

## Hours:

MONDAY – FRIDAY  
7:00 – 8:00

SATURDAY 7:00 – 6:00

SUNDAY 10:00 – 6:00

# HONEST WEIGHT FOOD COOP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #300

OCTOBER 2004

PRINTED with SOY INK on RECYCLED PAPER

## NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, August 13.

### Employment Manual

The Board finished final revisions to the Employment Manual. The manual is now approved and complete. After it's been in effect for a while, the Board will evaluate how well this manual is working.

### Store News

Potholes in the parking lot have now been patched up.

The store has a new egg cooler. This new equipment will move the eggs closer to the Cheese department and allow for expanded dairy offerings.

### Strategic Planning

The Board agreed to a referendum on selling frozen fish.

### Finance

The Board accepted a proposal for analysis and forecasting of the Coop's financial performance. The maximum cost for these services shall not exceed \$3,000.

*continued on page 2*

## What's the Scoop?

- **SPECIAL FEATURE –  
A Report from the  
Finance Committee  
(see page 4)**

# Membership Meeting

October 3, 2004

## Agenda:

A report from the Site committee on the search for a new site  
Sage Albany Campus – Campus Center, Rm. 224

5 pm – Social hour and light repast from the HWFC deli

6–8 pm – Meeting

# Coop'ers urged to vote at October 3<sup>rd</sup> membership meeting

by Ginny McEwen

October is *Coop Month*. But October is also the countdown in a close and intense national election. So it seems appropriate to look at our own small, but active, experiment in participatory democracy — and the importance of **THE VOTE**. And then, to look at what is on HWFC's agenda.

### Membership Votes

According to International Cooperative Principles:

*"A cooperative is as an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.... Cooperatives are democratic organizations controlled by their members, who*

*actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership.... Members have equal voting rights — one member, one vote."*

Over 3,000 people have invested \$100 each in an Honest Weight share. At any one time, about 450 have also contributed work for the Coop (a minimum of

*continued on page 10*

# Behind the Coop

## Board of Directors

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

## Committee Liaisons

Alternative Supply & Products 371-3648	Ray Ratte rratte1@nycap.rr.com
Communications 427-7386	Lynne Lekakis kandl@capital.net
Finance 463-8904	Virginia McEwen mginny1@nycap.rr.com
Governance 456-2560	Howard Brent Hbrent1@nycap.rr.com
Membership jam1964@earthlink.net	Jim Monsonis
Nutrition & Education 458-8144	George Broeckx george@totallygeorge.com
Personnel Lgensburg@yahoo.com	Lenore Gensburg
Special Events desiree@hwfc.com	Desiree Krueger
Strategic Planning 427-738	Lynne Lekakis kandl@capital.net
At Large 392-7797	David Seaman
Collective Management Team representative Cindee Lolik	663-9962
Staff representative Duke Bouchard	466-0654

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

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



## Member Labor Openings

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

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

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

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

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

**HaBA** • Looking for a **CLEANER** — 3 hours a week, detail-oriented per-

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

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

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

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

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

## NEWS AT A GLANCE, from page 1

### October Membership Meeting

The Board agreed to go ahead with an October meeting, as planned by the Governance committee. Originally, the committee intended the meeting for a vote on two by-laws items. After discussion when and how such a meeting can be called by this committee was clarified. It was determined that changes to the by-laws need to be discussed by the board first and there is not time to do this before an October meeting. Therefore, the October meeting will be one of the regular four membership meetings and will focus on strategic planning.

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

### Executive Session

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

### Minutes

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

### Upcoming Meetings

Board meetings are scheduled for the following Wednesdays: October 27, November 17, and December 22. Meetings are held at the First Unitarian-Universalist Society of Albany, Channing Hall, 405 Washington Avenue at 6:15 pm. Anyone planning to attend a meeting should confirm date, time, and location.

## About the Coop

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

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

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

### Contacting Honest Weight Food Coop...

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

# Giving Back to the Community

by Ginny McEwen

For many years, HWFC has given a portion of its profits to community-based organizations through a variety of activities. Under our member donation program, any member may request gift certificates or product donations up to \$100 to a community organization of their choice by filling out a form at the service desk. The Coop pledged to give 5% of its profits every year to the community. This year, we have made donations to a diverse group of organizations: Martin Luther King, Jr. Solidarity Committee, the Free School, NY Coalition Against Domestic Violence, Habitat for Humanity, Ironweed Collective, Loudonville Christian School, Scotia Glenville Children's Museum, among others.

Part of our outreach budget is also used to support community groups by placing ads in newsletters or program guides for special events. We've spent over \$2,500 on such ads with organizations including the Hudson Mohawk Traditional Dancers, Hebrew Academy, Capital District Center for Independence, Regional Farm and Food Project, Park Playhouse, Capital City Rescue Mission, Albany Symphony Orchestra, Albany Youth Soccer, Spinal Chord Society, Albany Pine Bush Preserve, Homeless Action Committee, and Capital District Humane Society. Solicitations for ads should be referred to Nate Horwitz.

In addition to donations, we assist at events that include cooking classes and organic gardening information. Such outreach events this year included the RPI Earthfest in April and Community Day at Yates Village in Schenectady.

Periodically Honest Weight sets up collection boxes at the check-out counters and this summer we have even collected donations of excess harvest produce from gardens. Food donations have gone to Food not Bombs, Capital Region Food Pantry and Yo! youth organics (a summer program featured in the September *Scoop*).

HWFC also allocates resources to organize or sponsor activities directly related to its mission to provide healthy food. In January it co-sponsored with the Regional Farm and Food project, a lecture by Percy Schmeiser, a Saskatchewan farmer who was sued by Monsanto after its genetically engineered, patent-protected *Roundup Ready* canola contaminated his fields. In May, Jessica Allen, outreach coordinator, arranged a presentation on "Ethics and Diet" by George Eisman from the Farm Sanctuary. In June, the Coop hosted an organizational meeting of other New York State co-ops and buying clubs to increase support for GMO labeling laws sponsored by NY Assemblyman Jack McEneny.

Mary Daigneault, CSWR

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## Guidelines

for *Coop Scoop*  
article submissions

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

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

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

## Behind the Scoop

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Calendar editor: Susan Palmer 438-4344  
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Distributors: Nancy Fisher, Doug O'Conner  
Printer: The Printing Company

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Ronald Stram, M.D.,  
board-certified in  
emergency medicine;  
integrative medicine fellow.  
Graduate of Andrew Weil's  
Integrative Medicine  
Program, U of Arizona

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- Nutrition
- CranioSacral Therapy
- Energy Balancing
- Chinese Herbs
- Tui Na (Chinese Massage)

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.

# Honest Weight Food Coop, Inc.

## 1<sup>st</sup> and 2<sup>nd</sup> Quarter Financial Narrative for the Membership

*A Report from the Finance Committee*

by committee members

Ginny McEwen, Lynne Lekakis, David Seaman, Howard Brent,  
Ghada Jaouni, Duke Bouchard, Sue Spang, Cindee Lolik

### To the Membership:

In an effort to keep the membership informed of the status of the finances of the Coop, the Board of Directors, the Collective Management Team and the Finance committee have collaborated to present you with a narrative of the first half of fiscal year 2004.

### Sales

The first half of 2004 has been an excellent one in terms of sales for the Coop. When we wrote our budget for 2004, we had forecast a 5% increase in sales, a conservative amount of growth, based on the limitations of our present location and the uncertainty of the economy. In fact our growth rate through June has been 15% over last year!

**Personnel Expense:** These are all the expenses associated with staff and member workers at the Coop. At the close of the month of June, the Coop's payroll was running 8.5% below budget (even with the across-the-board raise that we gave all hourly staff last November). We have a very good and productive staff along with a great selection of member workers. Our member labor remains strong with over 30% of the Coop's labor being provided by members. The Personnel committee, Finance committee, Board and Collective Management Team continue to collaborate

on instituting a living wage with next years budget.

Our level of staff discounts is running 10% over budget, an encouraging sign that our staff are doing more of their shopping here at the Coop.

We have remained claim-free in regards to Worker's Compensation, and our MOD number (the number that the state bases our rates on) took a nice dip to 0.93, thus significantly lowering our premiums. Our expenses for health and dental insurance were well within budget for the first months of the year. This is in spite of the fact that we now offer coverage to domestic partners as of January 1<sup>st</sup> and the fact that rates have gone up over 15% this year (a fact we took into consideration in writing our budget).

### Occupancy Expense

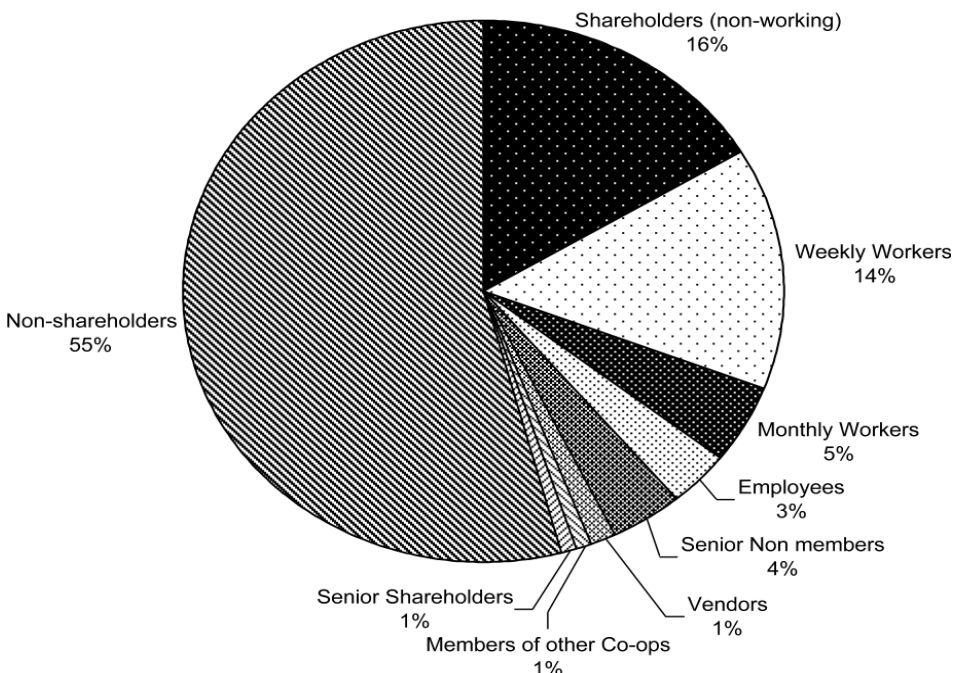
These are the expenses that are directly related to renting and maintaining the store.

Areas where we exceeded our budget so far in 2004 are Pest Control, Property/Real Estate Taxes, and Repairs & Maintenance of Equipment. On a positive note we have reduced our utility costs, this is due to the more mild winter and also we have had periodic maintenance on the heating and air conditioning system. Even with the budget overages in these areas we have come in 8% under budget for Occupancy Expense over the first six months of the year.

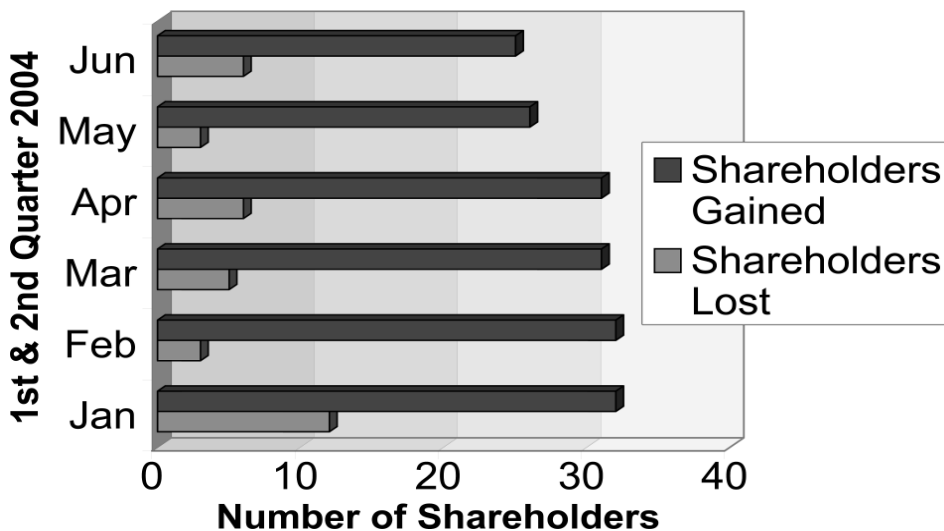
**Property/Real Estate Taxes:** Although we were able to determine our cost of taxes for school tax (since the billing takes place in September) we had to estimate what would happen with the property taxes — as our bill does not come until January and the budget had already gone out to the membership. Due to an increase in assessment (which many of you undoubtedly experienced last year) our taxes were higher than we had estimated. We had budgeted \$4,500 through the first six months of the year, and the taxes were actually \$7,729.26.

**Repairs & Maintenance Equipment:** Our refrigeration repair expenses have been high over the first six months, we had problems with the freezers, the cheese case and other minor repairs. We have now started a semi-annual maintenance program with our refrigeration repairman, where he comes in every six months and vacuums the compressors and identifies potential problems so we don't have to call him in on an emergency basis so often; hopefully in the long run this will lower these expenses. Our water machine has been the source of many repairs this year also. We have had to replace the main filtering membrane every three to four weeks, due to a change in the composition of Albany city water. To adjust the pH level, the city has been adding hydrated lime to the water, and this causes the membrane to clog rapidly. We also replaced the motor on the machine, an expense that was not expected, although this seems to have helped extend the life of the membrane; we are hoping that the cost of maintaining this machine will decrease over the next six months. We are also investigat-

## Customer Sales Breakdown Jan-June 2004



## Shareholders Lost & Gained Jan - Jun 2004



ing the possible purchase (as a capital expenditure for 2005) of a replacement that has local support for repairs and maintenance. (The machine we currently own comes from Winnipeg, Canada and there is no one here who works on them; so our maintenance person has had to learn to repair the machine and every time we need to replace the main membrane we have the cost of shipping to Canada).

**Utilities:** Our consumption of electricity is running two-thirds of budget; this is 23% less than the same period last year. Maintenance of the system has helped in this area, as has a cooler-than-usual summer. Gas consumption is 44% less than the same period last year, again maintenance to the system and the new gas oven in the deli (being vastly more efficient than the old) have helped here.

### Operating Expense

These are the expenses related to operating the store on a day to day basis. We are running over budget due to an error in the calculation of depreciation. Our original depreciation schedule was written by our former CPA, when our new CPA came on, he pointed out to us that we should actually be accelerating the depreciation on our Leasehold Improvements. This was after the budget had already been written so we are running \$10,280.20 over budget in depreciation. In our 2005 budget we will have correct figures from the CPA and this should correct this problem going forward.

**Store Supplies:** We are running over budget in store supplies due to some purchases that were made for the total year but were booked to one of the first six months of the year. These purchases include the little golf pencils we use to record PLU numbers and the plastic bags that we supply for customer use. In comparison to last year we are 34% under what we spent last year in Store Supplies.

### Administrative Expense

Administrative expenses are related to the back office expenses needed to run the Coop. At this point in the year we are running 27.8% under budget. We have substantially reduced our office supplies purchases this year and are running over 50% under budget in this category. We have also had little need, beyond having the Employee Manual reviewed, of the assistance of the Coop attorney, so legal fees are also under budget.

**Marketing Expense:** These are our advertising, marketing, outreach and donation/contribution expenses. Also included in

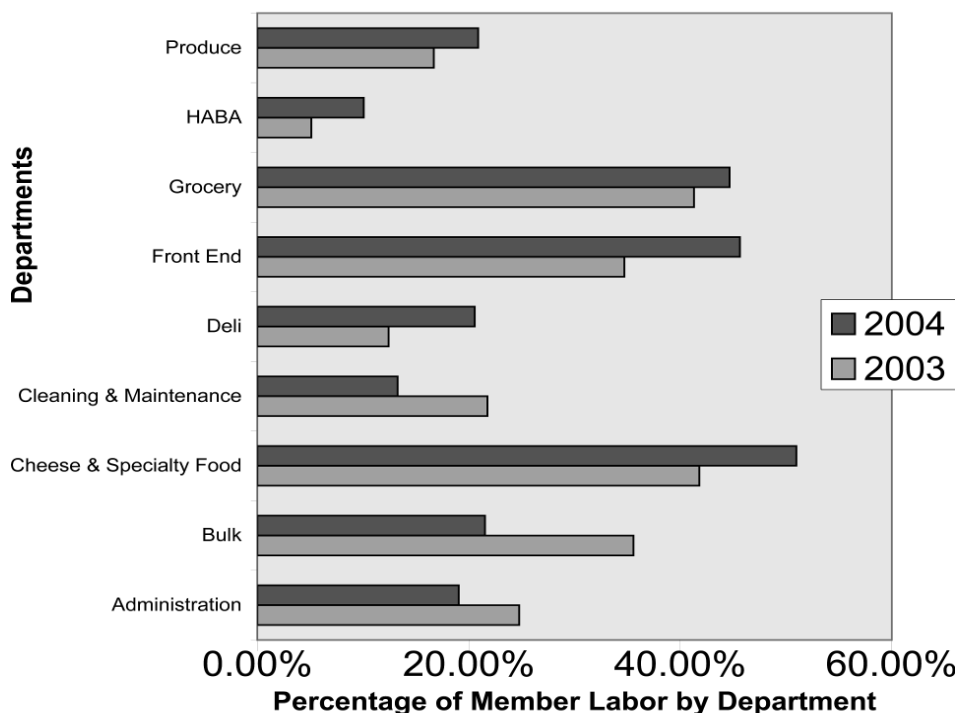
this category are the various promotional discounts the Coop provides to senior citizens, vendors, visiting Coop members, etc.

Advertising reflects an overage from the budget due to contracts that ran through the first half of 2004 that were negotiated back in 2003, before we trimmed our ad budget by half. Our advertising contracts with WNYT and the *Times Union* are now completed. Our primary advertiser is now WAMC. We have used a significant part of the budget for marketing/outreach through the first half of the year and a busy season is ahead of us.

**Donations/Contributions:** We have been running over budget here, not only due to the volume of requests, but because we did not entirely reflect the new policy of donating 5% of profits in our 2004 budget. At present our donations/contributions are running 1.75% of profit, which gives us a cushion to make a donation such as the one we made last year to the Community Foundation.

**Governance Expense:** These are the expenses associated with the governance of the Coop and are primarily Board expenses. This year we spent monies to send three of our Board members to the Consumer Cooperative Management Association conference in Minneapolis, Minnesota. In addition to touring the Minneapolis coops, which are many, our Board members met and exchanged ideas with other coop board members from around the country and participated in a number of educational seminars.

## Member Labor Comparison 2003-2004



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FINANCIAL REPORT, from page 6

**Capital Expenditures**

**Copier:** We purchased our new copier at the end of January and have been pleased with its performance to date. We are now able to produce in house items that we had to send out to a printer in the past.

**Computer Upgrades:** We are preparing to upgrade QuickBooks, our accounting software. We are in the process of upgrading some of the back-office computers and have been replacing certain components on the cash register system as needed.

**Repair Cracks in Warehouse Floor:** This project has been completed.

**Air Conditioning for Cheese Area:** This project has been completed and has resulted in a much more pleasant atmosphere for both staff/member workers and shoppers. It is much cooler and the noise level has dropped considerably with the wall that was built around the compressors for the large coolers.

**Refrigeration:** We have purchased a new egg cooler for the Cheese department. This allows us to expand the dairy selection by

moving the eggs and allows the cheese workers to more easily restock the eggs.

**Replacement Equipment**

Our oven in the deli gave out on us in January and we purchased a new double-deck oven. One of the cheese display cases broke down and was not repairable, so we purchased a new one. A compressor for one of our freezer cases also broke down and was not repairable, so we had a new one installed. One of the scanner scales at the cash registers met an untimely end, due to a coffee spill, and was replaced.

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# The International Cooperative Alliance

## Statement of Cooperative Identity

### Definition

A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

### Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

### Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

#### First Principle: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibility of membership, without gender, social, racial, political, or religious discrimination.

#### Second Principle: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are organized in a democratic manner.

#### Third Principle: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the co-operative. At least part of that capital is usually the common property of the co-operative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the co-operative, possibly by setting up reserves, part of which at least would be indivisible, benefiting members in proportion to their transactions with the co-operative, and supporting other activities as approved by the membership.

#### Fourth Principle: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources,

they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

#### Fifth Principle: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers, and employees so they can contribute to the development of their co-operatives. They inform the general public—particularly young people and opinion leaders—about the nature of benefits of co-operation.

#### Sixth Principle: Co-operation Among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.

#### Seventh Principle: Concern for the Community

While focusing on member needs, co-operatives work for the sustainable development of their communities through policies accepted by their members.

—Adopted September 1995

## KATHERINE TURNER

FENG SHUI CONSULTANT  
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# October Calendar

10/2 CONFRONTING THE AGE OF OIL SCARCITY: *How Sustainable Energy Alternatives Can Work for You.* A community forum to explore available sustainable energy solutions. Free. 4-6 pm at the Bethlehem Town Hall, 445 Delaware Ave., Delmar. For info: Elaine, 439-8262.

10/3 HWFC MEMBERSHIP MEETING. Sage/Albany, Campus Center 224, Academy Rd. at New Scotland Ave. 5 pm social, 6-8 pm meeting.

10/5 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened!" Let Vince Manti hone your knives while you shop at the Coop. (No serrated blades, please!) 5-7 pm. For more info, call 482-2667.

10/7 CHILDHOOD OBESITY: *Addressing Environmental Determinants.* Lecture by Kathryn E. Henderson, Yale Center for Eating and Weight Disorders. 7 pm at the Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Free. To reserve your seat, call the Center: 689-2244.

10/10 FARM TOUR. "Commercial Potential of Old and New Fruit Crops for Small Farms," with host Lee Reich. 2-4 pm at Lee's home orchard, 387 Springtown Rd., New Paltz (Ulster Co.). Reservations or more details: 271-0744 or [farmfood@capital.net](mailto:farmfood@capital.net) (Subject: Farm Tours). Co-sponsored by Regional Farm & Food Project and Pennsylvania Association for Sustainable Agriculture.

10/12-13 EMPIRE ENERGY & ENVIRONMENTAL EXPO. Gideon Putnam Hotel & Conference Center, Saratoga Spa State Park, Saratoga Springs. Hosted by Environmental Business Association of NY State. Info: [www.eba-nys.org](http://www.eba-nys.org). For exhibitor info: call Ed Parker, 432-6400 x227, or email [ed@eba-nys.org](mailto:ed@eba-nys.org).

10/14 HWFC HEALTH & WELLNESS SERIES: "Naturopathic Medicine," with Dr. Eliot W. Edwards. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

10/14 U.S. MILITARY DRAFT: *Will the Continuing War in Iraq Require the Reinstatement of a Military Draft?* Information & discussion. 7-9 pm at Bethlehem Town Hall, 445 Delaware Ave., Delmar. For more info: 439-8863.

10/17 THE AMERICAN WAY OF DEATH. Lecture by Joshua Slocum, executive director, Funeral Consumers Alliance. 2 pm at the First Unitarian Universalist Society of Albany, 405 Washington Ave. Free. For more info call 482-2639, or email: [theresebroderick@yahoo.com](mailto:theresebroderick@yahoo.com). Sponsored by Memorial Society of the Hudson-Mohawk Region.

10/21 GASTROINTESTINAL INFLAMMATION. Learn about the mechanisms that cause poor G.I. health and how it relates to other conditions such as allergies, rheumatism and autoimmune dysfunction. 7 pm at the Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Free. To reserve your seat, call the Center: 689-2244.

10/22 HOMELESS ACTION COMMITTEE 5th Anniversary Dinner & Silent Auction. 6 pm at the Best Western Albany Airport Inn, 200 Wolf Rd., Albany. \$100, \$60, \$30. For tickets and info: 426-0554. RSVP by 10/15. [pd4]

10/25 HWFC HEALTH & WELLNESS SERIES: "Therapeutic and Medicinal Essential Oils Workshop," with Kate Fritz, certified holistic health counselor. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

10/27 HWFC BOARD OF DIRECTORS. Wed., 6:30 pm at FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

## ONGOING EVENTS

### MONDAYS

Capital District MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. 4th Monday, 7 pm. Coping with environmental, chemical and occupational illnesses. Unity Church, 21 King Ave., Albany. Info: Terry, 785-1117; or Donna, 372-8783.

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

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

## POLICY FOR CALENDAR LISTINGS

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

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

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

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

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

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

### TUESDAYS

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

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

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

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

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

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

LESBIAN & BISEXUAL SUPPORT GROUP. 7 pm. CDGLCC


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

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

### WEDNESDAYS

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

HWFC HEALTH & WELLNESS SERIES: "Gentle Wind Project: Healing Arc Accelerator." Healing technology designed to restore and regenerate a person's energetic structure. 7 pm in the HWFC

 MINDFUL  
BIRTHING

Gwen Friesen

 518.272.9627  
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Childbirth preparation  
classes based on the  
"Birthing From Within"  
philosophy...

Prepare for birth as a

"Sacred Rite  
of  
Passage"

## KEY TO LISTINGS

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

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

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

Community Room. Sign up at the Coop. For more info, call 482-2667.

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

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

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

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

## THURSDAYS

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

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

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

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

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

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

## FRIDAYS

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

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

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

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

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

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

## SATURDAYS

**KIDS YOGA, ages 4-7, 10:30-11:15 am.** Center for Nia and Yoga, 4 Central Ave, Albany. Jen Powers RYT, 463-5145, or [jen@nia-yoga.com](mailto:jen@nia-yoga.com). [PD3]

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

**PRENATAL YOGA.** 9:15-10:30 am. Center for Nia and Yoga, 4 Central Ave., Albany. Info: Jen Powers RYT, 463-5145, or [jen@nia-yoga.com](mailto:jen@nia-yoga.com). [PD3]

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

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

## SUNDAYS

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

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

☺ **FIRST UNITARIAN UNIVERSALIST SOCIETY.** Sunday services, 9 and 10:30 am. 405 Washington

## HONEST WEIGHT FOOD COOP



Ave., Albany. Social hour between services at 10 am. 463-7135.

**GAY & LESBIAN AA.** 7:30 pm. CDGLCC

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

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

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

## OTHER EVENTS

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

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

**HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD and WISE WOMEN.** Free moonlodges, exciting classes, work weekends, and empowering events! Visit [www.susunweed.com](http://www.susunweed.com) or write: PO Box 64, Woodstock, NY 12498. [PD3]

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



## Kate Fritz, H.H.C.

Board Certified Holistic Health Practitioner by  
American Association of Drugless Practitioners

## Holistic Health Counselor Essential Oils Consultant

Have you been wanting to...

- Stop your cravings and binges
- Alleviate digestive disorders, chronic conditions, allergies, asthma, PMS
- Feel better in your body and achieve your ideal weight
- Experience a lasting increase in your energy and vitality
- Feel confident in choosing and preparing better food for yourself
- Experience an increase in overall satisfaction with your life
- Creating lasting balance

As a **Holistic Health Counselor**, I am your personal advocate for living a passionate life. My belief is that a true holistic and individualized approach toward food also includes other nourishing things-primary foods, like love, intimacy, work, movement, touch, and time with friends and loved ones. I work with you to help find balance in all of these areas.

Contact me for a free initial consultation to  
discuss your top concerns and goals

(518) 393-8832, Email: [katefritz@nycap.rr.com](mailto:katefritz@nycap.rr.com), Website: [www.integrativenutrition.com/graduates/KFritz.aspx](http://www.integrativenutrition.com/graduates/KFritz.aspx)

three hours per month) that entitles them to vote. In addition, 50 paid staff members are also entitled to vote. Honest Weight conducts votes either through mailed referenda or quarterly Membership Meetings. The current Board is proactive in putting issues to membership vote. In planning they actively include non-voting shareholders and customers in discussion groups and surveys as well. Compared to many other coops, who complain of a participation rate of less than 5%, we have had 25% to 40% turnout on hot issues. But people who do not vote put our decisions at risk, opening the door to the comment: "I know that all those other people don't support this...." You have been hearing this a lot in the national election, no?

### The Other Vote

But there is a second way that you vote at HWFC that you may not be aware of. The Coop is a business, and in the highly competitive natural foods market, strong sales are important. Consumers vote with their pocket books and our buyers are keenly aware of what sells and what doesn't sell. There is an inherent tension in a coop between the concept of democratic membership control and customers voting with their purchases. If you let customer sales dictate what you do, then what happens to membership support of ethical business, the local family farm,

environmental sustainability, fair labor practices? On the other hand, if you adhere to membership guidelines, what happens to customer choice? As long as we are a cooperative business we will be debating these questions.

### What Is Ahead?

The Board and the Collective Management Team now feel that the Coop must move and expand within two years. There will be membership involvement and votes. You owe it to us all to stay informed. At the October 3<sup>rd</sup> Membership Meeting, the planning subcommittees will report out, not with any proposal to vote on, but for discussion. The Site committee has been unsuccessful in finding suitable properties within the preferred Central Avenue corridor; they will be examining other options. One critical question is what size to look for in a renovated or new building. The tentative recommendation is 20-30,000 square feet, which would provide 12-16,000 square feet for retail space (double to triple our current location) and accommodate future growth. With a possible \$3 million mortgage, there are obviously unanswered financial questions, as well as the ambiance of size, allocations for departments, warehousing, and community/member services.

The Documentation committee has charted out goals and important decisions that will have to be made on these site issues and other questions. They are looking at defining target audiences, programs and facilities for community building and education; planning the use of and authority for designing physical space in both our current and new locations; providing for the necessary infrastructure changes in staffing, Board, and membership; and establishing our product line, including guidelines, a growth plan, suppliers and merchandising. Their next step is to develop a timeline and assign responsibility for these tasks. In a related track, the Board is meeting with the Collective Management Team (CMT) to define the boundaries between their spheres of responsibility and decision making.

The Product committee has completed a draft of the product policy manual and is now in meetings with the CMT to come to consensus if possible about the details of product selection that will be brought to the membership for a vote. So here we are full circle at the vote. Coops are an alternative economic structure in that they are local and members can vote. By staying in the process, by coming to meetings and focus groups, by serving on committees, by voting in referenda or answering surveys, by talking in the aisles, you can help assure that you are given meaningful choices and that your vote will make a difference to your coop community.

# LOCALLY GROWN PRODUCE

**LIVE MUSIC & CHILDREN'S ENTERTAINMENT**

## SATURDAY MORNINGS

9am to 1pm

411 River St. Troy, NY

October 2nd  
Global Jazz Singers perform music at the Market.  
Susan Odell Taylor School under the Kids Tent.  
The Community Inclusion Project  
will be at the Community Tent with their crafts.

October 9th  
Shaker Creek Trio performs music at the Market.  
Grafton Lake State Park under the Kids Tent.  
The Albany Pine Bush Preservation Commission  
will be at the Community Tent.

October 16th  
Kate Blain performs music at Market.  
Cooking demonstration by Cornell Cooperative Extension.  
Guatemalan Juanana Coffee at the Community Tent.

October 23rd  
The Celtic Singing Duo performs music at the Market.  
Pumpkin painting with The Honest Weight  
Food Co-op in under the Kids Tent.  
Guatemalan Juanana Coffee at the Community Tent.  
Cooking demonstration with Lori Doyle, Personal Chef LLC,  
sponsored by Capital District Community Gardens.

October 30th  
Al & Norma Colasessano "Hit and a Miss"  
Accordion Duo performs Music at the Market.  
The Troy Public Library will have books for the children.  
Guatemalan Juanana Coffee at the Community Tent.

# TROY

## Waterfront Farmers' Market

for more information  
(518) 475-2909  
troymarket.org

in collaboration with Extrapolating TheaterWorks

**Bring us your project... Any size, any budget**

<ul style="list-style-type: none"> <li>• theatrical &amp; dance</li> <li>• weddings/special events</li> <li>• training &amp; education</li> <li>• artist promotion</li> <li>• documentaries</li> </ul>	<ul style="list-style-type: none"> <li>• digital video production</li> <li>• on-location video/audio</li> <li>• video/rehearsal studio</li> <li>• graphic design</li> <li>• photography</li> </ul>
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fordtrupin@aol.com • 518-489-6392

# Artist MediaEye

# Reiki with Raven

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

# Chair Massage

**With Jack Allison. Mondays from 4 to 7 pm in the Coop Community Room**

Free 10-minute sessions. Jack Allison is a licensed massage therapist who has completed the Center for Natural Wellness program in massage.

**With Ed Thomas. Tuesdays from 1 to 5 pm in the Coop Community Room**

Ed Thomas is a New York state-licensed massage therapist, a graduate of the Bancroft School of Massage and a former member of the state Licensing Massage Board.

# Get Your Knives Sharpened While You Shop!

**With Vince Manti. Tuesday, October 5 from 5 to 7:30 in the Coop Community Room**

No serrated knives please!

# Naturopathic Medicine Lecture

**With Dr. Eliot W. Edwards ND. Thursday, October 14 at 7 pm in the Coop Community Room.**

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

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

*continued on page 12*

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 Coop, its Board of Directors or its employees. Honest Weight Food Coop disclaims any responsibility or liability for the statements, representations or recommendations and/or conduct of any presenter.



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*Complementary/Supportive Cancer Therapy*

*Facilitating wellness and healing for the whole person.....*

**15% OFF FOR CO-OP MEMBERS WITH CARD!!**

## To advertise in the Coop Scoop...

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

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

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

Recorded since 558 B.C.E. as a remedy for dismenorrhea, **dong quai** is second in sales only to licorice root in China and Japan. Long considered the best herb for women, it is often referred to as the female ginseng. With the exception of pregnancy and nursing, it can be extremely useful during every cycle of a woman's life.

# *dong quai*

Resembling Queen Anne's Lace as a member of the carrot family, this fragrant perennial is easy to grow and can be used raw or cooked. Brewed frequently as a tea, it stabilizes, rejuvenates and tones over a wide range of conditions. It also cleanses the blood, promotes uterine health, stimulates circulation, maintains the hormone balance, relieves PMS and regulates the menstrual cycle. For those who have stopped using birth control, dong quai helps to re-establish cycle regularity and is very useful throughout menopause. As a post-partum tonic, it works to balance the system more quickly.

Don't discount this herb as being strictly for females. In the East, it is most valued as a blood tonic and a remedy to strengthen the heart, lungs, spleen, liver and kidneys. It is applicable in the treatment of anemia, blood clots, angina and other conditions that cross the gender lines. It is useful as a cold and flu remedy and has an antibiotic effect on certain strains of bacteria. It also can help:

- Stabilize blood sugar
  - Lubricate the bowel to relieve constipation
  - Relieve arthritic and rheumatic pain
  - Relax the heart muscle
  - Speed tissue repair
  - Calm the nerves
  - Stop pain
  - Lower blood pressure
  - Counter fatigue
- It is wise to exercise caution in using dong quai. Beside pregnancy and nursing,

## Tonic Toner

- 3 parts sassafras root**
- 2 parts dandelion root**
- 1 part each licorice and ginger roots, pau d'arco, vitex (chaste berry) and wild yam**
- ½ part cinnamon**
- ¼ part each orange peel and dong quai**

**Pinch of stevia (optional)**

**Add 4-6 TBS of the mixture to 1 quart of cold water. Bring to a gentle simmer for 20 minutes. Strain and drink 3-4 cups per day. This is useful in regulating hormones and as an endocrine system and liver tonic.**

*From Herbal Healing for Women, by Rosemary Gladstar*

ing, it shouldn't be used in cases of excessive menstruation, heart problems and diarrhea without consulting a doctor.

The Coop carries dong quai in teas, capsules and tinctures and provides reference books for more information.

*Health & Wellness Series, from page 11*

## Therapeutic/Medicinal Essential Oils Workshop

**With Kate Fritz. Monday, October 25 at 7 pm in the Coop Community Room**

Learn the powerful healing modality of therapeutic grade A essential oils. If you're just beginning and wanting to learn more; or if you have experienced some of the many benefits of the oils, you will become even more versed in the emotional and physical benefits of essential oils. The class will be based on the Essential Seven Kit. This kit incorporates all you would need in your medicine cabinet. It aids in anything — bee stings, calming over active kids, weight loss, finding more joy in your life and is even successful in helping animals/pets. Learn what therapeutic-grade oils can do for you and your family.

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

## The Gentle Wind Project: Healing Arc Accelerator

**Wednesdays from 4:30 to 7 pm in the Coop Community Room**

This is a healing technology designed to restore and regenerate a person's energetic structure when used one time in a person's life. The "healing arc accelerator" provides an additional aspect called physical realignment and trauma, which may correct for physical and emotional imbalances caused by a traumatic event. This healing is available free of charge to anyone who would like to obtain it.

## Knitting Group

**With Elaine Larsen. Wednesdays 7-8:30 pm in the Coop Community Room.**

All skill levels welcome. Bring a project and or questions. Other handwork welcome: crochet, quilting, needlepoint, etc. No sign up necessary.