



Monthly Musings

MAY 2009

Sally Fallon in MI on May 30th!

Sally Fallon, author of Nourishing Traditions, will be in Detroit on May 30th! Visit www.htnetwork.org/growingconnections.html for more information.

Healthy Traditions Network
The WESTON A. PRICE FOUNDATION, Metro-Detroit Chapter

Growing Connections Conference

Taking care of YOU!! Balancing your diet, hormones and inner ecosystem

At the Christ the King's Fellowship Center,
16700 Pennsylvania Rd., Southgate
May 30th, 2009, 9:00 am to 5:30 pm

Low fat dieting got you down? Learn how you can eat fat to lose fat!

By Sally Fallon-Morell

9:00 am ~ 10:15 am

Take back your life ~ the miracle of natural hormones.

By David Brownstein, M.D.

10:30 am ~ 12:00 pm

Lunch

12:00 pm ~ 2:00 pm

Nutritious gourmet boxed lunches available from Pure Foods 2 U.

Avoid the long lines....pre order your lunch. \$10.00

Getting Gutsy ~ how your digestive system influences your overall health.

By Marjie Andrejciw, MT (ASCP), MS, NC

2:00 pm ~ 3:15 pm

Breakfast, Lunch & Dinner - getting it done without giving up on your favorites.

By Sally Fallon-Morell

3:30 pm ~ 5:00 pm



Pre-registration is highly recommended, First 50 pre-registered guests receive an eco-friendly shopping bag. Please register and pre-order your lunch on-line or by phone, \$49 if registered by May 25th, \$59 at the door.

To learn more about the classes and speakers or for any questions, please visit www.htnetwork.org or contact 248-828-8494, info@htnetwork.org.

Member Offerings

If you haven't yet checked out the new Member Offerings page on our website, you might want to do so. We now have eight different people listing various products at four of our five delivery locations. Items include eggs, maple syrup, fresh-made bread, kefir grains, and even beefalo and wool fleeces!

Please remember that if you're interested in these items, you should contact the person offering them. Even if you don't regularly pick up at their delivery location, they may be willing to meet up with you at another time and place to exchange goods. Some may also be willing to barter.

If you'd like to add yourself to the list for anything (be creative—it doesn't have to be just food!), please tell Kristi or Shawn at your delivery, or email us at info@mimilkmaidens.com with your items and prices, and the contact information you'd like us to include on the website. Let's share what we can!

Notices

- **May share payments** should already have been paid by now. If for some reason you haven't yet paid, please mail your payment to Mi Milk Maidens, 8134 Black Forest Dr, Portage MI, 49002-5883, OR pay via paypal on our website in the "members only" section (the username is "xxxxx" and the password is "xxxxx").
- **Summer is coming fast!** Please remember to let us know if you need to suspend your deliveries while you're out of town.