



JANUARY 2025

Newsletter

What's the (re)use?

BY KYE COCHRAN, CO-OP STAFF

Re-use of anything reusable means less material and energy used; that means less pollution, and therefore helps mitigate climate change. We can all participate! This is an exchange program: you bring it in, we make it available to others!

Right now, our co-op has these possibilities for re-use:

On the Sales Floor

Ex-cons: Glass, plastic and metal containers. People can bring them in (CLEAN AND DRY, WITH LIDS) and place them in a labeled basket by the exit door. (Also welcome are brown paper bags, plastic bags, and coffee bags.) They are taken to the basement, where I inspect them carefully. Those that have passed inspection are placed in locations on the sales floor where anyone can take one and use it in the Co-op or take it home.

Paper Bags, Plastic Bags, and Coffee Bags: Bags that have passed inspection are placed in a designated spot near the new bags.

In the Basement

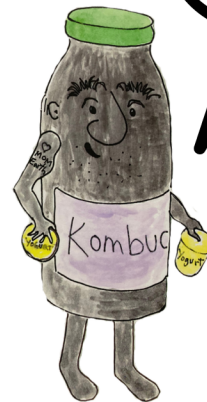
The Co-op has a large, dry, finished basement. Ask a staff person where to find:

Egg cartons (tell your chicken-raising friends!); small and large plastic buckets and jugs; canning jars; spice jars; large cans; insulated boxes.

On the Front Porch

Weather permitting, we often have available items that are generated here at the Co-op:

Bags of 'peanuts' and bubble wrap from packaging; small buckets and jugs; large plastic bags; other items we no longer need.



My name is Link, and I speak for the ex-cons (experienced containers) that our Co-op loves.

Rules for Donation

We welcome donations and have a receptacle for them by the exit door. Please follow our rules, or we will have to place your items in the recycling or the trash.

1. All donations must be clean and dry.
2. No stickiness from label on outside of container.
3. Labels may remain on containers.
4. Containers must have lids.

PLEASE NOTE:

We inspect all donated containers for cleanliness and usability, but we are unable to sanitize containers. Use of experienced containers is at the customer's discretion.

Thoughts? Suggestions?

If you have feedback on the Experienced Container program, contact Kye@uppervalleyfood.coop

JANUARY
& FEBRUARY

Co-op Calendar

- 1/16 (Thursday) Documentary Club: World Eskimo-Indian Olympics**
7-9pm
Filmmaker Nicholas Natale will present his documentary "Games of Survival: A Culture Preserved in Ice" about the World Eskimo-Indian Olympics. He will also bring footage from his upcoming works, and is excited to share about the process of making documentaries, both locally and halfway across the world. **We will meet upstairs in the Co-op Classroom. Please use the Courtyard entrance.**
- 1/28 (Tuesday) Board Meeting**
6-8pm
Co-op Members are welcome to attend monthly Board meetings. The allotted time for member comments is at the beginning of the meeting, so if you would like to make a comment please come early.
- 1/30 (Thursday) Qigong**
10-10:45am
\$15 per class
Maryellen of Good Energy Qigong will be holding a weekly class upstairs in the Co-op Classroom. This wellness practice maybe done by anyone, at any fitness level and age. No special equipment needed; just wear loose clothing.
- 2/4 (Tuesday) Basic Sewing for KIDS (ages 7-13)**
OR
Students will learn basic sewing skills as they make a fleece hat.
- 2/5 (Wednesday) *Registration is required, as space is limited. Email info@uppervalleyfood.coop**
3:30-5:30pm
- 2/7 (Friday) Sew-op: Basic Sewing: Un-Paper Towels**
1-3pm
Learn basic sewing machine skills as you take an old worn out towel and give it a new life by turning it into cloth paper towels!
*Registration is required, as space is limited. Email info@uppervalleyfood.coop
- 2/8 (Saturday) Sew-op: Basic Mending**
9am-12pm
This is primarily a general skills class but feel free to bring items that you need help mending.
*Registration is required, as space is limited. Email info@uppervalleyfood.coop

WILDLIFE TRACKING CLASS IS FULL!

We can't believe how quickly the Wildlife Tracking class filled up! If you're interested in learning more about tracking, we are partnering with the Hanover Conservancy to develop a wildlife tracking club. If you'd like to be updated as that gets scheduled, let us know! Email info@uppervalleyfood.coop

COVER HOME REPAIR

COVER brings together homeowners and volunteers to complete urgently needed home repair projects. While staff select homeowners, design projects, prepare for the work days and supervise the work, volunteers are literally the driving force of their effort, and they are always in need of people to help.

Anyone can volunteer!

Visit their website to see the calendar of home repair projects and apply to volunteer! www.coverhomerepair.org



Our JANUARY partner is...



COVER brings together homeowners and volunteers to complete urgently needed home repair projects, and facilitates the reuse of household goods and building materials at The COVER Store.