

The Chronicle



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June/July 2002

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

Submissions

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

Submissions may also be sent by e-mail, to karmachronicle@canada.com. 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).

MANAGER'S REPORT

Greetings from Karma's new GM

By Glen Hart

Hi, Karma! It's a great privilege to be here as your new general manager. I am excited about being a part of Karma's present and future successes. As we begin to get to know each other, I thought I would take this opportunity to tell you something about myself.

I'm a rural southwestern Ontario guy by birth, but I've lived in Toronto for about 15 years, since I came here as a ministerial intern. (Ah, but that's another story!) My work-life has been mostly in retail since then, with several years of import-export experience thrown in for good measure.

I have evolved from being both a religious and political conservative to being active in the NDP's lesbian/gay/bi/trans caucus—much to my family's dismay! I do have to say, though, that I was always an awkward conservative. Even then, I was too concerned about social justice to be a very good right-winger.

In the midst of my philosophical evolution, I moved to the east end of Toronto, near the former Stone Soup Food Co-op. As a member there, I came to appreciate not just the importance but the necessity of an alternative to the prevailing hyper-capitalism and greed dominant in the world today.

Soon, I left my better-paying import-export job and began working at Stone Soup. I absolutely loved it there! It really felt like what I was doing mattered. When Stone Soup died about five years ago, it was traumatic. I lost my job, but the real distress was the pain of an idealism that couldn't seem to succeed in the "real" world. I left Stone Soup saddened but confident that one day I would find another place like it. In the meantime, I was determined that I would learn something from the "real" world of capitalism, into which I was entering.

For the past five years, I've been learning various aspects of retail merchandising and management at companies including Godiva Chocolatier, Chapters and Eaton's. These years have been useful in terms of lessons learned and experience gained, and I've met some amazing people. I've also confirmed that I make a lousy hyper-capitalist. I'm just not selfish or unscrupulous enough, I guess! The experience did help me develop some useful skills, which I hope to be able to make good use of here at the co-op.

Karma is a wonderful place, with great people and a vision that more of the world needs to see exemplified. Karma has survived rough moments in the past, and is now growing financially stable, with amazing staff and member labour. I look forward to bringing myself into this picture, and doing my part to grow a healthy, vibrant and relevant community here at Karma.

Budgeting stress

By Margaret Meagher

When was the last time you felt really good? Or the last time you felt energized and ready to begin a day? When was the last time the alarm clock went off and you smiled? Do you know anyone who is really feeling good right now? I don't.

Everywhere I go, whoever I talk to, people are saying the same thing: "I am stretched to the limit, tired beyond description and I have nothing left to give." Many people are experiencing intolerable and increasing stress, but nobody seems to be talking about what we can do about it. We seem to feel disempowered to fix it. The evidence is more than anecdotal; stress is a global problem identified as a "worldwide epidemic" by the World Health Organization and the United Nations. We are encouraged to medicate our stress rather than alleviate it. Stress is very expensive, due to increased health care costs, lowered productivity and the personal expenses it entails.

Stress has clear, knowable causes and treatments. However, there are no real social mechanisms to treat stress. So we must create our own stress reduction plans. Our health depends on it.

Common reactions to stress are either to minimize its importance or to medicate it. Many people seem to feel some kind of shame in experiencing stress, as if it implies that one is buckling under pressure. Our experience of chronic and increasing stress is not corroborated by anything we see around us. The media certainly does not seem to take stress seriously. But stress is fast becoming the most prevalent cause of worker disability. Stress costs us an average of \$10,000 per worker per year in lost productivity. Women with children under 13 are the most affected, but stress is widespread enough that Japan recognizes overwork as a cause of death.

Why is this happening now? Some of the answers are obvious—September 11 and the trauma of terrorism added a whole new layer of stress and dysfunction. We're told that everything will be fine as long as we shop, but many of us are feeling vulnerable and confused as we face the loss of our civil rights to increasing government surveillance in the "war on terrorism."

Globalization may be another cause of stress. In a global economy, the workday is 24 hours long and there is always someone who can do it cheaper (a lot cheaper). The global economy increases the pressure on workers and businesses to increase productivity, and that means working harder. Recent technology means that nobody can really get away. We can always bring the cell phone and laptop, so work and business are wherever we are. Convenient? Yes, but far more stressful since the business day never really stops. Sometimes even sleep is too great a luxury.

Usual remedies for stress-related concerns, such as sleep interruption and stress-related depression, are drugs—often expensive drugs. But medication

does not relieve stress itself, only the symptoms. There is no evidence that the medications do more than make us feel better about our stress level. That's something, but if I'm working too hard, depleting my energy resources and boosting my immune system every year with a flu shot, even if I feel good, I'm still living on borrowed energy. I wouldn't do that with my bank account, and I shouldn't do it with my body.

Medicating stress is simply not the solution. Reducing stress is a more holistic, farsighted approach. When we work too hard and too fast for too long, our autonomic nervous systems go into overdrive. Our bodies have resources to do this for a while, but too frequent, extreme or prolonged mobilization of these resources generates distress signals. We experience these as stress. Symptoms vary from overwhelming fatigue unalleviated by sleep to achiness, depression, anger, anxiety, headaches, and stomach upset. Often we treat these as separate ailments and medicate them.

There are physiological reasons for these symptoms. Under too much stress, the brain can't produce enough endorphins to keep us balanced. Three endorphins are key: serotonin, which helps us sleep well; noradrenaline, which gives us energy; and dopamine, which sets pain and pleasure levels. Most antidepressants boost production of one or all of these endorphins. That helps keep us going at the same rate and makes us feel better about it. But the depletion of our energy is still the same.

Rather than alleviate the symptoms of stress, we need to deal with its root. The most fundamental cause of stress is change: any change, if even for the better. We often hear that change is good; that we must embrace change and stop resisting it. Maybe that's true, but change is also stressful. Addressing the stressful effects of change doesn't mean stopping change—it means making room for the stress that change causes. During times of change, we must open a space in our lives to compensate. We have to manage our lives with the same attention to detail with which we manage our finances or business. New businesses begin with a reserve of cash and credit. How many business owners begin with that kind of reserve of physical energy and mental leisure? We manage and budget our financial resources. Considering how much more important our health is, shouldn't we bring the same attention and management skills to managing our stress levels?

We are too often "penny wise but pound foolish" with our stress levels. We stay home evenings to rest but consume stress-filled media—television, film and books about violence and corruption. Our work and personal lives are full of noise and confusion. Budgeting stress must include a reduction in stressful activities. We must find things that are wholesome for our bodies and minds and learn to love to do them.

Think of it as a kind of energy RRSP. Otherwise stress, like any other kind of bad budgeting, will deplete our valuable capital—our concentration, our attention, even our joy—and leave us bankrupt, our resources squandered.

SOLUTIONS FOR OUR STRESSFUL LIVES

Relaxation and visualization techniques

By Stephen Dubrofsky

Both adults and children experience high levels of stress on a daily basis. We are probably the only animals on the planet to continue to survive with such a consistently high degree of stress. It is a tribute to our durable bodies, spirits and creativity that we find ways to adapt to it. However, we tend to react only when our physical bodies begin to break down, when we begin to experience problems due to stress, such as headaches, ulcers, respiratory ailments and heart attacks. Then, using western medical technology, we have become proficient at treating physical symptoms, without addressing the root cause.

Stress, not progress

Should we be proud that we have adapted to these levels of duress? Should we feel accomplished because people in some parts of the world have extended their average life span by about 20 or 30 years in the past couple of centuries? There is evidence that the human body is designed to live for approximately 150 years. With this as our yardstick of success, we are far behind where we could be. Why? Are there alternatives and preventatives that we can use to aid in creating a healthier way of life, a calmer and more peaceful way of life?

The following suggestions for relaxation are therapeutic tools for you and your child. If practiced regularly, they will relax your mind and body and release tension. Ultimately these strategies will empower you and your child with a greater sense of calm, clarity, organization, peace and self-control.

Laughter

Laughter is one of the best ways to release stress. If we approach our lives with a sense of humour and calmness, we will create a lighter way about us. The chemicals released in the body through laughter reduce pain and tension. There is no substitute for having fun and laughing with your children.

Meditation

Have you heard this one before? Meditation has become well known as one of the most important self-help techniques, and it is one that you can easily teach yourself, or your children. Throughout a typical day, the mind is subjected to an overload of information; we deal with issues at home, school and work, with our children, parents and friends.

With practice, the exercise of meditation can be learned and used by everyone. To meditate is to focus on one thought or object while blocking out all other thoughts and distractions. Some people prefer to focus on a flower, a candle or something symbolic while others prefer to close their eyes and visualize a special object. It may take some time to find out what works best for you, and you may change the object at any time.

When you begin, the art of focusing will seem like work, but over time this

will pass. Concentrate on relaxing your body. Visualize your muscles relaxing, tension being released from your neck, your shoulders, your knees or hips, wherever you may be feeling tension. After a while, you will come to know your body very well and will automatically send relaxing energy to the places that need it. When other thoughts interrupt your focus, allow them to flow away. Imagine your mind as a strainer and let those thoughts come in and then sift right out again. The strainer visualization is particularly helpful when you are going through discouraging times and finding it difficult to stay focused. Meanwhile, continue to focus on your central thought and allow your mind to continue its journey. Some people find that chanting a word or phrase or counting breaths helps maintain focus. It is important not to become frustrated, although you will. Everyone experiences periods of difficulty.

There are many different levels of meditation that your mind will go through. Each level is reached automatically as you continue to practice. The deeper you go the more relaxed you become.

The following suggestions will help you make meditation part of your life.

- Find a comfortable place to meditate and make it into a little home. Set up things in it that remind you of a warm, caring, peaceful environment. Sit on pillows to get comfortable. You may wish to have a candle, flowers or pictures around you. You may listen to soft music or use a favourite fragrance. Others should know not to interrupt you during meditation.
- Practice everyday and try to practice at the same time of the day. Although there is no absolute correct time of day, the earlier in the morning the better. You will find that a very quiet energy good for meditation is happening around 6:00 to 7:00 a.m. After that the world starts to wake up. You hear it and feel it as well.
- Sitting with the spine straight up is the recommended posture. The neck should be elongated with your chin at about a 90 degree angle to your trunk. Keeping perfect posture will take practice. If you find that you are getting sleepy, change your posture slightly. A yoga teacher would be able to help you adjust your posture.
- In the beginning, meditate for a short period, maybe 10 to 15 minutes. Later, you will find that you are naturally increasing your time to 30 to 45 minutes. By the time you reach two hours, you will be in heaven.
- As you practice, you will refine the technique that best fits your style and body. There is no wrong way to meditate, just as there is no one right way.

Breathing techniques

Breathing techniques are invaluable tools. They allow both adults and children to stop, take a pause and look at a situation from a different perspective. Training in breathing techniques helps reduce impulsive behaviours and rash decision-making. Just a few minutes of special breathing techniques will send more oxygen to the cells throughout your body, slowing your heart rate,

creating more clarity and helping you to feel calmer. The following is an example of a simple breathing technique that could be practiced anywhere.

- Find a quiet seat somewhere (this exercise can be done standing up).
- Slowly inhale through your nose for a slow count of four.
- Hold your breath for a count of four.
- Slowly exhale through your mouth for another count of four.
- Repeat this at least five times.

Visualization techniques

Visualization techniques have been used widely for goal setting and self-healing. The technique involves visualizing images which are beautiful and peaceful. *Visualize yourself on a deserted beach on a warm and sunny day, with a gentle breeze blowing. The waves are gently breaking in on the beach. As the wind blow over your body, it is blowing your tensions out towards the water, where the waves take them away. With each gust of wind goes another level of tension and you feel a little more relaxed.*

Visualizations have been practiced to reduce and control pain, lower blood pressure, cure phobias and achieve goals of any kind, whether related to career, self-help or family. For example, visualizing yourself making a perfect golf swing or jogging half a mile each day actually increases your ability to do so. Visualization can help you with habits such as smoking. If you visualize a lung that is black and filled with unhealthy smoke every time you inhale on your cigarette, before long you will feel sick and be forced to stop smoking.

Walking as stress release

We know that overwhelming tension, anxiety and anger can be destructive to our health and relationships. Long walks are one way to eviscerate these negative emotions. Walking is an excellent opportunity to invigorate your body by intaking extra oxygen and releasing muscular tensions. Long walks thoroughly exercise your heart, lungs, digestive system and muscular system.

Begin at a moderate pace. Raise your eyes to the middle ground 6 to 8 feet ahead of you. This is a warm-up pace which allows for your feelings and thoughts to open up as well.

As you pick up the pace, you will feel more energetic and your thinking process will speed up. You may begin to find solutions to problems. You begin to see with greater clarity. You may choose to forget the causes of situations where you felt anger or stress. At the end, as you slow and cool down, you will notice that your body and mind are more relaxed.

Regular walking sessions help to release blocked energy and negative feelings and thoughts. The result is increased self esteem, improved physical and mental discipline and greater general health.

Stephen Dubrofsky, M.Ed., M.A. is director of "Our Child – A Growth Centre" that specializes in treating children and adults with Attention Deficit Disorders, learning and social disabilities. He can be contacted at 416-932-9847.

SHELF ELF

What's new on Karma Co-op shelves

By Suzanne Molina

Now that the warm weather has arrived, the Elf knows you're all going to start skulking about near the freezer so you can score a frozen treat when you think no one's looking. While you're there, why not check out the **HeartBeets** line of frozen entrees: they have some new flavours, including African Vegetable Cous Cous and Butternut Squash and Bulgar Pilaf. The company is also still making the old faves, including Beet Red Risotto and Shepherdless Pie (a weird name: the meat in shepherd's pie isn't made from shepherds, after all).

It was a scary-cold spring, but summer is finally here—and that means green things. Last issue, the Elf mentioned that Karma would start stocking starter plants sourced from **Urban Harvest**. These baby plants arrived in mid-May, and live on a shelf just outside the front door, close to the bike racks. We have an assortment of baby veggie, baby herb and baby flower plants, including several types of tomato (roma, yellow pear and others), chamomile, spearmint, several types of basil, cornflower and geranium, among others.

The Elf also mentioned the **Terra Edibles plant and garden food**. Here are the details: Karma now stocks kelp meal mix, Green Wisdom herbal plant food, and worm castings tea bags. Worm poop, apparently, boasts a high nutrient content (nitrogen, phosphorus and potassium) and is a good organic fertilizer. To use the bags, put a bag into four litres of water, let sit for 12 to 24 hours, and water your garden as usual. Karma also has organic potting soil.

As for fully grown veggies, Michael is trying his best to get some from **Plan B Organics** this summer, because some of you have asked for salad mixes. Plan B, like other produce suppliers, often sell at farmers' markets, and sometimes it's difficult to convince them to bring their best stuff into the store when they can sell it at the market for a better price. In the meantime, check out **local leeks, radishes and carrots with tops** from Farmer Bob.

And *mea culpa*: the Elf said **Farmer Bob's asparagus** would arrive sometime in late April or early May. But many of Bob Felhazi's crops have been hit by frost and have also suffered from the rainy, cool weather we had this spring. The asparagus is due in June.

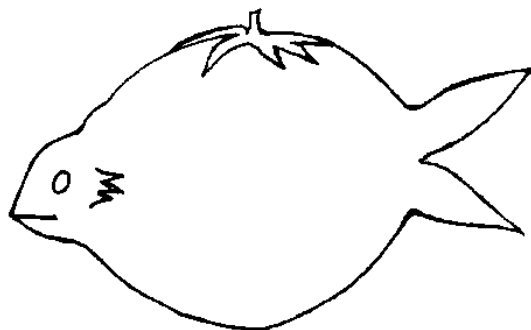
That's it for now—and, actually, forever. The Elf decided to retire after the last issue, and made his wishes known to his faithful human scribe, but was convinced to make one last appearance so he could say goodbye to his faithful readers. The Elf isn't running away from Karma (nor is his human scribe), but he does feel rather disappointed by people these days. The Elf sends thanks to all the members who provided positive feedback over the past two years. As for those who have made life difficult during the past few months: oh, get over it. Life is better when you're happy.

Happy co-op consuming. It's been a slice.

Pretty food part 2: Flavouring

By Siusan Moffat

Why does our food taste the way it does? With natural foods, the flavour is an inherent part of the food itself, created by a cacophony of naturally arising chemicals. In processed foods, however, much of the flavour may come from artificially produced chemicals. How do these artificial flavourings affect our health? And why are they chosen over natural alternatives?



I will explore these questions as I address the second of three evils of modern food: artificial colour, artificial flavour and preservatives. (My article on artificial colour appeared in the December 2001/January 2002 *Chronicle*.) There are 2,000 flavourings in use in the food industry and only 500 of them are natural. Unfortunately, in most cases, the flavouring industry is not required to divulge what is actually in their products. This is to protect the formulas of flavour compounds, which are deemed essential for protecting the reputation of various food "brands." As we saw with colour, it all comes down to money: the American flavour industry is worth approximately \$1.4 billion US.

Not better than the real thing

There are only four values a tongue can taste: sweet, salty, sour and bitter. Specific flavours, such as grape or mushroom, are designated by unique combinations of these values. All natural flavours are influenced by scent, but most artificial flavours actually include fragrances to make them seem more real. Ninety per cent of the flavour you think you're tasting can come from artificial aromas (the flavour industry is closely linked to the fragrance industry—and most fragrances are toxic). The essence of natural flavour is an aromatic carbon compound called ester. Ester molecules bond to other chemical groups to create the flavours we recognize as cherry, grape, carrot or popcorn, for example. Esters are also used as the building blocks of artificial flavours, but dozens of chemicals may be added to produce the right flavour (the typical "strawberry" flavour has 49 chemical groups attached to each ester molecule). Here are a few examples of complex natural flavours and their artificial equivalents: grape = ethyl decanoate, mushroom = 1-octen-3-ol, popcorn = 2-methyl pyrazine, raw meat = 2-methyl-3-furanthiol.

I wonder why anyone would want to mix 30 chemicals together to get an artificial cherry taste. Why anyone would want to eat this concoction is even more perplexing.

Sweet dreams

Perhaps vanity is one explanation. The diet industry has been selling the story that sugar is bad for decades. This belief has been one of the forces behind the development of artificial sweeteners. And while it's true that white sugar—or any food stripped of nutrients, minerals and fibre—isn't great, synthetic replacements are worse. Yet people will now risk cancer for fear of increasing the inches on their waist. A while back in *The Chronicle* I wrote about cyclamate, which was banned in the 1970s and has now made a comeback in the diet market. Before cyclamate there was saccharine, which has been a food-safety concern since 1907. It was banned in Canada after a 1977 study showed a possible link between saccharine use and high rates of cancer in lab animals. In the U.S., saccharine products such as Sweet & Low were required to carry a warning label until the Federal Department of Agriculture revised its position on saccharine in May 2000. It has been suggested that the FDA's apparent unwillingness to ban saccharine is financially motivated. Saccharine is much sweeter than sugar. It takes \$20 worth of sugar to do the sweetening of \$1 of saccharine.

At about the same time saccharine was causing controversy, a new sweetener came onto the market. Aspartame is now the most popular artificial sweetener, but it also has quite a scary history, even though it has only been on the market since around 1981. Eye problems, epilepsy, fibromyalgia, mental retardation in babies and even sudden death have been linked to this dieter's dream. Aspartame has not been banned and no warning labels are required in North America.

In the late 1980s, sorbitol became common, especially in hard candies. It was soon found to cause diarrhea in many people, and has been shown to be toxic in lab experiments.

Salt—safer than the alternatives?

Concerns about salt are more understandable. Too much may raise your blood pressure and contribute to heart disease. However, our bodies actually need salt. The only reason salt has become a problem is because the fast-food industry has tweaked our palates to want more than is healthy. Although not as big a business as artificial sweeteners, salt alternatives do have a market.

Most salt alternatives consist mainly of potassium chloride. Large amounts of potassium can harm your kidneys, and for people with kidney troubles, the effects can be very serious. In rare cases, too much potassium (derived from potassium-sparing diuretics or salt substitutes) can cause hyperkalemia, a potentially fatal cardiac condition.

Monosodium glutamate (MSG) is a flavouring that prompted a lot of concern about 20 years ago. But even though links have been made between MSG and such conditions as chronic fatigue syndrome, migraines, stomach disorders, joint pain and depression, it continues to be widely used, and there are still no definite rules about labelling its presence in food. MSG has become one of the hidden artificial flavours that the general public has forgotten about.

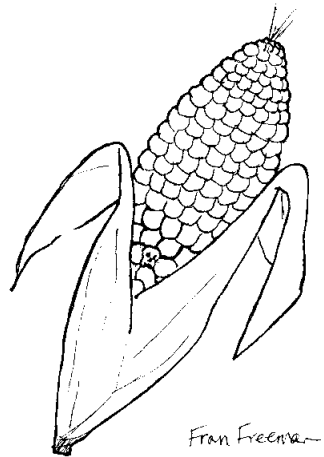
Fruit and spice (and nothing nice)

Artificial fruit flavours are directed mainly at children. Anything from candy to baked goods to juice may contain the mysterious chemicals that make a fruit flavour. I even came across a box of blueberry muffin mix with no blueberries, only bits of artificially flavoured sugar! Are artificial flavourings at all responsible for the epidemic of hyperactivity, attention deficit disorder and other behavioural and/or learning challenges faced by our children? One can only wonder.

Artificial spices are also of great concern. Artificial vanilla is a byproduct of the pulp and paper industry, and is said to cause respiratory irritation, redness and pain on the skin, stomach aches and eye irritation. And that's only in the lab, and "only" if you eat it. Imagine working around big vats of this stuff in the flavour factories.

The factories are a good place to end this article. Working conditions in the artificial flavour, colour and scent industries are hazardous. Workers at a U.S. microwave popcorn plant developed a rare lung disease that investigators believe was caused by inhaling the vapour from vats of artificial butter flavouring.

There are many other cases of workers' sickness and death in these factories—all so consumers can have cheap, pretty food.



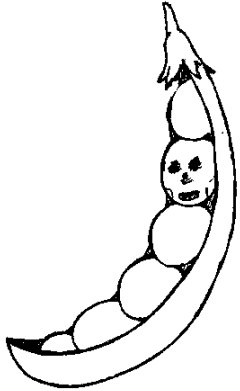
Savouring proximity

By Perry Gladstone

It is nearly impossible for people in cities to experience the true benefits and satisfaction derived from harvesting their food given that we are so removed from the process.

I recently returned from a trip to the Pacific and Caribbean coasts of Central America, and I find myself craving the wonderful yet simple foods I procured and prepared myself during that time. Whether it was rainbow runners caught earlier in the day and grilled over an open fire, or fresh coconut from a nearby tree, these foods satisfied more than hunger.

Like the nutrients and vitamins in the food itself, participation in the process of sowing, harvesting or hunting can be incredibly beneficial. Almost all of us know the proud feeling of accomplishment from self-sustenance exercises such as camping or cooking a good meal from scratch. Even being close to the process can make a difference. I can personally attest to a sense of increased enjoyment, pride and satisfaction when I eat vegetables grown in my father's garden or fish taken by my own hand.



For those who need more practical reasons for participating more closely in the production of our food, I could mention fewer miles and hands to table, which also mean fewer preservatives and less processing, pollution and waste. Close proximity also means we are supporting our own communities, effectively rewarding our families and ourselves.

As members of Karma, we have a say in the procurement of the food we eat, and with the arrival of spring, there are new opportunities to participate. Try garnishing some meals with herbs grown by your own hand and taste the difference!

LETTER TO THE EDITOR

Thanks to a stranger

A little while back, I was at the checkout counter once again confronted with too many items and too little cash. Like usual, I decided to put the surplus items on a shopping list to be paid at a later date. Financial crisis solved, I proceeded to tackle the problem of getting my purchases home. In the midst of a hurried search through the plastic bag bin, a man approached me and, while reaching for his wallet, discreetly asked if I was short on cash. I suppose he had overheard my conversation with the checkout clerk and was not aware that the matter had been settled. A little startled by this sudden gesture of generosity, I quickly declined and mumbled something about the beauty of shopping lists. Although my reaction may not have reflected it, I was sincerely touched by his small act of kindness. I would like to take this opportunity to properly express my gratitude and give my heartfelt thanks to this stranger.

Jessica Nurmsoo

LETTER TO THE EDITOR

Re: Louise Longo's request for feedback

Excellent report – it's an important first step to let the membership know of the labour situation. I would not be in favour of mandatory work shifts. I believe we need to steer clear of anything that involves too much force or punishment. A more positive approach would be to use incentive, reward and acknowledgement. To more easily fill last minute shifts or less desirable shifts, how about rewarding members with time-and-a-half, or with a shopping voucher worth say \$5? Time can also be saved by using an email list. This way one email can be sent out to every working member who wants to be on the list. Phone time could be reduced if we create a hotline extension for listing the available jobs. Then Betsy could quickly leave messages for those without email to call the hotline if they would like to fill a job. To reduce members who cancel too late or are no-shows, we need to be more firm. I would suggest that no-shows be docked at least \$15 off their member loan. If they continue to be no-shows then they will need to become non-working members or top up their loan amount. People who cancel with insufficient notice can be docked a lesser amount. Most members have forgotten about their loan amounts so it is unlikely that this will be seen as a financial burden. We can acknowledge working members who have exceeded their two hour work commitment by listing them in the Chronicle. Perhaps the members who have contributed the most time each quarter could receive a reward (a gift basket or shopping voucher). One final idea, how about encouraging clean-up crew members to bring in their favourite music CD to work by?

Stephen Leckie

RECIPE

Grilled summer vegetables

By Haruko Ishihara, RNCP

In Ontario it's not always easy to get local produce because it cannot be grown or harvested in the winter. Now that summer is here, locally grown vegetables and fruits are available. Let's take advantage of the gifts of summer.

There are plenty of reasons to choose local produce. First, it tends to have more nutritional value due to the shorter transportation and storage time.

Second, because local produce is allowed to ripen fully before harvesting, it also contains nutrients created during the ripening stage; produce that has to travel far is generally picked before ripening, and lacks many of the nutrients that would be created during this stage. When it comes to vegetables and fruits, fresher is definitely better. Third, the short transportation and storage time for local produce means fewer pesticides and chemical treatments, even for conventional produce. Fourth, local produce is more reasonably priced. Finally, buying local produce means supporting local growers and suppliers.

The summer vegetables in this recipe—eggplant, zucchini, bell pepper and Kabocha pumpkin—have strong flavours. That means they are perfect for simple cooking such as barbecuing or oven roasting. The use of vinegar makes this an appetite-promoting dish, an important factor in the summer months, when many people lose their appetite due to the warm weather.

Grilled summer vegetables

Ingredients

4 Asian eggplants, sliced in half (lengthwise) and soaked in water
2 zucchini, sliced into 4 pieces (lengthwise)
2 bell peppers (choice of green/red/yellow/orange), cut in quarters
¼ kabocha pumpkin (or any squash), sliced into 1 cm thick pieces
olive oil

Sauce

1 tsp ginger root, grated
1 tsp garlic, chopped finely
Italian parsley and chives, small amounts chopped finely
1 red chili pepper, chopped finely (optional)
2 ½ tbsp soy sauce
2 ½ tbsp brown rice vinegar

Method

Brush extra virgin olive oil on the vegetables and grill on barbecue or roast in 350°F oven until tender. Combine ingredients for sauce and pour on cooked vegetables. This dish can be eaten hot or cold.

Nutritional and health benefits

Eggplant: helps cool down the body and enhance circulation.
Bell pepper: rich in vitamin C and beta carotene. Good source of fibre.
Kabocha pumpkin: rich in vitamins C, B complex and E, as well as potassium and fibre. Good for digestion. Also helps promote appetite and prevent fatigue from heat.

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OPERATIONS MANAGER

James van Bolhuis

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GROCERY MANAGER/
BULK MANAGER

Candace Cuss

GROCERY MANAGER/
HEALTH AND BEAUTY MANAGER

Audrey van Bolhuis

BOOKKEEPER

Victoria Bale

MEMBERSHIP SECRETARY

Marilou Lawrence

MEMBER LABOUR COORDINATOR

Betsy Carter

CLERKS

Sheila Bannerjee

Sarah Fairley

Brandy Humes

Noah Kenneally

Scott Maynard

Sara Pulins

ON-CALL MANAGER

Robin Easton

Karma Co-op Hours of Operation

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

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 other organizations who share our beliefs;
3. co-operatively educate ourselves on environmental issues; and
4. exercise political and economic control over our food

by operating a viable co-operative food store.