

# C-OPTIONS

SEVANANDA  
NATURAL FOODS MARKET

NEW YOU ISSUE 2015

Vol. XVI Issue 1



**NEW YOU!**  
**2015**

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# SEVANANDA GENERAL MANAGER SPEAKS



## Sevananda Natural Foods Market

467 Moreland Avenue NE  
Atlanta, GA 30307  
404-681-2831  
fax 404 577-3940  
www.sevananda.coop  
email: joinus@sevananda.coop

## Store Hours

Monday-Sunday  
8am - 10pm

## Co-Options Staff

Sharlise Lowe (Editor/Layout/Graphics)  
Ifini Sheppard (Proofing/Editing/  
Ano Dennis (Layout/Graphics)

Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the politics of Sevananda Natural Foods Market. Permission to reprint any article must be obtained from the Editor.

Submissions from the general public are accepted, but there is no guarantee of publication. Due date for submissions is the 10th of each month.

## Sevananda Board of Directors

Ahzjah Netjer Simons (President)  
Jed Davis (Vice President)  
Chi Ma'at (Secretary)  
Brian Sherman (Treasurer)  
Ntianu Alghanee  
Debra Bonaparte  
Sharon Mack  
Rajnikant Mehta  
Quandra Stroud



## Dear Customers, Owner/Members, and Staff!

We've said goodbye to the year 2014 as it becomes a part of Sevananda's history. Now as we greet the year 2015, I would like all of us to recall our achievements. These achievements contributed to our sustained business growth and first profitable year since 2006!

We are a small co-op in the huge international city of Atlanta. Even though we are small, we have sustained ourselves for over 40 years. October 2014 we celebrated our 40th anniversary with a big event in the parking lot that everyone truly enjoyed. Most of us gained new attitudes after seeing the "big picture" of where Sevananda needs to be and where we as a group want to see it go. The secret of our store's success is our focus on the community and our continued commitment to our core eth-

ics, standards and values. We depend on our employees to be knowledgeable about the health products we sell and give good customer service. We want to engage our customers with a superb shopping experience and make them feel valued.

We welcome the support of our customers who join our co-op and become owner/members, despite the past financial crisis. This will help us secure a sound future. We also thank everyone that was loyal and stood by us as we underwent this transitional period. I am happy to say that we are well positioned for the future with our new POS (Point of Sale) System which will help us become more efficient with pricing and inventory management.

I am proud to have been the Sevananda's General Manager for the past 13 months. A lot of progress has been made, and while I am sitting in the driver seat, I will continue to do my best to make Sevananda grow in a positive and uplifting manner.

I want to thank all of you, for your support.

May you have a bright and prosperous 2015 filled with all good blessings!

Happy New Year!

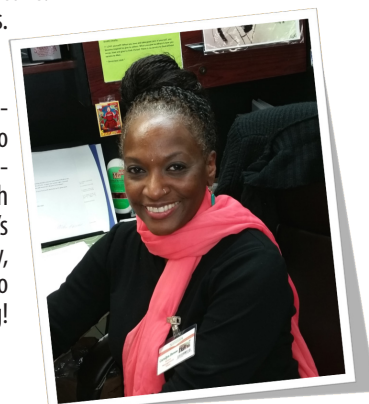
**Gary Hilliard**  
General Manager

## STAFF APPRECIATION BUILDS POSITIVE EMPLOYEE RELATIONS

By Carolyn Morris, HR Manager

Human Resources focus is making an organization's business strategies more effective. One of Sevananda's most positive strategies is taking care of our team members. This helps us to be more effective in our service to Owners and Shoppers.

One of the ways we care for our team members is through the annual Staff Appreciation Week. Every January the HR Manager works with the General Manager to build a week of activities that uplifts the staff. Staff Appreciation Week offers employees a week of empowering information from financial management to health and nutrition. It also includes a day of pampering at the annual Spa Day. This year's Staff Appreciation Week will take place from Monday, January 26th through Friday, January 30th. Times will vary for the multitude of activities that are scheduled to take place. Every team member that takes part is sure to find something inspiring!





# NEW YEAR, NEW YOU!

By Dr. Chris Alberts, DC  
Sevananda Wellness Partner



What will your health experience look like when you're looking back and reviewing 2015? Will you have reached your goals, resolutions and moved closer to your vision?

In 2014 the top 10 resolutions were:

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others with Their Dreams
9. Fall in Love
10. Spend More Time with Family

As great and meaningful as they seemed, unfortunately over 88% of people failed at their resolutions. That's a lot of failure, and not feeling good about oneself, to be going around! Was it that they didn't truly want these goals? Was it that they had no will power, or weak will power? I'm going to suggest that it was none of these, at least not directly.

Here's what people who create and inspire the greatest results for change all have in common – they don't focus on the behavior, rather they go deeper! They focus on a greater life vision or purpose. Focusing on behaviors to create lasting change will unfortunately fall short the majority of the time, at least if the goal is a lasting change. It may get us ready for the upcoming beach vacation, but then 4 weeks after getting back, why do we find ourselves in the same place (weight wise) as we were when we first set the goal? The short answer is that without a long-term goal, vision or purpose we'll live on the merry-go-round of goals never attained or realized for a lifetime.

What has been found to be a stronger, more successful means of setting and achieving goals is to tap into a purpose, or a bigger why for wanting to achieve the resolution. So in the case of the number one resolution, to lose weight, another way to get there is to tie it into something that is bigger than yourself. Why you really want to achieve that goal. For instance, instead of wanting to lose 15 lbs. before that Spring Break beach trip with the family, what if your vision was to be able to play with your future grandchildren on the beach? How

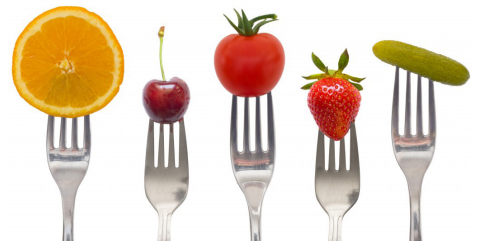
about focusing on wanting to not only be able to physically go on beach trips for many years to come, but also to be able to have the energy and vitality to play with your (future) children, and your (future) grandchildren in the sand and on the beach?

The point is that with a long term goal (vision), you'll take the necessary action steps. For example making better choices when it comes to eating and exercising more. As far as the upcoming Spring Break trip, set that as a mile marker, or short term goal, but with a bigger vision of why you want to achieve that. So before you set your New Year resolutions, identify what your life vision or purpose is in each area of your life. Do that before you set any resolutions or goals. Once you've identified your vision or purpose (and yes, it may change over time), then tie your goals/resolutions to them. The next step is to determine what the necessary action steps are to help you achieve the result. Then as you embark on your journey, review your purpose, goals and action steps. Doing so will help you more effectively create lasting change in your life and in the lives of those around you.

Part of the reason that we've been able to help so many people to not only get well, but stay well and create extra-ordinary health, is due to the fact that we start by addressing belief systems and the "Why's." As Albert Einstein stated, "We can't solve problems by using the same kind of thinking we used when we created them." Once belief systems have been addressed, then we can move on to the "How's."

On Saturday, January 31st from 12pm to 2pm, Sevananda will host Dr. Chris Alberts and his powerful, transformative health experience, "Total Health Makeover". This workshop addresses cutting edge research in health, nutrition, exercise and personal transformation. For more info, or to register, you can go to [www.sevananda.coop](http://www.sevananda.coop)

Tickets are \$10, which will include "Total Health Makeover" resources and a \$10 Sevananda gift card. Get your tickets ASAP as seats are limited!!



# If Food Doesn't Come from the Grocery Store . . . Where Does the Packaging Come From?

By Stephen Wing



Not too long after I figured out that toys don't come from Santa, I realized that groceries don't come from the grocery store, either. Whether it comes home in a box, a bag, a bottle, a can or a jar, everything I eat or drink comes from the earth. Only many years later did I understand that the box, the bag, the bottle, the can and the jar also come from the earth. It takes a little imagination to trace the path of the raw materials used in packaging our favorite foods. Plastic, aluminum, steel, paper and glass don't sprout magically from seeds. It takes heavy machinery, battalions of cheap labor and truckloads of toxic chemicals to pry them out of the ground and process them into clean, shiny packaging. Around the globe, the "extraction" industry is devastating landscapes and communities and leaving enormous holes behind – along with poisoned

waterways, heaps of mine tailings, pools of sludge, and higher rates of disease and death.

Food, of course, is a renewable resource: the farmer simply plants more seeds. But like fossil fuels, the raw materials used in packaging don't grow back. New deposits must continually be found as older ones give out. When all the easily recoverable ores and minerals have been mined, the mines must grow deeper, the technology more destructive. And sooner or later, one by one, the raw materials our civilization depends on will be simply gone.

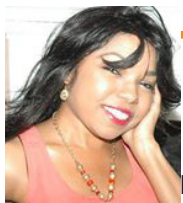
Paper might be considered "renewable," since it's made from trees. But global deforestation is still on the march, destroying not individual trees but whole forests by the hect-

are. Tree farms are the antithesis of forest ecology, a typical agribusiness operation waging chemical warfare on weeds and insects. The disastrous spread of fracking, mountaintop removal, and deep-water drilling shows that the extraction industry recognizes no natural limit. These powerful companies evidently intend to go on "extracting" raw materials and exorbitant profits until the entire planet is irrecoverably ruined. And in the end, we'll run out of raw materials anyway.

We are using up the limited resources of this planet. It's a way of life we learned from our parents. But because of it our children will grow up to inherit a drastically poorer world. When the raw materials are gone, our way of life will disappear, like more than one ancient civilization that used up its resource base. I don't have

children of my own, but to me this does not seem fair.

Recycling is the first step out of the dead-end cycle of extraction and waste. It seems like a small, insignificant action, but I consider it something I owe to the children I see growing up around me. Every used bottle or can I recycle is a wager I'm placing on the future of civilization. Luckily, I'm not alone. The citizens of Sweden have achieved a recycling rate of 99%. How? In Sweden, 99% of the people believe their actions make a difference. And because they believe it, it's true. Stephen Wing works in Sevananda's Produce Department. He is the author of a comic novel, "Free Ralph!", several volumes of poetry, and lots of bumper stickers. Visit him at [www.Stephen-Wing.com](http://www.Stephen-Wing.com).



## Top 10 "No-Diet" Weight Loss Tips

By Ms Toi, Beauty Watch

Losing weight does not have to be an overwhelming task. Start by incorporating simple guidelines to help keep you on track. These "no-diet" tips can help you develop healthy habits to facilitate your weight loss goals. Make your healthy meal planning easier by grocery shopping at Sevananda Natural Foods Market. Also, visit [MsToi.com](http://MsToi.com) for more tips on healthy living.

**Tip #1** Drink ice cold water. Sipping cold water throughout the day helps the body burn more calories and boosts metabolism.

**Tip #2** Cut out sodas. Eliminate this source of empty calories and sugar from your diet. Just one soda adds up to 200 calories and 30 grams of sugar to your caloric intake while providing little nutritional value. No cheating by drinking diet sodas. Use this an opportunity to drink more water.

**Tip #3** Eat smaller portions. In general, a single serving of a food item should be no larger than the size of the palm of your hand. Portion sizes at restaurants and fast food chains have become larger and larger over the years. Eating smaller portions at each meal decreases your caloric intake, thereby reducing your chances of weight gain from overeating.

**Tip #4** Stock your kitchen with healthy, easy-to-prepare meals. Avoid the temptation of the fast food drive-thru by keeping easy, low-prep meals and snacks on hand. Be able to whip together a healthy meal or snack anytime by staying stocked up on frozen vegetables, pre-washed salads, canned beans, organic yogurt, organic cheese, and brown rice.

**Tip #5** Don't eat while watching television. It is the natural tendency to snack while watching television. It is easy to mindlessly overeat whether you're snacking on chips or carrot sticks. Excess calories will be stored as fat no matter how healthy the snack is. Sip on green tea instead for an oral fixation.

**Tip #6** Detox on a daily basis. We are constantly exposed to toxins from our environment. Our bodies are unable to eliminate some toxins such as heavy metals. As toxins accumulate, our bodies hold on to fat tissue to protect vital organs from them. It is necessary to detox daily by drinking plenty of water, eating leafy, green vegetables, and exercising. Add a liquid zeolite supplement to your diet to help remove heavy metals.

**Tip #7** Manage stress levels. During times of high stress, you may eat when you're not hungry in an attempt to relieve stress and fulfill emotional needs (called stress eating or emotional eating). It is important to get a handle on stress in order to prevent

weight gain. What reduces stress for one person may not work for another. Reduce stress by taking up a new hobby, journaling, or even practicing yoga and meditation.

**Tip #8** Count the quality of calories instead of the quantity of calories. Many people suffer from nutrient deficiencies because of poor food choices. This deficiency can cause overeating which leads to excess weight gain. Make sure the majority of your diet consists of nutrient dense items such as organic fruits and vegetables, superfoods, and legumes. Stay away from fast food and junk food which provide little nutritional value for the body.

**Tip #9** Incorporate resistance training in your workout. Resistance training exercises, such as weight lifting, increases muscle mass. The more lean muscle tissue you have the more fat you will burn.

**Tip #10** Move your body. Many people sit in front of a computer all day at work just to come home and sit in front of the television all evening. Stay active throughout the day by parking in the space furthest from the entrance, taking the stairs instead of the elevator, and standing for periods of time instead of staying seated. The more active you are, the more calories you will burn.

# Marketing/Owner-Member Services



By Sharlise Lowe Co-Options Editor

As we take time to look back at the year 2014 and towards the year ahead, we have great expectations for a prosperous future as we welcome the year 2015. As we begin a

new year, we do so with confidence. This year like all the others, will have both obstacles and opportunities. Each challenge brings us closer together and each accomplishment makes us stronger. I give my most sincere thanks and appreciation to everyone who has supported and assisted Sevananda. My kindest wishes go to member/owners and staff members who have devoted so much to Sevananda throughout the years.

As I continue to progressively steer Sevananda's Marketing/Owner-Member Services Department, the 2015 plan is to take the department to an even higher level. Presently we are using the guidelines below to improve our sales. I will share with you a preview of our Marketing Scope:

- Educating our customers on why they should become owner/members;
- Expanding our working owner program;

- Ongoing Social Media, i.e., Facebook, Twitter, Instagram, Linked-In;
- Promoting consumer awareness of food and health issues through educational classes via our "Journey of Wellness" program;
- Expanding our partnerships with local artists through our "Artist Alliance" program;
- Networking with other organizations that have the same beliefs as Sevananda; and
- A continuous partnership with community activists through our "Be the Change" program.

Also, this year we are increasing the promotion of our "Hot Bar and Salad Bar". Sevananda's Kitchen Manager, Chef Brian and his awesome team have added some very tasteful new items to the menu, as well as keeping your favorites. You will see more of these food items through consistent in-store taste demos and community outreach. We plan to make Sevananda a household name to those who have not heard about us, and to those who have, we want to make them proud to recommend us.

Reviewing the past was very inspiring. We made it through a series of obstacles, trials and tribulations and we are still standing. We have a lot of work to do, and the work will get done. Once again, I sin-

cerely thank you for your assistance and continued support.



**FOR MEMBERS ONLY ...**

Member Advantage. Our Member Advantage program has items throughout the store on sale monthly for Owner-Members only. Look for the sales flyers at Customer Services and green tags on the shelf to find your sales!

## UPCOMING CLASSES @ SEVANANDA

### **"Junior Elites Class" with Jamel Thompson (Children 5 to 9 years old)**

Earth and Space Science, Biology, Health and Awareness  
Sunday, January 25th and Saturday, January 31st  
3:30pm to 5pm

\*Also includes February 7th High Museum & Hartsfield Airport (TBD) Field Trips  
All for \$20 per child

### **"Let's Grow" with Uriah Yisrael (Children)**

A series of classes designed to make agriculture fun with hands on activities and projects.  
Sundays February 8th & February 22nd / Sundays March 8th & March 22nd  
2pm to 4pm

\$10 per adult and \$5 per child/Package Deals Available

\* Children must be accompanied by at least one parent or guardian

### **"Hip Hop Dance Fitness" with Brian Jones**

(Children & Adult Class)

Saturday March 14th from 2:30pm to 3:30pm  
FREE!

### **Monthly Workshops & "Shop with the Doc"**

Featuring Chiropractor Dr. Christopher Alberts

Each workshop is \$10 which goes towards a \$10 Sevananda Gift Certificate

Saturday, January 31st from 12pm to 2pm

"Total Health Makeover" focusing on detox, weight loss & whole health

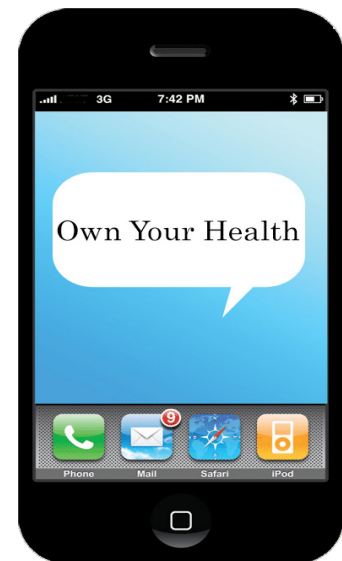
Saturday, February 21st from 12pm to 2pm

"Heart Health"

Saturday, March 21st from 12pm to 2pm

"Immune Function and Allergies with the Power of Green"

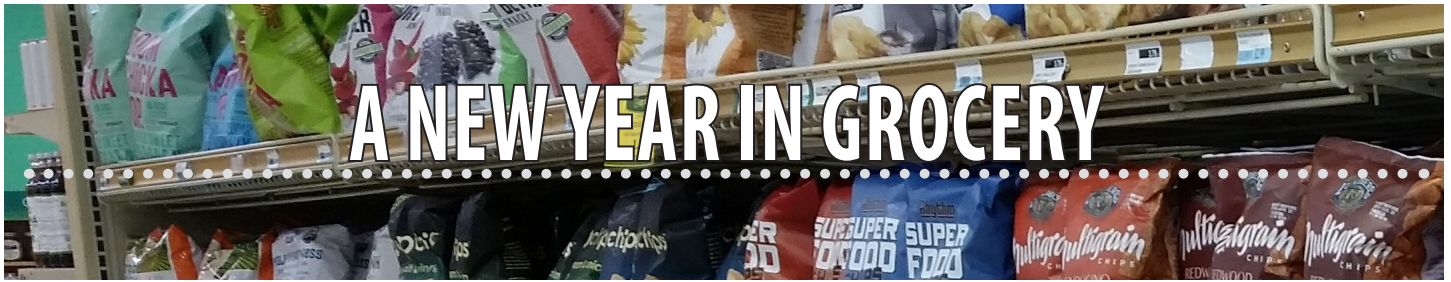
## Become a part of Sevananda's Mobile Communication



**Text: Own Your Health**

**To: 72727**

You are consenting to receive this offer plus additional coupons, offers, updates, up to 4 per month standard text message and data rates may apply. Reply HELP for help, or STOP to cancel. Consent not required for purchase.



We are excited about the New Year and the opportunity to introduce new products to our shoppers. Long known as the vanguard proponent of a healthy lifestyle, Sevananda Natural Foods Market has been at the forefront of the vegetarian/vegan movement since our inception over forty years ago. If you are already maintaining, or looking to make a transition to, a meatless diet, we have dozens of alternative meat, cheese and dairy products that taste great! We will continue to select the best in real health food and know that this will enhance our community, as well as the global environment. We get ideas for new products from local vendors and customer requests and are open to these suggestions. Look for our "New" green circle to identify new products.

This year we promise to continue to live up to the commitment of our triple bottom line philosophy of economic, environmental, and social responsibility by being a natural source of healthy, local, non-GMO and organic foods. We also have a large selection of gluten free foods. If you're looking for the best, you've come to the right place as we sell only the highest quality whole and natural foods. With product sourcing policies more demanding than any of the other stores in this area, we fully guarantee the integrity and quality of what we sell. We call that food integrity. It's what we live by, and what Sevananda has been all about from the beginning. Because it's the only way we can promise you're getting food you can trust. It's why we stock a large selection of organic, verified non-GMO products with no chemical additives or artificial dyes. If you have any questions about any of our products, we invite you to ask our knowledgeable team-members, customer service personnel or even myself!



By Ano Dennis

- Azzizah's Herbal Green Popcorn
- Secret Coconut Aminos, Vinegar, Crystals and Nectar
- Organic Fruit Leather
- Happy Pho Noodle Soups
- Brown rice spring roll wraps
- Coconut Palm Sugar
- Nutiva Chia Seeds
- Organic Fair Trade Chocolate and Coffee
- Califia Farms Almond Milk Coffee
- Field Roast Vegan Cheese – Coconut Herb and Creamy Original
- Sweet Earth Veggie Burgers & various flavors of Seitan



- Upton's Assorted Faux Meats
- Edward & Sons Organic Breadcrumbs and Panko
- Hol-Grain Tempura Batter Mix (non-GMO, wheat & gluten free)
- Dozens of Energy Bars both RAW & conventional
- Perfect Bar – Assorted Flavors (organic & gluten free)
- A large selection of baby and toddler products such as diapers
- Happy Yogis, Happy Baby, Happy Tots Organic Superfoods
- Happy Bellies and Earth's Best Baby Foods
- Tumeric Elixir of Life
- Vegan Protein Drinks



## 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 - 8:00pm  
Sat. & Sun. 2:00pm - 8:00pm

New Food Items added to the menu



# SEVANANDA COOPERATIVE BOARD NEWS



								
<b>PRESIDENT</b>	<b>VICE-PREIDENT</b>	<b>SECRETARY</b>	<b>TREASURER</b>	<b>BOARD MEMBER</b>	<b>BOARD MEMBER</b>	<b>BOARD MEMBER</b>	<b>BOARD MEMBER</b>	<b>BOARD MEMBER</b>

## SEVANANDA IS NOW SEEKING BOARD COMMITTEE SUPPORT!

Do you have great skills or talents to share? Are you an innovative thinker or passionate about co-ops? Following is a list of committees to choose from to become a part of the board committee support. Please complete committee profile form at [www.sevananda.coop](http://www.sevananda.coop), "Board Page" under co-op information or request a form from Sevananda's Customer Service Desk. We look forward to working with you! Email completed forms to [onboard@sevananda.coop](mailto:onboard@sevananda.coop) or drop off completed forms at Customer Service Desk.

### Board Standing Committees and Roles

**Policy** – Reviews Sevananda's Board Policies and Bylaws on an annual basis in order to submit recommendations for any needed updates.

**Owner Linkage** – Crafts an annual and tri-annual plan for linking to owners for approval by the Board. The owner linkage Committee also take the initiative in marshaling resources with which to enact the linkage plans.

**Finance** – Review Sevananda's finances on an

annual basis in order to assist with long-term planning for the co-operative's financial future.

**Product Policy Committee** – Routinely surveys store products for compliance with board stated product priorities. The product policy committee also assures that changes to board stated product priorities are based solely on their survey of owners.

**Training** – Research and develop training plans to ensure the thorough training in how to use policy governance model; fiduciary duties of Board members; and what members should do to fulfill each of their respective rules and duties; cooperative development and principles; and the rule and regulations that govern cooperatives

### Board Ad Hoc Committees and Roles

**Communications** – Responsible for finding creative

ways to explain cooperative ownership structure of the Sevananda Natural Foods Cooperative and its benefits.

Develop communication plans, relevant and timely content, and strategies for improved communication to support owner linkage, engagement, and Board/Owner relations.

**Nominations/Elections** – Responsible for all aspects of board election process including but not limited to procurement of interested candidates, review and compile candidate packet materials and background checks with the support of operations. All communication with candidates, including about, not limited to conducting interviews and coordinating the candidate meet and greets and announcing elections results.

**Capital Campaign Committee** – Research and procurement of funding in support of the co-op's mission and capital gain goals.

**Resolutions and Solutions Committee** – Review and recommend solutions as needed.




**LET'S GET TO WORK!**

**JOIN A BOARD COMMITTEE >>>**

**POLICY**

**FINANCE / FUNDRAISING**

**OWNER ENGAGEMENT**

**NOMINATION / ELECTIONS**

**BOARD TRAINING**

**PRODUCT POLICY**

Committee applications will be available at customer service and online on Sevananda board page under co-op.

Online applications may be submitted to [onboard@sevananda.coop](mailto:onboard@sevananda.coop).




**LET'S HAVE SOME FUN!**

**MEET N GREETGS**

**WALK N TALK**

**DIALOGUE & LISTENING**

**BRAINSTORMING / VISIONING**

**THE FUTURE**

**Every Second Saturday of each Month**

For more information  
Email us at  
[onboard@sevananda.coop](mailto:onboard@sevananda.coop)  
or call 404-681-2831  
and leave a message for us.

Thank you for supporting your local community co-op!  
In Service,  
Sevananda Board of Directors

# BE THE CHANGE 2015



**“Be the Change you want to see in the world” by using your spare change (or more) to make a difference next time you shop at Sevananda Natural Foods Market!**

**by Ifini Sheppard**

We are proud to announce our Be The Change partners for 2015! From arts organizations to a domestic abuse victim

with pets protection agency, to wellness programs and those that promote peace; from a land trust to a community radio station – this year Sevananda Natural Foods Market has another exciting mix of Be The Change partners. This program gives assistance to locally based 501(c)3 non-profit organizations and the variety of causes is what makes this program a vibrant entity at Sevananda. The Be The Change Program is our contribution to a healthier Atlanta. Each time you go through the register at Sevananda, you have the opportunity to contribute to a local non-profit by donating a specific dollar amount or rounding your purchase up to the nearest dollar. By donating, you are contributing to a better Atlanta. We know that people are overwhelmed by the negative things going on in the world and this is a chance to do something about it!

Our Be The Change program helps support Sevananda’s vision to promote the “commonhealth of the community” and is named after the quote from Mahatma Gandhi: “We must be the change we wish to see in the world.” This group of 12 locally-based, non-profit organizations will each be featured in a particular month of the year. These organizations will receive extensive exposure to the member and shopper base of Sevananda Natural Foods Market and donations from Sevananda shoppers during their designated month. Launched in 1997 as the “Community Change” program, it’s now entering the 18th year and has supported many community-transforming non-profit organizations. As Sevananda’s previous Member Services and Outreach Manager, Jane Walsh noted in the November 1996 Co-Options article introducing the original “Community Change” donation program, “If only 10% of shoppers each day contributed 50¢, we could raise over \$1,300 per month [for each organization]. Think what we could do if 20% of each day’s shoppers give \$1!”

You Can Donate at Sevananda’s Cash Registers

Keep Jane’s thoughts in mind—about donating just \$1—as you check out, and let our cashiers know if you would like to make a donation to the partner of the month. You can round up your cash register total to the next dollar or donate anywhere from \$1 to \$5 to \$10 to \$20 or more! Some shoppers actually use our partner as their charity of choice and give substantial amounts to the nonprofit!

Also be sure and keep an eye out for the “partner of the month” as they man an outreach table in the

store during their month. Recognizing the non-profit partner during their designated month, each organization is featured on the bulletin board in front of the cash registers and on signs at the registers.

So whether you donate a dollar or even more, we hope that you will engage with our Be The Change partner when they are tabling, and pass along information about these non-profits to your friends. In this way, you can do your part to Be The Change you wish to see in the world!

## 2015 BE THE CHANGE PARTNERS & WEBSITES

**JANUARY ~ CAMP BUTTERFLY GIRLS INTERNATIONAL**  
[www.camp-butterfly-girls.com](http://www.camp-butterfly-girls.com)

**FEBRUARY ~ PEACEBUILDERS CAMP**  
[www.peacebuilderscamp.org](http://www.peacebuilderscamp.org)

**MARCH ~ ATLANTA CONTACT POINT (ACP)**  
[www.atlcp.org](http://www.atlcp.org)

**APRIL ~ AHIMSA HOUSE**  
[www.ahimsahouse.org](http://www.ahimsahouse.org)

**MAY ~ WRFG 89.3FM (Radio Free Georgia)**  
[www.wrfg.org](http://www.wrfg.org)

**JUNE ~ URBAN PERFORM**  
[www.urbanperform.org](http://www.urbanperform.org)

**JULY ~ THE CREATOR’S GIFT 137**  
[www.thecg137.org](http://www.thecg137.org)

**AUGUST ~ NUCLEAR WATCH SOUTH**  
[www.nonukesyall.org](http://www.nonukesyall.org)

**SEPTEMBER ~ LAKE CLAIRE COMMUNITY LAND TRUST**  
[www.lcclt.org](http://www.lcclt.org)

**OCTOBER ~ YELLS (Youth Empowerment through Learning, Leading & Serving, Inc.)**  
[www.yellsinc.org](http://www.yellsinc.org)

**NOVEMBER ~ ACADEMY THEATRE**  
[www.academytheatre.org](http://www.academytheatre.org)

**DECEMBER ~ TORCH ACADEMY (Together Orchestras Revitalize Community Harmony)**  
[www.torchacademy.org](http://www.torchacademy.org)





# JANUARY PARTNER: Camp Butterfly Girls

Camp Butterfly Girls International, Inc. has maintained a long history of working to prevent sexual abuse of children in the Atlanta community. The documented statistics state: 6 out of 10 girls and 4 out of 10 boys have been sexually abused. Many times, the children who experience abuse go through childhood and adulthood without help, therapeutic intervention, or support. Documented statistics also state that if a child hasn't received therapeutic intervention by age 13, they are more likely to be another tragic statistic.

Camp Butterfly Executive Director, Jamilah Shakir believed that, "As long as we live and breathe, we can make a change". Her prayers began. "God, this is a huge problem, bigger than I have the capacity to affect. What is it that you want me to do to change the world and how do you want me to do it?"

In 2010, Camp Butterfly Girls International started with a one (1) week summer camp and a small group of girls. Our focus was on teaching girls, aged 8-12 life skills and coping skills. This includes good touch/bad touch, therapy, as well as providing a safe space for them to have good old fashioned fun and accepting one another unconditionally, celebrating their natural gifts and accomplishments, and most importantly, minimizing the damaging effects of any childhood trauma.

Parents paid whatever they could and Jamilah along with clients, family, and friends funded the rest. Camp Butterfly Girls International received overwhelming positive responses from parents and the girls who wanted more. Hence, the fledgling "caterpillar" blossomed into monthly enrichment sessions, which we now lovingly refer to as Camp Butterfly Girls! In summer 2011, we expanded our sessions to include weekend retreats and our enrollment tripled.

Today, our accomplishments include a solid team

of therapists and professional facilitators and year round whole life programs. Summer camp, monthly enrichment sessions and partnerships with sister programs, parenting classes/support through Building The Culture of Family, Inner Beauty Pageant, therapeutic retreats, and service to humanity that incorporates monthly visits of reading to senior citizens at Golden Living Senior Center. Participants purchase personal care items and book bags for KaKenya Center of Excellence Girls School in Enosean, Kenya.

We now proudly serve over 250 girls and family members in Georgia, however our mission is to improve the quality of life of girls worldwide. In each session, girls achieve life skills, nurture self-esteem and self-efficacy, learn valuable life lessons, celebrate their gifts, build positive peer relationships, and have fun! Our objective is that every girl is trained, nurtured, and cultivated through our program to achieve her life purpose and be the best she can be. No child is denied participation due to the families' inability to pay.

How does Camp Butterfly Girls Int'l make a difference? When girls were asked how Camp Butterfly Girls International has helped them one 8 year old stated, "When I felt like killing myself, I used the tapping I learned in camp, and then I didn't feel like killing myself."

One parent states, "After Camp Butterfly Girls International, what else is there? I can't find the quality of program anywhere that I get from you".

The custodial grandparent of a 10 year old stated, "I really did not think about getting therapy for my granddaughter after the loss of her mother. Thank you Camp Butterfly Girls for facilitating her getting the help she needs in this critical phase of her life".

Camp Butterfly Girls International, Inc. is registered with the state of Georgia as a 501(c)(3), non-profit organization. We believe that being proactive, building skills for girls and their families, and providing supportive intervention

early in life ensures that girls will make healthy choices and subsequently improve their families, communities, and help make the world a better place.

Our focus is to provide enriching experiences and training through a therapeutically based curriculum. Our whole life education programs are provided through monthly enrichment sessions, therapeutic retreats, parenting training and education, prevention education, service to humanity, and self-development programs. Girls learn in ways that appeal to them and help actually change actions and develop them into physically, socially, and emotionally intelligent beings.



**Organization Name:** Camp Butterfly Girls International  
**Mission:** To improve the quality of life of girls and help them achieve life skills.  
**Contact:** Jamilah Shakir  
 Founder/ Executive Director  
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[www.camp-butterfly-girls.com](http://www.camp-butterfly-girls.com)



# FEBRUARY PARTNER: peacebuilders camp *at Koinonia Farm*

Do you remember when you got dropped off at summer camp the first time? It's scary! New people, new routines, and maybe the first time you were away from your parents. Now imagine if you looked around and no one else really looked like you or talked like you.

Each summer, middle-school students from wildly diverse backgrounds descend on Koinonia Farm in Americus, Georgia for camp. Black, white, Asian, Latino, Muslim, Jewish, and Christian campers come together at this special camp, learn from each other and form a community. City kids meet farm animals for the first time, refugee youth new to the United States taste their first s'mores, and campers from rural south Georgia are introduced to places in their own community that they've never visited before, like fair trade coffee roaster Café Campesino and Habitat for Humanity's Global Village.

Peacebuilders Camp is held at Koinonia Farm, a community that started in 1942 during a time when black and white people in south Georgia did not work side by side making the same wage, or sit side by side at the same supper table. During the Civil Rights Movement of the 50's and 60's, people in the area tried to scare the community away with shootings, KKK rallies, threats, vandalism, and other forms of violence and intimidation, but Koinonia survived. Today, campers are welcomed into this special community, share communal meals



and participate in both work and play.



Campers experience a taste of farm life, go on field trips around south Georgia, play soccer and basketball, cool off with water balloons, gather around the campfire for stories and s'mores, make handcrafts and collaborative art projects, pick blueberries and hear stories of peace-builders past and present.

By the end of camp, the campers' nervous feelings and the sense of being all alone has been replaced by deep friendships across racial, economic, religious, and other dividing lines. They have met many people working for peace and justice and have been inspired to work for change in their own communities. Each camper leaves Peacebuilders Camp at Koinonia Farm with a specific action they have chosen to make their world more just.

These are the future leaders and peace-builders of our world.

**Organization Name:** Peacebuilders Camp

**Mission:** PTo provide a transformative summer camp experience that empowers a diverse community of youth to work toward peace, justice & human rights.

**Contact:** Jonah McDonald, Administrative Director

**Address:** P.O. Box 170488  
Atlanta 30317

**Website:**  
[www.peacebuilderscamp.org](http://www.peacebuilderscamp.org)

The Peacebuilders Camp curriculum is structured around the UN Declaration of Human Rights, and each day is focused on a different human right – housing, healthcare, religion and conscience, fair wages, etc. We explore current issues through a human rights lens with an emphasis on helping campers discover how their own gifts can be a part of the struggle for the realization of these human rights. Throughout the week, campers meet Georgians innovating to make positive change in their own communities.



# MARCH PARTNER: Atlanta Compact Point



**Atlanta ContactPoint**  
empowering you to play



Atlanta ContactPoint is a Georgia 501(c)(3) non-profit organization established to engage the local community through the power of play. Our community-based model is designed to support, educate, and facilitate comprehensive wellness programs that encompass sports, fitness, arts, nutrition, and social/environmental responsibility.

### Vision:

Our vision is to provide the local community with a state-of-the-art, indoor and outdoor recreation space where children and adults of all socio-economic backgrounds can come together to play and learn.

To support our mission, Atlanta ContactPoint hosts PLAY DAYS throughout the year at local city parks. PLAY DAY is a free, fun-filled day of sports, fitness, nutrition, and sustainable initiatives where local coaches and organizations come together to facilitate drills and games for various sports. PLAY DAY also offers healthy drinks and snacks, along with education on the importance of eating right. And, PLAY DAY promotes environmental initiatives, including the vital role that solar



power, water harvesting, recycling, and overall respect for the environment plays in a sustainable society. There's something for everyone with more than 20 different activities happening all at the same time. PLAY DAY is a mini version of Atlanta ContactPoint's overall model for a multi-sport complex at the Pullman Yard, located in the heart of Atlanta.

### The Pullman Yard Project:

With Atlanta's already high demand for fields, courts, and rinks growing at a rapid pace, Atlanta ContactPoint plans to transform the Pullman Yard from an abandoned brownfield to an active playfield. This 25-acre land located in the heart of Atlanta has more than 100,000 sq. feet of empty historic buildings just waiting to be used.

We plan to clean up the environmental contamination of the property, preserve, and repurpose the historic buildings into indoor athletic, arts, and nutritional venues. We also will convert the vacant land to multipurpose playfields for use by all children and adults 18-hours per day, 365 days per year.

The buildings will be refitted with energy conservation systems for solar, water, lighting, and airflow technologies, and we aim to incorporate MARTA, Beltline, PATH, and shuttle systems as alternative means of transportation. There also are plans for a café featuring food from our greenhouse garden and local farmers; retail space for sporting goods; medical space for health monitoring and

physical therapy; sports rentals; and storage for participants' gear. In addition, the property will have event space for parties, fundraisers, and corporate outings, as well as classrooms for home scholars and after-school studies.

Pullman Yard is located in the Kirkwood neighborhood of Atlanta and is owned by the state of Georgia. It is surrounded by diverse communities of East Lake, Candler Park, Lake Claire, and Reynoldstown. These neighborhoods have a high resident density and are in need of more physical activity and access to recreational facilities.



**Organization Name:** Atlanta Contact Point

**Mission:** To support & engage the community with comprehensive wellness programs such as sports, fitness, arts & nutritional education.

**Contact:** David Epstein, Founder/Executive Director

**Address:** 949 Drewry Street NE  
Atlanta 30306

**Website:** [www.atlcp.org](http://www.atlcp.org)

# It's Flu Season !!



Come visit Sevananda's "Wellness Department" and arm yourself with what you need to prevent yourself from getting sick !!

- Cover your mouth and nose when you cough or sneeze
- Wash your hands often
- Avoid touching your eyes, nose or mouth to avoid spreading the virus
- Try to avoid close contact with people who are sick



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