



YPSI MIX

August 2019

312 N. River Street, Ypsilanti, MI

48198

August Events

Ypsi Fest

Friday, August 23 through
Sunday, August 25
Depot Town, Ypsilanti
Join us at our booth in
Riverside Park, selling fruit
to fair goers for a healthy
food option! Volunteers are
needed for the booth all 3
days; see the signup in the
store!

YFC Board Meeting

Tuesday August 20th
6:30 pm
Board meetings are open to
the public unless an
executive session has been
called.

YFC Talk and Tour

Orientation of the Co-op
Thursday, August 29th
4 pm @ the Co-op
Join us to find out all the
ins and outs about co-ops
and YFC and receive a 10%
coupon.

Labor Day

Monday, September 2
Open 9 am to 3 pm

YFC Social



It is almost time for the best local festival Ypsilanti has to offer!

Friday 2p - 12a
Saturday 10a - 12a
Sunday 10a - 6p

Celebrating our past, present and future with your friends and neighbors at Ypsi Fest, there is something for everyone!

To learn more about the current list of events and vendors go to Ypsilanti Heritage, Arts, and Entertainment Festival on Facebook. YFC will be in the park selling fruit, so stop by or volunteer for a shift. The sign up is in the store!

Prepare for the Summer Heat by Celeste McClellan

This summer we in Ypsilanti have already experienced several days of temperatures well above 90 degrees. We have also had several perfect temperature days and lots of sunshine and, earlier this summer, many days of rain and coolness. With August upon us we expect "The Dog Days of Summer" which, according to the Sirius myth of ancient times, were connected with drought, sudden thunderstorms, lethargy, fever, mad dogs, and bad luck. and heat and humidity as well. But here in Ypsi most people probably aren't contemplating the Dog Star, but rather are thinking about going outside to picnic, hike, camp or just

going to cool off in a swimming pool or nearby lake.

We always expect heat and rain in the summer. But in this age of existential climate change I definitely am prudent about protecting myself from the elements. So first of all I make sure to grab my wide-brimmed hat when going outside, and I take a bottle of water. I also carry an extra bottle of water on walks to offer Tuko, our Mini Schnauzer, since dogs don't always tell their people right away when they're thirsty or need some pats of cool water on their belly.

Also when venturing outside I like to have sunscreen on hand. To find good sunscreen and other helpful wares all I have to do is walk down the street to our Ypsi Food Co-op.
Continued on page 2.....





One can find insect repellents, calming ointments for itchy or swollen bites and many remedies for little or big boo-boos that might happen during outdoor activities like hiking, camping, boating, swimming, etc.

Once the Co-op has met all your needs for possible summer mishaps, you're finally ready to hit the food aisles to supply everything for your outdoor picnic, camping trip or backyard barbecue. The Co-op can meet all your needs for outdoor fun and food. YFC has fresh bread, meats, veggies, prepared deli snacks, drinks, picnic utensils, etc. And don't forget the after-meal sweets from our bakery.

My personal outdoor venture this summer consisted of home repairs and renovations on our picket fence. Barbara and I were outside most of this past month doing fence and gate renovations. It got hot fast, even when we started early in the mornings and made sure we were shaded by moving the patio umbrella around! Doing repairs and restoring and

painting the fence and gates was exhausting at times but also rewarding work, and it was fun to see the daily results. And when I got an occasional mosquito bite (although fewer this year, which I attribute to my ever-healthier Co-op based diet!), I applied calendula gel to ease the sting and itch of the bite(s). Some days it would just get too hot to stay outside so we would go inside and have a refreshing drink of coconut water on ice and slices of cooled watermelon. We also enjoyed iced coffee, club soda drinks, or tonic water. All these cooling drinks ease the heat of summer and help prevent dehydration. OK, so maybe we added some other liquid refreshments you can't get at the Co-op to the club soda and tonic water drinks, but that's enjoyable too.

Now it's on to the next outdoor summer project, painting the shed! Always expecting the unexpected, I certainly am glad to have our ever-ready Co-op just down the street, just a couple of minutes from home by bike or on foot.

Celeste is on the YFC board, and a long term member owner, and lives in the neighborhood!

Voted Best of Washtenaw Local Grocery and Natural Food Store !

We used the opportunity to celebrate with another fun "Jazz at the Co-op" event on July 27th! There were two groups performing. The first was the Ypsilanti Youth Orchestra Jazz Ensemble (directed by Steve Somers). The YYO is a non-profit group that provides tuition free classes as well as a jazz ensemble, chamber groups and a full orchestra. The second group was the WCC Jazz Combo Class which is taught by Steve Somers. Popular jazz songs that both groups performed included *A Night in Tunisia*, *Sweet Georgia Brown*, *Moanin'*, *Summertime*, *Chameleon*, *Blue Monk*, *Oye Como Va* and many more. While diet is important for the mind and the body, music can also be very helpful for mental, social and physical development and your health.

We also had Palm Reading by Vijaylaxmi and Acupuncture consultation with Allan Guilpain for further options to a healthy summer! Watch for future fun and educational opportunities, as we prepare for fall with new opportunities in our meeting room!

