

# The Plainfield Co-op Newsletter

*Spring 2020*



*New General Manager, Peter Youngbaer*

*Photo: Jane Youngbaer*

**Hours:** 7 days a week 9AM–8PM

**Phone:** 454-8579 **Website:** [www.PlainfieldCoop.com](http://www.PlainfieldCoop.com)

**Email:** [info@plainfieldcoop.com](mailto:info@plainfieldcoop.com)

## Staff

Annie Reed  
Chloe Budnick, *Bulk, Grocery, Frozen,  
Meat & Refrigerated Buyer*  
Chris Thompson, *Maintenance Coordinator*  
Deb Barnwell  
Eben Markova-Gold  
Jacqui Ripley  
Jezebel Crow, *Produce, Cheese, Coffee &  
Bulk Herbs Buyer*  
Karen Starr, *Operations Manager, Bakery Buyer*  
Laura Conklin, *Beer & Wine, Supplements, Body  
Care, Household & Gifts Buyer*  
Leah Tedesco, *Lead Receiver*  
Margie Yoder  
Peter Youngbaer, *General Manager*  
Rin Austin  
Stella Brown  
Stephanie Panagopoulos, *Finance &  
Administration Coordinator*  
Tim Llewelyn



## Substitutes

Adrienne Allison  
Jonna LeFavour  
Rob Havens  
Sara Putnam  
Stanzi Scribner

## Co-op Board Members

Sarah Phillips, President,  
sa\_philli@yahoo.com, 426-2043  
Giordano Checchi, Vice-President,  
ghecchi@sunomi.net  
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ivanna.dark@gmail.com  
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## Committee Contacts

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Marketing: Leah Tedesco,  
riverharkness10@gmail.com  
Membership: Paula Emery,  
pemery@pshift.com  
Newsletter: Glenda Bissex,  
songboat@vtlink.net

## Advertise in the Newsletter: Spread the word about your business! Support the Co-op!

Deadline for the Summer issue is May 15, to be published early June. The newsletter is published quarterly in a black & white paper version and in color online. To place an ad, contact Elizabeth Mathai, ad coordinator, elizabethmathai@yahoo.com

Electronic graphics files are preferred, but we are able to work with any clear copy. For questions about ad copy or help in designing your ad contact Sarah Albert, 802-476-0526 or sarah@vtlink.net.

## Newsletter Advertising Rates

Ad size	Single issue	4 Consecutive issues (prepaid: 20% discount)
Full page	\$75	\$240
Half page	\$50	\$160
Quarter page	\$25	\$80

### Ad dimensions:

Full-page ad is 5" wide x 8" high  
Half-page ad is 5" wide x 4" high  
Quarter-page ads can be either vertical: 2.5" x 4" or horizontal: 5" x 2".



## About This Newsletter

Even though our new General Manager is standing in snow on the front cover of this issue, it IS spring—or almost—

and sap is rising in our beloved Co-op tree that has survived many winter storms. Read here about our new full-time General Manager; read about our volunteer gardener; read about all that the Board and committees are doing to keep the sap rising. Be part of the spring-time rising by coming to the Annual Meeting; by joining the Board; by volunteering as a working member (and getting a discount); by shopping more at the Co-op and using a “gift card” to pre-pay. If we want to keep the Co-op in our community, we must use it or lose it.

As of the newsletter's winter issue, print copies were available only in the store; they were not mailed out in order to save hundreds of dollars in yearly mailing costs. If you looked in vain in your post box, pick up a paper copy in the store from the rack by the inner door. Members

who didn't receive email notification when the electronic and print newsletters were available should check that the Co-op has their (correct) email address.

Thank you all for reading our newsletter and supporting our Co-op. We invite your submissions for the next newsletter—photos, letters, poems, book reviews, etc. The newsletter is a place for looking in depth at issues and people central to our Co-op. Deadline is May 15.

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*Distribution:* for print copies, Lorraine Checchi (lchecchi@myfairpoint.net); for digital versions, Bob Fancher (bfancher@gmail.com) ♦

### — Board Members Needed —

The Board of Directors is looking for new members. The Co-op is at the heart of our community, so much more than a grocery store. As a Board member, you will help guide the Co-op to improve its operation and strengthen its financial position by working with the management team to develop the long range, big picture direction for the Co-op. The Board meets once a month with occasional special meetings. No special skills or experience are required. Please consider becoming a Board member today. Contact Sarah at [sa\\_philli@yahoo.com](mailto:sa_philli@yahoo.com).

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# COVID-19 AND THE CO-OP

March 2020

Dear Plainfield Co-op Members and Community,

In order to keep our Co-op, its staff, volunteers, members, and the public as safe as we can, we have implemented numerous changes in response to the spreading of the novel coronavirus, COVID-19.

We love our Co-op and our community. As a grocery store, we are considered a critical community service. We will do everything we can to remain open and a safe and healthy place to shop and work.

That said, some important changes have been implemented immediately:

- 1. The Co-op's hours are being reduced. We will now be open to the public from 11:00 AM to 7:00 PM, Mondays through Fridays. 10:00 AM to 1:00 PM, Saturdays and Sundays.**
- 2. The Community Center and upstairs Free Space are closed.**
- 3. The Children's Area is closed.**
- 4. The Annual Meeting has been postponed to a date TBD.**
- 5. The Community Supper for March 24 has been canceled.**

In order to keep our Co-op, its staff, volunteers, members, and the public as safe as we can, we have implemented enhanced cleaning and hygiene. You can help too:

- Wash your hands with soap for at least 20 seconds in the bathroom before shopping or use a hand sanitizer.
- Practice social distancing. We've had several extraordinary runs on the store, especially during our peak hours of 3–6 PM. Consider shopping at other times. If crowded, wait to come in.
- Please do not come in, if, now or in the past few days, you have had a fever of 100.4 or more, or acute respiratory symptoms (cough, shortness of breath, difficulty breathing).
- Please do not come in, if, in the past 14 days,
  - you've traveled from China, Iran, South Korea, Italy, or Japan
  - been in contact with a known infected person
  - been to a health care facility (hospital, walk-in clinic, emergency room) where COVID-19 infected people are treated.

You will see some other changes (e.g. no foods with tongs, like tofu, baked goods, etc., no single bagels, no samples), cashiers wearing gloves, no special orders, and more may be necessary as the situation evolves.

*continued on next page*

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We have already experienced supply chain disruptions and are responding in order to keep our shelves stocked as best as possible. In the meantime, please be conscious of the needs of others. We may limit purchasing of certain items, such as toilet paper and hand sanitizer, in order to be able to serve as many people as possible, given the uncertainties of deliveries.

We have already experienced staff shortages as people deal with personal and family situations. This burdens the remaining staff, as they have additional duties. The reduced public hours will help us do the additional cleaning and stocking necessary.

We are continuing to do further emergency planning, as the situation continues to change rapidly. This may involve everything from alternative sales methods, further shortened hours, a difference in our stock, and even closure. We certainly hope to avoid that, but not all circumstances are within our control.

Many members have made suggestions about food deliveries, allowing others to pick up orders made with members' gift cards, on line sales, re-emphasizing certain products. Speaking of gift cards, you should seriously consider increasing the amount on your gift card. This helps in many ways, including shortening the time in line, not having to touch the credit card machine, saving the Co-op transaction fees. It will enable you to continue to purchase, if we need to further change access to the store.

We recognize that members and the public may be quarantined, may be at risk, or need to take care of others, making coming to the store difficult or impossible. Alternatives are under consideration. Members have expressed the willingness to volunteer to help, for which we are very grateful. Watch for opportunities as the staff and board work find the time and capacity to work with the membership to organize and implement these things.

We will try to keep everyone informed through the Newsletter, emails, and social media. The good news is our sales for the year are up. This past week, we set all-time records, which was both a blessing and a curse, as it was all staff hands on deck.

**IMPORTANT:** This is all subject to change. We are all in this together. We will get through this together. We intend to keep providing for the nutritional needs of our community as best we can. Your help and cooperation are appreciated. Thank you.

Peter Youngbaer  
General Manager

For the most up to date information on COVID-19, see:

<https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

<http://www.cdc.gov>

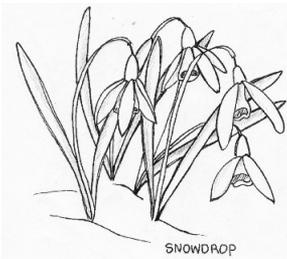
[www.pandemicflu.gov](http://www.pandemicflu.gov).

# Board Report

by Sarah Phillips, President

We are excited to welcome Peter Youngbaer as our new General Manager to lead the hardworking, dedicated team of staff and working members that keeps our small and mighty Co-op open. Peter is a long-time community member, a member-owner and a frequent shopper! Our Co-op's next chapter is sure to involve some change as we deepen our vision for what it means to cultivate deeper partnerships, grow our revenue and remain a vibrant hub of food and community amidst a changing economy, climate and culture.

As part of that work, the Plainfield Co-op has signed on to a six week program with Columinate and several other Vermont food co-ops to participate in an onsite store audit that will result in a summary of recommendations for improving store operations, suggested layout or re-merchandising, as well as materials and tools to support our store. Columinate consultants will lead a series of peer calls to review all five store audit results, identify strategies and common themes, and possible group projects for the future. We are grateful for support from our lender, the Cooperative Fund of New England, to help cover some of the cost.



Art: Janice Walrafen

We also look forward to seeing you at our Annual Meeting, date and place to be determined.

Per our by-laws, Member-Owners will hear a report from the Treasurer, the President and Peter will also share an update. The Board will be recommending some housekeeping changes to the by-laws in order to clarify intent and align with practice. We see these changes as technical, not substantive, and will post recommendations on our website and send formal notice by email before the meeting where Member-Owners will vote on changes. The Annual Meeting also offers an opportunity to hear what committees have been up to and identify how you, as a Member-Owner, can contribute to a thriving Co-op.

For all those who have been waiting for the right time to join the Board, now is that time!

We are looking for a couple more dedicated, roll-up-your-sleeves, policy and results-oriented, Co-op lovin' Board Members. Feel free to be in touch to learn more about Board roles and responsibilities in advance of the meeting.

Our financial position is sure to shift again in coming months as we transition Peter in as a full-time (paid) General Manager and say a grateful good-bye to our Interim (volunteer) Manager Jean Hamilton. Thank you to both Peter and Jean, as well as all the staff who have kept us smoothly sailing. To keep us steady, now is a great time to double down on your commitment to shop more and shop first at the Co-op.

Onward! ♦

**Join us for Tai Chi Together every day at 4:30 pm**  
–in the churchyard, sponsored by the Plainfield Coop Community center–

Due to the closing of the municipal buildings and Co-op Community Center, we will now be practicing outside, weather permitting. No experience is necessary, and all are welcome to join our class. We will be planning to practice for the time being in the churchyard behind the stone wall.

In fact, in light of the pandemic crisis it is our intent to practice Tai Chi Together not only on Wednesdays, but every day around 4:30pm. Please dress for the weather so that you don't "catch cold"!

Tai Chi is a well known gentle exercise that has been shown to reduce stress and improve the immune system. These are good things everyday! And, they may prove to be even more beneficial as we weather this health care storm. Join us to create resilience and improve the health of yourself and our community!

Be well, Baylen

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- Medicinal Hemp
- Gallery Exhibit Curator Plainfield Community Center
- Massage Therapy

## Financial Report: Looking Up

by *Giordano Checchi*

Our Co-op closed 2019 on a positive note, with a modest but not insignificant net income. Revenues for the year were almost at budget, the cost of goods increased more than we expected, and the expenses were less than budgeted because of the reasons mentioned in my previous reports. We held our breath during the months of October and November, but December was a good month, better than expected. I am not yet reporting the final numbers for 2019, until the official tax return numbers are completed. We expect these numbers to be ready in time for the Annual Meeting.

The most important achievement for the Co-op and for the community of our local suppliers is in the accounts payable. We are now almost current on all payments due, the amount “past due” has reached an historically low level, and late payments are no longer exceeding 15 days. This is a great success. Paying our local suppliers on time, and securing the continuity and the availability of their products is healthy for both our Co-op, and our local community at the same time.

With the above-mentioned results, and with a new general manager hired and in position, we are starting 2020 on the right foot. We still need to increase our revenues to be able to navigate the Co-op into safe waters, we still need our members to continue to spend more at the Co-op, and we still need our members to buy credit through gift cards. But we are in much better standing than we were last year this time. ♦

**Plainfield Community Sing** is postponed until further notice. If you'd like to get on the contact list to find out when we will be gathering again contact Heidi Wilson at [wilsonheidiann@gmail.com](mailto:wilsonheidiann@gmail.com) Perhaps we can safely gather outside to sing soon!

# New General Manager, Peter Youngbaer

by Glenda Bissex

Like the Co-op itself, our new General Manager, Peter Youngbaer, is “deeply rooted in our community.” He doesn’t need to be told the history of our Coop—he was there. He doesn’t need to learn the values of our Co-op—he lives them. Peter was a member in the early pre-order, breakdown days and has belonged to the Co-op ever since. The vegetables he doesn’t buy here he grows in his large garden, including soy beans that he processes into many forms, most notably soybean croquettes, a favorite for his family’s Thanksgiving meals. He doesn’t need to be informed about this community where he has lived on East Hill Road for 35 years, served as Representative in the State Legislature, and been active in numerous town affairs.

How is it that after a long career of service including many years as Executive Director of People’s Health and Wellness Clinic (for un- and under-insured) in Barre, he now lands in a management spot in his own back yard? Now retired from the clinic, he had seen the ad for a Co-op manager but wasn’t moved to respond until one day Jean Hamilton, our former volunteer General Manager, stopped by his house to buy tea from his son, Ben. Jean urged Peter to apply, and that did it—the power of personal persuasion for an organization he loved.

He likes that the Co-op is a member organization, that this is OUR store. He likes supporting local producers, not only for the local economic benefits but

to burn less fossil fuel transporting products. He has long been into healthy foods, and likes that our store serves both organic shoppers and customers looking for basic healthy foods. “We can’t make it,” he believes, “unless all those people shop here.” This is, as our sign says, a “neighborhood grocery store,” not a convenience store, he insists. The only thing missing is a cave beneath the store—Peter is an avid spelunker.

He has a lot to learn about the Co-op, though. He’s been talking often with Kevin, our Store Manager, who will be staying on. He’s had a tour of the building with Chris Thompson, who’s in charge of maintenance. He’s been meeting and will continue to meet with committees, and meeting to learn how the Co-op finances work. Peter’s goal for his first 90 days is to know where we are, to understand how the Co-op runs as a basis for moving forward. For his first year, he aims to meet the Board’s budget goal of 3% growth in sales. Peter is very busy asking questions. His only agenda for now is “to keep the place I know and love thriving.”

He sees a store that is running well with a great staff who are keeping a tight ship. He’s looking at more managerial issues, which is a skill he brings to this job. How fortunate we are to have someone with Peter’s management experience and deep Co-op and community connections step up to help us out at this time. ♦

# Laura Ziegler: Gardener with a Mission

by Glenda Bissex

Every summer something beautiful happens in front of the Co-op store. Up from a piece of unpromising soil arise clumps of green plants, and out of these plants arises a bouquet of bright and diverse flowers. They do not spontaneously rise but have been thoughtfully planted by our volunteer gardener, Laura Ziegler. Most of these plants she has grown from seeds, under lights, in her tiny apartment in the village. Sometimes she transplants them at night because that makes an easier adjustment for the plants, whose leaves need not respond to sunlight immediately so the plants can focus their energy in their roots.

Laura was born in New York City, then spent her childhood and adolescence in Long Island. It was in her back yard, small but rich with roses and raspberries and a variety of trees, that she connected with nature and experienced it as “enormously healing.” She spent much time up in the mulberry tree in her yard. She remembers vividly the plants and flowers she knew as a child.



Photo credit: Michael Sabourin

Later she was inspired by reading Michael Pollan's *Second Nature* and coming across a Fedco seed catalog. “Pollan wrote about his father not mowing the lawn and the neighbors trying to pressure him—and his father mowing his initials in the overgrown lawn in response. My next door neighbor told me the people who owned the house before my family moved there used to mow the lawn once a day—and sometimes, more than once a day. Same town (Farmingdale), at approximately the same time.” Also in 1992, “I was staying alone in the woods in a tent-like structure (with a wood stove) in another part of New England, for a month or more. It was around this time of year [February], and the market garden was under snow but close by. Reading about seeds planted a seed.”

Another seed was planted when she was young. Her mother and Hedi Stoehr [later Ballantyne] met as child refugees in England. Both had been rescued from Nazi-controlled Europe via the Kindertransport shortly before World War II began. Hedi's family came to live in Vermont when her father got a position teaching music at St. Michael's College. Laura remembers when she was 14 years old and visiting Hedi, standing in the snow in front of the Old West Church and knowing that she had to move to Vermont. That finally happened in 1994.

Within a year of moving here, she became a Co-op working member and chose gardening as her contribution. In addition to the garden outside the store entrance, which she glorified, she added plantings in front beneath the Co-op

*continued on next page*

sign. Around the building foundation she dug out rocks, loosened the compacted soil, and brought in leaf mold to a place where it was not easy for things to grow. More than once the garden had to be dug up because it was in the way of work on drainage around the building. The good top layer of built up soil was lost. But Laura kept working on the soil and enlarging the garden. She chooses mostly plants with single flowers as these are more pollinator-friendly. And she chooses a diversity of flowers, including some unusual ones that “deserve to be seen.”

Laura has also gifted gardens in front of the Town offices and Ben's Bookshop. With her physical and visual limitations, gardening is not always easy for her, but she feels “gardens are important and necessary... The gardens are there for everyone.” She sees them as a small contribu-

tion to the community, where they make people feel good. She told me an Arab proverb: “If I had but two loaves of bread, I would sell one and buy a hyacinth, for that would feed my soul.”

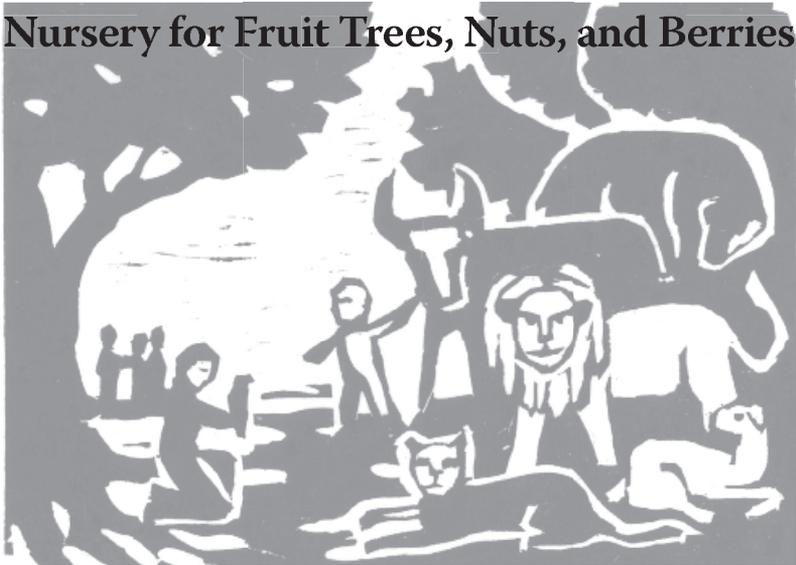
In addition to gardening, Laura has been a vigorous advocate for human and civil rights. She experienced gardening as a balance to politics. In both she has persisted in digging in rocky soil.

“What matters is the plants, not me,” she said at the end of our conversation. But you DO matter, Laura, for without you we wouldn't have the flowers for our souls.

P.S. With no outdoor hose to water the Co-op garden, during dry spells Laura must carry water by hand to the plants, which is challenging. So if you are at the Co-op during a dry time in the summer, ask if you can help water the garden. ♦

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# Marketing Committee Forges Ahead

by Leah Tedesco

The Marketing Committee has been actively working on a number of tasks, as well as discussing possible others for the future. We have a couple of major goals with our newly-increased budget. One is to promote ourselves in local newspapers and Front Porch Forum, as well as expand our presence on Facebook. Leah Tedesco (who does most of the Co-op's social media) is in charge of researching advertising rates. Another goal is to have a large metal sign put on the side of the building to help new customers locate us. We will also soon be ordering a sandwich board with movable text, to be displayed on the sidewalk during business hours. Other signage issues being considered are completing the other side of our wooden sign (as well as adding lighting), a road sign from the Marshfield direction, and checking visibility from a distance for a possible sign on the back of the building. All signage matters must be approved by either town or state government, depending on the location.

There are various contributors to the monthly marketing email, but Bob Fancher is the one who puts it all together and sends it out. It features monthly specials, product highlights, and Co-op

news. Bob has also been designing an informational rack card to be available at locations such as libraries, schools, laundromats, medical facilities, and senior centers.

Karen Starr is in charge of Co-op swag (t-shirts, tote bags, etc.). The items that she had printed up have been available for sale since the end of December. Going forward, she is looking to work with local artists to design limited edition prints. Also, she and the buyers have been discussing a “market basket” of basic, competitively priced items. A marketing campaign to promote these items to the general public is included in this plan.

Julia Rapczynski has been planning a cross-promotional arrangement with other local businesses to give customers incentives (% off, free items, etc.) at the businesses involved. The hub of the program will be our Co-op, and cards showing a list of businesses (and a link for updates) will be distributed to our members. We have also been working with Alexis Smith to think of ways the Co-op and Community Center can work together. These will include events, as well as added sections to our website and rack cards. ♦

## Make your own hand sanitizer

- 2/3 cup Isopropyl alcohol 91% (rubbing alcohol)
- 1/3 cup Aloe vera gel
- 8–10 drops of fragrance (optional)
- Mix and bottle. Don't forget to label the bottle.

*from [syracuse.com/health](http://syracuse.com/health)*

## QUIZ

Which of these items can you buy at the Plainfield Co-op?

a tooth brush?

matches?

charcoal?

catnip mice?

nail clippers?

canning jars?

sandwich bags?

a razor?

English lavender flowers (dried)?

*Answers on page 20*

## Supporting the Plainfield Co-op

# May-October

## Free day use of the river and trails all season for locals!



Onion River Campground

**802-426-3233**

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

[onionrivercampground@gmail.com](mailto:onionrivercampground@gmail.com)

# Thank you, Jean!

by Sarah Phillips

Jean Hamilton joined the Co-op Board in 2016 to fill a vacancy and was elected to her first term in Spring 2017. She soon stepped in as Board President, and most recently served as the Co-op's Interim-Volunteer-General Manager. Few may have had the chance to work closely with Jean in her role, but all of us have benefited from her generosity and wisdom. I asked a few who folks to add a few words in celebration of Jean.

*Your commitment to our Co-op is always present, always on top. Your valuable*

*support of the Co-op during the last three years has been key to its recovery. You are a splendid person, thank you.*

*Jean, thank you for sticking around to offer the Co-op so much help and for not shying away from hard conversations.*

*I remember being delighted when Jean came on the Board ready, willing and able to lend her extensive knowledge of marketing and promotion of Co-op principles to advancing the mission of our Co-op. Most important, I believe, has been her manner for approaching very difficult tasks.*

*She is a collaborator and a good listener who brings others along in resolving problems. She is willing to work very hard and has been a wonderful spokesperson when describing the sometimes difficult situation the Co-op has found ourselves in. Listening to her, I have always felt the Co-op was in good hands.*

*Personally, I'd like to express my thanks and gratitude to Jean for stepping into such a tough situation of unknowns. She helped guide the way and keep us on the path to success in what ultimately was a successful year for the Plainfield Co-op.*

*The Plainfield Co-op has greatly benefited from Jean's wisdom, creativity, and fearlessness. It's easy to have ideas; it's much harder to live those ideas, as Jean does. She gets her hands dirty. She's all-in.*

Thank you, Jean. ♦



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## Christine Ahern's Irish Soda Bread

A recipe from my days as a cook on the Hudson River Sloop Clearwater. Christine was another cook.

Mix together in a large bowl:  
6-7 cups whole wheat flour  
1 1/3 tsp baking soda  
1 tsp salt  
4 tsp caraway seeds  
1 3/4 cup currants

Mix together then add to dry mixture and blend well:

2 tsp. grated lemon peel  
1 cup cold water  
1 1/3 cup buttermilk  
3 tblsp honey  
2/3 cup oil

Knead briefly and shape into 2 round balls.

Place on oiled sheet, cut across top (if desired to prevent cracking)

Bake at 350° for 1 hour or 375° for 45 minutes.



## Chocolate Mayonaise Cake

The name sounds awful but the recipe becomes a moist delicious cake and is easy as pie to make.

Mix together:  
2 cups flour  
1/2 cup cocoa  
1 cup sugar

Add:  
1 cup mayonnaise

Stir in:  
2 tsp. baking powder in 1 cup warm water  
1 tsp. vanilla

Mix then pour into 2 round cake pans  
Bake at 350° for 30 minutes

## Vegan Chocolate Avocado Pudding

A former student shared this recipe when she first became a vegan.

1 ripe avocado, peeled and pit removed  
1/2 cup soy, hemp, almond, or coconut milk  
4 Tbl cocoa powder  
6 pitted dates  
1/2 tsp. vanilla extract

1. Puree all ingredients in a high-powered blender, adding a little extra milk if needed to the process.
2. Spoon into 4 bowls or cups
3. Optional: top with berries or a dollop of whipped topping
4. Serve



## The Plainfield Co-op Needs Your Email Address!

So much has changed in the past few years—many of us have changed our email, phone and even address since signing-up for membership. So...the next time you go to the Co-op, please take a moment to make sure we have the most up-to-date contact information. Make sure we have your address, phone and especially your email.

- ❖ **Why?** In the past year, the Co-op began sending meeting notifications and other important member information via email and not via US Mail to save costs. You may be missing really important information!
- ❖ **Can I do this without going to the Co-op?**  
Yes! Simply email your correct contact information to:  
**info@plainfieldcoop.com.**
- ❖ **What if I don't use email or internet?**  
The next time you go to the Co-op let the cashier know that you need to update your membership information.

As always, printed copies of the newsletter will be available in the store, and we'll make sure you receive notice of annual meetings via US Mail.

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

### An Herbal Approach to Coronavirus

Elderberry Syrup and Flower at first sign (or before) flu symptoms. Thyme is also an accessible choice.

**Stage 1** – Clear the damp with pleurisy root or hyssop. Skin brushing helps move out dampness. Warm up with heating herbs like ginger or thyme.

**Stage 2** – The person will have a fever and be hot or cold. Keep bowels moving; yellow dock or magnesium are helpful. Warm up with ginger, garlic, onions, Fire Cider.

**Stage 3** – People become asthmatic and should be hospitalized.

*Matthew Wood, herbalist, as summarized by local herbalist Jill Frink*



**N.B.** Yoga classes are on hold until the Community Center re-opens. The yoga studio is also closed. For more info contact Lindsay Helwig, [lwhelwig@gmail.com](mailto:lwhelwig@gmail.com)

We are a **community yoga studio** in Plainfield, VT, offering classes for **all ages and abilities**. The practice of yoga will enhance your life! Let us show you how...



*yoga for real life*

16 Main Street · Plainfield, VT  
[www.riverhouseyoga.com](http://www.riverhouseyoga.com)

# The Plainfield Community Center Gallery

153 Main Street | Gallery and Community Center is temporarily closed. We will notify you through the Co-op's email blast to update you as soon as it opens so that you can see...

The **Main Gallery** exhibiting the *Vinyl on Metal* work of Matthew Denton. Upon reopening he will be hosting a free community Art Jam at his reception and performing his own original music. Supplies, refreshments and sprouts provided. Event TBA. For a preview check out his work online at [MattColorsTheWorld.com](http://MattColorsTheWorld.com).\*

**Gallery Workshop** This spring join Matthew Denton of Herban Sprout for a hands-on workshop and tasting to learn about the amazing nutrient-dense properties of microgreens and sprouts. His delicious organically grown Sprouts are currently available for sale at the Co-op and by private order [HerbanSprout.com](http://HerbanSprout.com). A great source of high-nutrient immune system support!

The **Lobby Gallery**, temporarily closed, continues to exhibit *Possibilitarian Uprising*, black and white woodcut banner prints by Peter Schumann of The Bread & Puppet Theater. [BreadandPuppet.org/](http://BreadandPuppet.org/)

The **Stairwell Gallery**, still open, houses the permanent collection of Ethan Hubbard's black and white photographic prints: *Our Co-op Is Our Community* generously donated to the Community Center Gallery.

**Please note:** the free boxes are discontinued and no drop offs of giveaway items will be accepted. Access to the community center Wi-Fi is still available in the parking lot.

If you are interested in showing your work or organizing an event, contact Alexis Smith, the Gallery's Curatrix, [VtPieGirlCo@gmail.com](mailto:VtPieGirlCo@gmail.com) or (802)371-7239.

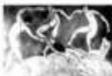
\*There is a virtual gallery tour available on the Co-op website.

**PLAINFIELD COMMUNITY CENTER**

**Space available for your:**



**Classes**  
**Meetings**  
**Parties**  
**Workshops**



**Art Gallery Exhibitions & Special Events**

\$9/hr. for Co-op Members, \$15/hr. for Non-Members

Events: \$35 for Members, \$50 for Non-Members

Scheduling Book at Co-op Register

More Information?

Contact Kevin Levesque at the Co-op

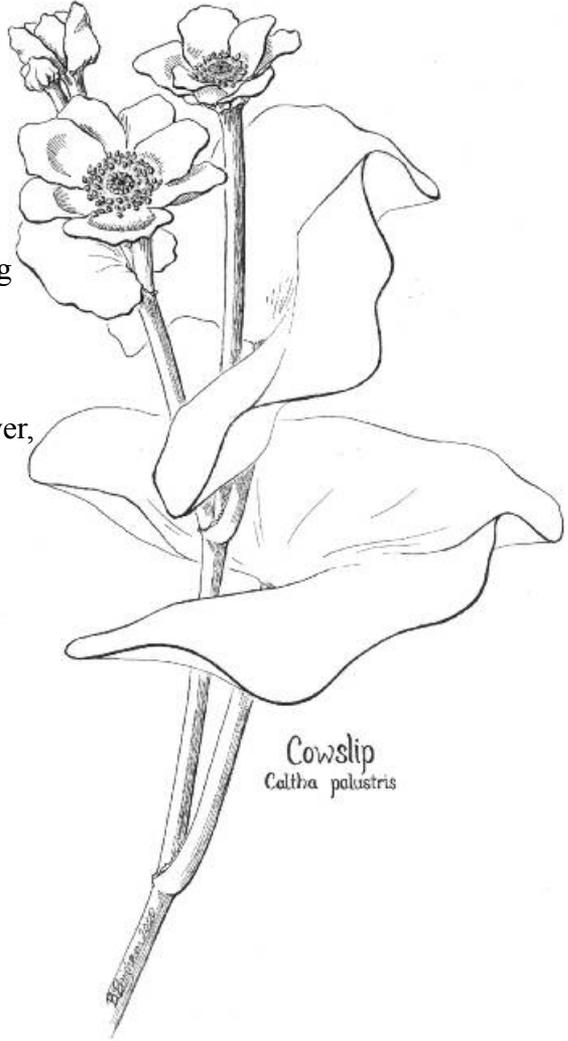
*Using the Community Center benefits The Plainfield Co-op*

## The Unfolding

What must it feel like  
to be a flower  
as it changes,  
so slowly  
hour by hour,  
from seed into seedling  
now, now and now!  
From bud to flower,  
ever so gently  
and yet with great power,  
unfurling and  
hurling  
itself with abandon  
into the turning  
the magical yearning  
called growth.  
Such expectation  
and untold delight,  
What must it be like?  
Oh,  
I know.

© 2020 Lucy Blue

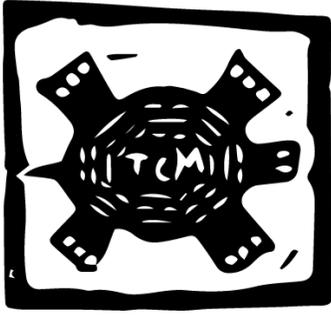
*Art: Betsy Brigham*



Cowslip  
*Caltha palustris*

## ANSWER TO QUIZ

All of these items. If any surprised you, then you need to check your Co-op store before assuming you have to shop elsewhere for something. If it's not on the shelves, ask if it could be special ordered.



novel coronavirus COVID-19 community health best practices and recommendations from a survey of community health protocols and treatment procedures that have proven successful in light of the most current understandings of the pandemic situation as viewed from a historical context with a lens of epistemological understanding of the situation at hand.

**by baylen k. slote Lic. Ac.** (Licensed acupuncturist, trained in TCM herbal medicine functional diagnosis and treatment instructions & protocols) dateline 2020.03.17 **CONTACT** for sessions and further info at [baylen@blackturtleTCM.com](mailto:baylen@blackturtleTCM.com) or (802) 310-1400 (accepts txt).

**disclaimer:** information presented is for informational purposes only and is not intended to diagnose treat or otherwise infringe upon the medical infrastructure during this or any other disease. please seek qualified medical attention and as always abide by the guidelines set forth by local, national and international authorities. **do no harm, keep calm & carry on.**

**what the disease is:** the “novel coronavirus” COVID-19 appears to be an anomalous strain of a common family of flu viruses that infect humans. this novel strain has been confirmed by at least two teams of independent researchers to have **spike proteins identical to the HIV virus which seem to account both for its sudden virulence as well as anomalous effects in the immune system.** this is widely accepted information in the research community and is a novel occurrence that appears highly “**unlikely be fortuitous**” or unlikely to have “occurred naturally”. what people most commonly are struggling with associated with this disease is **fever, dry cough, body aches and fatigue.** what people are primarily dying from currently is respiratory distress as part of an inflammatory process. **this is attributed to the virus.**

**where the disease is:** as with all coronaviruses the COVID-19 virus appears to spread easily from person most likely through fluid exchange in airborne droplets (sneezing, coughing etc.) or through touching surfaces contaminated with fluids from another person etc. as the news will tell you in great detail, cases have been and continue to be confirmed throughout the world. therefore, **the prevalence of this virus is now “worldwide”, and even with the most drastic measures will be difficult not to encounter at some point.**

**what can we do about it:** while it is possible that a vaccine will be developed to treat this disease by creating immunity, **the track record of success in vaccine treatment of influenza is fairly poor.** additionally, the development of a vaccine, and then the further trials necessary to hone an effective vaccine takes a significant amount of time. typically, vaccines become available on the market when an illness has nearly passed. even with massive social isolation measures, it will be difficult to prevent herd-infection. it is possible that we may “flatten the curve” by **quarantine measures.** however, these measures **may also lead to mutations of the disease** making it harder to treat and or extending the amount of time it is hazardous. in conjunction we may also choose to employ non-toxic prophylactic treatment and support measures to support the immune systems of patients during the illness.

**common sense:** **preventative measures along with informed treatment options are available** in the community as well as clinical settings. these may prove to be **our greatest assets in treating this pandemic.** currently, the world is awash in guidelines regarding preventative health measures. the sensible ones include preventing the exposure to pathogens, and **engaging in practices that strengthen one’s resilience, increasing health.** examples of these sensible measures include handwashing and getting outside to breathe the fresh air. practices that are well known to improve health such as moderate exercise and stress reduction techniques can also be effectively employed at this time. additionally, there is a mounting amount of evidence that suggests that **ionizing radiation is detrimental to health** at a cellular level and appears to profoundly weaken the immune system. finally, though there is not a causal link, there is a startling correlation between this global pandemic and broad scale amplification in human made global radiation.

**health & care:** while COVID-19 is a novel virus, **the disease progression that people are experiencing in this pandemic follows some well known disease patterns.** what’s more, if addressed with appropriate discretion and with methods of adequate significance the symptoms associated with it can most likely in most cases be effectively mitigated, leading most likely to recovery and possible immunity. based on an understanding of the molecular structure of COVID-19, the environmental factors that seem to be at play in the expression of this pandemic, as well as historical reference to effective herbal treatment of many somewhat similar pandemics in the past I offer the following recommendations:

**POSSIBLE PREVENTATIVE MEASURES:** these are *common sense methods* of caring for your health, keep them up!

1. **avoid pathogens** and *harmful ionizing radiation*, to the best of your ability.
2. **build your immunity** by getting good sleep, drinking good water, and *engaging in de-stressing activities.*
3. **eat non-toxic** food and *moderate intake of immune suppressing foods* such as sugar, dairy and alcohol.
4. **strengthen your (our) community** by reaching out and *engaging safely in social behavior and mutual aid.*
5. **stimulate acupressure points** related to building resilience and energy. these include *ST36, SP9, CV4, CV6* and can be pressed like a “button” with a finger or stimulated with moxibustion (internet image search will show you effective location anatomy).

**PREVENTATIVE USE OF O.T.C. & BOTANICAL MEDICINES:** research into the *pathology of the epidemic as well as empirical evidence* from successful treatments employed at this time suggest the following will be helpful (and/or do little/no harm).

1. **vit C** – helps *maintain the integrity of cellular membranes* and *reduce inflammatory processes.*
2. **folate, folic acid, & folic acid (vit B9 complex)** – *helps rebuild tissues* and *maintain healthy energy.*
3. **glutathione, seaweeds, mushrooms and other sources of complex polysaccharides** – appear to *reduce oxidative stress* (inflammation) and have *immune modulating effects* that inhibit the disruptive actions of COVID-19 virus
4. **ginger, garlic, aromatic spices (thyme, oregano, fennel, cardamom, etc.), & fermented foods** – help maintain healthy *microbiome, digestion and gut flora.*
5. **propolis** – *supports energy* and *may reduce hyperactive immunity responses.*

while the above may not be sanctioned by major medical establishments again, they are well known remedies which are generally regarded as **non-toxic prophylactic measures** provided, they are used with some common sense.

## SYMPTOMATIC & PALLIATIVE TREATMENT MEASURES:

1. **gently induce sweating** in the *very early stage* of exposure (for example with a hot shower or sauna) and then cover to stay warm. reduce coverage if fever develops, and follow fever reducing home remedies.
2. **increase intake of vit C** clinical data suggests that as little as 7.5 grams vit C was effective in dramatically reducing pandemic symptoms when given as an IV fluid in hospital settings. large doses of vit C can be taken orally.
3. **a simple remedy** of medications mixed with vit C has been suggested as a basic anti-viral cocktail that can be used to mitigate symptoms of this pandemic disease, and may be used with little risk at home provided it does not cause significant digestive upset. because of the novel nature of COVID-19 – with its HIV “spike protein” tips apparently responsible for infectious virulence – it has been suggested and observed that “*furin inhibiting*” will be effective in treating COVID-19. these include but are not limited to: *andrographis, artemisia annua, calendula, dandelion, licorice, rosemary, scutallaria, and others.*
4. **protect the digestion** with herbs, supplements and *general practices* such as *eating light easy to digest soups & stews.*
5. **clear and drain the lungs** with foods and herbs prescribed by a qualified provider including *fritillaria, mulberry, & trichosanthes*
6. **acupressure points:** including “GB20”; “UB10”; “LU5”; “LI11”; “SP9” can all be stimulated as “buttons” to benefit recovery from this “flu”.

**additional things to consider** various reports have begun to circulate about the ***potency of herbal medicine when prescribed appropriately in a customized manner*** according to differentiation of pattern and syndrome. this is the standard of care in TCM (tao clinical medicine and ‘traditional chinese’ medicine). reports from chinese community hospitals where COVID-19 is being treated appear in good faith to align with similar experiences during the SARS epidemic in 2004 when ***hospital workers were obviously exposed to the infectious pathogens but failed to get sick*** ostensibly ***attributed to their use of herbs in this way.***

**these herbal strategies** and the amazing results that they produced, were ***achieved with cocktails of herbs that were highly tailored to the individual needs of each person.*** once again this is the standard of care in TCM (tao clinical medicine and ‘traditional chinese’ medicine). unfortunately, it is not a “one size fits all” method and therefore requires significant people power to administer at scale. it ***cannot be broadcast dramatically by one company or medical provider*** such as a vaccine. however, ***there are simple health screening measures which can be taught and learned quickly among communities*** who wish to put in place preventative as well as palliative systems to mitigate the severity of outbreaks such as COVID-19.

## PREVENTATIVE AND PALLIATIVE HEALTH SCREENINGS:

1. **a strong force** of “licensed acupuncturists” are already available in the community with training and ***ability to easily diagnose (functionally) susceptibility factors*** including “dampness” and “heat” as well as “lung weakness”. many times, this can be done quickly and even over telemedicine with a ***simple look at the tongue.***
2. **community members** interested in ***setting up health screenings can easily learn the signs*** of “internal dampness” which indicates sluggish flow of fluids inside of one’s body leading to ***susceptibility to viral and fungal pathogens.***
3. **contact** black turtle TCM at (802) 310-1400 ***if you are interested in helping*** to propagate and administer these simple community health, wellness screenings, palliative, and support care teams. ***I and others are available in your community to build health.***

**finally**, there is also some data that suggests that the ***virus may not in fact be the most significant causal factor in the expression of virulent illness in this pandemic condition.*** furthermore, this data suggests that ***prior global pandemics also have a strong correlative link*** to major ‘global shifts’ in the quality and quantity of employed electrical technologies... ***more studies are needed.*** however, while that may remain unknown, ***it is well known that ionizing radiation has deleterious effect on the immune system.*** therefore, in general, but also more so in such trying and stressful times as now it may be best to avoid contact with abiotic electromagnetic frequencies or at least minimize one’s exposure to them as best we can. this can be achieved by practices such as the following.

1. **minimize screen time** and ***maximize distance from electrical devices.*** the effects of ionizing radiation reduce at the square of the distance from them. this means that the difference between your phone 1 inch from your ear or 6 inches away on speaker phone is not 1/6 but rather 36 times less radiation.
2. **use a landline** or ***keep your phone on “airplane” mode*** as much as possible to minimize it’s constant “pinging” back and forth to cell servers. ***many cellular phones support “wifi calling”*** or can be turned on when in use and turned back off again.
3. **use hard wired connections if available** and if not, ***at least turn wifi routers OFF at night*** so your body can rest and regenerate without as much ionizing radiation interfering with your rest as this is an important time for your body to regenerate.
4. **spend time outdoors every day.**

## ABBREVIATED REFERENCES:

1. **TCM information** regarding herbs, protocols, current best practices effective in china <https://www.elotus.org/content/tcm-resources-covid-19>
2. **research data and presentation** from leading Italian doctor who was also highly involved with research in SARS epidemic describing among other things that COVID-19 is exhibiting spike protein structures similar to HIV that are “unlikely to be fortuitous”  
[http://www.sophiaeducate.com/vulnerability/?inf\\_contact\\_key=2b421cbb3a02fd612e58b2fa490a97724dfbc39d7283b2cb89d5189540b69330](http://www.sophiaeducate.com/vulnerability/?inf_contact_key=2b421cbb3a02fd612e58b2fa490a97724dfbc39d7283b2cb89d5189540b69330)
3. **TCM podcast** describing ecological foundations of medicine as relating to the current epidemic  
<https://botanicalbiohacking.com/blog/2020/1/27/corona-virus-as-a-damp-plague>
4. **base-line information** regarding politics of big pharma and pandemic disease  
<https://articles.mercola.com/sites/articles/archive/2020/02/04/novel-coronavirus.aspx>
5. **reference resource** from prominent physician in pandemic hot-spot with information regarding management of disease symptoms etc. <https://klinghardtinstitute.com/wp-content/uploads/2020/03/Dr-Klinghardt-Corona-2020-slides-9-march-2020.pdf>