

# CO-PTIONS

**SEVANANDA**  
NATURAL FOODS MARKET

Spring ISSUE 2016

Vol. XVII Issue 2

## “Spring Into Good Health”

pg. 2	.....	<i>SEVANANDA IGM TEAM KEEPING SEVANANDA RISING</i>
pg. 2	.....	<i>WINTER ALWAYS TURNS TO SPRING</i>
pg. 3	.....	<i>SEVANANDA COOPERATIVE BOARD NEWS</i>
pg. 3	.....	<i>THE SEVEN PRINCIPLES OF A COOP</i>
pg. 4	.....	<i>4TH ANNUAL WONDERFUL WIZARDS OF RAW</i>
pg. 4	.....	<i>CHEMICAL MONITORING</i>
pg. 5	.....	<i>“I GROW YOU GROW”</i>
pg. 6	.....	<i>SEVANANDA CO-OP BULK HERBS</i>
pg. 7	.....	<i>THIS EARTH DAY GO WILD</i>
pg. 7	.....	<i>LIVING THE REDMOND JOURNEY</i>
pg. 8	.....	<i>WHAT’S YOUR FAVORITE ITEM AT SEVANANDA</i>
pg. 9	.....	<i>ALIVE EXPO</i>
pg. 10	.....	<i>CO-OP NEWS AROUND THE WORLD</i>
pg. 11	.....	<i>A COOPERATIVE MODEL FOR A LIVABLE WAGE</i>
pg. 12	.....	<i>RECIPES</i>
pg. 13-15	.....	<i>BE THE CHANGE PARTNERS</i>
pg. 16	.....	<i>EVENTS</i>

# SEVANANDA IGM TEAM KEEPING SEVANANDA RISING



## Sevananda Natural Foods Market

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

## Store Hours

Monday-Sunday  
8am - 10pm

## Co-Options Staff

Sharlise Lowe (Editor/Layout/Graphics)  
Ifini Sheppard (Proofing/Editing)  
Cheranna Dottin (Proofing/Team)

Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the opinions 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.

## Sevananda Board of Directors

Quandra Stroud (President)  
Debra Bonaparte (Vice President)  
Chi Ma'at (Secretary)  
Ntianu Alghanee  
Jed Davis  
Sharon Mack  
Rajnikant Mehta



Sharlise Lowe (Team Lead)



Ano Dennis



Sylvia Yorke



Brian Jackson

In the temporary absence of a General Manager at Sevananda, we continue to rise!! The Board of Directors has put in place an Interim General Management Team (IGM) consisting of Sharlise Lowe (Team Lead), Ano Dennis, Sylvia Yorke and Brian Jackson. The IGM Team will focus on the operations of the store and the morale of the employees. As of March 2016, Sevananda is stable and we expect steady progress.

We are happy to say that we have continued to keep ourselves well positioned for today and for the future. We are actually better today than we were a year ago. With our new POS (Point of Service) System which helps us to better track pricing, and not exceed more inventory than what we need, we will continue to keep ourselves balanced and on the rise!!

The IGM Team has proudly spearheaded the renovation of our store bathrooms, and we will soon be making our outside café space nicer for customers to enjoy the delicious food we serve. We are also planning to promote our Hot Bar and brand ourselves in the community even more this year as well.

We will continue to address the concerns of our customers and Owner/Members in a more direct way and we hope to arrive at a mutual understanding.

We are a Co-Operative Family, and we love the feeling!

Until a new General Manager or GM Team is in place, we would like to thank everyone who has given us support and trusted us to do the right thing for the betterment of Sevananda.

Sincerely,

The IGM Team

## WINTER ALWAYS TURNS TO SPRING

By Carolyn Morris, HR Manager



No matter how long the cold, bleak days of winter may continue, winter always turns to spring. This is the law of the universe and the law of life. As long as we hold on to hope, spring is sure to come. —Daisaku Ikeda

We are pleased that it is spring! This time brings newness and hope. There's something about the warmer weather, and the longer days that just makes it all better. This spring we are pleased to share with everyone the new additions to the Sevananda family.

While employees won't be hearing, "you get a car, you get a car, you get a car"; like on the Oprah show, they will hear welcome to the co-op! They will also enjoy serving the diverse community of Owners, and having access to a wealth of wellness products and information. Next time you're in the co-op, welcome these new members to the team.

## NEW HIRES

Deborah Yungai



Kitchen

Khia Amani Lynn



Front End

Bryana Desroches



Kitchen

Maria Garcia



Grocery

# SEVANANDA COOPERATIVE BOARD NEWS



**Quanda Stroud**



**Board President**

**Debra Bonaparte**



**Board Vice-President**

**Chi Ma'at**



**Board Secretary**

**Ntianu Alghanee**



**Board Member**

**Jed Davis**



**Board Member**

**Sharon Mack**



**Board Member**

**Rajnikant Mehta**



**Board Member**

The Elections Committee would like to extend an invitation for Owners who have been an Owner for at least one year in good standing (and their Owner dues are paid up-to-date), to serve at Sevananda for the position of Director with our Board of Directors. There are three full terms of three-year directorships available and one two-year directorship that is available because one of our Board Members resigned. This position includes the ability to look into the future and envision what Sevananda should be and suggest a way to get there utilizing the Carver model of Policy Governance. Other inclusive, highly recommended skills will be discussed at the interview. Primarily we are looking for people who have group decision making experience, financial statement understanding and interpretation, management assessment skills, communication skills, performance evaluation skill sets and an understanding of the natural foods business environment. You may have other expertise, knowledge and a different skill set that the Board could use.

Currently, we find ourselves at a crossroads of what is best for our shared Cooperative, Sevananda. We are in the metamorphic process of healing and letting go with positive expectations of what Sevananda should be. We need your input, energy and time to help us get to that point as we look into the future of what the business model of Cooperative living is - based on the Seven Cooperative principles from the International Cooperative Alliance (ICA) of 2005.

The Co-op is also looking for market share, and last but not least, our symbiotic relationship with Mother Earth. That is what Sevananda should be about. Regardless of where you stand we are looking for people who are passionate about Sevananda, committed to the Cooperative movement and protection of Cooperative principles. Of course, we don't live in a vacuum and many things affect what we do. That's why we're looking for many different skill sets, levels of expertise, commitment maturity and above all people-centered personalities.

In that spirit, the election process has been extended. Look for the new dates of the 2016 elections for the Board of Directors. The mandatory requirements have been slightly modified. According to our By Laws - with few exceptions, the minimum requirement is that one is in good standing. Also according to our By Laws, no more than three staff people will be eligible to serve at one time on the Board. There is currently one staff member on the board, therefore two more staff will be allowed to serve at this time. In addition to selecting our Board of Directors, make sure you look at the "Sevananda Board's Bulletin Board" at the front of the store and on the website for proposals that will be coming up at the member meeting for consideration.

Pick-up the candidate packets from Customer Service. There will be background checks on all candidates who qualify through the Elections Committee. Information will be sent to the full board for endorsements. Owners

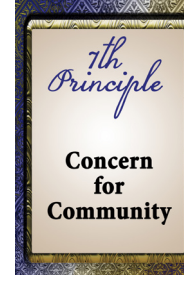
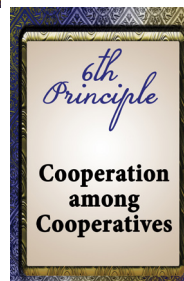
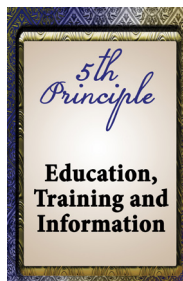
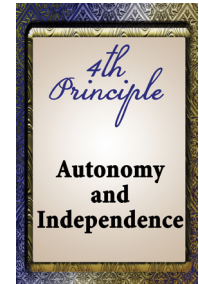
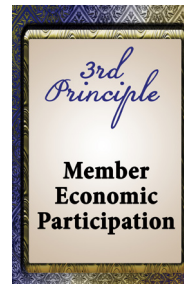
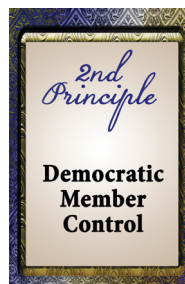
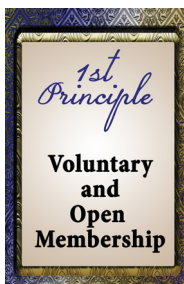
will have the opportunity to meet the candidates at the Annual Owners Meeting this year in a "Candidate Meet & Greet" on April 24th. Double check and make sure everything is filled out properly. Turn in your packet to Customer Service or Ms. Carolyn Renee, the Board Liaison. Ballots will be counted by Wegner CPA firm and the candidates will be informed of the results. The first Board Meeting afterwards will be "The Changing of the Guard".

Of course, the main ways to serve Sevananda is to serve with your dollars and referring others to do the same. The second best way to serve Sevananda is to serve on the Board of Directors or serve on a Board Committee. If you have any questions about the elections process you can contact me at (404)921-7180 or Jed Davis (in Sevananda) or Ntianu Alghanee.

We look forward to hearing from you for this crucial time in our history.

Blessings.  
D.L. Bonaparte  
Sevananda Natural Food Cooperative  
Board of Directors Training Committee, Chair

## THE SEVEN PRINCIPLES OF A CO-OP



# The 4th Annual Wonderful Wizards of Raw ~ A Raw Food Extravaganza



by Tassili Ma'at

Locally owned, community grown Tassili's Raw Reality ~ Atlanta's Raw Vegan Café, is excited to announce the 4th Annual Wonderful Wizards of Raw ~ A Raw Food Extravaganza!! This celebration of raw food will be held in the back yard garden of the café in Atlanta's Historic West End. Last year the theme was "The Urban Farmer" with an interactive panel of Urban Farmers. This year we are incorporating the HIP HOP GREEN DINNER MOVEMENT into the RAW FOODS EXTRAVAGANZA!! With cutting edge conscious hip hop music and entertainment this is gonna be a fly event for everyone!! The Wonderful Wizards of Raw will showcase Raw Food Chefs and their connection to this growing movement. This is our fourth year and it promises to be another positive and enlightening experience.

Raw Food Chefs set up a booth where they provide small samples of food and promote their brand. They also sell plates of food. Every year our Chefs sell out and the event just keeps growing & growing as we cater to the vegan, raw food conscious and raw food curious community. At the Wonderful Wizards of Raw, a variety of products and information will be

available. The extravaganza is actually a two day event, presenting raw food products, equipment and services related to the raw food holistic lifestyle.

On Saturday June 4th, attendees will enjoy fresh raw cuisine from vending chefs and learn about the growing raw foods movement from presenters. The following day, Sunday June 5th, the event continues with "Cowspiracy: The Sustainability Secret". This is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world's leading environmental organizations are too afraid to talk about it. The documentary will be followed by an Ancestral Ritual with community drumming and dancing!

With delicious & nutritious food, fun, education and good vibes this highly anticipated celebration promises to be an experience to remember. There will be plenty to take home as this unique event gives you something for all your senses!



WONDERFUL WIZARDS OF RAW FOOD EXTRAVAGANZA  
SATURDAY, JUNE 4, 2016 ~ 1pm to 8pm  
(Vendors & Presenters)

CLOSING CEREMONY  
SUNDAY, JUNE 5, 2016 ~ 2pm until 6pm  
"Cowspiracy: The Sustainability Secret" & Ancestral Tribute

LOCATION: TASSILI'S RAW REALITY URBAN EATERY  
1059 Ralph D. Abernathy Boulevard S.W.  
Historic West End Atlanta 30310

For more information:

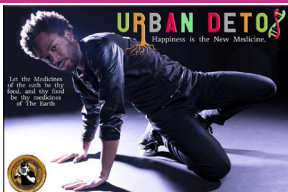
Phone (404)480-0364

Email: [events@tassilisrawreality.com](mailto:events@tassilisrawreality.com)

Web: [www.tassilisraw.com](http://www.tassilisraw.com)

Give thanks and we look forward to this exciting & innovative event!!

## CHEMICAL MONITORING



By Jamel Thompson

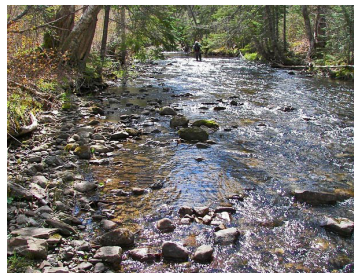
Chemical Monitoring is the process of observing community water for toxins and reporting the findings onto state and federal databases that will help keep our water pure. We would like to inspire people to participate in Urban Detox training programs concerning chemical monitoring.

Toxic Waste is waste material that can cause death, injury, or birth defects to living creatures (1) 9David Briggs, 2012). According to EPA research, the current indicators of watershed health do not include microbial contaminants: such as viruses, protozoas, and other microbial species. The Clean Water Act follows the habit of exempting microbial toxicity. In this regard I strongly believe that it is left up to the general public to become advocates in the battle to protect our water resources. This can be done by dedicating at least an hour of time a month to educate themselves of the circumstances surrounding these exemptions and reach out to their local representative to voice their concerns about our water.

Georgia has a rich natural endowment. This endowment includes its land, water, biological, and societal resources. When used wisely, and protected we can live safely within our natural environment According to the U.S. Geological Survey program in Georgia (Survey, 2012). The State of Georgia has limited contaminants in

our water. (Georgia State Fact Sheet). However, according to the Geological Survey data population growth and economic development have led to increasing contamination (Survey, 2012). By monitoring pollutant levels and other key factors we are joining the mission of observing and protecting our water supply and reporting the data and turned over to those that are mandated to correct the problem.

How do we protect our environment? Urban Detox is offering free public training on chemical monitoring. After participating in a series of classes, all participants are eligible for certification in Chemical Monitoring QA/QC. To become certified there will be a written evaluation with a minimum score of 80% required to



pass. According to Quevauviller: QA is a crucial aspect of achieving accurate results in chemical analysis. In the case of environmental analysis, it is increasingly recognized that the major risks of error in environmental monitoring do not occur in the laboratory. During operations performed in the field (sampling) or prior to the analysis (sampling, storage, and sample pre-treatment)(2007).



Chemical Monitoring Classes and Urban Youth Initiative STEM Program will begin in April of 2016. Locations: Result Central Fitness Center, 2532 S. Hairston Rd. Decatur, GA. 30035, The Sweat Spot Vtox Boutique, 675 Metropolitan Parkway Southwest Suite 6018, Atlanta, GA 30310, and Align Wellness Center, 2290 Ben Hill Rd. Atlanta GA. 30311. Find Us on Facebook @Urban Detox, @Urban Youth Initiative and @Jamel Thompson.

Cite Page

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2. Geological Survey: <http://pubs.usgs.gov/fs/FS-010-96/>
3. Skelly Article: [http://e360.yale.edu/feature/unraveling\\_the\\_mystery\\_of\\_the\\_bizarre\\_deformed\\_frogs/2368/](http://e360.yale.edu/feature/unraveling_the_mystery_of_the_bizarre_deformed_frogs/2368/)
4. Quevauviller: <http://onlinelibrary.wiley.com/doi/10.1002/9783527615216.fmatter/pdf>

# "I GROW U GROW"



**By Mr. Anderson**

Greetings and love to one and all... It's springtime ~ time to garden!!

Let me introduce myself to you. I am

Mr. Anderson with IGROWUGROW, where my kitchen garden is your kitchen garden. I am a gardener with a focus on empowering one and all to produce PRO.DUCE and eat what you grow. I do this through inspirational garden media via [youtube.com/igrowugrow](https://www.youtube.com/igrowugrow) with over 50 videos of hands on garden information to get you growing and inspire you. I also have a podcast on the website [www.igrowugrow.com](http://www.igrowugrow.com) with lots of gardening know how. All of these are free resources that I offer the community. IGROWUGROW is a Kitchen Gardening micro business dedicated to year round vegetable gardening without the use of harmful pesticides or chemical fertilizers in a suburban setting. It is a local vegetable gardening service and garden consulting service, providing garden installation and garden maintenance. It is a podcast that turns my kitchen garden into your kitchen garden. I share tips and tricks that I use in my very own garden real time, as they happen day to day. I share my ups and down in the garden as I deal with pests and common problems gardeners face.

Spring has sprung and I am sure we are all feeling refreshed and ready to enjoy the season change, if you are reading this article it's a good chance you frequent Sevananda. Yes, Sevananda is what I like to call, "a hub

for the healthy and those in search of health". So when I was asked to submit an article I thought, "Wow this is great!" As a gardener in the urban and suburban setting I wanted to offer a few perspectives on gardening that don't get discussed much. "What do I mean?" you ask. Well most often when gardening comes up, the very next thing that comes to mind is food/vegetables and eating. I would also like to point out the wellbeing gardening offers in most gardens. You can get your feet and hands in the earth and ground oneself to our origin "from dust thou art and to dust thou shall return". This is not to say you have to die to do this, just take them shoes off and put them hands in the soil and you will have fulfilled the aforementioned statement.

Don't have a garden? No worries... That brings me to the next point about gardening. I would like to inform you that there are other gardeners you can come in contact with, and yes the garden community. Here in Atlanta you have lots of options and garden communities. These garden communities have a wide range of dynamic individuals that will bring instant well-being to your growth and development. With that said I would like to offer the reader an outstanding community garden to visit and become one with Gilliam's Community Garden 1286 Oakland Terrace S.W. Atlanta, GA 30310. Their website is: [www.gilliamsgarden.wix.com](http://www.gilliamsgarden.wix.com)

Now spring into action and explore these aspects of gardening whether you are just starting or you are an avid gardener! And as always – my kitchen garden is your kitchen garden.

Fare ye well...

Mr. Anderson

Email: [contact@igrowugrow.biz](mailto:contact@igrowugrow.biz)



# SEVANANDA

## NATURAL FOODS MARKET



### Vegan & Vegetarian

**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

**New Food Items added to the Menu**



# SEVANANDA NATURAL FOODS CO-OP ~ BULK HERBS ~

Greetings, Best Beloveds!  
By Eva "Swamp Thing"



In the Spirit of Joy and Sunshine, I extend a warm invitation for you to experience Sevananda's bulk herb section in our Wellness Dept.

Sevananda has the largest array of bulk spices

and medicinal herbs in the Southeast. Most of our bulk herbs are certified organic, wild crafted, or come from sustainable and reputable sources. And as with all growing things, we are actively expanding and evolving to meet the needs of our community. With hundreds of herbs to offer, it is easy to find bulk herbs at Sevananda that speak to many common bodily experiences we all share. Plant medicine can be an integral part to achieving wholeness on your own path to Wellness.

From roots, sticks, leaves, berries, powders, resins, seeds, and flowers, all parts of the herbs we carry are recognized as potent tools of health and well-being. Many of our Elders knew how to work with these plants for maximum benefit and there are still cultures thriving today who work closely with herbs as a support for their experience. Collectively, we are remembering the wisdom passed down from our ancestors, and are returning to these age-honored traditions of connecting our health to the vitality found in plants.

There are herbs at Sevananda that speak to all facets of what makes up our human body. Our spiritual body, our mental body, our emotional body, our physical body. The best part is, we offer many of

these powerful plant allies in bulk. Which means, it is all priced per pound, but you can buy as little or as much as you need! Also most herbs are covered by EBT! Wellness has never been so affordable and accessible.

Myself, and Betsy, currently tend the Bulk Herb section and work daily to keep it clean, organized, stocked, and thriving. Please come visit with us. If we do not have the answers you are seeking, we have reference materials. Often there will be other customers gathered who are passionate about herbalism, and have wisdom to share. So we all teach and learn from one another. We all grow together, as individuals, as family, and as a community. It is a beautiful thing!

A list of the types of herbs we offer:

- Spices
- Teas
- Resins
- Salts
- Adaptogens (which help the body cope with stress)
- Clays
- Herbs (which help the body release toxins)
- Super Foods
- Sprouting Seeds
- Protein Powders
- and more!

Empower yourself to create your own path to Wellness, so you may stand sovereign in your own unique experience. Working with herbal knowledge is a lifelong endeavor, never dull, and opens so many doors of perception. Your imagination is your only limitation. I use our bulk herbs daily to make my own personal care/beauty products, to bolster my immune system, and to show my body all the love it requires through nutrient dense teas and elixirs. The plants are shared with us with a purpose of helping to make us whole. Please enjoy. Come speak with us. We are here to assist you with dignity, confidentiality, and respect... No matter the circumstance of your current life experience.



It is my deepest hope that we might all learn with each other as we discover agreeable ways to achieve wellness.

May all you hold dear blossom and thrive,  
In the Spirit of Joy and Sunshine,  
I am,  
Eva "Swamp Thing" Stong  
swampthing@sevananda.coop  
Wellness Department Team Lead  
Bulk Herb Buyer  
Plant Fairy



# THIS EARTH DAY GO WILD!

Nothing I learned in Sunday School made sense until the summer after 9th grade, when I signed up for a church-sponsored canoe trip in northern Minnesota. For the first time I was beyond the reach of the human world, surrounded by nature: the woods, the lakes, eagles and beavers, the rain, sun and stars, our little group of campers traveling through. This was the world that shaped our ancestors, I realized. Belief in a Creator was a natural response.

But no human religion can contain or explain the vast, wild natural world. Nor can the Theory of Evolution – equally true, but equally inadequate to describe it. Our planet mysteriously evolved the ideal conditions for life, or was created as a mythical Garden, or both. Millions of species rely on its life-support systems to survive, including ours. But only humans have developed carbon-burning trucks that haul food to market in exchange for money we may or may not have.

It's possible nowadays to live and die without ever venturing outside the human realm. The city, the mall, the media, the internet, the economy, work and school, culture and technology – this is the natural habitat of modern humans. It can be all-consuming,

even overwhelming. But all its intricate complexity is nothing compared to nature's. Even in downtown Atlanta, the human world is a mere subset of nature. Nature still feeds us, GMOs or no GMOs. Water is still the basis of our metabolism. Life without nature to stand on is not just a fantasy but a logical absurdity.

Yet our entire civilization is based on that fantasy. The Downstream Project estimates that it would require 5 planet Earths to supply the energy and raw materials for everyone on the planet to live a North American lifestyle. Since we only have one Earth, we are rapidly using up the resources our children will need to live decent lives. Mining, oil-drilling and logging leave behind huge holes, clearcuts, and heaps of rubble that can be seen from space. More and more wild, beautiful places are destroyed to supply our demand for high-tech devices and throw-away packaging.

If you've never experienced a wild, beautiful place, you might not realize what's being lost. What's being lost is the world that evolved or was created to support life, including ours. What's replacing it is a world designed for human wealth and convenience, a global economic machine that feeds on nature like a cancer – a literal

by **Stephen Wing**

cancer, too often, in these marvelous bodies of ours. Only our fearless awareness stands in its way, and our love for the kids, and hopefully a little faith, whether in God or evolution.

So this Earth Day, take your children someplace wild! Enjoy a picnic at Arabia Mountain. Visit Cloudland Canyon, Fort Mountain, or Tallulah Gorge. Go on a Sierra Club outing. Hike the Appalachian Trail or canoe the Okefenokee. Or attend a community Earth Day celebration and meet like-minded neighbors. You'll come back seeing nature everywhere, freshly inspired to recycle, ride a bike, go vegetarian, join the movement to save Atlanta's trees or stop global warming. Even more importantly, your kids will, too.



## LIVING THE REDMOND JOURNEY

By **Darryl Bosshardt**

Redmond is best known for brands like Real Salt, Earthpaste, and Redmond Clay—natural products that prove we don't have to choose between clean ingredients and products that really get the job done. But when you spend a little time with Redmond, you begin to understand that they're more than a natural products company. Redmond is a people company. For most companies, every decision is designed to drive profit. Of course, profit is important to Redmond (without it they couldn't stay in business) but they really seem to view profit as a means to a more important end: helping people discover their unique contribution.

### Making a Difference

It's an approach to business that wouldn't work for a lot of companies, but it's worked well for Redmond: Earlier this year, Forbes Magazine included the company in a list of America's best small companies who have "chosen to be great instead of big." Redmond believes everyone wants to make a contribution that matters in their world, and business shouldn't be an exception. "For us," says Darryl Bosshardt, whose grandfather started the company in the 1950s, "that contribution starts with investing in our associates."

Working with Redmond means extended training and orientation programs — retreats to Lake Powell and



other once-in-a-lifetime destinations that help people connect with each other and the big ideas that help them become more of who they truly are.

### Simple, Clean, and Real

It's no accident that Redmond products tend to be pretty straightforward. "With people and products," Bosshardt says, "we just try to get out of our own way and focus on what's real."

Earthpaste is a great example. The leading "healthy" toothpaste brands have a long list of ingredients, including synthetic chemicals to make it foam in your mouth and look good on your brush. Redmond takes exactly the opposite approach: Earthpaste, they say, is the ugliest toothpaste you'll ever love. The recipe is only five ingredients (four, in their xylitol-free variety) and it still does a great job. "People try Earthpaste because it's simple," Bosshardt says. "But people love Earthpaste because it really works."

### The Redmond Way

Redmond has built a name for itself with its popular natural products, but its real focus is on developing people. "We love that Real Salt is still America's best-selling natural sea salt," Bosshardt says, "because selling products people love lets us invest profits in the people we love. As good as our products are, any company who owned our salt mine could produce most of them. Our real contribution comes when we focus on developing people."

That's what makes Redmond truly unique — they pursue profit by adding value to the lives of their customers, and reinvest those profits into programs that add value to the lives of their associates and communities. In the process, they try to create the kind of world they want to live in, and, hopefully, inspire other companies to do the same.

You can learn more about Redmond's unique approach to business at [www.redmond.life](http://www.redmond.life).



# WHAT'S YOUR FAVORITE SEVANANDA ITEM?

Ahzjah Simons



Arden's Garden Juice  
"Pineapple Ginger is my favorite flavor, it's simply delicious and gives me a boost".

Ray Grand-



Sea Moss (Bulk Herb)  
"It contains 15 of the 18 essential vitamins and minerals that make up the human body".

Arata Ma'at



Paleo Wraps  
"They are delicious and nutritious".

Basil Portman



Aloe Vera Deodorant  
"I can't seem to find this product anywhere but here".

Shonda Cannon



Castile Soap  
"It contains simple healing ingredients, it's gentle and baby friendly and it's a great multipurpose cleaner".

Bert McDurt



Buchi Kombucha Drinks  
"The various flavors are all tasty and I enjoy reaping the health benefits of Kombucha".

Alvin Watson



Bio Coffee  
"It contains Wheatgrass and has no caffeine".

Heather Williams & John Rollins



Universal Mind  
"We enjoy reaping the benefits of the herbal tonic".

Capri Bann



Yogi Tea  
"I want to stay looking young and have healthy skin".

Equesha Chavis



Hot bar  
"I don't know how to cook Vegan food so this is a great resource".



# ALIVE EXPO

## A GREEN LIVING, ORGANIC PRODUCTS AND NATURAL WELLNESS EVENT



In its 12th year, Alive! Expo, the Southeast's only expo focused on green living and natural products,

will return to Atlanta Saturday, April 16th & Sunday, April 17th. The Alive Expo is returning to Cobb Galleria after being held at the GWCC for the past ten years. The first Alive Expo actually took place at the Galleria Centre. The event has returned to Cobb Galleria because it's more easily accessible to guests of all ages, abilities, families with children and offers FREE parking.

"As Atlanta continues to embrace a healthy, green and eco-conscious way of life through initiatives like the Beltline, the Clean Air Campaign and added parks and green space, the demand for an event of this nature is greater than ever," says Alive! Expo founder, Patrycja Siewert-Towns. "We're also excited to bring this unique show to a location that is more accessible in terms of parking and walking distance."

The expo features "All Things Natural, Organic and Eco" and brings to the forefront health and wellness industry presenters, eco companies and natural

product manufacturers, wellness and fitness education, live health lectures, organic, natural plus gluten and allergen free foods and more than 100 vendors. Guests will discover, sample and be able to purchase organic foods, green and eco home goods, vitamins and supplements, hair, skin & body care products, nontoxic kids' products and much more. There will also be a new addition – an Artists Market! There, attendees can shop eco-friendly, handcrafted goods directly from the local artisans who make them.

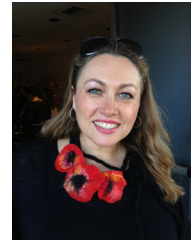
Alive! Expo's mission is to inspire and encourage individuals to embrace a life of health wellness, environmental and green living through awareness of natural, organic and alternative products, advanced medicine research, education, nutrition, exercise and lifelong benefits of living a green, clean and healthy lifestyle. Attendees are encouraged to bring canned food items to the Alive! Expo. These goods will be donated



to the Atlanta Food Bank and Hosea Feed the Hungry; the organizations for which Alive! Expo collected over 20,000 pounds of food over the past years.

Tickets are available at AliveExpo.com. One-day general admission is \$10 at the door or \$5 in advance online. VIP admission is \$35 in advance and \$30 at the door. VIP Admission includes same benefits as general admission plus a VIP Goodie bag filled with over \$100 worth of full size Natural & Organic products. Military with valid

By Patrycja Towns



ID and children under 12 are FREE (general admission only).

Event Information  
April 16 & April 17, 2016  
Saturday: 11:00am - 7:00pm  
Sunday: 11:00am - 6:00pm  
[www.AliveExpo.com](http://www.AliveExpo.com)

Cobb Galleria Centre ([www.cobb Galleria.com](http://www.cobb Galleria.com))  
2 Galleria Pkwy SE, Atlanta, GA 30339  
(770) 955-8000  
Parking: FREE

Proceeds from ticket sales will benefit Project Green, a non-profit 501c3 whose mission is to protect green space for future generations and invest in "A Green Tomorrow". Project Green will develop "Back to Basic" Summer Camps for underserved children and teens plus kids in the foster care system. These eco-summer-camps will focus on building self-esteem and awareness of the environment by incorporating education, as well as, challenging and fun activities.

## Natural Products Health & Wellness Expo



# Alive!

## EXPO

- Live Health Lectures
- Vitamins & Supplements
- Natural Beauty Products
- Natural & Organic Foods
- Alternative Medicine
- Eco Friendly Products
- Healthy Cooking
- Yoga & Pilates
- Buy Your Favorite Products at a Discount
- Kids Activities
- Product Samples
- Gluten Free Products
- Relaxation And Massage
- And Much More!

• **General Admission** •  
**\$5 In Advance** (Online Only)  
**\$10 At the Door**

[facebook.com/AliveExpo](https://www.facebook.com/AliveExpo)

[twitter.com/Alive\\_Expo](https://twitter.com/Alive_Expo)

Exhibitor Space Available Call 770-806-7492

12th Annual Alive! Expo Atlanta  
Cobb Galleria Center

April 16 & 17, 2016  
Saturday 11am to 7pm  
Sunday 11am to 6pm

[www.AliveExpo.com](http://www.AliveExpo.com)

PROJECT GREEN

Oracle 20120  
Living our vision [www.oracle20120.com](http://www.oracle20120.com)

CBS OUTDOOR

Alive! FESTIVAL

remedies

TOWNS CONSULTING

BACK TO BASICS

[www.tasteforlife.com](http://www.tasteforlife.com)

TOWNS DESIGNS

SEVANANDA  
NATURAL FOODS MARKET

# 'CO-OP' NEWS AROUND THE WORLD

By Rebecca Harvey

## Scotmid Co-operative and Bala Sport supporting Homeless World Cup

Scotmid Co-operative and Bala Sport have teamed up as official match ball partners for the 2016 Homeless World Cup.

Founded in 2001, the Homeless World Cup is a pioneering social movement which uses football to touch the lives of 100,000 homeless people each year and make a significant change to the lives of many.

The organization works with a network of over 70 National Partners to support football programs and social enterprise development, and celebrates its year-round activity by organizing an annual, world-class, international football tournament for national teams of homeless men and women.

The co-sponsorship announcement, which comes at the end of Fairtrade fortnight (29th Feb – 13th March), means that every game at the Homeless World Cup will be played using a Fairtrade ball. Glasgow-based Bala Sport was founded as a community benefit society in 2014 with the aid of a grant from Glasgow City Council's co-operative development fund.

The organization produces Fairtrade footballs, rugby balls and futsal's, which are manufactured in Sialot, Pakistan.

"Using Fairtrade balls at the Homeless World Cup is a fantastic opportunity to highlight the issues around production of sports balls," said Angus Coull, joint managing



director at Bala Sport.

"Currently only a tiny fraction of the balls bought in the UK are Fairtrade certified. Both Bala Sport and Scotmid are passionate about levelling the playing field and giving the workers who hand make our high quality footballs in Pakistan a fair deal. Not only do they receive fair

pay and work in safe conditions, they also benefit from the extra Fairtrade Premium which they invest in the likes of free healthcare and water purification plants, the latter for the benefit of the whole community, not just workers."

Malcolm Brown, head of corporate communications at Scotmid added: "At Scotmid we pride ourselves on our Fairtrade credentials and on making a positive contribution to the communities in which we operate. The ethical nature of this superb event is a perfect fit for our Society."

"Being able to support the event, particularly by providing footballs that are made ethically is great. It is clear that the event will not only benefit the teams from the 51 countries involved but it will provide a strong social and economic benefit to Scotland."

The 2016 Homeless World Cup takes place on 10-16 July in George Square, Glasgow, which will be converted into an outdoor street football venue. Up to 100,000 spectators are expected to attend the free tournament, which this year will feature 64 teams, representing 51 countries.

"Fairtrade changes lives and we look forward to being part of this amazing and ground-breaking initiative that has also proven to change lives in a major way for homeless men and women around the world," added Mr Coull.



## Your chance to run a radical bookshop

October Books, an independent bookshop and co-operative in Southampton, is looking for a new group of people to take it over.

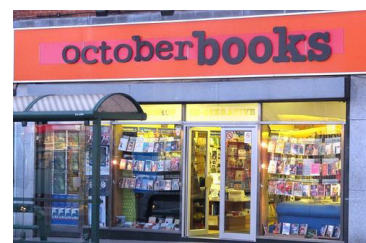
October Books is a not-for-profit radical bookshop established in 1977 and has been in its current location for 13 years. Its specialties are social issues, adoption, humanities and politics.

As well as providing social and political literature, the shop stocks general fiction and non-fiction, children's books, and has strong links with the University of Southampton. It provides academic course books for the Faculty of Humanities and runs stalls inside the campus.

The bookshop on Portswood Road is now looking for an energetic group of people with a range of skills including sales, customer service, books and finance. Although applications are encouraged from groups, the co-op would also welcome applications from individuals willing to be put in contact with others to enable a group bid.

In addition, the shop sells a range of organic, Fairtrade and green food and drink. It is also affiliated with hive.co.uk, allowing people to buy books online while still benefiting the shop.

October Books has stated that all applicants must be happy to work as a co-operative and subscribe to the radical traditions and ethos of the shop. Two of the current members of the co-op are leaving, with just two remaining – one a volunteer, the other a part-time worker.



# HOW WE BUILT A COOPERATIVE MODEL FOR A LIVABLE WAGE

The concept of paying a livable wage appeals to everyone—employees, managers, boards, co-op members, and the community at large. Although there's no official definition and no agreed-upon methodology for calculating a livable (or living) wage, the Northwest Job Gap Study defines it as "a wage that allows [people] to meet their basic needs without resorting to public assistance and provides them with some ability to deal with emergencies."



some co-ops are already paying the livable wage upon date of hire, using it as a recruiting tool, while others start paying it at three months, six months, or some other point. (See the "Employee Compensation Survey.") Now we are recommending implementing the livable wage either upon hire or upon completion of the trial period.

What price entertainment?

Most models for determining the cost of living in any given state or city do not include entertainment and recreation, but back in 2002 the first CGIN task force chose to do so, using figures obtained

In 2002, Cooperative Grocers' Information Network (CGIN) brought together a task force to develop a formula that co-ops across the country could use to determine a wage level that would pay for the basic costs of living for their local area. The original version of the model debuted in the spring of 2003, with funding from GreenStar Co-op in Ithaca, N.Y.; Brattleboro Food Co-op, in Brattleboro, Vt.; Twin Cities Natural Foods Co-ops; and Cooperative Grocers Association—Midwest.

Since then we've been collecting feedback and updating the model in small ways each year. For 2006, we felt it was time for an "upgrade" to the whole model, with a close review of how all components worked in practice.

For this upgrade, Karen Zimbelman, CGIN's executive director, and I as project manager worked with a task force of co-op managers:

•Michele Buchanan, Financial and Human Resources Manager—New Leaf Market

•Crystal Halvorson, General Manager—Menomonie Market

•Kari Kaminski, Human Relations Manager—Outpost Natural Foods

•Sharret Rose, Human Resources Coordinator—La Montañita Food Co-op

While the task force considered all aspects of the model, we made the greatest changes in transportation, housing, entertainment/recreation, and the start date for paying the livable wage.

The cost of getting around

The item that generated the most user questions and feedback by far over the past three years was the methodology for calculating transportation costs. We'd been using the Bureau of Labor Statistics' consumer expenditures survey, which states expenditures in terms of the "consumer unit," not the individual. To find the cost for a single employee, model users had to follow a highly

unintuitive approach that caused much confusion.

Moreover, the Bureau of Labor Statistics' survey runs about two years behind, meaning that the latest data available came from 2004, when the price of a barrel of oil was far below what it is today. Gas prices are volatile, and a co-op can't keep adjusting its pay structure with every spike or drop in the price at the pump. However, with a more transparent formula for calculating transportation costs, users of the Cooperative Livable Wage Model can see how close their wage rate comes to paying for their employees' cost of getting to work and obtaining access to other basic needs. Therefore the 2006 model has switched to an entirely different approach, based on the IRS mileage allowance and the national average commuting distance, plus some extra miles for "necessary trips."

The cost of shelter

As the single largest part of cost of living, housing has also accounted for considerable debate among model users. Many co-ops found the rental data provided by the Department of Housing and Urban Development's fair market rent survey to be too low for their area. To solve that problem we switched to a different set of tables from HUD showing median rents for an area, instead of the lower figures in the fair market rent survey.

The original model based housing costs on the rent for a studio apartment. Some co-ops have questioned whether the livable wage should be expected to subsidize living alone. They pointed out that among entry-level co-op employees, shared housing is much more the norm. In the end, the task force decided to use the rent for a two-bedroom apartment divided in half.

Will your co-op's livable wage go down?

Although the switch in rental data raises the cost of housing, the change to a shared two-bedroom apartment lowers it enough that the net result may be lower housing costs overall—and therefore a lower livable wage than the one yielded by earlier versions of the model.

On the other hand, in the new version we propose that co-ops start paying the livable wage earlier in an employee's career than the one-year anniversary established by those earlier versions. In fact, we found that

from a private marketing database. We no longer have access to that database. Even in 2002, the figures we used were somewhat arbitrary, based on average expenditures for tickets to entertainment and sports events, recreational equipment, and reading materials in seven different cities. For our upgrade, the new task force decided to take a fresh look.

Our challenge was the classic dilemma of choosing between prescriptive and descriptive methodologies. Prescriptive numbers reflect what expert studies claim people "should" spend, e.g. what they should spend on food in order to get adequate nutrition.

On the other hand, "descriptive" numbers come from an average of what people actually do spend. The average American spends more on entertainment than on health care up to age 45, and spends as much on both until age 54. But that level of expenditure is hardly necessary; it's a choice based on individual priorities.

The task force debated whether an employer owes its employees a high enough wage to afford cable TV, wireless, or an iPod. In the end we decided to include entertainment and recreation in the Miscellaneous category along with clothing, housekeeping supplies, and personal care products. To cover the addition of costs to this category, we upped the allowance for Miscellaneous from 10% to 12.5% of all other expenses.

For more detail on these and other decisions involved in the Cooperative Livable Wage Model, read the background material on the CGIN website, [www.cgin.coop](http://www.cgin.coop). Thanks to the task force members for their hard work and creative efforts to help us improve the model, and thanks to the Howard Bowers Fund for funding help with this project.

By Carolee Colter

Cooperative Grocer  
NEW NETWORK

# VEGAN RECIPES

## TOFU 'EGGS' (RECIPE)

1 block extra-firm tofu, drained and pressed  
1 tbsp. yellow mustard  
1/8 Tbsp. turmeric

- Using a large melon baller, carefully remove 2 or 3 large scoops of tofu from the block to create the "eggs." The scoops should be semicircles and look like an egg cut in half.
- Using a small melon baller or a spoon, remove a small scoop of tofu from the flat side of each "egg" half to create a pocket that you will fill later with the turmeric mixture. Then, cut each "egg" half in half so that the "eggs" are now quartered.
- Place the small scoops of tofu in a bowl and mix with the turmeric and 1 tablespoonful of the mustard. (Use a few tablespoons of the extra tofu from the block, if needed.) Mash and add the remaining mustard slowly (and more turmeric, if needed) until the color and consistency are similar to the photo above. You may need more or less than the amounts listed depending on how much tofu you use.
- Fill the pockets of the "eggs" with the turmeric mixture.



## EASY VEGAN NAAN PIZZA (RECIPE)

1 piece vegan naan (Indian flatbread)  
2 tbsp. tomato sauce  
1/4 cup shredded vegan mozzarella  
1/4 cup chopped mushrooms  
3 thin tomato slices  
2 vegan meatballs, thawed (if frozen) and cut into small pieces  
1 tsp. vegan Parmesan  
1/2 tsp. dried basil  
1/2 tsp. dried oregano



- Preheat the oven to 350°F.
- Place the naan on a baking sheet. Spread the sauce evenly over the top, then sprinkle with half the vegan mozzarella shreds.
- Add the mushrooms, tomato slices, and vegan meatball pieces, then top with the rest of the vegan mozzarella shreds. Lightly dust with the vegan Parmesan, basil, and oregano. (You can also swap out these toppings for your favorites!)
- Bake for 25 minutes.

## BARBECUE TEMPEH BOWL WITH SAUTÉED KALE (RECIPE)

1 medium sweet potato  
1 tsp. olive oil  
4 oz. tempeh  
1/2 cup water  
1/3 cup barbecue sauce  
1/4 cup roasted red peppers  
1/4 cup Veganaise or other vegan mayonnaise  
1 bunch kale, washed, chopped, and steamed  
1 medium avocado, peeled, pitted, and cubed  
1 medium orange bell pepper, diced  
1 Tbsp. sunflower seeds

- Preheat the oven to 375°
- Wash the sweet potato and prick several times with a fork. Drizzle with the olive oil, wrap in aluminum foil, and bake for about 45 minutes or until easily pierced with a fork. Allow to cool, then cut into cubes.
- Cut the tempeh into cubes or triangles and add to a large pan. Slowly add the water, stopping just before the tempeh is covered, and simmer on medium heat for 5 to 7 minutes. Drain any excess water, then add the barbecue sauce and cook on medium heat until the sauce is reduced to the desired consistency.
- Blend the roasted red peppers and the Veganaise in a blender or food processor until smooth, then set aside.
- Place the steamed kale in a bowl. Top with the sweet potato, tempeh, avocado, bell pepper, sunflower seeds, and creamy red pepper sauce.



# APRIL PARTNER:

## JUNETEENTH

The mission of Juneteenth Atlanta (JA) is to celebrate, engage, cultivate and educate diverse audiences about the many different histories, arts and cultures of the African Continent and its people that are spread throughout the world and provide opportunities for artists to expand and innovate on the history of this subject through their many creative artistic expressions. This will help the public in understanding the real problems we face in African American and other multiracial communities while also offering real solutions for the successes that are long overdue.

Even though the JA celebration is specific to the emancipation of African descendants and promotes progress and achievement, its message is for the continued freedom and economic prosperity of people from all races, colors, creeds and countries. JA is built upon the concept of freedom and prosperity for all and invites everyone to celebrate, participate and benefit. We invite you to join us this coming June 17th thru June 19th in this public good and historic celebration.

Everyone should be introduced to and inspired by the artistic and cultural expressions deriving from the historic emancipation and rise of African descendants surviving in America today. JA does just that by providing cultural education, art collectives, literacy programs, musical expressions, parades, inspirational exhibitions, historically significant plays, independent films, African and African American dance collectives and economic empowerment incentives that offer real opportunities to artist as well as numerous classes and workshops specific to the continued progress and achievements of the emancipated African survivors known today as African Americans.

JA will hold a 3-day Mega Festival in Mozley Park (1565 M. L. King, Jr. Drive) offering an inspirational parade, the arts and other manifestations that highlight the intellectual achievements collectively preserved through the pre/post middle passage, the slave trade, the emancipation era, the civil rights movement and the most recent accomplishments of the people as well as commemorating President Barack Obama, the first modern day African American President of the United States of America.

JA will present refined inspirational presentations and hands-on learning pavilions to help our youths



understand and appreciate the survived customs, creative arts, social institutions, and historic achievements of the surviving people, by the people and for the people. Everything that has to do with the progress and success of African American people will be represented. JA strives to be the premier global presenter of art, music and culture targeting the survival and continued achievements of African descendants directly and indirectly impacted by the middle passage. People of all ages, genders and ethnic backgrounds will be engaged by the diverse deliveries of our international presenters. Our highly innovative and extremely diverse artistic agenda equals

an inspirational platform for bringing the Southeastern United States and consequently the world to participate in our spellbinding Juneteenth Atlanta celebration!

In addition to its annual music festival Juneteenth Atlanta produces numerous community events throughout the year that help build a sense of belonging, ownership and community pride. JA works with city, state and federal outreach organizations that are specific to the needs of community residents. Emphasis is on the awareness and improvement of neighborhood conditions specifically in metropolitan Atlanta communities. We'll do this through collective works, clean up, renovations, community inspirational initiatives and a master plan for entrepreneur development. We also have a very lucrative business component that easily results in keeping dollars circulating throughout African American communities. Real economic empowerment is the elephant in the room and the missing link at the same time; nevertheless, it's possible to make the necessary improvements that our communities need to strive and JA targets that success.

Supporting Juneteenth Atlanta supports people populating the communities of metropolitan Atlanta, Georgia and subsequently blighted communities across America.

Let's be the example! Let's make a Beautiful Atlanta that includes all our neighborhoods. Better neighborhoods equal more graduates, more employment and business opportunities, less crime and greater futures for all our children. Join forces with JA today and let's make it happen right now!



**Organization Name:** Tuneteenth Atlanta

**Mission:** To rebuild communities one neighborhood at a time.

**Contact:** Bob Johnson, Director

**Address:** 1820 Childress Drive SW  
Atlanta 30311

**Website:** [www.juneteenthatl.com](http://www.juneteenthatl.com)



# MAY PARTNER: AFRIKAN DJELI

Established in 2005, by Aiyétòrò Frazier, Afrikan Djeli Cultural Institute (ADCI) Incorporated is an Atlanta based 501(c)(3) non-profit cultural arts organization whose mission is to provide quality cultural and educational experiences for its guests. We promote wellness of the whole person through African dance and drum, for the physical body, an appreciation of culture within Africa and the Diaspora. We are passionate about providing the accessibility of African culture in the lives of African-Americans and to other communities. We recognize that a strong connection to one's culture is inherently healing. One of our goals is to bring individuals more in line with their ancestral roots through exploration of drum, dance, and culture. We accomplish this through a variety of programming that we host during any given year.

Throughout the year, our main programming of activities is comprised of weekly dance and drum classes, and an annual conference, which serves 2000+ people. These classes welcome participation of patrons of all age groups and ethnicities. Our annual drum and dance festival takes place the last weekend of July. This annual event, the Atlanta African Dance and Drum Festival (AADD), was

created and launched in 2009 to provide those unable to travel to Africa, the ability to see, touch and experience different aspects of African culture, and includes drum, dance, music and song, just to name a few. AADD consists of five components: drum and dance classes, a concert, a children's camp day, which exposes young people to arts and crafts, drum, dance, and song, a vendor Marketplace and a health fair. In 2016, we will host the 8th Annual AADD, which will take place from July 29th through 31st at Tri-Cities Performing Arts High School in East Point, Georgia.

In 2016, we also plan to host language classes, where we focus on individuals learning languages such as Twi and Wolof. Also, in 2016, we plan to host our first educational tour to Ghana, West Africa.



**Organization Name:** Afrikan Djeli Cultural Institute, Inc.  
**Mission:** To provide quality cultural experiences to individuals & groups, promoting wellness of the whole person through an appreciation & exploration of culture in Africa & the Diaspora.  
**Contact:** Efua Brewley, Director of Fundraising  
**Address:** 933 Lee Street SW ~Atlanta 30310  
**Website:** www.djeliculturalarts.com

# JUNE PARTNER: 7 Stages

7 Stages supports Atlanta-area artists and ensembles through artistic collaborations, world premieres and commissions of new work, and present the highest quality of experimental performance from the national and international stage.

Founded in Atlanta, GA in 1979, 7 Stages has become a global center for the creation of vital conversations through collaborative performance, producing over 90 world premieres, 35 American premieres, and countless regional premieres. Each season, we continue our commitment to artists and audiences in Atlanta through year-long programming that includes original theatrical productions and presentations, new play development activities, educational outreach and low-cost space rental. Productions are handpicked to provide an eclectic mix of medium and message and a diversity of perspectives. Each play or production we nurture receives the type and duration of support, which best suits the development of the piece and the artist. In addition, we also present national and international theatre companies, dance groups or performance artists who are creating dynamic, interesting work that Atlanta audiences cannot find anywhere else.

We have nurtured countless collaborative relationships with artists from around the world. This work has brought playwrights, directors, designers, and teaching artists from Germany, France, Holland, Mexico, Serbia, Israel, and South Africa to 7 Stages to share their styles, techniques and perspectives. In return, we have traveled to South America, Asia, South Africa, Israel, and throughout Europe to present our plays and create new collaborative productions with artists in their own communities. 7 Stages is involved in more international collaborations than any other theatre company in Atlanta. The international work we do not only brands Atlanta as a creative city internationally, but also brings exquisite art and culture to Atlanta for our community to experience. 7 Stages'

robust educational programming seeks to reach students and adults at all phases of growth to introduce, develop, and hone the practice and appreciation of theatre, leadership, and creative thinking. Opportunities are available year long, and centered around our theatre-training program, Youth Creates, a five-week summer intensive, which continues with outreach, internships, mentorship, and creative place making.

Artistic Director Heidi S. Howard previously served as 7 Stages' Education Director and Production Manager for twelve years prior to being appointed Artistic Director in 2012. During that time, she devised curriculum-based programs for 7 Stages and founded Youth Creates. Prior to becoming the Associate Artistic Director at 7 Stages, Michael



Haverty was the Producing Artistic Director of Haverty Marionettes; founded The Object Group, a devising ensemble creating site-specific performance installations; and wrote/directed extensively at The Center for Puppetry Arts. Haverty and Howard have received multiple grants for their original productions – including the Jim Henson Foundation, the NEA's ArtWorks and Big Read, TCG Global Connections and New Generations, the Community Foundation, Shubert Foundation, and more. In 2012, Haverty was named a Princess Grace Foundation-USA fellow and received artist residencies at MacDowell Colony and Yaddo.



"Theatre is a collaborative sport, when we reach across the table and create together, we remind ourselves that peace is possible regardless of our differences." ~ Heidi S. Howard



**Organization Name:** 7 Stages Theatre

**Mission:** To engage artists & audiences by focusing on the social, political, & spiritual values of contemporary culture.

**Contact:** Heidi S. Howard, Artistic Director

**Address:** Euclid Avenue NE

**Website:** [www.7stages.org](http://www.7stages.org)

# UPCOMING OUTREACH EVENTS

## APRIL

MeatOut ~ Sunday, April 10 ~

2pm to 7pm

Atlanta Metropolitan State College

Easley Conference Center

1630 Metropolitan Parkway, Atlanta

30310

(404)585-1043

Dogwood Festival ~ Piedmont Park

Friday, April 8 ~ Noon - 11 pm

Saturday April 9 ~ 10 am - 11 pm

Sunday, April 10 ~ 10 am - 6 pm

Alive Expo ~ Cobb Galleria Centre

Saturday, April 16 ~ 11am - 7pm

Sunday, April 17 ~ 11am - 6pm

Two Galleria Parkway, Atlanta 30339

Inman Park Festival ~ April 30 ~ May 1

From 11am to 6pm each day

Euclid Avenue & Surrounding ~

Inman Park Atlanta



**Ifini Sheppard**  
Outreach Assistant

## MAY

Atlanta Jazz Festival ~ Piedmont Park

Friday, May 27 through Sunday, May 29

Friday: 6 pm - 11 pm

Saturday: 11 am - 11 pm

Sunday: 11 am - 11 pm

Caribbean Carnivals ~ Saturday, May 28

1.) Atlanta Carnival ~ Starts @ Noon/

North Avenue

Parade goes to Festival @ Historic 4th

Ward Park

10am to 10pm ~ Info: (404)519-6120

2.) Bandleaders Carnival @ Marta Kens-

ington Station

50 Kensington Rd, Decatur 30032

(770) 954-5399

## JUNE

The Wonderful Wizards of Raw Food

Extravaganza

Saturday, June 4 ~ 1pm to 8pm

Tassili's Raw Reality Café

1059 Ralph Abernathy Blvd. SW, Atlanta

30310

(404)480-0364

Juneteenth Atlanta Parade & Festival

Friday, June 17 to Sunday, June 19

Mozley Park ~ 1565 M. L. King Dr. NW,

Atlanta 30314

(404)423-7036

Habesha's Organic Fest

Saturday, June 25 ~ 12pm to 8pm

Omenala Griot African Teaching Museum

337 Dargan PI SW, Atlanta 30310

[www.sevananda.coop](http://www.sevananda.coop)



[www.facebook.com/Sevananda.ATL](http://www.facebook.com/Sevananda.ATL)



[www.Twitter.com/Sevananda](http://www.Twitter.com/Sevananda)



[Instagram.com/Sevananda\\_ATL](https://www.instagram.com/Sevananda_ATL)