

July 2010

Volume 21: Issue 7

The Co-operator

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

Members' Extra Discount Days

Sundays: 7/11 & 8/15

Shop 8 am - 9 pm

Board of Directors Meeting

All members are welcome.

Next Meeting:

Monday, July 19 ~ 7-9 pm

The Co-Operator Deadline

All submissions and ads are due
8/10 for the September 2010 issue.

For more information, call
Member Services at 412.242.3598.

Join us for a Co-op Orientation Night

Learn the secrets every member wants
to know — Tuesdays at 7pm.

Register with Outreach Coordinator
Chris Farber, at 412.242.3598, ext 208, or
outreach@eastendfood.coop.

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EAST END FOOD CO-OP

7516 Meade Street Pittsburgh, PA 15208
412-242-3598
www.eastendfood.coop

Eating Local with your Co-op Community

AUGUST 15 - SEPTEMBER 15

By Kara Holsopple

East End Food Co-op will be challenging customers and members to think, act and eat locally, again. August 15 through September 15, 2010, look for the EAT LOCAL stickers on some of your favorite, and maybe new favorite, products in the store. Recipes for local fruits, vegetables, dairy products and meats will also be available. In late August and early September, there

will be cooking demonstrations and other presentations to help make it easier than ever to eat local.

We also encourage member owners and shoppers to visit the official website, eatlocalamerica.coop. There you can "meet" farmers, find delicious recipes featuring local ingredients, and learn about how other consumers are navigating the local foods landscape. It's inspiring, humbling and empowering, all in one local forkful.

Bon appetite! ☘

Eat Local, America!



Join your friends and neighbors and discover
the joys and benefits of eating local food.

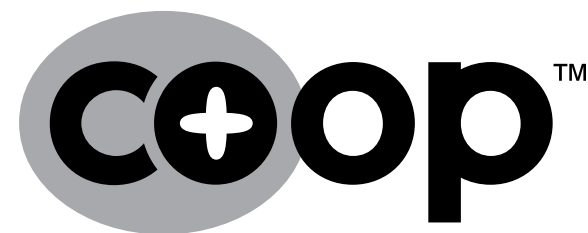
Need a little help?

Ask a co-op staff member and look
for the local symbol.



www.eatlocalamerica.coop

WHAT'S WITH THE NEW LOOK?



stronger together

Over the next several months, you'll notice some changes to our flyer, sales signs and other materials as we integrate a new brand: Co+op, stronger together.

And, if you travel to some of the many other food co-ops across the country, you'll likely see it there, too. That's because our co-op is a member of the National Cooperative Grocers Association (NCGA), a co-op that provides business services for over 100 retail food co-ops like ours. It connects us to other food co-ops and lets us focus more of our time on providing greater value to our members, shoppers and local community.

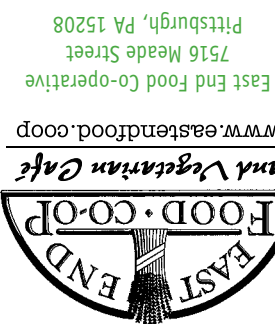
The new co+op brand is designed to provide food co-ops across the country with a common platform to spread the word about all the great things we have to offer. We want everyone to know that at co-ops, fresh, delicious food is just the beginning. You can nourish your family. Discover local foods. Connect with others and help build a strong community. It all comes together at co-ops.

Co+op — stronger together. ☘

**All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates, times and agenda items.
Next meeting: Monday, July 19 ~ 7-9 pm**



Dated Materials — DO NOT DELAY



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Permit No. 1800



Rob Baran,
General Manager

rob's corner

As I write this article, I have to acknowledge that it's been a really tough week here at the Co-op. You may have heard about the recent spate of assaults on cyclists in East End neighborhoods — as one of our employees was violently mugged shortly after leaving the Co-op late on June 14. Thankfully, after spending two days in the hospital, Ryan Ferrence was released and is resting at home with a full physical recovery expected. I wish to thank everyone for all the wonderful support you showed as we received numerous calls, donations, and inquiries into his condition. This is a true community and you came through in a time of real need.

Within days of the incident, we were in meetings with city police. Not only have they significantly stepped up evening patrols around here (and it has been very noticeable), but they have provided us data with which to understand our environment better. I must admit to being a little surprised to see our Point Breeze crime rates this year are much lower than other neighborhoods, such as Squirrel Hill. I guess we can all fall prey to perceptions sometimes, and with the partially redeveloped/industrial nature of the local environment, it's easy to make assumptions. Based on actual statistics however, the Co-op is certainly not in a high crime neighborhood. Additionally, the City of Pittsburgh is not considered a high crime city, generally placing in the top 50-60s nationally on lists of city crime rates. In comparison, other cities in the region such as Philadelphia, Cleveland, and Columbus are often in the top 20 for national crime rates. Once again Pittsburgh shows why it's one of the most livable cities around.

It has been a long time since something this extreme happened to us near the Co-op. It hurts, and angers us all. It also reaffirms the need for the preventive measures we do take, such as the evening security guard, and focuses us in the direction of an organizational audit of staff safety practices with follow-up trainings. Being and feeling safe in a city, whether on foot or bike, is often as much a state of mind as anything else. But it's also about infrastructure — we need better lighting on Meade Street — and politics — the city needs to fully support our police department in deterring violence against the bicycling community.

With all that said, during challenging times like these, we must stay committed to our values and principles. This incident is another symptom of the much larger issues that plague our urban centers throughout the nation. In this difficult time, we must stand on the principles and values that define our Co-op; concern for community, self-help, solidarity, and social responsibility. How do we make something positive out of such an upsetting incident? We focus even more on our work to improve our neighborhood, spur sustainable, equitable redevelopment, and make a difference in the lives of those with whom we share this community. That's the Co-op difference, and in spite of his experience, that's what Ryan wants to see

Feel free to contact me if you have any concerns or issues you wish to discuss regarding safety and community at East End Food Co-op. rbaran@eastendfood.coop 412 242 3598 ext 117. ☎

BOARD CORNER

by Mia Farber

Call for EEFC Board Candidates!!!

In continuing with the Board's aim to expound on the cooperative values of the East End Food Co-op in the Board Corner, this month will focus on the cooperative value of social responsibility.

So, what is social responsibility, and why is it one of our Co-op's values?

Social responsibility or the concern for the health and well-being of all individuals within our communities contributes to bettering society at large. EEFC has policies in place to ensure sound social responsibility practices in regard to employees and benefits; access and pricing; local and organic foods; and community activism, such as providing education on healthy eating and supporting efforts to develop regional sustainable resources.

With efforts in place to support sustainable community through a triple-bottom-line commitment (people, planet, and profit) EEFC demonstrates socially responsible behavior as related to its cooperative principles, but of course, there is always room for improvement.

One way to further cultivate a sense of social responsibility in your own life and on behalf of EEFC is to help steer the direction our Co-op will take in the years to come by running for election to the Board of Directors. Directors help craft responsible policy and metrics related to EEFC's participation in the Pittsburgh community.

Elections for the Board of Directors of the East End Food Co-op are coming up this fall, and this is the time to get involved in your Co-op community. Candidate application packs are available at the customer service desk, and voting will take place from August until the end of the Annual Meeting in October.

Who should consider becoming an EEFC board member?

- A candidate who has a vision for EEFC's future and wants to be a part of the leadership of the organization during one of the most exciting periods in its history!
 - A candidate who wants to make a contribution to his/her local community.
 - A candidate who likes the idea of being involved in a local, member-owned, democratically-run organization.
 - What are the responsibilities and time requirements expected of board members?
 - Setting the Co-op's long term goals on behalf of the membership, presenting them to the General Management, and monitoring their correct implementation.
 - Overseeing that the Co-op's resources are used responsibly.
 - Supervising and, when necessary, hiring the General Manager.
 - Approving the Co-op's capital and operating budgets.
 - Recruiting new directors to ensure a diverse, well-qualified, and efficient board.
 - Attending and preparing for monthly board meetings, including two annual weekend retreats in the spring and the fall, serving on committees, and general availability to discuss ongoing issues.
- All of the above must be done within the context of policy governance. A description of what that involves can be found in application packets. Interested? Pick up an application packet at the customer service desk. If you have any questions about being a board member or your potential candidacy, please email Eric Milliron at: emilliron@mtlebanon.org. ☎

Calling all Co-op Artists and Crafters

Your are invited to participate in our **5TH ANNUAL CO-OP ART HARVEST** on Sunday, September 26th! See details below...

We are also looking for performers, arts and craft demonstrators, and local food vendors and samplers for the day. Please contact Kara at 412.242.3598, x 103, or memberservices@eastendfood.coop for details.

5TH ANNUAL CO-OP ART HARVEST — GENERAL INFORMATION

Date/Time: Sunday, September 26, 2010 12-5pm

Location: In front of East End Food Co-op
7516 Meade Street Pittsburgh, PA 15208
412.242.3598

Registration Deadline: **Tuesday, August 31, 2010**

Participation Fee: \$25 EEFC members \$35 non-members
Fee due with registration.
Make checks payable to "EEFC"
Fee includes one table and chair under the big Art Harvest tent

More info for you:

- Vendors bring all table coverings and signage, and change needed — Co-op cannot provide change.
- All items for sale must be handmade, and participation will be based on quality of work.
- Artists will be notified by September 7 about participation.
- East End Food Co-op reserves the right to determine product acceptability.
- No cancellations after September 20, 2010.
- East End Food Co-op is not responsible for stolen or damaged artwork.

5th Annual Art Harvest Application

Complete this form and return it, along with your check, by Tuesday, August 31, 2010, to:
Customer Service, EEFC, 7516 Meade Street. Pittsburgh, PA 15208
or e-mail to memberservices@eastendfood.coop

Questions? Call Kara at 412.242.3598 or e-mail memberervices@eastendfood.coop

Name _____

Address _____

Phone # _____ E-mail _____

Circle one: Member or Non-member Member #: _____

Describe items to be sold: _____

Please attach a photograph of your work.



ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end.

Adopted by the EEFC Board of Directors, January 24, 2005

STATEMENT OF COOPERATIVE IDENTITY Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural need 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.

Seven Principles

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

1: Voluntary and Open Membership

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

2: 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 also organized in a democratic manner.

3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members 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 their 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 approved by the membership.

4: 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.

5: Education, Training and Information

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

6: Cooperation among Co-operatives

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

7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.

Last updated: 2 June, 1996.

members SPEAK OUT

Comment Cards ...

Would like to know if there is a recycling site that accepts plastic bags that are used in your Bulk and Produce departments .

Our Bulk department bags are made from #2 recyclable plastic, so they can be recycled at Construction Junction, or with your curbside home recyclables. Right now there is no facility that recycles the produce bags.

— Ian Ryan, Bulk Foods Buyer

When will you get goji berries in the Bulk department again?

Our distributor has no expected date to offer us. When they are available, we will certainly get them. I attempt to order them every week.

— Ian Ryan, Bulk Foods Buyer

Cool t-shirt design. I expected—because you guys rock—to find an organic cotton shirt. But it is a sweatshop product! Please find another source.

Our classic Co-op tees are printed on organic cotton, but for our new, limited edition tee, we wanted something more affordable for customers. These shirts are printed on Gildan and American Apparel t-shirts, both of which have above-the-board labor policies. If you have other information, please let us know. Thanks!

— Kara Holsopple, Member Services Manager



COMMENT CARDS and the Comment Card Box can be found at the CUSTOMER SERVICE DESK.

MONTHLY member sales!

Organic Valley
Org Orange Juice
\$5.49
reg. price: \$6.69

Annie's
Deluxe Pasta & Cheese
\$2.99
reg. price: \$3.69

Yogi
Granola Crisp
\$3.49
reg. price: \$5.29

Meditalia
Basil Pesto
\$3.29
reg. price: \$4.29

Morning Star
Hickory BBQ Riblets
\$3.49
reg. price: \$4.79

Annie's
BBQ Sauce
\$2.99
reg. price: \$3.99

Ecotea
Org Loose Yerba Mate
\$5.99
reg. price: \$8.19

Metro
Mint Water
\$1.29
reg. price: \$1.49

Shelton
Turkey Franks
\$2.79
reg. price: \$3.49

Ecotea
Org Yerba Mate
\$3.49
reg. price: \$4.59

Ecotea
Org Rooibos Tea
\$3.49
reg. price: \$4.59

Mediterranean Org
Org Stuffed Green Olives
\$3.49
reg. price: \$6.29

Avogel
Org Original Herbamare
\$4.29
reg. price: \$5.99

Jocalat
Org Chocolate Bars
\$1.29
reg. price: \$1.79

Mediterranean Org
Stuffed Grape Leaves
\$3.79
reg. price: \$4.59

Mediterranean Org
Org Capers
\$2.49
reg. price: \$3.49

Avogel
Org Trocomare Seasoning
\$5.99
reg. price: \$8.29

Meditalia
Olive Spreads
\$3.29
reg. price: \$4.29

Org Soy Nuts
Roasted/Salted
\$3.19/#
reg. price: \$3.79/#

Peanut Butter
Pretzels
\$4.99/#
reg. price: \$7.19/#

July sales exclusively for East End Food Co-op members, all month long!

REDUCE - REUSE - RECYCLE

the food YOU EAT

what's cookin' at the co-op café kitchen!



This dish is sure to please kids and adults who wish they were still kids alike. Creamy and decadent, like traditional mac and cheese, the roasted red pepper adds nutrition, color, and a subtle, summery flavor. It's a great weeknight dinner, and needs only a simple salad to complete the meal. Enjoy!

Roasted Red Pepper Mac and Cheese

1 pound penne pasta	1/3 teaspoon salt
1/3 cup butter	1/3 teaspoon black pepper
1/3 cup unbleached white flour	2 1/4 cups cheddar cheese, shredded
3 cups milk	1 cup Romano cheese, grated
1 teaspoon mustard powder	12 oz. roasted red peppers, drained and minced
pinch cayenne	

1. Preheat oven to 350°F. Boil pasta until al dente, strain and set aside.
2. Melt butter in heavy bottomed sauce pan. When butter has melted, add flour and whisk until there are no lumps. Continue to whisk for 3 minutes.
3. Whisk in milk. Bring to a boil and then turn down to a simmer.
4. Add mustard, cayenne, salt and pepper. Add in cheddar and Romano cheeses and stir until smooth. Stir in minced peppers. Mix pasta into sauce.
5. Spray a baking dish with oil and pour in mac and cheese.
6. Bake until bubbling and slightly brown on top.
7. Makes 8-10 servings.

Serves 4-6 people.

What's New ... in the aisles

Aisle 1

Field Day Organic Salad Dressings

Aisle 2

Celestial Seasonings Sweet Zinger Ice,
Naturally Sweetened Herbal Teas

Aisle 3

NuGo 10, Raw Natural Energy Bars

Deli

Promethius Springs drinks, Lychee
Wasabi and Pomegranate Black Pepper

Aisle 4

Mi-Del All Natural 100 calorie cookie
packs, Maple Munchies and S'mores

Aisle 6

Gardein Home Style Beefless Tips

Against the Grain Gluten-free Three
Cheese Pizza Crust

LOCAL PRODUCT! My Goodies Bakery
Vegan Individual Cheesecakes

Come to the EEFC Credit Union PICNIC!

PLEASE
JOIN US!

Your Credit Union is
Stronger when YOU
Participate...

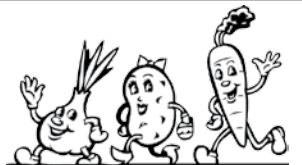
EEFC Federal Credit Union 17th Annual Meeting

Beautiful, Historical
Westinghouse Park, North
Point Breeze

Sunday, July 18, 2010

**1:00 pm — Lunch
catered by EEFC
2:00 pm — Meeting**

ALL ARE WELCOME
Call 412.243.7574 for details.



**Interested in running
for the Co-op's Board
of Directors?** (or at least
learning more about it?)

Information Packets for new
Board Candidates are avail-
able at the Customer Service
Desk.

Packets include a history of
the Co-op, the Global Ends
and Values Statement, an
explanation of the commit-
ments and conduct for Board
of Directors members as well
as the role of the Co-op's
Board, samples of agendas
and minutes, and more.

**GET YOURS NOW AT
CUSTOMER SERVICE!**

If you would like an
electronic version of the
packet, email Eric Milliron at
emilliron@mtleba.non.org. ☎

Local Flowers Perfume Your Co-op — at your next Member Extra Discount Day

Look for locally-grown perennials and gardening advice for her products from **Gwen Thomas**. She provides the Co-op with the beautiful cut bouquets you see in our Produce Department from her gardens in North Braddock.



FREE Yoga Classes for Co-op Shoppers on Member Extra Discount Days

Yoga Is My Health Insurance is proud to partner with the East End Food Co-op to offer four 15-minute yoga classes during Members' Day, beginning **July 11**. The classes will offer gentle chair yoga, which is perfect for street clothes. You can take a break from your shopping and give yourself fifteen minutes of yoga.

**Classes will be held
at 10:00am, 10:30am,
11:00am and 11:30am.**

Yoga Is My Health Insurance classes at the East End Food Coop will be taught by **Lilith Bailey-Kroll, owner of Pratique Yoga**. One of the main distinctions of Pratique Yoga is the focus on Individual Instruction. Group sessions

are great preventive medicine, but for someone with a specific health concern they can be too demanding or fast paced to address the individuals' needs. At Pratique, Lilith offers Yoga Therapy through Individual

Instruction. She also teaches group sessions, such as the one for the East End Food Coop through the Yoga Is My Health Insurance program.

Yoga Is My Health Insurance (YIMHI) is dedicated to improving health and wellness through Partnership, Community Development and Education. The core of the program is based on Partnership with corporate and non-profit organizations, which fosters the development of on-site yoga programs to meet the needs of their staff and members. YIMHI has been featured in both the local paper and radio. The Steel City Derby Demons use the YIMHI program as a PR tool to be seen as both safety conscious and progressive in thinking. And YIMHI is now moving into creating a teacher-training program, which will allow expanded offerings. Although yoga has skyrocketed in popularity, the therapeutic uses of yoga are still rarely understood, which is why all classes have a focus on education regarding the therapeutic aspects of yoga.

You can find out more about the YIMHI program at Yogaismyhealthinsurance.com, and learn more about Lilith and Yoga Therapy at Pratiquespace.com.



Lilith Bailey-Kroll
owner of Pratique Yoga



Pratique
Yoga

Reuse or Recycle EVERYTHING!

— by the Black and Gold City Goes Green Campaign

The Black and Gold City Goes Green action for July is — **recycle everything you can**. According to the United States Environmental Protection Agency, recycling half of your trash can prevent up to 509 pounds of heat-trapping gases from being released into the air each year. Recycling items takes less energy and water than using new materials, and it also saves space in landfills.

To become a “zero waste” household; follow the three Rs — reduce the number of things you use, reuse those you can, and recycle everything. In short, **if it can't be recycled, don't buy it**.

Want to do more? Think worms. In your kitchen. Start composting at home — a “must do” to become zero waste!

Another plan? Dump the disposables. Start by replacing your paper napkins with cloth, then move on to paper towels, flatware, plates, bowls and cups. Carry a coffee mug to the barista, and invest in some bamboo flatware to carry with you. The beauty of dumping disposables is that your entertaining will finally have that elegant *je ne sais quoi* that will mark you as a true party diva!

Details on these actions – including where to find the expert help you may need to take action – are on the Black and Gold City Goes



Green website: www.theblackandgold-citygoesgreen.com.

Make sure you report your actions at the website, so we know how well we're doing. No computer? No problem. Call 412-258-6680 or send them a postcard to report your activity.

New to the Black and Gold City Goes Green Campaign? Welcome! The goal of the campaign is to work together to reduce heat-trapping gases that cause global warming, making a significant measurable decrease in pollution. Each month, the Campaign details a new set of actions (green, greener, greenest), which you can do at little or no cost.

The Black and Gold City Goes Green Campaign is coordinated by PennFuture. ☘

Remembering What Children Know – A Schooling Journey (Part 1)

by Anonymous

“Your children are not your children. They are the sons and daughters of Life's longing for itself.” — Kahlil Gibran

Thirteen summers ago, at a home-schooling conference near Pittsburgh, John Taylor Gatto spoke eloquently about the dignity of children and the indignities of school. Seven years before that I'd read his book, *Dumbing Us Down*, which made me question the wisdom of compulsory schooling. How the honor fell to me I don't recall, but somehow I found myself driving with this passionate teacher back to the airport on the Sunday after the conference.

About halfway there I found the courage to ask Mr. Gatto what I'd been struggling to ask all weekend: “How do you think it will be for my children to be in school?”

“They're going?” he asked. He seemed surprised.

“Yes,” I said, “They have to, very soon. I've tried to keep them out, but that's become impossible.”

He became quiet. After a few moments he spoke again, this time very gently, perhaps aware that my heart was breaking. “How old are they?”

“Dylan's ten,” I told him. “He'll be going into the fourth grade. And James is six. He'll be starting first grade.”

He thought for a while before responding. “The older one will be fine,” he began. “He's already learned about himself. He'll see through all the nonsense and continue to believe in himself. It's the little one I'm worried about. He hasn't had much time as a homeschooler. He might take it all seriously and come to doubt his own mind.” There was weariness in his voice, as if he'd seen this all too often. He left me with this advice: “Trust them, and let them be themselves.”

Those days were hard for us. My soon to be ex-husband was starting a new family, and because his future wife would not be homeschooling her daughters, neither would our sons have that opportunity. Because I persisted in defending their wishes, my husband fabricated false abuse charges against me. “I know it's not true,” he said, “and you know it's not true. But they won't know it's not true.” Understanding that the nature of those charges would create tremendous and long-lasting heartache for my children, I relented and hastily enrolled them in school, never explaining to them why I had, even as they begged for the chance to keep learning in the way they'd come to love. I told them only that their father could not understand homeschooling and therefore we would have to stop. It was one of the most difficult decisions I've ever made, and although at the time it seemed the only sane option, I still wonder what was lost.

James tried to explain to his father why he wanted to remain home-



schooled but was sharply informed that because children know nothing, grown-ups must decide things for them. The next morning he came to me. “I've been thinking,” he said, “and I don't think Daddy's right. I think that grown-ups and children know the same amount. Grown-ups know the things that children didn't learn yet, and children know the things that grown-ups forgot.” “Yeah,” I said, “I think you're right. So how about this, Jamie. How about you become a grown-up who never forgets.”

Both of my children continued to insist on being homeschooled. They raged against being forced into school, but nothing could be done. They had lost their right to decide when, out of desperation, I had signed away those rights just in time to have a legal complaint against me withdrawn from the court system. On the day the divorce was final, their father remarried. Two days later we moved into a new apartment. The day after that, our children had their first day of school. It was more than a bit overwhelming for us all.

When my children returned from school that first day, they were stunned. “Why do the teachers yell so much?” they wanted to know. “And why does it scare the kids when the teachers say that they'll call their parents?” I had a hard time explaining. In the culture of homeschooling, parents aren't the enemy and there's no philosophy suggesting that children must be threatened, shamed or manipulated into learning. Learning is encouraged to unfold naturally and uniquely for each person. But we were no longer in the culture of homeschooling. We were now in the culture of institutionalized schooling, and that would prove to be a whole different story. I just kept hoping that they wouldn't forget what they'd always known. Themselves. ☘

“...They come through you but not from you. And though they are with you, they belong not to you.” — Gibran.

**The events are true, but the names have been changed.*

VOLUNTEER SPOTLIGHT: Co-op Volunteer Wins Jefferson Award for Volunteer Service

Congratulations to Bill Wekselman on becoming a Jefferson Award recipient!

The Jefferson Award is a prize given to dedicated volunteers in western Pennsylvania. Nominated by Water Sadauskas, a longtime Co-op staff member, Bill was selected for this award based on his twenty years of volunteer service to the Co-op. Looking back Bill has volunteered over 25,000 hours! Bill still spends his Wednesdays with us, packaging dried fruit for the bulk section.

Bill will be featured in a *Pittsburgh Post-Gazette* article, attend a ceremony with other honorees, and receive a bronze medallion commissioned by the Franklin Mint. Here's to Bill Wekselman for his many years of volunteer service to the Co-op! ☘



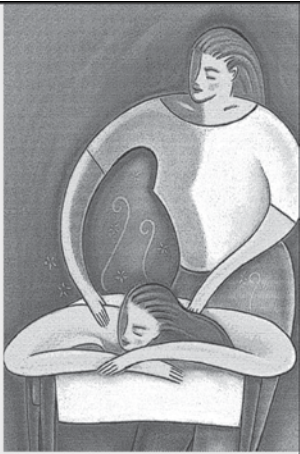
Looking for MORE local food in our community?

Buy Fresh, Buy Local Pennsylvania ... buylocalpa.org ... can connect you with over a thousand places to find fresh, local food.



You can also join Good Food Neighborhood there ... buylocalpa.org/gfn ... where consumers, chefs, businesses and farmers can talk and take action around local food.

On
the
table
with
Sheri Sable



**Therapeutic Massage
Energy Balancing**

*Deeply nurturing and
tailored to your needs.*

412-512-6172
SSabletable@aol.com

*Give a Gift Certificate.
\$10 discount with this ad.*

6315 Forbes Avenue, B24 Squirrel Hill

fresh.local.milk.



*Our **local** farmers pledge:

**NO ARTIFICIAL
GROWTH HORMONES**

*Proud to bring fresh, local, "rBGH
free" milk to the Co-op.



www.turnerdairy.net



and Vegetarian Café

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Rob Baran

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Dirk Kalp
Eric Milliron, Jr.
Hope Anne Nathan
Jesse Sharrard

WHO WE ARE

The East End Food Co-op is Pittsburgh's only member-owned natural and organic food market, serving the community since 1977. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged goods and hard-to-find items for special dietary needs.

Our award-winning Vegetarian Café and Juice Bar offers a daily array of fresh, wholesome, hot entrées, soups, salads and vegan dishes.

While the Co-op is open to the public and membership is not required to make purchases, members do receive better prices, have access to the EEFC Federal Credit Union, and can vote and serve on the Board of Directors.

MANAGEMENT TEAM

Rob Baran, *General Manager*
Joe Coley, *Operations Manager*
Jane Harter, *Administrative Manager/HR*
Aaron Young, *Produce Manager*
Kara Holsoapple, *Marketing and Member Services Manager*
Allisyn Vincent, *Front End Manager*
Thomas Murphy and Amber Pertz, *Café Managers*

EAST END FOOD CO-OP

7516 Meade Street
Pittsburgh, PA 15208

Store 412.242.3598
Café 412.242.7726
Credit Union 412.243.7574

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Or e-mail

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The Co-operator

Kara Holsopple, Editor/Advertising Sales

Linda Raden, LR Design, Design, Layout & Production

The Co-operator is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

We welcome letters to the editor.

Send your message (250 words or less) to —

Attn: EEFC Member Services, 7516 Meade St. Pittsburgh, PA 15208 or e-mail to: memberservices@eastendfood.coop

Submission Deadlines

All submissions, including articles and advertisements, must be received in the Co-op office by the first of the month for the following month.

The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writer's own and do not necessarily reflect Co-op policy.

For information about submissions and advertising, please contact Member Services at 412.242.3598.

The Co-Operator is printed by Typecraft Press, Inc.

WRITE TO US: The Editor of *The Co-operator* welcomes your letters! Send your 250 words or less to:

Kara Holsopple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.

Or e-mail to: memberservices@eastendfood.coop

**The 5th Annual
Co-op Art
Harvest
is Sunday,
September 26!**

staff NEWS

NEW HIRES

The Co-op Café welcomes **Nathan Vaughn** to the kitchen. Nathan describes himself as friendly and easy to get along with, which will lend itself well to his future hamburger or second hand shop business. For now, he likes listening to records, riding his bicycle and exploring.

David Dudley is the new face at the Front End. He is a Pittsburgh native who just happened to be raised in South Florida. David is an aspiring musician, but he is also interested in cooking and healthy food. The twenty-one-year-old says “*healthy food makes him feel fifteen again.*”

The Co-op would like to sincerely thank and recognize staff members **Doug Johnson** and **Kim Price**, as well as security guard **Nik Reel**, for their quick thinking and caring action on behalf of another Co-op employee in need last month. We are all grateful. ☘

Employee of the Month

Congratulations to **Hope Anne Nathan**, Herb Buyer, our **Employee of the Month for May 2010**.

The Co-op wishes Hope the best of luck in her new life in New York City! Hope has worked at the Co-op in a number of different positions over several years. Thank you, Hope, for the good service. You will be missed.



HOME WORK Handbuilt Shelters

by Lloyd Kahn

A Book Review by Claire Westbrook

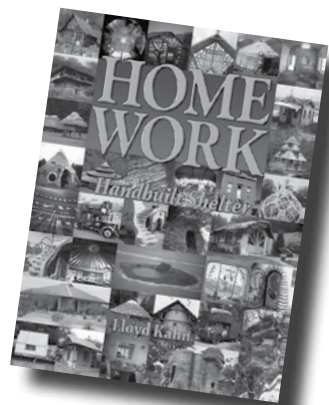
When I was around ten years old, the home that I lived in caught on fire and was not able to be salvaged. Once the last ruins had been cleared away, my father set to building something new for us since he owned the property and saw the whole experience as an opportunity for creating exactly what we wanted. He did this. Mostly.

He had never built an entire house before but had done various carpentry and design projects in his life, so he didn't really see any reason why he shouldn't forge something new for us. Being an adolescent who knew next to nothing about building anything (save for a few things in shop class), I wavered between being completely enthralled to drop-dead bored with the process of designing, planning, and eventually constructing what I didn't know then would be the groundwork for my own vision of a home.

Which brings me to *Home Work*, Lloyd Kahn's slightly overdue sequel to his classic book from 1973, *Shelter*. If ever there was a book to inspire, assist, or simply entertain, it's Kahn's three decades of traveling, photographing and interviewing those he's come across on his journey of interest in building. Whether it's in the rocky landscape of Bally High (Ian MacLeod's former home of stone) in South Africa or in the hidden earthly treasure of Pollywogg Holler (Bill and Barb Castle's eco-resort) in the Allegheny Mountains, Kahn brings to us the possibilities of human passion and daring in the pages of his splendid homage to the physical endeavor.

This beautifully arranged treatise to the home also offers images from photographers Yoshio Komatsu and Kevin Kelly, both of whom have also traveled the world extensively cataloging their fantastic dwelling finds. Not to mislead, *Home Work* isn't just a coffee table book; it's a fine resource, replete with contact information for purchasing plans to build a yurt, websites for finding out more about some of the featured places he's visited and even plans for building structures like Mongolian cloud houses and gambrel barns.

My vision to create an entire neighborhood of sorts made coming across this book a pure gift of what and who else is out there to learn from so that I may, someday, be able to revel in my own shelter. And Kahn prefaces this book, rightfully so, with the idea that shelter is more than just a roof overhead. Bearing that in mind, I think I'll go pick up a copy of *Shelter*, as there'll be some useful pointers in there, according to a number of folks interviewed for *Home Work* who referenced it as their inspiration for building their own masterpieces. Even if you don't have any desire to build anything, check out *Home Work*; you just never know when or how your creative juices will get flowing or where they'll want to flow to... ☘



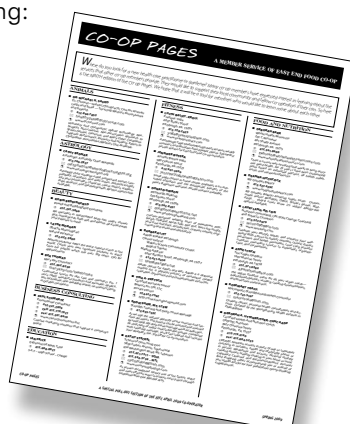
WANTED: ADDITIONS TO THE CO-OP PAGES

If you are a Co-op member and would like your business or service to be listed in the Co-op Pages, mailed out twice yearly to all members and included in all new member packets, please send us the following:

- Member Name
- Business Name
- Business Address
- Business Phone
- Business Fax
- E-mail
- Web address
- 25 word description of business or services

The cost is \$10 for each listing.

E-mail info to memberservices@eastendfood.coop, or mail with check to Co-op Pages, East End Food Co-op, 7516 Meade Street, Pittsburgh, PA 15208.



DID YOU KNOW...

Step Seven in the BETTER EATING FOR LIFE Program is “Got Calcium?”

Depending on age and stage of life and health condition, everyone has different needs when it comes to calcium intake. From dairy, fortified products and supplements and foods like beans and leafy greens, most people can get all of the calcium that their bodies need for everything from strong bones to keeping blood pressure in a healthy range.

The Step Seven Better Eating for Life Packet contains recommendations for daily calcium intake based on information from the Institute of Medicine, as well as a chart of calcium “heavyweights,” foods naturally rich in calcium, like Romano cheese, sardines and tofu prepared with calcium sulfate.

Also included in the packet are tips to fit more calcium dense foods into your existing diet and calcium absorption and lactose intolerance information. There are also recommendations about how to get enough calcium without eating dairy.

The recipes in the “Got Calcium?” packet are Amaranth with Kale Italiano, Spinach Dip and Berry Fruity High Calcium Bread Pudding, among other tasty takes on traditional favorites. Web resources and information on cookbooks is also provided.

You can find a new installment of Better Eating for Life at the Customer Service Desk each month. Previous months' installments are also available by request.

BETTER EATING FOR LIFE is a twelve part educational program for incorporating healthy eating into any diet, created by Mary S. Choate, M.S., R.D., L.D., Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
WEEKEND BRUNCH BAR 9 AM to 1:30 PM WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER, VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE!				1 Quinoa Polenta w/ Roasted Red Pepper Sauce	2 Pizza, Dairy & Vegan	3 Garden Vegetable Tofu
4 Café Closed Independence Day	5 Tempeh Stew	6 Tofu al Pastor	7 Burrito Bar	8 Roasted Vegetable Lasagna	9 Pizza, Dairy & Vegan	10 Honey Dijon Seitan
11 Chef's Choice	12 Gumbo	13 Tea & Ginger Simmered Chickpeas	14 Indian Kitchen	15 Cheesy Spinach Strata	16 Pizza, Dairy & Vegan	17 Mean Green Pasta
18 Chef's Choice	19 Broccoli & Mushroom Quiche	20 Seitan & Yellow Split Pea Stew	21 Middle Eastern Kitchen	22 Pasta w/ Pumpkin Seed & Mint Sauce	23 Pizza, Dairy & Vegan	24 Ginger Cilantro Tofu & Kale
25 Chef's Choice	26 Baked Miso Tofu	27 Peking Seitan	28 Stir Fry Bar	29 Coconut Curry Eggplant	30 Pizza, Dairy & Vegan	31 Spicy Red Tempeh

HOT FOODS BAR
11 AM to 7 PM — DAILY 1:30 PM to 7 PM — WEEKENDS



ESPRESSO DRINKS

	Single	Double
Espresso	1.75	2.50
Cappuccino	2.75	3.50
Latte	3.25	3.75
Mocha Latte	3.50	4.00
Macchiato	2.25	3.00
Americano	2.00	2.75
Shot in the Dark		

COFFEE

	12 oz.	16 oz.	20 oz.
Coffee	1.25	1.50	1.85
Café au Lait			

HOT DRINKS

	8 oz.	12 oz.	16 oz.
Hot Chocolate	1.75	2.25	2.75
Steamed Milk	1.50	2.00	2.50
Honey Milk	1.50	2.00	2.50
Maple Milk (SEASONAL)	1.50	2.00	2.50

TEA

	12 oz.	16 oz.	20 oz.
Chai (regular or decaf)	2.50	3.00	3.50

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CAFÉ HOURS

DAILY

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8 AM - 7 PM

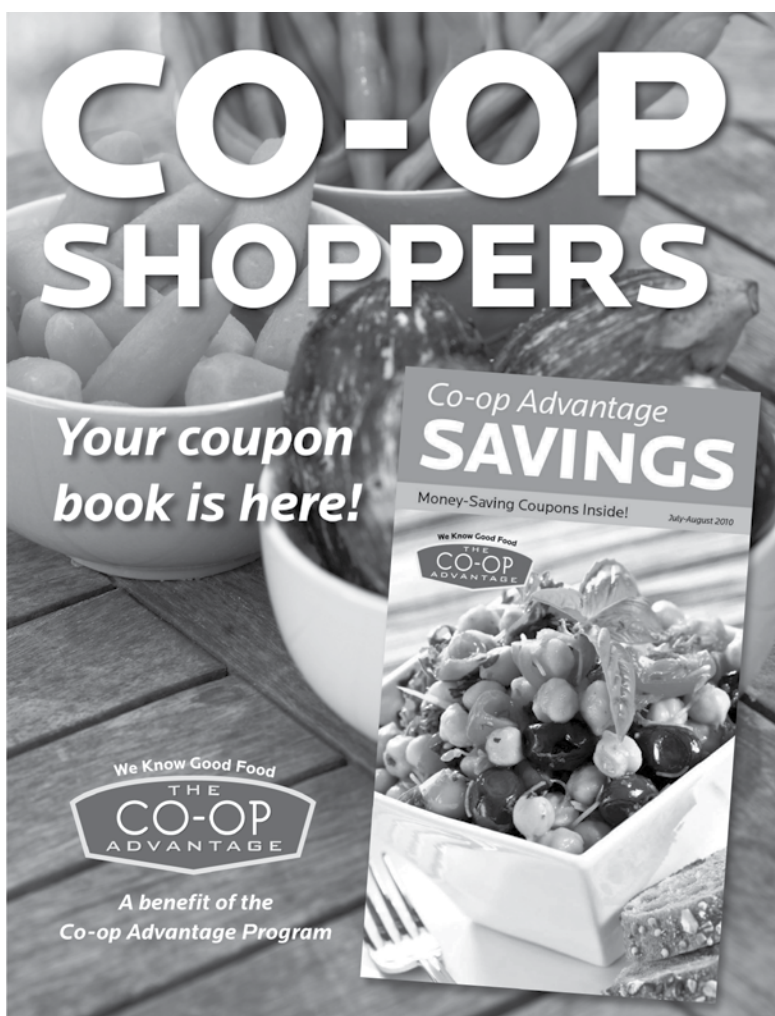
SALAD BAR & SOUP
8 AM - 7 PM

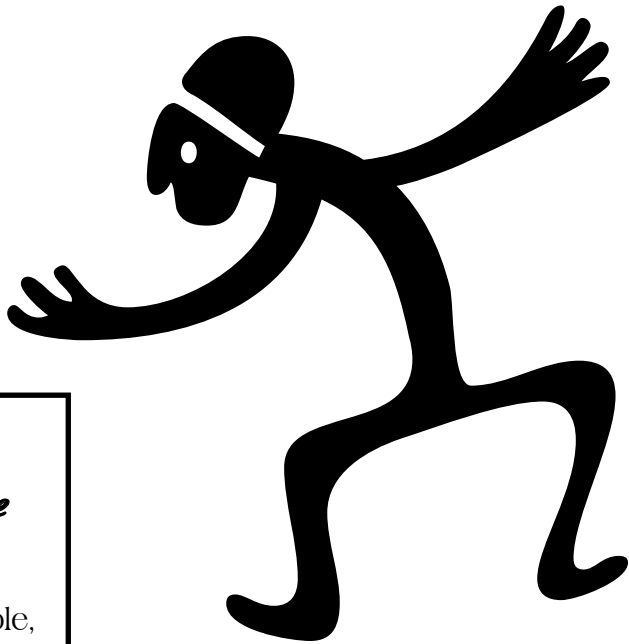
HOT FOODS
11 AM - 7 PM

WEEKENDS

WEEKEND BRUNCH BAR
9 AM - 1:30 PM

HOT FOODS
1:30 PM - 7 PM





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Parking and unloading are still permitted directly in front of our store and on Meade Street where there are no signs or paint prohibiting it.

