



RPEC NEWS

The newsletter of the Richmond Peace Education Center

September/October 2007

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Profiles in Peacemaking: Peacemakers of the Year

Seeking Hope After Tragedy RPEC's 2007 Peacemakers of the Year: Heidi Abbott, Carter Carpin and Kristin Hott

Ruth Anne Young

After the initial shock and anger that hits after a violent tragedy, how do we respond? Do we allow ourselves to become bitter and cynical, or do we find a way to remain hopeful? RPEC's 2007 Peacemaker of the Year Award winners serve as examples to us all for how to respond with hope after an unthinkable act of violence.

For anyone living in Richmond on January 1, 2006, the story of the senseless and brutal murders of the Harvey family, Bryan, Kathryn, Stella, and Ruby, was inescapable. For those who were close to the family, it was unimaginable and devastating.

After the initial shock of the tragedy, Hott and Carpin, who were friends of the Harvey family, found comfort in daily phone conversations. During those conversations they discussed ways to respond to the intense emotions that had surfaced. They did not want to give in to bitterness and began to focus on what they felt were the only things keeping them going...love and connectedness. Out of those conversations, a vision for NotWithTheseHands.org began to take shape. A few months later,



Heidi Abbott, who was also deeply affected by the Harvey family murders, joined as a co-director.

Together, the three women launched the NotWithTheseHands.org website. This website encourages individuals to submit pledges that answer the question, "What is your vision for nonviolence in our community?" By asking this question, they state on their website that they hope to

"highlight the roles that 'regular people' see for themselves in this important work. Focusing on acts of understanding, patience, and compassion, we hope to help you see a path to nonviolence that is engaging, less hampered by stigma, and will speak to you in a personal way. . . We hope to inspire you to be the change you want to see in this community. We are bound by a spirit of action, of compassion, and of hope for the future."

Pledges submitted on-line are available for others to see. Pledges came in as poems, essays, songs, and images. They came from school chil-

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Reflections

Cathy Woodson
Chair, RPEC Board of Directors

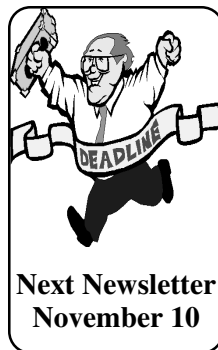
Friends,

A new life brings joy and happiness to family and friends. The Richmond Peace Education Center is experiencing the joy of our newest member, Sahara Scharf Williamson, the daughter of Executive Director Adria Scharf and Thad Williamson.

Our greatest gift to Sahara and all the children of our community is our responsibility and commitment to creating a culture of peace in Richmond and the surrounding areas. We can use our experiences and the experiences of others to create an environment that believes in dignity and respect for everyone. Sharing our experiences and listening to others share their experiences offers opportunities to learn from people who come from diverse economic, educational, racial and ethnic backgrounds. Valuing people and their experiences leads to greater understanding and trust.

The programs of the Richmond Peace Education Center offer tools that assist us in our daily lives so that we model techniques and skills for our children. By becoming stronger peacemakers, working for justice and peace, we become the evidence for the children and adults; giving them a different way to be in this world. This is our mission and responsibility. We can use peace principles everyday, in our daily lives, becoming stronger role models for adults and children. This will influence our schools, businesses, government, appointed and elected leaders, community, law enforcement and other institutions that affect our lives.

The Richmond Peace Education Center continues to think about how to make this a reality through the programs and resources for the community. We invite you to renew your commitment and work with us. We need you, ask your neighbors, faith community, civic and social organizations to join the peace center, we cannot do this alone, and we need everyone in our circle building and influencing a culture of harmony. What a wonderful gift for all, peace.



Next Newsletter
November 10

RPEC Web Page:
<http://www.rpec.org>

Profiles in Peacemaking

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dren and older adults, individuals and organizations, faith communities and even one town council. People and groups all over the metropolitan area became engaged in asking the question and committing themselves to nonviolence as a result of the work of NotWithTheseHands.org.

The official mission of the organization is *"to increase dialogue and civic engagement around issues of violence and to link people to violence prevention resources in the Greater Richmond Community."* To help with linking people to resources, NotWithTheseHands.org includes on its website contact information for a large number of organizations working to reduce violence in the metro area. These include 24 hours crisis lines as well as so many prevention organizations, that they are grouped into 19 different categories ranging from Anger Management Resources to Re-entry/ Ex-offender Assistance Education and Youth Development. Whether you need help responding to violence you have experienced, you want to volunteer to work to reduce violence, or you are researching a topic related to violence, you are sure to find just the right resource here.

When discussing the beginnings of NotWithTheseHands.org, Ms. Hott says, *"In some ways I think we did this from a desire to heal ourselves and others, something that as it grew we understood had similar meaning for others, in their own way. . . We were wounded and proceeded from the gut, a place that so many react from in times of struggle or pain. We all have that choice, I suppose. To reach out or to fold in on ourselves. It can be harder to reach out, but the rewards are so great. . . There are so many in the world who think they are alone and don't know how to break a cycle, make a change, or speak up and have someone understand. This community is rich with love. I have no doubt*

about that. It is what keeps me believing that nwith.org does have a place or a job to do. We don't want to offer our own programs, raise lots of money or any of the things I suppose we could do. It is all still about that basic connection with other people; the conversations and movement that comes from one person being understood by another. Our issue is non-violence, but it could just as easily be called love. It is truly what the world needs now."

On May 20, 2007, NotWithTheseHands.org sponsored a nonviolence festival in Richmond's Byrd Park. Many people came to celebrate and create pledges. As part of this event, the group launched its quilt project. Individuals now have a new option for the form their pledge can take -- make a quilt square. The quilt project has continued at other community events. To date, they have completed 6 quilts, each with 120 quilt squares and have since collected 200 more at community events. They will be at the Family Peace Festival at St. Joseph's Villa on September 23, 2007. Quilt squares will again be available for those who wish to add to this project.

In addition to beginning the quilt project at the May 20th event, approximately 200 essays submitted by school children as part of RPEC's peace essay contest were on display that day. This year's essay contest was held in collaboration with Not With These Hands by making the topic for the essay, *"What is your vision for nonviolence in our community."*

Combining all the submissions from the website, the essay contest, and the quilt project, nearly 500 pledges have been generated. For Ms. Abbott, *"the most rewarding and significant thing about the Pledge Project were the pledges themselves. They ranged so extensively in medium, vision, creativity and form. Several come to mind. The first is the one on the website from a*

business man who in two simple sentences pledged to do everything he could to help successfully rehabilitated ex-offenders re-enter the workforce and he committed to hiring them in his business. I've talked to many folks in law enforcement who think that getting ex-offenders successfully reintegrated back into society is critical to stopping the cycle of violence, and the fact that this gentleman was willing to make that pledge in a very public way spoke volumes for me."

In considering the future of NotWithTheseHands.org, Ms. Carpin responds, *"we are dedicated to continuing our original mission with creative projects which will hopefully engage the community, offer healing, and perhaps turn the tide of indifference that often surrounds the subject of violence in our society. We are also in the talking stages of adding a page to our site where family and friends can honor their loved one. This idea came about after attending the candlelight vigil at city hall honoring victims of violent crime in December . . . but [we] have not finalized it yet."*

We all have a choice in how we respond to the violence around us. In seeking their own healing, Heidi Abbott, Carter Carpin and Kristin Hott have given us all a great resource and hundreds of examples of hope from each and every pledge that has been collected. They continue to gather pledges and to share that hope, even beyond Richmond. Their website receives visitors from around the world. If you have not made your pledge, consider doing it today.

Join us in honoring Heidi Abbott, Carter Carpin and Kristin Hott as RPEC's Peacemakers of the year on Saturday, November 10 (see details on page 6).

Profiles in Peacemaking

Waiting in the Dark

Rev Judith Bennett

Her picture appeared in YES Magazine in the Spring of this year, as one of “The Defenders” - - those who have spoken, continue to speak, on behalf of torture victims in Guatemala. She sits quietly in a garden, apparently deep in thought, and if you knew nothing of her history, you might think she was a sweet young woman, pensive, perhaps in prayer. She is Sr. Dianna Ortiz, an Ursuline nun from New Mexico who went to Guatemala as a missionary in the early 1980s to teach children.

Ortiz was subjected to torture and repeated gang-rape at the hands of armed Guatemalan agents under the supervision of an American, believed to be with the CIA. Her story is horrible and she is at a loss to explain, to herself or to the world, how she survived. She almost didn't, returning to this country broken, with memory of her life before the experience obliterated, haunted by what had happened to her but, in time, determined that because she had, in fact, survived, she had a responsibility to speak for those who did not. Eventually she wrote a book - - *The Blindfold's Eyes: My Journey from Torture to Truth*, published by Orbis Books in 2002. One reviewer called it “timely, but no easy read.” Writes Rebecca Cunningham, the book “is more than a documentation of tor-



Sister Dianna Ortiz
Photograph by Eddie Adams

ture and the paper chase towards truth.” It is also “a moving testimony to the thread of hope that binds Ortiz to the sacred fabric of trusting relationships. Though she is at times betrayed by members of her community, her legal team and U.S. officials, she ultimately comes to recognize the strength and the solidarity that she receives from family members, co-workers and other torture survivors.”

Ortiz is now the Executive Director of TASSC International (Torture Abolition and Survivors Coalition International), the only organization founded by torture survivors, whose mission is to abolish torture wherever it occurs. In that capacity she

spoke out in 2005 following President Bush's appointment of Alberto Gonzales as Attorney General, condemning Gonzales' opinions on the permissibility of torture, which ultimately were played out at Guantanamo and Abu Ghraib. The damage the Bush administration has done, she said, “is irreparable” and she asks, “At what point will we say no? At what point will we distinguish ourselves from the American in the prison where I was tortured who had the power to save dozens of Guatemalans but shut the door on their screams?” Meanwhile, even as she speaks and writes and advocates for torture survivors, Ortiz longs to leave her own experience behind but, she writes, “I cannot resign myself . . . and move on. I have a responsibility to the people of Guatemala and to the people of the world to insist on accountability where it is possible (because) I know what it is to wait in the dark for torture, and what it is to wait in the dark for the truth. I am still waiting.”

The following websites are recommended for those wanting to learn more about torture and its impact on victims and those who inflict it:

www.tassc.org,
www.neverinournames.com,
www.blogagainsttorture.blogspot.com.

Happenings at the Center

RECENT EVENTS

Second AVP Basic Workshop at Women's Prison

On July 28 and 29, 2007 we had our second Basic Level AVP at the Virginia Correctional Center for Women, with 16 participants and a team of 4 AVP facilitators

Our workshop went exceptionally well! The women were great, and seemed to set a record for how quickly they got the concepts. Many appeared to have truly transforming experiences.

We already have an Advanced AVP scheduled for the first weekend in December. The women from both this workshop, and the one we conducted in February of this year, have expressed much enthusiasm about continuing the training. We hope to have enough participants to offer a training for trainers in 2008 and have "inside trainers" ready to apprentice with our future AVP teams.

Cindy Sheehan Visits Richmond

On July 21, anti-war activist Cindy Sheehan and her cross-country caravan made a brief stop in Richmond. The activists were on their way to Washington, DC, to push for the impeachment of George W. Bush and Dick Cheney.

With very short notice, a group of almost 100 local supporters turned out to hear Sheehan and others address a Saturday afternoon rally in Byrd Park. She and other speakers urged citizens to contact their Congressional representatives, in support



of a bill of impeachment. The activists were also promoting a national rally calling for impeachment to be held in the capital on September 15. Sheehan has also said she is considering a run for Nancy Pelosi's House seat, if the Speaker doesn't move Congress forward on the issue.

RPEC staffer Paul Fleisher spoke briefly at the rally. Fleisher outlined a long list of actions taken by the current administration--including the use of torture, warrantless searches, and the detention of suspects without charges--that could be considered impeachable offenses.

2007 Peace Summit

This past June, representatives from 10 peace centers and social justice organizations from around Virginia met at Shannon Farm to share stories and challenges. These peace centers have been meeting annually for over twenty years, and each year interesting ideas and programs are presented and discussed. It also provides an opportunity to make personal connections. Of the five peace centers represented, two (RPEC and the Plowshare Peace Center) have paid staff. All of the centers have active

programs opposing the Iraq war and several do anti-death penalty work. Some of the interesting ideas included the work of Code Pink and an initiative in Hampton Roads to establish a coffee house outside a military base. The group agreed to meet again next June in conjunction with the People United gathering at Shannon Farm.

UPCOMING EVENTS

Richmond Youth Peace Project Stays Busy

RYPP, the Peace Center's youth conflict resolution program, has been active over the past few months. In July, several youth trainers, along with members of RPEC's adult CR team, led a series of workshops for the Berryman Center's summer camp. In August, RYPP hosted a picnic at Forest Hill Park. Despite the hot weather, about 25 young people, parents, and adult supporters got together for a cookout, conversation, and getting-to-know-you activities.

In late September (after press deadline for this issue), RYPP planned a two-day workshop to prepare a new group of 20 youth conflict resolution trainers. Meanwhile, RPEC staff is arranging for additional opportunities for our youth trainers to put their new-found skills to use. Educators and youth leaders who would like to take advantage of this service should contact the RPEC office. RYPP youth trainers always work with the supervision of an experienced adult CR trainer.

This month, RYPP youth and

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Happenings at the Center

adult sponsors will begin preparing for our fourth annual Edu-concert--part of the Living the Dream commemoration of the life and work of Dr. Martin Luther King. Last year's show drew an audience of about 300. Anyone interested in participating in this year's program should email rypp@rpec.org, or call the RPEC office.

Racial Justice in Richmond Workshop to Begin October 16

After several months of planning, the RPEC has scheduled the 4-part workshop--Racial Justice in Richmond to begin on Tuesday, October 16. The workshop will take place on alternate Tuesday evenings, at St. Gertrude's High School, 3215 Stuart Avenue. Each session begins at 6 p.m., and ends at 8:30 p.m. Participants may also convene at 5:30 for an optional brownbag dinner and conversation.

The dates and titles of each session are:

- Tuesday, Oct. 16: What is Racial Justice?
- Tuesday, Oct. 30: Race & Power in Richmond
- Tuesday, November 13: Racism & Violence
- Tuesday, November 27: Taking Action for Racial Justice

The workshop's aim is to build solidarity among individuals and organizations in greater Richmond as we work towards social, economic, and environmental justice for all. Our intent is for partici-

pants to enhance their understanding of issues of racial justice in the region, and develop a deeper commitment to making our community a better environment for diverse racial and ethnic groups. We hope participants will leave the final session with the beginnings of a collaborative action project.

Registration is limited. As of this writing, there may still be spaces available for additional participants. We ask each registrant to make a commitment to attend all four sessions. The registration fee for the entire series is \$25. Scholarships are available. Those who cannot be accommodated in the fall series will be placed on the list for the next session--tentatively scheduled for early 2008.

SUPPORT RPEC

Commonwealth of Virginia Campaign and other Workplace Giving Campaigns

Are you an employee of the State of Virginia? A Federal Employee? Does your office participate in any other workplace giving program like the United Way Campaign. If so, you have a terrific opportunity to help the Peace Center. The Commonwealth of Virginia Campaign (for State Employees) will be held from October 1 to November 30. RPEC has been approved as a participating charity in this program. If you designate RPEC as the recipient of your pledge, RPEC will receive 100% of your donation. In addition, we will receive an extra do-

nation of approximately 8% due to matching or undesignated dollars.

If your employer has a workplace giving program, whether it's the CVC, the Combined Federal Campaign, the Local Government and Schools Campaign, the United Way Campaign, or some other program, please be sure to designate RPEC as your chosen charity

November 10 Auction Features Something Old and Something New

This is one event you won't want to miss! The annual RPEC auction will be held Saturday, November 10, 6-10 PM at the Troutman-Sanders Conference Center on Brown's Island.

Our new location offers a magnificent nighttime vista of the James River and plenty of free parking. Auctioneer Karen Murphy will once again conduct the live auction. And we will honor the founders of Not With These Hands, Heidi Abbott, Carter Carpin and Kristin Hott, with our Peacemaker of the Year award.

What's New?

- A new venue – the Conference Center on the top floor of the Troutman Saunders Building on Brown's Island, with a spectacular vista of Richmond and the James River.
- Free parking in the building's parking deck for all guests.

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Happenings at the Center

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- A new night-- Saturday evening, instead of Friday.
- Music by Rickey Denton and Richmond harp students.
- New and interesting items to bid on.

What Hasn't Changed?

- Many of our favorite auction items will be available again this year.
- Presentation of our award for Peacemaker of the Year
- Karen Murphy will again pre-side at the live auction.
- Delicious catered buffet.
- The chance to mingle with friends from the Peace Center.

There is still time to donate an item to the auction (Deadline: Oct. 15.) We want to feature items created by our members – food, crafts, services... If you have something to share, call Johnnie at the RPEC office (232-1002).

Make your reservations now for Saturday, November 10, 2007. Email reservations@rpec.org, or call 232-1002.



Virginia at 98 and Counting

Jack Payden-Travers, Director, VADP

Oct 17th is the date now set for the 99th execution. In June Gov. Kaine stayed previous date of execution of Christopher Scott Emmett to give the US Supreme Court a chance to hear Mr. Emmett's appeal. The Court reconvenes on Oct. 10 and at that time normally announces what cases it will accept. Given the few cases that the court accepts we need to plan as if the execution will proceed. A case history of Chris Emmett is available at <http://www.vadp.org/christopherscottemmet.html>.

What we in the abolition community need to be working towards to halt this cycle of violence is generating support for a Governor's Study Commission on Capital Punishment and a simultaneous moratorium on executions. Given the fact that Gov. Kaine is on record as supporting a moratorium, as he stated during his successful run for Lt. Governor, this is a realistic goal. The Virginia Moratorium Campaign includes RPEC, the ACLU of VA, the Virginia Interfaith Center on Public Policy and other groups and is coordinated by Virginians for Alternatives to the Death Penalty. It will be working towards this outcome through a public education campaign and the passage of moratorium resolutions by businesses, churches, civic groups, schools and

legislative bodies such as city and town councils, county commissions, etc. We need to convince Tim Kaine that as Virginia moves into our fifth century it is time to bring an end to state-killing. Let's truly embrace the future and acknowledge all the victims of Virginia's 400 years of executions. Should you wish to bring a speaker to your congregation, school or civic group please contact VADP at 888-567-VADP.

The annual conference of Virginians for Alternatives to the Death Penalty is to be held in Charlottesville on Saturday Oct. 20th. One of the guest speakers is Ron McAndrew, the former warden of Florida's death row who is now speaking out for abolition. Ron will be available for talks here in VA several days before and after the VADP conference. That is also Amnesty International's Weekend of Faith in Action.

Nov. 17 at Centenary United Methodist Church, VADP will co-sponsor with the UMC a day-long workshop on Capital Punishment entitled "A Closer Look at Virginia's Death Penalty." More information about these events and others can be found on the VADP website: www.VADP.org.



From the Political Economy of War to a Political Economy of Peace: The Challenging Vision of Gar Alperovitz

Thad Williamson

Why must peace movements always be in reactive mode, responding after-the-fact to the aggressions caused by our leaders? And what is it about the American political-economic system that makes war such a recurrent feature of our national life? Does it have to be this way?

Those are just a few of the provocative questions noted historian and political economist Dr. Gar Alperovitz posed this past March in a lecture at the University of Richmond, sponsored by the Richmond Peace Education Center.

Alperovitz, the Lionel Bauman Professor of Political Economy at the University of Maryland and President of the National Center for Economic and Security Alternatives, is probably best known for his work as a historian on America's use of atomic bombs on Hiroshima and Nagasaki at the end of World War II. In his 1965 classic *Atomic Diplomacy* as well as his 1995 sequel *The Decision to Use the Atomic Bomb*, Alperovitz drew on close analysis of diaries, interviews, memoirs, intelligence reports, military records, and other documents to argue that the Truman Administration did not drop the bombs on Japan out of military necessity or because it was the only way to avoid a costly invasion. Rather, the Truman administration was primarily motivated by geo-political concerns, especially the desire to impress the Soviet Union.

In subsequent work, Alperovitz has described what happened at Hiroshima and Nagasaki as part of a culture of violence endemic to



the United States. Time after time, the American government has seen fit to intervene militarily in other parts of the world, arguing that vital security interests are stake. But even the Vietnam quagmire was not enough to dissuade American leadership from entering into an equally hopeless engagement in Iraq. And while many Americans are opposed to military adventurism, for the most part the American populace acquiesces in this projection of violence.

It never occurs to the young people of countries like Canada, Denmark or Holland that it is "normal" to be asked to fight for one's country in distant locations around the world. But in the United States, the notion that protecting freedom requires periodically sending many of our young men and women into combat on the other side of the world is widely accepted across the political spectrum.

In his UR talk, Alperovitz emphasized that the recurrent projection of violence by the United States is not random, or simply the product of "bad decisions" made by leaders such as Lyndon Johnson and George W. Bush. Instead, that violence is driven by core features of our political economic system.

Consequently, peace activists must be willing to confront the systemic roots of American militarism if we wish to build a genuinely peaceful society.

America's propensity for war is linked to our political-economic arrangements in at least three fundamental ways. First, there is the military-industrial complex itself—a powerful alliance of defense contractors and Pentagon officials with a vested interest in a large military and a continuous stream of new weapons programs, as well as the politicians who support them.

Here it is important to notice the political incentive. Elected officials have to support continued military spending at a high level. (America now counts for over one-half of the world's military expenditures.) Literally every Congressional District in the nation hosts either a military base or a military contractor, and no representative wants to see jobs cut in their locality.

Indeed, representatives more commonly try to steer contracts to firms in their own districts. The military, in short, has exploited the universal desire of politicians to deliver jobs to their constituents to make its own budget almost impregnable politically.

The second systemic way our political-economic system is linked to recurrent projection of violence is through the expansionist nature of our economic system. Most Americans take it for granted that sustaining the American way of life requires secure access to for-

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The Challenging Vision of Gar Alperovitz

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eign oil; if you accept that premise, then the notion that we have vital “security” interests near the world’s oil-rich hot spots becomes vastly more plausible.

Beyond this, most of the Washington political elite believe it is in the national interest to secure and maintain the access of American corporations to markets around the world. Capitalist growth requires finding new markets, the world over. While opening up a new market is not generally regarded as sufficient reason to start a war, it is plausible to think that having a large, active military presence might help grease the wheels of American business interests operating abroad.

Third, the imperialistic tendencies of the American system tend to take on a life of their own. Few Americans are aware, for instance, that we operate over 700 military bases worldwide. Pentagon officials are never asked to explain how or why maintaining this presence is necessary for national security. Further, the very fact we have such a huge military creates the expectation that we will, from time to time, use it.

In Alperovitz’s view, protesting periodic wars is not a sufficient response to these systemic forces. Rather, peace activists need to be thinking about laying the architecture for a new political-economic system not predicated on continual expansion, worldwide dominance, or a vast military apparatus.

In recent books and essays—most notably his 2004 book *America Beyond Capitalism: Reclaiming Our Wealth, Our Liberty, and Our*

Democracy—Alperovitz has gone beyond critique of the status quo to think positively about how the system might be changed for the better. Specific ideas include supporting community-controlled, locally-owned business, challenging the increasing concentration of income and wealth in the United States via worker-owned firms and other institutions which hold wealth on behalf of broad publics, and enhancing liberty by moving toward shorter work weeks.

Reforms like these could enhance prospects for peace in several ways. A society in which wealth and opportunity were distributed more equally, for instance, would likely produce fewer young people who believe that volunteering for the military is the best way to get ahead. A society in which productivity growth translated into shorter work weeks would produce citizens with more time for activism and holding government accountable. And, most fundamentally, a society which practiced community and took seriously the ideals of equality and liberty at home would be less inclined to export violence and domination abroad.

The long term goal, then, should not simply be to enact a laundry list of policy improvements. Rather, the goal should be to reconstruct the power structure of the American political-economic system, from the bottom up. The long term aim is a system in which ordinary people can influence the shape of major public policies in a substantial way, rather than a system in which a narrow group of elites make enormous decisions about war and peace, leaving the rest of

us to either go along or protest after the fact.

Alperovitz labeled his talk a “hard rap,” and this set of ideas both challenged and inspired his audience. While the systemic barriers to peace are daunting, Alperovitz noted that history is filled with numerous examples of fundamental change against huge odds, changes that seemed impossible beforehand: A few examples include the Civil Rights, Feminist, and Environmental movements—and going a bit farther back, even the American Revolution itself. Alperovitz argues that serious, systemic change is possible—not inevitable, but possible—in the first half of the 21st century. Indeed, widespread awareness that there is something fundamentally wrong with “the system” continues to grow, as does the hunger for constructive responses.

Members of the RPEC community who share that hunger are encouraged to learn more about Dr. Alperovitz’s work, as well as the exciting growth of community-controlled economic development around the nation, at the websites americabeyondcapitalism.com and community-wealth.org.

Thad Williamson is Assistant Professor of Leadership Studies at the University of Richmond. He was a contributing researcher to Dr. Alperovitz’s books *The Decision to Use the Atomic Bomb* and *America Beyond Capitalism*, and is co-author with Dr. Alperovitz and David Imbrosico of *Making a Place for Community: Local Democracy in a Global Era* (Routledge, 2002).

Consumers Corner

Eggs and Dairy Products

John Gallini and Alisha Gallini

In a recent issue of this newsletter we talked about meat and how we made choices related to meat products. The issues that dictated our choices there are the same issues that dictate our choices about eggs and dairy products:

- How are the animals raised?
- What is their food source?
- Are the products produced and processed locally?

These same considerations apply equally to eggs and dairy. Are the chickens that produce the eggs or the cows that produce the milk, cheese and butter raised locally as “free-range” animals? Is their feed grass or corn?

As far as we know, even “free-range” chickens get most of their sustenance from corn. So the question becomes are the chickens, in fact, “free-range”? Do they spend most of their lives with the option of being outdoors, where they can find other food sources, or are they raised in crowded pens? Fortunately, local, free-range eggs are available in Richmond pretty much year-round. Eggs from Brookview Farm and from the Farmers’ Market are superior in taste and nutrition.

Some of the sources are:

- Farmers market on Thursday mornings (\$3-4 per dozen)
- Brookview Farm (Sat. AM, out Rte 6, about 5 miles past Rte 288) (\$4 per dozen)

- Ellwood-Thompson and Good Foods Grocery (\$4-5 per dozen)

Other sources of eggs include:

- Non-local, organic eggs from Good Foods (\$3 per dozen)
- Ukrop’s free range eggs (\$2.50 per dozen)

Good Foods and Ellwood Thompson groceries carry milk from Yoder Dairies, which gets milk from two local, privately owned farms. One is in Chesapeake and the other is in Farmville. The cows are grain fed and graze daily (not sure how much time). Both farms pledge no added growth hormones. The milk is pasteurized but not homogenized. The price is \$3.50 per half gallon plus \$1.50 bottle deposit, which is credited when you return the bottle to Good Foods. I now return empties when I buy new milk. Like breaking down boxes for recycling, it is not an inconvenience once you adopt the habit. One warning, the milk does not last as long as the super-pasteurized industrial milk. It goes bad within a day or two of the date on the bottle and the date will be no more than a week into the future. So, check the date on the bottle and buy only the amount you will drink in that time period.

Organic Valley is made up of more than 600 organic farmers in 16 states and one province in Canada. Organic Valley was founded by farmers, is owned by its farmers, and is driven

by a mission to save family farms, as well as to give future generations an opportunity to farm. All its products comply with strict organic standards. The main distribution center is in Wisconsin. Products are available at Good Foods Grocery and Ellwood-Thompson. The price is about \$4 per half gallon.

Marva Maid Dairy, located in Newport News, is a division of Maryland & Virginia Milk Producers Cooperative Association Incorporated. The milk comes from local, mostly small dairy farms, but is not certified organic (so cows may be treated with antibiotics and do not have to have access to pastures). Products are available at Food Lion, Farm Fresh and 7-Eleven. The milk is \$2.79 per half gallon.

Local (Virginia) cheese is available at Ellwood Thompson from places such as Marshall Farms, Meadow Creek, and Sullivan Farms. The prices are around \$10 / lb. Organic Valley cheese is also available at a similar price. This is a substantial premium over the \$3.50/lb price for cheese at stores such as Ukrop’s.

We are always happy to receive comments and suggestions relating to past or future topics (via e-mail to gallinjb@aol.com).

CALENDAR

Meetings of Local Groups

Every Sunday	Food Not Bombs Richmond-Meal Sharing , 4:00 P.M. in Monroe Park. Hotline # 359-4880 for details
Every 3rd Wed.	Amnesty International , University of Richmond campus. Contact Ray Hilliard at 289-8289
Every 3rd Friday	Sufi Dancing: Dances of Universal Peace , 7:30-9:30 PM except Oct. Round House, Byrd Park. 353-4901
Every Thursday	Richmond Organization for Sexual Minority Youth (ROSMY) , 7:00-9:00 PM. Call support line: 353-2077 for more information; 353-1699 for the administrative line.
Every 3rd Saturday	Equality Virginia , 12:00 noon at the office. A political advocacy group working towards equal rights for lesbian, gay, bisexual and transgender citizens of Virginia. Open to the public. Contact number is 643-4816.
Every 4th Saturday	Pax Christi Peace Community - Call Paula Powdermaker for details - 355-7395
Every 2nd Saturday	Walk for Peace - 9:00 AM - 10:00 AM. Meet at the Boulevard entrance of the Virginia Museum. Wear black.
Every Friday	Protest the War on Iraq - Noon til 1:00 PM at 10th and Main Streets.
1st & 3rd Weds.	The Hanover County Umbrella of Peace group - 10:00 AM In the Parish House of Immanuel Episcopal Church, 3263 Old Church Road, Mechanicsville, VA, 23111. For more information, contact 804-781-1602.
Every 3rd Tuesday	Dances of Universal Peace meets at The Camel (1621 W. Broad St.) at 7:30 PM. Contact Farid Alan, 319-0571

UPCOMING EVENTS

Racial Justice in Richmond Workshop - on alternate Tuesday evenings, at St. Gertrude's High School, 3215 Stuart Avenue. Each session begins at 6 PM and ends at 8:30 PM.

Tuesday, October 16: **What is Racial Justice?**

Tuesday, October 30: **Race & Power in Richmond**

Tuesday, November 13: **Racism & Violence**

Tuesday, November 27: **Taking Action for Racial Justice**

See p. 5 for details

Aubrey Brown Peace Forum - Andrew Taylor-Troutman, a student at Union-PSCE, will lead a six-session study entitled "**Interfaith: A Calling, A Joy, and A Commitment.**" The series will be held in the Fellowship Hall at Ginter Park Presbyterian Church (3601 Seminary Ave.), Sunday mornings at 9:30 AM.

Sept. 16 & 23 -----**Interfaith as a Calling**

Oct. 7 & 14 -----**Interfaith as a Joy**

Oct. 28 & Nov. 4 ---**Interfaith as a Commitment**

October 17 Bon Air Presbyterian will be hosting a showing of the film 'Ghosts of Abu Ghraib' on Wednesday eve at 7 PM at 9201 W. Huguenot Rd. For information contact Mark Siegel (marvils@hotmail.com) 323-1828. **This film is for mature audiences only.**

October 24, Richmond activists Tyla Matteson and Phil Wilayto will report on their visit to Iran, as part of the People's Peace Delegation to Iran. The program will be held at 7 p.m., at the Richmond Friends Meeting, 4500 Kensington Avenue. The program, co-sponsored by RPEC and the Richmond Friends Meeting is free and open to the public. The delegates spent eleven days visiting various locations throughout Iran. During the trip they met citizens, members of the Revolutionary Guard, and one of Iran's vice-presidents. The speakers will share photos of the trip, discuss their experiences, and address concerns about current relations between Iran and the United States.

November 10 The annual RPEC auction - See p. 5 for details



**Don't Miss the
Richmond Peace Education Center Auction**



**Saturday, November 10, 6-10 PM at the
Troutman-Sanders Conference Center on Brown's Island**

**Honor the founders of "Not With These Hands"
Heidi Abbott, Carter Carpin and Kristin Hott
Peacemakers of the Year award**

**Music by Rickey Denton and Richmond harp students.
New and interesting items to bid on**

**Make your reservations now
Email reservations@rpec.org, or call 232-1002.**



**Richmond Peace
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