



Community

Fair Trade

Organic

co-op news

Aug/Sept 2008

newsletter of the Dublin Food Co-op

Dear Food Co-op Members,

Welcome to the August / September edition of our newsletter. Much has been happening at the Co-op within the past few months – a new CB, new products, new stalls and a new café. The newsletter, too, is in transition, with plans to go on line, where we hope to include photos and graphics. Hard copies, however, will always be available. We would welcome feedback and ideas on what you'd like to read about or items you might like to include: info@dublinfood.coop (subject area marked 'newsletter')

In the meantime, happy shopping!

Fionnuala Ward (Editor)

Introducing our new Chairperson: Jaan Van De Ven

Jaan is certainly in the running for the most cosmopolitan member of the co-op. Born in Saudi Arabia, of Dutch parents, Jaan was brought up on a small island named Aruba in the Caribbean and received a European-American education. Given that he has to renew his Dutch citizenship every 10 years, Jaan's standard reply when questioned about his country of origin, is to ask "Where does a tree come from, or the sky, how about the sun?"

Jaan has a distinguished history in the co-op movement, helping to restore the fortunes of a failing collective called Co-opportunity in Santa Monica, California in the 80s. Interestingly, Jaan came to hear of the Dublin Food Co-op when working as a receptionist in a massage parlour in the city centre. The forces of the universe, it seems, move in mysterious ways! Committed to the ideals of organic foods, fair trade, social justice and sense of community, Jaan decided to 'give energy' to the whole project, upon hearing of Amnesty's impending participation. For Jaan, the pieces were now all in place. "If you believe in and benefit from something, it's important to give something back to it. This way you support and strengthen it, and make it available for others to enjoy, as well as prevent it from going the way of the dodo bird or the dinosaur", he argues. Jaan feels that the co-op space is under-utilized, and with the support of membership and the CB, he hopes to grow the co-op into a full-time organic community market and café experience.

We wish him all the best.

CB Members

Our CB are: Roeland Val Elsen, Arthur Duignan, Ann Byrne, Ciarán Moore, Fionnuala Ward, Fintan Molloy, Aodhagan O'Broin, Richard O'Reilly, Kevin Farrelly, Jaan Van De Ven.

Amnesty's Freedom Café at the Co-op

At last time of going to press the Co-op's café was being run by members of the Operations Staff and Help Rota. We are pleased to announce that since April of this year Amnesty International's Freedom Café has taken up residence at the 'Co-op and has been operating the café. Drop by for an excellent choice of fair trade coffees, teas as well as ethically sound items of clothing, books, dvds, world music and plenty more!

Music and song at the Co-op

You may have heard us from time to time. We are an informal group who play a range of musical instruments and come together monthly at the 'Food Co-op to play music (traditional Irish) and sing the songs we like to sing.

The session takes place usually on the third Saturday of the month from 11.30 until about 1.30 p.m. From time to time we play at other venues when we are invited. Anyone out there who is interested is very welcome to come and join us or come and try us and see if what we do suits you. For further information and to get on the mobile list for information about dates of events at the food co-op and others, contact Marie 0863500913

Olive Oil from Palestine

The famed Zaytoun Organic Olive Oil, produced by Zaytoun co-operative is now available at the Dublin Food Co-op. Zaytoun is an ethical business established to support marginalized farming communities in Palestine.

Olive oil is a staple of the Palestinian economy and the olive tree has become an emblem of the Palestinian people Palestine after all is the place of origin of the olive tree with some of the oldest
continues over...

Vacancies:

The Co-op is looking for a **Check-out Supervisor**. Candidates must have good computer, (particularly excel), and book-keeping skills with the ability to work in a team. Candidates must also have good organisational skills, particularly when dealing with money / numbers. This position will be available from late September / early October.

The Co-op needs someone to organise and manage space rentals in Newmarket. The work includes finding clients, agreeing rates and facilities, arranging facilities and managing the event for the Co-op. This is a part-time position, initially for ten hours per week. The situation will be reviewed after two months. Please contact info@dublinfood.coop

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olive groves in the world, some dating as far back as 1500 to 2000 years.

Palestinian olive oil is especially esteemed because it comes from trees that may be centuries old. This imparts a rich mature flavour to the oil and Zaytoun oil has been described by Malcolm Gluck in the Guardian as "one of the least aggressive yet pungently attractive olive oils I have tasted. It is in the rich nourishing class of the best of the fruity Sicilian, Cretan, and northern Spanish oils and its beautiful green cloudiness bespeaks of care and judicious handling."

Zaytoun oil is certified organic and they are applying for their fair-trade certificate.

For more information on Zaytoun visit <http://www.zaytoun.org/>
David Landy (Co-op & Help Rota member)

My First Two Years as an Administrator in the DFC

As you the members, are paying my salary and as a matter of transparency, I would like to give an update on my duties. In order to warm up for writing this I read through the article I wrote more than two years ago. The only thing that I am still doing since then is the payroll, apart from that my role has completely changed!

When I was employed two years ago, the Co-op the main purpose of my job was supporting the Co-ordinating Body (CB). The book-keeping was outsourced, while Tim and Pauric were dealt with the administrative duties. When John Lindsay shortly joined us in 2007 as our General Manager, he noticed that there was a need for re-organising some jobs like the database and bookkeeping.

I took over the database which released more capacity from Tim to look after the operations. I have already written an article in an earlier Co-op News edition about the database alone. All I would like you the members to know, is that the CB decided to return to using the old database. It is part of my job to facilitate the Welcome Desk Volunteers with accurate data and I hope that they have noticed improvements over the last few months.

John Lindsay started efforts to take the bookkeeping back inhouse. After he had left us, it was decided by the CB that I take over the book-keeping. At this stage, there was already a huge backlog; additionally I don't have any formal training in book-keeping.

CB-member and treasurer Arthur Duignan worked very hard to get the books up to date, supported by our former Chairperson Aodhagan O'Broin, especially prior to the audit for the AGM 2008. Arthur installed book keeping software on our PC in the office and started training me to work with it. I now manage the input of all relevant figures on a weekly basis. This provides me with essential information and enables me to pay our suppliers accurately. I have also taken over preparing the float and setting up the cash records in order to support our check-out supervisor Úna, Vera and Cecilia. Last but not least, I organise hiring out the front room and the hall. Then there are always bits and pieces like answering the phone, correspondence with members and potential members, taking in deliveries, etc. This list could go on forever but there is one thing that is for sure: I will never get bored with my job at the Dublin Food Co-op.

Reini Bock (Co-op Administrator)

The South Circular Road/ Dolphins Barn Community Garden

For over a year now a group of local people have been gardening a derelict plot of land (on loan from a nearby salvage yard) at the Dolphins Barn end of the South Circular Road. You may have noticed the hive of activity - and the Sunflowers - along with the notice that all are welcome to join!

The idea of Community Gardens is to provide a social space where neighbours are able to meet and work collectively to grow food. Not everyone has gardening skills, we learn from one another and along the way make new friends and learn new ideas.

The South Circular Road/Dolphins Barn Community Garden is an organic, sustainable garden which uses native Irish seeds and natural fertilisers. Already hazel and apple trees have been planted along with herbs and vegetables such as potatoes, garlic, onions, cabbage, lettuces, beans, peas and tomatoes. We've planted wildflowers to attract birds and butterflies back into the city and this summer we've added a pond which is now home to a family of frogs. We've also started a compost heap to recycle our kitchen waste.

The group meet at the Garden every Saturday from 12-4 and often during the evenings in the summer. Anyone who is interested in becoming involved, or just a little curious, is very welcome to drop in - the more the merrier!

You could also check out our blogstop on <http://southcirculargarden.blogspot.com> or email dolphinsbarncommunitygarden@gmail.com for further information

A new idea for Stress Reduction at the Co-op.....

Any hands-on holistic health practitioners, who are members of the Co-op, might like to consider offering those services for the two hour Help Rota, (once every five weeks). Sessions would last 15 minutes for a fee of €5, which would go towards the co-op's room rental costs.

Modalities such as Reiki, Shiatsu, Massage (clothes on), Indian Head Massage and Polarity Therapy, to name but a few, would all be very welcome. It should be noted that those receiving these services would have to be members of the Co-op. Registration for sessions would be done at the Co-op on the day. Practitioners who may be interested in this idea should contact Heather Wolfe at 01 496 8251 or email celthealer@aol.com To comply with regulations we are asking that only those who have Practitioner Insurance apply.

We are looking forward to this expansion of services and hope that it will bring much healing and harmony to those of you who wish to participate – and that it will radiate to all of us!

Co-op Walks

August Walk

Where: Brickagh mountain and Camaderry. These are both mountains in the Glendalough area.

When: Sunday 31st August.

Meet: at Glendalough Visitors Centre carpark at 11am.

September Walk

Where: Blackhill to Glenbride. This is a mountain walk including Silsean and Moanbane, overlooking the Blessington lakes.

When: Sunday 28th September.

Meet: At Blessington village outside the Garda Station at 11am

October Walk

Where: Circuit of Upper and Lower Lough Bray.

When: Sunday 26th October.

Meet: Glenree Reconciliation Centre, Glenree, Co. Wicklow at 11am.

For all walks bring comfortable footwear, warm and waterproof clothes and some food. For more info. or if you need a lift contact Larry Gordon at 2882957 (Home) or 087-6832827 (Mobile).

Events at Dublin Food Co-op

Fáilte is now monthly!

Fáilte for new members takes place on the last Sat. of every month. *Fáilte* is an informal, explanatory meeting about the history and ethos of the DFC focusing in particular on the membership: members co-own the co-op and have the right to vote at both AGM's and SGMs; members at the AGM also elect the Co-op's co-ordinating board (CB) and new members have the opportunity to join the voluntary Help Rota and get a 10% discount on purchases at the check-out. *Fáilte* is presented by Development Coordinator Pauric Cannon.

Fáilte 12 noon in the meeting room on Saturday 30th August, 27th September, 25th October and 29th November.

The Liberty Singers

Meet every Thursday at the co-op from 7.30 to 9.30pm. The group are facilitated by Anna Felton who has worked with several music teachers and has built up a collection of world music.

Sessions start with physical and vocal warm-ups using the voice gently. Those who enjoy singing and performing before audiences and who are not necessarily 'singers' will enjoy these sessions. Further information from Anna Felton at 0871269541.

Yoga Classes in the Co-op starting the 2nd Sept.

7.00-9.00 pm, for more info call Darcy @ 0871368661

Quantum Biofeedback Workshop: Sat. Sept 6th

Quantum Biofeedback workshop, 11am, with US trained practitioner, Heather Wolfe RN.RPP. Heather recently returned from America, where she has lived for 33 years. She trained as a nurse in Ireland, subsequently studying healing modalities in Alternative Medicine, including the QXCI, which she uses in her practice to bringing to light that which otherwise might lie dormant. This programme has the ability, in conjunction with Heather's healing gift, to help balance energy that is out of alignment. Heather will offer 15 minute healing sessions from 12.15 to 3.15pm. A donation of €5 is suggested for each session, which will go towards room rental costs. Please sign up on the day at the Co-op.

Vegetarian Cookery Course: Tuesday September 9th with Lorraine Fitzmaurice of Blazing Salads.

Vegetarian/Wholefood Cooking Classes, 4 sessions, €180, starting Tuesday 9th September 7.30 to 9.30pm. For bookings or further information contact 01 6719552 or email info@blazingsalads.com. Advance booking necessary.

Poetry with PJ Brady: Saturday September 13th

Patrick Brady will read from some of his work at the Amnesty Freedom Cafe at 11am. Patrick, who originally hails from Cavan, is a member of the Co-op and has recently completed two poetry collections: *The Migrants Early Pot* and *Numb Smiles*.

One Day Raw Food Workshop with Natasha

Czopor of Natasha's Living Food: Sunday 14th Sept

The aim of Raw Food cooking is to help protect the nutritional value of food as significant quantities of natural vitamins, minerals and enzymes are lost in the conventional cooking process. The course will take place at Natasha's stall at the Co-op. Bookings phone 0879743455 or 01-6339999. email natashaczopor@gmail.com

Six-Week Raw Food Course with Natasha Czopor of Natasha's Living Food: Wednesday Sept. 17th

This is a comprehensive course in Raw Food cooking for both beginners and those seeking to improve their skills. Venue and contact details as above.

SUSTAIN: Saturday September 27th

SUSTAIN (London), is an organisation which promotes local food initiatives throughout England. They will visit Dublin Food Co-op on the above date and are especially keen to meet people involved in co-ops, food buying clubs, urban allotments, community gardens and even window boxes. Fifteen visitors are expected, all of them involved in a variety of local food initiatives. For more info contact Pauric at 01 4544258 or at the co-op on Saturdays.

Art Exhibition: 'A Show of Taste' From Oct 2- 16th

Mai (Maire) Ryan will present an exhibition of mixed musings on our relationship to food, addressing the wider area of 'nourishment'. People have always observed rituals around the production and consumption of food. But times change, and a postmodern writer, (Elspeth Probyn) has proposed that 'food is now simultaneously a deeply fetishised commodity....and the only thing that is held to be really real.' The 'real' at stake here implies a correspondence between the internal world of the sense organs and the phenomenal world, from which we receive our nourishment. What is wholesome to one may be unwholesome to another. In eating, as in art, the process of selection is a matter of taste. The work quotes various texts and paintings dealing with sharing, thanksgiving, fasting, hunger, greed, dream food and related subjects. A long menu, with perhaps, something for most palates! Techniques include drawing on paper, some ceramic and some fainting in coils. The exhibition will open at 6 p.m. Oct 2nd.

The Vegetarian Society of Ireland: Saturday Oct 4th

The Vegetarian Society of Ireland is celebrating its 30th anniversary on Oct 4th. The occasion coincides with World Vegetarian Day, which is the anniversary of Mahatma Ghandi's death. The Dublin Food Co-op has been associated with the society for more than twenty years and there will be a special book-stall on the day, devoted to information on vegetarianism.

Healing with Herbs: Saturday October 4th, 12 noon

Healing with herbs has been a lifetime's passion for Judith Hoad, who has lived with, harvested in the wild and cultivated medicinal herbs, (which are mostly 'weeds'), for most of her adult life. (She's a great-grandmother). Prevention being better than cure, Judith also emphasises the use of wild plants as food. Bring questions with you - Judith will do her best to answer them all!

Bury Me Green: Saturday October 18th, 12 noon

Bury Me Green was the title of the first Irish-held conference on 'Natural Burial Grounds', (Temple Bar, October 2005). The talk will focus on what constitutes a Natural Burial Ground, why they are a necessary extension to an ecologically-led life and what the latest news is about their establishment in this country. Questions and opinions are very welcome.

Wanted:

Body-work table and / or folding dividing screen. The Co-op is also seeking a Public Address system or help with repairing our existing PA. Contact Pauric Cannon at 01 4544258

A Visit to Central Co-op's Madison Market, Seattle

I recently visited Seattle on the northwest coast of North America. There I was the guest of Emer, a friend I made in Dublin Food Co-op, whose aunt Mary is a long-term member and help rota volunteer. I was eager to check out the local food co-op in Seattle of which Emer spoke so well. When I visited the Central Co-op's Madison Market, I was impressed by the set up.

On entering the building the shop looks much like a posh-style supermarket, but inside the door is an information stand 'Info Central' with loads of information on how the co-op works, the co-op's newsletter and other local happenings. From reading some of these handouts I was struck by how explicit it was made that the Madison Market was a member owned co-op and people were encouraged to get involved. While there I spoke with one or two members of staff to get a lowdown on how the place operates.

Set up in 1978, Central Co-op is close to celebrating it's 30th birthday. Not unlike Dublin Food Co-op's origins in the anti-nuclear demonstrations at Carnsore Point; Central Co-op's origins too were in the coming together of community activists of the Capitol Hill area, empowered after campaigning for housing rights. It was immediate that Central Co-op would need to employ staff rather than rely on volunteers; today it employs over twenty staff with daily opening hours of 7am - 11pm. In 1999 Central Co-op moved to its present location at Sixteenth Avenue and Madison Street after much development work; assuming the trade name Madison Market.

The structure of Central Co-op's Madison Market is very similar to Dublin Food Co-op with a voluntary eight-member Board of Trustees elected by the member/owners at the AGM. Unlike in our own 'Co-op though; due to a unionised staff at Central Co-op member/owners do not volunteer to work shifts as this would contravene the unionised-staff structure! Areas where member/owners can become involved are with the various active committees such as the Product Issues Committee. Madison Market is open to non-members but member/owners receive monthly discounts of up to 10%.

Unlike in the Dublin Food Co-op I was quite surprised by the sale of meat and fish; the staff members I spoke with agreed that this was a controversial issue though it has been in place some years now – while all products are organic and local. As a full-time operation there is not the same participation of producer-members and growers that we have in our co-op, one of the ways that Central Co-op's Madison Market has overcome this has been schemes in which member/owners can volunteer 'workshare' shifts at farms which supply the 'Co-op its produce.

There was a nice atmosphere pervasive in Central Co-op's Madison Market and the staff members I spoke with were extremely helpful, friendly and interested to chat with me. I was particularly impressed by the overt political nature of some of the articles in their newsletter which encouraged members to shop local, support co-ops and shun multi-national conglomerates. It was also gratifying to visit a community based organisation with, from what I could see, a high level of support and participation from its members.

If you're ever over that neck o' the woods make sure to swing by for a visit! [more info see: www.madisonmarket.com]

Anto Dillon (Operations Staff member)

Meeting Rooms To Rent

The Co-op has available rooms and space for rent during the week for events/classes/meetings. Please contact staff members for more details at 01-4544258.

Help Rota Discussions /Changes

Since the last issue of the Co-op newsletter there has been major changes to the Co-op's Help Rota (the volunteer system which helps the Co-op function every week). It was decided to reduce the number of help rota teams from seven to five due to a shortfall on some of the teams. Although this caused some upset with members having to volunteer more regularly it has since balanced out and the rota teams are functioning well again.

There are now two more help rota co-ordinators along with previous member of operations staff (Anthony Dillon). The two new co-ordinators come from the Help Rota itself Mark Malin who has been volunteering on the Saturday close down shift for many years and John O'Donoghue who has worked the Help

Desk (also for many years). This new impetus to the co-ordination of the volunteers has seen a recruitment drive, better communication with volunteers and various other improvements.

Melissa Ashe another Help Rota member has come on board and is looking at the volunteer structure in the co-op as a whole with a view to suggesting improvements.

The recruitment drive for the help rota is an ongoing task with the need for constant new volunteers as older ones fall off due to various commitments/life changes etc. The return of the *Fáilte* meetings will also hopefully bring new volunteers. It is hoped as the volunteers numbers swell, to reintroduce a sixth help rota team easing the five-week pressure (!), to generate a swap-list so help rota members can sort out their own swaps when they can't attend, and more if possible.

For any Co-op members interested in joining the help rota contact helprota@dublinfood.coop

Dates remainder 2008

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|---|------------|-------------|---------------|------------|------------|
| A | | 4- 6 Sept | 9- 11 Oct | 13- 15 Nov | 18- 20 Dec |
| B | | 11- 13 Sept | 16- 18 Oct | 20- 22 Nov | |
| C | | 18- 20 Sept | 23- 25 Oct | 27- 29 Nov | |
| D | 21- 23 Aug | 25- 27 Sept | 30 Oct- 1 Nov | 4- 6 Dec | |
| E | 28- 30 Aug | 2- 4 Oct | 6- 8 Nov | 11- 13 Dec | |

Co-op News Team

Fionnuala Ward (Editor), Anthony Dillon (layout), Jackie Bourke (proofing). Any articles, letters, opinion pieces for inclusion in next newsheet should be forwarded to the same address: info@dublinfood.coop (subject: newsletter)