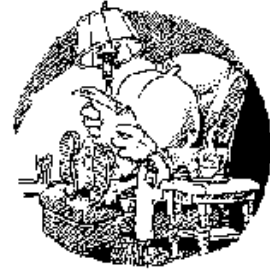




The Garbanzo Gazette

May 17, 2012



Growers Market's Weekly Newsletter

GROWERS MARKET NEWS

Meetings

Tues, May 22nd Growers Board Meeting at Growers, 6:30pm
Mon, May 21st Coop Coordinators at 175 N. Grand, 7pm

Help Wanted

Thurs: Cashiers needed – Contact Coordinator on duty
Friday: Cashiers needed 3-5 pm – Contact Martin at 541-232-9582 or martinfromoregon@gmail.com
Alternate Week Coordinators
Thursday Morning 9-12
Thursday Afternoon 12-4:30 – Contact Laurie (stop by thurs)

Website: <http://GrowersMarket.net>

WHO'S WHO AT GROWERS?

Linda Walling who moved to Eugene 13 years ago, stopped by once then got busy with other things in life. Now she has rented an office upstairs and turned it into a beautiful space for families and pregnant women. Once she got her space set up, she decided it was time to be a part of Growers. So I caught her and her household member, Amalia on their first shopping trip. Of their first trip, they say they will remember more of their own containers and bags next time, and are looking forward to bulk ordering from catalogues and getting great discounts on supplements. Linda hails from New York City but moved here from Southern California and has lived all over the place. Linda is a certified Doula and Childbirth Educator. Her business is called Mother Nurture Family Support Center. And by the way, she has an excellent library of books and videos about pregnancy, natural birth and parenting, and really cool posters. I had to check out her office after the interview. About her passion for her work, she says, "Childbirth is a natural and joyful process that often gets disturbed when it is medicalized. I help people have comfortable and even ecstatic births." She does this through providing a safe and potent place to come, by facilitating support groups and classes, with birth and postpartum doula services and by providing pathways to connect to the village it takes to raise

a child. In Linda's and Amalia's household, they feed a lot of people, Linda and her partner, the father of their five children, Amalia and her partner (who is Linda's son) and their twin six year old sons. They like Growers' prices, freshness of produce, organics, and they like that we can be self sufficient as a co-op member run business. Linda likes that we do not hire a lot of people to do the work that needs to be done, that we can all share the workload and create community and local happenings/happiness. Linda usually uses the bus system when she comes to shop.

Amalia Coxe-Trieger has lived in Eugene all her life and has known about it for a long time, and has now shopped for the first time. And she came to see Linda's new office. When asked about her passions, Amalia says, "I like life in general. I have two sons who are six. We play together. Cook together. Plan menus then shop and cook and have friends over." She has a burgeoning passion for gardening. Linda boasts that Amalia is an excellent dancer and gymnast. Amalia works at Bounce three days a week. Also at the Reach Center by Sundance Natural Foods. She thinks her favorite treat at Growers would be the chocolate powdered almonds. And she thinks Sunburgers are delicious. Why Growers? Because its convenient to Bounce, And she thinks that as a first timer, it would be easy to shop with kiddos. Welcoming: she likes the wood floors and the play area. It feels slow paced, not just an in and out consumer driven experience. It's nourishing to the soul. She will likely come to shop next time on her long-tailed bike with her kiddos. Thanks for the Interview!

GROWERS MARKET AT COUNTRY FAIR

It is that time of year again when we are looking for day passers to help out at this years Growers Fruit Booth at the Oregon Country Fair. Have a great time cutting, stocking and serving fresh fruit while bringing funds in for the Growers Market. This is a great opportunity to be a part of the magic that makes the fair come alive. If this is something that you want to be a part of there is a sign up sheet on the right side of the big bulletin board. Please include your name, number, e-mail, time, and day or days you can work. Just remember flakes belong on popcorn and

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Send an e-mail to growers.market@gmail.com by Tuesday evening @ 6:30pm to preorder produce for that week.

not at the fruit booth. We look forward to working with you. For questions e-mail Jaci at jacimck@hotmail.com

GROUP WORKS CARDS NOW AVAILABLE

Why is it that some meetings and group sessions bring life to your soul, while others leave you wishing you'd never stepped in the room? What happens at the best ones, that makes them productive, fulfilling, and sometimes even magic? More than 50 facilitators and others worked collaboratively to birth this expression of core wisdom at the heart of successful meetings.

The new deck "**Group Works: A Pattern Language for Bringing Life to Meetings and Other Gatherings**" contains 91 cards naming what skilled facilitators do over and over again to make things work. The content is more specific than values, less specific than tips and techniques, and cuts across existing methodologies with a designer's eye to capture patterns that repeat. The deck can be used to plan sessions, reflect on and debrief from them, provide guidance mid-stride, and share responsibility for making the process go well. It has the potential to provide a common reference point for practitioners coming from wildly different approaches, and to serve as a framework and learning tool for those studying the field.

These cards have been created by a group of volunteers (the Group Pattern Language Project) as a public service and are being gifted into the commons. The deck is yours for free download and for sale as a lovely printed package; a phone app is also under development. Get your own copy, join our learning community, post a review, help fill out the patterns with resources and instructions, give us feedback, and more. See <http://www.groupworksdeck.org> for more information.

Send submissions to garbanzo@lists.opn.org. You can also put articles in the garbanzo box at Growers. Newsletter copy deadline is 5:00 pm Wednesday. Market hours are Tuesdays 5-7pm; Thursdays 2:30 to 7:30 pm and Fridays 10:00 am 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@lists.opn.org To subscribe via email, send a message to growers-join@lists.opn.org Growers Market: 541-687-1145

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