALTH & WELLNESS SERIES: "Math Tutoring: Drop-in Sessions," with P.J. de Barros. For all ages and skill levels; no appointment needed. 5:15-8pm, in the Co-op Community Room. No session on 8/1. For more info, call 482-2667.

☺ 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: 9:30am-12pm. 475-1897. MCCD

TRI-CITY FOLK DANCERS. 8:30-11pm, Schenectady YWCA, 44 Washington Ave.. Instruction. \$5. More info: 452-1154.

SATURDAYS

HWFC HEALTH & WELLNESS SERIES: "Aqua Chi," with Anthony & Karen Segretto. Detox foot bath and foot spa. 2-4pm. Free 20-min. sessions, Co-op Community Room. For more info, call 482-2667.

OLD SONGS CONTRADANCE. 1st Saturday (October-May), 8-11pm at Old Songs Community Arts Center, 37 S. Main St., Voorheesville. Instruction at 7:30. Covered dish supper at 6:30, \$10. Info: 765-2815.

☺ SARATOGA FARMERS' MARKET. 9am-1pm. High Rock Park, Saratoga Springs (see Wednesdays). Info: 893-2669 or Bluemoodndressing@aol.com.



☺ TROY WATERFRONT FARMERS' MARKET. 10am-2pm, Uncle Sam Atrium, Broadway (betw. 3rd & 4th Sts.). More info: 321-5749 or www.troymarket.org.

SUNDAYS

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

☺ FIRST UNITARIAN UNIVERSALIST SOCIETY. Mindfulness Meditation, 9am. Sunday Service, 10am. Coffee Hour, 11am. 405 Washington Ave., Albany. 463-7135.

SANT MAT MEDITATION. Every Sunday, 9:30am. 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. 11am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or www.CenterForCreativeLife.org.

SUNDAY GATHERINGS. We come together to honor our relationship to self, neighbor and God. 10:30-11:30am. Coffee and tea follow. Still Point Interfaith Retreat Center, 20 Still Point Rd., Mechanicville. Info: 587-4967 or stillpt423@aol.com.

SUNDAY MORNING FLOWING YOGA. 10:30am-12pm. Yoga with devotion. Flowing workout, not too hard, not too easy, for all levels with experience. With Nancy Polachek at HeartSpace Holistic, 747 Madison Ave., Albany. 689-4714, www.heartspaceholistic.com.

OTHER EVENTS

☺ ALBANY PINE BUSH DISCOVERY CENTER is now open! Hands-on learning for all ages. Free and all are welcome. Closed Mondays. More info: 456-0655 or www.albanypinebush.org.

CENTER FOR NIA AND YOGA. 4 Central Ave., Albany (at Lark St.). For class schedule, registration and special events: www.nia-yoga.com, casey@nia-yoga.com, 463-5145.

HELP WANTED. Yoga Instructors for a rapidly growing studio in Guilderland Center. Currently seeking Vinyasa/flow, Pi/Yo and pilates instructors. Must be able to start in January. Paid per class, must have insurance. Contact Andrea@orendayoga.org or call 861-5714.

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & WISE WOMEN. Free moonlodge, exciting classes, work weekends and empowering events. Visit www.susunweed.com or write PO Box 64, Woodstock NY 12498. pd4

LUNAR MIST HEALING ARTS. Space rented hourly for healing arts practitioners and poets. 307 Hamilton St., Albany. Free parking. More info: Constance Morgan, 426-1402.

☺ MISS PEGGY'S MUSIC ROOM. Enroll now for Spring 2008! An enjoyable and supportive environment. Lessons in piano or voice, individual or small group. Classes for parents and children and Orff Ensembles. Info: 458-2927, misspeggysmusic.com or misspeggysmusic@aol.com.

by Audrey Schwartz

Got Local Milk? Yep!

Honest Weight carries milk and other dairy products from Meadowbrook Farm in Clarksville, a farm owned and operated by the Van Wie family. Delivered directly from the farm, the milk travels a much shorter distance than some of the other dairy brands sold at the Co-op.

In addition to being locally produced, the milk comes in returnable glass bottles. There is an initial deposit on these bottles but at least the container is not going into the waste stream.

Although the milk, heavy and light cream are not organic, Meadowbrook does not use bovine growth hormones. Some dairy farmers use synthetic hormones such as recombinant bovine growth hormones (rBGH) and recombinant bovine somatotropin (rBST) in order to boost the milk production of their cows. These hormones are sold by Monsanto Corp and are genetically engineered variants of the natural growth hormone produced by cows.

These synthetic hormones have been linked to health problems in both cows and humans. Injection of the hormone in cows increases the incidences of mastitis, lameness and reproductive complications. According to Oregon Physicians for Social Responsibility, rBST increases the risk of cancer by elevating levels of another hormone, IGF-1. High levels of IGF-1 can promote breast cancer, prostate cancer and colon cancer. Although the use of bovine growth hormone was banned in Europe and Canada, it has been approved for use by the U.S. Food and Drug Administration since 1993. Dairy products from cows injected with such growth hormones do not have to be labeled.

Meadowbrook also does not use antibiotics on their cows. Many scientists have expressed concern that the substantial use of antibiotics in animals used in food production is giving rise to new strains of "superbugs" that are becoming more resistant to antibiotics.

The milk from Meadowbrook Farm is slow pasteur-

ized. "Pasteurized" means that the milk has been heated to a minimum of 161°F for a minimum of 15 minutes (or 145°F for 30 minutes for equivalent kill of bacteria), and packaged under clean and sanitized conditions. Some dairy products, including some organic brands, are now ultra-pasteurized. "Ultra-pasteurized" means that the milk is heated to a much higher temperature (a minimum of 280°F for a minimum of 2 minutes). This temperature and time combination is much more lethal to bacteria, killing virtually all of concern in milk. However, the reason many dairy producers are using ultra-pasteurization is that it extends the shelf life of the product. (This applies only until the product is opened. Once opened, ultra-pasteurized milk should be use within 7 to 10 days, the same as pasteurized milk.) Some consumers feel, however, that the ultra-pasteurization process effects taste and gives the milk a more "cooked" flavor.

As for my own experience with Meadowbrook, I have used their milk, for several years, to make yogurt. It works very well and produces a creamy yogurt. (A recipe for homemade yogurt can be found at the end of this article.) Recently, I purchased a book, *Home Cheesemaking* by Ricki Carroll, and have used their milk to make some soft cheeses. I was pleased to learn their milk is not ultra-pasteurized. The author recommends against using ultra-pasteurized milk, as it may effect the outcome of her recipes. A friend and I have tried Meadowbrook heavy cream and feel that it whips up more quickly and has more volume than other brands we have used.

Homemade Yogurt

(Makes two quarts; recipe can be easily halved if you would prefer only one quart)

½ gallon milk (whole, 2%, 1%, whatever you prefer)

½ cup nonfat dry milk

6 TBS yogurt (must contain active yogurt cultures)

1. Combine the liquid milk with the dry milk and heat the mixture in a heavy saucepan or on the top of a double boiler, to 180°F. Stir occasionally to avoid scorching on the bottom of the pan.
2. Remove from heat and let mixture cool to 120°F. Stir occasionally.
3. When the mixture has cooled, you will need a container that will hold the yogurt and the milk while the yogurt forms. (I use a large glass jar, which I wrap in a blanket and place in the closet. If you are making only a quart, you could use a clean warmed thermos.)
4. If any film has formed on the top of the milk mixture, remove it. Mix a small amount of the warm milk with the yogurt in the container. Then stir in the rest of the milk mixture. Mix well.
5. Put container in a warm spot where it will be undisturbed for about five hours.
6. At the end of 5 hours, mixture should have thickened. Refrigerate for several hours to thicken further.
7. Save some of the yogurt to use as your starter the next time you make yogurt.

Sources

www.cheesemaking.com
www.farmandfood.org
www.organicconsumers.org

"Pasteurized vs. Ultra-Pasteurized Milk: Why such long sell-by dates?" (www.foodscience.cornell.edu/cals/foodsci/extension/upload/past-up-doc/doc).

Suemedha Sood. 2008. "Why Monsanto doesn't want you to know about those hormones in your dairy." *Washington Independent* (March 25).

Audrey Schwartz is a member of the Co-op's Nutrition Education committee.

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Member Worker Profile

by Andrew Elder

Meditation & Mediation

Ted Mousseau may be new to Honest Weight, but the ideals behind the Co-op have been part of his life for many years. The collaborative community spirit appeals to his background in union mediation, while the connection to good health and harmony resonate with his meditative nature. His wife Carol has been an Honest Weight customer member since the Quail Street days, but it wasn't until recently moving to the area that Ted was able to join himself. And now that he's a member of the Board, he's making up for lost time.

A native of Canada, Ted was a pilot for Canadian Airlines, where he was active in the Pilot's Association (he retired in 2000). He met Carol at a conference in Elmira in 1997, and they married the following year. Ted transferred from Vancouver to Toronto, and Carol from Albany to Buffalo, where they joined the Lexington Co-op.

During his travels as a pilot, Ted helped establish the Federal Green Party of Canada in the 1980s. "It was all a part of a changing consciousness," Ted recalled. That changing consciousness also led to the couple becoming certified as meditation instructors shortly after 9/11. In 2007 they moved to Latham, where Carol works for the Center for the Development of Human Services. "I was ready to retire, but she wasn't!" says Ted, who found an outlet for his energy and interests at Honest Weight, working for Membership Coordinator Nate Horwitz. It wasn't long before a few Board positions opened and Nate asked Ted if he might be interested. Needless to say, he was.

Ted is a new member of the Facilities committee, and also serves as the Board liaison to the Nutrition and Education committee. A mediator by inclination, Ted enjoys helping people work toward a common goal. "There are always differences in any community; everyone has different ideas of what a Co-op should be," Ted observed. "But it's all about bringing people together. Our new store is giving everyone a chance to have their voices heard and contribute to the process."

Education is another aspect of the Co-op that greatly appeals to Ted. "Education is key these days, as people realize the importance of nutritional food and what the old ways of

TED MOUSSEAU



thinking have been doing to them," he says. "There's going to be more need for places like the Co-op; we have an important role to play in the broader community."

When asked what he loves most about the Co-op, Ted was quick to point out the management at Honest Weight. "The team features highly competent managers who are responsible for applying our cooperative values to our operations. They are the spirit of the place," he said. "But the food, the philosophy, and the people are all great."

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Restore Your Home



by Suzanne Fisher

wise be wasted. Restore is always looking for three things: donations (tax deductible), volunteers for the store and shoppers.

Seeing the store and talking to Emily was encouraging: It's wonderful to see Habitat's efforts at funding themselves while filling a need for the entire community.

Sweat Equity for a New Home

This year they plan to build eight more homes in the Albany area for qualifying families who are willing to work with Habitat. These families generally have an income between 40% to 70% of the median income for our area. They are required to donate 350 hours of labor to Habitat as "sweat equity," either in building their home or in some other capacity. In return, they receive a 0% interest mortgage and a three bedroom, 1,200-square-foot home that is NYSERTA Energy Star rated.

The most inspiring moment came when Emily took me around the block to see some of the homes already built by Habitat. They had welcoming front porches, appeared

well constructed, and some sported solar panels on their roofs. We observed as a solar panel was being retro-fitted to another Habitat home, financed by Habitat along with some funding provided by the installer, Solar-Gro. It was a sight full of hope for the future.

If you want to help out with in the store, or have items in good condition to donate, give Restore a call at 518-275-6638, or check out the Habitat website, www.CapitalDistrict-Habitat.org. To volunteer to join for Habitat's building efforts, call the main number: 518-462-2993.

If you are thinking of doing any home repairs or renovations in the near future, visit Restore to check out what they have. Not only will you be doing something nice for yourself, you also will be helping to shape your community into a place where everybody has a place to call home.



Habitat for Humanity is known for providing for families who otherwise would not financially be able the means to purchase their own homes. Three years ago, Habitat in Albany began Restore, a business for recycling used and surplus building supplies to help fund their primary work.

Restore is located behind the Albany office of Habitat at 454 North Pearl Street. Its large warehouse space is filled with reasonably priced home improvement materials of many kinds. Whole ensembles of kitchen cabinets and various single pieces were grouped together. Nearby sat a huge, practically new refrigerator and a very nice oven. Old and new doors lined one whole wall, windows in sets and singly were in rows at the back, and deco-

orative lights hung from racks. Wallpaper filled another wall, and cans of fresh paint were stacked off to the side. Also available were non-upholstered furniture, plumbing fixtures and hardware, lumber, flooring, appliances, roofing, gutters and more.

Restore's manager, Emily Collins, explained that every week new items are available. Restore is open to the public for shopping on Fridays and Saturdays from 9 am until 2 pm. During the rest of the work week, Emily is picking up donations and organizing the store.

The goals of Restore are simple: to raise funds for Habitat, to make home improvement available to all socio-economic levels, and to recycle and use items that would other-



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Buy Local, Buy American Help Preserve New Yorks Farms



by Kate Rachel Lozier

Composting

...it's easier than you think!

Composting... Sounds messy and difficult, right? Wrong! Composting is one of the most natural and easy things to do, whether you live in an apartment or in a house.

"Composting is the aerobic decomposition of biodegradable organic matter, producing compost" ... "also known as brown manure [which] is the aerobically decomposed remnants of organic matter." (Wikipedia)

Composting promotes the circle of life as nature intended. Placing these materials into a plastic bag and/or a garbage inhibits this natural process.

Why compost?

1. Very inexpensive to do
2. Provides you with free soil amendments and mulch for your gardens
3. Saves you money as you throw less garbage away and reduces landfills
4. Recycles natural materials as they should be

What can you compost?

1. All vegetables and fruits, including nuts
2. Dryer and vacuum cleaner lint
3. Eggshells
4. Shredded newspaper, paper and cardboard produced with soy based inks
5. Manure and waste from healthy herbivores (pet waste from rabbits, guinea pigs and other vegans), including their bedding
6. Saw dust, wood chips

7. Weeds, dead plants from your garden, dead indoor plants and flowers, lawn clippings, leaves, straw, hay, grass, peat moss, shredded stems and twigs
8. Fireplace ashes (no coal ashes)
9. Coffee grounds and filters
10. Cardboard rolls from toilet paper and paper towels

What should you not compost?

1. Chemically treated yard waste or plants
2. Meat and dairy products
3. Diseased items

Where can you compost?

1. Your yard in a sunny spot
2. Small container in your house
3. Your town's location (many townships have community composting)
4. Join your friends and neighbors to make one compost
5. In a commercially produced activator or container in your yard
6. Place the compost heap or container in a convenient location (our pile is just below a window from the house so it is very easy to feed the pile).

When can you compost?

All year around — yes, even in the winter. During the cooler months you will not be able to turn your compost heap, but you can accumulate the materials.

What do you need to compost?

1. Separate space or container

2. Bowl or container to hold items from the house before it goes to the heap
3. Cooperation from family members
4. Tool to turn the compost
5. A small amount of time and energy

What do I have to do with my compost pile or container?

1. The smaller the items that go into your compost pile, the faster the decomposition time.
2. Turn your pile at least once weekly.
3. Add a lot of items to your pile less frequently, as opposed to adding small amounts frequently — volume is better than frequency.
4. You can add worms to your compost to speed up the process.

Where can I find more information on composting?

www.composting101.com
<http://vegweb.com/composting>
www.compostguide.com/index.html
www.epa.gov/epaoswer/non-hw/composting/index.htm
www.ehow.com/how_3541_begin-compost-pile.html
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Anti-Inflammatory Diet

With Armelle Lefebvre. Saturday, July 26 from 11:30 am to 1 pm in the Co-op Community Room

Find out about foods that contribute to inflammation, and how to transition to an anti-inflammation diet. Sample tasty, easy recipes that show how to build a stronger, healthier, healing body.

Aqua Chi

With Anthony & Karen Segretto. Saturdays from 2 to 4 pm in the Co-op Community Room

Free 20-minute sessions. The Aqua Chi is a detoxifying footbath that soothes your aching feet and legs, while detoxifying your body through the large pores of the feet. Please sign up only one time per month.

Blood Pressure / Body Fat Testing

With Jeff Grayson Miller. Mondays from 11 am to 1 pm next to the service desk.

Fitness consultations available in addition to blood pressure and body fat testing.

Chair Massage

With Glenn LaPorte. Tuesdays from 12:30 to 2 pm in the Co-op Community Room

15-minute personalized sessions. Glenn LaPorte is a New York state-licensed massage therapist. Please sign up for only one session.

With Ed Thomas. Tuesdays from 2 to 5 pm in the Co-op Community Room

15-minute personalized sessions. 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 massage licensing board. Please sign up for only one session.

With Paul Jensen. Fridays from 2 to 5 pm in the Co-op Community Room

Individualized 10-minute sessions. Paul Jensen is a New York state-licensed massage therapist and the founder/owner of Excellence through Exercise. Please sign up for only one session.

DIY Bike Maintenance

With Willem Heydendael. Mondays from 5:30 to 7:30 pm outside the Co-op

Bring in your bikes for on-site repairs and learn how to make them yourself. If it isn't working or you have questions about bike maintenance or repairs, please drop by.

Financial Investment

With Jim Williams. Mondays from 11 am to 2 pm in the Co-op Community Room

Are your investments performing in a way that's comfortable and sustainable? Clarify the relationship between you and your money. James Williams is a longtime teacher, researcher and personal investor.

Get your knives sharpened while you shop!

With Vince Manti & Derek Burns. Tuesdays, July 15, August 5 & 19 from 5 to 7 pm outside the Co-op Community Room

Please bring no more than five knives (no serrated blades).

Healing Touch

With Richard Sahr. Wednesdays, July 9 & 23, August 6 & 20 from 3:30 to 6:30 pm in the Co-op Community Room

One-hour sessions. Healing Touch is a relaxing, nurturing energy therapy that may reduce stress, calm anxiety and depression, decrease pain, enhance recovery from surgery, and complement care for neck and back problems. Richard Sahr works with patients at Albany Medical Center through the Department of Healing Touch. One session per person.

Statements, representations or recommendations made by or conduct of the presenter represent the views and opinions of the presenter only. They do not represent the viewpoint, endorsement or position of the Honest Weight Food Co-op, its Board of Directors or its employees. Honest Weight Food Co-op disclaims any responsibility or liability for the statements, representations or recommendations and/or conduct of any presenter.

SUMMER AT THE CO-OP

All services, workshops, and classes offered at HWFC are free and open to the public.

Math Tutoring: Drop-in Sessions

With PJ de Barros. Fridays (except August 1) from 5:15 to 8 pm, in the Co-op Community Room

Free math tutoring while you shop for all ages and skill levels. Homework help, identification and remediation of specific difficulties, suggestions of strategies for use at home. Bring current math assignments or tests, or practical day-to-day questions. No appointment necessary.

Natural Family Support

Led by Elisa Grimm, Lauralee Holtz, Meg Breen & Liza Feldman Vinci. Wednesdays from 10 am to 1 pm in the Co-op Community Room

Join other families for information and support on topics such as attachment parenting, natural pregnancy and birth, breastfeeding and natural family living. A children's storytime will follow group discussion.

Pilates

With Brian Hull. Thursdays from 12 to 1 pm in the Co-op Community Room

Pilates builds and lengthens muscles, improves bone density and increases range of motion, flexibility, coordination and balance. Brian Hull is certified for Pilates through the Kane School in New York City.

Reflexology

With Laura Lee Ross. Fridays, July 18, August 1 & 15 from 9:15 am to 12 pm in the Co-op Community Room

Free 15-minute sessions. Spot reflexology can revitalize and relax weary soles. Laura Lee Ross is a certified reflexology practitioner through the Laura Norman School of Reflexology. One session per person.

Reiki

With Karen Reach. Sundays, July 13 & August 10 from 3 to 6 pm in the Co-op Community Room

Half-hour sessions. Reiki is a process that brings about a state of relaxation, helping to maintain wellness or enhancing the body's ability to heal. One session per person.

With Raven. Sundays, July 27 & August 24 from 12 to 5 pm in the Co-op Community Room

Raven offers personalized Chi Therapy Reiki sessions.. Check schedule on Community Room door and Co-op bulletin board.

With Jeanne Marie. Wednesdays, July 16 & August 27 from 1 to 5 pm in the Co-op Community Room

15-20 minute sessions. The Usui system of Reiki is a hands-on approach where the practitioner's hands are gently rested on prescribed areas of the body to facilitate healing. Jeanne-Marie Rimlinger is a level 2 Reiki practitioner trained in the Usui system.

Spanish Language Immersion

With Shane Lillian Braverman. Mondays from 4 to 5:15 pm in the Co-op Community Room

Assistance for all teenage and adult students, from basic to advanced, on Spanish language and Latin American culture. Bring questions and materials you're using to study Spanish, and enjoy working with others toward common language goals.

Sugar Blues

With Rich Neuman. Wednesdays, July 16 & August 27 from 6:30 to 7:30 pm in the Co-op Community Room

Learn why we crave sugar, how we can satisfy our sweet tooth in a healthy way, which sugar alternatives are safe, and the difference is between primary and secondary foods. Rich Neuman is a graduate of the Institute of Integrative Nutrition.

The Wonderful World of Butterflies

With Betty Nickles. Saturday, July 12 from 11 am to 1 pm in the Co-op Community Room

Discussion and slide presentation on the remarkable characteristics of butterflies — with an emphasis on local varieties.

basil

Basil, one of the most aromatic summer herbs is not only a fragrant choice for summer recipes, but also a lovely addition to flower bouquets.

Basil is one of the most aromatic members of the mint family. Native to India, it is not only popular as a culinary staple, but also for thousands of years has been a medicinal remedy for parasites and skin infections. However, ancient cultures had mixed feelings about basil. For example, Greeks and Romans sometimes equated basil with insanity and anger. On the other hand, they shouted angrily while sowing basil seeds, believing that the plants would be more fragrant as a result. Greeks were warned against using basil because they believed it would cause insanity. The French words for sowing basil means having a temper tantrum. In Italy, though, basil is associated with love, and in India it is considered a sacred herb.

By the 1700s, basil was widely used in Europe for numerous ailments. Despite some bad press from early Europeans, basil has generally been widely respected as a remedy to purify the mind and open the heart. It has been used to cure malaria, ringworm, motion sickness, flatulence, diarrhea and nausea. Because it relaxes bronchial spasms, it is helpful in treating respiratory problems. As a stimulant for the immune system, it

increases the production of antibodies that can fight off bacteria and infections. It is also known to be useful in promoting menstruation, inducing labor, expelling afterbirth and encouraging sleep. Although there has been research involving basil's use in treating cancer, the information is not conclusive at this time.

Basil oil is more powerful than the plant itself, and more

concentrated than strong tinctures and infusions. It is extremely useful in stomach ailments, killing intestinal parasites, aiding digestion and soothing cramps. The oil also destroys bacteria when applied to skin problems, such as acne.

Basil is found not only in medicinal and culinary preparations, but also in cosmetics. In hair preparations, it promotes hair growth and reduces tangles. It is also an ingredient in deodorants, lotions, soaps and potpourri. As an added bonus, basil plants help ward off flies and mosquitoes because these insects are repelled by the scent. It has been told that hanging a bunch of basil in the doorway will ward off these pesky insects.

Basil is best used fresh, as it loses much of its aroma and potency once cut or dried. It should be harvested shortly before use to preserve its properties. Basil, once harvested, can

be placed in water, like a bouquet of flowers, to preserve it for a few days. Fresh leaves, wrapped in paper towels and kept in plastic bags, can

be stored in the refrigerator for a

few days. For

longer storage, the

leaves can be covered

with (olive

oil for up to two weeks. Leaves can also be frozen by pureeing them and storing in ice cube or other containers covered by a small amount of water or oil.

The Co-op carries basil plants, fresh and dried (bulk) basil, and it is in various food preparations.

