

BREAD *rising*

LOCAL CURRENCY FOR THE BAY AREA

VOLUME 5 / ISSUE 3

WWW.BREADHOURS.ORG

BREAD LOCAL CURRENCY
P.O. BOX 3973 • BERKELEY, CA 94703
VISIT: 1920 MLK JR. WAY, BERKELEY
(510) 644-0376



IN THIS ISSUE

HEMGROWN ECONOMICS

How Boulder Businesses Are Staying Ahead of the Chains

Article by Stacy Mitchell, reprinted with her permission. BREAD congratulates Boulder for this innovative project — a program that we'd like to foster in our town.

If you visit Boulder, Colorado, you can't miss it. It's displayed on the door or window of nearly every locally owned business in town. Stop for coffee at a local cafe and it'll be on the side of your cup. At the Boulder Book Store you'll find it on the complimentary bookmarks. Open up the Boulder Weekly and you'll see it in an advertisement for local video and music stores.

This widely visible symbol — two arrows circling into each other, much like the mark on a recyclable container — is the logo for the Boulder Independent Business Alliance (BIBA), a pioneering coalition of over 150 locally owned businesses determined to defend the city's homegrown economy from takeover by national and global chains. Much like everything BIBA does, the logo conveys an important lesson in community economics: locally owned businesses recycle a higher percentage of their revenue and profits back into the local economy when compared to their chain competitors.

Founded in 1998, BIBA's primary mission is to make the choice "local or chain?" a significant consideration for residents in their spending decisions. Recent national trends provide a sobering picture of what BIBA is up against. Since 1990 more than 11,000 independent

pharmacies have closed. The market share of independent bookstores has fallen from 58 percent in 1972 to just 15 percent today. Two chains, Barnes & Noble and Borders, now control nearly one-quarter of all book sales. Local hardware dealers are disappearing too; Home Depot and Lowe's have captured one-third of that market. Five firms account for one-third of all grocery sales. Blockbuster Video rents one out of every three videos nationwide. A single corporation, Wal-Mart, now controls seven percent of all consumer spending.

Local businesses are owned by people who live in the community and are invested in its future. Their kids attend local schools. Their tax dollars pay for local services. They are often actively involved in civic and cultural organizations. David Bolduc, owner of the 28-year-old Boulder Book Store, first had the idea for a business alliance because he believes that by doing business with our neighbors we build a web of personal and economic

relationships that are essential to a strong community.

Bolduc discussed the idea of an alliance with other local merchants. They recognized that they all faced common challenges and that their prosperity depended in part on one another's survival. Home Depot's arrival not only affects the local hardware store, but the many local businesses that the hardware store supports, like banks, printers, and accountants. Chains centralize these functions at their head offices and keep local spending to a minimum. Then in 1997 Bolduc met Jeff Milchen, a community activist and founder of ReclaimDemocracy.org, a national organization that promotes grassroots democracy and works to restore democratic authority over corporations.

The idea of forming an independent business alliance was a natural extension of Milchen's work. "Political and economic democracy are intricately related," he argues.

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WINTER CRAFTS FAIR

Shop for holiday gifts as the Farmer's Market Holiday Crafts Fair. Support local artisans and buy meaningful presents. This year, BREAD members are invited to sell their handmade arts and crafts. Call for details.

Farmer's Market Holiday Craft Fair
Saturdays, December 8, 15, and 22
10 - 4 pm at the MLK Civic Park



BREAD BANK

Come and visit the BREAD office in Berkeley:
1920 Martin Luther King Jr. Way
Call for hours **510-644-0376**.



BREAD ON THE WEB

Visit our website for the most current directory. To exchange messages with other BREAD members send email to lists@tao.ca write "subscribe bread" in the body of the message.

www.breadhours.org
email: info@breadhours.org

ISSN 1522-4503

BERKELEY REGION EXCHANGE AND DEVELOPMENT

1 HOUR

BREAD

VOID
Serial No.

1 HOUR

YOU KNEAD IT

EAST BAY AREA
SERIES 1997

◆ CLASSIFIED DIRECTORY INSIDE ◆

HOW BREAD WORKS

BREAD is local currency for the Bay Area. It is valued at \$12 per Hour, a fair hourly wage for our area, and is not redeemable for federal currency. It comes in denominations of 2 Hours (\$24), 1 Hour (\$12), 1/2 Hour (\$6), 1/4 Hour (\$3), and 1/12 Hour (\$1).

It is lawful for our community to print its own currency. Local currency may be considered taxable income for some business trades. Participants are individually responsible for their own tax liabilities and reporting. BREAD has no obligation or ability to report exchanges or to collect any taxes. It is illegal to counterfeit BREAD.

Members

To become a member of BREAD, send in the form on the back page. When you join, you will receive a few BREAD HOURS to start trading. Then you can earn and spend BREAD HOURS in exchange for all sorts of goods and/or services. Please offer skills, services, or goods that you enjoy trading. Make sure you keep your phone number and listings updated; you may earn an additional Hour by updating your listing every six months. Renew your membership each year.

To have the *BREAD Rising* newsletter mailed to your home, there is an annual subscription fee of \$15-\$100 (sliding scale), BREAD accepted. You can usually pick up additional newsletters at our office and shops that accept BREAD.

Trading Area

BREAD local currency serves the residents, businesses, and organizations of the San Francisco Bay Area. If you want to join, you must expect to live in the Bay Area for at least one year.

Classified Listings

To get started, just call someone in this directory that you would like to hire. This journal contains classified listings of goods and services available in exchange for BREAD HOURS — keep it next to your phone book. BREAD reserves the right to edit and omit listings. By joining, you agree to have your contact information (name, phone, e-mail) published. Release of this information is at your own risk.

BREAD cannot be held responsible for the quality of services or goods provided by advertisers. Membership of any individual will be discontinued if evidence suggests that they are using their membership for illegal, fraudulent, or harassment activities.

Exchanges

It's easy to call someone and arrange a trade. Each exchange is negotiated between members. If you desire, you may make exchanges in partial BREAD Hours and federal currency. Because traders may have high overhead costs or assistants to pay, some may charge more than one Hour per hour. Feel free to ask for credentials or references before arranging an exchange.

Please provide quality services and/or goods. Be honest if a trade is inconvenient or beyond your abilities. Let us know about any exceptional or unsatisfactory exchanges.

You are in control. No one is obliged to accept any invitation to exchange or engage in any transactions with other members. Children should consult with their guardian before participating in exchanges.

BREAD is interest-free. No interest shall be charged or given at any time when using BREAD.

Community Meetings

BREAD is dedicated to community accountability. As a member, you are invited to attend community meetings. Council Meetings are held to provide guidance to the organization in setting its policies. For instance, members will make decisions about the distribution of BREAD HOURS as grants and loans.

Other community meetings are organized as social events, such as potlucks, craft fairs, or talent shows. Check out the Calendar (*back page*) and join us — these meetings are intended for building connections with neighbors.

Grants and Loans

We make BREAD grants to local organizations. By printing local money, we are able to show appreciation to projects that are beneficial to the community. BREAD loans are also available to local businesses. Please call for grant or loan guidelines.

Damaged Notes & Change

Damaged notes will be replaced — just bring or mail them to the BREAD office. If you need change, bring us your HOURS and let us know what denominations you would like.

Volunteers & Information

BREAD is a volunteer-run organization. We could use your help to make BREAD rise. Can you spare a few hours to make phone calls, work on the newsletter, have a benefit party, staff an information table, or plan events?

For more information, please call (510)644-0376 or email info@breadhours.org

BREAD

Mail: P.O. Box 3973, Berkeley, CA 94703
Visit: 1920 Martin Luther King Jr. Way, Berkeley
510-644-0376, info@breadhours.org
www.breadhours.org

BREAD is a member-directed, volunteer organization. BREAD is a project of the International Society for Ecology and Culture, a nonprofit organization. Tax-deductible donations can be paid to the order of ISEC.

BREAD Collective Staff

Jovida Ross
Dina Mackin
David Melly
Miyoko Sakashita
Jim Burr

BREAD Volunteers

Natasha Ravnik
Nishi Moonka
Michael Manoocherheri
Laurie Winestock
Chris Burbridge
Frances McIntosh
Cliff Hirsch
Marcy Greenhut

BREAD Advisory Committee

Jerry Mander, *International Forum on Globalization*
Helena Norberg-Hodge, *International Society for Ecology and Culture*
Patrick Archie, *Urban Agriculture Specialist*
Timothy Huet, *Center for Democratic Solutions*
Weyland Southon, *KPFA Radio Producer*



ADVERTISING

BREAD Rising has great advertising rates and wide circulation. As a periodical, people will browse this publication for several months. Pay for ads with dollars or HOURS.

Storefront businesses accepting BREAD receive their first business-card size ad free (or a 50% discount on a larger ad).

Call for rates and more information.



BREAD Rising welcomes your illustrations, letters, ideas, and stories.

BREAD dough is rising throughout our community! We love hearing stories of the connections BREAD traders make with one another so that we can share them with you here. Send a message to info@breadhours.org or use the form on our website at www.bread-hours.org.

This summer **Sylvia** enjoyed making homemade vegan pasta for volunteers helping **Chris** at **Wildheart Gardens**. They used tomatoes and basil from his nursery to make the

sauce. The volunteers loved **Sylvia's** pasta, and **Sylvia** said it was fun to get the call!

Chris had been saving BREAD HOURS and this fall was able to buy a fine hand-built **Melly** guitar entirely with BREAD. In turn, **Melly** hired **Alex** of **Praxis** to consult and implement drainage work for his home along with some intense yard work.

Kevin Bundy earned several BREAD HOURS from the organization **Critical Resistance** for some

difficult work on environmental impact reports regarding a planned prison in **Delano, Kern County CA**. With the help of this report, **Critical Resistance** was able to successfully block the construction of the planned \$335 million, 5,160 bed maximum-security prison!

The most recent BREAD grant was awarded to the Berkeley-based **Burma Humanitarian Mission** to support their fundraiser last October. The event raised \$6000 for medical supplies, which will be

delivered into villages in **Burma** this winter. **BHM** reported that this was the single most financially successful event they've had since the group's inception. They expressed gratitude to the **Organic Café**, who accepted full payment in BREAD HOURS for catering the event! A few grant HOURS also went to **Diana** for providing activities for children at the event, and to **Diane**, a photographer who accepted BREAD HOURS in exchange for the costs of film and printing. 🌿

BREAD CRAFTS COMMUNITY

With *Farmer's Market Holiday Craft Fair*

Crafting Community



HOLIDAY CRAFTS FAIR
Saturdays 10 AM - 4 PM
December 8, 15, & 22, 2001
Martin Luther King Jr. Civic Park
Adjacent to the Berkeley Farmer's Market.

How can you give meaningful gifts without contributing to the consumer craze? We have some holiday ideas that will benefit the entire community:

1. Buy handmade arts and crafts from local artisans at the Holiday Craft Fair.
2. Make gifts from recycled materials. Visit the East Bay Depot for Creative Re-use, it may trigger lots of great ideas.
3. Give BREAD HOURS this year, visit the office to purchase HOURS and pick up a directory.
4. Browse this directory for creative gifts you can purchase with HOURS: good meals, language lessons, dance classes, and more.

The bustling downtown Berkeley Farmer's Market is a great place to buy your holiday gifts. Artisans from around the Bay Area bring their arts and crafts on the second, third and fourth Saturdays of December, complemented by live music to celebrate the occasion.

This year the Ecology Center has partnered with BREAD to invite BREAD members to sell their work at the Fair, which will prove to be the biggest BREAD bizarre ever!

To buy locally handmade gifts for your friends and family with local currency is an especially meaningful way to do this year's holiday shopping.

If you are interested in selling your handmade arts or crafts, call **Dina** in the BREAD office at 644-0376. This is a great opportunity to share your talents with the community.

The Winter Crafts Fair is from 10-4 pm on Saturdays, December 8th, 15th, and 22nd at Martin Luther King Civic Park, in downtown Berkeley next to the Farmer's Market. 🌿

BREAD'S VISION

by Dina Mackin

In the past few months, we have seen an international crisis unfold. We continue to mourn the events of September 11th and the subsequent violence in response to that tragedy. At the same time, our community shares a growing sense of insecurity about our economy, civil liberties, and relations with other countries.

Times of crisis often highlight questions about how our society works. It seems that economic forces have played a role in the current events, which raises economic questions. Will economic progress save the planet or destroy it? What kind of economic system do we need in order to protect communities, the ecosystem, and support all people instead of marginalizing millions? And a question particularly relevant to BREAD members: what can we do about it?

The BREAD organizing collective — members who volunteer to do the work that creates BREAD dough — has recently been reflecting on our vision for BREAD and its role in our community. We believe that community-based economics will play a key role in our community's health and vitality. This vision has guided the development of BREAD for over four years. Now we are working to articulate just what that means to us.

One thing is clear: our modern economic system does not support community networks. It replaces human connections with shopping malls and parking lots, fast food restaurants, and mass entertainment. In this system, money is power. People are often

treated with respect to the amount of dollars they control. Within a debt economy, very few people have control. The United States exists on credit and is burdened with significant interest rates. Thus Americans collectively owe far more than we have, so we are always dependent on constant growth to pay back yesterday's debts. This scramble to stay ahead pits us against one another for limited resources and guarantees the exploitation of our natural environment for increased profit.

In contrast, BREAD operates on a small-scale and wealth is created, not depleted, by community activity. It's a world away from dollars. We know that a key element of BREAD is our role in fostering community connections. When we use a local currency we connect with our neighbors, working together to meet our own needs. Another key element is the recognition that our natural environment is an important element of our local community. The health of our environment affects us all.

The collective is considering all of these things as we ask ourselves: how do we define success for BREAD? With this question, more questions popped up. What would a sustainable economic system look like? Is it simply a matter of using local currency?

BREAD is a community response to a destructive economic system. We would like to engage our community in actively creating a sustainable, humane economy. The BREAD collective is working to define what that means to us. We

have some ideas, and we welcome more. What inspires you to participate? What do you see as success for BREAD? What would you like to see BREAD do?

A clearly articulated vision will serve to guide our choices in creating programs. The organizing collective is considering several programs to support our vision. These include monthly potlucks; partnering with other organizations to produce events; building an education program that will explore tools for economic empowerment in the context of the global economy; and a campaign to organize local businesses similar to the Boulder Independent Business

Association (see article on page 1). We are already working with the Ecology Center to include BREAD in their Holiday Craft Fair on December 8, 15, and 22. We're excited to get started on other projects!

As a democratic, community-controlled organization, BREAD relies on members for input and energy. This ranges from giving us information about your exchanges, to letting us know what inspires you, to participating in organizing BREAD projects. There are many ways to get involved in making BREAD rise: call our office for details! 🌿



Illustration by Hershel West

• Indicates new listings.

**CLASSIFIED LISTINGS
BY ORDER OF APPEARANCE**

**Goods & Services
Offered and Requested**

- Accounting & Bookkeeping
- Administrative & Business Services
- Architecture & Planning
- Arts & Crafts
- Bike & Auto Services
- Care Giving
- Carpentry & House Maintenance
- Childcare
- Computer Services
- Consulting
- Counseling
- Desktop Publishing & Graphic Design
- Editing & Writing
- Food & Food Services
- Fundraising
- Gardening & Yard Work
- Goods for Sale
- Haircuts & Styling
- Health Services
- House Care & Cleaning
- Instruction & Tutoring
- Jewelry
- Job Search Services
- Labor
- Languages
- Legal Services
- Massage & Bodywork
- Marketing & PR
- Music
- Pet Care
- Photography
- Publications
- Recreational Activities
- Research
- Restaurants
- Sewing & Alterations
- Stores & Shops
- Tool Library
- Transportation & Delivery
- Typing & Word Processing
- Video & Audio Production
- Yoga
- Miscellaneous

Common Interests & Group Activities

ACCOUNTING & BOOKKEEPING

- Bookkeeping & Training in Bookkeeping Systems**
Alameda
Tina Silverstein 521
- Budgeting Consultant**
Piedmont
Sacha Luria 533
- Economic Analysis**
Rockridge
Robert Van Buskirk 596

REQUESTS

- Accounting**
NW Berkeley
Fermentations 540-5185
- Accounting**
Laurel District
Jovida Ross 530-7659
- Accounting**
www.rosestreetmusic.com
Rose St. House of Music 594-4000x687

- **Accounting**
Lake Merritt
Rev. Samsarah Becknell D.D. 496-3491
- Accounting, Bookkeeping, Admin. Assistance**
No. Oakland
Naomi Rose 923-1363
- Accounting, No Legal**
San Rafael
Joy of Learning Center 415-499-0907
- Bookkeeping & Clerical Work**
San Francisco
Fred Cook 415-861-1711

ADMINISTRATIVE & BUSINESS SERVICES

- Administrative Work**
The Valley
Teresa Lee 925-461-3467
- Business Consulting**
Grand / Lakeshore
Margo B. 550-4180
- Business Development**
Elmwood
Saskia Dennis Van Diji 540-5660
- Business Research**
West Berkeley
Betsy Morris 549-8790
- Business Startup**
Berkeley
Jim Masters 339-3801
- Clerical Work (No Repetitive Motion)**
Northbrae (Berkeley)
Sue Pector 558-7271
- Consulting: Nonprofits & Individuals**
Lake Merritt
Marshall Johnson 834-6350

- Ecological Management Advising for Households & Businesses**
San Francisco
Fred Cook 415-861-1711
- Event Organizing**
No. Oakland
Rose Braz 595-3638
- Event Organizing**
North Oakland
Wayne L. 272-9530
- Event Organizing, Promotion**
No. Oakland
Karen Hester 654-6346
- Event Planning**
Temescal
Dani Eurynome 601-0537
- Event Planning**
Laurel District
Jovida Ross 530-7659
- Financial Planning**
Berkeley
Robert Berend 527-5332
- Office Systems Organization**
Alameda
Tina Silverstein 521-2255
- Office Work**
Hayward
Minerva Amistoso 727-0461
- Organizational Development**
Laurel
Patricia St. Onge 530-2448
- Sign Design & Manufacture**
Berkeley
Berkeley Signs 444-4447
- Technical Consulting to Nonprofits & Co-ops**
San Francisco
Timothy Huet 415-346-5779
- Workshop Space**
Lake Merritt
EarthLight Magazine 451-4926

REQUESTS

- Administrative Assistant**
No. Shattuck
Verna Winters 524-1601
- Administrative Work**
No. Berkeley
André Carothers 527-3582
- Business Startup Consulting**
Grand Lake
Eileen Karpfinger 444-8729
- Clerical**
Piedmont Ave.
The Kiplinger Co. 420-0696
- Event Logistics Advising**
Mission
Bill Schwalb 415-285-5627
- Experienced Insurance Billing**
Grand Lake
Aaron Rosselle 444-8729

- Financial Management**
Laurel
Wilson Riles 530-2448
- Office & Equipment**
South Berkeley
Dean Tuckerman 845-5003
- Office Help**
Berkeley
Robert Berend 527-5332
- Organizing Papers**
No. Berkeley
Marjorie Gardiner 526-5934
- Typing & Filing**
Berkeley
Robert Berend 527-5332

ARCHITECTURE & PLANNING

- Architectural Design**
Berkeley Marina
Paul Canin 548-8802
- City Planning: Community Economic Development Planning**
Fruitvale
Jennifer K. 535-1011
- **Green Residential Design**
Fruitvale
Edward Nold 531-1184
- Natural Building Consulting**
Elmwood
Lynne Elizabeth 845-2685

ARTS & CRAFTS

- **Art Modeling, Clothed or Unclothed**
Richmond
Terry Herkimer 232-4070
- Art Tutoring**
El Cerrito
Aryana Farsai 415-596-3037
- **Arts & Crafts**
Oakland
Ida Robichaud 653-0136
- Artwork**
West Berkeley
Juana Alicia 549-1269
- **Arts & Crafts**
Oakland
Ida Robichaud 653-0136
- Artwork**
Ocean View
Felicity Wallis 415-587-4331
- Beadwork**
Elmwood
Rawal Designs 530-2105
- Buttons in Chinese: Names, Sayings, Characters**
Berkeley
Lilley P. 843-4355
- Ceramic Art**
N. Oakland
Monica Long 547-4880
- Decoupage Lunch Boxes & Chairs**
N. Oakland
Tanya Madoff 601-9362

GOODS & SERVICES (CONT.)

Drawing & Painting

South Berkeley
Laurie Winestock 647-5049

Embroidery, Beadwork, Ribbon Work

Claremont
Stephanie Truskin 658-6033

Etchings

Laurel
Ruth Sipper 530-0990

Faux Painting

Pinole
Rita West-Lewis 222-8432

Functional Ceramics

N. Oakland
Monica Long 547-4880

Hand Marbled Paper

No. Berkeley
Cambria Lowe 415-253-2639

Hand Weavings

Haight/Fillmore
Charlie Hinton 415-626-2139

Illustration

West Berkeley
Phoebe Ackley 548-6642

Jewelry Making

Laurel
Patricia St. Onge 530-2448

Portrait Painting

West Berkeley
Phoebe Ackley 548-6642

Shamanic Nature Arts Classes for Children

Oakland
Cathy Holt 835-2765

Soap & Soap Making Classes

Piedmont Ave.
Allysyn Kiplinger 420-0696

Tattooing & Artwork

San Mateo
Rock of Ages Tattoo Studio 650-573-1920

Use of Press for Printmaking

Laurel
Ruth Sipper 530-0990

Workshop Space in Alameda

Walnut Creek (1417 Cyprus St.)
Nani's Walk in the Garden 925-947-3556

REQUESTS

Book Binding

Outer Richmond District
Anita Stovall 415-435-7556

Framing

Laurel
Ruth Sipper 530-0990

Pottery Studio Use

So. Berkeley
Miyoko S. 845-6703

Professional Mentoring

West Berkeley
Phoebe Ackley 548-6642

Wood Crafts: Musical Notes

www.rosestreetmusic.com
Rose St. House of Music 594-4000x687

BIKE & AUTO SERVICES

Bicycle Consultation & Advice

West Berkeley
Koba Jacobsen 548-5622

Bicycle Mechanic (UBI Certified)

Tune-ups, Repair, Wheels
West Berkeley
Koba Jacobsen 548-5622

Bicycle Repair

N. Oakland
Geoff Ruth 653-3310

Bike Repair

N. Oakland
Rachel Freifelder 595-1803

• Bike Safety Gear, Reflectors

Berkeley BART
BART Bike Station 549-7433

Bike Storage

Berkeley BART
BART Bike Station 549-7433

REQUESTS

Auto & Bike Repair

Berkeley
Darcy Hamilton 594-8461

Auto Maintenance

El Toyonal Hill
Richard Strong 925-254-7198

Auto Maintenance

Laurel District
Jovida Ross 530-7659

Auto Maintenance Lessons

Berkeley
Karen Edwards 848-4653

Auto Mechanic for Tune-ups, Bicycle Tune-up

Elmwood
Paul Hoffman 496-3463

Auto Repair, Oil Change

East Bay
Rev. Sandra Decker 233-3885

Car Repair, Maintenance

Hidden Valley
Laura Lee 800-634-7393

Car Rides

El Toyonal Hill
Susan Strong 925-254-7198

CARPENTRY & HOUSE MAINTENANCE

Carpentry

No. Berkeley
Bill Lutkenhouse 841-8729

Carpentry

San Francisco
Dave Reagan 415-202-0624

Carpentry

West Oakland
Pamela Beitz 658-1343

Construction Skills

West Oakland
Dennis Cahill 835-1432

Electrical Repair (Basic)

No. Berkeley
Bill Lutkenhouse 841-8729

• Electrical Work (Wiring for house.)

No. Oakland
Brooke Russell 655-0412

Energy Efficiency Analysis

Rockridge
Robert Van Buskirk 596-8869

Home Building

Elmwood
Saskia Dennis Van Dijn 540-5660

Plumbing

No. Berkeley
Bill Lutkenhouse 841-8729

Plumbing

Rockridge
Jeff Calegari 843-1164

Plumbing

So. Berkeley
Joseph Rooney 898-1417

Telephone Installation (Inside Wiring)

East Bay
Alan Van Tress 655-5419

Telephone Wiring & Repair

Alameda
Nick Solomon 433-0370

Various Mechanical Skills (airless sprayer repairs)

West Oakland
Dennis Cahill 835-1432

Welding

West Oakland
Pamela Beitz 658-1343

Wiring: Cat 5, AC Power, Telephone

So. Berkeley
Joseph Rooney 898-1417

REQUESTS

Carpentry

San Pablo at Stanford
Destiny Arts Center 597-1619

Carpentry

West Berkeley
Phoebe Ackley 548-6642

Carpentry

Temescal
Irene Nexica 655-1687

Carpentry

Fruitvale
Jennifer K. 535-1011

Carpentry

Oakland
Alex Schoenfeldt 595-4296

Carpentry & House Maintenance

Berkeley
Lilley P. 843-4355

Carpentry Teacher

No. Oakland
Nicholas Sher 595-8570

• Chimney Repair

Mills College
Steven Sparks 913-8155

Commercial Refrigeration Repair

No. Berkeley
Smokey Joe's Cafe 1620 Shattuck

Construction

North Oakland
Ninshibar! 652-9560

Construction

North Oakland
Michele Bunker 428-2824

Contractors

5832 San Pablo, near Stanford
Your Black Muslim Bakery 658-7080

Artha Handmade Hemp Soaps

will be at 4 Fine Crafts shows this 2001 Season



Celebration of Craftswomen

Nov. 24-25 & Dec. 1-2 • 10-6 pm • Booth 139 • \$7 admit
Festival Pavillion, Fort Mason Center, SF

KPFA Community Crafts Fair

Dec. 8 & 9 • 10-6 pm • Booth 138 • \$7 admit
Concourse Exhibition Hall, 8th & Brannon, SF

The Artifactory Holiday Show

Dec. 14-16 • 10-5pm • Free admission
The Hoover House, 1120 Hopkins Ave., Palo Alto

Telegraph Avenue Holiday Fair

Dec. 21-24 • 11-4pm • Free Admission
Telegraph Avenue between Haste & Dwight Way, Berkeley

Plus.... Soapmaking Classes

Ongoing • \$60 • Call for dates



Help! \$50 free soap & free admission if you help with production, set-up, break-down, or selling for any 4 hour shift. Fast-paced fun amidst magical handmade arts & crafts! BREAD, cash, checks, VISA-MC. We ship UPS too!

Imagine all the people working for peace.

Artha Soaps • 510-420-0696 • allsynk@hotmail.com

Electrical Work
El Toyonal Hill
Richard Strong 925-254-7198

Electrician
Berkeley
Rebecca de S. Young 644-3556

Furniture Repair
Outer Richmond District
Anita Stovall 415-435-7556

Handy Person
No. Oakland
Nancy Freedom 428-1184

Handy Person
Hayward
Minerva Amistoso 727-0461

• **Handy Person**
So. Berkeley
Frances McIntosh 848-1085

Handy Person, Carpenter
Laurel
Patricia St. Onge 530-2448

Home Repair
N. Oakland
Julie Dominguez 450-0226

House Construction
Fruitvale
Heather M. 436-0556

House Repairs
No. Berkeley
Marjorie Gardiner 526-5934

House Repairs
West Berkeley
Juana Alicia 549-1269

Household Repairs
Cent. Berkeley
Rose Hauer 649-8110

Painting & Handy Person
No. Shattuck
Verna Winters 524-1601

Plumbing
West Berkeley
Juana Alicia 549-1269

Stucco, Contractor, Electrician, Plumber
Berkeley
Sarah Glasgow 527-7431

CARE GIVING

Companion to Elders
No. Oakland
Nancy Freedom 428-1184

Library Service to Shut-ins
No. Oakland
Nancy Freedom 428-1184

CHILDCARE

Babysitting
No. Berkeley
Trena Cleland 524-7224

Childcare
N. Oakland
Julie Dominguez 450-0226

Childcare
Berkeley
Hisako Oba 644-1530

Childcare
Piedmont
Yvonne L. 652-8984

Childcare
Elmwood
Rawal Designs 530-2105

Childcare
Lake Merritt
Terry K. 835-3704

• **Childcare**
Oakland
Sally Dridi 832-7259

Licensed Childcare Provider: After school, Evenings, Weekends
Berkeley
Rhonda Bathurst 526-8540

Nature Activities for Children
Oakland
Cathy Holt 835-2765

COMPUTER SERVICES

Computer, Computer Network Install, Repair
Oakland
John Cassidy 763-6636

Computer Consulting: Setup, Applications, Databases, Web Training
Temescal
Irene Nexica 655-1687

• **Computer Lessons**
Berkeley
D. Erin Fisher 644-9617

Computer & Network Support
Albany
Tim Silk 558-1110

Computer Related
Ocean View
Felicity Wallis 415-587-4331

Computer Services
Rockridge
Robert Van Buskirk 596-8869

• **Computer Training**
Fruitvale
Edward Nold 531-1184

Computer Tutoring
Alameda
Nick Solomon 433-0370

Computer Tutoring
N. Oakland
Julie Dominguez 450-0226

Computers (PC): Web, Installation, Anything
No. Berkeley
Chris Burbridge 593-3472

Custom Software Development
Oakland
Outformations 655-7122

• **Custom Software Programming & Web Design**
Mountain View
Ariadna Solovyova 964-7904

Database Programming
N. Oakland
Don Wolf Konecny 595-9644

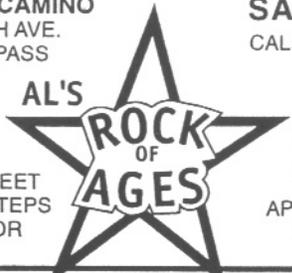
Mac Computer Skills: Software Training
Downtown Oakland / Lake Merritt
Catherine Mittleman 465-7607

• **Mac Tutoring**
So. Berkeley
Frances McIntosh 848-1085

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APPOINTMENTS
AVAILABLE

Macintosh & Web Instruction
Fruitvale
Heather M. 436-0556

• **Microsoft skills**
No. Oakland
Cliff Hirsch 594-4306

PC Installation & Maintenance
No. Berkeley
Guillaume Pierre 665-3919

Software Development
Rockridge
Robert Van Buskirk 596-8869

Web Design
Ashby BART
Carl Lenox 898-1417

Web Design
South Berkeley
Laurie Winestock 647-5049

Web Design & Content Production, Management
Fruitvale
Heather M. 436-0556

Web Page Design
So. Berkeley
Panda Typing 848-1677

Website Development
No. Berkeley
Guillaume Pierre 665-3919

Website Production
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

REQUESTS

Computer Consulting
San Francisco
Fred Cook 415-861-1711

Computer Consulting, Website Maintenance
North Oakland
Ninshibar! 652-9560

Computer Instruction, Repair
San Francisco
Mohandas & Honoria Ah 415-789-8426

Computer Lessons
El Toyonal Hill
Richard Strong 925-254-7198

High-tech Education
So. Berkeley
Joseph Rooney 898-1417

Mac Consulting
Lake Merritt
Terry K. 835-3704

Macintosh Training
No. Berkeley
Trena Cleland 524-7224

PC Maintenance & Admin.
Oakland
John Cassidy 763-6636

Setting Up Computer Files
No. Berkeley
Marjorie Gardiner 526-5934

Website Production
Elmwood
Lynne Elizabeth 845-2685

CONSULTING

401 (K) Retirement Planning
Berkeley
Robert Berend 527-5332

Book Development & Writing Consultation
No. Oakland
Naomi Rose 923-1363

Co-op Group Process
North Oakland
Wayne L. 272-9530

Communication Consulting
El Toyonal Hill
Susan Strong 925-254-7198

• **Concept Development**
No. Oakland
Diana Young 655-8252

Disability Support
Berkeley
Karen Rose 486-1188

Entrepreneurial Coaching & Consulting
Oakland
Terry O'Keefe 451-4001

Financial Planning
Berkeley
Robert Berend 527-5332

Financial Sobriety (to Financial Independence)
Elmwood
Paul Hoffman 496-3463

Gerontology Consulting
No. Oakland
Nancy Freedom 428-1184

Guided Imagery
Lake Merritt
Marlene Winell 504-8843

Healthy Living Consultant
No. Oakland
Karen Hester 654-6346

GOODS & SERVICES (CONT.)

Homeless Issues

East Bay
Rev. Sandra Decker 233-3885

Mediation
Halcyon
John Thelen-Steere 849-1969

Mediation, Facilitation
North Berkeley
Elma Ondrey 843-6514

Meeting Facilitation
No. Berkeley
André Carothers 527-3582

Meeting Facilitation
Albany
Tim Silk 558-1110

Minimize Environmental Impact, Energy Efficiency, & Toxins Elimination
Ashby BART
Carl Lenox 898-1417

Neighborhood Problem Solving
Laurel
Wilson Riles 530-2448

Personal Coaching
Elmwood
Paul Hoffman 496-3463

Practical Political Science Consulting
Laurel
Wilson Riles 530-2448

Review Environmental Documents
Berkeley
Kevin Bundy 841-3204

Socially Responsible Investing
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

Violence Prevention Workshops
San Pablo at Stanford
Destiny Arts Center 597-1619

• **Wedding Ceremonies, Planning**
Lake Merritt
Rev. Samsarah Becknell D.D. 496-3491

REQUESTS

Clutter Management
No. Oakland
Faye Clipson 654-0947

Conflict Resolution & Mediation Services
San Francisco
Fred Cook 415-861-1711

Personal Coaching
Lake Merritt
Terry K. 835-3704

COUNSELING

Bring Dreams to Reality Groups
North Berkeley
Elma Ondrey 843-6514

• **Compassionate Counselor**
Berkeley
Charles Dalton 848-8394

Counseling
Lake Merritt
Kris Yates krisyates@aol.com

Counseling (Family & Couples)
So. Berkeley
Sondra Thaler 848-8519

• **Counseling for Individuals, Families & Couples**
Lake Merritt
Rev. Samsarah Becknell D.D. 496-3491

Counseling & Hypnosis
No. Oakland
Nancy Freedom 428-1184

Counseling & Hypnotherapy (50% BREAD)
West Berkeley
Kathy Labriola 464-4652

Counseling: Lotus Birth
No. Oakland
Faye Clipson 654-0947

Disabled Peer Counseling
Ocean View
Felicity Wallis 415-587-4331

Empathy & Communication Training
So. Berkeley
John Abbe 654-7113

Hypnosis
Walnut Creek
David Seaborg 925-938-9206

Hypnosis & Shamanic Healing
Downtown Berkeley
Isis Ward 649-0352

Hypnotherapy for Grief & Loss
No. Berkeley
Augusta Lucas-Audreae 525-5145

Licensed Couples Counselor
Halcyon
Judy Lightstone 704-0940

Licensed Psychotherapy, Individual, Couple, Family
Oakland, Alameda
Jennifer Miller 667-7514

Parenting Groups
Oakland, Alameda
Jennifer Miller 667-7514

Personal Philosopher (Questions Asked, Answers Questioned)
So. Berkeley
John Abbe 654-7113

Personal, Spiritual Coach
Laurel
Patricia St. Onge 530-2448

Philosophical Counseling
West & North Berkeley
Florence Windfall 528-6878

• **Premarital Counseling**
Lake Merritt
Rev. Samsarah Becknell D.D. 496-3491

Psychic Readings, Healings
Halcyon
Robin S. 848-9190

Psychotherapy
Lake Merritt
Marlene Winell 504-8843

Quantum Psychology Workshop
No. Oakland
Jim Burr 655-5956

Weddings, Memorial Services
East Bay
Rev. Sandra Decker 233-3885

REQUESTS

Rebirthing (Holotropic Breath Work)
Elmwood
Lynne Elizabeth 845-2685

DESKTOP PUBLISHING & GRAPHIC DESIGN

Desktop Publishing
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

Desktop Publishing
No. Oakland
Rose Braz 595-3638

Desktop Publishing
The Valley
Teresa Lee 925-461-3467

Graphic Design
No. Oakland
Diana Young 655-8252

Graphic Design
San Francisco
Dave Reagan 415-202-0624

Graphic Design
South Berkeley
Laurie Winestock 647-5049

Professional Advertising, Brochures & Flyers
Cupertino
Andrew Lowd 408-253-8724

EDITING & WRITING

Editing
Temescal
Dawn Buerkle 923-0733

Editing & Proofreading
Outer Richmond District
Anita Stovall 415-435-7556

Editing & Proofreading
No. Oakland
Rose Braz 595-3638

Editing & Publishing
Lake Merritt
Marshall Johnson 834-6350

Editing & Writing
Temescal
Irene Nexica 655-1687

Editing & Writing Coach
No. Berkeley
Shelley K. 524-3343

Editing, Writing & Concept Development
No. Oakland
Diana Young 655-8252

Editing, Writing, Proofreading
Mission
Wendy Hamilton 415-621-7401

Indexing, Editing, Writing, Research
No. Oakland
Nancy Freedom 428-1184

Proofreading
Berkeley
Liss & Avi Haviv 548-5761

Proofreading
Northbrae (Berkeley)
Sue Pector 558-7271

Proofreading
No. Berkeley
Sara Pierre 665-3919

Proofreading, Copyediting
Cent. Berkeley
Rose Hauer 649-8110

Proofreading, Editing
Berkeley
Rahel S. 841-4636

Proofreading, Editing
Temescal
Annie Decker 595-7199

Writing
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

Writing Coaching (30 years in Publishing)
No. Oakland
Naomi Rose 923-1363

Writing, Editing, All Publications
No. Berkeley
André Carothers 527-3582

Writing, Editing, Proofreading
San Francisco
Mohandas & Honoria Ah 415-789-8426

Writing, PR
El Toyonal Hill
Susan Strong 925-254-7198

REQUESTS

Proofreading
Lake Merritt
EarthLight Magazine 451-4926

Writing, Editing
N. Oakland
Tanya Madoff 601-9362

FOOD & FOOD SERVICES

Baking
So. Berkeley
Joel Hildebrandt 883-1255

Baking
Elmwood
Lia Fioroni 548-4088

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Broadway Terrace
 Corinne L. 654-1356

Cakes for Birthdays & Special Occasions
Hidden Valley
 Laura Lee 800-634-7393

Cooking
MacArthur BART
 Sarah Jarmon 601-8108

Filipino Cooking Instruction (Veggie Focus)
Hayward
 Minerva Amistoso 727-0461

Gourmet Vegetarian Meals
Laurel District
 Jovida Ross 530-7659

Herbs, Organic
West Berkeley
 Glen H. 841-5514

Homemade Ice Cream & Sorbet
Berkeley
 Karen Edwards 848-4653

Homemade Vegan Sorbets (With Organic Ingredients)
Berkeley
 Happy Cow Collective 848-4653

Instruction: Homemade Ice Cream & Sorbet
Berkeley
 Happy Cow Collective 848-4653

Middle Eastern Foods
El Cerrito
 Afaf Steiert 684-4586

Organic Catering: Groups & Parties Less Than 75 Persons
Berkeley
 Rhonda Bathurst 526-8540

Organic Meals Delivered By Bike
San Francisco
 Stefan Lynch 415-820-3237

Organic Miso & Sauerkraut
Sat. Farmers Market
 Fermentations 540-5185

Organic Produce
Rockridge
 Helene Knox 654-1667

Organic Vegan Cooking & Instruction
N. Oakland
 Rachel Freifelder 595-1803

Organic Vegetarian & Vegan Cooking
El Cerrito/Richmond Hills
 Monika Del Bosque 236-8296

Soy Milk
So. Berkeley
 DeAnna Tibbs 653-1341

Special Diet Meals
North Oakland
 Wayne L. 272-9530

Vegan and Vegetarian Desserts & Meals
West Berkeley
 Anne Frost 644-2721

Vegan Baking & Cooking
So. Berkeley
 DeAnna Tibbs 653-1341

Veggie Chili
Temescal
 Annie Decker 595-7199

Winemaking
Oakland
 Christopher Wellman Shein 594-4000x138

REQUESTS

• **East Indian Cooking Classes**
Berkeley
 Karen Ann White 704-1654

Food
So. Berkeley
 Panda Typing 848-1677

Food
West Berkeley
 Lee Miltier 649-1977

Food
San Francisco
 Dave Reagan 415-202-0624

Meals
Laurel/Diamond
 Jai Noire 531-5373

Organic Food
Berkeley
 Hisako Oba 644-1530

Organic Food
Central Berkeley
 Morgan Fichter 845-1160

Produce
No. Berkeley
 Marjorie Gardiner 526-5934

Use of Industrial Kitchen
Berkeley
 Happy Cow Collective 848-4653

Vegetables
West Berkeley
 Harold David Moe 528-8713

FUNDRAISING

Fundraising
MacArthur BART
 Sarah Jarmon 601-8108

Grant Writing
Temescal
 Dawn Buerkle 923-0733

Proposal Writing
West Berkeley
 Betsy Morris 549-8790

REQUESTS

Fundraising Assistance
Mission
 Bill Schwalb 415-285-5627

Grassroots Fundraising & House Parties
Have a Party for BREAD
 BREAD 644-0376

GARDENING & YARD WORK

Apple Trees (Grafted-to-Order, on Dwarfing or Rootstock)
Cedar - Rose
 Asa Bradman 528-8319

Bicycle Based Gardening
Le Conte
 Philip Batchelder 644-1342

Compost Consulting
Berkeley
 Berkeley Worms 643-0440

Compost Consulting
North Oakland
 Marcus K. 594-2297

Edible Landscaping
N. Oakland
 Rachel Freifelder 595-1803

Garden Design, Installation, Instruction
Oakland
 Christopher Wellman Shein 594-4000x138

Gardener
No. Berkeley
 Francesca A. 841-4863

Gardening
So. Berkeley
 Joel Hildebrandt 883-1255

Gardening
No. Berkeley
 Bill Lutkenhouse 841-8729

Gardening
Richmond
 Timothy & Elizabeth Quick 412-1085

Gardening
Elmwood
 Saskia Dennis Van Dijk 540-5660

Gardening
West Berkeley
 Anne Frost 644-2721

Gardening
El Cerrito
 Aryana Farsai 415-596-3037

• **Gardening**
Berkeley
 Karen Ann White 704-1654

Gardening, Composting
South Berkeley
 Moses W. 848-4355

• **Gardening & Yard Clean-up**
No. Berkeley
 Meggie Zimmerman 845-0194

Gathering Seeds & Harvesting
Piedmont Ave.
 Allysyn Kiplinger 420-0696

Horse Manure (Aged, Delivered)
Elmwood
 Paul Hoffman 496-3463

Landscape Design: Landscaping the Greater Bay Area Since the 20th Century
Berkeley
 Praxis 549-1534

Landscaping
West Oakland
 Pamela Beitz 658-1343

Medicinal Plants & Herbs
Oakland
 Christopher Wellman Shein 594-4000x138

Organic Garden Consulting
West Berkeley
 Patrick Archie 917-2030

Organic Grading, Biointensive Techniques
West Berkeley
 Koba Jacobsen 548-5622

Organic Vegetable Gardening
Emeryville
 Sam Foushee 658-4915

Organically Grown Seedlings: Vegetables, Herbs, Flowers
Cedar - Rose
 Asa Bradman 528-8319

Plants (Esp. Raspberries & Jasmine)
Elmwood
 Paul Hoffman 496-3463

Pots for Planting & Buckets for Gardening, Hauling
Elmwood
 Paul Hoffman 496-3463

Seeds and Live Plants (Edibles & Natives)
Oakland
 Christopher Wellman Shein 594-4000x138

Soil Analysis
El Toyonal Hill
 Richard Strong 925-254-7198

• **Soil Removal**
No. Oakland
 Brooke Russell 655-0412

Top Bar Beehives from Recycled Materials
East Bay
 Mark 663-5944

Turning Compost Piles
Piedmont Ave.
 Allysyn Kiplinger 420-0696

Waste Reduction & Recycling Consultation
North Oakland
 Marcus K. 594-2297

Weeding
Berkeley
 Rahel S. 841-4636

Worm Castings & Red Worms
Berkeley
 Berkeley Worms 643-0440

Worm Composting
Elmwood
 Paul Hoffman 496-3463

GOODS & SERVICES (CONT.)

Worms, Bins & Boxes
San Francisco
 Fernando Pastor 415-460-WORM

Worms for Composting
Haight/Fillmore
 Charlie Hinton 415-626-2139

Yard Appreciation
No. Oakland
 Terri Compost 658-9178

Yard Work
North Oakland
 Marcus K. 594-2297

REQUESTS

Compost
Le Conte
 Philip Batchelder 644-1342

Garden Design & Construction
Fruitvale
 Heather M. 436-0556

Gardening
West Berkeley
 David A. Oertel 915-0543

Gardening
No. Berkeley
 Augusta Lucas-Audreae 525-5145

Gardening
Berkeley
 Eusako D. 540-0545

Gardening
Fruitvale
 Shirley Breese 849-1627

Gardening
MacArthur BART
 Sarah Jarmon 601-8108

Gardening
Ocean View
 Felicity Wallis 415-587-4331

Gardening
El Sobrante
 Jean Stewart 243-9910

• **Gardening**
Richmond
 Terry Herkimer 232-4070

Gardening, Yard Work
Fruitvale
 Jennifer K. 535-1011

Organic Sustainable Gardening
Lakeshore / Crocker Highland
 Cynthea Denise 987-9370

Permaculture Landscaping & Design
Ashby BART
 Carl Lenox 898-1417

Snail & Slug Hunting
West Berkeley
 Glen H. 841-5514

Soil Analysis
South Berkeley
 Laurie Winestock 647-5049

Yard Work
No. Berkeley
 Marjorie Gardiner 526-5934

Yard Work
El Toyonal Hill
 Susan Strong 925-254-7198

Yard Work
North Oakland
 Michele Bunker 428-2824

Yard Work esp. Chainsaw
No. Oakland
 Faye Clipson 654-0947

GOODS FOR SALE

Beeswax Candles
Berkeley
 Denise Turner ejvest@hotmail.com

Blown Glass Lighting Vessels & Tableware
West Berkeley
 Lee Miltier 649-1977

Ceramic Crafts
Walnut Creek (1417 Cyprus St.)
 Nani's Walk in the Garden 925-947-3556

Clarinet Lessons
East Bay
 Mark 663-5944

Computer Monitor Stands
Oakland
 John Cassady 763-6636

Decoupage Lunch Boxes & Chairs
N. Oakland
 Tanya Madoff 601-9362

Discount Books, Tapes, Vitamins
San Francisco
 Fred Cook 415-861-1711

Earth Seals Stickers
Elmwood
 Paul Hoffman 496-3463

Eye Pillows, Massage Face Cradle Covers
No. Berkeley
 Janet Conley 526-1202

Eye Pillows & Wrist Rests
No. Berkeley
 Shelley K. 524-3343

Floral Arrangements
Walnut Creek (1417 Cyprus St.)
 Nani's Walk in the Garden 925-947-3556

Floral & Ceramic Supplies
Walnut Creek (1417 Cyprus St.)
 Nani's Walk in the Garden 925-947-3556

Flowers
Rockridge
 Bronwyn Jackson 761-6618

Goods at the Depot
Oakland
 E. Bay Depot for Creative Reuse 702-3936

Handmade Egyptian Papyrus
El Cerrito
 Afaf Steiert 684-4586

Handmade Soap (w/ Hemp Oil)
Piedmont Ave.
 Allysyn Kiplinger 420-0696

Manilla Greeting Cards & Prints
No. Berkeley
 Augusta Lucas-Audreae 525-5145

Native American Crafts
Stockton
 Northern Dreams 209-463-5161

Natural Soaps & Body Care
Berkeley
 Denise Turner ejvest@hotmail.com

Organically Grown Seedlings: Vegetables, Herbs, Flowers
Cedar - Rose
 Asa Bradman 528-8319

Paint (Kelly-Moore)
West Oakland
 Dennis Cahill 835-1432

Rough Construction Lumber, 4x4s
Elmwood
 Paul Hoffman 496-3463

Sign Design & Manufacture
Berkeley
 Berkeley Signs 444-4447

Solar Cookers from Recycled Materials
East Bay
 Mark 663-5944

Tumbled Rocks
Elmwood
 Paul Hoffman 496-3463

Wearable Art
North Oakland
 Ninshibar! 652-9560

REQUESTS

• **Platform Bed for Queen Mattress**
So. Berkeley
 South Berkeley Chiropractic 551-9539

Throwaway Furniture & Housewives (So I can fix them to sell.)
Temescal
 Dani Eurynome 601-0537

HEALTH SERVICES

Aromatherapy: Prenatal, Postpartum Adults & Children
No. Oakland
 Brooke Russell 655-0412

Certified Trager® Bodywork
Berkeley
 Rebecca de S. Young 644-3556

Chiropractic Care
Grand Lake
 Aaron Rosselle 444-8729

Chiropractic Care
No. Berkeley
 Jeff Grappo, D.C. 526-4394

Chiropractic Care
No. Oakland
 Kathy Doyle, D.C. 601-6325

Doula Care (Holistically Oriented Birth Assistant)
Richmond
 Timothy & Elizabeth Quick 412-1085

Energy Healing
No. Oakland
 Faye Clipson 654-0947

Energy Work
North Berkeley
 Jean S. 528-1512

• **Floatation Tank**
No. Berkeley
 Abrol Fairweather 898-3391

Healing Energy Work
Richmond
 Timothy & Elizabeth Quick 412-1085

Health Education
No. Berkeley
 Marjorie Gardiner 526-5934

Health Education, Advocacy & Coaching
San Francisco
 Fred Cook 415-861-1711

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Health Information & Referral

No. Oakland
Faye Clipson 654-0947

Herbal Medicine Making: Instruction & Products

No. Oakland
Terri Compost 658-9178

Herbal Tinctures

No. Berkeley
Marjorie Gardiner 526-5934

Holistic Health Practitioner

Grand Lake
Aaron Rosselle 444-8729

Hypnosis

Central Berkeley
Zed Lopez 845-6309

Lactation Consulting

North Oakland
Michele Bunker 428-2824

• Medicinal Herbs, Household Necessities

Mountain View
Ariadna Solovyova 964-7904

Mind-Body Techniques to Prepare for Surgery

Oakland
Cathy Holt 835-2765

Network Chiropractic

Grand Lake
Eileen Karpfinger 444-8729

• Nutrition & Diet Consulting

Mills College
Steven Sparks 913-8155

Nutritional Cleansing Coach

Grand Lake
Eileen Karpfinger 444-8729

Reiki: Healing Energy Work

San Francisco
Fred Cook 415-861-1711

Reiki Healing Energy Work

Oakland
Cathy Holt 835-2765

Resilient Health Classes for Groups

Oakland
Cathy Holt 835-2765

Speech Therapy

Berkeley
Sarah Glasgow 527-7431

Stress Relief & Yoga

No. Oakland
Nancy Freedom 428-1184

X-ray ID Cards (Medical Supply)

Piedmont Ave.
The Kiplinger Co. 420-0696

REQUESTS

Acupuncture, Herbs

Berkeley
Rhonda Bathurst 526-8540

Dentistry

Central Berkeley
David Melly 841-3204

Dentistry

Halcyon
Robin S. 848-9190

Dentistry: Teeth Cleaning

Elmwood
Paul Hoffman 496-3463

HOUSE CARE & CLEANING

Home Care

N. Oakland
Carolyn Splech 524-5000

House Cleaner

West Oakland
Dennis Cahill 835-1432

House Sitting

Berkeley
Darcy Hamilton 594-8461

House Sitting

Berkeley
Christopher Walton 415-789-7875

House Work

N. Oakland
Carolyn Splech 524-5000

Housekeeping

Temescal
Dani Eurynome 601-0537

• House Sitting & Lightcleaning

Alameda
Irene Matsuoka 522-6155

Organizing Home & Office

No. Oakland
Nancy Freedom 428-1184

REQUESTS

Apartment Cleaning

Lake Merritt
Marshall Johnson 834-6350

Clean Up Garage

West & North Berkeley
Florence Windfall 528-6878

Cleaning

Berkeley
Rahel S. 841-4636

House Cleaner

El Cerrito/Richmond Hills
Monika Del Bosque 236-8296

House Cleaning

Berkeley
Rebecca de S. Young 644-3556

House Cleaning

Laurel
Ruth Sipper 530-0990

House Cleaning

Mission
Wendy Hamilton 415-621-7401

House Cleaning

West Berkeley
Juana Alicia 549-1269

House Cleaning

Alameda
Nick Solomon 433-0370

House Cleaning

Lakeshore / Crocker Highland
Cynthia Denise 987-9370

House Cleaning

West Berkeley
David A. Oertel 915-0543

House Cleaning: Before or After House Concerts

www.rosestreetmusic.com
Rose St. House of Music 594-4000x687

Housekeeping

North Oakland
Ninshibar! 652-9560

INSTRUCTION & TUTORING

Acting Lessons

No. Shattuck
Verna Winters 524-1601

Chemistry & Math Tutoring

N. Oakland
Geoff Ruth 653-3310

Communication Skills Training

Elmwood
Saskia Dennis Van Dijn 540-5660

Driving Instruction

Berkeley
Darcy Hamilton 594-8461

Economics Lessons

No. Berkeley
Fred Foldvary 843-0248

Filipino Cooking Instruction (Veggie Focus)

Hayward
Minerva Amistoso 727-0461

Hip Hop, Samba, Urban Fusion Dance Classes

San Pablo at Stanford
Destiny Arts Center 597-1619

Juggling Instruction

So. Berkeley
John Abbe 654-7113

Jujitsu, Aikido, Shinkendo

1051 5th Ave, Oakland
The Suigetsukan Dojo 452-3941

Martial Arts & Self Defense for Youth (3-18)

San Pablo at Stanford
Destiny Arts Center 597-1619

Math Tutoring

Berkeley
Karen Edwards 848-4653

Mathematics & Physics Teaching

Rockridge
Robert Van Buskirk 596-8869

Neuro-Linguistics, Self-Hypnosis, Yoga (Gentle)

No. Oakland
Nancy Freedom 428-1184

Poetry Instruction: Reading or Writing

Rockridge
Helene Knox 654-1667

• Somatic Education

So. Berkeley
South Berkeley Chiropractic 551-9539

Teach Biology

Walnut Creek
David Seaborg 925-938-9206

Teaching Shesha Mirror

Claremont
Stephanie Truskin 658-6033

Tutor: Math & English

Castro Valley
Heather Chou Pierce 581-1394

Tutoring

West Berkeley
Harold David Moe 528-8713

Tutoring: English, Basic Math

No. Berkeley
Shelley K. 524-3343

Tutoring (High School Teaching Credential)

Berkeley
Dina Mackin 644-2290



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Tutoring: K-12

Outer Richmond District
Anita Stovall 415-435-7556

Tutoring: Literacy, Spelling

Temescal
Dani Eurynome 601-0537

Tutoring: Math, Accounting, Chinese

Berkeley
Lilley P. 843-4355

Tutoring: Math, English

Berkeley
Rahel S. 841-4636

Tutoring: Reading, Math, Spanish, K-12

Piedmont
Sacha Luria 533-3386

• Tutoring: Spanish or English

No. Berkeley
Meggie Zimmerman 845-0194

REQUESTS

Hsing E Martial Arts Lessons

Berkeley
Rhonda Bathurst 526-8540

• Math Tutor (College Level)

No. Oakland
Jim Burr 655-5956

Voice, Speaking Lessons

No. Berkeley
Shelley K. 524-3343

JEWELRY

Bamboo & Turquoise Jewelry

Tracy
INCA 209-835-8885

Copper Bracelets & Silver Rings

www.sergiolub.com
Sergio Lub 925-229-3600

Custom Silver Jewelry

Berkeley Marina
Paul Canin 548-8802

GOODS & SERVICES (CONT.)



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DR. KATHY DOYLE
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Gold, Precious Rings

N. Oakland
Don Wolf Konecny 595-9644

Jewelry

N. Oakland
Julie Dominguez 450-0226

Jewelry Design & Repair

El Cerrito/Richmond Hills
Monika Del Bosque 236-8296

Jewelry Repair

Ashby BART
Xochitl Small Bear 486-2687

Unique Handcrafted Jewelry: Gold & Silver

www.anastasiajewelry.com
Anastasia K. Trainer 336-9279

JOB SEARCH SERVICES

Career Counseling

Halcyon
Judy Lightstone 704-0940

Career Counseling

Berkeley
Karen Rose 486-1188

Job Hunting

East Bay
Rev. Sandra Decker 233-3885

Job Search Assistance

Mission
Bill Schwalb 415-285-5627

Resume Preparation

Outer Richmond District
Anita Stovall 415-435-7556

Resume Services

Mission
Wendy Hamilton 415-621-7401

Resume Writing

Berkeley
Karen Rose 486-1188

Resumes & Applications

Mission
Bill Schwalb 415-285-5627

Typing Service: Resumes, Business Cards, Papers

So. Berkeley
Panda Typing 848-1677

REQUESTS

Job Counseling: Disability Issues

Northbrae (Berkeley)
Sue Pector 558-7271

LABOR

Hauling

West Berkeley
David A. Oertel 915-0543

Moving Assistance: Packing, Boxing, etc.

Outer Richmond District
Anita Stovall 415-435-7556

Moving or Digging

Elmwood
Paul Hoffman 496-3463

Variety of Tasks

UC Village
Yukyung Chung 559-4654

REQUESTS

Light Construction

Piedmont Ave.
The Kiplinger Co. 420-0696

Urban Farm Hand

West Oakland
Willow Rosenthal 268-8356

LANGUAGES

American Sign Language Instructions

Richmond
Terry Herkimer 232-4070

Ancient Greek tutor: Individuals & Small Groups - All Levels

Haight-Ashbury
Katherine Roberts 415-387-5435

ASL (American Sign Language) Lessons

El Sobrante
Jean Stewart 243-9910

ESL Tutoring

No. Berkeley
Sara Pierre 665-3919

Esperanto Lessons

No. Berkeley
Fred Foldvary 843-0248

French Instruction

Castro Valley
Heather Chou Pierce 581-1394

German Conversation

Laurel
Ruth Sipper 530-0990

Hebrew Conversation

Laurel
Ruth Sipper 530-0990

Hebrew Tutor

South Berkeley
Laurie Winestock 647-5049

Korean Lessons

UC Village
Yukyung Chung 559-4654

Latin Tutoring: Individuals & Small Groups: All Levels

Haight-Ashbury
Katherine Roberts 415-387-5435

Spanish (Bilingual)

West Oakland
Dennis Cahill 835-1432

Spanish Tutoring

So. Berkeley
Joel Hildebrandt 883-1255

Spanish Tutoring & Translation

Cent. Berkeley
Rose Hauer 649-8110

Translation: English, Japanese

Berkeley
Eusako D. 540-0545

REQUESTS

English Lessons

UC Village
Yukyung Chung 559-4654

German Tutoring

Berkeley
Karen Edwards 848-4653

Russian Language Lessons

No. Berkeley
Bill Lutkenhouse 841-8729

LEGAL SERVICES

Criminal Law

Oakland
John Cassidy 763-6636

Estate Planning

So. Berkeley
Gloria Park 535-1886

Legal Referrals

No. Oakland
Nicholas Sher 595-8570

Legal Services

San Francisco
Timothy Huet 415-346-5779

Legal Services: Non-profits, Real Estate, Economic Development

Fruitvale
Jennifer K. 535-1011

Paralegal

South Berkeley
Dean Tuckerman 845-5003

REQUESTS

Attorney

West Berkeley
Lee Miltier 649-1977

Legal & Accounting Advice

Berkeley
Happy Cow Collective 848-4653

Legal Consulting

Rockridge
Robert Van Buskirk 596-8869

Legal Counsel

San Francisco
Fred Cook 415-861-1711

Legal Services

West Oakland
Pamela Beitz 658-1343

MASSAGE & BODYWORK

Acupressure

Berkeley
D. Erin Fisher 644-9617

Acupressure Massage

Laurel/Diamond
Jai Noire 531-5373

Bodywork

So. Berkeley
South Berkeley Chiropractic 551-9539

Bodywork: Polarity Therapy, Gestalt Work

San Rafael
Joy of Learning Center 415-499-0907

Bodywork: Swedish, Kinesiology, Polarity, Shiatsu, Reflexology, & Yoga

Richmond Heights
Jeff Del Bosque 236-8296

Breema Bodywork: Private Sessions & Instruction

So. Berkeley
Hannah Joyce Karpilow 848-9141

Feldenkris Method

Albany
Eveline Wu 496-3447

Licensed Massage Therapist

Oakland
Sally Dridi 832-7259

Massage

No. Berkeley
Marjorie Gardiner 526-5934

Massage

Richmond
Terry Herkimer 232-4070

Massage

No. Oakland
Sonia Connolly 798-9001

Massage (50% BREAD)

West Berkeley
Kathy Labriola 464-4652

Massage for Cyclists

West Berkeley
Koba Jacobsen 548-5622

Massage (MT)

Central Berkeley
Zed Lopez 845-6309

Massage (Novice Level)

No. Oakland
Cliff Hirsch 594-4306

Prenatal and Postpartum Massage

No. Oakland
Brooke Russell 655-0412

Psychopneurophysiology, Reflexology, Sports, & Eclectic Massage

San Francisco
Fred Cook 415-861-1711

Reiki Energy Treatment

No. Oakland
Sonia Connolly 798-9001

Sensory Reawakening, Movement Education

Albany
Eveline Wu 496-3447

Shiatsu Massage

South Berkeley/Albany
Tatyana Ryevzina 594-4041

Shiatsu Massage

Temescal
Dawn Buerkle 923-0733

Shiatsu, Thai Massage
Kensington
Rivka Mason 524-2916

Structural Acupressure
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

Swedish Massage, Acupressure
Halcyon
Robin S. 848-9190

Swedish or Shiatsu Massage
Emeryville
M.J. Gentile 233-4858

Therapeutic Bodywork
No. Berkeley
Cambria Lowe 415-253-2639

Zero Balancing & Polarity Therapy
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

MARKETING & PR

Marketing
Berkeley
Jim Masters 339-3801

Marketing & Business Development
Elmwood
Saskia Dennis Van Diji 540-5660

PR Concept Development for Nonprofit or Small Business
El Toyonal Hill
Susan Strong 925-254-7198

REQUESTS

Marketing, PR
San Pablo at Stanford
Destiny Arts Center 597-1619

MUSIC

Beginning Adult Guitar Lessons
Laurel/Diamond
Jai Noire 531-5373

Community Events, Musical Jams
www.rosestreetmusic.com
Rose St. House of Music 594-4000x687

Custom Song Writing
Laurel/Diamond
Jai Noire 531-5373

Entertainment (Guitar, Singer)
Berkeley
Liss & Avi Haviv 548-5761

Fiddle Lessons
Central Berkeley
Morgan Fichter 845-1160

Flamenco Guitar Lessons
Elmwood
Dan Fries 849-5402

Guitar Building & Repair
Central Berkeley
David Melly 841-3204

Guitar Lessons
Central Berkeley
David Melly 841-3204

Guitar Lessons
No. Berkeley
André Carothers 527-3582

Guitar Lessons
Berkeley
Liss & Avi Haviv 548-5761

Guitar Lessons
Berkeley
Ryan Buckley 664-1540

Harmonica Lessons
San Francisco
Dave Reagan 415-202-0624

House Concerts & Workshops
www.rosestreetmusic.com
Rose St. House of Music 594-4000x687

Music for Young Kids
Emeryville
Sam Foushee 658-4915

Music: Original A Capella & Folk
www.rosestreetmusic.com/irinarivkin
Irina Rivkin 524-3545

Pianist
No. Berkeley
Francesca A. 841-4863

Piano Lessons
Oakland
Andrea Simms 336-1556

Piano Lessons
No. Shattuck
Verna Winters 524-1601

Piano Lessons
South Berkeley
Moses W. 848-4355

Piano Lessons
Central Berkeley
Morgan Fichter 845-1160

Singing Lessons
North Oakland
Ninshibar! 652-9560

Singing Workshops & Group Facilitation
www.rosestreetmusic.com/irinarivkin
Irina Rivkin 524-3545

Violin Lessons
Rockridge
Helene Knox 654-1667

Violin Lessons
Hidden Valley
Laura Lee 800-634-7393

Voice Lessons
Rockridge
Helene Knox 654-1667

Voice, Speech Lessons
No. Shattuck
Verna Winters 524-1601

REQUESTS

Guitar Lessons
No. Berkeley
Bill Lutkenhouse 841-8729

Guitar Lessons
West Berkeley
Patrick Archie 917-2030

Music
South Berkeley
Moses W. 848-4355

Music Lessons
Oakland
Sally Dridi 832-7259

Music Recording Engineering
North Oakland
Wayne L. 272-9530

Piano Improvement Lessons
Piedmont
Sacha Luria 533-3386

Piano Lessons
MacArthur BART
Sarah Jarmon 601-8108

Singing Lessons
So. Berkeley
DeAnna Tibbs 653-1341

Suzuki Violin Lessons
Berkeley
Rhonda Bathurst 526-8540

PET CARE

Animal Care
Berkeley
Karen Rose 486-1188

Cat Sitting
West & North Berkeley
Florence Windfall 528-6878

Cat Sitting, Plant Care
Temescal
Dani Eurynome 601-0537

Consultant, Alternative Health Care for Animals
Lower Haight
Kasie M. 415-437-9575

Dog & Cat Sitting
West Berkeley
David A. Oertel 915-0543

Dog Walking
Broadway Terrace
Corinne L. 654-1356

Homeopathic Veterinarian
Mill Valley
Larry Bruk 415-381-0723

Horse Training, Exercise
Halcyon
Robin S. 848-9190

REQUESTS

Dog Walking
Berkeley
Karen Rose 486-1188

Pet Sitting
Elmwood
Lia Fioroni 548-4088

PHOTOGRAPHY

Creative People Photography
Castro Valley
Heather Chou Pierce 581-1394

Photography
Laurel/Diamond
Jai Noire 531-5373

Photography
No. Oakland
Dennis T. 601-6625

Photography: Editorial, Private, Corporate
http://LionPhotography.com
Rosemarie Lion 415-437-2579

Photography, Photo Retouching, & Repair
Oakland
Alex Schoenfeldt 595-4296

Portraits, Events, Weddings, Natural Lifestyle
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Rosemarie Lion 415-437-2579



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Still Photography: Performance, Head Shots, Portraits, Weddings & Events, News
San Francisco
 Fred Cook 415-861-1711

REQUESTS

Photography Darkroom
Berkeley
 Darcy Hamilton 594-8461

PUBLICATIONS

Advertising (Bay Area BusinessWoman)
www.babwnews.com
 Bay Area BusinessWoman 654-7557

Bay Area BusinessWoman Newspaper
www.babwnews.com
 Bay Area Business Woman 654-7557

Journals, Blank Books, Address Books
West Oakland
 Willow Rosenthal 268-8356

• **Orion & Orion Afield Magazines**
Both mags for \$30 (30% BREAD)
 Orion Society 888-909-6568

Poetry Books, Essays
West Berkeley
 Harold David Moe 528-8713

EarthLight Magazine
Lake Merritt
 EarthLight Magazine 451-4926

RECREATIONAL ACTIVITIES

Fencing Lessons
No. Oakland
 Dennis T. 601-6625

• **GO Lessons**
Berkeley
 Howard King 649-1697

Hiking & Mt. Biking Tours
Halcyon
 John Thelen-Steere 849-1969

Hip Hop, Samba, Urban Fusion Dance Classes
San Pablo at Stanford
 Destiny Arts Center 597-1619

Ice Skating Lessons
Central Berkeley
 David Melly 841-3204

Sailing Lessons
West Berkeley
 Patrick Archie 917-2030

Sea Kayaking Lessons
West Berkeley
 Patrick Archie 917-2030

Swimming Instruction
Berkeley
 Rebecca de S. Young 644-3556

Tennis Lessons
Berkeley
 Les Tsang 206-7811

Tennis Tournament Directing
Berkeley
 Les Tsang 206-7811

REQUESTS

Bridge Lessons
No. Berkeley
 Bill Lutkenhouse 841-8729

Skating Instruction (Inline)
Oakland
 John Cassidy 763-6636

Swimming Pool: 3x Week
www.rosestreetmusic.com/irinarivkin
 Irina Rivkin 524-3545

Walking Partner
El Cerrito/Richmond Hills
 Monika Del Bosque 236-8296

RESEARCH

Library Research
No. Oakland
 Nancy Freedom 428-1184

Research
South Berkeley
 Dean Tuckerman 845-5003

REQUESTS

• **Activism, Advocacy Research**
So. Berkeley
 Meredith Jefferson 704-1435

Research
San Francisco
 Mohandas & Honoria Ah 415-789-8426

Research Assistant
Laurel
 Wilson Riles 530-2448

Research: Market, Opinion, Ethnographic, Media Monitoring & News Clipping
San Francisco
 Fred Cook 415-861-1711

RESTAURANTS

Organic Cafe
1050 40th St., Oakland
 Vegan & Vegetarian Meals 653-6510

Smokey Joe's Cafe
1620 Shattuck, Berkeley
 Breakfast & Lunch (M-F) 1620 Shattuck

Vachi's Halal
326 23rd St., Oakland
 Falafel, Kabobs, Smoothies, etc. 444-8588

Your Black Muslim Bakery
5832 San Pablo Ave., Oakland
 Day-old Breads, Pies, etc. 658-7080

SEWING & ALTERATIONS

Ironing: Shirts, Pants, Etc.
Fruitvale
 Shirley Breese 849-1627

Seamstress
Ashby BART
 Xochitl Small Bear 486-2687

Sewing
San Francisco
 Dave Reagan 415-202-0624

Sewing: Clothing, Futon
Berkeley
 Eusako D. 540-0545

Shared Sewing Skills: Textile Arts Lessons
Claremont
 Stephanie Truskin 658-6033

REQUESTS

Alterations
No. Berkeley
 Sara Pierre 665-3919

Sewing
No. Berkeley
 Cambria Lowe 415-253-2639

Sewing
North Oakland
 Ninshibar! 652-9560

Sewing
www.anastasiajewelry.com
 Anastasia K. Trainer 336-9279

Sewing, Internet Research
Elmwood
 Paul Hoffman 496-3463

Sewing & Mending
No. Berkeley
 Trena Cleland 524-7224

Sewing, Mending
Outer Richmond District
 Anita Stovall 415-435-7556

STORES & SHOPS

Berkeley BART Bike Station
Downtown Berkeley BART - South Exit
 Bicycle Storage 549-7433

Berkeley Signs
Berkeley
 Sign Design and Manufacture 444-4447

Cal Copy
1748 Shattuck, Berkeley
 Large Contracts by Arrangement 549-7171

Destiny Arts Center
San Pablo at Stanford, Oakland
 Martial Arts, Dance Classes 597-1619

East Bay Depot for Creative Reuse
6713 San Pablo, Oakland
 Arts & Craft Supplies, and More 702-3936

Fermentations
Saturday Berkeley Farmers Market
 Sauer Kraut & Miso 540-5185

Organic Cafe Produce Center
1050 40th St., Oakland
 Groceries & Produce 653-6510

Nani's Walk in the Garden
1417 Cyprus St., Walnut Creek
 Flowers & Arrangements 925-947-3556

Pedal Express
Berkeley
 Bicycle Delivery Service 843-7339

Regent Press
6020 A Adeline, No. Oakland
 Printing & Publishing 547-7602

Rock of Ages Tattoo Studio
1920 A El Camino Real, San Mateo
 Tattoo Studio 650-573-1920

Suigetsukan Martial Arts Studio
1051 5th Ave., Oakland
 Jujitsu, Aikido, Shinkendo 452-3941

Your Black Muslim Bakery
5832 San Pablo, Oakland
 Day-old Bakery Products 658-7080

REQUESTS

Retail Store Help
Walnut Creek (1417 Cyprus St.)
 Nani's Walk in the Garden 925-947-3556

TOOL LIBRARY

Knife & Tool Sharpening
Central Berkeley
 David Melly 841-3204

Power Tools: Router, Band Saw, Palm Sander, Planer, etc.
Central Berkeley
 David Melly 841-3204

Spades for Rent or Sale
Berkeley
 Lilley P. 843-4355

TRANSPORTATION & DELIVERY

Bicycle Delivery Service
Berkeley
 Pedal Express 843-7339

Car Rides
West Berkeley
 David A. Oertel 915-0543

Rides: Shopping, Airport, etc.
No. Berkeley
 Chris Burbridge 593-3472

Shopping
No. Berkeley
 Bill Lutkenhouse 841-8729

REQUESTS

Driving Errands
Berkeley
 Karen Rose 486-1188

• **Driving Services**
Mountain View
 Ariadna Solovyova 964-7904

Occasional Rides
Cent. Berkeley
 Rose Hauer 649-8110

Rides for Shopping
No. Oakland
 Faye Clipson 654-0947

Transportation
Claremont
 Stephanie Truskin 658-6033

TYPING & WORD PROCESSING

Transcription & Data Entry: Medical, Academic, Legal, General Clerical
Outer Richmond District
 Anita Stovall 415-435-7556

Typing (80+ WPM, 100% BREAD)
So. Berkeley
 Miyoko S. miyokos@pacbell.net

Typing
Cent. Berkeley
 Rose Hauer 649-8110

Typing Service: Resumes, Business Cards, Papers
So. Berkeley
 Panda Typing 848-1677

REQUESTS

Transcription
Lake Merritt
 EarthLight Magazine 451-4926

COMMON INTERESTS & GROUP ACTIVITIES

(Provided as a guide to meet fellow BREAD members with similar interests)

Typing <i>Elmwood</i> Rawal Designs	530-2105
Typing <i>West Berkeley</i> Harold David Moe	528-8713
Typists <i>So. Berkeley</i> Panda Typing	848-1677

VIDEO & AUDIO PRODUCTION

Documentary Programs on Tape <i>San Francisco</i> TUC Radio	415-861-6962
Holistic Video Lending Library <i>No. Berkeley</i> Janet Conley	526-1202
Media Production: Film, Video, Audio <i>San Francisco</i> Fred Cook	415-861-1711
Mix Tapes <i>West Oakland</i> Willow Rosenthal	268-8356
Reader or Voice Overs <i>Laurel/Diamond</i> Jai Noire	531-5373
Transcribing of Audio Tapes <i>No. Berkeley</i> Trena Cleland	524-7224
Video Production <i>No. Oakland</i> Dennis T.	601-6625
Videotaping Childbirth <i>Lake Merritt</i> Marlene Winell	504-8843

REQUESTS

Recording Studio Time www.rosestreetmusic.com/irinarivkin Irina Rivkin	524-3545
Used Holistic Videos <i>No. Berkeley</i> Janet Conley	526-1202

YOGA

Individual Yoga Therapy Sessions <i>Duboce Triangle</i> Jodi Perelman	415-431-6123
Kundalini Yoga <i>Downtown Berkeley</i> Isis Ward	649-0352
Yoga <i>Oakland</i> Ida Robichaud	653-0136
Yoga Classes <i>Lakeshore / Crocker Highland</i> Cynthia Denise	987-9370
Yoga Inspirational <i>Kensington</i> Rivka Mason	524-2916
Yoga Instruction, Gentle <i>No. Oakland</i> Nancy Freedom	428-1184

MISCELLANEOUS

401 (K) Retirement Planning <i>Berkeley</i> Robert Berend	527-5332
Accepting Donations <i>Central Berkeley</i> Project Underground	705-8981
Astrology <i>Downtown Berkeley</i> Isis Ward	649-0352
Entertaining Out-of-town Guests <i>Alameda</i> Irene Matsuoka	522-6155
Grassroots Organizing <i>Lake Merritt</i> Marshall Johnson	834-6350
Home Economist <i>No. Oakland</i> Nancy Freedom	428-1184
Hot Tub to Use <i>Cedar - Rose</i> Asa Bradman	528-8319
Intellectual Odd Jobs (Research, Design, etc.) <i>No. Berkeley</i> Shelley K.	524-3343
Perform Weddings <i>Walnut Creek</i> David Seaborg	925-938-9206
Shopping <i>No. Berkeley</i> Bill Lutkenhouse	841-8729
Spiritual Direction <i>Rockridge</i> Helene Knox	654-1667
Tarot Readings <i>Elmwood</i> Lynne Elizabeth	845-2685
Tarot Readings <i>Haight/Fillmore</i> Charlie Hinton	415-626-2139
Workshop Space <i>Lake Merritt</i> EarthLight Magazine	451-4926

REQUESTS

Land <i>Oakland</i> Christopher Wellman Shein	594-4000x138
Weekend Getaway <i>No. Berkeley</i> Jeff Grappo, D.C.	526-4394

COMMON INTERESTS & GROUP ACTIVITIES

Activism <i>South Berkeley</i> Dean Tuckerman	845-5003
Activism <i>San Mateo</i> Rock of Ages Tattoo Studio	650-573-1920
Alternative Families <i>Lake Merritt</i> Terry K.	835-3704
Antique Shopping <i>N. Oakland</i> Julie Dominguez	450-0226

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Art Shows <i>Rockridge</i> Bronwyn Jackson	761-6618	Camping <i>N. Oakland</i> Don Wolf Konecny	595-9644
Arts & Crafts Classes <i>West Berkeley</i> Phoebe Ackley	548-6642	Camping <i>West Berkeley</i> Koba Jacobsen	548-5622
Author Talks at Bookstores, Art Exhibits <i>No. Oakland</i> Nancy Freedom	428-1184	Chess <i>No. Oakland</i> Jim Burr	655-5956
Backpacking & Hiking <i>Berkeley</i> Darcy Hamilton	594-8461	Cohousing & Eco-communities <i>Halcyon</i> Judy Lightstone	704-0940
Badminton <i>No. Oakland</i> Cliff Hirsch	594-4306	Community Building: Fruitvale <i>Fruitvale</i> Jennifer K.	535-1011
Barbara Sher-Type Support Group, Ken Wilber Discussion Group <i>Elmwood</i> Paul Hoffman	496-3463	Community Garden in N. Oakland <i>No. Oakland</i> Faye Clipson	654-0947
Bicycling <i>So. Berkeley</i> Joseph Rooney	898-1417	Community Gardening <i>No. Berkeley</i> Meggie Zimmerman	845-0194
Bicycling <i>West Berkeley</i> Koba Jacobsen	548-5622	Community Gardening (People's Park) <i>No. Oakland</i> Terri Compost	658-9178
Bicycling, Hiking <i>Fruitvale</i> Jennifer K.	535-1011	Community Gardening, Yoga, Hiking <i>Oakland</i> Cathy Holt	835-2765
Bike Activism <i>Temescal</i> Annie Decker	595-7199	Community Gardens & Seed Saving & Exchanges <i>Oakland</i> Christopher Wellman Shein	594-4000x138
Bike Rides <i>Haight-Ashbury</i> Katherine Roberts	415-387-5435	Cooking, Hiking, Environmental Issues <i>No. Oakland</i> Nicholas Sher	595-8570
Bike Riding <i>So. Berkeley</i> DeAnna Tibbs	653-1341	Creative Writing <i>Elmwood</i> Lynne Elizabeth	845-2685
Bikes, Sustainable Transport <i>Berkeley BART</i> BART Bike Station	549-7433	Dancing <i>N. Oakland</i> Julie Dominguez	450-0226
Biking <i>No. Berkeley</i> Chris Burbridge	593-3472	Dinner N'Dance Potlucks <i>Piedmont</i> Sacha Luria	533-3386
Biking <i>Berkeley</i> Rahel S.	841-4636	Discussion Group Meetings (Call for Information) <i>Berkeley</i> Robert Berend	527-5332
Biking <i>Berkeley</i> Kevin Bundy	841-3204	Documentary Video <i>No. Oakland</i> Dennis T.	601-6625
Book Discussions <i>Cent. Berkeley</i> Rose Hauer	649-8110	Dumpster Diving <i>N. Oakland</i> Geoff Ruth	653-3310

COMMON INTERESTS & GROUP ACTIVITIES (CONT.)

Rose Street House of Music

a Berkeley house concert and musical community featuring women singer/songwriters.

- 11/16, Fri, 8pm** ~ Kristi Martel, Littlebird, Lorna Hunt & Marca Cassity.
- 11/23, Fri, 8pm** ~ Amy Martin, ARLO, Ashia & Lisa Alice
- 12/1, Sat. 8pm** Acapella Night ~ Making Waves, Out on a Clef & TBA
- 12/5, Wed. 7:30 pm** ~ Alice DiMichele
- 12/14 & 15, Fri. & Sat., 8pm** ~ Rose Street Benefit Concert featuring Katharine Chase, Deborah Pardes, Erika Luckett, Green, Emily Shore, Amy Simpson, Amy Cray, Alexandra Roberti, Devin Graham, Marca Cassity, Irina Rivkin & more!

12/25, 3pm ~ 8th Annual "Dykelah Escape-from-you-know-what-day Musical Extravaganza!" featuring Lisa Cohen, Helen Chaya, Eileen Hazel and TBA. Benefits Shalom Bayit, Jewish Women's Task Force on Domestic Violence.

Harmony Goddess?
Join Making Waves, aka 'rose street ensemble'!
call (510) 524-3545

LOCATION/INFO LINE:
(510) 594-4000, ext. MUS or 687

www.rosestreetmusic.com

Subject to Change - Please call for updates
Rose Street is volunteer-run,
new VOLUNTEERS are always WELCOME!
To increase accessibility, we ask that
guests not wear perfume or cologne.



Fighting Economic Globalization
Mission/Bernal Heights
Andrew Kang Bartlett 415-821-3289

Folk Music
West Berkeley
Koba Jacobsen 548-5622

French Conversation Group
Rockridge
Helene Knox 654-1667

Gaming (RPGs, Board, Etc.)
So. Berkeley
John Abbe 654-7113

Gardening
Fruitvale
Jennifer K. 535-1011

Gardening
Central Berkeley
Morgan Fichter 845-1160

Gardening
West Berkeley
Koba Jacobsen 548-5622

Health, Movement
No. Shattuck
Verna Winters 524-1601

Herb Walks
No. Oakland
Terri Compost 658-9178

Hiking
Oakland
Christopher Shein 594-4000x138

Hiking, Arts, Eco Gatherings
North Oakland
Wayne L. 272-9530

Hiking, Camping
Elmwood
Lia Fioroni 548-4088

Hiking, Camping, Rollerblading
Lake Merritt
Kris Yates krisyates@aol.com

Hiking, Dinner Parties, Collaborative Art & Music
No. Berkeley
Cambria Lowe 415-253-2639

Hiking, Herb Growing & Gathering, Ballroom Dancing
Richmond Heights
Jeff Del Bosque 236-8296

Hiking & Outdoor
West Berkeley
Koba Jacobsen 548-5622

Humanism, Philosophy, Buddhism
West Berkeley
Harold David Moe 528-8713

Internet Partners
Lake Merritt
Marshall Johnson 834-6350

Jogging
No. Berkeley
Sara Pierre 665-3919

Meditation
Laurel District
Jovida Ross 530-7659

Mountain Biking
Halcyon
John Thelen-Steere 849-1969

Music
No. Berkeley
Chris Burbridge 593-3472

Music
South Berkeley
Moses W. 848-4355

Music: A Capella & Folk
www.rosestreetmusic.com/irinarivkin
Irina Rivkin 524-3545

Music & Gardening
South Berkeley
Laurie Winestock 647-5049

Musical Events
No. Berkeley
Marjorie Gardiner 526-5934

Nature
No. Berkeley
Fred Foldvary 843-0248

Nature Connection (Walks, Rituals, Council of All Beings)
Oakland
Cathy Holt 835-2765

Neighborhood Activism
Temescal
Dani Eurynome 601-0537

Organic Gardening
San Rafael
Joy of Learning Center 415-499-0907

Outdoor Activities
Castro Valley
Heather Chou Pierce 581-1394

Outdoors: Hiking, Etc.
No. Berkeley
Francesca A. 841-4863

Parenting
Fruitvale
Heather M. 436-0556

Permaculture
West & North Berkeley
Florence Windfall 528-6878

Permaculture
West Berkeley
David A. Oertel 915-0543

Permaculture
West Berkeley
Koba Jacobsen 548-5622

Political, Social Action
Grand Lake
Aaron Rosselle 444-8729

Radio, Urban Community
Temescal
Dawn Buerkle 923-0733

Rituals, Ceremonies
Laurel
Patricia St. Onge 530-2448

Rock Climbing, Snowboarding, Surfing
So. Berkeley
Miyoko S. miyokos@pacbell.net

Running
Fruitvale
Jennifer K. 535-1011

Sacred Space, Elders' Councils, Dream Groups
Oakland
Cathy Holt 835-2765

Salsa Dancing, Kayaking
Halcyon
Robin S. 848-9190

Scrabble
West Berkeley
Betsy Morris 549-8790

Sewing
Claremont
Stephanie Truskin 658-6033

Short Scenic Walks
No. Oakland
Nancy Freedom 428-1184

Singing
Haight-Ashbury
Katherine Roberts 415-387-5435

Singing
No. Oakland
Karen Pearle 601-5565

Spanish Conversation: Group-Advanced
West Oakland
Willow Rosenthal 268-8356

Spanish Conversation Groups
So. Berkeley
Joel Hildebrandt 883-1255

Speaking Spanish
Oakland
Daniel B. 639-1997

Spirit, Physical Health
Laurel
Wilson Riles 530-2448

Table Tennis
So. Berkeley
John Abbe 654-7113

Tamil Language Study, Practice
So. Berkeley
John Abbe 654-7113

Track Bike Riding
N. Oakland
Geoff Ruth 653-3310

Video Games
No. Berkeley
Guillaume Pierre 665-3919

Voluntary Simplicity
West Berkeley
Koba Jacobsen 548-5622

Walking
N. Oakland
Julie Dominguez 450-0226

Walking & Making Street a Safe Place
Berkeley
Eusako D. 540-0545

Walks on Beach
No. Berkeley
Marjorie Gardiner 526-5934

Weight Training
Fruitvale
Jennifer K. 535-1011

Women's Circle
Grand Lake
Eileen Karpfinger 444-8729

Worker Cooperatives
Berkeley
Darcy Hamilton 594-8461

Writing
Fruitvale
Heather M. 436-0556

Yoga
Elmwood
Lynne Elizabeth 845-2685

BREAD MEMBERS POLL TOGETHER

by Miyoko Sakashita

In September, we surveyed BREAD members to find out how trading is going. Many responded with interesting stories, comments, and useful information that will help to guide BREAD's planning and programs.

Here's what we found out from our poll:

Last summer, members used BREAD HOURS to pay for food, gardening and home repair; including plumbing and electrical work. Administrative services such as data entry, transcription, and graphic design were also common.

People earned BREAD by providing goods or services to other community members. These goods and services included: plumbing, plant sales, word processing, photography, counseling, body work, landscape design, homemade ice cream, and more.

Making connections in the community is the most celebrated benefit of BREAD membership. Additionally, many people trade BREAD for goods and services that they want and enjoy.

Members described that the most common challenge is that people don't return phone calls promptly, if at all.

30% of members trade with BREAD at least every few months. The remainder trade less frequently.

55% of members are satisfied with their BREAD membership. Others would like to see more trading and improvements such as frequent updates to listings.

BREAD has more than 300 members. Most members are low-income. 45% of members who responded reported an annual income of even less than \$21,000 a

year. Nearly 10% of BREAD members polled are disabled. 73% reported their ethnicity as White, followed by 8% Asian, 5% Mixed, 4% African American, and 10% other (including Latino and Native American).

Here's what members are saying are the greatest benefits of BREAD:

"Finding great local talent of all kinds! I've met people who have similar values and interests — that's a joy, too."

"Goodwill for my small soil consulting business."

"[I'm] proud to be a part of an organization that is living example of my philosophical/ political values, hopes, and dreams."

"Supporting local businesses."

"Working with like-minded people."

"Buying stuff with BREAD is awesome. BREAD members are also kind-hearted individuals."

"[I enjoy] the articles in your magazine — very in tune with the global economy."

"I have enjoyed meeting people in the community and telling my friends about BREAD."

"I like the growth demonstrated in the Fall 2001 newsletter. Super. Restaurants, hair cuts, more diversity, a variety of services. Good work, keep it up, good luck! I'm glad to see BREAD rising!"

Here are some suggestions that members offered and our responses in italics:

New members should receive an orientation about BREAD and be strongly encouraged to be responsible, reliable, and honest

when making trades. Members should ONLY advertise services and goods they actually have available and are qualified to provide.

An orientation is a great idea. We've already held two successful member orientations in July and November. Please check the calendar or calls to find out when the next one is to be held.

Make a BREAD bank that can change BREAD currency.

Please stop by the office at 1920 Martin Luther King Jr. Way. You can get smaller denomination BREAD HOURS or purchase additional HOURS. Call for office hours (644-0376).

Put newsletter and services on your website with photos and enhanced descriptions.

A couple of BREAD members have volunteered to give BREAD's website a new look. Please visit www.BREADHOURS.org to monitor changes. Currently you can download the latest directory or browse listings on-line.

In the BREAD directory, I would like to see each person's listing include information of whether they accept 100% BREAD or partial payment. This could avoid a lot of

confusion and disappointment.

The directory will begin to include these details. Tell us how much BREAD you accept next time you update your listing.

I feel separated from the people who run the organization.

BREAD is run by members. As a democratic organization, members are encouraged to participate in decision-making by attending bi-monthly Council Meetings. Project administration is done by a collective of volunteer BREAD members. We could use more help!

I believe that updating the directory more frequently should help. I see that you've already begun to do this. People should put things in writing when entering agreement to provide service.

To make trading simpler, use a "Trade Estimate" form. By writing down the agreement beforehand, you can clarify and negotiate your trade more easily. Let us know about your BREAD trades by sending in a "Trade Evaluation" form. You can find these forms on our website. Moreover, by requiring members to renew their membership each year, the directory in this newsletter will be more accurate and helpful. 

BREAD TRADE ESTIMATE FORM

Provide a copy of this to each party in the exchange.

Estimate provided by: _____ Phone _____

Estimate provided to: _____ Phone _____

Work to be completed by (date): _____ Today's Date _____

DESCRIBE SERVICES TO BE PERFORMED:

DESCRIBE RATE AND ESTIMATED TIME TO COMPLETE SERVICE:

Explain what portion is to be paid in BREAD and what portion to be paid in US dollars or other barter exchange.

ESTIMATED FINAL AMOUNT TO BE PAID FOR SERVICE:

DESCRIBE ACTION TO BE TAKEN IF THE ESTIMATE OR DEADLINE IS FOUND TO BE UNREALISTIC (i.e. phone call, negotiate new agreement, leave service uncompleted):

Trade Estimate Form can be found at www.BREADHOURS.org/resource.html

HOMEGROWN ECONOMICS

Continued from page 1

When chains displace local businesses, not only are economic assets transferred to absentee owners, but many important decisions — whether to pay a living wage, sell produce from a nearby organic arm, stock a controversial book — are moved to distant boardrooms, where the values of the local community carry little weight.

Milchen's interest was also motivated by a desire to protect Boulder's sense of place. "I want to live in a community that has its own identity," he says. Such places are increasingly rare as more cities and towns are ringed by massive, impersonal superstores and acres of asphalt. Once vibrant Main Streets are now gutted and vacant. Distinctive urban neighborhoods have been overrun by an endless stream of Gap stores and Starbucks logos. Milchen sees Boulder's numerous homegrown businesses as a valuable community asset — one worth fighting for.

Bolduc and Milchen together developed a brochure outlining their goals, persuaded ten local businesses to become founding members, and formally incorporated the Boulder Independent Business Alliance in early 1998. Membership is open to any business that is majority owned by area residents and keeps decision-making authority local.

Recruiting members was a hard sell at first. With nothing similar in existence, BIBA offered little more than an untested idea. "One essential thing early on was having a few landmark businesses on board," contends Milchen. "They gave me credibility when I walked in the door." BIBA's founding members included the Boulder Weekly and several other well-known and respected businesses. Another key was providing immediate, tangible benefits for joining. BIBA's initial

offerings included window decals that identify a business as locally owned, reduced advertising rates with local media, and a listing in a new local business guide.

Once past the initial difficulties, BIBA grew steadily over the next three years. It now has 150 members and boasts a renewal rate of nearly 90 percent. A wide variety of businesses have joined, including food producers like Twisted Pine Brewery and the Boulder County Farmer's Market, repair shops like Hoshi Motors, retail stores like Video Station, service providers like Silver Star Printing, restaurants like The Sink, and Boulder's only independent commercial bank, Heritage Bank. The smallest are sole proprietorships. The largest, the nonprofit Boulder Community Hospital, has more than 2,000 employees. BIBA currently employs two part-time staff, as well as an intern to keep it all going.

BIBA's new Community Benefit Card promises that residents need not choose between supporting a local business and getting the best deal. Available for \$15 — less than a membership at one warehouse buying club — the card provides discounts at more than 60 member businesses. Cards can be purchased at local stores or from several nonprofit groups, which keep a portion of the proceeds. This arrangement, says Milchen, helps fulfill another goal of creating stronger bonds between local businesses and nonprofit organizations.

While the marketing efforts have raised consumer awareness, Milchen says "voting with your dollars" has limits. "Chains have used their economic and political power to stack the deck," he contends, noting that many public policies — tax breaks for big retailers, land-use rules that favor sprawling developments over central business



districts, and lax enforcement of antitrust laws — give large corporations unwarranted advantages over locally owned businesses.

To reverse the current trends, communities must adopt new rules that support, rather than undermine, the homegrown economy. Last year BIBA introduced the Community Vitality Act (CVA), a package of four local ordinances drafted with the help of the Institute for Local Self-Reliance's New Rules Project, a national effort to identify and promote policies that build strong, sustainable local economies.

The CVA would require that the city give preference to locally owned businesses for purchases and contracts; prohibit the city from leasing city-owned property to nonlocal businesses; limit the number of "formula" businesses (i.e., identical chains) that could locate within Boulder; and establish a public review process for approving new large-scale retail stores.

Backing the CVA was a big leap for BIBA's members. Most business owners are reluctant to take stands on public policy. "When you run a retail business," notes Ken Renner,

general manager of 45-year-old McGuckin Hardware, "you generally avoid talking to your customers about religion or politics." But BIBA members took the risk. Many posted information in their stores explaining the need for the CVA, met with city officials, and gave interviews to the media.

The CVA quickly became the talk of the town and the subject of dozens of media stories. At first, it was highly controversial. Opponents decried it as an interference in the marketplace and a violation of property rights. But BIBA pressed its case. "We have the right and responsibility as citizens to determine our community's future," Milchen argued in op-eds and debates.

After a while, letters in support of the CVA started pouring into the newspapers. One writer echoed the sentiments of many: "A downtown that is a destination will not be built on the backs of the Borders or Starbucks or Cheesecake Factories of the world. It will be built by the hard work and community loyalty of our local businesses."

An unprecedented number of peo-

HOMEGROWN ECONOMICS

ple contacted the city council, with supporters far out-numbering opponents. Several public debates were widely attended and broadcasted on local television. "The CVA clearly touched a chord with the community," says Mayor Will Toor. The proposal, however, continues to be debated by city officials. The local purchasing preference will likely move forward this year, but the formula business restriction faces a more difficult road. Some officials are concerned that it will shift consumer spending to chains outside the city's limits and taxing jurisdiction.

Even if the CVA is never enacted, says David Bolduc, it was well worth the effort for the quality and scope of the public conversation it generated. Milchen says the CVA "vastly increased the number of people familiar with the association and generated serious thinking

about the difference between acting as an engaged citizen and merely being a consumer."

One way to measure BIBA's impact is to skim the newspapers. The number of businesses that include "locally owned" in their ads has risen sharply. The city's papers now feature advertising sections specifically for locally owned businesses. "Independent ownership has become a selling point," says Milchen. Boulder's chain stores, while no fewer in number, are taking more heat. Last December, in an event unconnected to BIBA, 60 protesters marched on Borders Books and Starbucks demanding an end to corporate-driven globalization. Protesters have haunted Borders for several months and, by some accounts, the store is struggling. Mayor Toor believes BIBA has also made city officials more aware of the impact their decisions have on

local businesses. The city is now examining zoning changes to help ensure that affordable commercial space remains available for entrepreneurs.

Nearly a dozen other communities are now forming independent business alliances. Some were inspired by Boulder's success; others arrived at the idea independently. A new Salt Lake City alliance was instrumental last year in blocking plans for a sprawling shopping center. In Vermont, general store owners are forming an alliance for joint purchasing and marketing. In Tucson, restaurants have banded together under the banner Tucson Originals to lower costs through group purchasing and build awareness of the value of local restaurants to the city's sense of place. To nurture this fledgling movement, Milchen recently launched the American Independent Business Alliance, a

national network that will serve as an incubator and support structure for local coalitions.

The trends for local businesses are dismal. But trends are not destiny. Increasing numbers of people are acting to protect their communities from global economic consolidation. The Boulder Independent Business Alliance provides an innovative and hopeful model for strengthening locally owned businesses and building strong, self-reliant communities.

To learn more about the Boulder Independent Business Alliance, read the full article by Stacy Mitchell on the Orion website at www.orionsociety.org.

This article originally appeared in *Orion Afield*, 187 Main Street, Great Barrington, MA 01230, 888/909-6568, www.oriononline.org (\$30/year for 8 issues; 4 each of *Orion* and *Orion Afield*). 

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BREAD HOURS are local currency for the Bay Area. It stands for Bay Area Regional Exchange and Development, but it means self-reliance, fair pay, and local control for all of us. Because BREAD stays within the region, it strengthens our community, it creates jobs, and generates wealth.

Join BREAD by sending in the form below. Everyone has skills and resources worth trading. When you become a member, you have a chance to earn BREAD and hire your neighbors for things you need. Look inside — this directory has over a 1,000 listings. You can spend your BREAD on food, yardwork, childcare, carpentry, plumbing, computer consulting, bicycle delivery and much more.

Our local money is valued in HOURS because it's backed by labor; one HOUR is equivalent to \$12, a fair hourly wage for our area.

When you first join and advertise your goods or services in this newsletter, you'll receive a few BREAD HOURS to get you started. You will also receive a subscription to this quarterly journal. To spend your BREAD, just call someone in the directory who you would like to hire. To earn more BREAD, look under the "requests" sections to find people who might hire you. You arrange and control all of your exchanges. Trading in BREAD helps build community and create local wealth. So sign up and start trading with BREAD!

To join BREAD and receive the *BREAD Rising* community journal, please complete and return the form below:

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Advertise your skills in *BREAD Rising*! New sign-ups receive BREAD HOURS.

Please keep your listings updated. *New* *Renew*

Please print the following:

Name _____

Please omit my last name.

Address _____

City/State/Zip _____

Neighborhood _____

Phone _____ E-mail _____

Goods or services OFFERED

1. _____ 2. _____

Common Interests/Group Activities Goods or services REQUESTED

1. _____ 1. _____

Let me know if BREAD needs some volunteer help.

Please make a contribution for your annual membership on a sliding scale.

\$15 \$25 \$50 \$75

Enclose your business card if you want it published. The cost is 2 Hours (or \$24).

BREAD CALENDAR

December 4, 2001

Council Meeting

Tuesday, 6:30 – 8:30PM

Location: Claremont Branch

Berkeley Public Library

(Benvenue & Ashby Avenues)

December 8, 15, & 22, 2001

Winter Crafts Fair

Saturdays, 10:00-4:00PM

Location: MLK Civic Park

(Next to Farmers Market)

Give input, make decisions, meet neighbors, and share your ideas at these bi-monthly Council Meetings. Join us and help make BREAD HOURS strong. Everyone is encouraged to come to these meetings where we discuss BREAD matters and make policy decisions. GET INVOLVED!

Shop for locally handmade gifts for your friends and family with local currency! It's a meaningful way to do this year's holiday shopping. If you are interested in selling your crafts, call Dina at 644-0376.

February 13, 2002

Member Orientation

Wednesday, 6:30 – 8:30PM

Location: To Be Announced

Feb. 5 & April 2, 2002

Council Meetings

Tuesday, 6:30 – 8:30PM

Location: 1920 MLK Jr. Way
 (Between Berkeley Way & Hearst)

Do you want to learn helpful tips to making successful BREAD trades? Attend a member orientation. Have your questions answered and make connections with other BREAD members. RSVP by calling 644-0376.



Illustration by Hershell West

