

People's Food Co-op CONNECTION

Ann Arbor's Community Owned Natural Foods Grocery Since 1971 • Visit us at www.peoplesfood.coop

Vote!



Ballots due in store 4:00pm Saturday, May 30th or bring them with you to the Annual Meeting

We are kicking off another PFC election. Your ballot is enclosed and will need to be returned to the store by 4pm Friday May 8th, or bring it with you to the Annual Meeting (either way, we'd love to have you join us!)

Two board seats are opening up. Board members Chris Good and Anjanette Bunce are leaving us and it is up to you to choose two board members to take

it is up to you to choose two board members to take their place. In addition, there are several proposed bylaw changes, so please read those over carefully. Refer to page 5 of this newsletter when marking your ballot.

Your ballot has been added as a separate insert into this newsletter. If you did not receive a ballot, you may either pick one up in the store, or contact Member Services at (734)994-4589 and we will be happy to send you one.

Presorted First-Class Mail U.S. Postage **PAID** Ann Arbor, MI

You are cordially invited to our Annual Meeting

Sunday May 31, 2009 3:00-5:00 PM

Leslie Science & Nature Center

This year's annual meeting will be May 31st from 6:30-8:30pm at the Nature House at Leslie Science and Nature Center. The center is located at 1831 Traver Rd. There will be plenty of parking and the site is fully accessible. There will be about a 30 minute meet-n-greet followed by our business meeting. Light refreshments and snacks will be provided so please join us!

20% Case Discount for Members





Did you know as a Co-op member-owner you can pre-order a case of your favorite product and knock 20% off the shelf price? Its true! We took your feedback to heart and have streamlined our "Healthy Savings" program. No more orientations to attend and no more bulky catalogs to sort through. Simply let your cashier know you'd like to pre-order a product we carry and as long as it is non-perishable (no dairy, frozen, meat, produce, or bread) you'll get a full 20% off. As always, you can still special order full cases of perishables and will get 10% off of those. Although we can't take these discounts off of sale prices, you will get either the sale price or the discount off of the regular price, whichever is lower. So, now is a great time to stock up and save!



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Vol 25 • No. 2 • Election 2009



Current readers

voted the

People's Food Co-op

"Best Natural Food Store"!

Thanks!

Visit the co-op on May 16th from 8:00am-2:00pm for Project Grow's Plant Sale!



International Cooperative Principle: Voluntary and Open Membership

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



Mon. - Sat. 8:00am-10:00pm Sun. 9:00am-10:00pm

Sun. 9:00am - 8:00pm

OFFICE OUTREACH

STORE 734.994.9174 734.769.0095 734.994.4589 734.769.0150

THE CONNECTION

FAX

The Connection is published six times a year. You can reach the editor via the PFC store:

216 N. Fourth Avenue Ann Arbor, MI 48104 (734) 994-4589 or info@peoplesfood.coop

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Ken's Notes



General Manager, Ken Charboneau

We'd like to thank all the members in advance for your participation in the upcoming board elections. Membership Involvement = Cooperative Strength.

Thus far in 2009, sales at the PFC have remained very solid. As of April 12th, the PFC is +3.5% ahead of the 2008 pace. This is a very significant indicator of the commitment and loyalty of the PFC membership. From an historical perspective, the cooperative model has always endured economic strife, and co-ops have emerged from the deepest and darkest valleys as stronger and more vibrant organizations. This is not to say that co-ops are immune from economic factors beyond our control. Rather, it's a testament to the core strength of community.

Shop Local. Shop Co-op!

The 2008 annual report will show that the PFC made a modest profit of approximately \$75,000, due entirely to the diligent efforts of our staff and the dedication and support of our membership.

As general manager I recommended to the board, and the board agreed, to not issue a patronage rebate for 2008. I asked the board to allow the PFC to retain these funds as a safety net during this period of unusual and unprecedented challenges. The patronage rebate is an important aspect of PFC membership; it is something we all recognize and value. To me it is not a question of "can we issue a rebate," it's more a question of "should we?" Last year we issued a full 100% rebate because all conditions supported that position. This year, I believe it's appropriate to take a more conservative approach and preserve our cash flow. Whether you agree or disagree with this position, please know that we are acting in the very best interests of the Co-op and the membership.

Ken Charboneau

Patronage Rebate Not Issued For 2008

The PFC board has chosen to not issue a patronage rebate for 2008. Although business at the Co-op has been brisk, the board has decided, given the economy, the most prudent thing to do is to hold onto the profit PFC has made. In making the decision the board took the advice of General Manager Ken Charboneau who says, "Business is solid but we just don't know what next year is going to look like". He adds. "Given the economy. the fact that we are doing as well as we are is a real testimony to the community's support of our mission. Even so, the most prudent thing to do is to hold on to our cash reserves in the event the economy doesn't improve at the rate we hope it will".

The Co-op is employing a number of strategies to ensure it can weather whatever financial storm lays ahead. These include keeping a close watch on expenses, improving profit margin, and keeping labor hours in proper proportion to sales volume. In addition to watching spending, the PFC is working to improve the bottom line on the sales side of the equation too. These efforts include refining the product mix to better meet members' needs, more frequent promotions, and more marketing and outreach.

In years when the Co-op has sufficient profit to issue a rebate, 20% is given out and 80% is retained for five years. Members will be getting their 2004 retained rebates soon, so keep an eye out in the store for details. We do need current contact information, so if you are not sure we have your correct address, please contact our business office by calling (734)769-0095 or emailing us at finance@peoplesfood.coop at your earliest convenience.



Co-op Communications 101

"If information and knowledge are central to democracy, they are the conditions for development." -Kofi Annan

We are all treading water in the deep end of the cyber-technoinformation pool these days. It can be a challenging keeping our heads above water with the storm surge of communications coming our way. What do you pay attention to, and what can you ignore? How do you know where to look?

A retail environment like the Co-op is inherently packed with information. From store hours to sale signs to corporate branding, every tid-bit of visual information is vying for a few square centimeters of turf and for your attention.

The Co-op, unlike a conventional grocery store, has the added challenge of ensuring the membership is informed about co-op related events and deliberations. Our decision-making as a group is going to be only as good as not just the quality of the information members are getting, but how effectively it is disseminated. We have a large, diverse membership (some 6,500 strong) not all of whom are online or visit the store frequently. How do we ensure everyone has access to information about the next class topic or discount weekend, not to mention board elections and patronage rebates?

There is no one-size-fits-all approach. Despite the attractiveness and effectiveness of social media like Facebook and Twitter, those remain primarily networking tools for a business like the Co-op. We have a moral imperative to communicate about things like elections with the entire membership, not just that segment who happen to be fluent enough with technology to have a Facebook page.

This newsletter remains among our primary communication tools. Nonetheless, our need to communicate exceeds the frequency with which the newsletter is distributed. To fill that gap, and to ensure everyone who visits the store has ready access to pertinent co-op information, the large bulletin board just inside the front door is reserved for PFC-related information. Look there for co-op job postings, class sign-up sheets and volunteer opportunities, as well as up-to-date information on board meeting times and agendas, elections, and patronage rebates. Information is often also posted at the registers. Theoretically, every member who enters the Co-op is going to funnel through one of the register lanes, which makes postings there highly visible and generally effective, though not necessarily well suited to everything. Our Web site (www.peoplesfood.coop) is a good source for a variety of co-op related information from bylaws and board meeting minutes to the hot bar menu. It is slated for an overhaul this summer, with the intent of making it more engaging and easier to navigate.

Despite our best efforts, everyone is not going to get every message. We filter out a good deal of the information we are bombarded with throughout the day. We have to employ some sort of mechanism to disregard the excess and sometimes that means important messages are also overlooked. Nonetheless, the big banners on the front of the building will announce the next big discount weekend, signs on the doors will let you know what our holiday hours will be, and reading the newsletter and checking out the info board will keep you up to date on the big picture stuff, as well as the not-so-big picture stuff. In the end, hopefully we will have competed well enough for your attention and used our few square centimeters of turf wisely.

The Board would like to thank outgoing Board Secretary Joan Bailey for her service to the Peopleis Food Co-op. Joan had to end her term on the Board early because she will soon be moving abroad. At the February Board meeting the Board appointed Missy Orge to fill the open Board seat that was created by Joanis impending departure. Missy has significant experience in the local food economy, both with Food Gatherers, and at the Del Rio. The Board feels that Missy will be a valuable asset to the Food Co-op, and a good fit in the group that is now serving on the Board. We welcome Missy to her new position.

The Board would also like to remind the Co-op membership that it is time for our annual elections. We have two Board seats to fill in the coming election, and there will also be several ballot proposals for the membership to vote on regarding changes to the bylaws of the People's Food Coop. Participating in elections and voting is one of the most important things that members can do to keep the Co-op strong. Democratic governance is at the heart of what the Co-op movement is all about, and member participation is essential to keeping our Co-op strong and vibrant. Our commitment to the community and to local control of the Co-op are some of the things that set us apart from other natural foods grocers, and they are some of the reasons that we think the Co-op model is a better way to do business. So please take some time to look at the candidates and the proposals and then cast your vote! The election will take place over a span of several days. There will be ballots available in the store, and you can vote right up until the start of the annual meeting, which will be taking place at the end of May.

Mark Your Calendars

Free PFC sponsored Classes for May - August 2009:

Wednesday May 6

7:00 - 8:30pm

The Basic Principles of Living Naturally

John Fielder, DO, DC, ND Join renowned raw food enthusiast and educator Dr. John Fielder for a presentation on how healthy living can be achieved through following a raw food diet, use of hydrotherapy and fasting, and achieving balance through contact with the natural world.

Thursday May 7

7:00 - 8:30pm The Healthiest, Most Effective Way to Lose Unwanted Body Fat Ellen Livingston & Don Bennett There is a completely safe way to attain your ideal natural weight and maintain it for the rest of your life. Ellen Livingston, Raw Food Educator and Healthy Lifestyles Advocate, and Don Bennett, Disease Avoidance Specialist and author of Avoiding Degener-

Tuesday May 12

and food demonstration.

7:00 - 8:30pm

Home Remedies for the Whole Family Diana Christoff Quinn, ND

ative Disease, present this free lecture

From the common cold to minor injuries, many natural remedies can be found in your kitchen. Be prepared for minor ailments with home remedies using herbs, foods and water.

Thursday May 28

7:00 - 8:30pm

Herbs and Pain

Linda Diane Feldt, Holistic Health Practitioner

Come discover how herbs can relieve pain from ailments such as headaches, and learn about non-conven tional approaches to pain. Covering safety, herbal interaction with conventional drugs, and ideas for acute and chronic pain, triggers and more!

Thursday June 4

7:00 - 8:30pm

Travel Healthy: The Raw Food Diet

Hits the Road Ellen Livingston

Learn how you can easily maintain the healthiest diet even while traveling, camping, and eating in restaurants and other places away from home. Ellen Livingston, Raw Food Educator and Healthy Lifestyles Advocate, presents this free lecture and food demonstration.

Tuesday June 9

7:00 - 8:30pm

Tightening Our Belts

Diana Christoff Quinn, ND

Healthy eating can be good for the budget as well as the waistline. Join us for a discussion of economical nutritional choices that help maintain a healthy weight. Sample menus and shopping tips included.

Thursday June 25

7:00 - 8:30pm

There is a Free Lunch!

Learn about the world of nourishing herbs and wild foods that are right outside our doors. We'll cover how to find, identify, and prepare these wild plants.

Linda Diane Feldt, Holistic Health Practitioner

Thursday July 2

7:00 - 8:30pm

Raw Kids! Eliminate childhood illness: what you need to know!

Ellen Livingston & Don Bennett

Most childhood illness can be avoided when parents apply the best information about our natural diet and lifestyle. Learn the information that can help you free your child from colds, coughs, flus, earaches, asthma, rashes, diabetes and more. Ellen Livingston, Raw Food Educator and Healthy Lifestyles Advocate and mother to three healthy children, and Don Bennett, Disease Avoidance Specialist and author of Avoiding Degenerative Disease, present this free lecture and food demonstration.

Thursday July 23

7:00 - 8:30pm

Herbal First Aid and Prevention for your Pet Join us as we explore ways to prevent and treat minor injuries and complaints, and cover what a holistic pet first aid kit should include.

Linda Diane Feldt, Holistic Health Practitioner

Thursday August 6

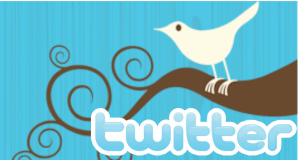
7:00 - 8:30pm

FRUIT, our Real Superfood: Find out what a fruit-based diet can do for you!

Ellen Livingston & Don Bennett

Learn why fresh ripe raw fruit is the superfood worth investing in. We'll address your concerns about the sugar in fruit, and empower you with the most important dietary information you may ever encounter. Ellen Livingston, Raw Food Educator and Healthy Lifestyles Advocate, and Don Bennett, Disease Avoidance Specialist and author of Avoiding Degenerative Disease, present this free lecture and food demonstration.

facebook



Our Board



Anjanette Bunce Co-President 474-4011 (term ends 2009)



Chris Good Co-President 395-0315 (2009)



Laura Trumbull Vice-President 649-1482 (2010)



Missy Orge Secretary 657-4004 (2011)



Dan Soebbing Treasurer 761-3167 (2011)



Linda Diane Feldt Director 662-4902 (2010)



Pete Schermerhorn 677-4705 (2010)

The Board of Directors is elected by PFC members to represent them in setting policy and supervising the operations of the Co-op.

Members are encouraged to participate in the Co-op's decision-making process and to attend board meetings. Time is set aside for public comments at the start of each meeting. Have a topic you would like the board to consider? Notify the President of the Board. The deadline for member requested agenda items is two weeks before the scheduled meeting. Contactpresident@peoplesfood.coopfor more information and to ask if there is room on the agenda. Our next two board meetings are May 21st and

If you have any comments to share with us contact any of the directors.

Our groupwide e-mail is board@peoplesfood.coop. Contact individual board members at the following addresses:

president@peoplesfood.coop vicepresident@peoplesfood.coop treasurer@peoplesfood.coop coopsecretary@peoplesfood.coop

PFC is on **Facebook and** Twitter!

The Co-op now has a facebook page and we tweet! You can find us on facebook by searching "People's Food Co-op Ann Arbor" and on Twitter by searching simply "People's Food Coop". This will come as no surprise to well over 300 of you who've already found us on facebook. If you're not currently a fan, come check us out. We offer a bit of a smorgasbord of announcements, video clips, recipes, and more. Some of its food for thought, some is just plain food, and some is just plain silly. Whatever your interest is, if its food or co-op related, we are worth a look. Check out our list of "fans" too. Odds are you'll see someone you know!

Board Candidates



Henry Herskovitz Rebecca Kanner

Iwas very impressed with the efforts One of the first things that I did of the Boycott Israel Group, whose dedication and hard work brought a petition to the Board of Directors of PFC in 2007 and enabled the Co-op to conduct a vote on whether to boycott products made in Israel. Though I played no part in that very successful effort to raise awareness of the atrocities committed by the state of Israel, I felt that what was lacking was a sympathetic ear of a Board member to their cause. I plan to be that ear, and voice for the Palestinian people.

The wonderful part about our Co-op is that it promotes the value of social consciousness, as evidenced by Bob Schildgen's message in this month's Connection. And given the massacre of Gaza just committed over the holiday season by Israel, nothing could be more timely than a second effort by a socially conscious group like BIG, to commit our social energies into achieving a just peace in Palestine.

Inote that of this writing the 15,000 member Park Slope Food Co-op in Brooklyn, New York is considering a ban on Israeli products, and I would like our Co-op to be one of the leaders in this movement. It is time that the Ann Arbor political and co-operative communities came together to demand an end to the ethnic cleansing in Palestine. Boycotts, like the one proposed in 2007, is a peaceful means to achieve this goal; it is what I hope will be the main priority of the Board in 2009-2012.

Voters should consider that I have been a participating member in the People's Food Co-op since about 2002, well prior to my advocacy for Palestinian self-determination.

I also bring 32 years of experience in working for a major manufacturing firm in southeast Michigan. When I retired, I was manager of the Design/Drafting group of this \$1.8 billion corporation, responsible for the work of 12 CAD designers, and reported directly to the Vice President of Engineering and Manufacturing. I understand corporate organizations, budget imperatives, business plans, and worked closely with associates in Human Resources.so many years. Thank you for your consideration.



when I moved to Ann Arbor in 1982 was join the People's Food Co-op. I joined for a number of reasons, including its healthy food, the opportunity to volunteer, a member discount, and its walking distance location. In addition to these reasons, the most important reason for my becoming a Co-op member is that I became one of PFC's owners! The Co-op, always more than a grocery store for me, is something I believe in.

Since that time, the Co-op has been a vital constant in my life. It is where I buy my food, get a chance to visit with friends and acquaintances, shop environmentally, have a say in the Co-op's policies, and support a local business (that we own) and the many local businesses that the Co-op buys from. Now, after almost 27 years, I would like to get more involved in the Co-op by serving on the Board. After so many years of receiving all that the Co-op has to offer, I want to give something back by volunteering as a board member.

I will bring to the PFC Board the knowledge, skills and experience I've gained by participating in and serving on a number of boards, steering committees and advisory committees. A few of the organizations that I have learned from include: the Interfaith Council for Peace & Justice, Leslie Science Center, Ecology Center, Community Farm of Ann Arbor and Brit Tzedek v'Shalom. My participation with these and other groups trained me in meeting process, facilitation, decision-making, communication, advocacy and working with others.

As for priorities in the coming years, I believe that PFC needs to continue its support of local produce and other products, educating our members on the environmental, economical and ethical impacts of buying local. And of course an ever present priority is being fiscally sound during these difficult times so that PFC will continue to exist for our children's children, so they too can shop cooperatively!



Charles Loucks

Why are you interested in serving Thave been a member of PFC since on the PFC board?

As an activist and current Membership Secretary for the Green Party of Michigan, I believe that membership on the Co-op board is an excellent opportunity to practice what I have been preaching. In particular, our Party's core values of Community-Based Economics, Decentralization and Grassroots Democracy (please see www.hvgreens.org/tenkv.php for further reference) are highly relevant. I believe that a big reason people join and participate in a place like the People's Food Coop (PFC) are not only to purchase healthy food at reasonable prices but to change society as well. In fact, I believe that the only way the PFC can survive in the long run is by offering its members a sense that they are participating in something that is truly having a positive impact in ther community. So how can this be done? Support for local businesses and farms through wholesale purchases and cooperation in advertising through a joint coupon Lisa and Lestablished repastspreprogram ("Buy Local" coupons). Use of Instant Runoff Voting (IRV—see www.fairvote.org)inco-op decision making as well as support for the use of IRV in local political elections is another example of how the co-op and its members can affect positive change in society.

What do you believe PFC's priorities should be in the coming years and why?

Grow the membership and change society for the better!

What Knowledge, skills, experience, and enegry would you bring to the conversation we are having on board?

My profession is Automotive Engineer. I have 20 years experience as an engineer in the automotive industry in Michigan and Indiana. I have an undergraduate degree in Electrical Engineering and a Masters in Engineering Management.



Jeff McCabe

1988. My wife, Lisa Gottlieb and I live on Soule Blvd. on the Westside of Ann Arbor.† The PFC has played an important role in our family over the years.† We have benefited from the long-standing commitment to healthy foods made available to us, as well as the education and community that the Coop fosters.

I am committed to working with organizations that are re-imagining sustainable living practices. I am devoting my time to expand local markets for our region's farmers and potential farmers.†† I am convinced that we can all benefit as we focus on the bounty that our region can provide us year round, even in this four-season climate.† I would like to help the coop seize this opportunity in a time of changing national priorities and economic turmoil.

sentandfuture.org to support local food organizations.† We are supporting the work of organizations such as Growing Hope and The Agrarian Adventure. It is amazing what these groups have accomplished in establishing access to garden spaces, educating children and consciousness raising. Their work has directly impacted food choice for many local families. In this work, we have noted a hunger not only for healthy foods raised with sustainable practices, but an equal hunger for connectedness and a sense of common purpose in our individual efforts.+ I see the Co-op as an important hub of this sustainability and self-reliance.

I have a great appreciation of the work that the board, staff and membership have accomplished to date. I am a remodeling contractor and served on the board of the local Remodeler's Council.† I believe I am well aware of the elements that make for a functional board of directors and that I can serve as a productive member of the PFC board.† If I am chosen as a board member, I will bring a commitment to serve this great organization that has nurtured our family and community so well for so many years. Thank you for your consideration.

Proposed Bylaw Changes Refer to this page while filling out your ballot (also available in the store)

The board periodically reviews the bylaws of the People's Food Co-op to ensure clarity, conformity with membership and organization goals and objectives as well as legal compliance. Following is a series of changes the board has compiled for your review and approval. We have listed the original wording, the suggested change, and the pros and cons of making this alteration. After careful review and discussion, we believe these adjustments are helpful and we seek your approval of them.

Please do not hesitate to contact us or attend our next regularly scheduled board meeting on Thursday, May 21st at 6:30pm at Menlo Innovations in the Kerrytown Market Shops with any questions regarding these improvements. We are always glad to hear

Sincerely,

People's Food Co-op Board of Directors

Article III: Membership **Bylaw 3.4:**

Current language: "RIGHTS: As stated in these bylaws, members have the right to elect the Co-op's Board of Directors, to recall Directors..."

Proposed Language: "RIGHTS: As stated in these by-laws, members have the right to elect the Co-op's Board of Directors, to remove Directors...

Pro Statement: Changing language from 'recall' to 'remove' fits better with Michigan law (as with Bylaw 5.10 below).

Con Statement: Perhaps unnecessary.

Article IV: Meetings of Members

Current Language: "NOTICE: The Co-op shall give each member written notice of Annual or Special Meetings of members, either personally or mailed to their last known address at least ten (10) and no more than sixty (60) days before the meeting."

Proposed Language: "NOTICE: The Co-op shall give each member written notice of Annual or Special Meetings of members, either personally, by mail, or by personal electronic communication to their last known address at least ten (10) and no more than sixty (60) days before the meeting."

Pro Statement: Although PFC does not currently collect electronic contact information for its members, eventual cost-saving and ease of communication may make this the preferred option for staying in touch with the bulk of the membership. This fits with current practice and follows state laws that were recently revised to allow electronic contact op-

Con Statement: Security of electronic data may be an issue, which will have to be addressed before implementation of any such participation.

Bylaw 4.3:

Current Language: "OUORUM: Ouorum at any Annual or Special Meeting shall be five percent (5%) of the membership or fifty (50) members, whichever is smaller. Business may be discussed, but no official action may be taken without a quorum."

Proposed Language: "QUORUM: Quorum at any Annual or Special Meeting shall be ten percent (10%) of the membership or one hundred (100) members, whichever is smaller. Business may be discussed, but no official action may be taken without a quorum."

Pro Statement: The current bylaw is left over from a time when we had fewer than 1000 members. Now that we have more than 6000 members, it seems prudent to raise the level required for taking decisions at an Annual Meeting, to protect the rights of the vast majority of members who do not attend the Annual Meeting, from a potential very small interest group. Moving quorum from 5% to 10% is in keeping with our proposed across-the-board 10% level for voting, quorum, and petition gathering. The move to 100 members from 50 members is a compromise from an earlier failed proposed change.

Con Statement: This bylaw was proposed for revision in 2004, with the proposed increase to 10% or 500 members, whichever is smaller. This proposal failed to pass. There may be a participatory value in having a lower threshold for augrum.

Bylaw 4.6:

Current Language: "AGENDA ITEMS AT ANNUAL MEET-

INGS: ... Proposals not on the meeting agenda shall not be considered for voting, except by unanimous consent of those present at the meeting. Lacking such consent, questions may be raised for discussion only by agreement of two-thirds (2/3) of those present and voting."

Proposed Language: "AGENDA ITEMS AT ANNUAL MEETINGS: ... Proposals not on the meeting agenda shall not be considered for voting, except by unanimous consent of those present at the meeting. Lacking such consent, questions may be raised for discussion but not for voting by agreement of two-thirds (2/3) of those present and voting."

Pro Statement: The bylaw as written is confusing with regards to proposals at Annual Meetings, and how they may be raised. As written, a proposal could be said to be able to be raised either by unanimous consent of voters at the meeting, or a 2/3 majority - which is redundant or confusing. The intent was probably to have items raised for a vote only by unanimous consent, or raised for discussion without a decision by vote of 2/3. Rewording slightly removes ambiguity.

Con Statement: This may not fully address the needs of members.

Bylaw 4.7:

Current Language: "Referenda may be either by mail ballot or by in-store balloting, provided that if in-store balloting is used, balloting must be carried on for at least twenty-one (21) days. A simple majority may be sufficient to decide questions presented in referenda, provided that at least ten percent (10%) of the members cast ballots. If the minimum number of votes is not obtained within three (3) weeks, a second mailing must be made to the membership, extending the time for casting the ballots by twenty-one (21) days.'

Proposed Language: "Referenda balloting must be carried on for at least twenty-one (21) days. A simple majority may be sufficient to decide questions presented in referenda, provided that at least ten percent (10%) of the members cast ballots. If the minimum number of votes is not obtained within three (3) weeks, the time for casting ballots will be extended by twenty-one (21) days."

Pro Statement: As written, the bylaw is confusing and contains more detail than is necessary regarding balloting. Simplifying the language removes no member rights and clarifies the extension of balloting.

Con Statement: There may be value in describing the specifics of balloting methods that is not captured in the proposed revision.

Article IX: Entities The following pertain to multiple locations and are to be voted on together.

Current Language:

Article IX: Entities

"9.1 RESPONSIBILITIES: Each Co-op entity shall have separate areas of decision making responsibility as designated by the Board of Directors. The decisions may include questions of store hours, product selection, use of volunteer labor and some store-specific financial questions. A Co-op "entity" shall be defined as storefronts, offices, and other establishments established by the Board of Directors or by vote of members.

9.2 ORGANIZATION: Each entity should organize its own method of decision making, which may include local staff meetings, committees, or other decision making structures.

9.3 CORPORATE RELATIONSHIP: The Board of Directors may review entity decisions to insure that they benefit the whole Co-op."

Proposed Language: "Article IX: Entities - REMOVED This article describing entities (different stores within the combined co-op) is no longer relevant. To preserve continuity of numbering, this placeholder statement is inserted."

Pro Statement: This article was left over from the time when PFC first had two operating storefronts (Packard and Fourth Avenue), and was intended to delineate "turf" between the stores as well as establish independence, to some degree, of the two stores. Since there are not two stores any longer, the section is moot. Should there be two or more stores in the future, the need for establishing clear areas of responsibility between them will be addressed in policy, not bylaws.

Con Statement: A case could be made that the bylaws should be specific should the Co-op have multiple entities (stores) again, and that such detail should be in the bylaws instead of in board policy.

Article XI: Operations **Bylaw 11.4**

Current Language: "11.4 SAVINGS: Any savings on operations may be rebated to members based on patronage or held as retained earnings for reserves or investment."

Proposed Language: "11.4 SAVINGS: Any net savings on operations may be rebated to members based on patronage or held as retained earnings for reserves or investment."

Board Statement: This is a housekeeping word change which brings the bylaws in line with the Consumer Cooperative Act in Michigan law, should it apply.

Increasing quorum from 7% to 10%. The following all pertain to quorum and are to be voted on together:

Bylaw 4.7:

Current Language: "REFERENDA: Questions of policy or operations may be referred to a membership referendum by the Board of Directors, or by a petition signed by seven percent (7%) of the membership."

Proposed Language: "REFERENDA: Questions of policy or operations may be referred to a membership referendum by the Board of Directors, or by a petition signed by ten percent (10%) of the membership."

Bylaw 4.4:

Current Language: "SPECIAL MEETINGS: Special Meetings may be called by a petition signed by seven percent (7%) of the membership, or by the Board."

Proposed Language: "SPECIAL MEETINGS: Special Meetings may be called by a petition signed by ten percent (10%) of the membership, or by the Board."

Bylaw 5.10:

Current Language: "RECALL: Directors may be recalled ... A recall election may be initiated by a two-thirds (2/3) vote of the Board of Directors or by a petition signed by seven percent (7%) of the membership."

Proposed Language (see proposed change to bylaw 3.4, above): "REMOVAL: Directors may be removed ... An election to remove any board member may be initiated by a two-thirds (2/3) vote of the Board of Directors or by a petition signed by ten percent (10%) of the membership."

Bylaw 13.1:

Current Language: "INITIATION OF AMEND-MENTS: Amendments to these by-laws or to the Articles of Incorporation may be proposed by the Board of Directors or by petition of seven percent (7%) of the membership.

Proposed Language: "INITIATION OF AMEND-MENTS: Amendments to these by-laws or to the Articles of Incorporation may be proposed by the Board of Directors or by petition of ten percent (10%) of the membership."

Pro Statement: Levels for voting, quorum and petitioning should be consistent throughout the bylaws; several other locations (including in this particular bylaw and for director elections quorum) have 10% levels. Michigan law has a default 10% for quorum for group decision, should bylaws not specify a different amount; one instance is MCL 450.3141.

Con Statement: There may be a participatory value in having lower thresholds for some efforts.

Unclassifieds

If you would like to place an ad, please send to us by **Friday**, **July 20**th. Please plan your time sensitive ads accordingly. **Cost:** 15 cents per word for members/ 20 cents per word for non-members.

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Simple Living group forming! Seeking families with school-age children to form voluntary simplicity group and study "Your Money or Your Life" by Vicki Robin and Joe Dominguez. Monthly meetings in the Ann Arbor area. Contact Shana at 734.332.1106 or smilkie@mich.com.

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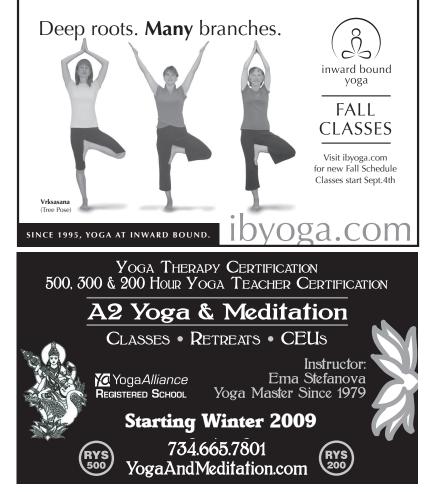




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Washtenaw Skinnydippers seeks to organize enthusiasts of nude recreation to get the Parks and Recreation Commission to open the recreation building to nude recreation Saturday nights and to establish a clothing-optional beach. See the Clubs and Resorts page of www.MichiganNude-BeachAdvocates.org or contact Matthew Kerwin 475-3314 or mgkerwin@juno.com.

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Center for the Childbearing Year offers the following professional training programs for women interested in providing education and support to women and their families during the childbearing year: DONA International Birth Doula Training; DONA Postpartum Doula Training; Professional Education in Breastfeeding & Lactation, and more. Continuing education credits for nurses are approved for these trainings, though a medical background is not required to become a doula. 734-663-1523, www.center4cby.com.

Expecting a Baby? Center for the Childbearing Year offers a variety of ongoing classes and support groups to help you prepare and be in community with other parents and new mothers. Check out our Childbirth Preparation classes, Newborn Care, and Breastfeeding Basics for expectant couples. Support groups include Mothering Arts and the drop-in Breastfeeding Café. The Center is also home to The Breastfeeding Center of Ann Arbor, offering comprehensive, professional breastfeeding support services and retail including an extensive collection of nursing bras for women of all sizes. Lending library, community resources, and more! 734-663-1523, www.center4cby.com.

Living Vibrantly, Level 1: The revolutionary 16 hour health seminar that is changing lives. Learn how to live and eat to restore vibrant health, naturally. Meets every other Saturday morning April 18 - May 30, 9:30am-1:30pm. \$247 tuition includes 3 books and food at each class. Instructors: Ellen Livingston and Don Bennett. LivingYogaNow.com for info. and registration, or call (734)995-0875.

Raw Food Potlucks: *April 19, May 10 1-3pm FREE. All are welcome, kids too. Bring a raw vegan dish to share. Call for info and location: Ellen

Livingston (734)995-0875. LivingYogaNow.com.

Natural Health Lectures and Raw Food Demonstrations presented by Ellen Livingston and Don Bennett. At Arbor Farms Market on 3rd Thursdays: *April 16, May 21*, 6:30-8pm, call 734-996-8111 to register. \$10/person. LivingYogaNow.com/Health101.org

Natural Wei ght Loss: Lecture and Raw Food Demonstration/tasting. Crazy Wisdom Bookstore, 7-8:30pm *May 7*. Sign up at PFC, free. Ellen Livingston and Don Bennett, LivingYogaNow.com/Health101.org.

Raw Food - Healthy Fast Food, a workshop at Whole Foods Kitchen. Sunday, May 17* 1-5pm Ellen Livingston and Don Bennett, http://livingyoganow.com/ or (734)995-0875 for info. Register through Rec & Ed at http://aareced.com/ or (734)994-2300 ext.53203. \$59.

Friends Lake Coop in Chelsea - Seeking members, Lake privileges, adult and kids swimming beaches, kyacks, fishing, camping, hiking, canoeing, Rus tic cooperative organization, contact Diane at 475-8690

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WomanSafeHealth

Elizabeth Shadigian, MD Gynecology and WomanCare www.womansafehealth.com We provide a safe, familyfriendly environment in which women can seek, explore, define and receive Gynecology and WomanCare health services. WomanCare meets a woman's physical and psychological health needs through conventional and alternative approaches. We welcome all women, including those who have experienced physical and/or sexual violence or disrespect. Elizabeth is board-certified in obstetrics and gynecology and a Fellow of the American College of Obstetricians and Gynecologists. Call 734-477-5100 or email info@womansafehealth.com.

WomanSafeHealth

Sierra Hillebrand, MA, TLLP www. womansafehealth.com Sierra provides individual and group psychotherapy as well as private childbirth and infant massage classes, medical empowerment sessions, and nutrition counseling. Call 734-477-5100 or email info@womansafehealth.com.

WomanSafeHealth

Free SelfCare Room www.womansafehealth.com A SelfCare room is available to all women in the community that includes a Migun thermal massage table and SkinFive hand unit, full-spectrum therapeutic lamp, exercise and relaxation equipment. Your first SelfCare visit is free. Call 734-477-5100 or email info@womansafehealth.com.









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Recipe

Corner

Wild Leeks

Article and photos by Kevin Sharp

Wild Leeks are also known as ramps (Allium tricoccum). The country cousin to onions, garlic, and cultivated leeks, they are, along with the rest of their clan, in the lily family. Wild leeks are among the earliest greenery of spring, appearing well before the trees have leafed out and around the same time as the dutchman's britches and trillium are in bloom. They seem to be common to the north and south of us, carpeting the forest floor in places. Rumors persist of wild leeks in our area, though I can't say I have ever encountered them here. One would expect one would, and if you are so blessed, tread lightly and leave most of what you find...and tell me where you found them!

There is a number of potential uses for wild leeks. As a wild plant they tend to be somewhat over-looked and under-valued. For those reasons you won't necessarily find recipes in cookbooks, but don't let that slow you down. During their short season, and to the extent I have them available, I use them freely as I would onions or cultivated leeks. Among my fonder food memories are wild leeks added to an egg and cheese tart using asparagus from my garden, and a soup, chicken stock as its base, with fiddleheads, a hint of lemon, and a touch of heavy cream. Of them all, the following recipe is the one I start to crave at the first sign of spring. A friend in Leelenau County passed this on to me. It's a simple and honest dish. Braising the leeks brings out their sweetness.

Wild Leeks with Pasta

This dish is as spontaneous as the wild leeks themselves. You may very well have everything required already and will need only to manage to get your hands on some wild leeks. Might be easier said than done, but worth whatever effort is required. Try the Co-op, of course. Odds are we'll have some for the short period they are available. Too, you can search the Farmers Market, or sweet-talk a friend with some acreage and a woodlot in the hopes it harbors enough for the taking.

For starters, you'll need about half a package of pasta. Linguini works well. Al Dente's peppercorn pasta works really well. You'll also need a couple of tablespoons of good olive oil, a couple cloves of garlic, crushed and chopped, a handful of dry bread crumbs and a bit of Parmigiano-Reggiano cheese. Oh, and a hefty bunch of wild leeks, greens intact.

First off, wash and trim the leeks. Remove and discard



Wild leeks or ramps cover a wooded hillside in Leelenau County. Both the white bulb and green leaves are edible.

the root end and snip the greens just above the bulb. Pull off any loose skin and give a wash under some running water. What you'll have are a handful of snowy white, surprisingly small and slender bulbs with a sharp sweet smell that hits you nicely in the back of your nose. You'll need a bit of the greenery too so pick out the prettiest leaves and give them a wash as well. Shake the water off, then roll them up a bit like you are rolling a cigar, and thinly slice or "julienne" them and set aside. Next, cook your pasta just till al dente, then drain, rinse, and set that aside too. Now you are ready to get cooking.

Start by heating the olive oil in a sauté pan over medium-high heat. Once the oil just begins to smoke, pull the pan from the stove and add the wild leeks. Toss them a couple of times and return the pan to the heat just long enough to let the leeks get some good color to them and blister and start to turn translucent. Add the garlic, keeping everything moving just to the extent you need to, then add the cooked pasta, followed by the bread crumbs, then the wild leek leaves. Give it all a good wild leek bulbs will be used whole. toss to mix, and generously grate the cheese on top. Serve, and if this actually makes it to a plate, you've a good deal more self-control than I.

