

The ^{Karma} Chronicle

The Karma Chronicle | April May 2003



The ^{Karma} Chronicle

The Karma Chronicle | April May 2003



In this issue...

General Manager's Report	1
Letters	3
Karma Board's March Report	5
Member Labour Committee	6
Shelf Elf	7
Everyday Activist	8
Shopping at Karma	10
Saying Goodbye to Billy	12
Using Biodynamic Techniques	14
Sun Safety	16
Cookware Contaminants	17
The Vegan Pizza Mission	21
Karma Plant Exchange	23

The Chronicle is a link between members of this and other co-operative communities; the only viewpoints herein endorsed by Karma Co-op Inc. are those published as reports of the board of directors and its committees.

This newsletter is printed on New Life stock, which is certified 80% recycled, including 60% post-consumer. This stock is oxygen-whitened and certified old growth- and chlorine-free by Chlorine Free Products Association. It is union-made in Canada by Rolland, and sold by Reach for Unbleached (www.rfu.org), a Canadian registered charity working for a sustainable pulp and paper industry.

Submissions

Submissions are collected from the red box. Upcoming editorial deadlines are posted on the bulletin board and the box. All envelopes and articles must be clearly marked with the author's name.

Submissions may also be sent by e-mail, to chronicle@karmacoop.org. Send your submission within the main body of the message. Please do not send attachments.

The Chronicle will publish any Karma-related material, subject to editorial policy guidelines. Letters to the editor must contain the writer's full name and telephone number, although names will be withheld at time of publication upon request. All published articles are eligible for work credits (letters to the editor and announcements are not).

Chronicle Staff for April May

Editor: Amy Stein

Designer: David Howard

Proofreader: James Grainger

Chronicle Committee

Cecilia Berkovic, Terry Fowler, Ian Galloway, James Grainger, Kelly Haggart, David Howard, Louise Longo, Anamaria Martins, Margaret Meagher, Suzanne Molina, David Sharp, Lis Soderberg, Amy Stein, Tara Winterhalt

Board Liaison

Jerry Lee Miller

Contributors

Jennifer Brown, Andrea Dawber, Sarah Fairley, Sylvia Keesmaat, Louise Longo, Siue Moffat, Suzanne Molina, Anil Reddi, Lis Soderberg, Lachlan Story

Illustrations

Siue Moffat

Photos

Cover. U.S. Fish and Wildlife Reserve / John and Karen Hollingsworth

Page 21: Siue Moffat

The Chronicle is published by members of Karma Co-operative Inc.

739 Palmerston Avenue
Toronto, Ontario M6G 2R3
(416) 534-1470 telephone
(416) 534-3697 fax

General Manager's Report

by Sarah Fairley | manager@karmacoop.org

In January it became official: I am now Karma's general manager. I am excited about all the new challenges before me, and encouraged by the support offered to me by members, staff and the board of directors.

Karma has been without consistent leadership from a general manager for over two years. Karma has gotten by (and until recently done very well) simply by following the practices that worked so well in the past. But we face new challenges now. Karma experienced strong growth over the past five years. This growth allowed for investments in equipment, staff and systems that enabled Karma to grow even more. But that growth has now stopped. Monthly sales have consistently been below budget, and in most months have been below last year's sales. Karma is not in crisis. But the financial figures indicate

that we need to take action in order to ensure that Karma remains a financially healthy organization.

"Karma is not-for-profit, so why does it matter if sales are down?"

Simply put, sales matter because Karma *is* in business to stay afloat. In order to provide the quality of service and selection to which our membership has become accustomed, we need to maintain a certain level of sales. Why are sales down? We really don't know. But we do know a few things.

1. The number of active Karma members has remained constant. Therefore a decline in the overall membership numbers is not the cause.
2. The dollar value of the average

...CONT'D ON PG 2

The two Sara(h)s are managing Karma!

Please join me in welcoming Sarah Fairley to the position of general manager of Karma. Sarah has been with Karma for just over two years and is a great asset to the co-op. She has already started her duties as general manager. Please wish her well when you see her in the store.

Sara Pulins is now Karma's operations manager, working very closely with Sarah Fairley. Sara has been on staff for six months and has made Karma an even friendlier place than usual. Be sure to congratulate Sara when you're shopping.

-Caitlin Smith, on behalf of the Karma Board of Directors

shopping trip at Karma *has* declined. Karma members are spending less at Karma.

The big question is: why are Karma members spending less money at Karma? Are members eating less? Are members shopping elsewhere? If so, why? An ad hoc committee was recently struck to design a survey that we hope will shed light on the reasons for this change in shopping patterns. There may still be a need for certain skills on this committee, so if you have relevant experience and might like to help in this effort contact me. And please, don't wait for the survey results to come out to let me know what could be done to help you shop more at Karma!

Staff Update

Long-time staff members Audrey van Bolhuis, James van Bolhuis and Michael Armstrong are still with us at Karma. As well as managing their departments, they have proven to be a wealth of information about Karma policy, culture and history. Their assistance has been very valuable to me as I learn my new role. Staff members Sheila Banerjee, Scott Maynard, Paul Dixon and Sara Pulins have become increasingly important to the functioning of the store, and have taken on additional responsibilities over the course of their employment. Finally, let me introduce our newer staff members, some of whom may already be familiar to you. Michelle Zurbrigg, Jean-Pierre Bombardier, Naomi Fance and Michel Sauve have all been hired within the last six months. Please extend a warm welcome to each of them. (See the back cover of this issue to find

out exactly who is doing what at Karma these days.)

Introducing Karma's New Operations Manager

Karma's general manager has always been pulled in many different directions at once. S/he has been responsible for long-term planning and supervision of daily store routines. Imagine trying to design a three-year sales plan while being interrupted every 20 minutes to void a cash register, orient trial shoppers or find a replacement for a staff member. Two significant problems have resulted from the constant demands of day-to-day issues in the store: the general manager is unable to devote adequate time to long-term planning and administrative responsibilities and staff have to work without active leadership or supervision.

Enter the new operations manager, Sara Pulins. She will be making sure that that Karma has all the people and tools needed to open the store each day. As well as supervising clerks and shift managers, Sara will also be taking over as member labour co-ordinator.

Karma's long-time member labour co-ordinator, Betsy Carter, has resigned. After much consideration, Betsy decided that one full-time job is enough for her. But don't fret! Betsy will continue to be involved at Karma as a working member in one way or another. ***Thanks, Betsy, for all your hard work over the years!***



Letters To the Editors

Misleading Byline

I think *The Chronicle* made an error in putting “Chair, Food Issues Committee” after “from Micki Honkanen” atop her letter in the last issue (Feb/March 2003). In doing so, you flirt with linking Micki’s opinions with those of Karma — a link that’s reinforced by using the byline style to identify her, rather than putting her name at the end.

My perception wouldn’t move me to write this if the letter wasn’t so embarrassingly polemical and, worse, so off-base about what “we” at Karma are “all aiming at.” Our mission statement says nothing about battling capitalism, for example. You do Karma and our values (community, sharing, co-operation, all of which flourish where we support them, within our capitalist economy) a disservice in handling a letter like that with so little sensitivity.

-*Jamie Ker*

On Being a Non-Working Member

Some thoughts on being a non-working member: there have been discussions about working versus non-working members at Karma for years, for as long as I have been a member (over 20 years — my household number is in the 500s).

When my family worked, we sometimes got behind by 10 hours, but we made it up or paid. It so happened that the people who lived next door to us were behind

over 100 hours and I know that they shopped for at least a year at Karma with no surcharge and not working. That was unfair. They quit (moved away from Toronto) without ever paying or making up. That was unfair.

That is not happening today. People who don’t work pay a surcharge. Furthermore, I think it is probably important to look at individuals and not generalize too much. I understand the truth of what some people are saying, that members who are involved in the day-to-day running of Karma have a different attitude and perspective. However, I doubt if all non-working members are snobs who want cheap groceries and are “not like” the working members. I would expect that there are other non-working members besides myself who don’t fall into those slots.

Several of my sons, my husband and I all put in a lot of hours on work shifts for over 10 years. Our lives changed when someone in our immediate family became chronically ill and needed (still needs) a lot of time and care (and the nature of the illness made everything unbearably stressful). For 10 years, we have been “involved” in different ways besides working — my husband and one son performed for the Karma picnic, for example. Besides working full-time at a stressful job, I am one of the major caregivers and feel at the breaking point most of the time.

I realize that in our world today, many of us are overburdened, have full and demanding lives and must make choices. People have demands from young children or aging parents; companies downsize, people lose jobs; things change and housing becomes a problem; illness and accidents occur unexpectedly. However, my situation now makes it impossible for me to work.

I am not interested in Karma for cheap groceries. If I wanted “cheap,” I would go to No Frills. I support the goals of Karma, and feel I show that when I spend money there. I do not think I am too good or important to work at Karma. Were my situation to change, I would like to be a part of the working group. I am probably not as involved or as passionate about the principles or goals of Karma as many members, but that doesn’t mean that I don’t respect them and agree with them. My energy and ability to care has been siphoned off by some of the cruel demands of life. Also, I am 62 and don’t

have the energy I used to have.

At a certain point we have to trust that everyone is doing the best that they can. It is the same in society. I recycle; not everyone does. I don’t litter. I don’t go through red lights. There are a lot of people who do. Going through red lights is not good for our society. I give to charities; not everyone does. I belong to Greenpeace and Mothers Against Drunk Drivers. My point is that not



everyone is doing the same thing. Not everyone at Karma contributes in the same way. We have chosen to measure contributions in hours worked, or we apply a surcharge.

If I must work or leave, it would be a difficult decision for me but I would most likely have to leave, regretfully for sure. It is also unfortunate that there is a stigma against non-workers, but I have been aware of it ever since I switched.

-Carol Edmunds

Organic Redux

“After more than 20 years of weeding his rice paddies by hand, Takao Furuno of Japan wondered if organic farming was worth the trouble,” writes Laurent Belsie in *The Christian Science Monitor*. “Then something changed his life. Ducks. The wild fowl, floating in his fields, inspired him to try an old Japanese technique of raising ducklings alongside the rice.

The results surprised him. The birds ate the weeds he’d worked so hard to eliminate. And their droppings nourished the rice, raising the yields. Furuno, author of *The Power of Duck*, has since started rotating crops and has added fish to flooded fields. His system is spreading to other Asian producers.”

Reprinted from The Globe and Mail.

Karma Board Report for March 2003

By Anil Reddi | vice-president and liaison to the Orientation Committee

At its last meeting, on March 10, the Karma board dealt with numerous issues. Among the issues were: training and development for Karma staff; a survey for Karma members; the Web Committee; staff resignations; Food Issues Committee; and poor sales figures.

The board is concerned that sales figures for the store are well below budget. We have yet to figure out why there has been a decline in sales for the third month in a row. We need information to make proper decisions. A Survey Committee (Aysa September, Jennifer MacDonald, Jeff Webb, Bob Biderman) will meet shortly. Sarah Fairley noted the lack of sales training, financial/inventory and customer service training, and suggested a training scheme — once we find one for small businesses. The spate of staff resignations will leave the store with few experienced staff to provide continuity and training.

Caitlin Smith (president and Staff Relations Committee) reported that the workplace is calm and stable, in contrast to the past year. Charlie Lior (Finance Committee) provided us with a comprehensive picture of Karma's finances. They do not look rosy. Apparently, purchases of goods are *up*, but sales are *down*. Perhaps we do need a “cultural

change” in what the store should or should not carry. We return to the need for retail sales analysis and tracking.

Aysa September (board liaison to the Web Committee) is seeking assistance for the ongoing design and maintenance of Karma's Web site.

I will be working with Sara Pulins and Alisa Palmer on a comprehensive redesign of all materials used by the Orientation Committee.

Micki Honkanen, who has virtually run the Food Issues Committee for the past several years, will be leaving Toronto. She has expressed concern that, because there are very few members participating in this important committee, it will fall apart when she leaves. It *is* a lot of work, more than two hours per month, with a large amount of practical work to be done. The committee has put together a “screening” brochure for prospective members. Jerry Lee Miller (Promotions Committee liaison) will attempt to support the Food Issues Committee with the Promotions Committee.

The next board meeting is on Monday, April 14, at 7 pm, in the St. Albans Boys & Girls Club. Please contact any board member for items of concern, or better yet, show up and see Karma's board at work!

Update from Your Member Labour Committee

By Jennifer Brown | Member Labour Committee member

When we submitted the “Perspectives from the Member Labour Committee” article for the Dec. 2002 - Jan. 2003 edition of *The Chronicle*, the committee had met only once. We came out of that meeting with a preliminary list of problems facing the member labour system and a draft mandate, as reported in the article.

Since then, the Member Labour Committee has been working diligently to reach a common understanding of the various issues that have an impact upon our member labour system. As you can imagine, these issues are complex and their causes can be difficult to pinpoint. Consequently, any potential solutions must be comprehensive, requiring considerable analysis, discussion and planning.

Over the winter, we met bi-weekly to identify the areas needing the most attention, the capacity of our committee to address these issues and what our next steps will be. The (locally grown, GMO-free, organic) fruits of these efforts are an elaborate Member Labour Committee Outline and Strategic Plan. These two documents serve as a foundation and blueprint for the work that lies ahead.

The problems and mandate we first reported can be found within these documents, but we have also done a lot of fine tuning, as we have gained a deeper understanding of the problems. The purpose of our committee has become more clear.

Initially, we will focus on our primary objective, which is to reduce the number

of unfilled member labour shifts per month. Our other objectives are as follows:

- Ensure that the current contributions from working members and non-working members support the store equally and sufficiently.
- Improve retention of working members.
- Reduce the number of canceled shifts.
- Reduce the number of “no show” member shifts.
- Reduce the number of scheduling complications and errors resulting from miscommunications and/or misunderstandings.

For our Strategic Plan, we developed strategies to fulfill these objectives. For each of these strategies, we formed a variety of tactics, based on ideas originating from our committee or previously put forward by members over the years.

With regard to our primary objective, we are currently preparing action plans that, when implemented, should increase the number of filled member labour shifts each month.

The main motive behind any of the actions we may take, or recommend to the board, is to make improvements to the member labour system that will ultimately increase the viability and sustainability of Karma.

For a more detailed look at our work, or if you might be interested in volunteering for our committee or helping us with specific tasks, please contact our chairperson, Jade Levia, at (416) 977-1376 or me at sistahharmony@hotmail.com.

Shelf Elf

By Louise Longo

Greetings, Karmians. I hope the Shelf Elf finds you reveling in the joys of our hard-won spring. In March, we experienced flip-flops in the weather, when we enjoyed several gloriously warm days, only to suffer through the rude awakening of yet more searingly cold ones. But the tide has definitely turned, and hope is in sight.

On that note, you may have noticed that seeds have arrived in the store from Urban Harvest. This company is dedicated to providing organic seeds that promote ecological diversity and preserve the health of our planet. It offers a “Safe Seed Pledge,” which states that the company does not knowingly buy, sell or use genetically modified plants or seeds. You eager gardeners may want to pick up a copy of the 2003 Urban Harvest plant and product catalogue, available at the seed display.

Karma is carrying products from two new fair-trade coffee companies: Merchants of Green Coffee and Café Justicia. Merchants of Green Coffee products are sourced from Africa, Asia and Latin America and are certified as organic, fair-trade, shade-grown and sustainable. They are 100 per cent Arabica beans, which contain half the caffeine, half the acids and far more

flavour than the Robusta variety of coffee beans. Green coffee can be roasted at home in any conventional oven or in electric coffee roasters, which can be ordered through Merchants of Green Coffee for under \$200. Either option promises exceptionally good tasting

coffee for the true connoisseurs among us.

Those of you who are activist coffee lovers might want to “put some justice in your cup” by trying Café Justicia coffee. Its products are called Fair Trade Plus because the producers are paid a living wage that is 60 per cent

higher than standard fair trade. This is reflected in higher pricing (\$10.37 per 300 grams), but all proceeds generated from sales in Canada are returned to Guatemala to support social justice projects.

Café Justicia is the product of a social justice group in Guatemala, the Campesino Committee of the Highlands. CCDA was founded in 1982 to peacefully defend the rights of workers on large coffee, sugar and cotton plantations in Guatemala, recover ancestral lands stolen from the Mayan campesino (peasant farmer) communities over the past



...CONT'D ON PAGE 25

Everyday Activist

By Lis Soderberg | soderberg@goodmedia.com

Get Active On-line

With war raging in Iraq and peace waging across the globe, I thought it would be an opportune time to discuss some of the on-line educational resources available to those of us who are interested in such things as war and peace.

Where do you get your news updates? From CNN? CBC? How about newspapers? From these you will get some front-line photos and film footage, discussion by people who are paid to think on their feet and on TV, analyses and opinions. What you will rarely get, however, is any information that is politically inflammatory or that might annoy advertisers.

If you are looking for information and perspectives other than mainstream, you can go to the “media underground,” the World Wide Web. A number of sites devoted to global concerns are invaluable sources of information you will not get via the usual press outlets. (A few are listed below.)

What’s different about this kind of information and its distribution is that it’s not the passive news experience to which we have become accustomed. If you are browsing a Web site, you can follow the links to wherever your curiosity leads you. And if you subscribe to an e-mail list, there are all kinds of activism opportunities in store for you.

Learning new information is always empowering, but it becomes even more so when there is a concurrent opportunity to

engage in discussion and/or action. That’s what makes e-mail lists so powerful. With just a few keystrokes, hundreds, thousands or millions of people can be instantly advised of the details and urgency of a particular situation, as well as the actions a recipient may take if s/he is so inclined.

For instance, MoveOn.org recently sent e-mails to its list asking for people to sign its on-line peace petition (and they told two friends, and they told two friends...). The petition, presented to the US mission to the United Nations by Jessica Lange, Ethan Hawke and Steve Buscemi, garnered signatures and anti-war comments from over a million people around the world — in just five days! There is no way that kind of organized global protest/statement could have happened without the Web.

MoveOn.org also organized the global peace vigils that many of you may have attended or hosted on Sunday, March 16 at 7 pm. Although some might wonder what difference they could make, thousands of “rolling peace vigils” around the world did (at least) three things:

- got significant press coverage (yes, even some mainstream press);
- brought more awareness on a personal level to millions, either by e-mails or through the press, and greatly increased the opportunity for dialogue; and,
- encouraged and enabled people around the world to take part in this global ritual

with friends, family, neighbours and/or strangers. (Sharing meaningful rituals with others is an incredibly powerful way to remind us all of our common humanity.)

If you are on the www.greenspiration.org e-mail list, then you read the visionary and inspiring comments from Dr. Robert Muller, chancellor emeritus of the University of Peace in Costa Rica. Speaking in San Francisco where he was being recognized for his service to the world through the U.N. and through his writings and teachings for peace, he said, "I'm so honored to be here, I'm so honored to be alive at such a miraculous time in history... Never before in the history of the world has there been a global, visible, public, viable, open dialogue and conversation about the very legitimacy of war."

This is what is so exciting about the power of the internet. It is this medium alone that can *exchange* information on a vast scale as opposed to merely disseminating it; it then becomes entirely possible for individuals to actively engage in global issues.

Hey, why not give the prime minister a call? Another recent e-mail from Greenspiration.org provided a toll-free telephone number for the Department of External Affairs, so you can tell them what you think Canada's stand should be regarding military intervention in Iraq: (866) 880-4378. Or call, e-mail or fax the prime minister direct.

Mailing Address:

The Right Hon. Jean Joseph Jacques
Chrétien, P.C., M.P.

Room 309-S, Centre Block

House of Commons

Ottawa, Ontario

K1A 0A6

Telephone: (613) 992-4211

Fax: (613) 941-6900

E-mail: pm@pm.gc.ca

Of course, this information is already out there (somewhere — it's not exactly at one's fingertips), and a very few people will have called the PM's office even without receiving this informative e-mail. But others will not have even thought of taking this action, or might presume that the PM's office wouldn't particularly care what one person's opinion is. Collective voices have a lot more impact than solitary ones. If an e-mail like this makes it that much easier to take action, then a much more influential effect is possible. (And when that kind of response is necessary, it's time to forward the e-mail to all your friends.)

If you decide to subscribe to e-mail newsletters — and I heartily recommend that you give it a try — be warned that the amount of information can be overwhelming at times. Remember, the delete button is there at your service if necessary.

For alternative coverage on the war in Iraq, check these Web sites out:

www.moveon.org

www.commondreams.org

www.indymedia.org

These are only a few of the resources available. In the next *Chronicle* issue, I'll provide some more Web sites for getting active on-line, locally and beyond. For now, I'll end this column with a quote by Edmund Burke in the special war edition newsletter from the PlanetFriendly.net e-mail list: "Nobody made a greater mistake than they who did nothing because they thought they could only do a little."

If you have any comments or suggestions for the Everyday Activist, send an email to soderberg@goodmedia.com, or drop a note in the envelope at the Karma bulletin board.

Shopping at Karma

By Lachlan Story

The last issue of *The Chronicle* described a decrease in sales at Karma over the last six months. This small but worrying decrease cannot be attributed to fewer members, and seems more attributable to a decrease in shopping by existing Karma members. If there is indeed a general trend towards Karma members shopping less at Karma, this could have a significant impact on the store.

What is happening? Lacking large-scale research resources, I am for now reduced to a small and personal sample — me!

Since I joined Karma in the mid-1990s, my own shopping patterns have fluctuated in terms of the proportion of food I bring home from Karma versus other stores. Depending on where I lived, my commitment to biking, access to cars, my tastes and needs and my proximity to other stores, I have relied in varying degrees on Karma to provide me with the things I buy.

Over the last couple of years, I've been working on changing my philosophy and politics around food shopping. In the past, my main motivation was a negative one. I tried to reduce my shopping at stores I didn't like or respect, particularly big retail chains. Lately I've been trying to adopt a more positive focus: how can I organize my food shopping and consumption so as to maximize the amount of shopping I do at my own store, Karma Co-Op?

In these times of ever-increasing

competitiveness, as more healthy food, “health” food and alternative products spread to mainstream retail stores, Karma is under increasing pressure to remain competitive in its prices. We have struggled in this environment relatively successfully, and have met the challenges of providing the product variety and increased shopping hours that seem to be necessary in this time and place. If these were the only reasons to be a Karma member, though, I think we would be in trouble!

While one can always work on attracting more members as a way of increasing revenue, Karma's efforts in this respect can only go so far. I would like to make an appeal to people who are already members to think about the small ways in which we can increase the quality of our own participation at Karma — by working on buying a larger proportion of our food at Karma. There several possible ways of doing this.

Going to Karma to shop for items on the shelf is the single most important and obvious thing to do. For some people, this can be challenging at times, especially if other stores are much closer to home than Karma and you've just run out of milk! There's a No Frills store only one block away from me, and there have been occasions when someone resembling me has darkened its doorway. Faced with the options of a one-hour (and \$4) TTC trip, a 35-minute bike trip, (part of it up what I fondly call “The Hill

of Pain”), or a five-minute walk up the road, I have at times failed to exhibit the co-operative comportment that we all aspire to! Thinking ahead has been, of course, the best way our household has managed to do a larger proportion of our shopping at Karma this year. Finding some kind of routine that allows for a weekly “big” shop has really helped — perhaps not a new idea for many Karma members, but a difficult one for me to figure out.

Another issue around shopping has to do with product variety. With a store of our size, where space is so valuable, it is impossible for Karma to stock the myriad products that its members consume. You could fill an entire store solely with the huge variety of teas and coffees on the market these days.

Enter an under-utilized resource at Karma: the “special order” system. If Karma does not carry your favourite product, such as rooibos tea or vitamin W, you can still buy it at Karma! Just fill out a request form (in the room beside the checkout area, with the freezer in it). Although the gratification is not instant, you can support your co-op.

Does special order sound a little tedious? Worried about the price? If you order your product in bulk you can get an additional 10 per cent discount off the everyday low Karma price — because it’s easier to order, unpack and store. You can also buy regular Karma products in bulk at the store. And “bulk” does not always mean you need a truck to

get it home, either. I special-order a type of oatmeal Karma does not carry, and a “bulk” order is a box of five packages. Instead of going to the store where I used to buy a package every two weeks, I get a two-month supply from Karma with one order, and at a lower price too.

While some bulk items may come in a size that is a little daunting (e.g., a 50-pound bag of flour), with a little organization you can share bulk orders with other people. You can start by adding your name to the list in the freezer room. Anyone want to split a case of Sleepy-Time tea with me?

I believe that doing the above things does not take more time in the long run. It does take a little more organization than needed if we are in the habit of making last-minute dashes to the local Fiesta Farms or Loblaws. But I believe it can make the difference in Karma’s revenue shortfall, while at the same time reaffirming our commitment to Karma and the co-op system.

In the society we live in, buying our food is, regrettably, a profoundly political act. I believe that if we want our co-op to work well, we need to fight for it. While simply being Karma members is the first step in making it successful, how we act as Karma members in our daily and weekly relations to our store is an ongoing activity that will enable our co-operative to flourish.

Saying goodbye to Billy

By Suzanne Molina

On February 26, Karma Co-op lost one of its most senior employees: Bill T. Katt. Billy was hired in the mid-1990s, and was immediately placed on nighttime security patrol, where one of his chief duties was controlling Karma's share of the Toronto rodent population. He died of complications caused by cancer. We think he was 11 years old.

"A lot of people liked Bill, and many people have expressed sadness at his death," says Karma general manager Sarah Fairley.

On February 22, several Karma members noticed that Billy appeared to be in ill health. Karma manager Scott Maynard put a note in the staff communications book, and the staff watched him closely for a few days. On Febru-

ary 26, Karma manager James van Bolhuis took Billy to the hospital, where he died.

Bill had recently been placed on a special diet because he carried some extra weight. This problem was considered manageable, however, and his energy and mobility had increased on the new diet. According to Sarah, "there was no sense that he was rapidly declining." So Bill's death was sudden and quite unexpected.

Bill was cared for by Karma member Jack Gewarter, DVM. At the hospital, Dr. Gewarter told James that there was a previously undiscovered tumour pressing on his trachea and causing a buildup of fluid in Bill's lungs, making it difficult for him to breathe. This was not an

CONT'D NEXT PAGE...

'What do I tell the kids?'

Billy was a friend to the children of Karma. On your next trip to Karma, your child may ask where Billy is. If this is your first time dealing with the death of a friend, you may want some help dealing with the situation.

There are many resources available in local libraries and on the World Wide Web that can help parents explain death to their children. One of the newest resources has been set up in response to the recent death of children's television icon Mr. Rogers. According to www.misterrogers.org, "children experience death differently than adults do. Young children have a limited

understanding of death. Some children may cry. Others may seem callous. You may be surprised to find that you're more upset than your child."

When you tell your child that Billy has died, first "find out what your child knows, has heard, or imagines. Some children may ask, 'who killed him?'" The people at Family Communications Inc. — the company that produces Mr. Rogers' Neighbourhood — say that the amount of killings featured on the television news can lead your child to link any death to murder.

They also say to start simply. They recommend saying something like, "Billy

CONT'D NEXT PAGE...

Saying Goodbye to Billy

...CONT'D FROM PREVIOUS PAGE

operable condition.

Over the years, Bill had certainly seen his share of the operating-room lights. Sometime in the mid- to late 1990s, Billy lived for a time at 741 Palmerston Avenue, in the apartment whose back door faces Karma's front entrance. He was under "house arrest" after surgery on his abdomen, which required that he stay away from strenuous exercise such as climbing trees and jumping fences.

There are other memories: Bill loved eating nuts off the floor, and was often seen patrolling the centre grocery aisle during busy shopping days. He also loved sitting on hot car hoods, and would welcome cyclists into the parking lot with a lazy yawn, as if to say, "well, where's the engine block?" He claimed the blue

chair in the office as his own, and when that was removed, he started napping in the paper-recycling bin. (He also loved to sit in front of the windows, behind the produce display, but this behaviour was discouraged for sanitary reasons.) And his nighttime patrols also required morning cleanup, because he only targeted the heads and upper torsos of the nighttime invaders.

Billy travelled into the land of spirits with assistance from his human companions. Dr. Gewarter administered a barbituate solution that put Bill into a deep sleep. As soon as he was asleep, Dr. Gewarter opened a vein and administered a solution that stopped Bill's heart. Billy entered the spirit world surrounded by love. His body was cremated.

'What do I tell the kids?'

...CONT'D FROM PREVIOUS PAGE

was very ill and needed an operation. The doctor tried very hard to help him, but he couldn't help. So Billy died." The Mr. Rogers Web site cautions that you should not just say that "Billy was sick and died," because then your child may worry that you or they might die, too, when you are "sick" with the flu or a cold.

After you deliver the news, ask your child how she or he feels about it. According to misterrogers.org, "being able to share our feelings — to say 'I'm sad' or 'I'm mad' — helps us know that others feel that way and that our feelings are natural and normal." Let your child

know that happy times and sad times are part of everyone's life.

-S. Molina

Photo Request

Billy was my favourite cat! Every time I came around to Karma and saw him he put a beaming smile on my face. I wanted to take a picture of him for years, and always forgot. Does anyone have any pictures they can email/mail to me?

-Siue Moffat bk913@ncf.ca

My Summer First Using Biodynamic Techniques

By Andrea Dawber

Last summer I experimented with one of the three biodynamic calendars and planted everything accordingly. I eventually needed three bamboo poles to support each wire basket around the tomatoes, as they were careening over with such a burden of fruit.

My new grape vines succumbed to an insect infestation after a long, cool, wet spring, so I used a biodynamic spray (Maria Thun's barrel compost preparation) on them twice. I found out later from Ontario's only biodynamic viticulturalist, Laura Sabourin, that I had used it incorrectly. Oops! Nevertheless, my vines were cured. They grew with astounding vigour right up into the canopy of maples and continued growing another 40 feet along my garden fence. The two- to three-year-old vines produced their first crop of grapes, which were perfumy sweet and well-formed on the vine.

At the end of August, after almost six weeks of drought, the newly planted red oaks in my local park began to die. Their leaves were turning brown even though our neighborhood tree stewardship team had been watering all the new trees every

one or two weeks. According to our forestry specialist, the red oaks in the city's Garrison nursery were dying, too, and uprooted dead oaks showed very little root. At the same time, the mature 100-year-old oaks in High Park began to die. Not knowing if global warming had brought new soil organisms northward that were harmful to oaks or whether these new trees had been removed

incorrectly from the tree farm to begin with, I used Barrel Compost preparation on the remaining two red oak saplings. This fall, the one I didn't catch in time was covered in dead brown leaves, while the other put on a magnificent display of crimson colours, a fall signature for the red oak.



For our park reforestation planting, whether by wonderful coincidence or because the area's forestry supervisor succumbed to my ardent request for tree plantings to occur at biodynamic times, all our spring and fall trees were planted during the descending moon. Since fall 2001, 65 trees have been planted and all but three red oaks have survived. This survival rate, in spite of some tree

CONT'D NEXT PAGE...

First Summer Using Biodynamic Techniques

...CONT'D FROM PREVIOUS PAGE

vandalism, is as remarkable to forestry staff as the size and abundance of my tomatoes were to me. Everywhere else, the red oaks have died.

As I look out at the frost-withered grape vines that more than doubled their size this past summer, I am delighted with my first experiences of biodynamic gardening. I also produced tomatoes as

big as my very experienced Portuguese neighbours, who work hard adding many inputs into their soils compared to my much-lazier permaculture habits.

For more information about biodynamics in Ontario, please visit the Web site, www.biodynamics.on.ca, or call the Society for Biodynamic Farming and Gardening in Ontario at (519) 856-1384.

Upcoming Biodynamic Gardening Workshops and Gardeners' E-Group

Preparation Making at the Chapman Farm

With Johann Kleinsasser

Saturday, May 10, 1-4 pm

Just outside of Acton, about one hour from Toronto

For directions, call Johann or Maggie at (519) 856-1384

Please bring work gloves and work clothes

Biodynamic Gardening with Children

With Kate Walter, Toronto Waldorf School Gardening Teacher

Saturday, May 31, 10 am

High Park Children's Garden

Co-sponsored by the City of Toronto's Children's Gardening Programme and the Rudolf Steiner Center

Space is limited, please call Andrea Dawber at (416) 535-4277 to register

Biodynamic Gardeners List Serve/Discussion Group

biodynamicgardeners@yahoo.com

Toronto-based urban biodynamic gardeners experimenting and learning from one another. We are friends of biodynamic farmers in Ontario and support their sustainable agricultural practices.

Visit: <http://group.yahoo.com/group/biodynamicgardeners>

Subscribe: biodynamicgardeners-subscribe@yahoo.com

Contact: Andrea Dawber at adawber@sympatico.ca or (416) 535-4277

Sun Safety

Adapted from Friends of Dovercourt Park newsletter

With the continued depletion of our atmospheric ozone layer, we are being exposed to increasing levels of skin- and eye-damaging ultraviolet radiation from the sun. Children are the most vulnerable: their skin is thinner than adults' and their immune systems are not yet fully developed. (See Australian John Greenwood's cancer prevention text, *Under Cover*, for more information.)

First city shade audit will be in Dovercourt Park

Alex Shevchuk, landscape architect with the City's Design Initiatives, will pioneer the city's first shade audit for Dovercourt Park's playground. This shade audit is a first step in assessing sun risks for our children so that we can enhance sun safety for them and our entire community. If you would like to learn more about the growing importance of designing for shade, check out the Web site, www.designingforshade.org.

Skin cancer is the most common form of cancer, and its rate has been steadily rising. Sun safety for us all is a growing concern. Even if you never burn or are never diagnosed with skin cancer, you may still fall prey to UV-exposure health problems such as cataracts, premature aging of the skin and weakening of the immune system.

The good news is an estimated 90% of all skin cancers and UV-related health problems are preventable. To reduce your risk, limit your sun exposure

between 11 am and 4 pm. Always wear sunscreen and protective clothing and seek shade when outdoors.

Plant a shade tree for sun safety

Consider planting a broadleaf tree in your front yard to help our neighborhood streets become more sun safe. A mature tree may expire up to 2000 gallons of water on a hot day to cool our streets and city. Its leaves absorb pollution and heat-causing gases, improving our air quality, and the cool shade it provides lets us all breathe more easily in the heat of summer. Two or three well-placed trees can reduce our cooling and heating bills by up to 40%.

In addition to shade trees providing sun safety for humans, Brad Bass, Climate Change Researcher for Environment Canada and faculty at U of T's Forestry Department, states that shade trees also safeguard building materials like bricks and mortar from accelerated degradation due to UV radiation. Shade may also protect the vitality of our soil. Mycological researchers are now speculating that increasing levels of UV radiation are damaging forest soil organisms, resulting in fewer wild mushrooms in forests across the country.

For a free front yard tree from the city, call (416) 338-TREE. Contact LEAF for a subsidized back yard tree at (416) 413-9244. LEAF also has shrubs and perennials this year.

Cookware Contaminants: Are your pots and pans safe?

By Suzanne Molina

People interested in living healthy, sustainable lifestyles ask tough questions about their food. They want to make sure their food is free of genetically modified ingredients and grown without pesticides, herbicides or artificial fertilizers. They want to make sure their food is locally grown or, if it comes from a faraway source, that it's a fair-trade product. In short, they want to ensure that the food they purchase is good for their health, good for the planet and good for farmers and farm workers. Surprisingly, many people forget to ask the same type of tough questions about the cookware in which they prepare those foods.

The materials in your cookware can leach into the food you prepare, especially when facilitated by the heat from a stove or microwave. The amount of leaching depends on the chemical makeup of your cookware and the condition of your cookware. Leaching is more likely to take place when cookware is damaged or scratched.

There are six main types of cookware in use today: non-stick (Teflon), aluminum, copper, stainless steel, glass (such as Corningware and Vision) and cast iron. Which type of cookware is safest?

Non-stick coatings

Non-stick cookware is made from fluoropolymers. Tests have shown that when fluoropolymers are heated at high

temperatures, the chemicals seep out. It is not known if these chemicals leach out under lower temperatures.

Fluoropolymers also release compounds into the air: chlorofluorocarbons (CFCs, which damage the ozone layer), trifluoroacetate (TFA, which can be toxic to plants and animals in high doses), and polyfluorocarboxylic acids (PFOs, which build up in tissue and the bloodstream). These gaseous compounds, once released, can remain in the atmosphere for decades. Although the environmental damage caused by CFCs is well understood — and although studies have shown that PFOs accumulate in the body — scientists remain cautious as to whether leaching poses a threat to the environment or human health.

According to Health Canada, non-stick coatings are “chemically inert” and will pass through the body without breaking down and being absorbed. Health Canada says the worst risk posed by a non-stick coating is when an empty pot or pan is left on a lit burner, because when heated at high temperatures these coatings can give off poisonous fumes that may irritate the eyes and throat.

Researchers at the University of Toronto say that the chemicals aren't released at high enough temperatures to harm one person cooking a meal. (There are no longitudinal studies focusing on the cumulative effect over a person's

lifetime.) A University of Guelph study found that plants had to be exposed to 10,000 times the amount of TFA currently found in the environment before any effect was noticed. Scientists are wondering if the chemicals are having an impact on a global scale, though, because they build up in the atmosphere and degrade very slowly. TFA has been found in rainwater in Toronto and in South America.

Teflon is made by DuPont, a multinational chemical company. The company insists that non-stick coatings are safe for kitchen use, but there is little if any independent research that might balance the company's claims. (Universities cannot be considered independent since they accept research funding from corporations.) Perhaps the best argument against non-stick pans is that they are made by a multinational conglomerate with a poor track record of environmental protection.

Aluminum

Most people threw out their aluminum pots and pans long ago, after the "aluminum causes Alzheimer's" scare of the 1970s. But a few people still use aluminum pots and pans, because they think the health scare was overblown.

Many scientists agree. Today, there are doubts that a high dietary intake of aluminum causes Alzheimer's — indeed, many people point out that tea is high in aluminum, yet tea-drinking countries don't have higher rates of Alzheimer's. Most scientists today say that more research is needed to look at how genetic factors interact with environmental ones in the development of Alzheimer's.

Health Canada says that adults can consume 50 milligrams of aluminum every day without harming their health. The government department says that

aluminum cookware accounts for approximately one to two milligrams of the total aluminum consumed each day.

Despite this stance, Health Canada is still cautious about aluminum. Government scientists say aluminum leaches more easily from pots and pans that are pitted and worn, so if your aluminum is old, it may be time to upgrade your cookware. They also say that food prepared in aluminum pots and pans should be removed from the cookware after preparation and never stored there, because the longer food sits in aluminum cookware, the more aluminum leaches into the food. In addition, certain foods should never be cooked in aluminum cookware: leafy vegetables and salty or acidic foods such as rhubarb or tomato sauce soak up more aluminum than other foods.

Copper

Expensive copper pots and pans are a good investment — they conduct heat well and they last a long time. But all copper cookware in Canada is coated in a protective layer of metal to ensure that the copper surface does not come into contact with food. Copper is highly toxic — it causes nausea, diarrhea and vomiting when ingested in large amounts — so people who cook with copper cookware must ensure that the protective layer is not scratched or damaged in any way.

Manufacturers use a variety of metals to form the protective layer, and many companies will not divulge the exact type of metal or any of the chemical properties in order to protect trade secrets. In many cases, consumers are left to decide whether they will purchase a cookware product whose chemical makeup — the actual surface upon which they cook their food — is unknown to them.

When buying copper cookware,

consumers should ensure that the chemical makeup of the protective layer is completely explained.

Stainless steel

According to Health Canada, stainless steel — the most popular type of cookware in North America — is “generally safe for cooking and storing food.” The government department says chemicals in stainless steel cookware leach into food regardless of the condition of the cookware. Food expert Ellen (of the Ellen’s Kitchen Web site) disagrees. She says that stainless steel pots are normally “chemically inert,” but cautions that “burning them and then scouring them cause the pots to release metals into the food.”

Stainless steel cookware is made from iron, nickel and chromium, in varying amounts (50 to 80 per cent iron, 11 to 30 per cent chromium and 0 to 31 per cent nickel). Most people consume too little iron, and would benefit from stainless steel cookware. But people with certain

conditions — such as hemochromatosis, a disorder that involves excessive iron deposits in the body — should avoid cooking with stainless steel (or cast iron). People with an allergy to nickel should definitely avoid cooking with stainless steel, unless they get a confirmation from the manufacturer that the product contains no nickel.

Health Canada says that adults can consume 50 to 200 micrograms of chromium every day. According to Health Canada studies, one meal prepared in stainless steel cookware leaches approximately 45 micrograms of chromium, which is within government guidelines.

Given the available evidence, stainless steel cookware appears to be a good choice.

Glass

Many people are convinced that glass is the best cookware to use in terms of human health. The Ellen’s Kitchen Web site contains postings from people across North America who are despondent that the Vision line of brown see-through pots and

What about storage containers?

Chemicals from plastic can leach into food, particularly when the containers are heated. According to Greenpeace, these chemicals, called “plasticizers,” may act as endocrine disrupters — compounds that mimic human hormones and interfere with normal development and overall health in both humans and animals. Plasticizers are added to plastic to make it flexible. Harder plastics, such as polyethylene or polypropylene, do not contain plasticizers. So stay away from soft, flexible plastics — especially polyvinylchloride, or PVC, which leaches chemicals with normal use and also releases dioxins, chlorine and other

toxins when it burns — and stick to hard plastics for food storage. The hard plastics are generally considered safe for storage use. (The plastics industry says hard plastics are also safe to use in a microwave, but it’s up to you whether you want to believe the plastics industry.)

People should definitely not store their food in empty yogurt or margarine containers — something a lot of Karmians do on a regular basis. These containers are made of soft plastic that contains additives and ink, as well as plasticizers.

-SM

pans is no longer being manufactured. (Apparently, you can make a lot of money if you put your Vision cookware up for sale on eBay. That's the only place it's available these days, and it costs a pretty penny.)

Vision cookware had its problems: it wasn't good at browning, it broke easily, it cracked when it was heated while empty, and there have been several reported cases of the cookware exploding in consumers' faces (especially when used for boiling water on the stovetop). But glass is chemically inert, and that's why people swear by it.

Although Vision cookware is no longer manufactured, Corningware — the white all-purpose cookware your mother used — still exists, and much of it is designed for both stovetop and oven use. There is no evidence that the colour added to either product poses a problem. (The manufacturer cautions against scouring Corningware with harsh scrubbers, but that's because the glass is engineered to be an "easy clean" surface — not because the properties of the glass or any colours leach out.)

Unfortunately, Corningware — like Teflon — is made by a multinational chemical company (Dow-Corning). However, it seems to be a healthy

cookware choice.

Cast iron

Cast iron has a bad rep because it does require some pampering. A new pan must be rubbed down with shortening — the Spectrum Naturals line of organic palm-oil shortening, which Karma carries, works really well — and then baked in the oven for a half-hour. It may also have to be reseasoned and rebaked once during the first few uses. But after that, it's clear sailing — treat it well, and cast iron lasts pretty much forever.

Best of all, the Ellen's Kitchen Web site says that cast-iron cookware releases food-grade iron into food, which is beneficial for vegetarians and women of child-bearing age.

For those who don't like the look of cast iron, there are companies that manufacture enamelled cast iron in various colours. According to Ellen's Kitchen, the finish is as "inert as glass" — and if it's chipped, it's only friendly cast iron underneath.

In summation: know what it is you're cooking with. You can't make a decision about what type of cookware to use if you don't know what it's made out of.

...CONT'D ON PAGE 25

The Proper Care and Feeding of Cast Iron

- (1) Never immerse cast iron in water — the seasoning will be compromised and the cookware could rust.
- (2) Never use any type of dishwashing liquid — place cast iron under hot running water and use a plastic pot scrubber instead.
- (3) Never allow cast iron to air dry — dry it immediately in a low oven or on the lowest stovetop setting instead.
- (4) Never use metal cooking utensils on cast iron — use hard plastic instead.
- (5) Never cook acidic foods such as tomato sauce in cast iron, because it could ruin the seasoned surface — use stainless steel instead.

Vegan Pilgrims: The Pizza Mission

By Siue Moffat

Pizza: the ultimate eat and run food. Years ago, if you wanted non-dairy pizza you'd have to make it yourself or order a whole pie, but these days all the “gourmet” shops (everyone seems gourmet now) cater to your needs. Armed with paper, pen, camera and hearty appetites, new Karma member Julian Aristizabal, our friend Francois and I set out to find the tastiest vegan pizza slice in downtown Toronto. We noted recommendations and warnings from other vegan friends, but we were eager to see for ourselves. The list below is by no means complete —

perhaps we will do a part two — but we went to the most popular joints between Bathurst and Broadview.

Our scale is from 1 to 3, with 1 being the best. Prices include tax.

Pizzaiolo, 624 Queen St. West

\$3.75 slice of Vittoria (tomato sauce, herbed tomatoes, zucchini, roasted red peppers, fresh parsley)

Freshness: 1

Warmth: 2

Taste: 2

Comments: Thin crust. Big chunks of fresh, hand-cut tomato and herbs, although skimpy on the roasted red pepper. Mouthwatering, delicate and yum!

Other considerations: this is a new pizza joint that needs business. They

also have a potato and rosemary slice, called Freda.

Amato, 534 Queen St. West

\$3.25 slice of Vegan (tomato sauce, fresh mushrooms, green pepper, green olive, roasted red

pepper)

Freshness: 2

Warmth: 2

Taste: 2

Comments: Thin, light crust. Many thin toppings. Great mushrooms and not too many green peppers.

Other considerations: the grrrl from the band Barcelona Pavilion works there! Amato's has now branched out so much that you can grab a vegan slice on the run



in quite a few downtown areas.

Pizzabilities, 69 Augusta

The “oops” visit: we ordered a vegan slice, but there was a miscommunication and there was cheese on it. Luckily Julian is a light cheese eater. This slice had carrots! And it was really cheap at \$1.50. The cheese tasted really good, probably bought at one of the market cheese shops. They used to have vegan slices available, but not anymore.

Magic Oven, 788 Broadview Ave.

\$4.25 slice of Magical Vegan Veggie Mix (tomato sauce, spinach and roasted eggplant, zucchini and red pepper, on an organic spelt crust)

Freshness: 1

Warmth: 1

Taste: 1

Comments: You get what you pay for. There is no denying this is fresh pizza! So good! Steaming hot. “I don’t even like eggplant all that much but everything went so well together. Thank you for the spinach!”

Other considerations: Magic Oven is the best place for catering to dietary restrictions. It has organic spelt and rice crust pizza as well as organic spelt and rice pasta. *And* it has vegan chocolate and carrot cake! Wish the shop wasn’t so far out for us close-to-Karma-living folks!

Papa Ceo’s, 654 Spadina Ave.

\$3.50 slice of Skinny (red, orange and yellow peppers, onions, spinach)

Freshness: 2

Warmth: 3

Taste: 3

Comments: Large slice. Crust thick

and tasty, but too soft. Even though it was in the oven, the slice was still lukewarm. Lots of veggies, but too big, and you have to like peppers.

Other considerations: you can watch movies while you eat. Although there is no selection for a pepper-hating vegan, it’s good that this pizza is different from Cora’s.

Cora, 656 1/2 Spadina Ave.

\$3.75 slice of Napolitana (sun-dried tomatoes, green olives, fresh mushrooms, green peppers)

Freshness: 2

Warmth: 1

Taste: 2

Comments: Crispy crust, excellent sauce. This might have been the hottest of the bunch. Okay taste, but not good enough for the money (sun-dried tomatoes are expensive).

Other considerations: Cora and Papa Ceo’s have been around forever and are open until very late. At Cora, you can get a bottle of juice for 50 cents with a slice. If you eat cheese, the Pesto slice is amazing!

We all concluded that the Magic Oven vegan slice is tops. I think we all had different second favourites. I really liked the Pizzaiolo slice, but I might opt for Amato because of the cheaper price. There is a yummy-looking Amato bruschetta pizza, too, which doesn’t have the ¼-inch covering of mozzarella but may have a sprinkling of parmesan.

We also agreed that Toronto vegan pizza slices need more variety in their toppings. Broccoli! Spinach! Fresh oregano and basil! Potato! Red onions! Why must there be green peppers and

...CONT'D ON PAGE 25

The Karma Plant Exchange

Become Guilt-free (or, Whiter than Alyssum)

By Sylvia Keesmaat

Growers: start your seeds. Separate your perennials; thin your annuals! The Karma Plant Exchange is coming on May 24.

“What’s that?” you ask. What is the plant exchange? One of the best ways of dealing with guilt in this part of the city, that’s all. Let me explain.

Imagine you are in your garden. Your phlox is coming up aggressively into your bergamot. Your mint has come up, well, everywhere, and you know what you should do. Take a spade and slice off part of that phlox, and dig up most of that mint. And then what? Add all those perfectly good plants to the compost? If you are like me, this is when the guilt sets in. Well, feel guilty no more!

The Karma Plant Exchange is a guilt-free way of disposing of plants. Just pot your plants up and bring them along

between 10 am and 2 pm on Saturday, May 24. Eagerly awaiting them will be other Karma members, who would feel guilty about spending a fortune for a few plants that won’t fill up that empty corner in their back garden.

They can take home all the plants they want for free. That’s right, absolutely free!

Of course, these aren’t the only kinds of guilt that the plant exchange deals with. There are also those who feel guilty for starting more seedling than they have room for, those who feel guilty for planting a tree that has turned their garden from sunny to shady, and those who feel guilty because they can’t resist plant exchanges. Unless you fall into the last

category, we guarantee that you will leave feeling guilt-free.

For further information, contact me at (416) 652-8166.



Saturday May 24, 10 am to 2 pm

Neighbourhood Tree Party and Tree Tender Workshops *in Dovercourt Park*

Saturday, June 14, 10 am – 3 pm

Schedule of Events

Top 5 things you can do for trees, with hands-on tree maintenance (1.5 to 2 hrs).

Ask the arborist (1 hour).

Three Funny Hats perform songs and stories for children of all ages, 11 am - noon.

Tree tour, highlighting specific trees and issues (1 hour).

Children's mural art picture-making: Michael Brown of the Harbourfront Community Centre's Mural Arts Programme will provide materials for children to draw their dream murals for Dovercourt Park's wading pool (afternoon).

Community planting of LEAF shrubs & perennials, throughout the day.

All-day educational forestry and sun safety displays, including bookings for backyard tree sitings (LEAF) and requests for free front-yard street trees (City forestry).

Memorial Tree Planting in Honour of SIAN GWENDOLINE EVENS CANSFIELD

March 24, 1958 – June 1, 2002

Sunday, June 1, 2003, at noon

Philosopher's Walk, University of Toronto

R.S.V.P. Andrea Dawber at (416) 535-4277 or

adawber@sympatico.ca

Sian Cansfield was a much loved friend, colleague and community member who had a unique ability to communicate with people from all walks of life. Originally born in Wales, Sian grew up in Massachusetts and Winnipeg. She moved to Toronto in the early 1980s to pursue her acting studies at the University of Toronto. While at U. of T, she became a host and producer of CIUT's *By All Means* and *Big Broads* radio programs. Sian frequently had a number of freelance projects on the go. Recently she was working with CBC's *fifth estate*, researching the events of 9/11. Sian was a member of Karma in 1991-93, and lived in Seaton Village for the past 12 years.

Shelf Elf

...CONT'D FROM PAGE 7

century, promote organic and traditional Mayan agriculture and protect the cultural rights of Guatemala's Mayan majority. In 1998, CCDA helped 100 families to buy an old coffee plantation of about 300 hectares, which became El Paraiso Coffee Co-operative. Working with the British Columbia Central America Student Alliance (BC CASA) and Nuestra Voz, Café Justicia roasts coffee in Vancouver and distributes it across Canada. The president of CCDA, Leocadio Juracan, while visiting Canada last November, said:

“Café Justicia differs somewhat from conventional fair trade coffees in that it comes from a social movement instead of a co-operative...For us (it) is more than just an economic venture. It is a way to recover our dignity as producers, the dignity we lost when we worked like slaves on the plantations or were at the mercy of intermediary buyers.”
(As quoted in Latin American Connexions.)

If you are interested in more background information, see the article, “Fair Trade: A Tool for Broader Social Change,” posted at Karma on the wall beside the bread shelves.

Finally, you might like to try some Harmony Organic Milk with that fabulous cup of coffee: non-homogenized is now available. Visit their Web site for further information:

www.harmonyorganics.on.ca.

That's it for this issue. Enjoy the weather, and till next time, take care.

Vegan Pilgrams

...CONT'D FROM PAGE 22

olives on everything? In Peterborough, there is a place near the bus station that serves half-price slices during lunch. The vegan slice had mashed squash instead of cheese, roasted sweet potato, broccoli, spinach and onions it was definitely the best (and cheapest) pizza I've ever had. Considering the average pizza price in Toronto, we deserve at little more creativity.

Up next: falafels!

Cookware Contaminants

...CONT'D FROM PAGE 20

For that reason, stay away from purchasing cookware that does not come with a detailed manual and/or a manufacturer's guarantee. (The Ellen's Kitchen Web site cautions people to stay away from all “mystery metal,” including the popular speckled type that's used for a range of products including roasting pans.) Then decide which sources you will trust for information — university researchers, government, scientists (most affiliated with labs funded by industry or government), or environmental organizations. Once you have the information, you can make the decision that's right for you.

MISSION STATEMENT

OUR AIM IS TO:

1. Create a community of actively participating members.
2. Foster a healthy connection to the food we eat, the people who grow it, and the other organizations who share our beliefs.
3. Co-operatively educate ourselves on environmental issues.
4. Exercise political and economic control over our food by operating a viable co-operative food store.

STAFF LIST

General Manager
Sarah Fairley

Grocery Manager
Audrey van Bolhuis

Bulk & Grocery Manager
James van Bolhuis

Produce Manager
Michael Armstrong

Health & Beauty Manager
TBA

*Operations Manager/
Member Labour Co-ordinator*
Sara Pulins

Member Labour Secretary
Marilou Lawrence

Bookkeeper
Victoria Bale

Shift Managers
Sheila Banerjee
Scott Maynard
Michel Sauve

On-call Shift Manager
Robin Easton

Clerks
Paul Dixon
Michelle Zurbrigg
Jean-Pierre Bombardier
Naomi Fance

HOURS OF OPERATION



Monday	12-7
Tuesday	12-9
Wednesday	12-9
Thursday	12-9
Friday	10-9
Saturday	10-6
Sunday	11-5