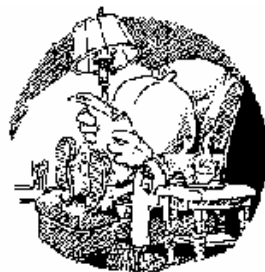


# The Garbanzo Gazette

September 9, 2004



Growers Market's Weekly Newsletter

## OFFICE FOR RENT

Growers Market has an office for rent. Preference will be given to non-profits involved in socially progressive and/or environmental efforts. The office is 445 square feet. Rent is \$260 per month. Groups interested in applying need to fill out a tenant application. Applications and additional information are available from the building managers in Room 212. The phone number for co-building managers Jan Nelson and Edward Winter is 687-8648. - Milton

## GROWERS MEETING

The next Growers meeting (board meeting) will be on Wednesday, September 15th, at 7 pm, probably at the round table upstairs (though last time, we met in the empty office). All are invited to attend. - Milton

## NORTHWEST REGIONAL PERMACULTURE GATHERING IN EUGENE!

Please be aware of the 8th Annual NW Regional Permaculture Gathering this weekend, Friday the 10 to Sunday the 12th. This will be an event that is positive, fun and will move strategies and people towards affirmative action!! There has never been a time when there has been greater need for more people to take healthy initiatives personally, in the neighborhood and in the community --For democracy, for a surviving planet, for ourselves, for the future. The Perma Gathering is all about taking positive initiative!

**This coming weekend, September Friday 10, Saturday 11 and Sunday 12; the Eugene Permaculture Guild will be holding it 8th Annual Northwest Regional Gathering.**

This year's theme will be "Advancing Towards An Enduring Bio Region." Ideals, ideas and usable strategies for a more local/bio regional economy and culture will be this year's focus.

There will be panels, plenary sessions, speakers, presentations, networking, hands on projects. Friday night at 7 will be a keynote by Dr. Allen Kapular. There will be a land use bike tour Saturday at 3:30. Saturday night at 7 will be a presentation and film about Peak Oil. There will be kids programs, music, great food, much fun, info table and more.

We will continue to work on a "Green Paper" to be given to the City later in the Fall and develop "Action Agendas" for individuals, families and neighborhoods.

Registration begins Friday at 3 at Maitreya Eco Village at the corner of Almaden and W. Broadway, just a block east of Chambers. Bikes, bus, walking is encouraged. Please leave pets at home. Cost is \$20 to \$40 per day, \$10 to \$20 half day. \$3 per meal [vegetarian] or bring grains, veges etc in kind. Work trade available, email [fullyhydrogenated@yahoo.com](mailto:fullyhydrogenated@yahoo.com). For more info, call Rob at 344 7196 or e mail Jan at [spencerj@efn.org](mailto:spencerj@efn.org) For the schedule see <http://www.heliosnetwork.org/epg/special/2004%208thAnnualGathering.htm>

## HERBALS AND SHAMENS

We will be offering the following courses privately as well as two free lectures on Chinese Herbalism at the Health and Well-being Conference on Sunday, September 19th, during the Eugene Celebration. Also look for our other classes in the LCC Fall catalogue. All classes meet at GivingTree Farm Herb Co. 1490 Jefferson St., Eugene, unless otherwise noted.

**1. PLANTS OF POWER** Thursday, September 9th, 6-8:30 pm

**2. WEEDS OF THE SEA: AN OVERNIGHT ADVENTURE**

**Gathering Edible & Medicinal Sea Vegetables**  
Saturday, September 25th, 5:00 pm - Sunday, September 26th, by or before 3:00 pm  
At the Oregon Coast

### **3. THE ELEMENTS OF AUTUMN HERBALISM APPRENTICESHIP: An Introduction to Western Herbalism & Classical Chinese Medicine**

Sunday, October 3rd through Monday, November 22nd. The program will meet for Sunday all day field trips and Monday night lectures.

### **4. INTRODUCTION TO SHAMANISM WORKSHOPS: Animal, Vegetable, Mineral & Spiritual.** Four Thursdays in October; 7th, 14th, 21st and 28th 6 - 9:00 pm

For more information, contact Lawrence Birch and Wendy Loren, Phone: 344-7534  
email: [givingtree@earthlink.net](mailto:givingtree@earthlink.net)

### **IF WE WEREN'T ALREADY FIREPROOF, THIS WOULD BURN US UP**

*Flame Retardants Found in Many Grocery Foods*  
A new study of grocery items like fish, meat, and dairy products revealed that virtually all of them contain detectable levels of PBDEs, human-made chemical fire retardants used in carpeting, electronics, and furniture that may or may not cause cancer. (We'll get to the "may or may not" part in a second.) PBDEs were found in "all food containing animal fats," said Arnold Schechter, coauthor of the study, which appears in the journal *Environmental Science & Technology*. "Although these findings are preliminary, they suggest that food is a major route of intake for PBDEs." As PBDEs are relatively new, their health effects on human beings have not been conclusively studied. They have, however, been shown to screw up the neurological, reproductive, and hormonal systems of lab animals. The European Union has banned two types of PBDEs and is considering banning a third. But the levels found in common foods were very low, so you're probably okay. We hope. Straight to the source: *The Inquirer*, Seth Borenstein, 02 Sep 2004

[http://www.gristmagazine.com/cgi-bin/forward.pl?forward\\_id=2941](http://www.gristmagazine.com/cgi-bin/forward.pl?forward_id=2941)

### **TINY TOTS OPEN HOUSE**

*\*This is a repost with a date correction. The open houses will be on Tues., Wed. and Thurs. (9/14 - 9/16). There will be NO open house on Friday as previously posted. Instead a Tuesday open house has been added.\**

A non-profit, indoor playground co-operative for children aged 0-5 is holding a FREE OPEN HOUSE

Tuesday, Wednesday, and Thursday (September 14, 15, & 16) from 9am to Noon and on Thursday the 16th they will also hold an evening open house from 6:30pm to 8pm. Come check out the indoor playground and let your children play on the climbing structures, merry go round, balance beam, trampoline, slides, kitchen set, tricycles, scooters, play vehicles and much more. Special area set aside for babies to safely play, and areas for moms, dads or caregivers to relax. Snack room, bathrooms and water fountain accessible. 2200 Coburg Road (just south of Beltline) located inside of Our Saviour's Lutheran Church (no affiliation). Questions? Jennefer @ 302-1518 or @ [JenneferH2000@yahoo.com](mailto:JenneferH2000@yahoo.com)

### **EUGENE AREA UNSCHOOLERS!**

Connect online at:

<http://groups.yahoo.com/group/EugeneAreaUnschoolers> What is UNSchooling? Unschooling is not homeschooling. Unschooling means NO school. Child-led, natural learning. Learn about Unschooling at: [SandraDodd.com/unschooling.html](http://SandraDodd.com/unschooling.html)  
[WWW.unschooling.com](http://WWW.unschooling.com)

### **DEMOCRATIC VOLUNTEERS....**

Lane, Douglas, Coos County Organizing Convention  
Come learn about how you can help win elections in Oregon. This convergence of volunteers from three counties features guest speakers, training sessions, and the chance to mingle with the most committed volunteers in the country!

When: Sunday, September 12th, 12:30-6:30 pm

Where: South Eugene High school

Contact person: Ellen Klastaad,

[ellen@carryoregon.com](mailto:ellen@carryoregon.com)

or 541-338-8397

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**GROWERS OPEN ON TUESDAYS:** *You can now shop at Growers on Tuesdays from 5 to 7 pm. Just as on Fridays, nothing will be pre-order*

*This newsletter was published by the Little White Dog. Send comments or article submissions to [garbanzo@efn.org](mailto:garbanzo@efn.org). If you don't have computer access, you can put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Tuesday. Market hours are Tuesdays 5-7pm; Thursdays 2:30 to 7:30 pm and Fridays 3:00 to 6:30 pm. An orientation to Growers is held each Thursday at 1:30. The Growers email list includes an electronic banzo, events notices, and other misc. info. Growers Market: 687-1145*