

Community Fair Trade Organic

co-op news

May/June 2007

newsletter of the Dublin Food Co-op

Editorial

This issue of the Coop News is a little behind schedule as we have been focussing on the AGM and the new CB has been settling in to new roles. Aodhagan O' Brion has taken over the role of Chairperson and I am now the Deputy Chair.. In this issue Kevin O'Rourke, who is new to the CB himself has begun to profile some of the new CB and indeed is keen to broaden this out to a "Who's who" of the Co-op. So we can look forward to really figuring out who is who in the Co-op and with photos we will be able to more easily identify each other! So make sure you let us know who else you'd like profiled for subsequent issues.

Aside from this, we have more details on the move –we now have a date -14Th July and also a date for leaving St Andrews, 7th July. It will indeed be sad to leave St Andrews after 21 years –and some of you will remember leaving the Temple Bar premises and the wrench it was then. This move to Newmarket has been a long time coming and is, a huge opportunity for the Co-op. Aodhagan has given us an update on the development of the work in Newmarket and outlines the volunteer help needed for the Wednesday and Saturday work stints. If you would like to get involved please do contact us

In this issue, our new Manager John Lindsay introduces himself and has also outlined the rationale behind the CB decision to move "lock stock and barrel" from St Andrews on 7th July. At the Newmarket information desk in the Co-op we have continued to engage with members and Pauric Cannon has summarised some of the points raised there. We are keen to recruit some more volunteers at the desk and please let Pauric know if you'd like to help out here.

We are planning over the next while to really encourage members firstly to visit the new premises and also then if you have the time to help out with some general work. Regarding the Co-op News, it would be great to have it published on a more frequent basis and if you are interested please contact myself at the address on the back of this edition.

Monica Haughey (Editor / Co-ordinating Body)

Word From the Chair

In case you didn't know already, the Co-op is moving to Newmarket on July 14 next (Bastille Day for our French members). Is this the biggest news in the Co-op's history?

It's only eight weeks away now (Saturday 19 May)!

Newmarket opens up many new avenues for us to develop. Primarily, we have a great market now to call our own, to decorate as we wish, to open whenever we want, and to do there many more things that we have wanted to do over the years – events, small group meetings, teaching ... I'm sure there'll be no shortage of ideas on how to utilise this wonderful building .

As well as the new building, we have taken steps to improve our organisation. The most significant was to get a professional manager, John Lindsay, whose presence has already made a significant impact on operations. The cost of operating at Newmarket is only slightly higher than the cost of running St Andrew's and North King Street. However, due to steady cost increases over the last years, and to fairly static revenue, the costs will lead to a depletion of reserves, unless revenue can be improved. Fortunately, Newmarket offers plenty of revenue potential, by allowing us to cater for increased numbers and also for additional uses of the building.

The key to the success of the Co-op, in terms both of financial viability and of success as a market venue, is the membership. The more members we have, the more revenue we will have, and the more the market will thrive. More revenue will ensure financial viability, and also allows more values and benefits of Co-op membership to be created.

Up until now, the Co-op has been rather an insular organisation, if we can say that of a group of over a thousand people. We have not really become part of the Pearse Street neighbourhood. We really have relied only on word of mouth as our main way of finding new members. We don't really know why so many members have left over the years.

We have begun taking steps to reverse this situation. We are going to try to survey ex-members. We are going to change the arrangement of visitors paying in. We are going to prepare new membership application forms and brochures. We are going to attempt to get to know our neighbours in Newmarket from the start.

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There are changes immediately ahead of us all now, and we have to adapt to them. We will be going elsewhere to do our organic shopping – but we will (almost) all be going along. All the stallholders will be there, and perhaps a few new faces. All the staff will be there. We hope it will be the same, but more, and nicer, and our own.

Help make it so, by getting a user account on the wiki (www.dublinfood.coop/wiki) volunteering now to help with the move (contact mm@dublinfood.coop), or just giving feedback (on wiki or to me at a@dublinfood.coop).

Aodhagán O’Broin, chair.



Premises News - We Need Your Help!

The builders have been in Newmarket for a few weeks now, and some notable changes are visible – big windows now in the reception area, and a new door opening into the goods/storage area.

X marks the spot!

We are hoping to put new doors onto this opening and complete the ramp and other building works in that room by the end of this week, so that we can begin claiming this area as our own. We will clean it down for sealing and painting, and clean down everything that comes into it. After painting, we will start putting up the shelving for storing goods. We’ll use this as a clean room while we do the other parts of the building, which will take a lot of cleaning.

A volunteer work team will start in Newmarket on Wednesday 23 May, from 18:00 to 22:00, and there will definitely be work every Wednesday from now until July 11, the last Wednesday before the first market.

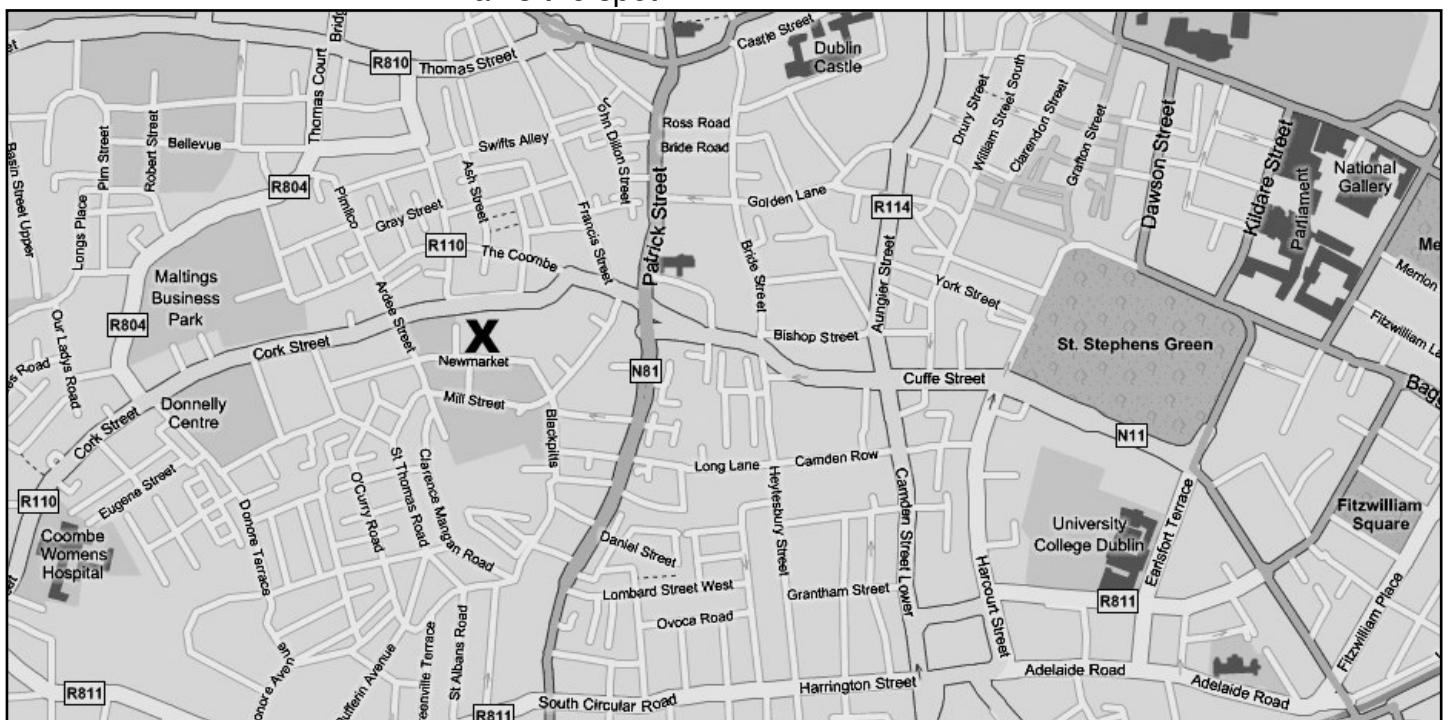
We’ll probably be doing every Saturday from now on as well, and will post this around the market and on the wiki. We’ll add Sundays and other evenings as volunteers become available.

The work is being organised by the meitheal manager (see wiki for details), and one way to get involved is to mail to mm@dublinfood.coop with your details and availability. MM will try to match you up with work opportunities. We are looking for a great quantity of unskilled – but enthusiastic – labour, but anybody with trade skills would be especially welcome. There is also an Information desk every week in the Co-op so do please go along to the desk if this suits you. At the desk you can find out more about the premises and how you might get involved.

There’s also a lot of details about the premises (see Newmarket FAQ) and the overall design ideas (Design Brief) on the wiki, and it’s being added to regularly. It’s worth applying for a wiki user account, because then you can comment yourself and put your own ideas out there.

If you haven’t seen Newmarket at all, there will be visits every Saturday. Times generally 1400 to 1600, but will be posted in the market.

Aodhagán O’Broin, 14 May 07



REPORT AGM Wed 4th April 2007

This was my third ever AGM and certainly this was the most harmonious - I'd like to say congratulations Monica and the rest of the CB 2006/ 2007, this was an enjoyable AGM!

This year's AGM was influenced by the breaking news on the new premises in Newmarket, Dublin 8. Chairperson Monica Haughey was ably assisted by Valerie Roche with a view to keeping the discussions brief and fair.

Martin Nolan's auditors report informed the meeting about the Co-op's finances during 2006. Turnover was up a bit but due to the increase in rent for both the hall in St. Andrews and the office in North King Street and an increase in staff costs the surplus has been less than in previous years. The producer members have increased their turnover as well.

In her report Monica spoke about how the development of the Co-op has been constrained by the current premises and that the move will allow the Co-op to grow. As the Co-op is at a point of change now, she outlined the importance of ensuring the Co-op grows in the way the members wish it to. It will be the work of the next CB to shape this change and to carry out an extensive consultation process as part of a full strategic review of the Co-op. She introduced John Lindsay to the auditorium who had been recruited as a General Manager for the Food Co-op. She thanked the Staff Team, volunteers on the help role and producer members for ensuring that the weekly market happens.

A representative of each subgroup then talked briefly about their work. Iris Lyle talked about her remit as secretary and work on the CB subgroup reviewing staff terms and conditions. Colum Clissmann reported about his cooperation with Ciaran whose duty it was to set up the membership database and who created a new wiki on the website (please see Ciaran's report in this Co-op News edition for further details). Oonagh Duggan told the auditorium that 6 Co-op News were produced, and referred to the importance of the newsletter as a tool for communication and encouraged more input from the members..

Pauric Cannon was part of the member's consultation group. He emphasised the importance of members participation in the decision making process around the move to New Market and spoke of the work of this group around finding ways to involve members in this. Aodhgan O'Broin who was the main premises negotiator commenced his input with the following statement: The reason why we have no arts on the walls is we have no walls yet !. He asked the members for help with the physical work of refurbishing Newmarket.

There were two motions accepted at the AGM: that the incoming CB set up a working group to produce recommendations to the CB on policies and procedures for accepting and vetting producers and on product policy. The

second motion asked for continuity of CB knowledge and policy. Monica reported about steps that had been taken to ensure continuity in leading the Co-op. Nevertheless, the discussion showed that there are still gaps in the information flow of several issues.

A new CB was elected (please find details below) and the meeting was closed with the Co-op's 24th birthday party. Many thanks to Georg Heise who contributed a fabulous birthday cake and to Dara Golden who provided tea and coffee on the night.

Reini Bock (Co-op Administrator)

Greetings from your new Manager.



It was not a very difficult decision for me to accept the position of Manager of the Dublin Food Co-operative Society Ltd. It is a very exciting time in the Co-op's development and I also see the position of Manager as being very challenging, something on which I will thrive and hopefully succeed in.

My interest in Organic Foodstuffs, Fairtrade and ecology go back to almost the same time as the founding of the Dublin Food Cooperative Society. In the late 1980's I was a Managing Director in the Campbell Bewley Group and was part of the management team involved in the acquisition and running of the Cranks Vegetarian Chain of restaurants in the South of England. No prizes for guessing why it was called Cranks as that was what vegetarians and those interested in organically produced foods were known as in the 1980's. Plus ça change. There was a sad end to Cranks as it went out of business after we sold it on. They failed to adapt to the changing environment and the anticipated growth in the number of vegetarians never materialised.

After the Campbell Bewley Group I held three positions as CEO of hospitals, two public and one private. One of them had a 1000 acre farm which was very interesting and it was alarming to see the quantity and value of artificial fertilisers spent on that farm annually and also the volume of antibiotics used. After nine years in the health sector I decided to take some time out for personal reasons and towards the end of last year made the decision to return to the private sector.

I am very confident that the Co-op and its members are looking at a very bright and productive future and I hope to make a positive and successful contribution towards its development. I am particularly grateful to all members of the

Co-ordinating board for making me feel most welcome and also to those members whom I met and gave me their best wishes for the future.

Outside of work and my family (two teenagers and an encyclopaedia, otherwise known as Jean) I am interested in all sports but in particular soccer and rugby. I play tennis every week and am an avid reader of history, particularly European.

I look forward to meeting as many members as possible over the coming months and am particularly interested in your views on where the Co-op should be going and how best can it serve its members.

John Lindsay (General Manager)

The Co-op and the St. Andrews Centre

For the past 21 years the Co-op has operated a Saturday Market out of the St. Andrews Resource Centre, Pearse Street, Dublin 2. The location was excellent and the management and staff of St. Andrews were most helpful and accommodating.

In recent years the costs associated with running the Saturday Market have risen considerably, while income has remained almost static. This has been largely due to the size of the building which has inhibited our growth. Staying in Pearse Street would have eventually led to the possible demise of the Co-op.

The decision was made to locate to new premises and this was completed by the signing in April of a short lease on premises in Newmarket, Dublin 8. Newmarket is earmarked by Dublin City Council as an area suitable for major urban regeneration and it is anticipated that the Dublin Food Co-operative Society Ltd., will be a key player in the development. The eventual plan is to take up a 35 year lease in the new development.

The option of keeping a market in St. Andrews while operating Newmarket was examined in detail and there was absolutely no doubt that it was not feasible to do so. The Co-op has neither the financial nor the human resources to run two markets at the same time and the success of Newmarket depends on all associated with the Co-op concentrating on the development of the Co-op's business in Newmarket from day one.

The Coordinating body at its most recent monthly meeting, having reviewed all the advices, unanimously agreed that the last Co-op market will be held in Pearse Street on the 7th July 2007 and on the 14th July the first market will be held in Newmarket. Please note the dates in you Diary and if you are available to volunteer some of your time to help with work in Newmarket or with the move to Newmarket please fill out the questionnaire at the welcome desk on Saturdays or contact Mary Mullally on 087 287 0555.

While there is sadness at leaving Pearse Street there is great excitement at setting up home in Newmarket, in a premises which we will have seven days a week and we all believe that the potential to develop the Co-op in the members interest will be greatly enhanced by the move.

John Lindsay (General Manager)

Who's who in the Co-op

Kevin O Rourke has introduced a new feature to the Co-op News and is introducing the idea of profiling Co-op members. This is the first in the series and some of this years Cb members have been profiled. (More to follow)

Aodhagán O'Broin
Kimmage (Chairperson)

"Dublin saw the bearing and rearing of me. My mother came from Blackpitts, and I remember the area from walks with my grandfather. It's strange for me to think that it will change more in the next five years than in the last fifty, and that I am playing a part myself, through the Co-op's move to Newmarket. An occasional visitor for years, I finally joined the Co-op when my friend Anthony Harris became chairman. He tried hard to find a new home for the Co-op, and although we didn't quite get there during his tenure, in fact it was Anthony who found Newmarket, and established the original relationship with the owners. I joined the CB last year, to try to ensure the continuity of strategic direction and effort. For me, the best thing about the Co-op, apart from feeding my personal interest in all aspects of food, is the fact that it is a cooperative organisation, unique or nearly so, with all kinds of potential."



Monica Haughey
Ranelagh (Deputy
Chairperson)

Chair of the CB in 2006-7, Monica has been involved in implementing many of the changes that have occurred at the Co-op over the past two years and wants to continue to contribute to the shaping the DFC's growth at this an exciting time. She joined the Co-op in 1998 when she was pregnant with the elder of her two daughters (which explains why she likes the fact that there is no marketing around children's foods such as Barbie baked beans!), and enjoys the feeling of community and the good quality organic food available. She believes that members will have to become more



active in promoting new memberships from among their friends in the months ahead to ensure that the new premises at 11 New Market is a success. Monica, who is (discreetly) in her 40s, hails originally from Tyrone and works as a psychotherapist. She likes to cook and is thinking of taking up drumming !

Iris Lyle
Clontarf (Secretary)

Iris felt that, having been a member since 1998, it was time to take a turn doing some of the management work that keeps the Co-op running; she also saw that the CB needs gender balance and so she ran for election in 2006. She feels that, in this period of change when we are about to move and grow, the trick is to keep enough of our ethos so that we change in a way that keeps everybody on board, ensuring that we all progress together. (She also says that she is looking forward to a bigger café when we move!) Born in Belfast fifty-eight years ago, she is coordinator of INVOLVE, a project promoting women in decision-making in Blanchardstown. When asked for what is the best thing about the Co-op, she's definitive: "Fresh and interesting salad leaves".



Colum Clissman
Ringsend

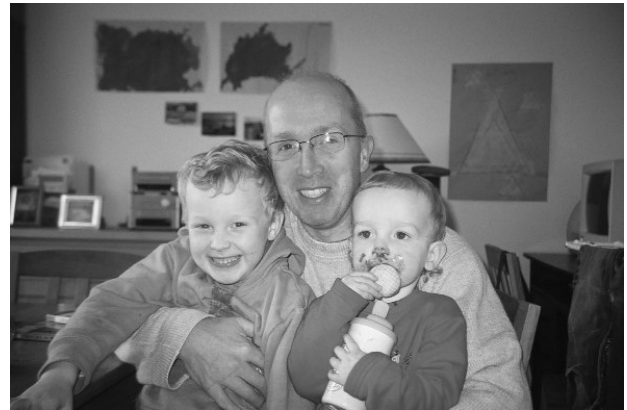
Colum was born in Dublin 33 years ago and has been a member of the DFC since January 2005. A technical consultant by profession, he was co-opted onto the CB in October of last year, and has since been prominent in decisions relating to the upgrading of the IT infrastructure, including the introduction of the wiki on the Co-op's website. For him, the Co-op is about more than having access to great food (he is a self-confessed omnivore), but also about being involved in the whole process, being able to participate in how he sources his food from dependable suppliers along with like-minded folk "who are not altogether objectionable ;)" he adds. He would like to see more people using the wiki: if you want to know more go to <http://www.dublinfood.coop>

Fiona Gormley
Ranelagh

Born in London, Fiona celebrated her fortieth birthday last year and was co-opted onto the CB in October. She describes herself a stay-at-home mother ("or whatever we are supposed to call ourselves these days") and is also a



licensed homeopath. She originally joined the DFC around 1994, disappeared for a while and rejoined last year. What she likes about the DFC is being part of a member-driven community that is concerned about health, nutrition, safe food, the environment, lifestyle choices and community consciousness. She sees it as a place where people can come to work, shop, learn and participate.



Kevin O'Rourke
Cabra

Kevin joined the Co-op when he returned to Ireland from London five years ago and was looking for somewhere other than the main supermarkets to shop for local organic produce: John & Sally McKenna's "Vegetarian Guide to Ireland" was the first hint he got of the DFC's existence. Born in New York in January 1964, he grew up in West Cork. He now lives with three Dubs ("my wife and two sons") and currently works for the Dublin Institute of Technology. He believes that the Co-op deserves a much higher profile for its ethos and products, especially now that the move is imminent. "That 2002 Vegetarian Guide said to look out for a possible change of location soon. I wouldn't have thought that I would be playing a part in that move", he laughs. Kevin was elected to the CB at the April 2007 annual general meeting.

Roeland Van Elsen
Merrion Road

Roeland is one of just two life members of the DFC. Born in Antwerpen, Belgium in 1969, he is a senior architect in the Office of Public Works and hopes to offer his support and services with the policy formation and premises issues now imminent with the July move to 11 New Market. In addition to the produce and products, he describes the best things about the Co-op by using the words of the artist Joseph Beuys: it is a true "social sculpture" with creative cooperation at all levels of interaction. "Keep at it everyone – we live in times of open source, wikinomics and global/local co-operation, against all tides", he comments. "Nature and history are with us, and wherever and however we grow, it's a great thing, whatever the adventure." (He also offers a recipe for "Chicons au Gratin", too long to include here, but perhaps he'll share it on the Co-op's website?)

Co-ordinating Body members not listed above are:
Arthur Duignan (Treasurer), Siraj Szaidi, Ann Byrne,
Fionnuala Ward, Ciaran Moore

Some Members Comments on the proposed move to 11 Newmarket

“We think that the move to new premises could be an opportunity for the Co-op to support local products and producers.” Clara & Yvan

“I think a large composting bin where members could bring their Organic vegetable matter for recycling is worth considering. The resulting compost could be sold or given to Producer Members or those with an allotment.” Paul Newman

“Let’s just move on, no use trying to hold on to the past...”

“Looks good [on the floor plan] Extra space needed. Would be nice to have a transition space as [one] comes into the market rather than landing straight in on top of everything.”

Stephen Parker.

“It would be very difficult for me to get to Newmarket: I’ve no car. I get the Dart from Dunlaoire. So, I personally would favour keeping a satellite space here at St. Andrew’s.” I.A. Jones

“From a selfish point of view, this location [St. Andrews] suits me just fine.” Co-op member.

Dublin Food Co-op Wiki

Many of you will have come across wikipedia, the online encyclopaedia, which has information on almost anything you can imagine. Unlike the good old Encyclopaedia Britannica volumes you may remember from your local library though, you can go to this website and actually add to the information given on any subject. Using a piece of software called the wiki, the Co-op website is now ready for interested members to share any fascinating insights!

If it is used in a widespread fashion in Dublin Food Co-op it has the potential to provide greater transparency to members, provide easy routes to get involved in a diverse range of projects and build an organisational memory that will allow the co-op to grow together.

You don’t have to be a techno whiz kid, it’s really simple. Just log on to www.dublinfood.coop/wiki. Browse around as you would with any other website (although you will notice that pages have a history and discussion behind them.

Create an account and send the details to wikiadmin@dublinfood.coop. If you are a member of the co-op you will have membership permissions granted.

Now when you are on the website you see an ‘edit’ button. You can use this to change the text on any page or add a new page. There are invitations to add material on various pages or maybe something is incorrect or missing. The wiki works if

you think of it as a conversation as much as a document – do contribute when you have the time. Remember, anything there is on the wiki was created by other members just like you.. Get involved!

Ciaran Moore (Co-ordinating Body)

Reini’s Visit to Biofach - the world’s leading Organic Trade Fair

How do I imagine the land of milk and honey? This went through my head when I entered the BioFach in February in Nuremberg, Germany this year. Along with 45,520 other trade visitors I was able to source information about the world market for organic products shown by the 2,100 exhibitors. Anything you can think of was presented: From basic food, like grains, rice and cereals to fruit, vegetables and meat to delicatessen and convenience products of any kind.

It was a perfect timing to visit the BioFach this year as the Co-op move is really going to happen and we will soon have the opportunity to enlarge our product range. The glimmering presentations, glossy brochures and the lovely smells and tastes were a bit overwhelming. Even though the Co-op prefers dealing with food which is Irish-produced we have to take into consideration that we cannot source our entire product range locally.

Events

Saturday 26th May

Failte (an introduction to Dublin Food Co-op) for new members who missed the previous Failte. Room 2 upstairs at 11am.

An Introduction to Mindfulness. A talk by Josephine Lynch based on the work of John Kabatzinn. Room 2 upstairs at 12 noon .

Saturday 7th July

Failte for new members, room 2 upstairs at 11am.

Shiatsu demonstration by Robert Gilert and in room 2 (upstairs) 12 noon to 1pm.

compiled by Pauric Cannon (Co-op Operations Staff Member)

Food Co-op Walks For May and June

MAY WALK

WHERE: Ireland's Eye. This is the small island off the coast of the Howth peninsula on the northside of Dublin City. We will need to get a boat from Howth harbour to the island for 10 euro approx. It is a relatively easy walk but with spectacular bird-watching and cliff scenery. Also there is a

good opportunity for swimming so you might want to bring swimwear.

WHEN: Sunday 27th May.

MEET: At Howth Dart station in Howth village at 11am. You can get a dart to the station (make sure the train is going to Howth) or a bus from Dublin city centre.

JUNE WALK

WHERE: From the Sally Gap to the Wicklow Gap over Mullaghcleevaun and Tonelagee mountains. These are the second and third highest mountains in Wicklow so you need to be reasonably fit. Great mountain scenery and panoramic views.

WHEN: Sunday 24th June.

MEET: At the Sally Gap at 11am For all walks bring comfortable walking shoes or boots, warm and waterproof clothing and a reasonable amount of food.

If you need more info. or if you need a lift contact Larry Gordon at 2882957(H) or 087-6832827(Mobile).

Note: We hope to go for a week to Donegal in July or August for a walking week. If you think you might be interested or if you want more info., contact me Larry Gordon to book your place as there will be limited room.



A Visit to the Fareshares Food Co-op, London

The Fareshares Food Co-op is housed along with the 56a Infoshop at 56 Crampton Street in the Kennington/Elephant & Castle area of London. The building was originally squatted for some years [started in 1990] but has recently secured a ten year lease from the local Southwark Council that has helped to solidify its existence and future. It is a community run food co-op with the aim of making healthy food affordable, through buying wholefoods and other products in bulk and then selling them as cheaply as possible. Fareshares, unlike the Dublin

Food Co-op is completely volunteer run – with an organising collective of between twelve and fifteen members. Outside of this group are volunteers who work shifts in the “shop” taking the cash from customers and dealing with enquiries. As it is completely volunteer run, the volunteers should not have to do jobs as such with customers being expected to tot up their own purchases and hand over the total cash amount. This system relies on a trust element, which for the most part is honoured. The tasks undertaken by the “organising” collective are suited to their own skills and interests, for example one member with an interest in ordering the stock takes care of that, while another with a particular interest in the Palestinian issue has sourced bottles of Palestinian olive oil (“Zaytoun”) as a way to give practical financial support to this cause.



The margin on Fareshares goods is between 5-10% meaning that products for sale are at very cheap prices. This margin covers monthly rental expenses, rates, etc. as well as allowing the co-op to expand its range of stock in future. Part of the co-op's principles are that much of the stock is organic and sourced as locally as possible, while everything sold in Fareshares is animal-, sugar-, GMO- free and supportive of other co-ops and collectives as much as possible.

In comparison to the Dublin Food Co-op the Fareshares' seems to be a much smaller operation in regards to the amount of stock available, it is undoubtedly a lot cheaper though – this is perhaps explained in that the Dublin Food Co-op employs weekly staff members and due to not having its own premises is liable to much higher rental charges than the £200/month arrangement [according to information flyer] that Fareshares' has with the Southwark Council. The range of veg available in Fareshares' is much smaller, though being open three days a week (as opposed to one with the DFC) is obviously better for customers. In the Fareshares' Co-op bulk bags of wholefood grains are left in bins for customers to measure and weigh out themselves – this system too cuts down on plastic packaging and costs further – such a system was in place in Dublin Food Co-op some years ago but was forcibly ceased due to introduced hygiene regulations.

The Fareshares Food Co-op would be a great place to be living in the vicinity of – to make use of and become involved in, of that there is no doubt!

This account along with reports on the Cowley Club (Brighton), 56a Infoshop and Pogo Café (both London) [all co-operatively run] will appear in the next issue of Anto's zine Loserdom #16.

Anto Dillon (Co-op Operations Staff Member)

RED RICE SALAD

Dorene Palmer, Co-op member and wholefood cook has sent us a lovely red rice salad for summer. All her ingredients are available in the Co-op and this recipe is well worth a try. It's a popular dish for all the family –enjoy!

- 85g spelt berries or wild rice
- 150g red rice
- 3 tablespoons lime juice
- 1 1/2 tablespoons tamari
- 2 tablespoons toasted sunflowers seeds
- 2 tablespoons toasted sesame seeds
- 1 red pepper, diced small
- Organic corn
- Lots of finely chopped parsley
- 2 teaspoons of nori flakes
- Salt and pepper

Soak the spelt in cold water for at least a couple of hours. Wash both the spelt and the red rice together. Cook in 1 1/2 times the amount of water to grain until tender. Drain off any excess water and rinse with cold water. Now add the olive oil, lime juice, and tamari. When completely cool, mix in the remainder of your ingredients except for nori flakes.

Decorate with nori flakes and serve.

Volunteering Summer 2007 in AFRICA with CAMARA

Food Coop member Jonas Gessner, will travel this summer as a team coordinator for Camara Education to Lesotho (Africa) On Sat. 2nd June he will man an info/fundraising stall at the Co-op. Here he explains what Camara Education is all about:

Camara Education is an Irish charity which sends refurbished computers from Ireland to schools and other educational institutions in Africa. Ireland on the other hand will throw out over 500,000 working computers over the next 5 years.

One of the goals of Camara is to stop these computers being dumped in Irish landfill sites, and instead send them to schools in Africa. Camara secures the donation of redundant PCs from private and public organisations in Ireland.

We clean, repair, reconfigure, refurbish, repack and send them in sea container loads to educational institutions in Africa.

Our volunteers are travelling this July to Ethiopia, Kenya, Lesotho, Uganda and Zambia to provide assistance and training to schools who have received previous shipments. Additional computer labs will be set up over a 4 week period.

Your donation can provide much needed support and assistance in this venture. Education is the concept that will help these countries who wish to liberate themselves from the vicious cycle of poverty. Our labs promote awareness of Aids and provide an academic framework for all ages to start learning.

CAMARA EDUCATION, 15 Castleforbes Road, North Wall Quay, Dublin 1

Tel: +353 (0)1 681 1111 Web: www.camara.ie
Email: info@camara.ie

Help Rota Dates

Help Rota members please note that reminders (where needed) are now being sent by email or text message rather than individual phone calls; please ensure your email address or mobile no. is on record with the Help Rota Co-ordinator also specifying by which way you prefer to be reminded (if at all).

A		16 June	4 Aug	22 Sept
B		23 June	11 Aug	29 Sept
C		30 June	18 Aug	06 Oct
D	19 May	7 July	25 Aug	13 Oct
E	26 May	14 July	1 Sept	20 Oct
F	2 June	21 July	8 Sept	27 Oct
G	9 June	28 July	15 Sept	03 Nov

Co-Op News Team

Any articles or letters to the Members Forum for inclusion in next newssheet should be forwarded to editor@dublinfoodcoop.com or by post to Co-op News, Dublin Food Coop, 12A North King St., Dublin 7. Any members interested in helping with the newsletter please also get in touch.

Editor: Monica Haughey, Layout: Anthony Dillon, Editing: Jackie Bourke.