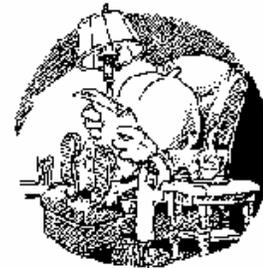


The Garbanzo Gazette

October 22, 2009



Growers Market's Weekly Newsletter

GROWERS MARKET NEWS

Help Wanted

- * Tues Opener needed, every Tuesday, 4:45-5:15, contact Taylor on Tuesday or at 683-8250.
- * Thurs Pre-Order Sorter: Starting at or before 1:00pm contact Joni 345-6808
- * Thurs closer: 6:30 -8:30pm - contact Nathan 852-0627
- * Thurs Coordinator Assistant – Strawboss Position 1:30pm to 3:30pm. Contact Julie 338-0031

'GROWING' GROWER'S MARKET COMMUNITY

An ongoing series helping build relationships with our upstairs neighbors:

MindFreedom International

founded in 1986, Grower's Market

Did you know that one of the main independent activist groups seeking mental health change is directly upstairs from the market? In mental health advocacy, almost all activity is funded by the mental health system itself. MindFreedom is one of the few groups to refuse funding from the mental health industry or government.

David Oaks and MindFreedom have just been featured in the November-December issue of the national journal, [Utne Reader](#), entitled "[50 Visionaries Who Are Changing Your World](#)", also featuring leaders like the Dalai Lama!

MFI unites dozens of affiliate and sponsor groups, along with individual members, into a coalition that fights for human rights and alternatives in the mental health system. Some have called MFI the "Amnesty International" of mental health, because MFI works for humane alternatives to such human rights abuses as forced electroshock, forced psychiatric drugging, and more.

Drop by the MindFreedom office upstairs to get a free copy of their award-winning MindFreedom Journal, and back issues. Or check any of the books out in their little library. You can also sign up for free e-mail alert systems for Lane

County, Oregon as well as internationally. MindFreedom has a local affiliate that has regular meetings every first

Wednesday at 5:30 pm, usually at the Grower's Roundtable upstairs. You can join or volunteer also. For local info go to www.mindfreedom.org/lane, phone 345-9106, or e-mail office@mindfreedom.org.

50 Visionaries Who Are Changing Your World David Oaks, Director: MindFreedom International

Utne Reader visionary

by Staff, Utne Reader, November-December 2009

Cue the psychotic murderer.

ABC News had just done a feature on mental health and had prominently featured [MindFreedom International](#), a group that advocates for "psychiatric survivors" who have battled mental and emotional problems. But the second half of the show hinged on the lurid tale of a guy who had gone off his meds and committed an ax murder. Typical media sensationalism, says MindFreedom director David Oaks.

"How do you debate an ax murderer?" he vents. "There are no issues there. We're pro-choice on taking psych drugs. So that was very frustrating."

Despite constant frustrations like this—in fact, because of them—Oaks works to raise awareness about mental health issues and fight the media biases that he says reinforce cultural stigmas. His group's members flout their "mad pride" and their right not to take medications, and they tell hair-raising stories of systemic abuses. Oaks himself is a psychiatric survivor who battled severe mental and emotional problems as a Harvard student decades ago.

"The human spirit is eccentric and unique and unconquerable and bizarre and unstoppable and wonderful," he says. "So this is really about reclaiming what it is to be human in the face of so-called normality."

OVER

Pre Order Produce by E-Mail

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

Extras:

Read a [profile of Oaks](#) from the *Los Angeles Times Sunday Magazine*. Listen to Oaks discuss forced psychiatric treatment on National Public Radio's [Talk of the Nation](#), and see him discuss myriad mental-health topics in [an interview](#) filmed at a conference of the World Association for Psychosocial Rehabilitation. Read why he thinks psychiatric survivors and the disability rights movement should work together at [Enabled Online](#). Finally, check out the article from Minneapolis alternative weekly *City Pages* about Ray Sandford, a man subject to [forced electroshock treatment](#) whose cause has been taken up by MindFreedom.
- Doug

THE STORY OF STUFF – COOL WEBSITE VIDEO

<http://www.storyofstuff.com/>

From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. **The Story of Stuff** is a 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. **The Story of Stuff** exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever. A must see!- Julie (& Andreas) Rossberg

SEVENTH GENERATION DIAPERS SIZES 3 & 4 AND NATURAL VALUE BABY WIPES

Please buy Seventh Generation chlorine free diapers in size 3 and 4 in the back of the Growers Market. They are in boxes of 4 packs each. You can buy them one package at a time or all at once. I use them for my 4 month old and my 18 month old. Even if you use cloth diapers, they are great to keep in your car, diaper bag and for trips! There is also a box of packages of Natural Value baby wipes - they give rashes like the others. The box of these is also in the back of the Growers market. You can buy all or one of these as well. You may call me if you have any questions 731-9639.
- Erin

PARKING UPDATE

We will have limited parking in the lot in front of Growers Market until the end of the paving project in front of AMTRAK. It is scheduled to be completed on November 7th. We do **not** have our five parking spaces and we **cannot** park in front of the dock during the remaining construction period. We do have five spots marked "G" on the east side of the MECCA building along the railroad tracks. Someone parked along the dock last Thursday and

blocked the AMTRAK bus from going around the lot. At no time can we park in front of the dock. Either pay for parking in a paid spot or go over to our free "G" spots.
Thanks, Edward Winter, building manager

FRIDAYS AT GROWERS ARE GETTING LONGER!

Growers is now open from 9am 'til regular closing time on Fridays. Please plan to pre-order produce if you think you'll be shopping on Fridays – the pre-orders are pulled separately and saved out for us on Thursday, so it's pretty guaranteed to be there for you, and makes ordering and reducing food waste more possible. Also, if you are interested in strawboss or co-coordinator shifts on Friday, please contact Cialin at cialin@efn.org. See you then!

NEW ITEM

We now field roast vegan sausage. I tried them recently and they are wonderful. Good texture, good flavor, just take the casing off first. Enjoy. Sue

COOKBOOK SUBMISSIONS

Earn a Pumpkin by submitting a recipe for the first ever (still trying to compile!) Growers Market Cookbook! Think of all the tasty food you cook with your groceries from her, your favorite recipes that you made up as soon as you saw that luscious produce...1 pumpkin will be given to each member for one or more recipe submissions. Send recipes to growers.market@gmail.com. If your recipe involves meat, please include an option for vegetarians. We really, really like recipes that can be made with ALL Growers ingredients (so we don't have to make an extra stop somewhere else...).

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 9:00 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

Pre Order Produce by E-Mail

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

*subscribe via email, send a message to growers-join@lists.opn.org
Growers Market: 687-1145*

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