



Rutabaga Rap

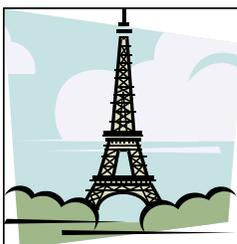
After Paris, No COPping out

By Jack Bradigan Spula

Around World War One, a smart lyricist penned a question: "How ya gonna keep 'em down on the farm after they've seen Paree?" After the recent "COP 21" climate change summit in Paris, though, the flip side is playing, not with a question but an imperative: After seeing what happened in Paris, you'd better get down to business on the farm – and with the soil, forests, rivers, oceans and atmosphere – because negotiations have fallen short in the fight against global warming.

The latest COP ("Conference of Parties") has received good grades from many quarters. It's even been called the most successful summit to date. But is it? As the French say, "Oui, hélas!"

The conference did issue some of the most forward-thinking, ambitious goals we've seen. But the agreement announced in early December doesn't impose tough, enforceable mechanisms to achieve these goals – and time is running out. So if this COP is something to crow about, that's only because it's better than what preceded it, that is, a series of failures.

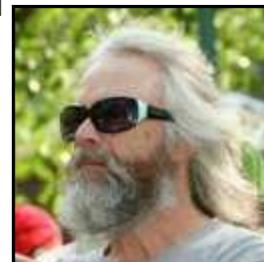


First, some crow-worthy items from the new agreement. According to a summary from the BBC, the agreement sets a general goal of keeping global temperature rise "well below" 2.0 degrees Celsius (3.6F); beyond this, the aim is to "endeavor to limit" temperature rise to just 1.5C. In other words, the aim is to limit anthropogenic greenhouse-gas emissions "to the same levels that trees, soil and oceans can absorb naturally, beginning at some point between 2050 and 2100."

Are there teeth in the text? Well, sort of. The parties have agreed to a "review" every five years of each nation's progress in cutting emissions, and the wealthy nations have pledged "climate finance" to help poorer nations adapt and move toward renewable energy. But the agreement gives nations leeway in how to hit their respective targets.

Obviously, the 1.5C number represents quite an achievement in favor of the poorer nations – in fact, 100 poorer nations had pressed for this, against considerable pushback -- and the target evoked a good deal of surprise when announced. And make no mistake: disaster looms for the poorer nations. If temperature increase can't be held to the 1.5 figure,

says a Reuters report, the world will see "more floods, droughts, desertification and sea level rise that could swamp low-lying islands from the Pacific to the Caribbean." And of course, the higher average temperatures go, the more drastic the likely consequences.



Getting to 1.5C means achieving "net zero emissions" in the second half of this century. If we can get to "net zero," we will have made one of the greatest leaps forward in eco-history. This explains why many environmentalists see COP 21 as a defining moment, a real turning point, especially in regard to energy sources. "This marks the end of the era of fossil fuels," said May Boeve, director of 350.org, in a news release. "There is no way to meet the targets laid out in this agreement without keeping coal, oil and gas in the ground."

And there's the rub. Nobody expects the world's fossil-fuel-hogs to restrict their diet of coal, oil and gas to the extent necessary. So be prepared for some struggles ahead. "Civil society" – you and me and our organizations and movements – is already powering up a range of alternatives: defending tropical and temperate forests, limiting carbon-intensive industrial agriculture and livestock production, making our diets more earth-friendly, promoting carbon sequestration in soil via organic farming, adopting solar power and other near-zero-carbon alternatives, ramping up human-powered transportation, challenging the dominance of dirty-energy corporations, and more.

Meanwhile, "down on the farm" (and downtown, etc.) we're experiencing a pleasantly but frighteningly warm early winter. Weather reports indicate this is related to a very strong El Niño in the Pacific, a warming phenomenon that will bring massive rains and floods to parts of the world, even as other places suffer record droughts. But what's not said often enough is that the El Niño pattern is related to overall ocean warming caused by rising atmospheric temperatures. Briefly, the oceans absorb much of what we carelessly throw into the atmosphere, and then it comes back to haunt us.

So the next time you're outdoors in winter "shirtsleeve weather," pause and reflect. Then, if you haven't already done so, get engaged with the climate movement. You have seen Paris, and you have been warned.

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About Us

The Genesee Co-op Natural Foodstore, Inc. (GCNF) doing business as **Abundance Cooperative Market** is Rochester's first and only cooperatively-owned retail grocer. Our store evolved from the old Genesee Co-op Food store on Monroe Avenue. Since 2001, the new Co-op store offers a variety of **choices** for all consumers—

both herbivores (vegetarians and vegans) and carnivores alike!

In a world of increasingly artificial, engineered, unhealthy and processed foods, natural food co-ops nationwide are providing access to safe, healthful and nutritious food to those looking . *Abundance is Rochester's only natural foods cooperative.*

When choosing products to sell, priority is given to organic foods and products local, organic, independent, minimally processed & packaged, non-genetically modified, socially responsible, fair trade, non-animal tested, and other selection criteria.

We support a sustainable food system, both locally and globally. Our **"Ends" Policies** support these shared values.



Currently our Co-op has over 2,000 shareholders, and is still growing strong! But you don't have to be a member to shop here. Anyone may shop at Abundance and benefit from our everyday low prices on **"Basics"** as well as our bi-weekly **Co+Op sale specials** (Please pick up a current sales flyer and quarterly coupon books for extra savings in the store).

Purchasing a co-op share (cost \$100) is optional, and affords extra benefits and discounts. *See our Shareholder Application for more details.*

Abundance is a member of the National Cooperative Grocer's Association (NCGA) with 150+ other food co-ops nationwide. *Co+op = Stronger Together!*

Thank you for choosing Abundance—your locally-grown community-owned Co-op! For more information about us, please visit our website at www.abundance.coop. Revised March 2011

Staff Directory

2015-16 Board of Directors

General Manager:

Jim DeLuca Ext. 111

Administrative:

Debbie Loo Anderson Financial Manager, Ext. 110

Charles Blake, POS Coordinator Ext 113

Richard Rowley, Financial Assistant

Richard Sauvain, IT Coordinator

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Jenn Rekos Madeline Brown

CS and Front End Supervisors:

Payton Marovich, Nada Eldehni

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Customer Service Desk Ext. 102

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Shealyn Rapp Gwes Ebangwese

Becca Soriano

Marketing: Chris Whitebell

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Nazareno Runfola, Senior Buyer, Grocery Ext. 106

Diane Banks, Buyer, Bulk, Refrigerated & Frozen Foods, Ext. 108

Nicole Rapone, Buyer, Supplements, Health, Beauty & General Merchandise, Ext. 105

Jenn Rekos, Wellness Assistant

Emily Sniezyk, Gwes Ebangwese

Daniel Brightman

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Contact information provided for co-op related communications only. Thank you.

The Rutabaga Rap, our bi-monthly newsletter, is published for the benefit of all our customers. Our current circulation is approx. 800 copies per issue. It is also viewable on our website at www.abundance.coop. Advertising and articles are welcome, space permitting. Items will be edited for length, content and style. Acceptance of an item does not imply endorsement. Our complete editorial policy, current ad rates, publication schedule, and deadlines are available on our website. We are still accepting advertising orders for 2016. *****SEE RATES AND FORM ON WEBSITE*****

DEADLINE for the next issue (Mar-April) is February 20th, 2016. Email Jim DeLuca, interim editor Questions? jim@abundance.coop.

Publisher: Abundance Cooperative Market. **Contributors** to this issue are: Jim DeLuca, Elizabeth Henderson, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, Juli Barrette, Jon Greenbaum Duplication by: Presstek.

EDITOR'S NOTE: All opinions offered in the Rutabaga Rap are those of the authors, not necessarily those of Abundance Coop. Any health information or advice should be checked with your physician or other medical professional.





Well 2015 was a year, like most, which had many lovely experiences and many difficult ones. For me, I am grateful for my wife who as a great partner, helps me maintain an appropriate sense of responsibility and self respect; not too much and not too little. I also appreciate my Mankind Project men's group where I meet weekly with men who are striving to be authentic and accountable and loving. Plus I am happy that I have been taking Tai Chi classes from Lisa O'Shea and recently decided to get a private lesson on what Chi Gung exercises would help improve my health. I got a fitbit exercise tracker for Christmas so I can track how many steps and how many flights of stairs I take daily. My unit also tracks heartrate and tells time. Wow, I guess I am doing *al-most* enough to stay fit and healthy.

Part of why I need these supports has to do with how stressful working on the new store has been over the last year. There were lots of times when the deal looked iffy. However, very recently, it does look as if everything is lined up to move forward. Preliminary architectural drawings and site plans are in hand and we will be making our way through the city planning process starting in January. So if all goes well, it seems that we could open the new store no later than June, 2016.

The board will be reaching out to about 250 shareholders in January looking to find a 40 owners who are interested in providing loan funding to complete the full amount of funding we need for the project. Since we need about

\$250,000 from shareholders and we have about \$125,000 previously semi-committed, we intend to raise the \$125,000 additional monies in this outreach. Shareholders who are eligible to loan funds must be legal residents of NY state, have been an owner for at least one year and understand that the loan does include substantial risk. Since we need to raise the money from only 40 people, the minimum loan amount will be about \$3500. For shareholders who want to help but do not have the ability to loan \$3500, we suggest that buying additional \$100 shares is a good way. Back when the current store was created and when there were financial problems after opening, this is what many people did. Raising this



\$250,000 from owners will complete the \$1.4 million+ that it will take to do the build out and purchase all the equipment. We are borrowing \$750,000 from Five Star Bank and getting \$100,000 from the city and \$50,000 from the county and using \$250,000 from our capital reserve that we have saved over the last 6 years. If you would like to discuss the possi-

bility of becoming one of the loan holders, please contact me at jim@abundance.coop or call at 454-2667.

Moving into the next part of the project, I now am fully aware that there will continue to be issues to deal with, that projects like this are complex and surprises do pop up; so I will lean on my support team to help me remember to do my best and and let it go!

Happy NOW Year!!!

The Benefits of Abundance Co-op Ownership:

- 10% discounts on all non-sale purchases on monthly **Shareholder Days**. Choose a day each month, at your convenience.
- **Enjoy our new "Shareholder Deals", sale items exclusively for shareholders.**
- **15% discounts on special orders** anytime.
- Eligible to **participate** in Owner-Volunteer program with store **discounts**.
- 20% **discount** on newsletter advertising for your local business & free classified ads.
- Your **vote** at annual elections and input at shareholder meetings.
- **Eligibility** to serve on the Board of Directors and participate on committees. Potential to receive **patronage dividends or rebates**.

Become an owner today and start enjoying these benefits! Anyone may purchase a share for \$100. Application forms are available at Customer Service Desk, and on our website at www.abundance.coop



DELI & CHEESE DEPARTMENT NEWS

By Julianna Barrette, Manager



Call your State Senator and Assembly members:

Tell them to sign up as sponsors for
THE GMO LABELING BILL!
And then VOTE YES on A 617/ S485!

The NYS Legislature starts up in January. Let's be sure that leadership brings the GMO labeling bill to the floor this session. With your help, we will soon have enough legislators who say they will vote yes! Let's hold them to it!

For more information, contact elizabethhendon13@gmail.com and for updates on the labeling bill, see www.gmofreeny.net.
Join NOFA-NY! – www.nofany.org



We have two new farm-to-table options in our cheese department from Cross-

winds Farm & Creamery, formerly Vanillen Dairy. Crosswinds is located in Ovid, NY, they own about 125 Brown Swiss and Holstein dairy cows, crossbred pigs and a flock of egg laying chickens. Crosswind's practices are sustainable, using whey bi-product to feed their pigs, recycled materials to build their farm and energy straight from the sun to operate their hot water system. The two varieties of cheeses we carry are an Alpine-style, aged cheese. The balanced flavors can range from an intensely nutty flavor to a more but-

terscotch taste. Served best at room temperate with NY apples. The second cheese is a Baby Swiss that is creamy and mildly nutty.



Served best at room temperature with a nice cold lager or crunchy pretzels. Look for Crosswinds products in our cheese case, top shelf!

Our deli department has been hard at work keeping up with our made in house soups, delicious salads and hearty sandwiches. Also, we have been tweaking a few new dessert recipes. One in particular is our vegan tapioca pudding. Recently, we have been making a pumpkin flavored pudding using organic pumpkin puree, but we have been experimenting with almond cardamom and chocolate flavors as well. Tapioca pudding can be served chilled or warm. It's a light des-



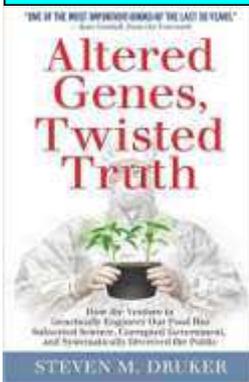
sert that won't let you down.

Another dessert that will be in the cookie basket is a spicy chocolate cookie. This cookie has a rich chocolate flavor with a mild spice that works its way onto your tongue. My favorite way to eat them is



warmed up and crumbled on top of vanilla ice cream. Keep your eyes open and enjoy your winter months!

Altered Genes, Twisted Truth; a book review



Steven M. Druker's book covers the history of the genetic engineering history through the eyes of a lawyer. It is written like a court case, with information laid out and repeated to reinforce what he has presented.

This book uncovers the biggest scientific fraud of our age. It tells the fascinating and frequently astounding story of how the massive enterprise to restructure the genetic core

of the world's food supply came into being, how it advanced by consistently violating the protocols of science, and how for more than three decades, hundreds of eminent biologists and esteemed institutions have systematically contorted the truth in order to conceal the unique risks of its products—and get them onto our dinner plates.

Jane Goodall calls it "one of the most important books of the last 50 years."

NEWS from PRODUCE

By Caitlin Holcombe, Produce Manager

With warmer weather well into late fall, we were able to enjoy local greens throughout December. Later in January, we will have hoop-house grown spinach from Lyman Hill (Kent, NY) to enjoy! And Bolton Farms' hydroponic greenhouse (Hilton, NY) will continue to offer a mix of greens throughout winter, with more varieties becoming available as



growing conditions improve with increased daylight. If this winter proves to be mild we will see the return of local greens much earlier than usual.

While we await the return of local fruit, there are lots of exciting types of citrus to try over the next few months. Florida citrus is experiencing a record-low in production this season (their lowest in 50 years), but California has a good supply. Below are a few to look forward to:

Pomelos are one of the four original citrus species and were used to breed several citrus varieties, including grapefruit (thought to be a natural hybrid cross of the pomelo and navel orange). Pomelos usually have a white flesh, though sometimes pink or red, and have a sweet flesh, and thick rind ideal for use in marmalade or candied.



Mango Valencias, which I have been told taste more like vanilla, are lower in acidity than other eating oranges and have an almost creamy texture.



Cara Cara Navels have a red flesh, are low in acidity and have the most complex flavor of all the navels. We will also offer mandarins and tangerines, which make for a great snack.

In Produce Industry news, the International Federation for Produce Standards (which has been issuing Price Look-up Codes (PLUs) since 1990) is repurposing codes with the '8' prefix. It had previously been set aside for use to indicate GMO Produce, but has never been used at retail, due to lack of governmental regulation around GMO labeling. The prefix '9' will continue to indicate organic produce, and in the near future '8' will join '4' as indicating conventional produce.

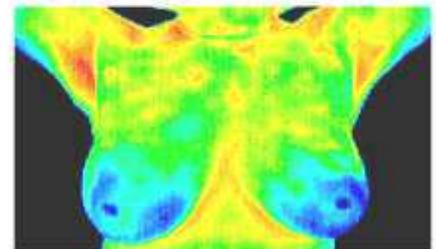
Welcome

NEW Shareholders!!

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Lenka	Leslie	Jeff
Jamie	Lucian	Amy
Danjie	Cory	Hannah
Sara	Tisah	Jennifer
Sara L	Katherine	Karen
Holly	Lauren	Marilyn
Anthony	Nancy	Michael
Jackie	Christine	Paula
Jennifer	David	Robin
Mike	Nancy	Tove
Mary	Andrew	Amanda



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Board Talk: By Jon Greenbaum, Board Co-Chair

I need to fess up. As a confirmed introvert, I have to admit that I am sometimes filled with ambivalence as I drive into the coop parking lot. When I shop at CVS or the mall I glide along in my bubble, secure that all my interactions will be impersonal. I might as well be sticking quarters in a vending machine. This is not the case at the coop.

Upon entering the coop for my weekly Sunday afternoon shopping I am invariably greeted by a cashier with an authentic recognition of my existence. The greeting is frequently bright and cheery and usually on a first name basis. But that's not the point. When I enter the coop I am entering a place that pushes back against instrumental interactions. And as much as I have an inclination to live in my introverted hermetically sealed, gated and air conditioned existence, there is a stronger inclination to live a life well lived, in community, in authentic relations, messy and contentious as they are.

I hope I am not scaring readers away. Yes, you can come and shop in the coop in your bubble! No problem. But be aware that the DNA of the coop is fundamentally different than the DNA of the corporate chain retailer. The structure of the coop works against people treating each other transactionally.

We're in this together. This is mutual aid. We own this enterprise together. And our participation is encouraged.

Ten years ago, when my children needed rides back and forth to activities and continual homework supervision, my participation in the coop meant that I shopped there. Period. And that was a great way to participate! I owned a share, and consistently used the coop, doing my part to help keep the business going. Let's acknowledge our shopping as participation.

But the coop doesn't stop there. It is a porous enterprise with many ways to plug in. The recent \$20 for 25 campaign is a great example. In order to move, the coop must attract more shareholders. At a Coop Ambassador meeting, shareholders brainstormed ways to spread the word, and the \$20 for 25 campaign was born. The program has successfully enabled existing members to create incentives for new folks to become shareholders. It worked.

At the St Patrick's Day Parade I met Jerry. Jerry told me he loves helping the store with repairs and odd jobs. He's there every week. I was struck by his commitment and enthusiasm. I also met Lisle and Scott and their dog. Lisle had prepared a pistachio costume and Scott volunteered to wear the banana costume. We spent the day in the Coop parade contingent waving at drunken Rochesterians and inviting them to shop at the coop. Participation.

This year members assembled in bars, parks and lodges to provide vision, feedback and direction for our enterprise. Our coop shares have been the capital that leveraged loans for our move to a new and larger location. Many of us have served on the coop board. We stock the shelves, fill the bulk containers, offer sample products, edit the newsletter and do outreach at events. Our coop invites us to participate. Try jumping over the counter to lend a hand at McDonalds and see how that is received.



These participatory dynamics create a fundamentally different atmosphere at the coop. It might not be immediately evident, but it is there nonetheless. You are invited to participate.



If you are looking to get more involved with the co-op, consider joining the Abundance Board of Directors Owner Linkage committee. Contact Katie Malarkey, Katie.Malarkey@gmail.com, or 671-6378

NEW DAY AND TIME! Monthly Board Meetings.

The Board generally meets on the 2nd **Thursday** of every month from 6 pm until 8 pm. Meetings are open to all owners and staff to attend, however, anyone wishing to bring items before the Board or wishing to speak at a meeting should call or email Jon Greenbaum 585 303-2110 (cell) gtree61@riseup.net one week prior to the meeting to be on the agenda.

Ken's Kookery: Ground Hog Cake By Ken Rich

Who lolls around in the garden all summer getting fat-and-sassy and brutally tanned, and then in the mists of autumn is yanked cruelly from the ground and assessed for fatness and flavor? Or if your garden is mulched deeply enough, who is it that we can pull up on February 2nd, and with a snidely leer, check for the casting of a premonitory shadow?

Me, me! I know! *Beta vulgaris*, the common beet, who makes for common puns! But then I thought, no, it's *Ipomoea batatas*, the sweet potato, who makes an o-mi-gosh-ier cake. So let's pull a ground hog off the produce stand and do dessert.

Winter is dessert season. Spring is salad, Summer is barbecued vegetables, Autumn is harvest soup with fresh bread, and Winter is ice cream. Of course ice cream is not a balanced diet, so we supplement it with cake or pie. Both are excellent for fueling the inner furnace. Chocolate ground hog cake:

Dry ingredients:

- 1¼ cup white pastry flour
- 4 tablespoons **Equal Exchange** baking cocoa
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup **Equal Exchange** bittersweet chocolate chips
- ¼ cup chopped walnuts

Wet ingredients:

- ¼ cup butter (half a stick)
- ¼ cup oil

- ½ cup maple syrup
- 1 egg
- ½ teaspoon vanilla extract
- ¼ cup plain yogurt
- 1 cup mashed sweet potato

Steam the sweet potato yesterday until very soft. Pull the skin off with your fingers. Set the oven to 325 to 350 degrees F. Butter a 9-inch cake pan lightly. The remnant butter on the wax paper wrapping may be enough. Fork-mix dry ingredients together, blending thoroughly. Soften or melt butter. Fork-mix the wet ingredients together, squishing the sweet potato well. If you do like a beet instead, grate the steamed beet. Don't bother peeling it: most of the skin will refuse the grater.

Mix the dry mix into the wet mix, then plop into the baking pan. It will be thick and need a spatula to smooth it into the pan. Bake for about 30 minutes, or until a toothpick stuck in the middle comes out clean. Do not frost this cake, it would upset the ice cream!

You might need a Punxsutawney Phil from groundhogstuff.com to adorn the top. He may not be locally grown, but at least he's goofy.

Ken Rich is a long-time Abundance Co-op shareholder. With a passion for "kooking," he concocts special dishes to share with *Rutabaga Rap* readers using stuffs from Abundance.



The Abundance Coop Ambassador project continues! Consider helping spread the word about the cooperative alternative and Abundance Coop Market. There's already a lot of interest in bringing back the Abundance Shopping Cart Drill Team and Tofu Bucket Brigade for local parades; tabling at events, highlighting the coop in social media, bringing our friends and co-workers to the store. What's on your mind? Email Chris Whitebell: chris@abundance.coop



WHOLE FARM PLANNING FOR RESILIENCE

By Elizabeth Henderson



Should we rent land to start a farm and risk losing it when the owner decides to sell it? Should we buy land and have to make payments for many years on a loan or mortgage? Should we sell at a farmers' market, start a CSA or sell wholesale to a super-market chain? Should

we grow more carrots or broccoli or switch to grains? Should we raise chickens for meat or eggs? Would ducks be better? Should we use a hoop house and row covers or find crops that survive on their own without plastic protection? Should we invest in digging a well and installing trickle irrigation? These are the kinds of the questions that new and experienced farmers face. Finding the best answer is rarely simple. There are so many factors - human, physical, social, spiritual, natural - that come into play. Organic farmers tend to be people like me who have trouble with reductive science. We sense that you cannot do any one thing on a farm in isolation since we see the world as patterns of intricately interrelated systems. With climate change upon us and the weather swinging out of control, a farmer cannot even rely on past experience and records. So this week, a group of the young farmers in our area spent three days at a training in Whole Farm Planning for Resilience with Phil Metzger as their trainer assisted by yours truly.

Based on the teachings of Alan Savory, Whole Farm Planning (or Holistic Resource Management) is a system for making decisions that lead you towards your holistic goals. Of course, that is the hardest part - figuring out what your triple bottom line goals are. The first day of the training is devoted to learning how to inventory the whole about which you are making decisions, identifying the key decision makers and then creating values-based, family farm goals. What do you want most deeply for your farm? What quality

of life do you seek? What will you produce and what methods will you use? and finally, what is your vision for the future of your farm and community? Next, par-



ticipants get an introduction to a set of testing questions: what is the root cause of the problem you are facing? What are the weak links - social, biological and financial? If you are choosing between two or more actions, which one gives the greater return in terms of your holistic goals for the time, energy and money spent? Which enterprise contributes most financially? Is the energy or money derived from an appropriate source? Will the decision lead towards greater sustainability and resilience? How do you feel about the different possible choices - your gut reaction? The last step is to learn how to monitor results - no farm decisions are final, so you have to be alert to changes, test your decisions and be ready to revise your goals.

In addition to the regular curriculum for these trainings, we added a new section on designing for resilience. Using concepts from Laura Lengnick's new book *Resilient Agriculture: : Cultivating Food Systems for a Changing Climate* (New Society, 2015), the farmers shared reflections on the diversity of their cropping and marketing, the interweaving of wild and cultivated areas and the value of some controlled disturbance from weather or pests in breeding crops and breeds that can withstand change. We focused on the central importance of soil health and then made a plan to utilize existing sustainable farming networks to push for new incentives for farmers who improve the quality of their soils by sequestering more carbon through building organic matter.



What makes a training like this fun is sharing one another's stories and examining together the decisions to be made. This takes a lot of trust and when the process goes well, as it did this week, the separate members of the group become closer friends and discover new ways to work together. I can promise you, the Rochester community will benefit from the new collaborations that will grow from this intense 3 days.



On a recent hike to Cobb's Hill I noticed this very disturbing slogan spray-painted on a water tower: "White Lives Matter. . . more." What kind of a person would spray paint these kinds of sentiments on a public water tower? What sort of motivations are behind this slogan?

At first I thought it was crass gloating from some racist white person, an infuriating appropriation from the "Black Lives Matter" movement. A friend suggested that to her it sounded more like a cheap shot to deflect and not deal with the very serious nature of BLM's critique of police violence and institutional racism.

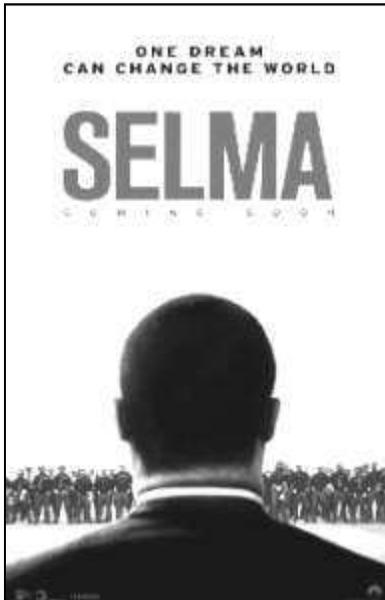
Then I thought about the three dots. . . What if the slogan were really a sad and sarcastic commentary on the shameful reality in our country today? White lives do seem to matter more when it comes to getting that job or mortgage or good credit report, or in being protected by the police instead of killed. Didn't Martin Luther King get rid of this kind of thinking 50 years ago? Apparently not.

We grew up in my family viewing MLK as a great hero while he was still alive. Our parents made sure that we kids knew who Dr. King was and what he stood for. When Malcolm X was killed, Dad took us aside to have a little talk "so you don't get upset." So we even heard about Muslims in the 1960s.

It's easy to be a civil rights activist in a small country town where no black people lived. Questions never come up. We did get our mouths washed out with soap for saying the "N word" even though we only said it to white people. Mother was determined that we were to be "raised right."

Things changed when my family moved South. I was 12. Schools, buses and lunch counters were integrated by this point, sort of. Neighborhoods were still segregated. As we walked to school each morning, black maids headed out to work in our neighborhood until evening. Blacks and whites did not talk to each other much in those days. Yes sir, no sir, yes ma'am! I said "Yes sir" to my father once like all the other Southerners did and he just cracked up laughing.

Dr. King was killed just a week or so after he'd passed through our city trying to organize the garbage workers. I was in



art class when the intercom came on to give us the sad announcement. When I got home from school, the elderly white lady next door called to invite us to a party at her house. She was mixing drinks and putting out sandwiches and cookies to celebrate that someone had finally killed that trouble-making "n-word". Mother began to scream over the phone and informed the neighbor that no Strattons would be coming to *her* party!

Half a century has passed since then. Still today you can hear this sort of hate speech. Political candidates engage in shameless expressions of public racism. Is this what our freedom of speech is for? Haven't we learned anything?

Do American lives matter more? Nobody complained so vehemently when some joker massacred a bunch of Batman fans at the movies. School children, Amish girls, bosses and employees, every day or two in America there is a mass shooting for one group or another. Why can't we just repeal the second amendment? I want to feel S.A.F.E! All lives matter.

Our latest mass murder was perpetrated, yes, by Pakistani-American psychos at a Christmas party. Why is this a reason to wave the flag? Candidates debate bombing, carpet bombing or wall to wall carpet bombing, as if these were the only choices. Will more guns and bombs and hateful diatribes make us more safe?

Muslims need to learn and use the techniques of non-violence that Martin Luther King learned from Gandhi. Maybe then they'll get somewhere. I don't expect any of our political candidates ever to win the Nobel Peace Prize or to have a holiday named after them. Thank you, MLK, for all you have done for us. Now it's our time to take things further. Let's get busy.

REVIEW OF THE MOVIE "SELMA" By Jim DeLuca

Over the holiday season I watched this inspiring film. While I am almost always moved by courage, this version of Reverend King leading the march on Selma was particularly inspiring. Not only does it demonstrate the leadership Dr. King brought to the movement, it shows how politically savvy he needed to be to get President Johnson to move forward on civil rights when he did not want to at that point in his presidency. While it is sometimes difficult to watch, to remember how racist people can be, how violent people can be; that is all counterbalanced by the amazing courage of so many people willing to be beaten or killed in order to help create a more equal world. Also, I was left with the awareness that there is still much more to do to bring fairness and compassion to many people around the globe including right here in Rochester.



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Seven Cooperative Principles

Cooperatives around the world generally operate according to the same core principles and values, adopted by the International Cooperative Alliance, a global membership association of co-ops and co-op support organizations. In 1995 the ICA established the following seven Principles that define co-ops as part of the Statement on the Cooperative Identity:

1. Voluntary and Open Membership

Cooperatives 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 or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting their policies and making decisions.

3. Member Economic Participation

Members contribute equally to, and democratically control, the capital of their cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter to 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 cooperative autonomy.

5. Education, Training and Information

Cooperatives 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 public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

6. Cooperation among Cooperatives (A.K.A. P6 : Coop products)

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

7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies approved by their members.



If you are looking to get more involved with the co-op, consider joining the Abundance Board of Directors Owner Linkage committee. Contact Katie Malarkey, Katie.Malarkey@gmail.com, or 671-6378

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I have allergies and am looking for pesticide-free housing that is temporary or longer term. Looking for either shared housing or an individual apartment or house. If you have any information, please call 585 414-7422.

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Thanks so much to everyone who contributed to our holiday shopping cart drive this year! The Veterans Outreach Center and Willow Domestic Violence Center each received \$240 worth of food.

ROCHESTER AREA VEGAN SOCIETY
RAVS membership, potluck dinners, and lectures are open to all. You don't have to be vegetarian or vegan to participate. Potlucks usually on third Sunday of the month. See calendar on website. Visit our website to learn more: www.RochesterVeg.org

Light Works! Your Local Metaphysical Group

Meet once a month at RIT Barnes & Noble
100 Park Point Henrietta, NY 14623
Upstairs Conference Room 7PM Cost is \$5

Join us for our once a month meeting about all kinds of topics—metaphysical, spiritual and alternative health. We have our schedule posted - October 21, Abundance Theory and You and the next meeting is November 18 TBA. This is an open environment where information is shared and respectful discussion is encouraged.

For more info go to www.meetup.com/light-works.

Light Works! Annual Winter Mystical & Wellness Fair
Jan 23, 2016 Sat 10am—7pm Brighton Town Park—
Carmen Clark Lodge

“THE JOURNEY TO LOVE STARTS HERE WITH YOU”
WITH MEENA LALL LMSW 10 – 12:00 PREPAY \$15,
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1-7PM : VEGGIE FOOD, CHAIR MASSAGE, REIKI, CHAKRA BALANCING ALONG WITH VENDORS OF JEWELRY, OILS, INCENSE, GEMS, ROCKS, CRYSTALS, MORE. FIND OUT WHAT THE FUTURE HAS IN STORE WITH AN INTUITIVE READING WITH OUR OWN ROCHESTER INTUITIVES.

For more info go to www.meetup.com/light-works.

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Shareholders get your FREE un-classified ad here, UP TO 50 WORDS, space permitting, 10 point type. Send request with text to JIM@abundance.coop. Please provide your full contact information for verification. Next deadline: Feb. 20 for Mar.April.2016

Black-Eyed Pea and Edamame Succotash
Co+op, stronger together



Ingredients

- 1/4 cup yellow onion, finely diced
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 cup edamame, shelled, frozen
- 1 cup sweet corn, frozen
- 1 cup red bell pepper, finely diced
- 1/2 cup fresh cilantro, roughly chopped
- 1/2 jalapeno pepper, finely diced
- 2 tablespoons scallions, chopped (about 3 scallions)
- 1 1/2 tablespoons smooth Dijon mustard
- 1 1/2 tablespoons sherry vinegar
- 1 tablespoon honey
- Pinch cinnamon, ground
- 1/2 teaspoon chili powder
- 1 tablespoon fresh chives, chopped
- Salt and pepper to taste
- 8 chicken or turkey sausages (optional)

Preparation

Place oil in a large pan and sauté onions and garlic until translucent.

1. Add black-eyed peas, frozen corn and frozen edamame. Stir until frozen vegetables are thawed. Remove from heat.
 2. Combine honey, mustard, vinegar, cinnamon, chili powder, and chives, and whisk to make dressing.
 3. Stir all ingredients together with the dressing.
 4. Prepare the sausage links according to directions.
- Serve sausages with succotash on the side.

Serving Suggestion

Add additional vegetables, such as mushrooms or carrots, for a more substantial salad. Serve with a hearty soup, green salad, and bread or rolls.

- See more at: <http://strongertogether.coop/recipes/black-eyed-pea-and-edamame-succotash/#sthash.bFj45Vmw.dpuf>

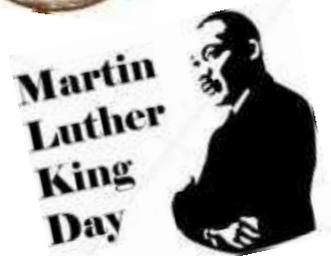
CALENDAR

JANUARY

- Jan. 1 New Years Day Closed
- Jan . 7 Inventory (opening at 11am)
- Jan. 14 Coop Board Meeting
- Jan. 18 Martin Luther King Day
- Jan. 21 National Hugging Day
- Jan. 23 National Pie Day

FEBRUARY

- Feb 2 Ground Hog Day
- Feb 8 Chinese New Year (Monkey)
- Feb 11 Coop Board meeting
- Feb 14 Valentine's Day
- Feb 29 Leap Day!!



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