

CO-PTIONS

SEVANANDA
NATURAL FOODS MARKET

July Freedom 2015

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Freedom To: Own Your Health

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EDITOR'S CORNER REGARDING CO-OPTIONS AND MARKETING/MEMBER SERVICES



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Submissions from the general public are accepted, but there is no guarantee of publication.

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By Sharlise Lowe, Co-Options Editor

This is our 5th edition of the Co-Options showcasing the "New Layout" in magazine view! As Editor of the Co-Options, I am very proud of the positive reception received from Sevananda Owners and Customers who like the "new look"! Plans for the future are to add more pages as sales increase. We will feature even more educational articles as well as community events. If anyone would like to purchase an ad in our Co-Options, please contact our Marketing Dept. and we will gladly send a Media Kit with ad rates. Sevananda's Marketing/Member Services Team continues to grow with new ideas. We are keeping our owners and customers' up-to-date about what is happening at Sevananda. In Marketing we realize that Social Media is very important and the best way to reach a lot of people. Daily we are posting pictures of products that we carry, as well as what delicious food we are serving at the Hot Bar. There's nothing like being able to see what is here, as opposed to just reading about it. Also we want you to know that we created a "Sevananda Outreach Page" on Facebook. This page will feature the activities that we are engaged in with the community,

the different events we attend, and the educational classes that are given right here in our Community Room. Please visit and like our new page on Facebook at www.facebook.com/sevanandaoutreach.

We have renovated our Community Room downstairs and wish to share this beautiful space with others for classes or mini seminars! If anyone would like to rent the Community Room, contact the Marketing Dept. and we will send you the Room Rental Application.

A lot of owners missed the "Member Mixers" and have been asking for them to come back and we have listened... Thursday, June 25th was our first mixer in a long time and it was a "GREAT SUCCESS"! We had a Mexican Theme with Vegan and Vegetarian Mexican Food, Live Music, Prizes and Coupons. Sevananda will continue to connect with our Owners in this way to show our appreciation for being a part of our Co-Op Family. Once again ~ yes the "Mixers are Back!" and we will let you know about them via email, website, and social media.

We are also very pleased that we signed up over 200 new Owners since the first of the year. Marketing/Member Services plans to

inform more of our customers about the benefits of joining Sevananda Co-Op. Many customers have shopped at Sevananda for years and are not aware that we are a cooperatively owned business, ran and operated by our Member/Owners. In order to bring awareness of the importance and benefits of Ownership at Sevananda the Marketing Team will begin in-store tabling weekly starting in July.

The high standards and integrity of our store is successfully being transformed to the internet... Remember we are on Social Media via Facebook, Instagram, Twitter, and our Website. Please like us and engage with our sites! Also our Mobile community is another excellent way of remaining up-to-date on special sales, 'Owner Advantage' sales, coupons, and 'Text 2 Win' campaigns. Simply text 'Own Your Health' to the number 6397.

With your support, we at Sevananda will continue to grow with "Love and Purpose"! We want you to know that Sevananda is a unique experience for maintaining great health and we want to be your home away from home and an important component of your family's overall wellness.



KITCHEN/DELI UNDER NEW MANAGEMENT



Adrian Parker - Kitchen/Deli Manager
Kim Berry - Asst. Kitchen/Deli Manager

I am Adrian Parker, the new Kitchen/Deli Manager. Along with my Assistant Kitchen Manager, Ms. Kim Berry, we both feel blessed and highly favored to have the opportunity to share our vision of what we and our team are about to do in the kitchen here at Sevananda! Sevananda means "The Joy or Bliss of Service" and we are more than happy to serve you all. I have been cooking since I was 6 years old. My grandmother, Mrs. Ruby Nell Childs was my inspiration and the epitome of a nurturer. She told me to never give up my craft and to get it to the masses for the world to see and enjoy.

more in-house Raw Desserts for the Deli as well. Have you tried our newest items, Spicy Cajun and Green Popcorn? We are now making our own popcorn and its moving well.

We are again taking orders to cater food for events! We have a variety of menu themes to choose from such as Italian, Mexican, Caribbean, Asian, African, and Southern. Also, did you know that if you have a small function (up to fifty people) and would like to utilize our Community Room (downstairs) for an intimate setting, we would love to accommodate you with the room rental and a catering package?

A work in progress, I take what I do very serious. With the help of the Kitchen/Deli Staff and feedback from you all, I believe that a lot of nice things will occur. Here at Sevananda, we take pride in our customer service and we love what we do. Thanks for trusting us to provide you with what is needed to make your experience with us a great one.

Employed as a member of the Sevananda Family for almost four years – I LOVE THIS PLACE!! In bringing my vision for Sevananda's Kitchen/Deli to life, with the help of our awesome Wellness Department, we have plans to develop a lot of new dishes and also wellness drinks. We are experimenting with our Salad Bar and will incorporate more Raw Vegan Cuisine for our customers to enjoy. We also plan on making

We are Family...
Peace!

Adrian Parker



Come in and Try our Salad Bar & Hot Bar for Breakfast, Lunch or Dinner !!

Breakfast M-F 8:30am - 11:30 am
 Sat. & Sun. 8:00 am - 2:00 pm
 Lunch M-F 11:30am - 9:00pm
 Sat. & Sun. 2:00pm - 9:00pm

In Store Popped - Popcorn
 Cajun and Spurlina Flavors
 We sell out EVERYDAY !!



THE HAWAIIAN SECRET TO GROWING LONG HAIR



By Ms Toi, Beauty Watch

tines I see with many women on the mainland, I never remember a collection of salon products in the boudoirs of their counterparts in Hawai'i. As a child, the only hair care product in my household, outside of shampoo and conditioner, was a homemade herbal hair tonic. My mom made it from scratch using items from her garden. She used this hair tonic to groom my hair and to keep it shiny and healthy. It was such a staple product for our family that I still use it to this day.

Upon investigating my mom's little recipe, I found that each of the ingredients she used have been shown to promote hair growth and nourish the scalp for strong, healthy hair. The herbs that make up this hair growth tonic include sage, horsetail, nettle, and lavender. These herbs are high in minerals that are necessary for healthy hair growth and have been used in many different cultures for the purpose of growing long hair. If

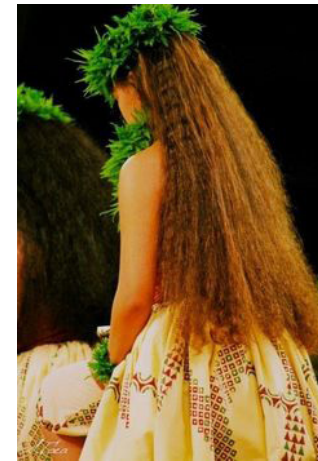
you want to grow your hair long, use the Hawaiian secret of simplicity with this herbal hair tonic straight from my mom's garden.

You can find all of the ingredients for this recipe in the Wellness Department of Sevananda Natural Foods Market. Be sure to visit www.youtube.com/lilikoi-looks to watch the video tutorial for this hair tonic recipe.

HERBAL HAIR GROWTH TONIC
(yields about 8 ounces)

INGREDIENTS
1 tablespoon each of Sage, Horsetail, Nettle, Lavender (fresh or dried)
2 cups of Distilled Water

DIRECTIONS
Simmer herbs in water for 30 minutes. Remove from heat and let cool to room temperature. Strain the herbs from the liquid. Place liquid in a spray bottle for easy use. It will last for 2-3 weeks. This hair tonic is very perishable, so it's best to store it in the refrigerator.



Hawaiian women are known for their long beautiful hair. It is not unusual for them to grow their hair well past their waists. As a child growing up in Hawai'i, I considered long hair as a matter-of-fact. However, having since moved away and living on the mainland for many years, the women from my childhood with flowing tresses down their back is a nostalgic memory.

Frequently, I am asked what is their secret to such beautiful hair? However, there really is no secret product or secret treatment. The only secret is the simplicity of how they care for their hair. In contrast to the hair care rou-

COCONUTS

by Revola Fontaine
Health and Wellness Coach

The Coconut is a fruit of the Palm Coconut Tree and it's also a seed. The immature fruit from 6 to 7 months old is green or white, and when picked it's sold as water and jelly coconuts. Mature coconuts are on the tree for 12 months and they produce the milk, crème, oil and flour. The meat is dried and the oil is pressed out and what remains is the flour. Coconut crème comes from pressing the fresh meat. Palm sugar is made from cutting the flower of the coconut palm, collecting the sap and cooking it until most of the water is evaporated. The husk and shell are used to make consumer products like floor mats, charcoal filters and jewelry.

Coconut oil is used for cooking and baking, in soaps and cosmetics, in some essential oils and for medicinal purposes. It is important to use coconut oil that is pressed. Oils that are chemically extracted contain chemical residues and may also be hydrogenated, bleached and deodorized. In cooking, coconut oil withstands high temperatures and is a great replacement for butter or shortening in baking. It is a good fat that does not go bad when heated. It is rich in lauric acid which is known for fighting pathogens. It is also great for many skin disorders, Alzheimer's, hypothyroidism, diabetes and it kills lice, candida and many bacteria and viruses. The oil can be safely used internally and externally for cats and dogs.



Coconut milk and the oil are high in saturated fatty acids and medium c-chain triglycerides which are both easily burned as fuel by the body. MCTs don't require bile for digestion. Coconut water is anti-aging, anti-carcinogenic and anti-thrombotic (400) (anti-clot formation). It has a good amount of electrolytes so it is great for hydration. It's a sterile clear liquid composed of sugars, vitamins, minerals, electrolytes, enzymes, amino acids, cytokines and phyto-hormones.

Beware of raw coconut water, whether it's in the white shell or in a bottle; unless you get it from the natural green fruit. The imported white young shells are dipped in formaldehyde to maintain their color and this carcinogenic chemical seeps into the fruit and the jelly destroying the taste and its healing properties. Personally, I can taste the formaldehyde and prefer to make my own milk from the brown coconut to avoid the BPA (bisphenol A - an endocrine disruptor) and additives from the can. It's beneficial to drink coconut water from a green coconut shell and scoop out the jelly if there is any. Since these aren't readily available, if you have a choice buy the car-



ton version over the can. When drinking the water beware of added sugar and be sure to read the label.

1 cup of raw shredded coconut contains:
Dietary fiber - 7.2 grams
Protein - 2.66 grams
Potassium - 285 mg
Phosphorus - 90 mg
Magnesium - 26 mg
Sodium - 16 mg
Calcium - 11 mg
Iron - 1.94 mg
Manganese - 1.2 mg
Zinc - .88
Copper - .348
Selenium - 1 mcg



www.360healthmatters.com



TRANSITIONING TO A PLANT-BASED LIFESTYLE

Sometimes I wish that I could say I was born a Vegan and my parents were enlightened and practiced a way of life that was aimed at achieving harmony with God, nature, and man alike. The reality is that my mother is from South Carolina and my father hails from Puerto Rico, and growing up in my home pork and soda was a daily staple. It is now known that a lifestyle rich in animal flesh, and acidic carbonated, drinks can result in varied health challenges. The standard American diet is generalized as "the SAD diet". Through the merger of western and eastern empirical data (both ancient and modern), people in all walks of life are setting the new standard not for just the American diet, but for human health and optimum performance.

Welcome to the Electrified Age, the Information Age, and the Age of Aquarius! Practical and applicable information is abundant, and the general consensus among humans is that we want and deserve better. I feel that we deserve the absolute best, especially when it comes to food. When transitioning from an omnivorous or carnivorous diet to a predominantly 100% plant based diet there are many factors that should be taken into consideration. The first consideration should be "why". Usually a vegetarian or vegan lifestyle is based on one or a combination of three main principles: 1. Spiritual or Religious Beliefs; 2. Animal Cruelty and Rights; and 3. Health. When I was introduced to a lifestyle of plant based nutrition most followers were either animal lovers or had a specific religious dietary guideline. In the last 15 years I think most people now are transitioning based on health conditions.

Two major factors to consider when transitioning to a plant based diet are:

1. Temptation – Your friends and family will intentionally attempt to torture you with all sorts of carnivorous delights. Family barbecues and Community Festivals can prove to be a testing ground for your discipline. My recommendation is to always be prepared, although the world is friendlier to vegans and vegetarians today than it was in 1998 when I transitioned, it pays to plan ahead and bring your own food and drinks.

2. Travel – It is important as a vegan/vegetarian to, as I stated above, plan ahead. Research where various natural grocery chains and health food stores are located along your route, as well as vegan and vegan friendly restaurants. Do not underestimate the power of preparing your meals ahead of time. "Failing to plan is planning to fail."

Nutritional Concerns - Facts vs. Myths:

1. Protein – The #1 myth regarding a plant based diet is that it is lacking in protein. This is not true. For example pound for pound spinach contains more protein than steak.

2. Vitamin B12 – Vitamin B12 is manufactured by microorganisms such as bacteria, fungi and algae. Great sources for vegetarians and vegans are algae and mushrooms. There are many other fortified sources such as fortified nutritional yeast.

3. L-Carnatine – O blood types have the hardest time synthesizing this phyto-nutrient. With regular intake of the complete spectrum of B vitamins, the essential amino acids and vitamin C, it is no longer an issue.

4. Vitamin D – You should get plenty of sun shine, alfalfa sprouts, and mushrooms. In fact by placing your mushrooms in the sun for up to an hour you can increase its vitamin D concentration.

By Dr. Gabriel Hernandez-El, A.D.S.
Sevananda Wellness Partner



If you are seeking resources and information regarding transitioning to a plant based lifestyle, Sevananda is a great place to start. If you need to speak to a professional Holistic Health Educator, I am available for consultations. The wisdom that I share comes from all corners of the globe and consists of heralded healing traditions, complemented, endorsed and validated with modern scientific and diagnostic technologies.

Dr. Gabriel Hernandez founded Wholistic University in 2012. The Medical Paradigm of the Future Wholistic University is a Holistic Medicine Ministry and Educational Institution providing certifications and degree studies in Chi Kung, Herbal Medicine, Wholistic Medicine and much more.



CREATING A CENTER OF WELLNESS JUST FOR YOU

By **Sonia Nilsen**

"Humbling," is how Sonia Nilsen describes her recent entry into the position of Wellness Manager at Sevananda. "It has already been quite a challenge for me, understanding that many changes have occurred here and that now is the time for healing and prosperity." She further states, "And I can assure you that with my talented team and a great General Manager at the helm, that we will remain the go-to store that you can trust and rely on to meet your needs!"

Nilsen also described plans to keep customers' favorite products stocked, and to bring in exciting new product lines that feature high quality organic and vegan standards. With a personal passion for education, Nilsen says she is leading the Wellness Staff through trainings on all product lines from the various herbal and vitamin companies, as well as trainings on effective protocols to address the health needs of our customers. Starting in July, Nilsen plans to have educational seminars downstairs in Sevananda's beautifully re-designed Community Room. Also, every Wednesday and Saturday she plans to have exciting opportunities for customers to sample Wellness products. Other plans include presenting noted wellness experts that will inspire customers to jump start their own health program. This has already been implemented with the recent June visit of Acclaimed Healer and Author, Queen Afua to Sevananda.

Next, Nilsen says she is especially excited to reintroduce a book section into the Wellness Department, and plans to include local authors. She will also include classics from noted masters in nutrition. Exploring books due to a personal health crisis, is in fact how Nilsen's health journey began. "I started when I was 28 years old and was unable to eat or drink. My colon was blocked and I was directed to go to an older woman who had a health food store. She handed me the book "Tissue Cleansing," by Bernard Jenson. I went home and did exactly what the book said, and I had a natural healing miracle." Now, Nilsen feels that her purpose is to assist others with their own healing journey. "The co-op spirit is here to serve, and so am I."

Along with a background in retail management at wellness establishments, plus decades of natural health experience, Nilsen's personal field of expertise is helping women with their health issues, especially hormonal matters. She explains that the hormones, the thyroid and adrenals are all tied together, and that bringing about this awareness, as well as solutions will help many. Nilsen is also excited about progressive new fields of science, such as the study of neurotransmitters and epigenetics. "Science can now literally demonstrate that you are what you eat. And the good news is that even though one may be influenced by a genetic history, such as high blood pressure or obesity, one can still change the influence of these genes by what one eats and thinks, and by taking quality supplements."

This philosophy is a strong common cord that Nilsen shares with newly promoted Assistant Wellness Manager, Kimberly Purefoy, who is also passionate about the effects of nutritional deficiencies and diet on one's health. Both Nilsen and Purefoy, along with the entire Wellness Team of dedicated professionals, are committed to creating a dynamic, progressive department with excellent customer service to create a "Wow Experience," as is our General Manager's motto. "I am blessed to be a part of such a loving community. I truly believe that we are here for each other, and that is what being human is all about. Thanks for teaching me and letting me be of assistance to you," Nilsen sincerely expounds on the opportunity to serve the Sevananda community.



Sonia Neilson- Wellness Manager
Kim Purefoy- Asst. Wellness Manager

BUILDING DYNAMIC COOPERATIVE NETWORKS, ONE DAY AT A TIME

There is a real mover and shaker right in our midst. "Street journalist" and filmmaker Ebrima Ba is a native African who was amazed to find that many people in the U.S. go hungry because they do not know how to grow food, and he was determined to shine a light and do something about it. His 40-minute documentary "Food, Clothing & Shelter" is the result of that determination. The film highlights the lack of food security in Atlanta and around the world. "Any community of people that depends on, or relies on handouts or aid, from others will lose its self-worth and dignity," Ebrima asserts.

"To see so many people homeless in America was a culture shock for me. It reminded me of how important it was to grow your own food and preserve it all year around like my Grandma Isatou Barry did." Ebrima expressed. He continues, "Now that I am older, I see people who do not grow their own food and how much they suffer."

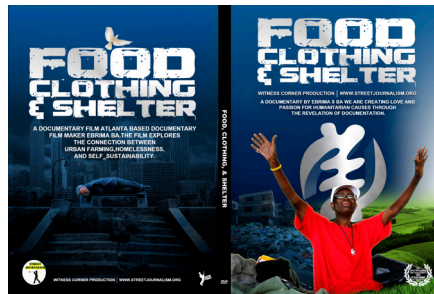
For ten years or more, here in Atlanta, Ebrima has done all kinds of work to manifest his vision and continue his mission. This work included making copper bangles by hand and selling them to fund

his award-winning film. "Thanks to all who buy my knowledge, wisdom and understanding [through these] copper bangles. I wish you well," Ebrima sincerely expressed.

In addition to educating people about the issue, he has also founded an urban farm in Stone Mountain called, "Roots of Change".

Ebrima's copper bangles and his powerful documentary, "Food, Clothing Shelter" are now available in Sevananda's Wellness Department. Please spread the word to support this meaningful cause!

By **Ebroma Ba**



WORDS FROM OUR ASSISTANT GM



Greetings Everyone!

I can't believe my first year at Sevananda has already passed – how time flies!

The bulk of my work history has been with large, national, grocery chains and I brought a number of their best practices to our Co-Op. Some of the changes worked. Some did not... which brings me to the point of this brief article.

As we continue to re-build Sevananda into the "Natural Food and Wellness Powerhouse", that it previously was, it will be important for everyone involved (Owners, Board Members, Team Leaders and Team Members) in the execution of this to be open-minded and positive when experiencing change. Some of these changes will be successful and some will not be. However, we must continue to move forward with new ideas and programs, even knowing that not every effort will be successful.

We are actually changing to meet market pressures vital to Sevananda's success. There are five or six locations to buy groceries within 3 miles of Sevananda and now all of them, to some degree, offer natural and organic food choices. We are changing to meet the expectations of our owners/customers. Though I have worked in the natural and organic foods marketplace for years, almost every day I am asked for an unfamiliar product.

We are also changing to meet the expectations of a diverse workforce. Potential and current team members do not have the same expectations as the workforce of yesteryear. Moving forward with these changes, the Co-Op will be successful because Sevananda's leadership has a vision. We envision Sevananda as a word that will not be left out of any discussion of wellness, healing or great

food. We envision Sevananda as a word that will not be left out of any discussion about diverse and unique products not found anywhere else in the Atlanta metro. We envision Sevananda as a word that will not be left out of any discussion about the greatest places in Atlanta to work.

As we move forward with the Co-Op, pursuing this vision, I ask that you all bring me your ideas, questions and opinions. As a wise man once said, "Not one of us is as smart as the group."

Cooperatively Yours,
Kevin Eder



BUILDING A CULTURE OF GREAT SERVICE, FROM A CARING TEAM



"Given the chance, people will buy from people who care."
--Paco Underhill, Why We Buy; The Science of Shopping

At Sevananda Natural Foods Co-op we take customer care very seriously. Several years ago our General Manager, Gary Hilliard invested in Zingerman's Customer Service Training Program. Located in Ann Arbor, Michigan, Zingerman's is a cooperative like Sevananda. They became so good at delivering customer service that other businesses began to notice. Sevananda also noticed, and we adopted Zingerman's philosophy. Our team members incorporate the Zingerman's way by:

- 1) Finding out what the customer wants;
- 2) Getting it for them accurately, politely, enthusiastically; and
- 3) Going the extra mile.

We believe each person matters, from Member/Owners to the 55 team members that work for Sevananda. All are

By Carolyn Rene'e HR Manager

customers that deserve attention and quality customer care. We also incorporate the 10 – 4 Rule which is, anytime you come within ten feet of a guest you make solid eye contact, and when you get within four feet, you greet the guest verbally. We take this one step further to apply it to each other, as team members are customers too.

Practice makes perfect and we will continue to practice delivering quality customer service on each other, our Member/Owners and shoppers. James Hillman says it best in "Kinds of Power" when he states, "...good service pleases both the giver and the recipient by the beauty of the performance, thereby enhancing life and adding value to an event that would otherwise be only a transaction."

NEW HIRES

Kim Berry



Asst. Kitchen/Deli Manager

Kadra Hade



Kitchen/Deli



Sonia



Wellness Manager

PROMOTIONS

Ano Dennis



IT Manager

Adrian Parker



Kitchen/Deli Manager

Kim Purefoy



Asst. Wellness Manager

Meet Sevananda's 2015 Board of Directors



According to the bylaws set forth, for any vote of the members including officer elections, a quorum is necessary for decision-making. A quorum shall be 10% of the first 100 members plus 5% of additional members not to exceed 200 members. This means in order to complete the elections process Sevananda needed a minimum of 168 of its more than 3000 member/owners to cast a ballot in the elections. To all members who in the spirit of cooperation did their part by voting in this year's election we, the board, sincerely thank you for helping to move Sevananda forward. The board is charged to govern with an emphasis on an outward vision rather than internal preoccupations. We encourage diversity in viewpoints, strategic leadership over administrative details, a clear distinction between the roles of the board and the general manager while continuing to work together for the success of Sevananda. The board is committed to putting forth its collective decisions over individual opinions, focusing on the present and future, rather than the past and being proactive rather than reactive. Sevananda has always been a leader in the cooperative world and although recently we have experienced some turbulence, collectively we, the board of directors are committed to the restoration and continuation of Sevananda's good success through leadership excellence.

Greetings Sevananda member/owners, the elections have finally concluded and the 2015 board was officially seated at the June 2015, Board of Directors meeting. This election process was significantly longer because with three candidates and three openings there was no competition for seats. Therefore, many members concluded there was no need for them to cast a vote. However, Sevananda in operating through set bylaws and policy governance as a member/owner controlled cooperative cannot function without the active participation of member/owners.

EATING GLUTEN FREE IN THE ATL

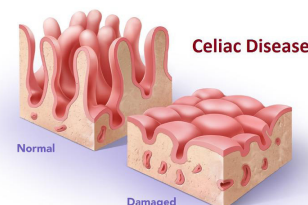
Having Celiac Disease is no joy. Grocery shopping used to be a three hour experience—checking labels, calling manufactures, hoping to find some item with the seemingly foreign phrase “gluten free,” but times are changing. Gluten free products are now moving into the mainstream alongside their organic, non-GMO, and vegan siblings. While changes in labeling laws and exposure from celebrities certainly help make items more identifiable and build awareness, there needs to be a place to shop for these treasures. Enter Sevananda Natural Foods Market. Being able to walk into a community owned, natural foods market and find a plethora of gluten free foods—even those that are GF and vegan or vegetarian—is nothing short of a small miracle.

Sevananda makes gluten free shopping a joy. With so many options of gluten free items from which to choose, talking time to shop is now a pleasure and not a task. Add to that being able to support a local co-op that supports the needs of people with special diets and healthy lifestyles is a win-win for Atlanta. A friendly staff and a great location, make Sevananda a convenient stop on the way home from work, or on the

weekend, to pick up healthy, fresh, gluten free items. Having access to a deli that has many gluten free options has been a great option for lunch or when I don't feel like cooking or going out, but still want a quality, healthy meal.

Nothing makes summertime gluten free cooking pop like fresh organic fruits and vegetables. My bag is always full of amazing produce when I leave Sevananda. Despite the fact that I am the only Celiac amongst my friends, they all love my gluten free cooking because I make a choice to use fresh, organic, healthy produce. Sevananda is my choice for gluten free grocery shopping.

By Chris Stallworth



JULY PARTNER: The Creators Gift 137



The Creators Gift 137

Nonprofit organization, The Creators Gift 137's (The CG137) primary focus is empowering youth to embrace peace principles. Its two principles: Peace is Real and Peace Resides Within US at All Times. They are the force behind the organization. Its intention is to provide peace alternatives to those who seek it. The CG137 has four programs: the Peace Poetry Project, Colored Lives (play), Focus: Peace Meditation and the Peace Ambassador Movement.

Its mission: To collaborate with other educational, societal and environmental organizations to empower all people towards peace and unity through global projects: to provide a resource bank of facilitators offering workshops and seminars, developing responsible communities for peace and non-violence.

There is an urgent need for tools for "peace" which The CG137 offers. Today's youth are exposed to an unprecedented amount of violence. School shootings as a means to resolve mental anguish are unfortunately a reality in the lives of this generation. Social media makes it acceptable to be a loner in the physical world with thousands of 'friends' in

cyberspace. Racial unfairness and profiling, too obviously evident, are also on the rise. It is easy to mention all of the negative media bombarding people on a daily basis without identifying a solution. If one isn't paying attention one may think mainstream media is a reflection of the only possibilities. Thankfully that is not the case.

The Creators Gift 137 is another voice and alternative to address violence in our society. However it is the voice heard less often; but is assurance that there is another way. Apparently the days no longer exist where the community watches young people when their parents are not around. That does not mean such support is not desired, it is an indicator that there is a gap in the encouragement systems for our youth. Guidance is needed for our youth to assist them with recognizing their inherent value. The CG137 offers that guidance. The Peace Poetry Project promotes literacy, public speaking and creativity. The Peace Ambassador Movement still being formulated creates leaders to represent peace in local communities.

Last summer (August 2014) The CG137 collaborated

with Tassili's Raw Reality restaurant to offer the Peace Poetry Project to youth between the ages of 16 – 21. Poets & Writers Inc. and Office Depot sponsored the event. Participants created original poetry based on peace principles and practiced their presentations among their peers with facilitation. Tassili's Raw Reality supplied the food during the six day workshop. The project ended with a performance at the restaurant in front of an audience.

For adults The Creators Gift 137 offers its play Colored Lives as an example of peace in action. It is original with music, light dance and dialogue and provides tools for people to use to bring about more unity. Focus: Peace meditation available by request activates the law of reciprocity by sending healing energy around the earth.

Each project of the organization promotes unity, awareness and opportunities for each of us to work together for the greater good. It's the simple things that are most profound. The Creators Gift 137 believes much can be done with just the sheer power of focus and awareness. In the words of Margret Mead: Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.



Organization Name: The Creator's Gift 137 (CG137)

Mission: To empower all people towards peace & unity through global projects that provide a resource offering workshops & seminars.

Contact: Dada Ra
Executive Director

Address: P.O. Box 5600
Atlanta 31107

Website:
www.thecg137.org



AUGUST PARTNER: Nuclear Watch South (NWS)



NUCLEAR WATCH SOUTH: Phasing Out Nuclear Energy, Leaving Nuclear Weapons Behind

How will you know if radioactive waste is traveling through your neighborhood on roads and rails at night? Nuclear Watch South is keeping tabs on the situation and sounding the alert, as it has done since organizing in this community 37 years ago as Georgians Against Nuclear Energy. Nuclear Watch South is still on the job, advocating for a world free of nuclear weapons and radioactive poisons.

Stopping the global threat of nuclear weapons and shutting down the obsolete and dangerous technology of nuclear power tops the group's to-do list. Preventing the transport of nuclear waste is up there, too. Even closer to home is our current campaign to end the involuntary investment Georgia's electricity customers make every month in two reactors now under construction at Georgia Power's Vogtle nuclear complex near Augusta, 145 miles from Atlanta.

Georgia Power's \$20 billion construction program at Vogtle depends on an unusual "tax" called Construction Work In Progress (CWIP), listed on your electric bill as "Nuclear Construction Cost Recovery." Electricity customers all over Georgia are being charged in advance to build two risky, unneeded reactors – the nation's first since the meltdown at Three Mile Island in 1979. It's the first tax that bypasses the government completely to go directly into corporate welfare.

By analyzing 10 years of Georgia Power annual report data, Nuclear Watch South discovered that the company's electricity sales are actually declining, despite the projections of 4% annual growth used to justify building the additional reactors. Georgia Power's unused generating capacity hovers just above 50%; the national average is 17%. If Vogtle 3&4 are finished, it will add an additional 6% of unneeded capacity to Georgia Power's overbuilt portfolio.

Georgia Power and its parent company, Southern Company, used CWIP as leverage to borrow \$6.5 billion U.S. tax dollars in tax-free, interest-free "federal loan guarantees." In another mind-boggling giveaway, Georgia's Public Service Commission has guaranteed Georgia Power an 11% profit. Predictably, construction at Vogtle is 21 months behind schedule and nearly \$2 billion over budget, yet no matter how mismanaged the project, the company is guaranteed a profit at the public's expense.

Of the \$1 billion collected through CWIP, 75% has gone straight into profit (and to pay the taxes on that profit), and 25% goes towards the financing

charges of the \$20 billion Vogtle project. This scheme is somehow supposed to save the customers money even as our bills go up and up because of the ever-increasing CWIP tax, now over 9% of your bill. Meanwhile, solar and wind are hitting record low costs and annually breaking their own growth records, and Georgia is one of the highest-rated states for both. It is clear that Vogtle 3&4 are not needed. There has never been a better time to stop this \$20 billion boondoggle, and your participation makes it possible. Visit www.nonukesyall.org to sign a petition to stop the nuclear CWIP tax. Get in touch to learn and do more. And give your spare change to Nuclear Watch South at Sevananda in August!



Organization Name:
Nuclear Watch South (NWS)
Mission: To phase out nuclear power & promote conservation & sustainable energy sources
Contact: Glenn Carroll,
Coordinator
Address: P.O. Box 8574
Atlanta 31106
Website: www.nonukesyall.org



SEPTEMBER PARTNER: Lake Claire Community Land Trust

The Lake Claire Community Land Trust
"Every Neighborhood Needs a Land Trust!"

"You don't have much in the way of playground equipment," says a mother, watching her children enjoy the jungle gym, sand pile and swing. "But when we leave here, my kids are happy for hours!" The Lake Claire Community Land Trust is much more than 1.5 acres of urban greenspace. The "community" in its name encompasses people from all over Atlanta who feel just like those kids. It began as a neighborhood project. During the construction of MARTA's East Line, several houses were demolished along Dekalb Avenue. A group of neighbors banded together to make sure the land would not become an ugly commercial development. In 1986 they submitted the winning bid, and the kudzu-covered pile of dirt was theirs.



What they did with the land transformed it from a neighborhood project into an example for neighborhoods everywhere. They built a playground, a gazebo, a sauna, dozens of garden beds, a stage and amphitheater. They drilled a well and installed a solar-powered pump. They planted trees and flowerbeds and spread wood chips on the paths. They held meetings and fundraisers, published newsletters, and eventually filed papers to become a 501(c)(3) nonprofit.

The mundane word for all this is "work." But what they were actually doing was soaking the land with buckets full and wheelbarrow loads of love. All those hours of sweaty labor were the equivalent of time spent loving a child or a pet, giving it the attention every living creature craves. Now, after nearly three decades of joyful, dedicated attention, the land is so full of love that it radiates. It pulsates. The plants purr and the soil hums. And people feel it, whether consciously or not, even – or especially – the children. People love coming to the Land Trust because it awakens something too many of us have lost: an ancient feeling inherited from ancestors on every continent who loved their land, and felt its love in return.



And through the love people feel for the land, community is born. For most of human history, no tribe or village has existed except in relationship to the territory they hunted or farmed. This lost relationship to the land has inevitably led, step by step, to wholesale abuse and destruction of land everywhere, and now threatens our entire planet.

The Land Trust's Spring and Fall music festivals are not just fundraisers, but "Peace and Love Fests." Peace is the feeling we get from nature, an unconscious reminder that nature is where we came from and where we belong. Love is the feeling we get from community, a reminder of our tribal beginnings, the extended family of care and support that was once every human's birthright. Put them together, re-uniting nature and community, and you'll understand why people love the Land Trust and give back what they can in return. Or as a little boy put it as he entered the Land Trust on drum circle night, holding a grownup hand on either side, "I don't want to go to school. I want to stay here!"

Organization Name: Lake Claire Community Land Trust
Mission: To acquire, maintain & protect green space for neighborhood enhancement & education & provide a place to celebrate nature, community & the arts.
Contact: Brynan Hadaway, Board President
Address: P.O. Box 5379 Atlanta 31107
Website: www.lcclt.org



UPCOMING OUTREACH EVENTS



Ifini Sheppard
Outreach Assist

WRFG BIRTHDAY BLOCK PARTY

SATURDAY, JULY 18 – 2pm to 7pm
Little Five Points Community Center
1083 Austin Avenue NE
Atlanta 30307

FREEDOM FARMERS MARKET

SATURDAY, AUGUST 15 – 9am to 1pm
The Carter Center
453 Freedom Parkway
Atlanta 30307

BACK TO SCHOOL COMMUNITY HEALTH FAIR

SATURDAY, AUGUST 1 – 10:00am to 12:30pm
FULTON COUNTY DFCS
515 Fairburn Road SW
Atlanta 30331

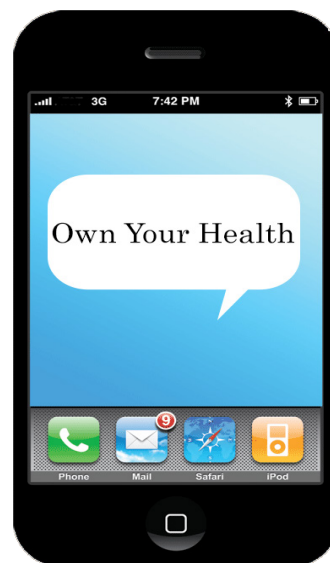
COLLARD GREEN FESTIVAL

SATURDAY, SEPTEMBER 26 – 12pm to 5pm
Lithonia Amphitheater
2501 Park Drive
Lithonia 30058

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