



MICROPOLIS NOW!

Localism Matters

by Vince DeSantis

Mohawk Harvest Cooperative Market is not just a grocery store; it's a movement. Aside from the fact that it is cooperatively owned by more than 300 families, it has a mission and stated goals that would improve the quality of the entire region. One of those goals is to enhance the strength and durability of our local economy.

In 2007, a year before the idea of establishing a co-op was broached, I published a book entitled *Toward Civic Integrity – Re-establishing the Micropolis*. Its basic premise is that small cities of fewer than 50,000 people have historically been ideal for generating strong community ties, fostering creativity and local productivity, and maintaining a sustainable quality of life. I argue that the key element of true civic integrity is local production of goods and services for local consumption. The more local our economy becomes, the more our dollars keep bouncing around our community from one business to another – each bounce lends support to a local business, fostering creativity, productive employment and quality of life.

In the mere two years since its opening, Mohawk Harvest has made great strides toward this particular aspect of its mission. It

is obvious from just looking around the store at 30 North Main Street that it has become the dynamic epicenter of a growing localism movement:

Farms in our region are now at the peak of productivity, and Chris, our store manager, is focused on making Mohawk Harvest an

increasingly reliable market for their top quality products. You will find an abundance of fruits and vegetables, honey, eggs, maple products, yogurt, cheeses and meats, all sustainably produced on local farms.

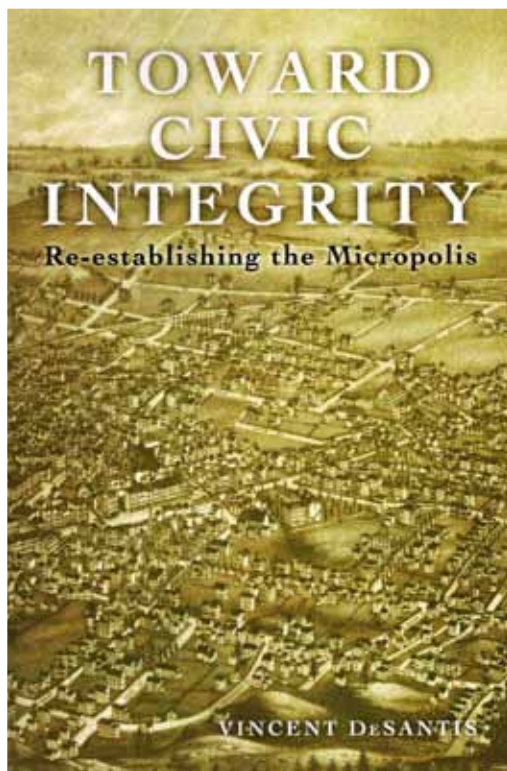
L – is for Local.

Throughout the store a huge variety of additional value-added products are marked by a red sticker with a letter “L.” These products are from producers

within a somewhat wider radius but still within a reasonably proximate distance from Gloversville and are being offered at a discount.

Micropolis Gallery is a separate cooperative located within Mohawk Harvest of local artists and artisans. The framed art and art objects displayed for sale at the

See “**Micro..**” Page 4



What's New at the Co-op?

Micropolis Cooperative, Inc.

By Linda Hinkle

On July 27, the Micropolis Cooperative Gallery, in the Mohawk Harvest Co-op, celebrated its opening in conjunction with the Sacandaga Valley Arts Network. The reception for the SVAN Summer Show, on display in the Fulton County Chamber of Commerce Rotunda Gallery, was also held that evening. Working together, the two groups promoted the first “Art on Main” event.

Micropolis began when a small group of artists and supporters of the arts came together to explore the possibilities of starting a cooperative gallery and contributing to the revitalization of downtown Gloversville. When Mohawk Harvest moved into its new, larger location, manager Chris Curro contacted artists Pavlos Mayakis and Linda Hinkle, who had spoken with Chris about opening an art gallery in the co-op. Mayakis and Hinkle began laying the groundwork and solicited the help of Betsy Batchelor, supporter of the arts, the food co-op and the community, and Michael Hine, photographer and landscape artist, to explore this exciting opportunity. Initial planning only began in March of this year.



Photo by Debra Kolsrud

Mission Statement:
As consumer, producer and farmer members of a cooperative, we are committed to the creation of a healthy, sustainable community by providing wholesome foods, empowering artisans and fostering lifelong learning.

The Mohawk Harvest Cooperative Market is located in
Our New Store at
30 North Main Street.
Open every day,
Monday to Friday
from 8:00 am to 6:00 pm.
Saturday 8:00 am to 4:00 pm.
Sunday 11 to 4:00 pm

The name of the gallery was inspired by both the work and the writing of Vincent DeSantis. His book, *Toward Civic Integrity: Re-establishing the Micropolis*, encourages citizens to seize the opportunity to rebuild civic integrity: “The re-establishment of the micropolis as a healthy, productive and sustainable human community will allow it to again provide the creative energy
See “**What's New,**” Page 3

**Mohawk Harvest
Cooperative Market**
51 North Main Street
Gloversville, NY 12078
(518) 706-0681

www.mohawkharvest.org

Store Manager: Chris Curro

Staff:

Alan Harris
Mike Giammarion
Nita Preddice

The Board

President: Vince DeSantis
Vice President: Michelle Haring
Treasurer: Bryan Taylor
Secretary: Barbara Madonna
Frank Ambrose
Lena Andersson
Greg Dunn
Bruce Frasier
Laurie Freeman
Michelle Haring
Diana Marshall
Crystal Stewart

Committees

Strategic Planning

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Personnel

Chair: Vince DeSantis

Finance

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Crystal Stewart

Policy

Co-Chairs: Barbara Madonna
Crystal Stewart

Capital Improvement

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Education and Outreach

Chair: Michelle Haring

Nominating and Elections

Chair: Lena Andersson

Farmers Outreach

Chair: Greg Dunn

Marketing

Chair: Diana Marshall

Membership Coordinator

Barbara Madonna

Volunteer Coordinator:

Mary Jo Brady

Bookkeeper

Cookie Fleischut

Webmaster

Ruth Levinton

As a community-owned organization, Mohawk Harvest Cooperative Market is committed to complete transparency, especially in managerial and financial matters. If you have any questions or concerns, please contact any officer or board member or email at:
[<info@mohawkharvest.org>](mailto:info@mohawkharvest.org)



The Mohawk Harvester

Published Monthly by the
**Mohawk Harvest
Cooperative Market**

Co-Editors:

Lena Andersson
Michelle Haring

Composition and Layout:
Frank Ambrose

A Super Spice

by Ginni Mazur

Wouldn't you take the opportunity to use a spice if it is believed to help prevent and/or treat cancer, cholesterol problems, type 2 diabetes, heart disease, high blood pressure, insulin resistance, stroke, ulcers, vaginal yeast infections, and wounds? Cinnamon is the spice! Cinnamon has been used since the beginning of history in anointing oils and is still used in Chinese medicine today.

Cinnamon is also one of the hottest selling spices that is carried in the co-op, sold as a powder as well as in sticks. Did

you know that the cinnamon that we use in the US is really not true cinnamon, but *cassia*? Cassia is sweeter and stronger and looks like true cinnamon and both come from the botanical family *Cinnamomum*.

Cinnamon comes from the inner bark of a tropical evergreen tree which is harvested when dried and rolled into tight quills, which we call sticks. These can be kept for up to 3 years and still considered to be fresh.

Grinding the quills makes ground cinnamon, which should be smooth rather than gritty. It can be used in many ways, from baking to fresh fruit and meat dishes. Unlike the cinnamon sticks, this form of cinnamon begins to lose its flavor after a few months. Want to read more?

www.healthnutritionalandwellness.com/blog/nutricion/5-reasons-why-cinnamon-is-a-super-spice/584/

Check out the recipes and ways to use cinnamon in the spice row!

See you there!



Meet Nicole Bruce

by Suzanne Schemerhorn

Nicole, you wear two hats at the co-op, don't you?

As you know, I am one of the two baristas at Happy Jacks Café, but I also help out in the deli as a kitchen assistant. This past spring, I was looking for a job, and I am so glad that Rev. Laurie Garramone-Rohr steered me in the direction of the co-op.

I was a shopper at the original co-op location and I liked the store, small as it was, and the concept of a cooperative market.

So what do you think of the store now that we are in the new location?

The new store has a great atmosphere and good energy, and it brings in an eclectic crowd. It's a great place to work and I really like it because I like the interaction with the people.

Have you ever worked in food service before?

Yes, I worked in a deli when I lived in Connecticut. After I graduated high school, though, I decided to travel right away and ended up living in Bulgaria, where I worked as a musician, playing in cafes and parks. The people there enjoyed the American music that I brought with me, and I have to say that there are many Bulgarians who now are familiar with The Cranberries.

And now you are part of a band here in Fulton County when you are not working at the co-op. Tell me, what else do you do with your time off?

I enjoy camping, hiking, and kayaking. The outdoors has always appealed to me. I even hiked in Bulgaria.

Do you have any favorite products here at the co-op?

I have to say that I'm a big fan of orange soda floats. And since I started working here, I never drank more coffee in my life, and I never loved it more.

That's because Happy Jacks Café has the best coffee in town! Thanks, Nicole, for all you do here at the co-op.



Save the Date!



The 2nd Annual Community Harvest Banquet, benefitting local food pantries, will be held October 1st at 6 PM at the First Congregational United Church of Christ, 31 East Fulton Street, in Gloversville. Tickets are \$50 per person and will be available at the co-op starting September 1st; seating is limited to 96 persons.

The co-op will be open until 6 PM that Saturday, so you can do some local shopping before enjoying local food prepared by Chef John Lomanto and music by Penny Jar while helping out your neighbors.

For more
Mohawk Harvest Co-op News
Visit us on the website:
www.mohawkharvest.org/

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for a healthy American future.” The arts may be just one part in spurring on that creative energy, but Micropolis Cooperative Gallery wants to be an integral part of that community.



Today there are twelve exhibiting artist members and seven patrons — key

to getting Micropolis Cooperative Gallery off the ground. Micropolis members include Betsy Batchelor, Linda Batchelor, AnnLee Clough, Rhea Costello, Carol and Jim Cownie, Connie Dodge, Michele Drozd, Susy Easterly, Michael Hine, Linda Hinkle, Michael Intrabartola, Nancy LaPorta, Pavlos Mayakis, Lynda Naske, Judy Olson, Ellen Rae Panero, Judith Plotner, Leejun Taylor and Kathryn Zajicek.



Photo by Frank Ambrose

Represented in the gallery are a variety of media including watercolors, pastels, oil, acrylics, collage, mixed media, fiber art, photography, digital art, ceramics, and woodworking. Individuals interested in applying as an artist or joining as a patron are encouraged to pick up an application form at the gallery or online at www.micropoliscollage.org.

Stop by and talk with an artist on Thursdays and Fridays between 10 AM and 4 PM or Saturdays from 9 AM until 3PM. If an artist is not on duty, purchases can still be made by taking your selection to the front check-out counter.

The Mohawk Harvest Book Club Returns

Keeping with the spirit of “The Locavore Challenge,” we’ll be reading *Mohawk* by Gloversville native (and Pulitzer Prize winner) Richard Russo this September 28 at 6:30 at the co-op.

The Book Club meets every fourth Wednesday of the month, so happy reading!



MOHAWK MEDICINALS

Honey –

The Yummiest Antimicrobial

by Laurie Freeman

A teaspoon of honey might help the medicine go down but you might be interested to know that honey is also medicinal in and of itself. I mentioned some of these properties in the April 2010 newsletter. As it is honey season now, I thought I’d expand on the medicinal value of honey. In order to be beneficial in this way, the honey must be raw. That means that it cannot be pasteurized. Pasteurization will destroy the enzymes which give honey its medicinal properties.

Why is honey pasteurized? Honey may contain spores of the organism *Clostridium botulinum*. That’s the organism that causes botulism. Botulism spores are fairly ubiquitous as they occur in soil, and therefore are present on many vegetables. These spores may cause severe illness in children under the age of one. Once the human digestive tract is fully functional, it kills the spores (as does cooking). Older children and adults have little to be

concerned about. Honey is not just a sweetener. It is a topical antibiotic, antiviral, and antifungal. Because honey is a saturated sugar solution, it attracts water. Organisms that are in the presence of honey literally become dehydrated and therefore cannot grow. Honey is also acidic (pH 3-5). Most organisms that cause infection rely on our body’s pH for a growing environment (blood has a pH of about 7.4). In addition, honey contains an enzyme that facilitates the formation of hydrogen peroxide. Hydrogen peroxide specifically destroys bacteria that grow in oxygen depleted areas (such as under the skin). One of those anaerobic organisms is the one that causes botulism. All three of the above properties make honey the perfect treatment for wounds, burns and skin ulcers. Just apply honey directly to the area.

Not only does the honey prevent infection, its use has been positively correlated with wound healing and a decrease in associated scar tissue. Studies have shown honey to be more effective than antibiotics in the healing of surgical wounds and burns (even third degree burns).

As some of you learned in last month’s salve making class, honey is a classic ingredient. This month I will be hosting a hands-on class about making skin



Chatting With Suzanne



This month, Suzanne chatted with Brie Strom.

Tell me, how long have you been a co-op member?

Well, I didn’t get in on the ground floor, but I joined as soon as I heard about it, just after the store opened. So that would be about 2 years ago.

Why did you become a member?

I was excited that the coop was there downtown. I was excited that there was something, *anything*, happening in downtown Gloversville. And I liked that it was a community-building kind of place. I had already been going to the Farmers’ Market, so this was a way to continue that type of shopping all year long.

How often do you shop at the co-op, and do you have any favorite products?

It varies. Over the summer, I usually shop weekly. Other times, I will come in every few weeks. I usually buy meat, and I love the produce. I get my staples at the co-op: rice, beans, nuts and spices. The prices in the spice department are great and by now, I have a wide selection of spices that I use.

Do you volunteer at the co-op?

I have, in the past, but not regularly because of my work schedule—just for special events. I also helped to organize the stock room at the original store location.

Brie, tell me a little bit more about yourself. Do you have any hobbies, travel experiences, or other interests?

Not really. I like to read, I like to hike... I’m thinking about joining the co-op book club this fall.

Do you have any favorite hikes?

I hike mostly with my family, so we do small local hikes, although hiking the High Peaks is on my want-to-do list. For example, I have hiked Augur Falls, near Wells, several times, from the east and from the west. As a matter of fact, I have also done those trails on snowshoes and cross-country skis.

Great- a woman for all seasons! Brie, thanks for taking the time to chat. See you at the co-op!

lotions. The class will be held at the co-op on September 22 from 7-8:30pm. The cost is \$5 to cover the cost of materials. To sign up, please contact me at mohawkmedicinals@gmail.com. I also welcome questions about natural medicinal products as well as suggestions for future articles.



Hello members! Our Co-op Board is looking for some volunteer help. In particular, we need folks for advisory roles at board meetings and for people to help with some committee work.

The Board Advisory Position entails being a non-voting member of the Board of Directors. We are specifically looking for people with retail grocery experience and/or financial expertise who can attend the monthly Board meeting (third Thursday of every month at 6:30 at the co-op).

Committees that need assistance include the Store Operations (reviews and improves in-store operations and record keeping), Finance (financial matters including budget preparation), Education and Outreach (produces the newsletter, offers educational programs, and partners with other businesses and organizations), Policy (reviews the co-op bylaws and Board Policy Manual), Marketing (handles publicity and advertising matters), and Membership (expands and communicates with members). If you are interested in helping in any of these, please email Vince DeSantis at VDESANTI@courts.state.ny.us.

Thank you!

Locavore Potluck Has Been Rescheduled...

...to (tentatively) October 23. Watch this space and emails for more information soon!

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gallery are produced by talented artists living and working within our community.

Soaps, Balms and Creams of the highest quality are produced right here, some only a few blocks from Mohawk Harvest. Little Darlings soaps and Tom & Jack's Lip Balm are produced at Full Quiver Farm in the Town of Palatine by Greg and Kirsten Dunn and their children. Hannah Hanlon and Mike McAllister produce a variety of soaps, shea butter and skin care products at their studio right here on South Main Street in Gloversville, hence the brand name, “Made on Main.”

Buying locally produced commodities rewards talent, creativity and enterprise within our own community. It keeps your money working to build a higher quality of life right here where you live because you are paying your neighbors for the goods you use rather than a manufacturer hundreds or even thousands of miles away.

Being part of the movement to rebuild our micropolis is now as easy as a visit to Mohawk Harvest.

Mohawk Holistics

by Suzanne Schermerhorn

Back-to-school sales start in July these days, although public school classes in our area generally start in September right after Labor Day, but at least the cold and flu season waits until a bit later. However, any teacher can tell you that about 2 to 3 weeks into the new school year, students start coming down with colds as the weather begins to change and the germ population in the classroom far exceeds that of summer camp or other outdoor activities.

While fighting a cold can get your immune system up and running on high before flu season starts in October, no one likes to spend days feeling under the weather. Sorry: there are no magic potions to banish those pesky colds, but you can provide your immune system with a little extra support before the snow flies and you start shivering--it could make a difference in the their duration or frequency. A healthy diet that is high in anti-oxidants (just like your mother told you a thousand times, eat your veggies!), a multi-vitamin supplement if your physician recommends one for you, regular exercise to keep your energies moving, and perhaps a trip to your co-op for a little help: all of these may help you jump-start your immune system.

Here are some products we have on the shelf that are immune-system friendly. We now carry Emergen-C for adults and children. This supplement comes in individual packets and makes a flavorful fizzy drink. For adults, it provides extra vitamin C. Emergen-C for kids is complete multi-vitamin, multi-mineral supplement in an Orange-Pineapple Explosion flavor. Counter-Attack Immuno-Response from Rainbow Light activates your natural immunity and is designed for use at the first sign of seasonal discomfort. Sambucol, the gold standard of black elderberry supplements, comes in syrup or chewable tablets. Black elderberry can support the immune system in fighting influenza viruses. For a child or an adult with an uncomfortable cold, Rainbow Light's Gummy Get Well Soothing Herbal Drops can ease symptoms and also strengthen immune function. They contain elderberry and vitamin C, eucalyptus, and calming ingredients licorice, platycodon root, loquat, peppermint and thyme.

So be prepared, take care of yourself--and eat those veggies! The upcoming cold season may not be so bad after all.

**Senior
Discount Day**
Are you 62 or older?
If so, be sure to shop at
the Co-op on Tuesdays,
where all seniors,
members and nonmem-
bers alike, receive 5%
off their entire purchase

The Co-op Knitting Circle begins Wednesday, September 14, at the co-op at 6:30! Bring your needles and yarn, projects, or just yourself for a relaxing evening of knitting. All levels of experience welcome, even if you've never touched a knitting needle before but have wanted to.



The Knitting Circle will meet the second Wednesday of every month, so mark your calendars.

Luscious Lotions Classes With Laurie

Want some hands-on instruction in making lotions and creams, especially since, as the temperatures will soon drop, your skin might need more pampering? Then sign up for Laurie Freeman's class September 22 from 7-8:30 PM. The cost is \$5 to cover materials. The class is limited to 12 attendees. If you would like to reserve a space, email Laurie (preferred) at mohawkmedicinals@gmail.com or call (518) 770-1503.

Help Spread the Newsletter...

If you have a place of business or an office or know of a location where the newsletter could be distributed, would you be willing to pick up copies of the newsletter and take them to the location..

Email to:
Education@mohawkharvest.org

How Local Can You Go?

Join the New York State Locavore Challenge and Get a 10% Discount off All Local Foods at the Co-Op!

On September 1, NOFA-NY (Northeast Organic Farming Association of New York) kicks off its New York Locavore Challenge, a personal challenge and commitment for individuals to eat only locally and sustainably produced food during the month of September. All foods must be produced locally within 250 miles (but you are allowed 5 exceptions for ingredients you can't live without, such as coffee). You can choose from many challenge options: just go to <http://www.nofany.org/events/ny-locavore-challenge> for more information and to register.

All participating co-op members will receive a 10% discount off all local foods at the coop: just be sure to bring in a copy of your registration form when you shop.

Check This Out!

The co-op's mission is not only to bring good food to the community, but to bring the community together. In that spirit, here are some titles to help you get to know our area a little bit better.

Arcadia's Publishing's *Images of America* series including *Gloversville*, *Johnstown*, *Montgomery County*, *the FJG Railroad*, *Amsterdam*, and the brand new title, *Around Caroga Lake, Canada Lake and Pine Lake* by local authors Carol Parenzan Smalley and our very own Peter Betz.

Learn about how New York State shaped our early nation in *Bloody Mohawk*, and the first local settlements with *Shtetl in the Adirondacks*, and my favorite, *They Came to the Sacandaga* (a children's book).

Hike through the Adirondacks with Barbara McMartin's hiking guides and travel along our bike trails with *Crank for Cooperstown* and *Cycling the Erie Canal*.

Trips to the Fulton County and Caroga Museums will also expand your understanding.

And don't forget fiction based in Gloversville such as Richard Russo's *Mohawk* and *Bridge of Sighs*.

Our Vision for the Co-Op

- Provide access to local foods and products at fair value
- Build a network of local providers
- Promote community well-being and environmental stewardship
- Offer nutrition information through on-going educational outreach
- Support economic sustainability of our local economy
- Provide a sense of community and belonging to our members
- Operate for the benefit of our member-owners and the community
- Become a valuable resource for the community and part of a vibrant downtown area

Have a question, comment, or suggestion for the newsletter?

Or would you like to submit an article? Then email us at mohawknewsletter@gmail.com. Please include your full name and contact information. (All articles should be around 300 words and are due on the 22nd of each month. Articles are printed at the discretion of the Education & Outreach Committee.)



Preparing and Canning Tomatoes:

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.

Selecting, Preparing and Canning Tomatoes.

Quality: Select only disease-free, preferably vine-ripened, firm fruit for canning.

Caution: Do not can tomatoes from dead or frost-killed vines. Green tomatoes are more acidic than ripened fruit and can be canned safely with any of the following recommendations.

Acidification: To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or 1/4 teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of a 5 percent acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes.

Recommendation: Use of a pressure canner will result in higher quality and more nutritious canned tomato products. If your pressure canner cannot be operated above 15 PSI, select a process time at a lower pressure. If a procedure from the USDA Complete Guide to Home Canning for canning tomatoes offers both boiling water and pressure canning options, all steps in the preparation ("Procedure") are still required even if the pressure processing option is chosen. This includes acidification. The boiling water and pressure alternatives are equal processes with different time/temperature combinations calculated for these products

How to Can Blender Ketchup

Use an electric blender and eliminate the need for pressing or sieving.

Blender Ketchup

- 24 lbs ripe tomatoes
- 2 lbs onions
- 1 lb sweet red peppers
- 1 lb sweet green peppers
- 9 cups vinegar (5 percent)
- 9 cups sugar
- 1/4 cup canning or pickling salt
- 3 tsp dry mustard
- 1-1/2 tsp ground red pepper
- 1-1/2 tsp whole allspice
- 1-1/2 tsp whole cloves
- 3 sticks cinnamon
- Yield: About 9 pints

Procedure: Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, core, and quarter. Remove seeds from peppers and slice into strips. Peel and quarter onions.

Blend tomatoes, peppers, and onions at high speed for 5 seconds in electric blender. Pour into a 3- to 4-gallon stock pot or large kettle and heat. Boil gently 60 minutes, stirring frequently. Add vinegar, sugar, salt, and a spice bag containing dry mustard, red pepper, and other spices. Continue boiling and stirring until volume is reduced one-half and ketchup rounds up on a spoon with no separation of liquid and solids.

Remove spice bag and fill jars, leaving 1/8-inch headspace. Adjust lids and follow process times for regular ketchup according to the recommendations in Table 1.

Recommended process time for Blender Ketchup in a boiling-water canner.

Process Time at Altitudes of 1,000 ft
Jar Size 0 - Pints 15 min

Community Calendar

Ongoing: Jewelry Classes, Black Bear Beads, Johnstown; blackbearbeads@nycap.rr.com

Tuesdays: Johnstown Farmers Market, Johnstown; (518) 775-7844

Wednesdays: Canajoharie-Palatine Bridge Farmers Market, Canajoharie; <http://www.clag.org>

Thursdays: Thursday Night Live Concert, United Methodist of Edinburg, Edinburg; (518) 863-2168, ony@fullersedinburg.com

Saturdays: Gloversville Farmers Market, Gloversville; (518) 853-3183

Saturdays: Latex Paint Exchange, (518) 762-2322

September 2-May 27: *Rising from the Sea: The Art of Jay Hall Connaway*, Arkell Museum, Canajoharie; www.arkellmuseum.org

September 3: Carol Parenzan Smalley discusses and signs her book, *Images of America Around Caroga Lake, Canada Lake, and Pine Lake*, Caroga Lake Marina; Info@carogalakemarina.com, www.carogalakemarina.com

September 4: Great Sacandaga Lake Ring of Fire, Mayfield; (518) 661-7711

September 10: Bark for Life of Gloversville fundraiser for the fight against cancer; Darling Field, Gloversville; (518) 774-6027, www.relayforlife.org/barkfm

September 8: Fulton-Montgomery Arts Grants Seminar, Caroga Lake Town Hall; sscarlata@saratoga-arts.org, www.saratoga-arts.org/grants/applicants.php

September 8: St Mary's Memorial Golf Classic, Rolling Hills Country Club, Fort Johnson; smrticj@smha.org

September 10: Amsterdam Free Library Literary Luncheon, Crystal Ristorante, Amsterdam; 842-8497

September 13: Meet the Artist Reception with Pavlos Mayakis, Fiber Assemblage, Northville Library Gallery; brreffitt@gmail.com, www.svanarts.org

September 13: Child Care and Back to School Fair, in Johnstown Area Community Center, Johnstown

September 14: ECSHA Book Club, First Presbyterian Church (basement), Johnstown; info@elizabethcadystantonhometown.org, www.elizabethcadystantonhometown.org

September 14: Co-op Knitting Circle, Mohawk Harvest Co-op; info@mohawkharvest.org

September 15: Mohawk Harvest Board of Directors Meeting, 6:30, Mohawk Harvest Co-op, Gloversville; info@mohawkharvest.org

September 15: 2011 Recovery Bike Night for United Way, Recovery Sports Grill, Amsterdam; (518) 842-5500

September 16: Montgomery County Office for the Aging 14th Annual Senior Picnic, Fonda Fairgrounds, Fonda

September 17: Friends of Sanford Stud Farm 4th Annual Open House, Amsterdam

September 17: Ben Franklin Visits Johnson Hall, Johnson Hall, Johnstown; darlene.rogers@oprhp.state.ny.us, nysparks.com

September 17: Home Food Preservation Class - Jams, Jellies & More, Shirley Luck Senior Center Johnstown; (518) 762-3909, www.ccefm.com

September 18: Stride and Ride for Hospice, Hales Mills Golf Course, Gloversville; cynthia@mvhcares.org, www.mvhcares.org

September 22: Luscious Lotions Class with Laurie Freeman, Mohawk Harvest; mohawkmedicinals@gmail.com

September 22: Fulton County Chamber Member Business Expo, Johnstown Moose Lodge, Johnstown; events@fultoncountyny.org, www.fultoncountyny.org

September 23: Autumn Evening on the Lake Fundraiser for David and Helen Getman Memorial Home, Lanzi's on the Lake, Mayfield; kristen@icmcinc.com, www.facebook.com/getmanhome

September 24: American Legion Riders of POST 701 Chicken BBQ & 100 Mile Ride, Amsterdam; (518) 842-2290

September 25: Curator's Gallery Talk with Ruth Greene-McNally, Arkell Museum, Canajoharie; www.arkellmuseum.org

September 25: Celebrating What You Love in Fulton County, Gloversville Public Library, Gloversville; ewood002@nycap.rr.com, www.gloversvillelibrary.org

September 28: Mohawk Harvest Book Club, Mohawk Harvest Co-op; info@mohawkharvest.org

October 1: Second Annual Community Harvest Dinner, First Congregational United Church of Christ, Gloversville; info@mohawkharvest.org, ralph.english@fmcc.suny.edu

October 1: Roast Beef Dinner, Wheelerville Union Free School, Caroga Lake; (518) 835-6884

October 1: Canajoharie Concert Series Presents the Delaney Brothers, Arkell Museum, Canajoharie; etrahan@arkellmuseum.org, www.arkellmuseum.org

October 1: 20th Annual Hagaman Art Show, Pawling Hall, Hagaman; (518) 843-2480

October 1: Hawaiian Night at the Amsterdam Elks, Amsterdam; (518) 843-9083, (518) 843-2907, (518) 842-9098, (518) 842-5422

October 1-2: ARTrails/SVAN Open Studios Fall Artist Tour; pavlos@pavlosmayakis.com, www.ARTrailsSacandaga.org

October 1-2: Classic Image Johnstown Holiday Parade Fall Festival, Sir William Johnson Park, Johnstown; (518) 848-3666

October 2: 4th Annual Community for a Cure 5K Run/Walk for JDRF, Boulevard School, Gloversville; sgrossi@gloversvilleschools.org, www.active.com

October 6: Bloody Mohawk: Richard Berleth discusses the history of the Mohawk Valley during the French and Indian War and the American Revolution, Fulton County Museum, Gloversville; JLOVEDAY@nycap.rr.com, www.fultoncountymuseum.com

October 7-9: Northville Fall Fest, Northville; yourfriends@northvillenyc.com, www.northvillenyc.com

October 7-9: *My Kind of Paradise*, Glove Performing Arts Center, Gloversville; rsamrov@hotmail.com, www.glovetheatre.org

October 8: Teddi Knapp-Painting Demonstration, Adirondack Country Store, Northville; info@adirondackcountrystore.com, www.adirondackcountrystore.com

October 8-9: ARTrails/SVAN Open Studios Fall Artist Tour; pavlos@pavlosmayakis.com, www.ARTrailsSacandaga.org

The 3/50 Project: Saving the Brick and Mortars Our Nation Is Built On

The 3/50 Project is a simple idea that has grown into a national movement. Pick 3 local businesses (independent retail stores), spend fifty dollars a month at each store, and start saving the local economy. The basic premise of spending dollars locally is not new to this area. In fact, our Fulton County Chamber of Commerce and the Gloversville BID are listed as supporters of the project.

The website, www.350project.net, is loaded with ideas and resources for businesses and consumers. It reminds us that for every \$100 spent at locally owned independent stores, \$68 (national average) stays in the community in the form of taxes, payroll and other expenditures. If consumers spend that in a national chain store or restaurant, only about \$43 stays locally. Spend the same amount on-line and virtually nothing is returned locally.

It just takes a conscious moment to think about where we are spending our money. The bumper sticker, "Observe, choose and act," says it all. Our community's strength is built on our local economy. Let's keep it strong by using the 3/50 Project as a starting point for any future purchase. Together we can make a difference.

