

## Hours:

MONDAY – FRIDAY  
7:00 – 8:00

SATURDAY 7:00 – 8:00

SUNDAY 10:00 – 6:00

# HONEST WEIGHT FOOD COOP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #311

OCTOBER 2005

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# USDA dawdles as factory farms take over organic dairying

by Will Fantle

Organic family farmers and their consumer allies won a victory before the National Organic Standards Board (NOSB) last spring, only to have USDA bureaucrats pull the rug out from under them.

On August 16, members of NOSB — the USDA's expert advisory panel — were stunned when department staff informed them at their meeting that changes to the organic regulations they had unanimously approved were being rejected, without forewarning. The rule changes would have closed loopholes being exploited by large factory farms producing "organic" milk.

The controversy over pasturing dairy cows erupted earlier this year when a Midwest-based organic farming watchdog, the Cornucopia Institute, filed formal complaints against several 3,000-to-5,000-head confinement organic dairy operations in western states, charging that the penning of thousands of animals into

*continued on page 4*

## NEWS *at a glance*



by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, August 24.

### Upcoming Referendum

Plans for the upcoming referendum on selling meat or fish in the store were discussed, including notification of members by postcard and the written form of the referendum.

### Facility News

Rules for use of the Community Room were reviewed and adopted. The Board added provisos to insure that groups using the room are responsible for cleaning it up.

A Coop member who is a designer met with the Collective Management Team to

*continued on page 3*

## *What's the Scoop?*

- **Bring on the bags!**  
(see page 2)
- **A bit of everything from a fruit farm named Hicks**  
(see page 5)
- **QUICK...** Name three facts about our member coordinator (see pages 10)

# Behind the Coop

## Board of Directors

President: Lynne Lekakis 427-7386  
 Vice-President: Howard Brent 456-2560  
 Secretary: Jim Monsonis 794-8601  
 Treasurer: David Seaman 392-7797

## Committee Liaisons

Alternative Supply & Products Jim Monsonis  
*monsonis@taconic.net*  
 Communications Lynne Lekakis  
 427-7386 *kandl@capital.net*  
 Finance John Godfrey  
*herbalist.john@gmail.com*  
 Governance Ray Ratte  
 371-3648 *rratte1@nycap.rr.com*  
 Membership Susan Weinrich  
*weinrich@localnet.com*  
 Nutrition & Education George Broeckx  
 458-8144 *george@totallygeorge.com*  
 Personnel Lenore Gensburg  
*Lgensburg@yahoo.com*  
 Special Events Howard Brent  
 456-2560 *Hbrent1@nycap.rr.com*  
 Strategic Planning Lynne Lekakis  
 427-7386 *kandl@capital.net*  
 Collective Management Team representative  
 Cindee Lolik 663-9962 *cindee@hwfc.com*  
 Staff representative  
 Sonya Dewitt x109 *sonyadewitt@yahoo.com*

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

Operations and administrative coordinator: Cindee Lolik (x116)  
 Member coordinator: Nate Horwitz (x104)  
 Outreach coordinator: Jessica Allen (x120)  
 Finance manager: Alfred Bouchard (x103)  
 Assistant finance manager: Jennifer Felitte  
 Point-of-Sale administrator: Lexa Juhre (x101)  
 Front end manager: David Jimenez (x109)  
 Assistant front end manager: Jesse Jette  
 Grocery manager: Nancy Reich (x119)  
 Grocery floor managers: Karisa Centanni, Joshua Frank, Joe Marra, Damian Masterson, Christian Schider, Mary Beth Truman, Nick Weber, Lee Wilson, Russell Ziemba  
 Produce manager: Gayle Anderson (x102)  
 Assistant produce manager: Jamie Felitte  
 Produce assistants: Lorilee Bird, Justin Birk, Andrew Bon, Steve Kroeger, Steve Lamica, Kelly Schroeder, David Ziedman  
 Bulk manager: Bob Linn (x106)  
 Assistant bulk manager: John Haag  
 Bulk assistants: Thomas Gillespie, Leigh Nowicki  
 Cheese manager: Gustav Ericson (x118)  
 Cheese assistants: Ken Runquist, Jesse Strock, Elizabeth Woodbury  
 HaBA manager: Kathleen Boehning (x111)  
 Senior assistant HaBA manager: Mitchell Liberman  
 Second assistant HaBA manager: Lynne Sims  
 HaBA assistants: Neelima Baird, Diane Falk, Jessica Oppenheimer, Susan Wheeler Wolfe  
 Food service manager: Nicole Bailey (x108)  
 Assistant food service manager: Cathy Fitzgerald  
 Cooks: Lori Doyle, Carolyn Matthei, David Nasner, Michael Natcharian, Jess Oppenheimer, Laura Pederson  
 Night manager: Michael Ferrandino  
 Floor managers: Katie Centanni, Robb Cole, Emily Collins  
 Maintenance: Arielle Ellis, Trudy Ellis, Dick Kavanaugh, Steve Kroeger  
 Shift managers: Elyse Bryan, Sonya Dewitt, Desiree Krueger, Kate Maunz, Deborah Munson, Dominic Romani

# Bag Snag

While many of us have been trained to rightfully disdain plastic bags and are to be commended for schlepping reusable canvas ones, or consistently choosing "paper" at the supermarket, or toting our loot in backpacks or what have you — many other Coop customers expect to find shopping bags on the counter at check-out time, and therein lies the grub. Or doesn't lie, as the case seems to be lately. The Coop needs plastic!

For years, all we had to do was politely post a plea for the little petroleum products on the store door, and it was in the bag. But for the past few months, there's been a shortage of carry-in baggage. A real sad sack situation. One of our man-

agers was recently forced to go out and actually purchase some from the Stanley Paper Company in order to meet the growing need. Surely we can all agree, though, this is not the way to go!

The Irish call disposable plastic bags caught in trees "witches' knickers." Other terms collected by *The Atlantic* magazine included "urban tumbleweed," "shoppers' kites," "white trash," and "bag hawks." But if such ironic flights of fancy aren't your bag, you can help prevent their proliferation by putting them to good use. As Arlo Guthrie might've put it: "We don't wanna be in a pickle, we just want Coop members to re-cickle!"

— Carol Reid

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## About the Coop

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

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

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

### Contacting Honest Weight Food Coop...

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

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### NEWS AT A GLANCE, from page 1

discuss their ideas for remodeling the Coop. He will prepare a preliminary sketch to share with the staff.

Several improvements have been made to prevent flooding the parking lot. The Coop's landlord has installed a sump pump in one area and constructed a speed bump-type water barrier in another.

A new bicycle rack will be installed soon.

The rug in the Community Room has been replaced with tile.

### Committees

Several committees are seeking new members. These include Personnel, Membership and Local Products.

### Board Issues

The new administrative assistant to the Board was welcomed.

There has been discussion between the Board and the Governance committee regarding the autonomy of the committee and the role of the Board liaison to it. The Board noted that the liaison is to be regarded as full participant and a voting member of this committee.

A Board member recently attended a board meeting of the Onion River Coop in Burlington, Vermont. Honest Weight may want to consider adopting some aspects of their meeting process. One practice of particular interest was setting aside a specific time for member comments at meetings.

### Budget

The process of developing the 2006 budget is beginning. Committees need to

come up with budget requests during September.

### Bylaws

The bylaws were amended in June and a draft has been prepared. The Board president has checked through this and corrected discrepancies between the voted changes and the current draft. She asked the other Board members to read through this final version carefully and consider whether any further action is necessary.

### Minutes Posting

At the request of the Governance committee, the possibility of posting the minutes of Board meetings on the Coop's website was discussed. The Coop's attorney had provided a memo on legal issues related to minutes of meetings.

After discussion, it was noted that a simplified version of the minutes would be best for the website. The Board will discuss this issue with the Governance committee.

### 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 Tuesdays: September 20, October 18, November 15 and December 20. Meetings are held at 5:30 pm at the Coop.

Since the date, time and location can change, anyone planning to attend should confirm these closer to the date.



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

## 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 10<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* [trupinjet@gmail.com](mailto:trupinjet@gmail.com).

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

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

# Behind the Scoop

Editor: Judy Trupin 489-6392  
 Production design: David Ford 489-6392  
 Calendar editor: Barbara Wilkinson 393-5653  
 Advertising rep: Christy Carton 674-5773  
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 Printer: The Printing Company

small drylots was a violation of federal organic rules.

"Factory farms have been utilizing loopholes in the federal law requiring pasture for dairy cows and other ruminants," said Mark Kastel, senior farm policy analyst at the Cornucopia Institute. "The NOSB moved to close the loopholes, but the USDA appears more interested in protecting factory farms and their powerful corporate allies."

Besides being required by law, the pasturing of dairy cows and other ruminants offers many positive benefits. It builds an interrelated system between the animals and the land, working from the soil up to promote an interdependent community. It allows animals to satisfy their natural behavioral instincts, and yields improved foot and leg strength, reduced breeding problems, less stress, enhanced immunity, and longer lives.

Consumers also benefit. The Danish Institute of Agricultural Research recently found that milk from cows farmed organically was 50% higher in vitamin E, 75% higher in beta carotene, and higher in omega 3 essential fatty acids than conventional milk. This study tied these qualities to organic cows having room to graze and a diet high in fresh grass and clover, and forage.

Kastel said there is overwhelming support from organic farmers and consumers for strict pasture enforcement. A national survey of organic dairy farmers conducted by the institute found that over 93% support the pasture guidance endorsed by NOSB.

Eight thousand consumers signed a petition supporting the proposal and hundreds more sent letters to NOSB backing the plan, including natural foods cooperatives nationwide. The pasture controversy also brought more organic farmers to meetings in Washington, D.C., than ever before.

"The USDA has been looking the other way since 2000 as corporate investors launch more and more of these 'organic' CAFOs" (confined animal feeding operations), said Tony Azavdeo, a California organic dairy farmer. "This is my third trip. Are they going to stall long enough to allow these corporate giants to squeeze family farmers like me out of business — just like what's happening in conventional agriculture?"

This fall, the Cornucopia Institute will release a consumer guide ranking all organic dairy products and brands. "Based on our comprehensive research, consumers will be able to vote in the marketplace and choose those dairy foods that are produced with the strongest organic ethics and integrity," explained Kastel. "We hope their voices will be loud and clear."

*Will Fantle is research director for the Cornucopia Institute. More information on this and other organic farm and food issues can be found on the group's website, [www.cornucopia.org](http://www.cornucopia.org).*

## Focus on Coop Suppliers

by Suzanne Fisher

# Hicks Fruit Farm

Located about five minutes off I-87, halfway between Albany and Saratoga Springs, Tom Hicks describes his place as a small family farm that raises a little bit of everything. The word "small" must be a relative term in the world of American agriculture. The 340 acres that he and his daughters and son-in-law work has been in his family for about a hundred years.

Forty of those acres are in apple trees, which offer 27 different varieties that are sold not only at Honest Weight, but also at grocery stores throughout the Capital Region. (Hicks Farm does not have "U-pick" fruit available.)

This fall, Honest Weight will have the Hicks's pumpkins for sale. They grow both pie and jack-o-lantern types. Both will be no-spray because Hicks "just didn't have time to spray

them this year." Hicks's apples will also be available at Honest Weight as "conventionally grown." Because the apples must be perfect for grocery stores to carry them, he finds it necessary to spray them. Hicks practices a minimal spray program, targeting only the pests they actually have with a spray that is not broad-spectrum. That way, they can save the beneficial insects while eliminating those that will damage the crop.

In addition to apples and pumpkins, Honest Weight also sells Hicks's asparagus in the spring and strawberries, blueberries and raspberries in the summer. The berries are usually no-spray. The Hicks's pears, plums and (sometimes) peaches are also available at Honest Weight, in season.

This is not all that the Hicks Farm offers. They also have cherries in the

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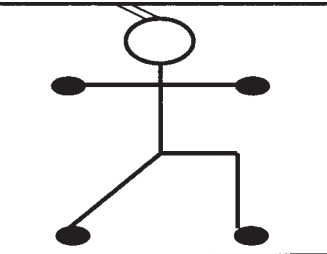
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summer — and when I stopped by, their farm stand had eggplants available. Signs with prices for corn and other offerings were still posted. One gets the impression that there really is a little bit of everything grown there.

Whether you are shopping to support local farmers for culinary, health, political, economic or ecological reasons, buying produce from the Hicks Fruit Farm makes sense. You will also become part of a tradition — both at Honest Weight, where his produce has been offered for years, and on his farm, which has been supported by the surrounding community for even longer.

Hicks Fruit Farm is located in Rexford, Saratoga County, "near Bowman Orchard." If you want to stop by their roadside stand, take I-87 exit 8A west onto Grooms Road, and turn left onto Sugar Hill Road. The stand is small — so, to be sure you don't pass it by, look for the silos. (The Hicks also have 40 dairy cows whose milk is marketed to Dairy Farmers of America and sold on the open market.)



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

Honest Weight Food Coop, Inc.

In an effort to keep the membership informed of the status of the finances of the Coop, the Finance department is providing you with this narrative of the first half of fiscal year 2005.

## Sales

The first half of 2005 has been a stellar one in terms of record sales growth for the Coop. We wrote a conservative budget for 2005 by forecasting an 8% increase in sales, based on the limitations of our present location and the uncertainty of the economy. Our growth rate through June has in fact been 17% over last year, a full 9% above budget!

## Personnel Expense

These are all the expenses associated with staff members and member workers at the Coop. At the close of the month of June, the Coop's payroll was running 3.25% below budget, even after implementing a wage increase that brings us closer to a living wage. All new staff members now have a starting wage of \$9.00 per hour and we adjusted existing hourly staff members' wages accordingly.

Despite adding only a few new employees, our staff and member workers have managed the tremendous increase in sales well. Not enough can be said about how productive our staff and member workers have been.

Our member labor remains strong, with 34% of the Coop's labor being provided by members. This is up from last year's 30% for the same time frame. Our level of staff discounts is running 30% over budget, an encouraging sign that our staff is doing more of their shopping than ever here at the Coop.

We have remained claim free with respect to Workers Compensation, thus keeping our premiums very low. Our expenses for health and dental insurance were well within budget for the first half of the year.

## Occupancy Expense

These are the expenses that are directly related to renting and maintaining the store. The areas where we exceeded our budget so far in 2005 are repairs and maintenance of equipment and the store. We also put down a \$2,000 deposit with our landlord to hold the back area of our building in the event we decide to expand into it. On a positive note, even with the tremendous increase in utility costs, we were able to come in 10% under budget through the end of June. This has to do with a more efficient air conditioning system, in conjunction with periodic maintenance

of our heating and air conditioning systems. Our total occupancy expense was under budget for the first half of the year.

**Repairs & Maintenance: Equipment.** Some unforeseen problems with deli equipment, as well as a lot of maintenance to the water machine, have contributed to our being slightly over budget. We just bought a new water machine that is much more efficient and our in-house maintenance person will be doing any needed fixes, which will help this budget area in the future.

**Repairs & Maintenance: Store.** Because of construction of a new HaBA backstock room/office space, we are over budget here. Other areas that contributed to this overrun were repairs to the front door, plumbing, repairs to the coffee machine, new phone lines for the Community Room, electrical work and refrigeration repair.

**Utilities:** Our consumption of electricity was running 14% below budget for January through June 2005. Maintenance of the system has helped in this area, even with one of the hottest summers on record and increasing electrical costs. Natural gas consumption is 6.5% less than budgeted, even with skyrocketing gas costs, again proving that maintenance is worthwhile. We had also taken into consideration the extreme increase in energy costs when writing the budget for 2005.

## Operating Expense

These are the expenses related to operating the store on a day-to-day basis. We are 6% over budget for the first half of 2005 for a few reasons.

**Armored Car Service:** Our armored car service raised their prices by adding a fuel surcharge to each delivery. This resulted in our being slightly over budget.

**Non-Capital Equipment Purchases:** This is an account we created this year for purchases under \$1,000 that we do not capitalize. For the first time, we have budgeted these expenses separately from store supplies.

Among the items we have purchased are: new phones for the new HaBA backstock room and Community Room; a filing cabinet, office chairs and a small air conditioning unit for the new HaBA backstock room; self-closing trash cans as required by Health Department regulations; and

# A Report from the Finance Department to the Membership

an assortment of new scoops, spatulas and containers for the Bulk department.

**Store Supplies:** This is the first year that we are tracking the different store supplies by department, a practice that will allow us to budget much more efficiently for the 2006 sales year. Increases in store supplies are a reflection of sales. The more people shop, the more people use plastic and paper bags supplied by the Coop.

We do recoup a portion of this money at the register by charging customers for the use of the new bags. Nevertheless, we had a very large plastic bag order at the end of June that made the account go over budget. This purchase of bags will last at least part of the second half of the year. We also purchased a year's worth of golf pencils for customers to use when recording their PLU numbers in Bulk, Produce and HaBA, in order to make check-out easier.

**Bank Service Fees:** This account is basically credit and debit card fees, which are over budget by 5% — which is really good, considering that our sales are 9% over budget.

## 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 32% 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.

Total marketing expenses were 25% below budget for the first half of 2005; the second half of the year will bring this closer to budget.

**Advertising:** At the end of June, advertising was 5.7% under budget for the first half of the year. Our primary advertising media are WAMC and WMHT, as well as *Metroland* and many small local spots.

**Marketing & Outreach:** This category was 26% below budget for the first two quarters. However, the busy summer and fall seasons will bring it closer to budget.

**Donations/Contributions:** We have been running over budget here due to the volume of requests. We are committed to donating 5% of our profits and we are having a record year. At present our donations/contributions are running 2.6% of profit, which gives us a cushion to make a large amount of donations at year's end.

## Governance Expense

These are the expenses associated with the governance of the Coop and are primarily Board expenses. Total governance expenses were 25% under budget.

One of the large expenses for the Board has been that we have finally, at the request of the membership, acquired insurance for Directors and Officers.

## Capital Expenditures

**Hot Food Case:** We have replaced the old hot food case with a new one, which has helped to more than double our sales of hot food this year.

**Produce Case:** We replaced our old cold produce case with a new larger model, which has certainly brightened up the Produce department.

**Awning and Plant Corral:** We have extended the awning out in front of the store and have incorporated a large plant corral, in order to extend our plant season and make it less labor intensive for the Produce department to handle the plants. The new plant area has resulted in an increase in plant sales of 22.6% from last year.

**Water Machine:** As noted above, we have replaced the water machine with a new unit, which has reduced the amount of "waste water" created by the filtration system and will greatly reduce the amount we have to spend on repairs and maintenance, compared to the old system.

**Community Room:** We have replaced the rug, purchased new tables and are in the process of further sprucing up the Community Room, while spending far less than the \$10,000 budgeted.

**Computer Upgrades:** New workstations and monitors are now being installed.

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# October Calendar

10/2 HISTORIC ALBANY BIKE RIDE. Visit well known and obscure places in Albany. 1 pm at monument in Washington Park (H. Johnson Blvd. & State St.). Sponsored by Albany Bicycle Coalition. For info: Lynne Jackson at [lynnejackson@mac.com](mailto:lynnejackson@mac.com) or [www.nybc.net](http://www.nybc.net).

10/4,11/1 HWFC HEALTH & WELLNESS SERIES: "The Coming Urban Renaissance," with Jonathan Cassidy. 7-8 pm in the Community Room. For more info, call 482-2667.

10/4 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened!" Let Vince Manti hone your knives while you shop. (No serrated blades!) 5-7 pm. For more info, call 482-2667.

10/5 HWFC HEALTH & WELLNESS SERIES: "What is a Whole Food, Anyway?" with Kate Fritz and Terry Quigley. 1-3 pm in the Community Room. For more info, call 482-2667.

10/6 PRESERVING THE HARVEST. Learn basic techniques: vacuum packing, canning techniques, refrigerator recipes, dehydrating. 6 pm, Rensselaer Cooperative Extension, 7th Ave., 3rd Fl., Troy. Sponsored by Capital District Community Gardens. For more info, call 274-8685.

10/6,25 HWFC HEALTH & WELLNESS SERIES: "Making Sense of Wild Weeds," with Mira Nussbaum. 6 pm in the Community Room. Sponsored by Pinerock Center. More info: [pinerockcenter.com](http://pinerockcenter.com).

10/14,21,28 HWFC HEALTH & WELLNESS SERIES: "Holistic Psychic: Medical Intuitive Readings," with Katherine Turner. Fri., 5-8 pm. 15-minute sessions on a first-come basis in the Community Room. For more info, call 482-2667.

10/15 HWFC HEALTH & WELLNESS SERIES: "Reiki with Kat," with Katina Dantzer. 10 am-1 pm. 15-minute sessions in the Community Room. For more info, call 482-2667.

10/15 HOMELESS ACTION COMMITTEE: 6th Annual Dinner & Silent Auction. Fuller Rd. Banquet Hall, 1342 Central Ave., Albany. 6 pm. Reserve by 10/6. \$100, \$60, \$30. For info, call Donna DeMaria, 426-0554.

10/16 COMMUNITY SERVICE YOGA CLASS. 9:30-11 am at the Yoga Loft, 540 Delaware Ave., Albany. Open to all. Donations given to local charities. For more info: 438-2557.

10/18 HWFC BOARD OF DIRECTORS. Tues., 5:30-7:30 pm, in the Coop Community Room. Confirm date, time, meeting site with the Coop: 482-2667.

10/19 HWFC HEALTH & WELLNESS SERIES: "Cookery Class: Preparing Vegetables with the Lactic Acid Fermentation Process," with Louise Frasier. 10 am-12 pm at the Coop Café. Sign up at the store. For more info, call 482-2667.

10/19 HWFC HEALTH & WELLNESS SERIES: "Who Needs EFAs? (Really, there are good fats!)," with Kate Fritz and Terry Quigley. 1-3 pm in the Community Room. For more info, call 482-2667.

10/22 GENDER-ROLE FREE CONTRADANCE. 8-10 pm. Lesson at 7:45. Channing Hall, 405 Washington Ave. (at Robin St.), Albany. Bring clean, soft-sole shoes. \$7-10. Affiliated with Hudson-Mohawk Traditional Dances and Lavender Country and Folk Dancers; sponsored by Capital District Lesbian and Gay Community Council and Two Rivers Outdoors Club. More info: Allen at 229-7077, [www.lcd.org](http://www.lcd.org), or [www.danceflurry.org](http://www.danceflurry.org).

10/28 SIERRA CLUB, HUDSON-MOHAWK GROUP: Annual Awards Dinner. 6 pm. Woodlawn Reformed Church, 1858 State St., Schenectady. Speaker: NYS Assemblyman Paul Tonko. Reserve by 10/14. \$30/adult, \$10/child under 14. Hudson Mohawk Group, PO Box 8447, Albany NY 12208. More info: John, 370-4932.

11/1 FATHER'S/PARTNER'S NIGHT. Discussion for new parents and pregnant couples. 7:30 pm. 20 Elm St., Albany. \$8-10/evening. FLC

## ONGOING EVENTS

### MONDAYS

CAPITAL DISTRICT ATTACHMENT PARENTS is a support and networking group for families practicing attachment/responsive parenting. Free. For email discussion info: [raindan4@yahoo.com](mailto:raindan4@yahoo.com).

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

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

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

HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage," with Jack Allison. 3-6 pm in the Community Room. 10-min. sessions. For more info, call 482-2667.

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

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 St., Albany. Ages 4-7. More info: Jen Winders, 456-1417.

## 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, Barbara Wilkinson, 4213 Court Royale #8, Schenectady NY 12304 (518-393-5653); e-mail: [bwilkinson@uamail.albany.edu](mailto:bwilkinson@uamail.albany.edu)**.

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

## TUESDAYS

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

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

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

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

HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage," with Ed Thomas. 2-5 pm in the Community Room. For more info, call 482-2667.

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

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

## WEDNESDAYS

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

HWFC HEALTH & WELLNESS SERIES: "Reiki with Har," 3-7 pm. 15-min. sessions. For more info, 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. 7-8 pm. Center for Natural Wellness in the 20 Mall, 2080 Western Ave., Guilderland. All are welcome; donations appreciated. To register: 869-2046.

## KEY TO LISTINGS

CDGC Capital District Community Gardens  
40 River St., Troy • 247-8685

CDGLCC Capital District Gay & Lesbian  
Community Council  
322 Hudson Ave., Albany • 462-6138

ES The Eighth Step  
Various locations • Info: 434-1703

FLC Family Life Center  
20 Elm St., Albany • 465-0241/449-5759

MCCD Mothers Center of the Capital District  
715 Morris St., Albany • 475-1897

RFFP Regional Food & Farm Project  
295 Eighth St., Troy • 271-0744

WB Women's Building  
79-81 Central Ave., Albany • 465-1597

☺ For children & families

We welcome submissions to the calendar. To have an event listed, call or send information by the 10th of the month to: Barbara Wilkinson, 4213 Court Royale #8, Schenectady NY 12304 (518-393-5653); e-mail: [bwilkinson@uamail.albany.edu](mailto:bwilkinson@uamail.albany.edu).

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

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

CONTACT IMPROVISATION. Dance class, 1st & 3rd Thursdays, 7:15-9:15 pm. Center for Nia & Yoga, 4 Central Ave., Albany. \$5-10. For more info, 459-2423.

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

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

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & 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. PD4

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

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

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

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

SITTING MEDITATION. Shambhala Meditation Group, 7-8 pm. Campus Arts Building, 3rd fl., 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).

UNIVERSAL COMPASSION. In-depth study, practice and discussion of this beautiful Bud-

dhist text. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org)

## FRIDAYS

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

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

DATE NIGHT: *A Date With Destiny*. 6:30-7:30 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

G/L/B/T YOUTH SUPPORT GROUP. 7 pm. Ages 13-18. CDGLCC

MID-DAY GUIDED MEDITATION. 12:30-1:30 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

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

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

## SATURDAYS

HOW TO SOLVE OUR HUMAN PROBLEMS. 11 am-1 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

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

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.

FIRST UNITARIAN UNIVERSALIST SOCIETY. Sunday services, 9 and 10:30 am. 405 Wash-



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

GAY & LESBIAN AA. 7:30 pm. CDGLCC

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

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

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

## OTHER EVENTS

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

COMPASSION BUDDHIST CENTER. Ongoing Buddhist meditation classes and study programs. 1123 Rt. 9, Latham. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

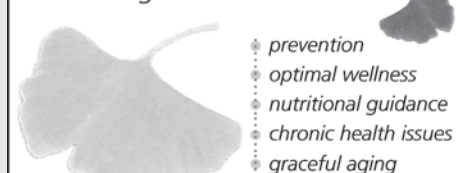
HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD and WISE WOMEN. Free moonlodges, exciting classes, work weekends and empowering events. Visit [www.susunweed.com](http://www.susunweed.com) or write PO Box 64, Woodstock NY 12498. PD4

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

MISS PEGGY'S MUSIC ROOM. Find out about private piano/voice lessons and new "Rising Star Singers." For more info or to register: 458-2927, [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com) or [www.misspeggysmusic.com](http://www.misspeggysmusic.com).

## Partners in Healing

nurturing the healer within

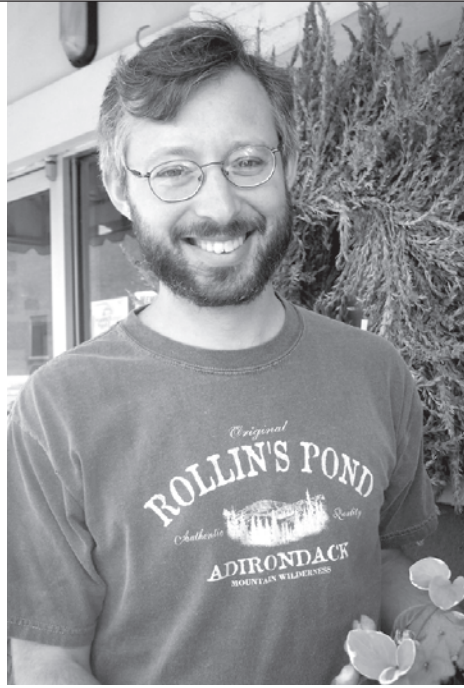


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ph: 518.506.6303 / email: [atobin@pol.net](mailto:atobin@pol.net)  
<http://partnersinhealing.byregion.net>

# Staff Profile

by Christy Articola

Nate Horwitz lives and breathes the Honest Weight Food Coop. And thank goodness! Thanks to his great enthusiasm for and dedication to his position as Member Coordinator, new members are recruited, trained and organized. And, because of his efforts, everyone who wishes to work at the Coop is given the opportunity to do so. As we are all well aware, member workers are the heart and soul of our little slice of heaven, and coordinating our involvement here is undoubtedly no easy task! However, Nate very obviously loves what he does, and he is just the man for the job.



## Nate Horwitz

In addition to determining labor needs and filling open member labor slots, Nate also takes care of store marketing and advertising, and organizes yearly member events such as the upcoming annual member dinner on Novem-

ber 5. However, despite his wide range of responsibilities, he takes it all in stride.

Nate first became involved in the Coop in the late '80s when he was a psychology student at SUNY Albany. At the time, there was a coop on SUNY campus and his college roommate, John Drucker, was president. It was John, who was also a member of Honest Weight at the time, who introduced Nate to our Coop — and the rest is history. Nate was a member throughout his college years, and he became an employee in 1991.

Over the years, Nate has worked in nearly every department. During his time as a member worker, he remembers spending a great deal of time draining tofu in produce, doing store inventory and working as a cashier. "I remember almost an entire year when all I did was bag raisins," he recalled with a laugh. As an employee, he worked as Nancy Reich's assistant in grocery, as ombudsman, and was even Front End Manager for a year or two before taking on his current position.

Nate grew up in Queens, but he's lived in Albany since college; he currently resides with his wife, Amy, and his son, Eli, age 2½. He rides his bike to and from work every day — "I'm notorious for being a bad driver, in fact," he adds. He admits that he has little free time, but when he does, he enjoys baking — and he buys lots and lots of the Coop's whole wheat pastry flour to create fresh-baked culinary masterpieces. Although he is not a milk drinker, there are often several glass bottles of Meadowbrook Milk in his cart for Eli, as well.

Although he loves his job and loves HWFC's wide variety of products, Nate's favorite thing about being a part of the Coop is most certainly the people. "It seems to me," he says, "that the most interesting people in the area seem to end up joining the Coop." That's something I think we can all agree on.

Mary Daigneault, CSWR

Mind, body, spirit approach to individual, couples, and group psychotherapy



Office hours at Albany Kripalu Yoga Center  
(518) 424-6097

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

Prices for camera-ready ads are: \$20 for our smallest 1-column size; \$45 for ¼-page; \$85 for ½-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.

### At the Service Desk you can...


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

### CORRECTION

Last month's Tabouli recipe was contributed by Mary Lou Nolan-Gillham. The following note should also have run with this item:

"Mary Lou made this recipe for a food-tasting at the Coop. It looked so tempting, I asked her to send in the recipe for the Scoop. Traditionally, tabouli is made with bulgur, a wheat product — this wheat-free version is great for those with wheat allergies. —Ed."

Sorry for the omission!



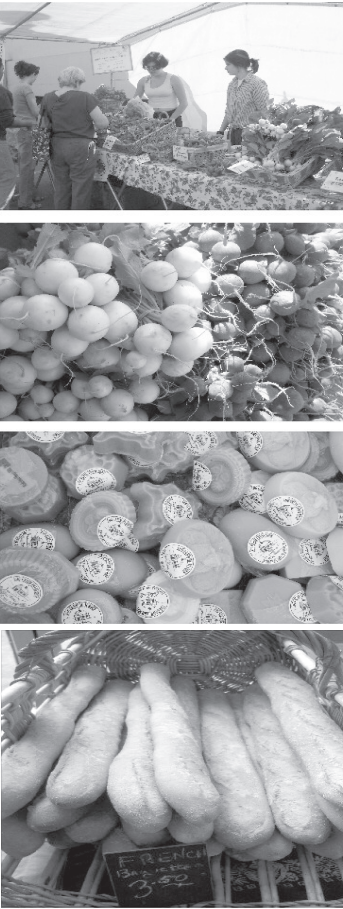
**TROY**  
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*"Where the Farm Meets the City"*

**Every Saturday**  
10 a.m. - 1 p.m.  
in the Browns Brewing Co. Lot  
at the Hedley Park Place and Marina,  
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A "Producer Only Market" offering the freshest locally grown vegetables, meats, breads, cheeses, NY wines, chocolates, teas, hand-crafted goods, and much more.

Don't forget the Winter Market opens November 6th in the Atrium!

For driving directions and more information visit: [www.troymarket.org](http://www.troymarket.org)



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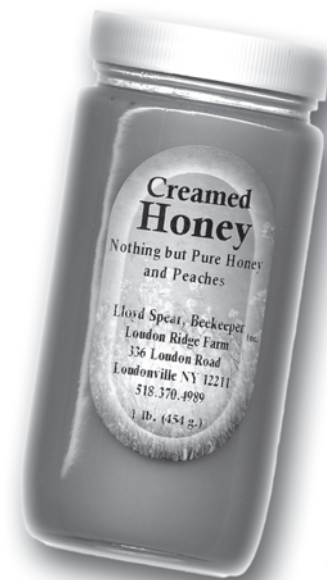
## New in Produce

By nature, of course, our produce department regularly offers "new products" (seasonal, local, exotic, varietal).

Special mention goes to a new honey product stocked in Produce: **Creamed Honey** with fruit. Made locally, in Loudonville, it comes in raspberry or peach.

## Grocery

Replacing Odwalla juices is the **Bolthouse Farms** line. **Lakewood** now offers three new



organic juice blends: **Good Morning Anti-Oxidant Blend**, **Lean Green** (with spirulina, chlorella, and barley and wheat grasses), and **Lemon-Ginger Echinacea**.

Organic **Chocolate Chip Cookie Mix** and

# New on the Shelf

by C. Morse



**Organic Hemp Plus Brownie Mix** come from **Nature's Path**. **Garden of Eatin' Fiesta Size Corn Chips** means a bigger bag, same size chip. New in the freezer is **Foods By George** muffins and brownies, both gluten free. Those who enjoy dairy alternatives can find **Natucol's Buttery Spread** with phytosterols (vegan, gluten free, trans-fat free).

## "Gripe Water" & Other HaBA Additions

Customers who like the benefits of cocoa butter, but find it too solid in its pure form, might want to try **Cocoa Butter Moisturizing Crème** by **Jason**. **Dr. Bronner's & Sun Dog's Magic** offer two organic lotions: peppermint and lavender coconut ("All profits go to support ... progressive causes"). For babies, **Wellements** offers **Gripe Water**, an all-natural remedy for discomfort from gas, stomach upsets, hiccups and teething. **Emerita** now produces its **Pro-Gest** cream in a paraben-free form. New in the medicinal tea section is **Green Tea Slim Life** from **Yogi Tea** ("to support a healthy weight loss program"). HaBA anticipates

that by press time, a line of men's products by **Aubrey**, as well as tomato soap by **Burt's Bees**, will be on the shelves.

## Cheese

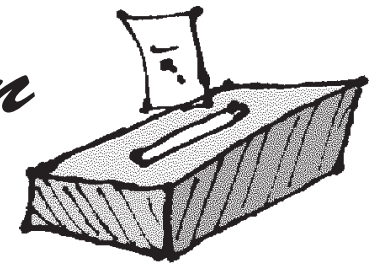
**Gran Pascola** goat's milk cheese (from Sardinia) has quickly become a favorite among Coop shoppers. It's "crumbly and meaty, flowery and complex." Gustav brings our attention to some other new products as well: **Pequillo** whole peppers (organic, imported) are used in Spanish cooking. Two exciting new condiments on the shelves: tomato jam from Portugal, and **Malphigi Balsamic Spread**. And from **Fusion Foods** comes **Verjus**, the "tart, unfermented juice of unripe wine grapes" used in cooking.



Compiled by  
Carolyn Maroney

- Q.** Why was my edible rosemary taxed?  
**A.** All plants are taxed in compliance with the law.
- Q.** I think the 6-packs of soda should have the price of the entire pack on them.  
**A.** Thank you for your suggestion. This remains one of our point-of-sale challenges. We are working on it.
- Q.** Can we get a thickening agent for canning?  
**A.** We have citric acid available in the bulk section.
- Q.** Can we keep more spring H<sub>2</sub>O's cold besides just Saratoga? We used to put some in the small cooler along the back wall.  
**A.** We'll try to keep the others available in the refrigerator.
- Q.** Can you guys make more gluten-free baked goods? The homemade ones like the rice flour scones?  
**A.** We're glad you like the rice flour scones. We're looking for some new recipes.

# Suggestion Box



- Q.** Turn a car space near the entrance into a bike space with a good rack. That would be great!  
**A.** We should have a dedicated and elevated platform for the bikes when the new rack arrives. It will be close to the door.
- Q.** Keep flyers from advertisers from being thrown out! Every week I come they are gone.  
**A.** Our member worker who de-clutters this space generally does not throw things out. He may move things around to straighten the space. Flyers from local sources are given priority.
- Q.** Lower your prices!  
**A.** Wholesale prices have increased and we have not changed our margins. We expect our prices to rise further as a result of spiraling energy costs.
- Q.** Commendation: Debbie is the most efficient cashier I've dealt with in the 10+ years I've been coming here. Keep her happy and here!  
**A.** Yes we like her a lot. She's awesome.
- Q.** We should carry Burt's Bees facial kits.  
**A.** We have tried them in the past without success. You may special order one through the HaBA department.
- Q.** Valet parking?  
**A.** At this point, it is not feasible for us.
- Q.** How about selling the Schenectady Gazette? Much more independent coverage on local stories than TV. Thanks.  
**A.** Thank you. We will look into carrying the Gazette.
- Q.** Can you get frozen cornbread pizza crust? They are so good!  
**A.** Which brand are you looking for?
- Q.** Please, blueberries without anything else, just dried blueberries, no sweeteners.  
**A.** Our efforts in finding dried berries have yielded the sweetened varieties that you find in the bulk section. The non-organic blueberries are not as sweet as the organic ones. Perhaps the manufacturers need to keep the sugar levels up in order to retard spoilage. We'll keep looking for dried berries without sweeteners. Have you got any leads?
- Q.** I love the Rock Hill bread so much, but it's covered in mold within 2-3 days of purchase no matter what the date on it is.  
**A.** It is fresh bread with no preservatives, and it was summer. You can try freezing some for later use.
- Q.** Make the café wireless.  
**A.** We are certainly considering it as we expand. We must determine where this stands in our list of priorities.

**ORENDA YOGA & HEALING ARTS**

*Offering classes & services in complementary & alternative therapy*

**REIKI TRAINING**  
Levels 1 & 2  
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9:00 AM - 5:00 PM

This class is geared towards anyone in the healing professions, including medical or massage students, therapists, nurses, & lay people interested in healing/energy work

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(518) 465-0241 wk

As a member of the Governance committee who was one of the main authors of the bylaws, and cochair of the Personnel committee, I have been a careful observer of Coop governance. Recently, three unsettled issues have become of concern to me. Acting on my own and not on behalf of any committee, in October I will be collecting signatures (35 are required by the bylaws) on petitions so that the membership can have the opportunity to consider my proposals in the form of referenda.

I want to emphasize at the outset that my proposals should not be interpreted as a criticism of the current Board of Directors, which I think is the best Board the Coop has had since I became a member in 1986. Rather, my motivation in making these proposals is to define as clearly as possible the respective roles and responsibilities of members (the bylaws define "members" as shareholders who are up to date with their work requirements), the Board and staff so that adherence to the Coop's Mission Statement is institutionalized and not dependent upon the decisions of any particular Board.

The first proposal addresses the issue of favoritism and prevention of Board self-dealing. The second proposal urges more effective dissemination to members of Board and committee minutes. The third proposal affirms the ability of the Governance committee to discuss bylaws-related issues in its meetings and with members, whether or not the Board has given permission for that discussion to take place.

## Special Compensation

This first proposal is designed to prevent a repeat of a recent situation in which the Board voted to award one of the directors a \$1,000 bonus for the huge number of hours she had devoted to the Coop. The Governance committee urged the Board to reconsider its decision as setting a precedent that could be abused in the future, and instead allow the membership to vote on the award. The Board agreed, and at a membership meeting the members voted overwhelmingly in support of the bonus. I think it is important, going forward, for it to be clear that it is the membership and not the Board (except when the award is of minimal value) that has the authority to decide whether an

# Three Proposals to Improve Coop Governance

by Saul A. Rigberg

individual member receives a special award.

## Electronic Posting of Meeting Minutes

The second proposal is designed to make it easier for members to learn about the important issues that the Board and the committees are grappling with. While a brief summary of Board decisions is printed in the *Coop Scoop*, it is often difficult to understand the nuances of a particular issue and the various points of view expressed. The full minutes are available in the Community Room, but accessing them there is somewhat of a chore. And unless you are a member of a committee, it is almost impossible to find out, other than by word of mouth, about the give and take of a committee discussion. Simply put, impaired knowledge often yields poor governance.

Of course, the minutes should not contain confidential or otherwise sensitive information. Implementing this proposal

should not be difficult or time-consuming because the minutes are already in electronic versions.

## Ability of Governance Committee to Consider and Propose Amendments to the Bylaws

The third proposal is designed to ensure that the Governance committee can do a good job representing the membership who elected it, without being subject to possible censure by the Board. As established by the bylaws, the Governance committee is unique among Coop committees. The Governance committee is both a committee of the Board and a committee of the membership; as such, it has responsibilities of serving both the Board and the membership. Just as with the Board of Directors, a member must be formally elected by the membership to serve on the Governance committee. No other committee has such a requirement.

Some have asserted that the Board has the same control over the Governance committee that it has over the other Coop committees. This control, it is claimed, would enable the Board to prohibit the Governance committee from discussing potential revisions to the bylaws with which the Board disagrees. Others have even argued that the Governance committee must affirmatively obtain the Board's permission to discuss a particular issue.

I strongly disagree with both contentions. I think it would be dangerous for as few as three directors (remember, only a quorum of five directors is required to conduct business) to have the ability to prohibit members elected by the membership to discuss issues important to the membership. Free speech issues aside, it is inefficient and overly bureaucratic to adopt such an approach. But I do agree that it would not be appropriate for the Governance committee to call for a membership meeting without first obtaining significant membership support, as evidenced by collecting the signatures of 35 members on a petition.

Copies of the proposals may be found on the Coop's website and at the store, near the *Coop Scoop*. I look forward to discussing these proposals with you this autumn. Comments are encouraged and welcomed.

All workshops are free unless noted.

## Reiki with Raven

Sundays from 1 to 6 pm in the Coop Community Room

## Chair Massage

With Jack Allison. Mondays from 3 to 6 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 2 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.

## Reiki with Har

With Harry Carter. Wednesdays from 3 to 7 pm

15 minute sessions. Harry Carter has been sharing Reiki since 1998.

## Knitting Group

With Elaine Larsen. Thursdays from 7 to 8:30 pm in the Coop Café

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

## Get Your Knives Sharpened While You Shop!

With Vince Manti. Tuesday, October 4 from 5 to 7 pm in the Coop Community Room

No serrated knives please! For more info, call 482-2667.

## The Coming Urban Renaissance

With Jonathan Cassidy. Tuesdays, October 4 and November 1 from 7 to 8 pm in the Coop Community Room

Invest in your block; development of under-performing property and vacant lots; how to push back the druggies; least use of automobiles; PODs (Pedestrian Oriented Districts); Co-Housing; participant-generated topics. For more info, call 482-2667.

## What Is a Whole Food, Anyway?

With Kate Fritz and Terry Quigley. Wednesday, October 5 from 1 to 3 pm in the Coop Community Room

Informative, interactive session. Learn the difference between whole and processed foods, and take home fun and easy recipes. Kate and Terry are certified holistic health practitioners who attended the Institute for Integrative Nutrition, in New York City. For more info, call 482-2667.

continued on page 16

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# elder

*Focus on Herbs*

by Lynne Latella

First recorded by Hippocrates and well known to the Egyptians, **elder** is related to the honeysuckle. The Romans believed that whoever cultivated elder would die of old age, not sickness. Although an important ingredient in medicinal preparations, clothing dyes, cosmetics and food, elder is probably best known as wine. Tannin, an essential ingredient in fine wine production, is found in elder berries at the same level as that of red grapes. Elder was often added to cheap port wine to make it look and taste more expensive. Because this practice was popular in Portugal, it became illegal there even to grow elder.

Well known in folklore, elder was planted next to houses because of its alleged ability to repel lightning. It was often hung in houses to ward off evil spirits and disease. A twig carried on the body was thought to be a health and good luck charm. If elder was gathered on the last day of April and hung on doors and windows, it was supposed to prevent the entry of witches.

Elder, which contains high amounts of vitamin C, is known to stimulate the immune and respiratory systems, thereby alleviating colds and flu. Its high bioflavonoid content prevents flu and cold viruses from infecting cells. Taken at the first symptoms of a cold or flu, it reduces the length of time that an infection is present in the body. Experiments conducted in Israel demonstrated that within 24 hours of taking elder extract, 20% of sick patients dramatically improved. By the second day, 73% improved; and by the third day, 90% improved.

## Elder Tea

Mix together equal parts elderberry flowers, St. John's wort, chamomile flowers, corn silk and blackberry leaves. Use 2–3 tsp per cup of boiling water. Steep until cold. Strain, and drink one cup three times a day before meals. Useful for bladder and urinary tract infections and blood purification.

Elder is also useful for:

- Asthma
- Bladder inflammation
- Blood purification
- Constipation
- Insomnia
- Migraines
- Nervous disorders
- Pain relief
- Rheumatism
- Sunburn
- Weight loss

Most of the elder plant can be used. The bark is beneficial as a purgative and diuretic. Leaves are used as poultices for pain relief, bruises and hard-to-cure skin irritations. The flowers are used to make tea infusions, perfumes and skin lotions. Berries are used not only in lemonade, pie, jam, juice and wine, but also as a dye for dark hair and clothing. Elderberry flower and peppermint tea, if taken every few hours at the first sign of flu, can stave off an attack. (After drinking this tea, it is best to stay well covered in bed to promote perspiration.)

The Coop offers elder in nectar, lozenges, tinctures, syrup, capsules and dry, whole berries and flowers.

**HEALTH & WELLNESS SERIES**  
*continued from page 15*

## Making Sense of Wild Weeds

*With Mira Nussbaum. Thursday, October 6 and Tuesday, October 25 at 6 pm in the Coop Community Room*

Learn which plants in your backyard can heal you, which can feed you, which can hurt you. Identify plants by smell, compare concoctions, draw them, hear stories, eat wild snacks, make samples to take home. Sponsored by the Pinerock Center. More info: [pinerockcenter.com](http://pinerockcenter.com).

## Holistic Psychic: Medical Intuitive Readings

*With Katherine Turner. Fridays, October 14, 21 and 28 from 5 to 8 pm in the Coop Community Room*

15-minute sessions on a first-come basis. For more info, call 482-2667

## Reiki with Kat

*With Katina Dantzer. Saturday, October 15 from 10 am to 1 pm in the Coop Community Room*

15 minute sessions. For more info, call 482-2667.

## Preparing Vegetables with the Lactic Acid Fermentation Process

*Cookery class with Louise Frazier. Wednesday, October 19 from 10 am to 12 pm at the Coop Café*

Bring an apron! Sign up at the Coop, as space is limited. For more info, call 482-2667.

## Who Needs EFAs? (Really, there *are* good fats!)

*With Kate Fritz and Terry Quigley. Wednesday, October 19 from 1 to 3 pm in the Coop Community Room*

Essential fatty acids are necessary for good health and wellness, but cannot be found in the standard American diet. Learn about the best EFAs and how to incorporate them into a healthy diet and lifestyle. For more info, call 482-2667.