



3 Rivers Food Coop

Currents

December/January 2003

Store Hours: Monday - Saturday 8 am to 8 pm, Sundays 10 am to 6 pm

Moving, the "F" Word and Member Equity

By: Kathy Roudebush, Board President

By the time this issue of Currents is in hand, the Board likely will have completed its' evaluation of moving our facility to the Sherman Street Walgreen's facility. With the excitement and anticipation of moving comes inevitable use of the "F" word--- **fundraising**. In order to minimize our use of loans from financial institutions, we look to our membership to participate financially in our move. One way that each of us can help is by becoming an Equity Member of our Co-op.

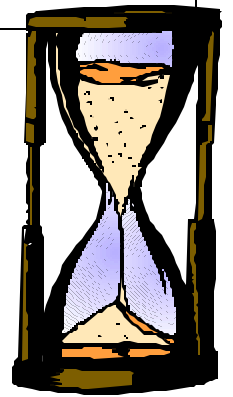
All members of our Co-op have the right to vote in Co-op elections, vote on bylaw revisions and to receive member price on products sold in our store. Current membership is \$20 per year. **Equity Membership** involves a one-time commitment of \$200, which can be paid to the Co-op over time. The money is

available for the Coop to use for projects. But, should a member request return of the funds (for example, if moving away or leaving the Co-op's membership), the money is returned. In essence, equity membership provides our Co-op with zero interest loans from members for capital projects and other large expenses. And, Equity Members receive a reduced rate for yearly membership of \$10.

In the near future, we will have available in the store detailed information on becoming an Equity Member. Whether you can contribute \$5 a week, \$10 per month or any amount of the \$200, we have options which all members can use to help our Co-op as it transitions. Please consider becoming an Equity Member of our Co-op. If you have questions, please contact a board member or ask a staff

member. We are excited about our Coop's future and hope that you will consider helping us with the "F" word!

We have 30 days to raise money so we can move, and time is already running out! Get in the store and contribute today !!



Please read the article on page 2 that explains more about equity and encourages you to get involved, time will be running out before we know it.

Board of Directors Applications Deadline January 15th.

If you would like to submit an application to run for our Board of Directors the deadline is approaching quickly. Applications need to be submitted before January 15th, 2003.

The election will run for the month of February. Applications and meeting information can be found in the lunch seating area of the store.

A Message From The Managers

By Joanne Young & Rosemary Mausser

After several years of looking for a suitable location, we are very excited to be envisioning a move to Sherman Street. Along with the frequently requested front door parking, we will be offering new and expanded departments. Of course our aisles will be wider to make shopping a more relaxing experience. The deli has great plans for expanding the number of grab and go entrees as well as desserts available. Maybe you have tried some of them in the store recently. With the additional space the Granola Bowl will be an integral part of the store offering more room to sit down and enjoy your meal as well as a place to come for informative classes or to hear entertainment. The produce department plans on

(Continued on page 3)

In This Issue

- Moving!, Pg 1
- Managers' Message, Pg 1
- Other News, Pg 2
- Equity, Pg 2
- Member Meeting, Pg 3
- Staff & Board, Pg 3
- Granola Bowl, Pg 4
- Product Specials, Pg 5/6
- Granola Bowl, Pg 7
- Rosemary's Shelftalk, Pg 8
- REACH, Pg 9
- Personal Care News, Pg 9
- Sampling, Pg 10

We Need your Money...

Are we moving or not? It is up to you. We need to raise enough money by December 24th to prove that a move to a bigger, better co-op is supported by our members. How many people participate and the amount of money they can offer us will either be the wind in our sails, or our road block.

We believe that EQUITY is the key. Equity is very simple.

- You write us a check for \$200
- When you want it back, let us know

We will return your equity funds to you within 30 days of your request, without interest. Isn't that simple?!

You must remember that you'll be investing in the growth and expansion of

our co-op. For years members have been telling us that we need more parking. You've read this all before in our newsletters and you've experienced it first hand in the store. Semi-trucks unloading out front, the floor falling apart, no where to park, traffic jams in the deli aisle ... Now it's time to act. Get involved in this equity program and let's MAKE THIS HAPPEN!

We would prefer that equity is paid to us in one lump sum of \$200 per member, but we know that not everyone can afford that. You can make installments towards the \$200 as often as you can, weekly or monthly (keep thinking parking). If you start building your equity membership now your annual renewal fee will be \$10 instead of \$20. If you have renewed your membership in the past 6 months you can ask to have \$10 of that transferred to equity, this will start your equity

membership and get you started towards your \$200 equity total AND a beautiful store with parking. We need everyone's help. You can pay towards your equity membership at the cash register, it's fast and hassle-free.

If you can afford more than \$200 that's okay! We won't turn away people that have their check books out. Ask a Manager for details.

Start your equity membership today, don't wait. Recruit your friends and family to become equity members too. Let's Move!



Granola Bowl and Other News

By Heather Grady

The **Granola Bowl** is hosting its first official event December 6th and 7th. Our Holiday Art Fair will bring you work from local budding artists. Beginning Friday, Dec. 6, at 7:00 p.m., our kick-off evening will be filled with music from Grateful Groove, hors d'oeuvres to munch, and a silent auction of the work of better known local artisans. Continuing until 11 pm, this exciting night costs only \$4!

Saturday, Dec. 7th will be filled with shopping and sampling opportunities galore. Pick up some reasonably priced hand-made gifts at our Art Fair and enjoy a tasty sample of Co-op holiday foods. Our sampling choices will change on the

hour to ensure you taste all of our best delicious treats. Gift baskets and gift certificates from the Co-op & Sage Traders will be available during this all day event, 10:00 a.m.- 6 p.m.

A gift basket containing the local artists work will be raffled off Saturday. Be sure to buy a \$1 raffle ticket at the Co-op by Friday, Dec. 6th for your chance to receive this gift basket filled with art work.

Other News:

The new containers you see in the deli are recyclable! If eating in, drop your empty containers in the basin below the coffee urns. We'll take care of the rest.

A new product suggestion form has been created! New space in the future needs new products! Please let us know what you'd like to see in the store. As always, special orders can get your

products now. Look for the form on the ledge near the lunch area.

The Co-op is moving into the 21st century! A web page is in the works and should be up within the month. Visit www.3riversfood.coop for all your Co-op information. Watch the web page for board meeting minutes and move updates.

Don't forget our new hours! **Monday through Saturday 8am-8pm, Sundays 10am-6pm.** Open early for all your holiday needs!

Add your e-mail to Co-op membership information. We'd like to begin posting our newsletter and specials on-line. To receive notification of these postings, give your email address to a cashier.

The Deli has vegan and regular pumpkin pies to order for the holidays. Request yours for only \$12!

Sage Traders

Hours: Monday - Saturday 11am - 7pm
We close early on Thursday at 5pm and are closed on Sundays

Jewelry - Pendleton Blankets - Scarves - Vests - Cedar Flutes
Annie Oakley Perfume - Rugs - Pottery - Skirts - Hats - Shakers
Wool Ponchos - Door Mats - Puzzles - Mugs - Baskets
Candles - Moccasins - Purses - Shirts - Bolo's - Fry Bread Mixes

1113 Broadway Ft. Wayne In 46802 (260)420-4023
Across the street from 3 Rivers Co-op, Next to Baxter's Antiques.



BAXTER'S ON BROADWAY

Antique Mall

1115 Broadway
Fort Wayne, IN 46802
(260) 422-6505

Hours
Mon-Sat 10-6
Sunday 11-5

Membership Meets to Hear Latest News

By: Heather Grady,
Board Recorder

Our annual membership meeting was held on October 20, 2002 in the Granola Bowl, the space above the Co-op. A tasty carry-in meal began at 5:00 p.m. Member-provided, delicious fare including salads and desserts. The Co-op provided some yummy Fall Harvest Soup, bread and drinks. An extraordinary pineapple upside-down cake was served in honor of John Young's birthday. Janelle Martin applauded the work so far on the Granola Bowl and encouraged members to volunteer in finishing this great space.

Sox Sperry, Kathy Clark and Gary McClelland from the Fort Wayne Globalization Study Group gave a presentation about the Procott movement. The Globalization

Study Group, which meets bi-weekly at the Center for Nonviolence, seeks local solutions to problems arising from the global economy.

Kathy Roudebush, Board President, called the meeting to order at 6:15. She gave the State of the Coop address. A copy of the profit-and-loss statement was distributed. This past year was another profitable one for the Co-op, with a total profit of around \$12,000.

Kathy continued her address with a board report. The remaining grocery cooperatives serving the Midwest - North Farm and Blooming Prairie - have respectively closed or been sold to other companies. Blooming Prairie recently was sold to United Natural Foods, the largest national supplier of health foods. They will create a \$3 million endowment available for creation and improvement of food cooperatives. Eldon Horner, Board Secretary and Co-op grocery buyer, shared information about the Great Lakes Cooperative Grocers Asso-

ciation now forming with other cooperatives in Michigan and Indiana. A lively discussion of purchasing options followed.

Kathy reported the board has completed its transition to policy governance. This allows the board to monitor staff, yet concentrate on broader issues. She also reminded members of the new national organic standards, which took effect on October 21st.

Location was high on the list of concerns of the membership. Kathy reviewed the options available for the Co-op. It would cost an estimated \$500,000 to remain at the current location. This would address the basic issues of parking, drainage in the basement, flooring, roofing, etc. but not allow for any expansion.

Co-op Board and staff member Janelle Martin said the Co-op's current annual sales level has already outgrown our 3,500-square-foot store. She cited lack of storage space for back stock as an on-going

(Continued on page 10)

Store Staff

Store Managers
Rosemary Mausser
Joanne Young

Assistant Manager
Janelle Martin

Grocery Asst. Manager
Eldon Horner

Refrig Manager
Susan Duddy

Deli
Andrew Gilleo
Jain Young
Jen Thompson
Dylan Grigar
Joe Chandler
Thomas DePew
Mica Talbott

Produce
Chris Meek
Francine Hessey
Sean Townsend

Bulk
Jyll Blaugh

Supplements
Shane Buell

Cashiers
Anneliese Carrison
Heather Grady
Leanna Harney
Naomi Gerken
Sherri Amstutz
Cathy Blyth
Robin Brennan-Perez

Stock/Scale
Justin Allen
Diane Groenert
Karen Bender
Dan Smith
Moriah Allen
Nick Ventruella

Volunteers:
There are many co-op members that contribute their time, talent and hardwork to the co-op regularly. Although they are not listed here as staff members they are dependable, dedicated folks that we take for granted too much of the time.
Thank You
Volunteers!

Board of Directors

Kathy Roudebush- 672-3939
President
Janelle Martin - 420-4023
Vice-President
Eldon Horner - 424-8812
Secretary
Cathy Blyth - 492-0298
David Hessey - 485-2118
Steve Miller - 424-2232
John Young - 483-1504

Currents Staff

Newsletter Coordinator

Diane Dickson

Design - Janelle Martin

Contributors

Rosemary Mausser

Joanne Young

Kathy Roudebush

Diane Dickson

Heather Grady

Cathy Blyth

A Message from the Managers

(Continued from page 1)

offering a wider selection of organic produce with less packaging. We will have room for more bulk bins so we can add some requested snacks as well as other items. Similar increases will take place in the refrigerated and frozen areas. In these departments as well as grocery, we hope to bring you more of the products you have been requesting, with a special emphasis on meeting the needs of customers on restricted diets.

We hope to incorporate our information about supplements and healthy living with those products. This will bring together the books, personal care and supplement area. We are dreaming about the great kitchen and gift items we can offer.

As we continue to plan this move, we are asking each of you to do two things. First, consider being an equity member. Your equity is the money

that will help make this project happen. You do not have to pay the full \$200 right now but we do need your commitment. See the article on page 2 about incentives we are offering to get you started. Without a sizable commitment from our members, the board and managers will not feel confident that we should make this financial leap of faith. The bank which is lending us money also expects to see a sizable commitment from our members. While we have some savings, we traditionally have spent much of our income to better the store. Now is the time to let the Co-op know you meant it when you said this building would be a great location!

Second, if you know of a product that you would like the Co-op to carry, we now have a product request form. All requests will be carefully considered and compared to our product guidelines. We want our new store to be the Co-op you have always dreamed of - help us make that store come true.





GRANOLA BOWL

ABOVE THE THREE RIVERS FOOD CO-OP 1126 1/2 BROADWAY FT. WAYNE, IN (260) 424-8812



SPEAKER PROFILES

Janelle Martin - proprietor of Sage Traders, hand makes much of the inventory for her shoppe, including several styles of jewelry, accessories and crafts. She has been making jewelry and crafts for 20 years, what started out as a young girl's hobby has blossomed into a well received wearable artform. The roots of her inspiration come from the Native cultures of the Americas, adding an ethnic yet refined quality to her work. She shares her knowledge and ideas in 2 jewelry classes this December. Beginning Jewelry Making is a two part class December 2nd and 9th. Intermediate Jewelry Making is a two part class December 16th and 23rd. See class description for details.

Cheryl Lanz - I have studied and used Natural Health care such as Reiki, Universal Energy Work. (teaching since 1988) . I started using and studying Homeopathic Remedies in 1989. Certificate in Veterinary care, 1997, Diploma 2000) Flower Essences, and other processes for many years. At this time my priorities are focused on animals. I have Maine Coon Cats (breeding occasionally) that have been raised on Natural Food and remedies for 9 years. And they are wonderfully healthy. New kittens attack their natural food with relish at 4 weeks of age.

Jain Young, MA- Jain has been in the natural foods industry for seventeen years. She developed the famed Jain's Garden Salsa, and operated Jain's Wholefoods for fourteen years. Also, she was Kitchen Manager of Zakhi Soyfoods for several years, and developed our own Deli at its inception. She is currently consulting in our Deli department, resulting in all of the tasty changes you have been noticing. Jain teaches Nutrition and Natural Foods Cooking classes.

PLEASE CONTACT THE THREE RIVERS FOOD CO-OP FOR INFORMATION ABOUT OUR OTHER SPEAKERS OR FEATURED ARTISTS NOT LISTED HERE AT (260) 424-8812.

DECEMBER 2002 GRANOLA BOWL SCHEDULE AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30 -9:00 PM Jewelry Making Class	3	4 6:00 - 8:00 PM Intro to natural pet care	5	6 7:00-11:00 PM Granola Bowl Holiday Art Fair	7 10AM-6:00 PM Granola Bowl Holiday Art Fair
8	9 7:00 -9:00 PM REACH Meeting 7:30 -9:00 PM Jewelry Making Class	10 12:30 - 2PM Holiday Cooking Class	11 6 - 7:30PM Holiday Cooking Class	12 12:15-12:30PM Tuning Your Nervous System For The Holidays	13	14 9PM-12:30 AM Granola Bowl Concert (Grateful Groove)
15 6:00 - 8:00 PM Staff / Volunteer Holiday Party	16 7:30 -9:00 PM Jewelry Making Class 12:15-12:30PM Relaxation Class	17 12:15-12:30PM Stress Reduction & Visualization for Achieving Goals	18 7:00 -9:00 PM Nervous System Health 12:15-12:30PM Relaxation Class	19 12:15-12:30PM Needle Accupuncture & Health Benefits	20 12:15-12:30PM Relaxation Class	21
22	23 7:30 -9:00 PM Jewelry Making Class	24 Christmas Eve	25 Christmas Day	26 First Day of Kwanzaa	27	28
29	30	31 New Years Eve				

WHAT IS THE GRANOLA BOWL?

The Granola Bowl is located in the space above the THREE RIVERS FOOD CO-OP at 1126 1/2 Broadway Fort Wayne, Indiana. The Granola Bowl is an outreach extension of the 3 Rivers Food Co-op. Our focus is education, community programming, and member outreach concerning natural living and cooperative principles. No program should sell or elicit direct competition with the co-op or its products.

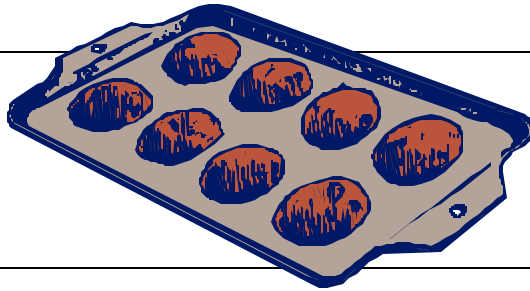
For more info about the Granola Bowl, the fee structures for use of the space, availability or any other questions please contact us at the Three Rivers Food Co-op at (260) 424-8812.

3 Rivers Co-op Natural Food & Deli December Newsletter Sales!

Sunspire

Organic Chocolate
Chips \$3.69

Regular:
\$4.35



Blue Diamond

Nut Thins \$1.59
Almond · Pecan
Smokehouse Almond

Regular: \$2.29

Cape Cod

New!

Classic Potato Chips
\$1.29

Kettle Cooked

Great for
holiday parties!

5 ounce bag -
Regular: \$1.85



Sunspire

Grain Sweetened
Chocolate Chips \$2.89

Regular: \$3.39

Spring Tree

Grade A Maple Syrup
\$4.35

8 ounce Regular: \$5.15

Organic Valley

Cream Cheese
and Neufchatel
\$2.35

8 ounce
Regular: \$2.59



Fall River

Wild Rice Chips
\$1.69

Original · Garlic

Great with
hummus dip!

Regular: \$2.29



Sale prices effective December 3 - 31, 2002. Items are subject to availability, quantities may be limited.

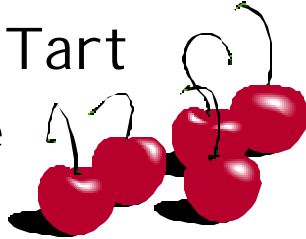
3 Rivers Co-op Natural Food & Deli December Newsletter Sales!

Knudsen's

New!!

Organic Just Tart
Cherry Juice

\$4.15



Cranberry Nectar
Juice \$2.99

32 ounce bottle
Regular: Cherry Juice \$5.15, Cranberry Juice \$3.85

Yogi

Beverage Teas \$2.39

Choose from 8 varieties, including
3 new Chai teas.

Great for holiday entertaining!

16 tea bags per box - Regular: \$3.45

Westsoy

64oz Non Dairy Milks

\$2.59

Choose from:

Plus or Non Fat

Regular: \$3.69

Imagine

Organic Broths \$1.99

Choose from 3 varieties:
Chicken · Vegetable
No Chicken

32 ounce - Regular: \$2.49

Nature's Path

Breakfast Cereals

\$2.99

Choose from 3 varieties:

Flax Plus · Millet Rice ·

Heritage Flakes

Regular: \$3.39

Pamela's

Pecan Shortbread
Cookies or Ginger
Cookies \$2.69

Gluten Free

A wonderful snack with tea!

Regular: \$3.15

UAS

Acidophilus \$11.89

100 Capsules

Find this in the Supplements' Refrigerator

Regular: \$15.89

Sale prices effective December 3 - 31, 2002. Items are subject to availability, quantities may be limited.

GRANOLA BOWL

ABOVE THE THREE RIVERS FOOD COOP 1126 1/2 BROADWAY FT. WAYNE, IN (260) 424-8812

DECEMBER 2002 EVENTS

All scheduled events subject to change or cancellation without notice. Please call for current info.

Jewelry Making Classes

taught by **Janelle Martin**

Class I - Beginning Jewelry Making: Learn the basics in this 3 hour class (divided into two evenings). Just in time for Christmas!! Make something special for someone special (or for yourself). In this class you will make a necklace, pair of earrings and bracelet.

Class II - Intermediate jewelry making: Move into more advance techniques and design in this 3-hour class (divided into two evenings). This intermediate class will only lightly touch on basic jewelry making techniques and instead focus on design, color, semi-precious stone attributes and more advanced bead stringing techniques. In this class you will make a more advanced style necklace, a pair of earrings and bracelet.

Fees include all the supplies you need to make the above mentioned jewelry, coffee and a few snacks. Preregistration is required, and space is limited to 10 people, so register now! Call Janelle @ 420-4023

December 2, 9, (Class I) 7:30-9pm Cost: \$25.00

December 16, 23, (Class II) 7:30-9pm Cost: \$25.00

Save money and sign up for both classes and pay \$40.

Introduction to Natural Pet Care

speaker **Cheryl Lanz**

Interested in providing the same healthy care for your pets as you provide for yourself? This class is for you! This discussion will give you an informative introduction to natural care for your pets.

Wednesday, December 4, 6-8pm Cost: FREE

Granola Bowl Holiday Art Fair

artists **Various**

Art showing with local artists displaying their wares. Friday night will be the event kick-off party featuring music by Grateful Groove, a silent art auction as well as food from the 3 Rivers Food Coop Deli. Saturday will include a holiday food sampling as well as gift baskets and gift certificates.

Friday, December 6, 7-11pm Cost: \$4.00

Saturday, December 7, 10am-6pm Cost: FREE

R.E.A.C.H. Meeting

presented by **Diane Dickson**

Everyone is invited to the next meeting of REACH (Residents for Environmental Action and Community Health.) Right now we are addressing the West Nile Virus issue with our public health officials. While the prevalence of the virus in Allen County was a big problem this summer, the broad pesticide spraying by the County wasn't effective. We feel the pesticide used for spraying is harmful to people and to wildlife, and damages ecosystems.

For more information, call Diane at REACH, 456-9724

Monday, December 9, 7-9pm Cost: FREE

Holiday Cooking Class

taught by **Jain Young**

Come and enjoy a demonstration and try out delicious holiday fare using natural foods. Participants will receive recipes of the foods we taste, and other holiday ideas as well.

Tuesday, December 10, 12:30-2pm Cost: FREE

Wednesday December 11, 6-7:30pm Cost: FREE

Tuning Your Nervous System for the Holidays

speaker **Dr. Jim Ruckel**

Find out how crucial your nervous system is to holiday stress. You will also fill out a stress questionnaire and receive a free nervous system scan.

Thursday, December 12, 12:15-12:45pm Cost: FREE

Granola Bowl Concert

featuring **Grateful Groove**

Music to get your holiday groove on. Grateful Groove is an acoustic ensemble featuring music performed or written by the Grateful Dead. A good time will be had by all ages.

Saturday, December 14, 9pm-12:30am Cost: \$3.00

Staff/Volunteer Holiday Party

This event is open to all 3 Rivers Coop staff members and volunteers. All others please keep an eye out for the Granola Bowl potluck dinners that we will be scheduling in the future for all THREE RIVERS COOP members.

Sunday, December 15, 6-8pm Cost: FREE

Pre-Christmas Relaxation Class

taught by **Deborah Roemisch**

Please call 424-8812 for a description on the content of this presentation. Thank you.

December 16, 18, 20 12:15-12:45pm Cost: FREE

Visualization for Achieving Goals & Reducing Stress

speaker **Dr. David A. Vargas**

Please call 424-8812 for a detailed description on the content of the presentation. Thank you.

December 17, 12:15-12:45pm Cost: FREE

Nervous System Health

speaker **Dr. Jim Ruckel**

This discussion will expand upon the discussion from December 12th "Tuning Up Your Nervous System for the Holidays" with additional beneficial information.

Wednesday, December 18, 7:00-9:00pm Cost: \$3.00

Needle Accupuncture & Health Benefits

speaker **Dr. David A. Vargas**

Please call 424-8812 for a description on the content of the presentation. Thank you.

December 19, 12:15-12:45pm Cost: FREE

UPCOMING EVENTS

Blood Type Catered Meal

speaker **To Be Announced**

Please call 424-8812 for a description on the content of the presentation. Thank you.

Date To Be Announced Cost: call for info

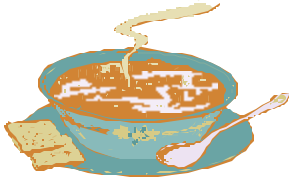


Rosemary's Shelf Talk

By: Rosemary Mausser

- Just in time for the holidays are new snacks. Try Midel's gluten-free Gingersnaps, or Kashi's T.L.C. crackers. This stands for "Tasty Little Cracker" and they are my new favorite, especially good with soup or cheese spreads.

Try them in either the original 7 grain or honey sesame flavor.



- Genisoy soynuts are now available in 3.5ounce bags. Try these roasted soynuts in either Zesty BBQ or lightly salted flavors.

- We now carry bulk fresh roasted coffees from the Third World Shoppe in Fort Wayne. These coffees are fair-traded and certified organic. Try Nicaraguan French roast or Peruvian La Florida light roast.

- Flavor your coffee with organic Flavororganic Syrups. Try Amaretto, Irish Crème or Hazelnut flavors in the 8.5 ounce bottle.



- Also new in our bulk department or High Country GORP Chunks of Energy with sundrop candies, and TVP granules. Unfortunately this TVP is not certified GMO free.

- Two new soups expand our line of organic offerings. Imagine Free Range chicken Broth comes in a 32-ounce aseptic package, and is the tastiest chicken broth I've tasted. For all of you who have been asking for a low sodium soup, check out the Health Valley no salt added organic Vegetable Soup with just 40 milligrams of sodium per serving.

- Food for Life is expanding its line of sprouted grain breads. We now carry Genesis 1:29, with seeds organic

grains. Also new is the Savory Herbs Low Carb bread.

- Kashi Go Lean expands its line of natural foods for the weight watcher with Original and blueberry waffles, new in our freezer.

- Seafood lovers will rejoice at our expanded selection. We now offer Starfish Halibut, Cod and Atlantic skinless salmon. We continue to carry the Alaskan skin on salmon. Also new are 12-ounce bags of Contessa cooked tail on shrimp.



- New bottled juices include Santa Cruz organic Raspberry or Cherry Nectars, and Knudsen's Elderberry or Blueberry Nectars. Knudsen's Organic Just Tart Cherry juice is unsweetened. All of these juices are available in 32 ounce bottles.

- SoyDream lovers have been asking for it and now we have it. The Enriched Soydream is available in Original, Vanilla or Chocolate in 32 ounce aseptic packages

- NuWorld is dedicated to bringing gluten-free amaranth to everyone. Try their Puffed Amaranth Cereal for a new way to taste this nutritious grain. Our amaranth flour is now available in 12-ounce bags from NOW foods.

- Ionized silver is the ingredient that makes Throat Rescue and Sinus Rescue so effective. Find Peaceful Mountain's 2-ounce spray bottles in our supplement department with other cold and flu remedies.

- Dedicated to getting your Omega 3 fatty acids with flax oil? Here is a new way to spice up your diet. Omega Nutrition introduces organic flax oil infused with chili and garlic oils. Find it in our supplement

cooler.

- Jay Robb Whey Protein powder contains no added sugars, and is made with just whey protein and stevia. Available in chocolate, vanilla or strawberry flavors, it has 24 grams of protein per serving with no fat and very little carbohydrates. Try it in the 1-ounce single serving packet or the one pound canister.

- Kiss My Face natural shaving cream comes in key lime, jasmine or fragrance free scents in a 12 ounce bottle. We now also carry the fragrance free in a 4ounce size for travel or just to try it out. *** This product does contain some ingredients that are not considered "the best" on our recommendation list, however it is better than general drug store brands, and is a good transitional product when you are trying to convert someone to the natural alternative. We offer a similar product from Aubrey Organics that is better quality, but more expensive.*



- Vivani Organic chocolate bars are imported from Germany. They are available in Dark Chocolate, Milk Chocolate with Hazelnuts, Praline or plain, and White Chocolate with Crispy Rice.

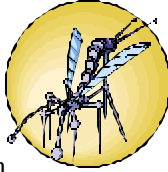
- Remember the co-op for great holiday gifts. Beauty care products, organic fruit baskets, organic clothing, gourmet coffees and chocolates, exotic teas, books, massage tools, aromatherapy products, organic cotton socks... and of course Gift Certificates.

REACH For A Healthy Community

By Diane Dickson

Residents for
Environmental Action and
Community Health

(REACH) is a new group that has been meeting every month since October in the Granola Bowl. Many of us have been worried about the spread of the West Nile Virus this summer, especially since the broad aerial pesticide spraying used to control it wasn't effective. And the pesticides themselves pose another threat to human health and the environment.



We have learned that communities in other states have found a way to maintain lower levels of WNV using more effective, less toxic ways to control the virus. Those methods are based on an Integrated Pest Management (IPM) approach. Communities that use IPM mosquito protocols concentrate their resources on public education, habitat reduction, mosquito surveillance and larvaciding. Spraying is used as a last resort, and is specifically targeted around infected mosquito pools.

We are contacting our local health officials to urge them to adopt these methods, and to find out if community involvement is needed for public education.

A lot of us are very excited about the group, since we're interested in other health issues related to the environment. It seems like a natural outreach for a cooperative dedicated to holistic health to foster a group like REACH.

We thank the hard-working Co-op staff members who have worked long hours to make the Granola Bowl a beautiful space.

Personal Care Department Adds New Cosmetics

By Cathy Blyth



The next time you're in the Co-op check out the personal care section for our new line of cosmetics. We are now carrying a full line of Logona make-up: foundation, loose and pressed powder, rouge, and many colors for the eyes and lips. It is a very good quality make-up, comparable to department store cosmetics, but it is made with natural ingredients -- and costs less!

We also carry a cosmetic line of tinted moisturizers, powders, lipsticks and eye pencils from Burt's Bees also made of natural ingredients and very

affordable, as well as foundation and lip color from Aubrey.

We have make-up brushes -- all kinds -- make-up remover, perfumes, hair coloring, bath brushes, spa salts, essential oils, and all kinds of things to get you clean, shiny, beautiful and feeling good!!!!!!

Think of us for holiday gifts. Good things for stocking stuffers! Body mists and parfums from Ecco Bella and Eastern Star, spa body salt scrubs, bath jaleas and oils, aromatherapy tools, frankincense & myrrh massage/bath oil, copper bracelets, organic cotton socks, gloves & camisoles, bath sponges, baby gift kits and more. Practical gifts for practical people, give great smelling soaps, hard working hand salve, lip balms for chapped lips and gift certificates.



Jin Shin Do® Bodymind Acupressure™

Jin Shin Do - "The Way of Compassionate Spirit" - is used to help release physical and emotional stress and tension, reduce pain and discomfort, increase self-awareness, and to balance the natural flow of energy (chi) in the bodymind.

Jin Shin Do is used to awaken the incredible healing power of the bodymind and spirit through a synthesis of many wisdoms:

- *a traditional Japanese acupressure technique
- *classical Chinese acupuncture theory - using touch rather than needles
- *Taoist yin/yang philosophy, exercises, and breathing (Qigong)
- *modern psychological insights correlating emotions with tensions and health

Jin Shin Do is easy to learn even for the lay person with no experience, and profound enough to enrich the practice of the bodymind professional. Further training can lead to professional certification. Approved for CEU's for massage therapists.

For a schedule of upcoming classes or for an appointment contact:

Debrah L. Roemisch

Registered JSD Acupressurist & Authorized JSD Teacher

260-745-1727 — debjds@fortwayne.infi.net

Fort Wayne Dance Collective

Nuts and Crackers Concerts

Dec. 13 & 14 at 7 p.m. and Dec. 15 at 2 p.m.
FWDC Studios \$6 public, \$4 for kids and members

Winter classes begin January 6 for all ages

Call FWDC at 424-6574 or check out
www.fwdc.org for info or class schedules.

Fort Wayne Dance Collective, 437 E. Berry St.

Got Pain? Try a Chi Massage

Free Trial

www.LightenUp22.com

Toll Free 1-877-746-6617 Local 1-260-747-6617

3 Rivers Co-op
Natural Food & Deli
1126 Broadway
Fort Wayne In 46802
260-424-8812

PRESORTED
STANDARD
U.S. POSTAGE PAID
FORT WAYNE, IN
PERMIT NO. 2092

**We have 30
days to raise
money to
move! Open
immediately
and read up
on how you
can help!**

Membership Meeting

(Continued from page 3)

problem. As well, the Co-op can't offer complete product lines for one-stop shopping without more space.

Kathy said various locations downtown had been investigated, with none fully meeting our needs. The 14,000-square-foot Walgreen's building, at Spring and Sherman streets, is nine blocks north of downtown. It has 60+ parking spaces, coolers and shelves, a loading dock, and can be divided into meeting spaces for community use.

Kathy said the guiding principal for the board and staff has been to avoid debt by making minor renovations to an existing space in the downtown area. She said the member equity program, in which contributions to the liquid assets of the Co-op boost our ability to move and improve, is still the best option to bolster Co-op funds toward moving.

Kathy reminded all members of the upcoming board vacancies in January. Applications to run for the board are due January 15th.

The meeting adjourned at 7:35

In Store Sampling Schedule!

Try out some good wholesome natural food at the co-op

We will be offering some tasty holiday sampling at the Granola Bowl (above the co-op) on December 7th from 10am-6pm. Try the best of our holiday treats. Additional in store sampling will continue throughout the month in a more spontaneous manner.



HEARTLAND CHAMBER CHORALE
ROBERT NANCE, MUSIC DIRECTOR

THE WARMTH OF WINTER

Traditional carols and contemporary holiday music to warm your hearts and bring peace for the holidays.

December 14, 2002 @ 8:00PM
December 15, 2002 @ 4:00PM

All HCC concerts are presented at First Wayne Street United Methodist Church, Fort Wayne.
Call the Box Office or visit our website for information and tickets.

260.745.7013
www.HeartlandChorale.org

Changing lives through song