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HONEST WEIGHT FOOD CO-OP

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NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, April 6.

Board Vacancies

The five vacancies on the Board were to be filled at the April election (see box at right). Three candidates had completed all the paperwork, and others were interested. The Board was to post the application for candidates on the Co-op's website as well as in the store.

April Membership Meeting

The Board made plans for the annual membership meeting in April. These included preparations for counting ballots, making presentations, and getting the annual report ready.

continued on page 3

Plants for All...

by Julie Harrell

Welcome to the Co-op's Garden Shop



This just in...

At the Annual Membership Meeting on April 18, the following members were elected to fill five vacancies on the Co-op's Board of Directors:

- Jessica Allen-Hayek
- Ned Depew
- William F. Frye III
- Alexandra Juhre
- Lynne Lekakis

It's glorious spring and who can resist the beautiful flowers, luscious strawberries and highly scented lavender starts that adorn the front of Honest Weight? Certainly not me, which may be the reason I am drawn each year to work a few or a lot of hours helping water plants, stock, price and my all time favorite, "groom" the little babies. We take each plant that's been hanging around more than a few days, and carefully trim all the dead leaves from around it, renewing its vigor and providing it with some TLC before its new owner comes to take their baby home to a new life. I think the thankful plant gives us back some TLC too! Ah yes, the Garden Shop.

Honest Weight is committed to buying from local growers, some of whom already know exactly what we want for our members and customers. Organic starts arrive twice per week from the Farm at Miller's Crossing. Janet Britt, formerly Buttermilk Falls Organic Farm, also provides us with a multitude of just the right amount of flats each week. Our organic providers keep records of the new plants Honest Weight members and customers purchase the most, and try to support the Co-op by ensuring that we always have our wide selection of favorite picks. Want something obscure for your unique ecosystem? Chances are, Gayle Anderson may know where to get it. She'll also know what type of soil the proposed garden plant likes, whether it is a fan of sun or shade, and what you can expect from a

continued on page 13

Behind the Coop

Board of Directors

President: Karen Roth
 Vice President: Bruce Huttner
 Treasurer: Kyle Lawrence
 Secretary: Lorrie Graham

Committee Liaisons

Bylaws Panel	Carolyn Maroney
Communications	Carolyn Maroney
Facilities	Jim Monsonis
monsonis@taconic.net	518-794-8601
Finance	Kyle Lawrence
kylelawrence@yahoo.com	518-522-1201
Governance Review Council	Bruce Huttner
bhuttner@dsvalaw.com	518-458-8922
Membership	Lenore Gensburg, Karen Roth
Personnel	Lorrie Graham
Collective Management Team representative	
Cindee Lolik	cindee@honestweight.coop

Governance Review Council

Stu Horn, chair stuhorn@gmail.com

Collective Management Team

(518-482-3312 + extension)

Operations and administrative coordinator: Cindee Lolik	(x116)
Member coordinator: Nate Horwitz	(x104)
Outreach coordinator: Mariah Dahl	(x120)
Education coordinator: Jackie Davis	(x113)
Marketing/merchandising coordinator: Jennifer Grainer	(x106)
Finance manager: Alfred Bouchard	(x107)
IT coordinator: Lexa Juhre	(x101)
Front end manager: Katie Centanni	(x109)
Grocery managers: Nancy Reich	(x119)
Produce manager: Nick Bauer	(x102)
Bulk manager: Bob Linn	(x130)
Cheese manager: Gustav Ericson	(x118)
Food service manager: Nicole Bailey	(x108)

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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) • Email – coop@honestweight.coop
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Board Officer

Bruce Huttner will fill the office of Vice President of the Board, which had become vacant.

CBLD Report

The quarterly report from the Cooperative Board Leadership Development (CBLD) consultant was circulated. She will be working with the Board members at their July 18th retreat. There will also be an opportunity for Board members to attend this group's training sessions in Baltimore this summer.

Donation Policy

Changes to the Co-op's donation policy were approved. This is the program that gives food to community groups hosting events. Groups can now receive up to \$200 and are asked to request assistance at least three weeks in advance.

Facilities

The Board voted to reformat this committee to include four members, three

Board members and one staff member. The Board requests that the Collective Management Team appoint the operations and administrative coordinator. This should allow for the efficient coordination needed for day-to-day decisions. Recommendations on larger issues will go to the entire Board.

The current plans for hiring a design team to work on the new store were noted. A Board member will be responsible for presenting these at the April membership meeting.

Nutrition Education

The committee continues to work on the Food and Product Manual. A committee member will meet with the Collective Management Team to discuss how to make the manual more helpful.

Personnel

The job description project is nearing completing.

Finance

The committee noted that personnel expenses for 2009 were better in relation to sales than previously.

Executive Session

The Board met in executive session at the end of the meeting.

Minutes

Minutes of all meetings are available at the Co-op. Minutes of the most recent meeting are available on the Co-op's website as password protected files. Please see the instructions on the Board Meetings page.

Upcoming Meetings

Currently, Board meetings are held on the first Tuesday of each month at 5:45 pm in the Co-op's Community Room. Dates change on occasion, so anyone planning to attend a meeting should confirm date, time and location.

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

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 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. Article deadline is the 10th of the month, at store closing time.
3. Handwritten copy is *NOT* accepted without prior approval.
4. Please e-mail your article to *both* fordtrupin@verizon.net and trupinjet@gmail.com.

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"We may live someday in a world without fish"

A report from the Food For Thought Film Series

by Ruth Ann Smalley

I grew up landlocked in Iowa, eating frozen fish sticks and canned mackerel. I didn't have freshwater fish until my twenties, when I ate my first catfish. Fresh seafood? Totally exotic, and mostly out of reach until I moved here in my early thirties.

About the time my kids started to eat tuna sandwiches, consumption limits for children and pregnant women were suggested, due to mercury. Then came the news that about 90% of large predator fish had been taken from the ocean and that farmed fish, such as salmon, were often raised in harmful conditions and drenched with antibiotics. Sadly, I shifted to sardines and the occasional wild Alaskan salmon. I wondered whether we would someday look back on this as the time when humans stopped being able to eat fish.

These concerns were compounded when I watched the 2009 documentary, **A Sea Change**. On March 18, we were fortunate to be able to host not only this powerful movie, but also Barbara Ettinger, the director, and her partner and co-producer, Sven Huseby.



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Sven's relationship with the sea, and seafood, was the polar opposite of mine. Born to a Norwegian fishing family, he spent his early years in Alaska and Seattle, where his family worked various jobs in the industry.

Still, he had no idea that the oceans were endangered until he read Elizabeth Kolbert's *A Darkening Sea*, about ocean acidification. Concerned about the world his grandson will inherit, equipped with an education background, and assisted by a filmmaking partner, Sven determined to find out more. We follow his journey, as he seeks out scientists and oceanographers, alternative power entrepreneurs, and even the artist Maya Lin, to put together a larger understanding of what is happening and what can be done.

Early on, the film informs us that "massive unrecognized changes are taking place on a geologic scale" and that the damage is caused by the "rate of change, not just the magnitude". These changes are due to high CO₂ levels, for, as Elizabeth Kolbert tells Sven, "whatever you put in the air ends up in the ocean." Over the last 200 years, the ocean has become 30% more corrosive, as we dump 22 million tons of CO₂ a day into it (www.aseachange.net).

While this favors certain life forms—shown by huge increases in the jellyfish population—other creatures cannot survive the pH shift. This is especially true for anything with calcium carbonate shells, such as the pteropod, a small but incredibly important organism. Remember everything you ever

Food For Thought: An Evening of Socially Relevant Cinema is co-sponsored by *Honest Weight* and WAMC/Northeast Public Radio. Along with a documentary film, the monthly event features food samples from the Co-op and a panel discussion highlighting social, political, environmental and community issues. Next up:



TAKING ROOT

The Vision of Wangari Maathai

Thursday, May 20

The growth of a woman and the grassroots movement she founded, the Green Belt Movement of Kenya. By organizing and empowering rural Kenyan women, Maathai helped transform her country through courageous environmental and political activism. Her work was recognized in 2004 with the

Nobel Peace Prize. Guest panelist will be Lisa Merton, the film's director.

Thursday, June 17 – THE COVE

All screenings at *The Linda*, WAMC's Performing Arts Studio, 339 Central Ave., Albany. 6pm reception, 7pm film. More info and tickets (\$6): www.wamcarts.org/artsched.html, or call 518-465-5233 ext4.

learned about the food chain, and apply it here: pteropods are low on the chain, and they are, Sven learns, "animals living on the edge." In highly acidic waters such as the Gulf of Alaska, their shells dissolve within 48 hours. This meltdown reverberates up the food chain. The impact for humans looks serious, as "30% of the world's protein comes from the sea."

Several people interviewed assert that only 2% of GDP would solve the problem, but this clearly isn't going to happen with so little public awareness of ocean acidification. Barbara said the film was "made in a rush, because tim-

ing is of the essence." Overall, the film emphasizes raising awareness, and promotes greater fuel efficiency and alternative energy including hydrothermal and offshore wind farms. Very little is said about the need to reduce energy consumption, although history has shown us that increased fuel efficiency sometimes leads to increased use.

Sven and Barbara's mission is "bringing ocean acidification into public discourse," and this might be why they highlight market solutions rather than a conservation message. They've found *A Sea Change* well-received across the political spectrum, and are working to get it to policy makers. It is playing on five continents and has been shown eight times on national television. They have given copies to Congress and, Sven said, it "has influenced how people are looking at the Climate Bill."

They are also reaching out to a variety of organizations, such as commercial fishing, and yacht and garden clubs, as well as the Interfaith Council, which provides programming for thousands of congregations. Their website offers a downloadable curriculum for teachers. And finally, they're measuring their success in internet hits. When Sven first searched "ocean acidification" back in 2006, he found only six citations; the term now has 285,000 hits on Google.

A Sea Change is beautifully filmed, informative and poignant, and the pteropods just may have a better chance because of it.



(opposite) Sven Huseby keeps watch in the Norwegian Sea. (above) Sven and grandson Elias visit a California aquarium during production of *A Sea Change*.

Co-op Worker Profile

by Hope Perlman

Mariah Dahl, Outreach Coordinator for the Honest Weight Food Co-op, is one of the lucky twenty-some-things who graduated college with a clear sense of who she is and what she wants to do. The Outreach Coordinator oversees the many activities the Co-op sponsors out in the community as part of its mission to be much more than a grocery store. Some examples are The Ready, Set, Grow program for children, providing hands-on activities to introduce them to fruits and vegetables; teaching about whole grains at senior centers; and providing lunch-box makeovers at employee assistance programs and health fairs. In addition to these activities, Mariah runs the Food For Thought film series (co-sponsored with WAMC/Northeast Public Radio), is organizing the 2nd Annual Eat Local Challenge and Harvest Festival, facilitates other big events that arise, and is in charge of the Honest Weight's donations program. Donations might be refreshments for a meeting at or a gift basket given to an organization whose mission fits the Co-op's.

Mariah began her career at the Co-op when she was a student in Women Studies at SUNY. Intending to work in non-profits, Mariah chose a concentration on community activism and media justice, and undertook an internship at the Co-op under the direction of the former outreach coordinator in January 2009. Last May, when the position opened, she was the natural replacement.

Mariah inherited her commitment to activism from her parents, who met on Cape Cod at the New Alchemy Institute, a sustainable energy, agriculture and housing community. She moved around the country while her parents pursued their careers, always aware of their strong commitment to social and environmental issues. They eventually settled in Ithaca. "I was one of those little kids you see running around the Co-op now. I grew

MARIAH DAHL





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up in co-ops," says Mariah.

Mariah is also involved in the Capital District's underground artists' community, making art that raises awareness of consumerism, recycling and feminism as part of an informal collective, "Rebels with a Cause." She began making performance art in college, forming with some friends, including Sina and Monica, both Honest Weight members, the SUNY Artists' Cooperative. She hosted a hip-hop and world music radio show on UAlbany's WCDB, showcasing local artists such as Odd-ygato, Lofi LoBo, DJ Trumaster, Broadcast Live, DJ Luke Johnathan, Arm Fee and Taina Asilie y La Banda Rebelde. More recent works include creating a ball gown from trash, wearing the gown around Troy, and taking pictures of the event for Facebook. She also participated in Discard Avant Garb (see photo at right), dressed in an outfit made of recycled materials (from the Honest Weight Food Co-op). When she arrived at a rally against the corporate bailout, costumed as Wonder Woman (at left), with a placard saying "Save The Billionaires," she made it onto TV. As always, her art reflects her strong commitment to educating and empowering the community about her beliefs.

When asked for a favorite product at the Honest Weight, Mariah runs through many that she loves, but settles on the Preserve razor and toothbrush. Not only are both made of recycled materials, but once used they can be returned to the manufacturer, where they will be ground up and repurposed once again. Her favorite department is Produce. She feels the quality and selection is unmatched by any store in the area.

Mariah's favorite aspect of the Honest Weight Food Co-op is that its mission includes outreach and education. Having that mission as part of a business is "amazing." She feels the work the Co-op does in this area is extensive, especially when compared to its overall size. When asked what she sees herself working at in five years, she pauses for only an instant before saying, "community outreach here." She loves what she does, because her job allows her to combine the three things she loves most, "art, food, and community." She hopes to continue in the position for a long time.



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COOPERATION AMONG COOPERATIVES...

The CONACADO Cacao Cooperative share their chocolate and their Fair Trade story

Can you trace your favorite chocolate back to the cocoa farmers who grew it? As a huge fan of Equal Exchange's Very Dark chocolate bars, I am happy to answer that question with a Yes! And now, thanks to a recent event at Honest Weight, I can even put a name and face on that chocolate producer.

On March 21, Honest Weight Food Co-op had the pleasure of hosting Dary Goodrich, chocolate manager at Equal Exchange, and his guests Basilio Almonte de los Santos and Ramón Matías Frías González from CONACADO. This cocoa cooperative started in the Dominican Republic in the mid-1980s with 700 producers, and has now grown to 9,251. This constitutes 25% of all the cacao farmers in the country. Basilio, an agronomist who works in certification, and Ramón, a producer who has been with the group from its inception,

came here to share their chocolate and tell their story.

CONACADO's story is one of impressive focus, hard work and success. Basilio told us that the Dominican Republic, now a major player in the fine chocolate market, was once considered the source of a fairly low quality product. Most cacao exports were controlled by a handful of wealthy families. The small farmer/producers who came together to form the cooperative were determined to change that. They worked hard to improve their growing and fermentation processes, substantially improving the quality of their cacao.

By 1995 they had received organic certification—"the first in the world" to do so, Ramón told us proudly. His own success seems to have mirrored the cooperative's, as he started with 1¼ hectares of land (1 hectare is about 2½ acres), selling to intermediaries on less than desirable terms. He now has 6¼ hectares, while the typical small producer farms about 3 hectares. The Dominican Republic has become the biggest supplier of the world's organic cacao, and CONACADO produces 80% of that.

By the end of 1995, CONACADO had earned Fair Trade certification. It was a slow start, they explained, as the market didn't grow much for the first five to six years. Plus, they had to struggle to come back from the destruction to their crops wrought by two hurricanes.

FAIR TRADE REPORT

by Ruth Ann Smalley



But they began to see more interest by 2001, and by 2004-05 about 10% of their sales were Fair Trade and 30% were organic. Today, while 100% of what they produce is certified Fair Trade, only 40% is purchased under Fair Trade terms to be sold as a Fair Trade product. And while 90% of their volume is certified organic, 80% of it is bought under those terms.

This is a complicated aspect of both types of certification: Growers may meet all the requirements, but still be unable to find enough manufacturers willing to pay the organic and Fair Trade premiums for their entire crop. As you can see, the organic market has

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gained a more solid foothold with consumers, and this is one of the reasons for Basilio and Ramón's visit. They need to reach the public with their story of why buying Fair Trade chocolate matters so much.

Fair Trade contracts have made a big difference to the members of CONACADO and their communities, allowing them to build or repair community schools, which receive no government funding. They have also directed the social premiums toward road repair, medical clinics and drinkable water.

Fair Trade and organic certifications also benefit the larger ecosystem. The dual certification's emphasis on sound practices supports CONACADO's focus on caring for the environment. For example, Ramón mentioned that the cooperative helps protect the rivers. He also said CONACADO is working on a generational strategy to help ensure that family farms don't eventually fall into the hands of foreign companies.

Thanks to the adept translating offered by Kim Anderson of Mango Tree Imports and Las Mariposas Language Center, Basilio and Ramón were able to share the cooperative's history and hopes for the future.



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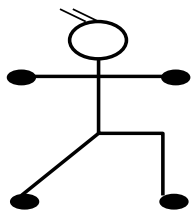
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Baking giant Sara Lee “hijacks” organics

by Mark Kastel
The Cornucopia Institute

With the growing success of organics and increasing consumer interest in buying foods that were grown on sustainable farms without toxic chemicals, Sara Lee Corporation has launched, with much fanfare, a marketing campaign for its *EarthGrains* bread, chock-full of environment-friendly catchphrases.

Sara Lee claims that its “Eco-Grain™” is more sustainable than organic grain. What has been described as a “crass and exploitive marketing ploy” has angered many in the organic community.

“Corporations like Sara Lee clearly want to profit from consumers’ interest in ecological and healthy food production. But unlike organic companies, Sara Lee is doing practically nothing to ensure its ingredients are truly ecologically produced,” said Charlotte Vallaeys, a food and farm policy analyst at the Cornucopia Institute, a Wisconsin-based organic industry watchdog. “It’s a crass example of a corporation trying to capitalize on the valuable market cachet of ‘organic,’ while intentionally misleading consumers.”

Cornucopia points out that the farmers who grow Eco-Grain™ differ very little from most conventional grain producers who use petroleum-based fertilizers, pesticides and fungicides, and have little in common with certified organic farmers.

The one attribute that Sara Lee uses to differentiate Eco-Grain™ production is that the farmers, although they use chemical fertilizers, incorporate technology that has reduced fertilizer usage by 15%. In contrast, as mandated

by federal law, organic farmers are required by law to reduce their synthetic fertilizer use by 100%.

Vallaeys points out that “Even if their new fancy wheat were truly superior, each *EarthGrains* 24 oz. loaf contains only 20% flour from Eco-Grain™, with the remainder of the bread’s wheat coming from regular, conventional wheat. The total reduction in chemical fertilizer use in a loaf of *EarthGrains* bread, therefore, amounts to a meager 3%.”



According to Nathan Jones, who grows organic wheat in King Hill (Idaho) and chairs the organic advisory board of the Idaho state department of agriculture, “For Sara Lee to claim that

their wheat is ecologically grown and sustainable, when they appear to make no effort to reduce or eliminate their use of toxic pesticides that have terrible effects on the environment and public health, is highly disingenuous.”

Unfortunately, this is another example of a major agribusiness trying to blur the line between products labeled “organic” and “natural.” It seems that some corporations, like Sara Lee, appear more interested in corporate profit and “greenwashing” than true environmental stewardship, and are doing everything they can to take advantage of this confusion among consumers.

“The term ‘natural’ on products like bread is not regulated by state or federal government,” says Marion Nestle, professor of nutrition at New York University. “Companies that use the term ‘all natural’ essentially come up with their own definition.”

Sara Lee’s longtime ad jingle—“Everybody doesn’t like something, but nobody doesn’t like Sara Lee”—doesn’t seem to be ringing true for organic farmers, bakers and consumers. It remains to be seen whether spending more money on marketing and advertising than on Eco-Grain™ itself will pay off for the agribusiness giant.

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THE GARDEN SHOP, from p.1

first season with your new friend from the Garden Shop.

It's very tempting to just continue adding more and more plants to your cart, especially when you can leave your babies at the picnic table with one of our Garden helpers. Honest Weight is fortunate to have a regular posse of Garden helpers who arrive just in time each summer to keep everyone well watered, and they will keep a tally of your plants so that it's simple for you to continue shopping. Then, when you are fully loaded up with great products from inside the store, just drop by the picnic table and get your plants. I hear Garden helpers even occasionally load your car up if you ask or it seems like you have too much to handle. Now that's service!

Want to order a flat of marigolds, petunias, tomatoes, basil, leeks or broccoli? Just ask one of our friendly member workers. Don't know what to do with that blooming bush you have been eyeing over in the perennial exotics section? Gayle, Lorelee or one of the Garden helpers has the answer and can tell you where that bush will thrive.

Other options at the Garden Shop include plants from Burger Farm, John



Gayle in the Garden Shop

Burger, Greenscapes, George's Market, R&K Nursery, Hilltop, Bill Kolber, George Brizzell, Charlie Brizzell, Black Horse Farm, Kristy's Barn, Spiak's, Carol Edwards, Pigliaventos, McDonough's, and Orlop's Farm. These are all non-organic so a little less pricey than the still very affordable organic starts. Gayle gets up at 5 am to be at the Menands's Market at first light on Monday, Wednesday and Friday so that she can pick fresh plants from the day's splendor. Gayle says she never knows what

she'll get, she just looks for the best and thinks of what our members and customers have bought in the past.

Next time you drop by the Co-op, just take a whiff of one of the many friendly herbs waiting to be taken to their new home in your garden. Sniff the delicate scent of a newly sprouted pea flower, touch the wispy leaves of a fern, feel the feathery softness of the hanging pom pom plants. Now tell me, how can you resist the Garden Shop at Honest Weight?

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Whose phone and what's inside?

Making a telephone call seems so simple. But, believe it or not, when we make a call we often unwittingly support extremist politicians, environmental degradation or human rights abuses.

According to *Mother Jones Magazine*, "...since 1998, AT&T has given \$20,000 or more to each of over 100 right-wing politicians," including Joe Lieberman and others who fought against health care reform and one who even advocates for the death penalty for doctors who perform abortions. AT&T gave the maximum amount allowed in both of George W. Bush's presidential campaigns. Verizon Wireless gave money to anti-choice congressmen and congresswomen, including one of the great nutcases of all the nutcases in Congress, Michele Bachmann (she thinks President Obama was not born in the U.S.).

Last June, the House of Representatives approved a bill that created new electronic surveillance rules that protected telecommunications companies from lawsuits resulting from the government's warrantless eavesdropping on phone calls and viewing the emails of millions of citizens. It may have been your phone company that lobbied for this new law. According to *MAPLight.org*, Verizon, AT&T and Sprint all contributed to every member of the House of Representatives who voted to protect these companies. The telecommunications industry as a whole is a major fighter against net neutrality legislation that protects our free access to the internet, and thereby limits our freedom to get and give information. Green America has rated a number of phone companies. A few of them have good records, but some are better than others. *See the links below for more info.*

When we buy a cell phone (or any other computerized gizmo), we should know a bit about what is behind all those beeps and lights. Inside your cell phones you find a rechargeable battery made with lithium that likely comes from mines in the fragile ecological zones in Bolivia. The vibrator in your phone is probably made from tungsten, of which three-quarters of the world's supply comes from China. Lots more comes

anatomy of a cell phone

by Paul Tick

from the Congo, where miners are virtual slaves, and various heavily armed terrorist groups fight for control of the mines and the nation as a whole. Coltan, another important mineral, is now so much in demand that it sells for almost \$400 per pound. Amnesty International points out that Rwanda has used military operations to steal coltan from the Congo. According to Green America, millions of people have died as a result of fighting over this now-precious mineral. Tin is used for solder in circuit boards in phones, earning those terror groups in the Congo an estimat-

ed \$93 million from the tin mines.

As small as a micro-chips may be, it takes 66 pounds of materials to make each one, including many toxic chemicals that pour into the environment. Cell phones also contain mercury and lead, and I probably don't have to tell you about the health and environmental disasters caused by these substances. The *iPhone*, like so many other phones and computers, is made in China by a company that is criticized for its harsh working conditions. Apple admits that more than half of its contractors don't meet its own labor standards, including standards on child labor.

While most of us are not about to give up the technological benefits of our modern culture, there are important things we can do to limit the damage from them. As with cars, where we limit the amount we drive and carefully chose the products we buy, we can do the same with our telephones, computers, etc.: We can limit our use and choose the better of the bunch.

First, we should ask ourselves if we can live without a cell phone. If not, there are links below to help you choose your company. You can use Credo (formerly Working Assets). While these phones are still damaging, the company itself has donated over \$65 million in recent years to groups chosen by its customers, such as the ACLU, Doctors Without Borders, Global Fund for Women, Greenpeace, Planned Parenthood and many more. Another cell phone company (and internet provider) is Earth Tones, which delivers 100% of its profits to environmental groups.

When your phone is broken or out of date, it should never be tossed into the garbage. In New York State, all phone companies must accept them back for recycling. Around the world there are literally hundreds of millions of these products that need to be recycled. None of these methods makes up for the damage of our technology (that will take your activism). But each of us can minimize the damage while still supporting worthwhile causes.

Important Links

Go to Greenamericatoday.org and type in "telecommunications" for ratings on various phone companies.

For socially responsible phone companies, go to www.credomobile.com and www.earthtones.com.

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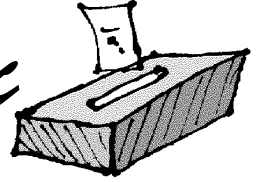
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Suggestion Box



- Q.** Please place the miso and seaweed on sale too! I've noticed less items on sale in the bulk area in the last year.
- A.** *Good Idea! We're always looking for fresh items to put on sale.*
- Q.** I *love* your gluten-free muffins and waffles.
- A.** *Y-e-a-a-a-h!*
- Q.** At night, weekends and heavy-use time, please place a sign to exit through the other parking lot, not re-enter the main lot and tie up traffic.
- A.** *We are finding that people are learning to exit that way on their own.*
- Q.** A co-op in Buffalo spent a ton of money on "upgrades" and now has a \$3 million loan and has to charge way more for the food. A lot of people are unhappy with the prices and that most of it not organic. Hope it doesn't happen to you.
- A.** *We are working diligently to ensure that that is not our circumstance.*
- Q.** Will Polymeadows Farm add calorie content and other information on the container?
- A.** *Polymeadows is small enough to be exempt from the requirements concerning calorie content.*
- Q.** How about all café/deli food being **organic**?

- A.** *We cannot always get organic ingredients for our recipes. Many of our salads are mostly organic. Several salads and soups are all organic.*
- Q.** Nix canola oil for baked goods?
- A.** *We've found canola oil to be the best choice for taste and cost for our baked goods.*
- Q.** Please use non-white unbleached filters for coffee!
- A.** *Our filters are oxygen whitened.*
- Q.** Please make the café a cell phone-free environment!
- A.** *We will craft a sign to encourage people to be courteous in the café.*
- Q.** The Conacado event was great!
- A.** *Cool! (See Fair Trade Report in this issue.)*
- Q.** Put a sign at the entrance that says "Did you remember your bags?"
- A.** *We'll do that.*
- Q.** The café is for eating and socializing—**not** for bag sorting, which should only be in the warehouse area. Members who sort bags in the café take table space and make annoying noise.
- A.** *We will attempt to steer our bag sorters to more appropriate areas.*
- Q.** As of late there has been a huge increase in baked goods containing white flour and sugar. I know that they are easier to make and taste good, but you can also make healthier options taste just as good! Often there are *none* of these healthier options. Can you *please* bring back the healthier cookies and brownies?
- A.** *We will work on offering more whole wheat in the mornings and our afternoon baking cycle will be primarily whole grains and vegan without sugar.*



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SPECIAL EVENTS

MAY AT THE CO-OP

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

Cosmetics Made Easy

With Sonya DeWitt. Monday, May 17 from 11 am to 1 pm in the Co-op Community Room

Explore ways to formulate your favorite, everyday cosmetics that are pure, safe and affordable. Bring any commercial items from home that you love for inspiration, and so that we can work on reformulating them. Try samples, and take some home. Sonya DeWitt is a long-time enthusiast of natural and organic cosmetics. She makes all of her formulas with the environment, and our health, in mind.

Magic

With Josh Mendel. May 26 from 1 to 4 pm in the Co-op Community Room

Magic is the ideal hobby for young and old. It's fun to do (and fun for others to watch), it's inexpensive, it can be practiced anytime and anywhere, and there are countless amazing effects that require little or no dexterity. In this three-hour course in close-up magic you'll learn a wide variety of astonishing but easy-to-do tricks with cards, coins, salt shakers, string, and other ordinary household objects. *Please bring a deck of cards, a few coins, and a couple of rubber bands. You may also want to bring a notebook or recording device.*

Trash to Treasures

Project: Box it Up! (Warhol box – Xtra-ordinary exhibit)

With Peggy Steinbach. Sunday, May 23 from 1 to 4 pm in the Co-op Community Room

You can make a difference in helping to save our resources! Help rescue materials that would have ended up in our landfills and create some interesting treasures! The Trash to Treasures Art Program will feature an art project using manufacturing mistakes and materials destined for the landfill, recycling ideas and an interesting story. Join us for an Earthy-friendly afternoon! Any age can participate.

Vegetarian Cooking

With Sam Andriano. Sunday, May 30, from 1 to 4 pm in the Community Room

Sam will discuss styles and best ways to prepare vegetarian cuisine. Learn techniques and tricks, ask questions and develop your creativity. Sam will also entice your taste buds with a dish or two that he will prepare. His dishes will inspire you to experiment at home and help us stay healthy. *(20 people maximum)*

Aqua Chi

With Anthony & Karen Segretto. Saturdays, 2:15 to 5:15 pm in the Co-op Community Room

Free 20-minute sessions. The Aqua Chi is a detoxifying footbath that soothes your aching feet & legs, while detoxifying your body through the large pores of the feet. The electrical unit (which is, of course, safe while in contact with the water) stimulates ionization through the water, which connects with your body's electrical field to stimulate detoxification of the liver, joints, gall bladder, kidneys, bladder, urinary tract, and lymphatic system, removing cellular debris, heavy metals, tobacco, blood clot material, and yeast. One session per person per month, please.

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Astrology

With Petrita Hernandez-Rojas. Mondays, May 10 & 24 from 9 to 11 am in the Co-op Community Room

This is a course for beginners: how to prepare the natal chart. Learn the signs, planets, houses, aspects and an outline on interpretation.

Blood Pressure/ Body Fat Testing

With Jeff Grayson Miller. Mondays from 10:30 am to 12:30 pm by the Service Desk

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

Chair Massage

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.

With Karden Rabin. Tuesday, May 18 from 5 to 8 pm in the Co-op Community Room

A licensed practitioner of therapeutic bodywork, Karden offers a unique and personalized experience to each and every client. Trained at the Finger Lakes School of Massage and Kripalu Center for Yoga and Health, Karden uses a combination of integrative massage techniques to address your specific needs. Sessions are 15 minutes.

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

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Energy Medicine

With Ruth Ann Smalley. Sunday, May 2 from 1 to 4:30 pm & Sunday, May 22 from 9 am to 12:30 pm in the Co-op Community Room

Energy Medicine offers a range of simple, effective practices for self-help and wellness. In half hour individual consultations, Ruth Ann will work with you to find a personalized set of energy tools—such as stretches, meridian tracing or tapping, or acupressure holding points—to help you balance your energetic system. Ruth Ann is a certified Donna Eden Energy Medicine Practitioner.

Energy Mirrors

With Michele Keleher. Wednesdays from 9 am to 12 pm in the Co-op Community Room

Michele is a physical therapist with over 40 years of experience in CranioSacral, manual lymphatic drainage and the Energy Mirrors treatment protocols. One or more of these treatment processes may benefit attendees who suffer from chronic pain or one of the many degenerative conditions. Clients may sign up for a 30-minute consultation session in their area of interest.

Get Your Knives Sharpened While You Shop!

With Vince Manti and Derek Burns. Tuesdays, May 4 & 18 from 5 to 7 pm outside the Co-op Community Room

Due to the overwhelming popularity of this service, please bring in no more than five knives at a time. (No serrated blades, please!)

Healing Touch

With Richard Sahr. Mondays, May 10 & 24 from 11 am to 2 pm in the Co-op Community Room

Healing Touch is a relaxing, nurturing energy therapy that has the potential to benefit many ailments. It is thought to reduce stress, calm anxiety and depression, decrease pain, enhance recovery from surgery, and complements care for neck and back problems. Richard is a Healing Touch Certified Practitioner and presently sees clients at his home. He offers one 1-hour session per person per month, please.

Knit & Stitch

With Beverly Petit, Virginia Boyle-Traver & Beth Diedrich. Every Friday from 12 to 2 pm in the Co-op Community Room

For knitters, crocheters, quilters, and sewers of any skill level, and people who would like to learn different techniques. Bring a needlework question or problem, bring your current project for a relaxed time of shared work, or just stop by to see what we're all about. Beginners are welcome!


Math Tutoring

Drop-in Sessions

With Pablo Paiewonsky & Ingrid Arlt.

Fridays from 5 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 any current math assignments or tests to the session, or bring in your practical day-to-day questions. No appointment necessary.



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Oasis Avenue Cooperative

Intentional Community Meeting

With Karen & Anthony Segretto. Saturdays from 6 to 7:30 pm in the Co-op Community Room

Oasis Avenue Cooperative is in the process of developing a start-up group for phase I of the Community Development/Pre-Construction Process. This cooperative is open to raw vegans, vegans, vegetarians, and macrobiotics because of the tremendous benefits available from living with others sharing these same lifestyles.

Oasis intends to construct using green architectural methods, solar power, wind power, and various other eco-friendly techniques for construction and sustainability. The main hall will house a wellness center, dining room, and top-floor greenhouse for growing wheat grass and sprouts. Homes will be constructed in a community orientation on a large parcel of land, ideally in a rural location.

Reflexology

With Daniel Kunuria. Mondays from 2 to 5 pm in the Co-op Community Room

Reflexology has helped close to a million people live happy, healthy lives, gloriously free of pain and discomfort. Simple, safe (no side effects), time tested methods of rubbing, pressing, pulling and massaging away illness provide blessed relief. It also helps to prevent and cure all kinds of diseases (arthritis, back pain, cough, cold, asthma, carpal tunnel syndrome) and helps with weight loss, restful sleep and much more.

With Laura Lee Ross. Wednesdays, May 5, 12 & 26 from 4:15 to 8 pm in the Co-op Community Room

20-minute spot reflexology sessions can revitalize and relax weary soles. Laura Lee Ross, Certified Reflexology Practitioner through the Laura Norman School of Reflexology, has practiced this form of treatment for over 10 years. She offers free 15-minute sessions. One session per person, please.

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MAY AT THE CO-OP

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Reiki

With Eric H. Sundays, May 2, 16 & 30 from 9 am to 1 pm in the Co-op Community Room

Dr. Usui is the father of the modern universal healing system known as Reiki (Rei – meaning universal, and Ki – meaning life force). Reiki is used to work on the soul, mental, and emotional bodies which in turn work on the physical body for your greatest well-being. Eric Hillenbrand is a Reiki Master Teacher who has been practicing for 7 years.

With Dennis Ryan. Tuesdays from 12 to 2 pm in the Co-op Community Room

Dennis Ryan is a Reiki Master and Teacher with more than 5 years experience as a Reiki practitioner. Reiki is a Japanese word representing Universal Life Energy. It is based on the belief that when spiritual energy is channeled through a Reiki practitioner, the patient's spirit is healed, which in turn heals the physical body. Sessions are 15 minutes.

With Jeanne Marie. Thursdays from 11 to 2 pm in the Co-op Community Room

Jeanne-Marie Rimlinger is a Level II Reiki practitioner trained in the Usui System of Reiki. "Reiki" means "universal life energy". The Usui System of Reiki is not massage but rather a hands-on approach where the practitioner's hands are gently rested on prescribed areas of the body to facilitate healing using the universal life energy. The goal and frequent outcome from a Reiki session is an overall sense of peace and healing for the recipient. Jeanne-Marie offers 15-20-minute sessions.

Reiki & Tarot

With Cynthia Reed. Thursdays from 9 to 11 am in the Co-op Community Room.

In this introductory, 35-minute session, we will do a short Tarot layout that acts as an intuitive guide to understanding the energy blocks that are causing physical discomfort and stress. The layouts in this session will focus only on physical, mental and spiritual blockages, not on general divination. With the insight provided by the sub-conscious via the cards, we will then move directly to a Reiki treatment. Cynthia Reed is a Usui Reiki Level III practitioner. She has been using the Tarot for 40 years and has been incorporating it into her Reiki practice for the past two years. Ms. Reed has a background in horticultural therapy and herbalism which augments her Reiki work.

Stressful Moments... Surviving & Thriving

With Terry Quigley. Monday, May 3 from 10:30 am to 12:30 pm in the Co-op Community Room

Using Brain Gym® movements and the wellness tools of therapeutic grade essential oils and good nutrition to reduce stress, enhance memory, and create and maintain a healthy, productive lifestyle.

Support Group

With Lois Gundrum. Mondays, May 3 & 17 from 1 to 2 pm in the Co-op Community Room

This is a support group for those of us who are undergoing a transition in employment. Have you lost or quit your job? Have you retired and feel lost? Wisdom has it that this can be a valuable time in our lives ... an opportunity to live more in sync with what our hearts would like to do. If you would like to explore your journey with the support, encouragement, and feedback of others in the same situation, come to this group. We don't have to do this alone! Lois Gundrum is a former earth science teacher and textbook editor. She also has a background in urban forestry. She writes poetry and enjoys photography, walking and hiking.

Traditional Music Jam

Led by Fritz Stafford & Jennifer Stafford. Sundays from 4:30 to 7 pm in the Co-op Community Room

This round robin-type jam is open to acoustic musicians playing traditional instruments including fiddle, guitar, mandolin, banjo, concertina, flute, pennywhistle, accordion, bouzouki and light percussion instruments. We play from the Fiddler's Fakebook, Portland Books, New England Fiddler's Repertoire, Barnes Books, Waltz Books, etc. Musicians of all skill levels are welcome! This is a supportive community of musicians and we are glad to play tunes at different speeds to accommodate everyone's comfort level.

continued on page 20

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chasteberry

Focus on Herbs
by Lynne Latella

Also known as *vitex*, *chasteberry* or *chaste tree* has been used for centuries as a female hormone normalizer. Even though it has been regarded as a male aphrodisiac, this herb primarily influences the pituitary gland which regulates female hormones.

Chasteberry can help the body rebalance after the use of birth control pills. As a uterine tonic, it helps to restore the natural estrogen/progesterone balance. It is helpful in regulating the menstrual cycle, especially if endometriosis is present. It also can regulate the ovulatory cycle for women who wish to become pregnant or prevent miscarriages. Additionally, it has been useful for women who have PMS or are menopausal, generally assisting women through life's changes.

Chasteberry is not a quick-acting remedy. Although it starts working immediately to treat imbalances, it may take months to realize the complete benefits. It has been known to have a positive impact on hormone-related constipation, cramping, uterine healing after childbirth, mood swings, acne, fibroid cysts, hot flashes, low energy and excessive menstrual flow.

The Co-op features a new line, Herbalist and Alchemist, featuring Women's Transition Compound formulated by David Winston. The liquid tincture contains chaste tree, dong quai, blue vervain, black cohosh, and night blooming cereus stem. Oregon's Wild Harvest, another new company, offers chasteberry capsules to support the female reproductive organs.

Some other available remedies are:

- Herb Pharm Chaste Tree Tincture
- Chasteberry capsules by Solar Ray and Nature's Way



- New Chapter's Estrotone, a hormone balancing tonic in soft gel capsules containing chaste tree, primrose oil, ginger, black cohosh, rosemary and schizandra
- Women's Moon Cycle, a Yogi Tea formula containing chaste tree, dong quai and juniper formulated to ease menstrual cycle symptoms

Although it may be safe to take chasteberry beyond the third month of pregnancy, it may bring on premature milk flow. A physician should be consulted before using chasteberry, either alone or in combination with other herbs.

Yoga

With Daniel Navilia. Tuesdays from 2 to 3 pm in the Co-op Community Room

If you have ever been interested in learning more about yoga, come and learn some yoga postures or just drop by and Daniel would be happy to answer any questions you might have. Daniel Navilia is a certified Yoga and Meditation.

With B.J. Thursday, May 27 from 6 to 7 pm in the Co-op Community Room

All classes are at a beginner's level so that anyone can join in at any time and be comfortable. Yoga is the best thing for a healthy spine. It is a great warm up and cool down for any sport. We pay attention to alignment of the body so that the energy flows freely throughout. It increases flexibility, balance, strength and awareness. We will slow down enough to connect with our inner beings. BJ has been teaching Iyengar-style yoga since 1984.

**“Yo Ba” Chi Gong (12:30–1 pm),
Ba Gua Zhang (1–1:30 pm) &
Shaolin Dao Nei Gung (1:30–2 pm)**

With Tim Stoddard. Saturdays from 12:30 to 2 pm in the Co-op Community Room

Join Unchatwa (aka Tim Stoddard) on a gentle journey for health and vitality. Yo Ba Chi Gung cleanses the blood and tonify the kidneys. Ba Gua Zhang circle walking improves circulation, balance and coordination. Shaolin Dao Nei Gung contains breath control, isometric tension and meditation techniques to energize the body, mind and spirit. Class size is limited to 6–8 people on a first come, first serve basis.

MAY AT THE CO-OP

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

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