



FEBRUARY 2023

# At the Store



## A VERY IMPORTANT ANNOUNCEMENT

BY SUE MILLER, CO-GENERAL MANAGER

Thirteen years ago, Norm and I stepped up as co-General Managers of the Upper Valley Food Co-op. First, alongside the wonderful Kye Cochran, and then on our own. While these years have come with ups and downs, it has been a great pleasure and honor to lead this co-op, full of so many amazing folks, both staff and member/customers. However, it is time for us both to move on to other adventures including more music for Norm and more Oriental Medicine/herbal practice for myself. We look forward to chatting with you in the store as this leadership change takes place. Again, many thanks to you all for your support and encouragement!

## PREPARING FOR CHANGE

BY THE GM SEARCH COMMITTEE: TINA BARNEY, ZEA LUCE, KATE ROHDENBURG, AND CHRIS SNEDDON

Members of the Board of Directors are undertaking one of our most important tasks--searching for a new General Manager! Our current General Management Team, Sue Miller and Norm McMullen, will embark on their well-deserved retirement by the end of this June. We know they are irreplaceable, but we are excited to identify a great successor.

The Board wants to hear from you! Our membership and staff can provide crucial information to a successful search. What are the key characteristics you value for the next UVFC Leadership? Please send us your thoughts at [UVFCsearch23@gmail.com](mailto:UVFCsearch23@gmail.com). We will also circulate a brief survey, both online and in the store.

We know that change can be both stressful and exciting. We're so grateful to Sue and Norm for their many years guiding our Co-op, and we are confident that whoever comes next to lead the UVFC will bring their own skills and strengths to our store. Thank you for informing our search, and we will stay in touch as it moves forward!

Two-day ⚡  
**FLASH SALE!**  
20% off! ⚡ In-Store Inventory Only\*  
Feb 12th & 13th

**ALL CARDS**  
Give a card, send a card, share some love

\*Regular-priced items only.  
\*While supplies last. No holds. No special orders.

**SEW-OP**  
AT THE

**OPEN HOURS!**  
Our Sew-op volunteers will be on-hand to help you with your sewing projects. Bring a machine or use one of ours!

February Schedule  
Every Tuesday & Wednesday  
1-3pm  
Saturdays: Feb 11 & 25  
1-3pm

**Masks are Required**  
Use Courtyard entrance to access Sew-op Room

**COMMON CENTS**

Our FEBRUARY partner is...

**HCC HARTFORD COMMUNITY COALITION**

HCC is a collaborative group of community members designed to support and promote the wellness of individuals and families.

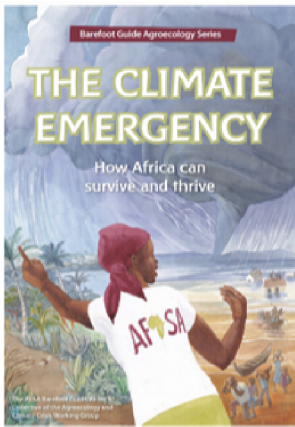


# In the Community

## AGROECOLOGY AND CLIMATE CHANGE

BY DIDI PERSHOUSE, CO-OP MEMBER

[Last year] I joined a group of writers to help write and edit a new book in the Barefoot Guide Agroecology series. The goal was to quickly produce a book (in time to be shared at the COP 27 Climate meetings) about Agroecology's role in addressing climate change. It took many late nights of writing, and early morning conversations, but we did it!



This book is published by the Alliance for Food Sovereignty in Africa (AFSA).

From AFSA: "This book takes you on a unique journey through Africa's diverse food systems and the threats they face as a result of the climate emergency, as well as the industrial food system's barrage of false climate solutions. Aside from the doom and gloom, this book offers stories of hope and regeneration from African farmers, pastoralists, fishers, indigenous peoples, women, and youth from all over the continent."

My role as a writer was to help draft a scientifically accurate but easily understandable narrative showing how biology regulates the climate and how agroecology can help provide climate mitigation and resilience. The Fact sheets we created in the Land and Leadership Initiative's Seed Media Project were a big help.

Getting to do purposeful work with a dedicated team is one of the great pleasures of life, and AFSA is an amazing organization. Last year I got to teach in AFSA's Healthy Soil Healthy Food Initiative, and two other free Barefoot Guides came out of that project: Healthy Soil For Healthy Communities: An Introduction to Soil Health Practices for Africa, and My Food is African: Healthy Soil, Safe Food, and Diverse Diets.

Visit [www.asf africa.org](http://www.asf africa.org) to download this free book.

## MAKING A DIFFERENCE IN HARTFORD

Thank you for choosing to support the Hartford Community Coalition! HCC acts to reduce the stigma and impact of alcohol and drug use, food insecurity and mental health in support of the development of a healthy, safe, and resilient Hartford. Our prevention work starts with the youth in Hartford and tries to reach people of all ages from our Annual Block Party to our Community Conversations, and from our Teen Pool Parties in the summer to Glow Skates in the Winter. We do our work here in the community and every penny you donate stays right here in Hartford!

### Local Events!

#### Community Learning



#### Aging in Place Presentation

Date: Wednesday, February 15th @ 1pm

Cost: FREE! No registration required

In person at the **BUGBEE SENIOR CENTER**

#### Community Learning



#### 12,000 Years Ago in the Granite State

Date: Wednesday, February 15th @ 6:30pm

Cost: FREE! No registration required

Virtual Talk hosted by: **Woodstock Historic Center**

#### Community Learning



#### The Soil Sponge Workshop

How the Biological Workforce Regulates Climate and Provides Flood, Drought, and Wildfire Resilience

5 sessions on Mondays starting February 20th

10am to 12:30pm OR 5pm to 7:30pm

Cost: \$300

**ONLINE WORKSHOP** BY: Land and Leadership Initiative