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February
1994

MOSCOW COOP COMMUNITY NEWS



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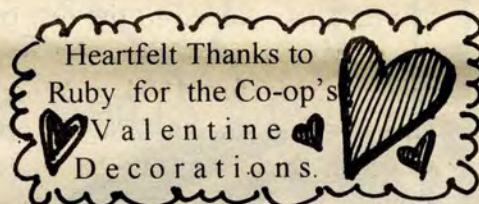
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THIS TIME WE REALLY MEAN IT

By Bill London

Jim Croft, master bookbinder, is creating a work of art. He is binding the Moscow Food Co-op Newsletters published from 1984-1991 into a four-inch-thick book using the tools and materials common to Medieval Europe. He has been working on the project for three years.

In an earlier newsletter, I wrote that the book would be available at the Co-op Bazaar during December, to be inspected and enjoyed by Co-op members. It wasn't there. Jim was finishing it, and as a matter of fact, is still finishing it. but now we have set a new deadline and Jim swears, vows, and promises it will be done and delivered on February 6.

Beginning on February 7, the book will be available at the University of Idaho Library, Special Collections Department. There you can hold, inspect, read, enjoy and fondle the book (but will not be allowed to take it out of that room).

On March 15, I'll pass the book on to Ed Clark who will add it to the Co-op's display in the glass case in the Public Library (the city library in Moscow) until April 15.

After April 15, I'll take the book home.

EDITOR FOUND, DISTRIBUTOR LOST

By Bill London

Hooray! Beginning in March, Therese Harris will edit every other issue of this newsletter.

That's the good news. The bad news is that now we need a distribution person.

For more than a year, Therese has been driving around with Co-op newsletters in her truck, placing them at area businesses, and at the universities. She will continue to distribute in Pullman, but we need a volunteer in Moscow.

If you are interested, please call Therese at 334-0335.

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by Kenna Eaton



Bill asked me to write a report on the Bazaar for this month's article. While we haven't received our "End of the Year" financial statement from Deb, our wonderful Bookkeeper, I do have some preliminary information.

It appears that the Bazaar was a success in terms of profit, and in terms of customer enjoyment! We worked hard this year to find a different way to set up the floor space, a way that would let us use the fireplace. Erika and I decided we needed to build a wall dividing the upstairs to give us a semi-private office space. The wall is a definite improvement over last year's lattice work, and left us with a great space for the Holiday Bazaar.

Everyone seemed to really like the new, improved Bazaar space, and the fireplace worked like a charm! Sales this year (for the Bazaar) totaled over \$45,000 for two months. Added to the rest of the store, we went over the one million mark for 1994. Wow! That is a first for our little Co-op, and something we can be quite proud of. Thanks to everyone who helped us achieve this goal.

Now, for the future of the upstairs. It took Erika and I a few

weeks to clean up and put away everything that was left over after Christmas, but we finally managed to get the job done. We spent a lot of time thinking about how to use this space (while we were cleaning, naturally), and decided that we'd like to continue to keep the upstairs open. We tried last year to do this as a on-going Bazaar, but managed to lose too much money. So now we'd like to try something different.

The upstairs will be open daily, from 9-5, as a place to bring your lunch, to study or hang out, to buy a smoothie or carrot juice from Annie, to do whatever.... There will not be any staff to clean up after you, so PLEASE help us keep it clean. The room will also be available for local, non-profit groups to use, but please call and make arrangements with me in advance. We will ask you to clean up after yourselves, and there may be a deposit asked of you (I'm not sure yet).

See you at the Annual Membership Meeting February 26! We need all our members to come and tell us what they think the future of this Co-op should be, we're counting on YOU to be there!

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THE BUY LINE

by Kristi Wildung

Please keep getting Cabott Vermong Cheddar and Italian Regiano Cheeses! We will! Ellyn orders these every other week from Eurobest.

The labeling of produce as to which is organic, which is not. Can we make it clearer? No one seems to know which is which - organic is important to me. According to Ellyn, organic is indicated with red ties, commercial with blue. Also, the baskets often times have smaller labels.

There you go again! running out of Cheerio Eco Pac. What's so hard about keeping that stuff on the shelf? I'm sorry that you have been unable to locate the Heritage O's in the store, but my records indicate that we have not been out of stock on that item for quite a while. Please ask a staff person to help you find them the next time you're in the store. You must also consider that it is not always the Co-op's fault when a product is out of stock. We are at the end of a very long chain of distributors, warehouses, and drivers.

Larger containers of Jan's Salsa. I know this is available in Eugene. Please! Sorry, but our distributor only carries the 16 ounce containers.

Could you please stock the larger size of the Vanilla Rice Dream non-dairy desert. It seems you are almost always out of vanilla. We've been downsizing on ice cream a bit during the winter months, but I will certainly keep a closer eye on the Rice Dream from now on.

Could you please stock Bach Floral Remedies? In the past we have hesitated in carrying floral remedies because there was not anyone working locally who could help in prescribing them. That has changed, and we are looking into carrying a local line of flower remedies.

Yes, wheat and gluten and corn-free products are great, but

some of us can't eat rice! So how about a rice-free, milk-free "ice cream," like Tofutti. I will check into that.

Please, Seventh Generation Maxi Pads, super not thin. Okay, I'll try to make some room on the shelf.

Please list the ingredients on the bulk Sunspire products. I can't have dairy. This is an important project that I'm working on. I will soon be changing the product in the bulk Sunspire bins and will have new signs to go with them. Look for the ingredients to be included.

Tom's toothpaste with baking soda, spearmint with flouride, you had it then you didn't. Glad you are getting back the Shikai. No frozen Orange Juice the last 2-3 weeks! Organic Lemons! I wasn't around when we were getting Tom's with baking soda, but I can easily get it back in. Lots of folks are glad for the shikai. My fault with the frozen OJ. We have organic lemons.

The Co-op used to carry Spelt in bulk in flake form, cooked like oatmeal. Great for alternative to wheat. Please carry it in bulk. I like Kamut flakes, too. We haven't been able to get the Spelt flakes in. They are out of stock at the warehouse. We do have Kamut flakes though, and I don't foresee any problems getting them.

Please get more Chinese noodles. Also, Udon noodles in bulk. You used to carry them. Do you mean more quantity or more types of Chinese noodles? We carry Chow Mein and Chinese noodles. We discontinued the Udon noodles due to lack of sales. I don't think we'll be bringing them back anytime soon, but I would be happy to special order some for you.

Wasabi (Japanese Horseradish Powder) for making sushi. Yes, look for it in February.

Please stock Cherry Garcia Ice Cream a lot! Okay!

What is it that you have against Cinnamon Raisin rolls? You don't make them anymore! I really miss them, they were the best. The bakers make Cinnamon Rolls on Sunday mornings. And they have raisins in them. Enjoy!

I love this store. Keep up the good work! Thanks, we will!

Thanks for making Cinnamon Rolls with raisins! My dream has come true. (I'm exaggerating a little.) You're welcome!

P.S. Thai Jasmine Rice is a manufacturer out of stock! I really am trying to find some.

Discontinued Items:

- Celestial Seasoning's Wild Forest Blackberry: Manufacture discontinue
- Westsoy Lite Plain and Vanilla Soymilk: Co-op discontinue
- Muir Glen Romano Cheese, Chunky Style, and Peppers & Mushroom Pasta Sauces: These three sauces are being replaced with Garden Valley Organic Sauces
- Soya Kass Cheddar and Mozzarella Slices: We can't ever get these; always out of stock
- White Wave Soft Tofu: Manufacturer discontinue
- Health Valley Fat Free Fruit Center Cookies: Co-op discontinue
- Auburn Mint and Cherry Jammers: Co-op discontinue
- Barbara's Cinnamon and Oats Granola Bar: Co-op discontinue
- Long Life Ginseng and Genseng Flower Teas: Co-op discontinue
- Traditional Medicinals Smoker's Tea: Co-op discontinue
- Solona Organic Apple Strawberry Sauce: Manufacture discontinue
- Penguin Curry Rice: Manufacture discontinue
- Health Valley Chunky Vegetable Soup: Manufacture discontinue
- Rising Sun Raspberry Balsamic Vinegar Dressing: Manufacture discontinue
- Westbrae Cocomint and Java Malted: Co-op discontinue

- RJ Corr Cola: Co-op discontinue
- Fantastic Foods Bulk Tofu Scrambler: Manufacture discontinue
- Nature Conserve Frozen Cran Raspberry Juice: Manufacture discontinue
- Yves Bagel Dogs: Co-op discontinue
- Sappo Hill Spicy Pear Soap: Manufacture discontinue

Look for these New Products!

- Pico de Gallo Bulk Chips
- After the Fall Cranberry Ginger Ale, Mandarin Pineapple, and Berrymeister Sodas
- Frookies Peanut Butter Sandwich Cookies
- Barbara's Vanilla Animal Cookies
- Power Bars new Flavors: Mocha and Banana
- Enriched Rice Dream Beverages
- Annie's Mild Mexican Mac and Cheese
- American Prairie Organic Black Bean, Cream of Broccoli, and Veggie Bean Soups
- Yogi Lemon Ginger and Cold Season Teas
- Garden Valley Organic Dijon Mustard
- Ghiradeli Chocolate Chips and Baking Bars
- Muir Glen Mexican and Creole Chef Sauces
- Cascade Fresh Ricotta Cheese
- Garden of Eatin' Red and Salsa Red Chips
- Arrowhead Mills Organic Instant Oatmeal
- Shikai Shampoo and Conditioner
- Rainforest Cashew Crunch Cookies
- Lady J Oatmeal Raisin Cookies
- Wholesome & Hearty Garden Mexi
- Celestial Seasoning's Mango Orange Zinger and Wild Cherry Blackberry Teas
- Blue Heron Bakery Rebel Crunch Granola

by Ed Clark

How do you feel about surveys? Over the years the Co-op has done a few and hopefully not too many. Since we're a member owned and operated organization it is occasionally necessary to find how the members and shoppers feel about the way the Co-op is going. The Board of Directors is about to conduct a survey and we need your help to be able to get an honest sampling. The questions are being designed to make it as easy on the participant as possible and take only a short time. It may be conducted over the phone or someone may approach you when you come in to shop. Your few minutes is a good way for you to participate in cooperative decision making.

The survey is being designed to get information for the Board in the following areas. First about you, the Co-op shopper. Where do you come from? How do you get to the Co-op? What are your shopping habits? Secondly we want to know what your image of the Co-op is and what expectations you have from your Co-op. These can be about the physical image of the location, the products and services we offer or the role we play in our community. Lastly the Board wants to know how members and shoppers feel about the Co-op's organization and its decision making process.

As we are all aware, the Moscow Food Co-op is not just about products and not just about services. Since the beginning it has had more to do with what we as an organization want to accomplish. We hope the upcoming survey will help steer those that steer the Co-op toward a collective image of the member's ideal cooperative.

Essay Contest

Before the survey comes we want to offer you an opportunity to think about this ideal Co-op and have a little fun with it. Announcing the **Moscow Food Co-op in the year 2000 Essay Contest**. The rules are simple. Submit your written vision of how you would like to see your ideal Co-op at the end of the century. It can be 25 words or less or it can be 25 words or more. Use some of the information above as a guideline if you like. Bring it in to the Co-op by Feb. 18, 1995.

Everybody WINS! If you submit an essay you will receive a new Co-op hot/cold mug filled with your favorite beverage from the Co-op. They will not be judged, we only want to hear your ideas. Entries will become the property of the Moscow Food Co-op and may possibly be reprinted or read aloud to groups of interested members.

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MOSCOW
FOOD CO-OP
in the year
2000
ESSAY
CONTEST**

Simply submit your written personal vision of how you would like to see the Co-op in the year 2000. This can include the physical image, products and services, location and the role we play in our community. Bring it in by Feb. 18 and win a Co-op hot/cold mug filled with your favorite beverage. Essays will not be judged but may possibly be reprinted or read aloud to groups of interested Co-op members.

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by Jacqueline A. Soule

This month the topic is **allspice**.

Allspice is from the New World, discovered by Europeans in Jamaica. The Spanish term for the fruit was 'pimienta', meaning pepper, because it superficially appears somewhat like a giant peppercorn. The word 'pimienta' can be traced to the Latin 'pimentum' meaning spicery.



The spice was first imported into England in the 1600's and was known by the Spanish name until a very popular British botanist decided that it was best described as "allspice" because of its combination of the flavors of cinnamon, nutmeg, and cloves.

When Linneaus began his scientific classification system in 1759, he used the Spanish name for part of the scientific name, *Pimenta dioica*.

Allspice belongs to the plant family Myrtaceae, or Myrtle family. The Myrtaceae is well known for several economic plants, including cloves, guava fruits, and the eucalyptus trees so popular with koala bears and California landscapers.

Allspice is the whole unripened fruits (technically berries), which are picked before the hard inner seed develops. The fruits are sun or kiln dried. In a Yucatan town I saw allspice being dried on the school basketball court.

Allspice is used ground or whole in curries, rice dishes, puddings, cakes, pies, pickles, ketchup, many barbecue sauces, and meats, including sausages, mincemeat, and the "poultry spice" found in supermarkets.

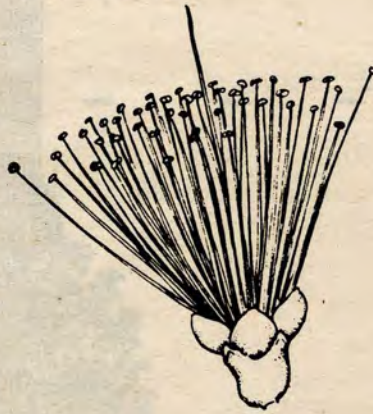
The allspice tree is an evergreen with large leathery, deep green leaves. Native to the American tropics, in good conditions it will grow to 40 feet high. It does not tolerate much frost at all, so you could not grow one outside in the Palouse. If you have a sunny room, you could grow an allspice tree in much the same manner as a Ficus, even placing the pot outside in the summer. Californian nurseries offer the trees occasionally.

"Oil of Pimento" is extracted from the ripe allspice fruits, which are technically berries. The oil is mainly eugenol, with some cineol (found also in cloves and bay). This oil is used as a flavoring agent in toothpastes and in perfumery, and by the drug industry to disguise the taste of disagreeable medicines. The oil may be distilled for vanillin, an "artificial" source of vanilla flavoring.

In Jamaica, a rum-like drink is made from the ripe berries (often called bay rum), and I have to say that it must be an acquired taste. If you ever go to Jamaica, do try some.

When allspice groves are established, they are planted very densely, thus the young saplings reach straight up for the light. This wood is highly prized for umbrella handles and walking sticks. Trees past their prime are also used for their dense, rot-resistant, beautifully textured wood. There is a company in Costa Rica which has been working for almost 20 years, specifically planting such trees in an effort to maintain an economically viable rainforest habitat. (If any of my readers know the name of that company I would greatly appreciate it.)

The main producers of allspice are Jamaica, Mexico, Guatemala, and two places which only produce one spice, Honduras and the Leeward Islands. An increase of



consumption of this spice would help prevent forest from turning into cornfields.

Allspice has a reputation for soothing an upset stomach and relieving flatulence (carmitive). Allspice oil has also been used as a stimulant. This may be due to the eugenol, which has been shown to have narcotic effects in mice. Due to this proven effect, moderation in use is recommended.

The Moscow Food Co-op has whole allspice available at \$6.84 per pound, ground allspice is \$8.81 per pound.



MOSCOW VISION 2020 JUMPS ON THE INTERNET

by Kenton Bird

Moscow Vision 2020 has established an electronic discussion group accessible over the Internet to exchange information on regional planning, growth and community development issues.

The discussion group, sometimes called a "list server," is provided with the cooperation of University of Idaho Computer Services. It is free, open to the public and accessible to anyone in the world with an e-mail address.

2020 members have taken the telephone party line and given it a high-tech spin, using the latest technology to become informed about the public policy process. And you are invited to join.

To reach citizens who do not have access to the Internet, Moscow Vision 2020 will prepare a print-out of all messages and place them in a notebook at the reference desk at the Moscow-Latah Public Library. The first set of messages will be available Feb. 1 and the notebook will be updated weekly.

The discussion group went on line in December and already has a

dozen subscribers, most associated with UI or Washington State University. Among the items posted on it so far are: a report on the adoption of the Latah County comprehensive plan, agendas for public meetings, excerpts from newspaper and magazine articles, and a calendar of local events.

Moscow Vision 2020 is an informal, non-profit group founded in July of 1993. Its goals include to promote creative thinking about Moscow's future and to encourage public involvement in planning.

Not everyone can attend meetings of the Planning and Zoning Commission, School Board of City Council, and not all meetings are well publicized in advance. Subscribing to the service is a quick and easy way to plug into a network of concerned citizens.

Here's how it works:

* To subscribe, send an e-mail message to "majordomo@uidaho.edu." The body of the message should state: "subscribe vision2020." First-time subscribers will be send a brief

mission statement and explanation of how the list works.

* The list has no moderator, so anyone may send a message to the entire group simply by addressing it to "vision2020@uidaho.edu." Recipients may respond directly to the sender or to the entire list.

* Subscribers may leave the list at any time by sending another e-mail message to "majordomo@uidaho.edu" with the content "unsubscribe vision2020."

Moscow Vision 2020's steering committee meets at 7 pm on the second Monday of each month. The next meeting will be Feb. 13. The meeting's location and agenda will be available after Feb. 6. Members of the steering committee for the next six months who can provide information about the agenda and location are: Kenton Bird at 883-3156, Suvia Judd at 882-4785 or Priscilla Salant at 882-0527.

More information about the computer discussion group may be obtained from Susan Palmer at 882-5023 or Greg Brown at 883-4565 (gregb.@uidaho.edu).



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10 DON'T LET MOSCOW RECYCLING'S NEW CATEGORIES

by Carrie Lipe, Moscow Recycling
Waste Reduction Program

Over the past year, Moscow Recycling has added several new categories to the list of materials we accept for recycling, including: Wide-mouth #2 Plastic Tubs, Aseptic Packaging, and a new blend of high-grade paper called Office Pack. Just last week we also began accepting Paperboard Packaging & Mixed Waste Paper.

Judging by the phone calls I've received lately, recyclers are excited about these new categories, but they're also confused. In this article, I will do my best to describe each new category and list what materials belong in it. If after reading this you still have questions, please don't hesitate to call Moscow Recycling at 882-2925. Or better yet, arrange a time to come down and meet with me in person. Seeing actual examples is worth more than reading a thousand words!

Plastics: Moscow Recycling accepts ONLY #1 and #2 plastic -- and ONLY plastic bottles, jars and tubs. We cannot accept plastic plates, utensils, toy, bags or other items **EVEN IF** they have the code #1 or #2 embossed on them. (To find the code number, look for the recycling arrows embossed on the bottom of your container. A code number between 1 and 7 will be located inside these arrows. Code numbers refer to the type of plastic resin the container is made from.) The plastics at Moscow Recycling are divided into four categories:

#1 Transparent Plastic Bottles -- #1 Transparent Plastic is completely clear and colorless, or tinted green, but still transparent. It's scientific name is polyethylene terephthalate, or PETE for short. Examples include plastic pop and soda bottles, some peanut butter jars, some liquor bottles, etc. Please remove and discard lids, rise container, drain excess liquids and crush bottles to save space.

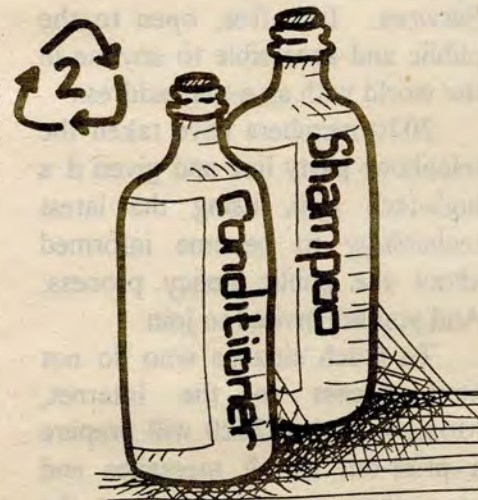


#2 Cloudy Plastic Bottles & Jugs -- #2 Cloudy Plastic is off-white and semi-opaque (a bit of light comes through the plastic, but it is not transparent). The scientific name for #2 plastic is high-density polyethylene, or HDPE for short. Milk jugs are the most common container made from cloudy #2 plastic, but some water jugs and dish soap bottles are also made from #2 cloudy plastic. Please remove and discard lids, rinse containers, drain excess liquids and crush bottles to save space.



#2 Narrow-mouth Bottles -- #2 Narrow-mouth Bottles are completely opaque (no light passes through) and they come in various colors. Narrow-mouth bottles have an opening which is *smaller* than the diameter of the container's

body. Examples include shampoo, dish soap, lotion and mustard bottles, etc. Discard lids, rinse containers, drain liquids and crush to save space. PLEASE NOTE: Do not recycle motor oil bottles even though they are usually #2 Narrow-mouth containers. The oil contaminates the plastic and makes it unsuitable for recycling.



#2 Wide-mouth Tubs -- #2 Wide-mouth Tubs are completely opaque (no light passes through) and they come in various colors. Wide-mouth tubs have an opening which is the *same size or larger* than the diameter of the container's body. Examples include margarine, yogurt, sour cream and ricotta cheese tubs. This is the **ONLY** type of plastic where it's ok to recycle the lids with the container (since the lids are made from the same kind of plastic as the container body). Please rinse food particles and leave lid off the container (but recycle it in the same bin).



Aseptic Packaging -- Aseptic Packaging is commonly used to package milk, soy milk and juice. It is made from a thick layer of

high-quality, bleached white paper fibers coated on both sides with a waterproof film of plastic or foil. This waterproof layer prevents the paper fiber from being contaminated by the food or by the inks used in printing. When this packaging is recycled, the outside layers slough off, leaving high-quality, clean paper fiber behind. Because Aseptic Packaging is made from such high-quality fibers, it is important to keep low-quality paper fibers (like cereal boxes) out of the Aseptic Packaging bin. Currently, Moscow Recycling **ONLY** accepts paper milk cartons, soy milk cartons and juice boxes in the aseptic packaging category. Please rinse containers and drain excess liquids. Please also help us by pulling low grade packaging out of the Aseptic Packaging bin if you see them there, or informing us so that we may do so.



Paperboard Packaging and Mixed Waste Paper -- This is the newest category at Moscow Recycling. Currently, the bin for Paperboard and Mixed Waste Paper is located near the south end of the drop-off area outside, but we may locate the bin in a different area once the volume of this material increases. In this category you may mix low-grade papers with low-grade Paperboard Packaging. Low-grade papers include construction paper, butcher paper, wrapping paper, large yellow or brown manila envelopes, 100% recycled paper, glossy brochures, astro-bright colored paper and other low-grade papers. Paperboard Packaging

CONFUSE YOU

includes cereal boxes (discard plastic lining), shoe boxes, paper towel and toilet paper cores, paper egg cartons, frozen food boxes (remove any metal or plastic) and other single-ply, non-corrugated cardboard packaging. Although it will not contaminate this category to place corrugated cardboard, magazines, newspapers, or writing paper in this bin, we request that you please do not do so. The most efficient and environmentally sound way to handle recyclable products is to sort them according to their highest possible end use. (For example, sort out newspaper and recycle it as newspaper, sort out white ledger and recycle it as white ledger.)

windows, and carbonless duplication paper. Please do not include the following in Office Pack: no magazines, no carbon paper, no wrapping paper, no large yellow or brown mailer envelopes, no construction paper, no butcher paper, no unsorted junk mail, and no cereal boxes or other paperboard packaging. These lower-grade materials may be included with Paperboard Packaging and Mixed Waste Paper (located outside the building). Again, it is possible to mix a variety of high-grade papers in Office Pack, but the most efficient and environmentally-sound way to handle high-grades is to recycle them according to their highest possible end use. (Sort out white copier paper and stationery from your junk mail and recycle it as White Ledger, for example.)

Whew! Again, these categories may seem confusing at first, but if you take the time to inspect the materials your recyclables are made from and you make a point of looking at examples next time you're at Moscow Recycling, I think you'll find it's not as complicated as it first appears. Thanks for recycling, and please call 882-2925 if you have any questions.



Office Pack - Moscow Recycling accepts four kinds of high-grade papers: Computer Paper, White Ledger, Colored Ledger and Office Pack. All of the High-Grade papers are located **INSIDE** the building, so please recycle these papers during our open hours (Tues.-Sat., 9:30 to 5:30). Of the four high-grade types, Office Pack is the lowest grade, but it is **NOT** a low-grade paper, so recyclers must be careful what goes into this bin. Office Pack includes: a mixture of white and colored stationery & copier paper, manilla file folders, index cards, fax paper, glossy brochures, white envelopes with our without



MEETINGS AT THE CO-OP

The Moscow Food Co-op Committees will meet regularly according to the following schedule

BOARD MEETING

2nd Monday of every month at 6:15-8:15 PM

STRATEGIC PLANNING

1st Friday and 3rd Wednesday 6-7 PM

FINANCIAL/LEGAL

3rd Tuesday of every month at 5:30 PM

PRODUCT SELECTION

1st and 3rd Monday of every month at 5 PM

PERSONNEL

1st Wednesday of every month at 8:30 AM

The meetings will be held upstairs at the Co-op. The Board strongly encourages Co-op members, employees and volunteers to join any committee of interest.

ACUPUNCTURE
Diet • Moxabustion • Handwork

Charles Quinn

JOIN US FOR THE 1995 MOSCOW FOOD CO-OP ANNUAL MEMBERSHIP MEETING!

by Jeannie Harvey, Chair
Co-op Board of Directors

This year has flown by! We've had much to think about and ponder. For the Co-op, 1994 has been a year of exploration and 1995 promises to be one of continued planning and building for the future.

The annual meeting this year should be fun, with lots of good food and bright minds helping the Co-op to look at some of the issues we began to explore last year. For those of you who attended last year, the board promised to investigate possible locations for a Co-op move. This we have done in earnest. Yet we find ourselves once again facing a similar dilemma, to move or not to move. During this year's annual meeting, our task will be enlisting your help to sort out a vision for the Co-op in the year 2000. We'd

like to explore the vision of "to grow or not to grow" including how big, what products, and what's our niche in the community.

The meeting will include good food, as always, a product selection committee report to help us look at the types of products we sell, and a brainstorming session to help us vision the Co-op in the year 2000. In addition, the annual meeting is always an opportunity to elect your new Moscow Food Co-op Board of Directors.

The Co-op Board is a group of Co-op members who work actively during the year to keep the Co-op financially solvent, plan for future activities, and implement policies that help our store better meet its mission in the community. Being a Board member takes a great deal of commitment and energy. Each

of us meets not only at the monthly Board meeting, but also numerous times during the month for committee meetings. We bring our individual strengths to the Co-op and share those as we become involved in different areas of Co-op business.

This year we will welcome two new members on the Board of Directors. We are thrilled that we have three candidates for the two positions. This newsletter includes their statements about their experience and interest in serving on the board. At the annual meeting you will have an opportunity to meet each of the candidates and hear from them. It's a new experience for us to have more candidates than positions. So, I want to thank Tom, Floyd, and Susan in advance

for getting involved. I also want to say that, for the person not elected to the Board, we'll surely tap into your energy and enthusiasm during this next year.

This year we'll be serving baked potatoes and juice--not pizza--at the meeting. Topless potatoes, of course. So please bring something to cover those spuds.

I look forward to seeing you all at the annual meeting. Bring your appetites and your visions for the Co-op. We'll see you there! That's at the Moscow Community Center, Sunday February 26, 1995, 5 pm. Last month's newsletter announced that the meeting was on February 19. We later changed the date to avoid a three-day weekend.

The Moscow Food Cooperative annual membership meeting



Sunday Feb. 26

from 5:00 until 8:00 p.m.

at the

Moscow Community Center

featuring a

TOALESS* POTATO PARTY

"We'll bake the Spuds - You bring the Duds"

* Bring creative toppings for Idaho #1 baking potatoes and creative ideas about your vision of the Co-op's future

Your membership must be current to vote on Co-op issues



At the membership meeting on February 26, members of the Co-op will elect new members of the Co-op Board of Directors. Here are two candidates' statements.

Tom Gaul

I offer myself as a candidate for a position on the board of directors of the Moscow Food Co-op.

Two years ago, when Melinda and I considered moving to Moscow, the first question in our minds was "Is there a food co-op in Moscow?" We have been confirmed vegetarians for a number of years and we eat only quality organic food when available. As you can see, the co-op is very important to us.

For the past year or so, I have been involved with the Co-op on two levels. I manage the recycle trailer and am on the strategic planning committee.

The Co-op appears to be at a plateau. We face important decisions relative to our objectives and to the best course of action to reach those objectives. The objectives may need modification and the means of reaching those objectives will require careful planning. Substantial decisions confront us.

An immediate issue is whether or not the Co-op should move from the existing location, and if so, what part of Moscow would be appropriate for us. Our options are limited. The only known downtown location is just not available. Two "away from downtown" locations are available.

We need to address the question of whether we should stay in the downtown core, or whether we should move to an outlying growth area. Certainly more space and better parking should enhance our potential to better serve those who want what the Co-op currently offers, and should enhance the opportunity to provide other goods and services that are in concert with our philosophy.

My time is in short supply this year due to startup of a new high-tech business, however if elected, I

will make time to serve the membership. The Co-op is important.

Sandy Stannard

Please accept my application to serve as a board member for the Moscow Food Co-op.

I am currently a card-carrying member of the Co-op, and I am deeply committed to the idea of safe and healthy food that benefits both people and the environment. It is for this reason that I am interested in becoming more involved in the management of the Co-op.

My career and personal experiences have provided skills and knowledge that will serve me well as a board member. Currently, I am a Visiting Assistant Professor in the College of Art and Architecture at the University of Idaho. I teach studio and seminar courses in architecture and interior design. My training and experience in the field of architecture could aid the Co-op in the area of strategic planning. Besides planning and design, I have been involved with budget management and analyses. I also have held a number of leadership positions in a variety of areas, thus honing my organizational and public relation skills.

As part of my research work, I have examined, lectured, and written extensively about issues of community. I recognize the strength and importance of a community of people such as the Co-op community, which can actively educate themselves and others of vital lifestyle issues. For instance, as environmental issues become ever more critical for our society and its future, the Co-op has the opportunity to pro-actively become involved in issues such as consumption awareness and environmental sensitivity, issues that ultimately affect both current and future lifestyles, as well as personal, family, and community health.

To achieve these goals, as well as those put forth in the Co-op's Mission Statement, requires dedication. In turn, this requires

competent and dedicated leadership to ensure that the Co-op aims toward and achieves these goals. I am ready for such a challenge.

Floyd W. Frank

Initially I viewed the Co-op as an organization of and for anti-establishment types. I believe that this impression is still shared by many Moscovians who would benefit from membership.

In recent years my wife and I have found that we can purchase many items at the Co-op which are not available elsewhere, particularly bakery products and bulk spices and cereals. For the past year or so I have volunteered two hours per week in the Upper Crust Bakery. Most of the baked goods are excellent in flavor and wholesomeness. I believe that the Co-op would serve a much broader segment of the population of Moscow and the surrounding area. I am not a vegetarian or into organically grown foods. However, I believe that the Co-op has much to offer persons like myself and my wife. Because of this belief I would like to offer whatever assistance I can to its operation and expansion.

What expertise could I bring to the Co-op?

During my career I was administratively responsible for securing funding, developing plans for and overseeing construction of several University buildings. Some of these buildings accomodated very specialized functions such as virology, pathology and toxicology laboratories, electron microscopy, laboratory animal housing, etc. As a result of this experience, I feel that I could be helpful in projects involving construction or remodeling.

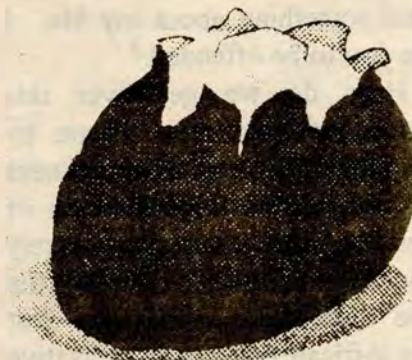
My educational background includes courses in food microbiology and sanitation, including the conditions under which various food-borne pathogens multiply and cause diseases. Because of this, I could assist in assuring the wholesomeness of the food sold by the Co-op. As a result of my

concern about food quality and safety, I was responsible for initiating a program in toxicology within the faculty of the WOI Regional program in Veterinary Medicine.

My career has included research which would be helpful in evaluating information concerning possible harmful effects of various food products or contaminants. I believe that Co-op patrons are entitled to information based on scientific investigation to serve as a basis for making decisions concerning food quality or possible harmful effects of food contaminants. I could be of assistance in providing or securing this kind of information.

I have also had experience in personnel matters and public relations.

I have not had previous experience with food cooperatives. I have mixed emotions about this one. To some extent I feel that it feeds upon the fears and concerns of people about a food supply that is the cheapest and best ever, making it possible for people to live longer and have a better quality of life than ever before. However, I also believe that we can continue to improve the quality of our food and also develop agricultural practices which can reduce the impact of agriculture upon the environment. The Co-op plays a role in encouraging such changes. For this reason I am interested in serving as a member of the Board of Directors of this somewhat unique organization.



SILENCE IS NOT ALWAYS GOLDEN

by Susan Baumgartner

"Serving in Silence." Monday. February 6th. 9:00 pm. NBC-TV.

This might be one evening it's not so bad to have a television, the evening Barbra Streisand, along with her three co-producers, presents the story of Grethe (pronounced "Greta") Cammermeyer. After 26 years in the Army, Cammermeyer, a highly decorated Vietnam War veteran who was in line to become the country's chief military nurse and perhaps a general, was discharged because she could no longer keep silent; she admitted that she was a lesbian.

Keeping silent is one of the hardest things for human beings to do. We are naturally talkative, and we love to talk about ourselves. "John and I made the best black bean enchiladas last night." "All the practices for the kids are making me crazy" "We're having an anniversary party next week. Want to come?"

What would our lives be like without these informal conversations at work? But does everyone get to speak? In this challenging time when lesbian and gay people are more visible and open, there is still a tendency to ask us to be quiet. "Go ahead and live your lives, we won't bother you, but do you have to talk about it too? Can't you keep your private life private?"

On the opposite side, after centuries of silence and pretending and stumbling over pronouns, we're not particularly good at talking about our lives. What should come out in a casual and straightforward way, may instead sound forced or artificial. "There. I said something about my life. I dare you to be offended."

How do we get over this mutual awkwardness? Begin by accepting that there is awkwardness involved. We're in a position of transition, and transition is rarely easy. I think whites experience the same discomfort when they first meet African Americans or Native Americans. I know I did. Wrapped in my own white guilt and my fear that people of color would instinctively hate me

because of my whiteness, I was relating more to my own discomfort than to the actual person in front of me. What finally worked was time and talking.

For many Americans, I think, this process of growing comfortable with gay people will happen through movies and television. It's easier to learn about others from a distance, without the fear of offending them by our uneducated reactions. Glenn Close, playing Cammermeyer, and Judy Davis, playing Cammermeyer's lover, Diane, won't have to see the discomfort out there in television land, the squirming, the raised eyebrows, the look of surprise as people learn something new about the human condition. And if the movie works, Grethe and Diane will become real women with real lives. Viewers will see the universality of two people falling in love, supporting each other through difficult times, sharing all the petty frustrations and transcendent joys of being together.

Meanwhile, radical right groups are flooding the NBC comment line (212-664-2333) with demands that executives cut the love scene between Close and Davis, another form of silencing.

But if "Serving in Silence" is shown and if people begin to really talk, those informal conversations around the coffee maker at work will become more and more comfortable. The discussion about the black bean enchiladas will elicit an image of John and Michael in the kitchen, doing onions, grating cheese, gently teasing each other, creating a Mexican feast. Other parents will nod in sympathy as the lesbian mom talks about the endless ferrying to and from basketball practice. Co-workers will gladly accept invitations to the anniversary party of Karen and Shirley, knowing the event will include lesbian, straight and gay couples, family members and friends. Eventually, we'll all get to talk and we'll all be willing to listen and Barbra Streisand can move on to other deserving projects.



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for Gays and Lesbians**

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**Idaho Rural Outreach
Project Formed**
by Natalie Shapiro

In December, 1994, a few resourceful Idaho dykes formed the Idaho Rural Outreach Networks for Gays and Lesbians (IRONGAL). We were fresh out of fighting Proposition 1, in which we spent much of our time conducting outreach to rural lesbians and gays. During the campaign, we found people in rural areas who were interested in continuing a long-term project to deal with homophobia and future anti-gay initiatives.

IRONGAL's mission is to help organize and support rural lesbians, gays, bisexuals, and transsexuals. Specific goals and projects will depend on the needs and wants of each community. Some goals and projects that we think people may be interested in include:

1. Networking with other lesbians, gays, bisexuals and transsexuals within a community.
2. Networking with other human rights groups and People of Color communities.
3. Educating the straight community through town forms, exhibits, ect.
4. Providing support to people with AIDS.

If you would be interested in helping with IRONGAL, or live in a rural community and would like to talk to us, please contact:

Natalie Shapiro
POB 3182
Moscow, ID 83843
(208) 882-1973



LOVE HOT AND COLD

By J. Thaw

I love the cold winter
warmths from within me
long shadows and long underwear
learning to use my brain to do things

I love the hot summer
purge of toxins in my sweat
rattlesnakes and lawncare-machines
learning to use my brain to not do things

I love the cold winter snow
the falling exquisite water crystals
the footprints in widespread white blankets
tree branches brimmed with fluffy flakes

I love the hot summer sun
the scantily-clad skins and contours
the epidermal-burns and eye-squints
decomposition-acceleration and stinks

I love the cold winter
bundled-up walks of invigoration
frozen cars and quiescence
victims of humor and sweet irony

I love the hot summer
loungy sittings of lethargy
overheated cars and nudity
objects of pleasure and cruel irony

I love the hot and cold seasons
stark appreciations of life
simple lusts for life



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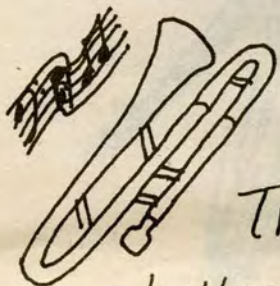
February

Kids page

by: Robin Murray

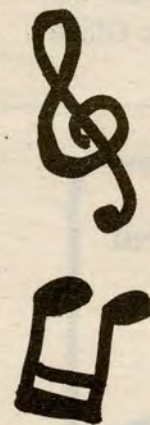
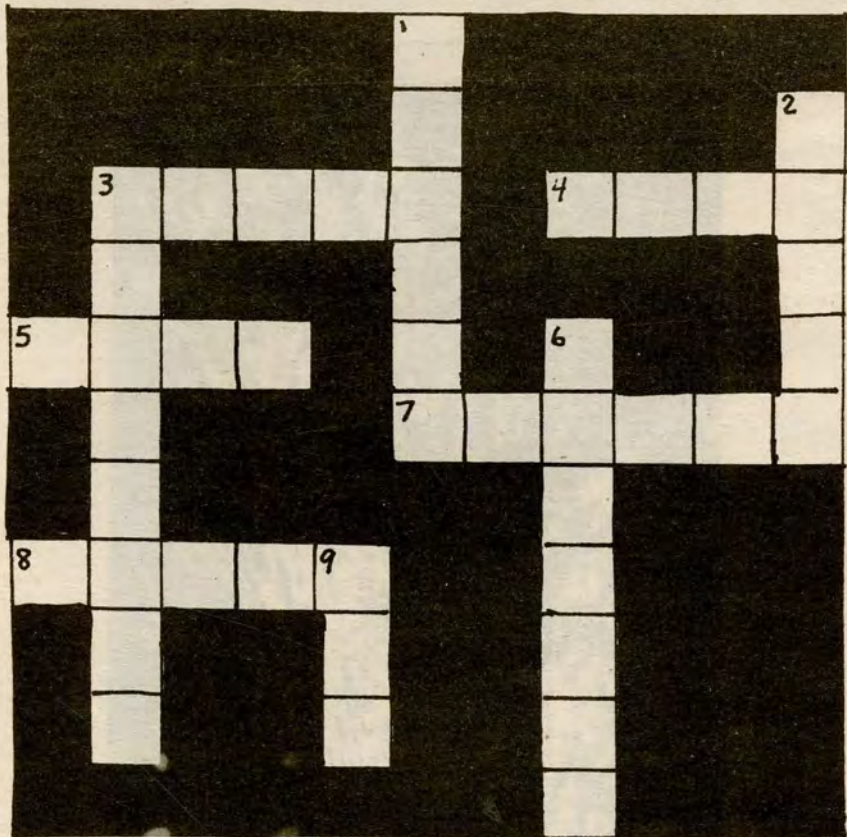
Did you know..

That an ancestor to today's Trombone was known as the Sackbut? It looked



very much like our modern Trombone except that the bell at the end didn't flare out as much.

CROSSWORD PUZZLE



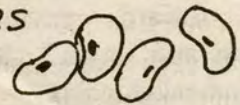
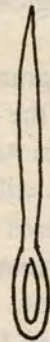
Try This:

Pie Pan Shakers

You'll need:

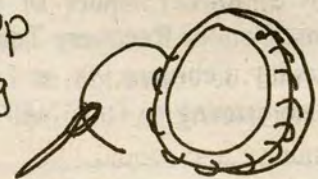


- Colored yarn on a large needle with a knot tied in the end.
- 2 aluminum pie pans (the "disposable" kind)
- dried beans



Directions:

Place one pan face down on top of the other. Loop stitch around the outside with yarn about 1/2 inch apart. Before completely sewing up pans, put beans inside to make shaking noise. Sew up the remaining space.



Adapted from: *The Australian Women's Weekly Childrens Arts & Crafts*



LOOK FOR THESE BOOKS AT THE LIBRARY:

"Wee Sing" Series, Books & Tapes
by: Susan Hagen Nipp & Pamela Conn Beall
I Never Win by: Judy Delton

Across:

3. An instrument. Also means to "play softly".
4. Number of strings on a violin.
5. Type of music played at a festival in Moscow.
7. Words to a Song.
8. An electric instrument like a xylophone. (what Mr. Hampton plays)

Down:

1. _____ Hampton.
2. Instrument which "keeps the beat".
3. How musicians get good at playing.
6. A loud brass instrument.
9. Short for Saxophone

ENVIRONMENTAL EVENTS COMING TO YOU

by Sioux Westervelt

There are some exciting happenings planned for Moscow in the coming months. A variety of lectures and programs that concern wildlife and the environment will be taking place throughout the community and on the University of Idaho campus.

Idaho Conservation League will be bringing Walkin' Jim Stoltz to town in late April. Walkin' Jim's show, "Forever Wild," is a combination of slides, poetry, and music. He describes his show as one "that empowers and motivates people toward environmental awareness and action." It should be fun and enlightening.

A group of UI students who began putting together a series of colloquiums on wildlife and environmental conservation issues on campus last year has again lined up some dynamic speakers for late winter and spring. Most of their programs take place in Room 10 of the Forestry, Wildlife and Range Building on the UI campus.

Their programs will include Lloyd Kiff, former leader of the California Condor Recovery Team, on Thursday, February 9th, at 7:00 pm. Also coming to town will be

well-known scientist and ecologist, Dr. Reed Noss. Dr. Noss will be in Moscow on Thursday, March 9th, at 7:00 pm. He is editor of Conservation Biology and has written widely on the wisdom of preserving biologically diverse ecosystems.

There is a program planned in March to consider the future of the Endangered Species Act (ESA). A panel of specialists will discuss the successes and failures of the ESA, which is up for reauthorization by Congress this year. Michael Soule, the "Father of Conservation Biology," will be in Moscow later in the spring.

There are numerous opportunities for people to participate in important environmental issues. Be sure to watch the calendar in this publication, and the bulletin boards around town. There will also be announcements on local radio and television stations. If you want more information, or might be interested in helping with any of these events, please contact Greg Gollberg at 882-7859, or call the Idaho Conservation League Office at 882-1010.



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ON TAMPERING WITH NATURE

by Jacqueline Soule



In Shakespeare's "The Winter's Tale" there is an elegant passage, in which Perdita is showing off her garden to Polixenes, the King in disguise. Perdita makes it absolutely clear that she loathes the streaked gillyflower (pinks), a product of the then new technique of cross breeding. Polixenes points out that the art involved in changing and improving nature is itself a part of nature, and cites grafting as an example. Perdita will have none of it (Act IV, scene IV, lines 81-103).

This extraordinary passage, written in the early 17th century, wonderfully expresses the conflict between the "natural" and "unnatural," an issue as current today as it was almost 400 years ago. There are many among us who are still uncomfortable with those who "tamper with nature," believing it at best unwise, if not dangerous, and at worse unethical or immoral. In a 1987 survey, the Office of Technology Assessment, determined that 26% of the 76% of the population that had heard of cross-breeding felt it was morally wrong.

There is a component of fear in many peoples responses to the unknown. This is based, in part, on dread of potentially unforeseen consequences of plant breeding and genetic manipulation. This dread has been exploited in popular culture, for example the Killer Tomatoes, or Audrey II in the "Little Shop of Horrors." Fear of the unknown has also been capitalized by the Jeremy Rifkin Foundation into the multi-million dollar Pure Food Campaign.

Before you threaten to fire bomb my car, please read to the end of the article. I do agree that technological progress has made some serious blunders in the past, and that these blunders have caused human suffering (thalidomide babies). Technology

has also done a great deal of good for the populace, for example through breeding drought resistant crops, or rot-resistant potatoes (no repeat of the Irish Potato Famine now). Remember that the deaths in Bonopal, India, were caused by industry or big business, not science or technology.

Scientific discovery and technological development have also lead to other stunning new capabilities, such as a hemophiliac woman is now able to have the joy of birthing her own natural children, or, consider the miracle of "test-tube" babies for childless couples. There is roughly 26% of the population that feel that these miracles are immoral.

Science is a continuum. It is important to realize that there is no essential difference between cross-breeding and genetic engineering, because science is a continuum. Plant breeders are not just "tampering with Mother Nature," rather they are taking scientific discoveries about the mysterious and wonderful ways she operates and applying them in a new way, creating a new technology.

Fear of the unknown is real, and science, for all its amazing discoveries, is treated with skepticism by many. Mary Wollstonecraft Shelly's Dr. Frankenstein, "the mad scientist" continues to be a symbol of fear, and his name has been transformed into the monster he created. Hate and fear are very powerful tools, and are a fantastic way of gaining disciples (e.g. Rush Limbaugh). Perhaps the best solution is to educate yourself about the pluses and minuses of any new technology, and then make a truly informed decision for yourself.

(The author wishes to acknowledge Jules Janick, author of an article by the same name in HortScience 29(12):1402-1403.)

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PEEL ONIONS
CUT INTO 1 INCH
CHUNKS

ONE ONION WILL SERVE
1 or 2 PEOPLE.

FOR EACH LARGE ONION
STIR IN LARGE BOWL
1½ T CORN STARCH
2 T WATER
1 T PAPRIKA
½ T GARLIC POWDER
ADD ONION CHUNKS AND MIX



COMBINE IN ANOTHER BOWL
½ CUP WHOLE WHEAT
BREAD CRUMBS
1 T THYME
ADD ONIONS COATED WITH
CORN STARCH MIXTURE
STIR TO COVER WITH CRUMBS



BAKE IN 375° OVEN
FOR 30 MINUTES
ENJOY!!



EAT
ASA
SNACK
OR WITH A MEAL.

EVEN THE
CRUMBS ARE
DELICIOUS.

UCRB-EIS

IS THIS ALPHABET SOUP OR DOES THIS
SPELL HOPE FOR OUR PUBLIC LANDS?

by Larry McLaud

UCRB-EIS stands for Upper Columbia River Basin Environmental Impact Statement. This project is based in Boise and will effect just about all of our federal lands in Idaho. The future of our national forests and BLM lands will be directed by the outcome of this critical process.

Roads and clearcuts or core reserves and abundant wildlife? There is a lot riding on the outcome of this project. Over 30,000,000 acres in Idaho will be directly effected by the decisions of this one project. The goal is to produce a scientifically sound ecosystem management plan for all the federal land in the Columbia River Basin. This has never been attempted before and is an enormous task.

The science team, based in Walla Walla, is collecting data and using new technology (GIS mapping for example) to try and define and predict possible outcomes, given different management alternatives. One of the hardest tasks is to successfully meld biological science with social

and economic sciences. Can they balance biological integrity with peoples' demands for resources? What are the tradeoffs for conflicting demands between different user groups? Whose values will dominate the decisions on natural resource use?

If you care about forest ecosystems and wild natural areas, write a letter in support of quality habitat for animals, plants, and humans, where clean water and biological diversity will be maintained and protected. Restoration of degraded habitat from past activities will be a key component to the healthy economies of Idaho. Let Steve Mealey know that you care about the quality of life in Idaho!

Written comments will be accepted until February 28, 1995. Mail letters to:

Mr. Steve Mealey, Project Dir.
Upper Columbia River Basin
EIS Project
304 N. 8th St., Rm. 250
Boise, ID 83702

For more information please call Larry McLaud at the Idaho Conservation League at 882-1010.




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885-8171 or 332-8625

Palouse Water Summit

by Christian Petrich

The Pullman Moscow Region depends on ground water for its water supply. Concerns over decreasing ground water levels prompted a regional Ground Water Management Plan, adopted in 1992 by the communities of Pullman and Moscow, Whitman and Latah Counties, Washington State University and the University of Idaho.

The Palouse Water Summit will be a community forum focusing on local water issues. A series of presentations and discussions will be held on Friday, March 3, at the University of Idaho North Campus Center (formerly Cavanaugh's) from 8:00

am to 4:00 pm. A variety of exhibits and displays will be featured at the Palouse Empire Mall on Saturday, March 4, from 9:00 am to 1:00 pm. The Palouse Water Summit is sponsored by the Pullman-Moscow Water Resources Committee, the Washington Water Research Center, and the Idaho Water Resources Research Institute.

Anyone interested in local water issues is encouraged to attend. There is no cost for the event, but participants are encouraged to register to ensure adequate space and refreshments. Please call 208-885-6429 to register. For more information,

please call Christian Petrich at 208-885-5956, or write via e-mail to cpetrich@uidaho.edu.

In conjunction with the Water Summit the Pullman-Moscow Water Resources Committee invites participation by primary, secondary and University students in a poster and display contest. Cash prizes and gift certificates will be awarded. University (undergraduate and graduate) posters and displays will be judged on technical content and presentation (posters and displays should target a community audience). Primary and secondary school participants are encouraged to submit posters and displays

focusing on water science, local water issues, and water-related art. Posters should fit a space 4 feet high and 3 feet wide; tables are available for displays. The posters will be displayed at the Palouse Empire Mall on Saturday, March 4.

For more information regarding University-level posters and displays please call Christian Petrich at 885-5956. For more information regarding primary and secondary school posters and displays please call Steve Gill at 882-6057. To register your poster(s) or display(s) please call the Idaho Water Resources Research Institute at 885-6429.



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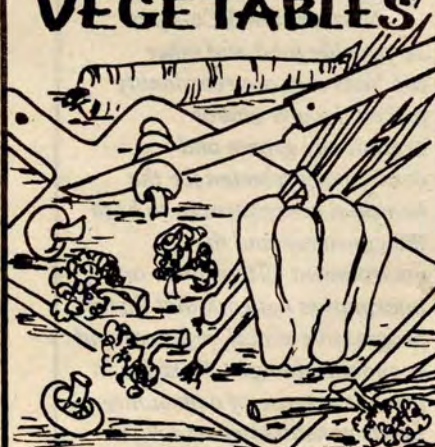
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A Small Price To
Pay For Quality.**



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OPEN DAILY MON.-FRI. 9AM-9PM; SAT. 9AM-7PM; SUN. 9AM-6PM


EASY LOWFAT EATS by Ginny Clark Kohler

**MOO SHOO
VEGETABLES**




CHOP VEGETABLES

2 MUSHROOMS
3 CUPS BEAN SPRIGS
1 GREEN PEPPER
1 CUP BROCCOLI
8 GREEN ONIONS
ANY OTHER
VEGETABLES
1/2" FRESH GINGER
(CHOPPED VERY FINE)
1 GRATED CARROT



COOK IN 1/2 CUP WATER
OVER MEDIUM HEAT
COVERED FOR 6 MINUTES

COMBINE AND STIR IN
1 T CORN STARCH
3 T SOY SAUCE
2 T DRY SHERRY OR
APPLE JUICE
COOK TO THICKEN SAUCE
(ABOUT 4 MINUTES)



(T = TABLESPOON)

ON 6 HEATED FLOUR
TORTILLAS SPREAD
1 T HOISIN SAUCE
1/2 CUP VEGETABLES

**ROLL UP AND
ENJOY!!**



YES, THE HOISIN SAUCE
ADDS A DELICIOUS FLAVOR.
(FIND IN ASIAN SECTION)

**IN RESPONSE TO
READING ARTICLE
FOR "TV HATERS"**

By Kathryn Bonzon

Hate. It seems to be dictating so much action right now -- even among those people who seem peaceful. Hate. Doesn't that word really mean "intolerance" or "fear." At the moment it's used with rhetorical fervor in hopes of getting life in America back to the good 'ole days. Back to straight good, right and safe. Hmmm, check the history books.

I've even fallen into the emotional vocabulary abyss. I voted for term limits -- how ridiculous! That's the point of elections. But it's all that heart-pumping, head-nodding language. Even Bill London used it when he called for TV-haters in his article. He wants to bash and destroy just the same as those right-wing conservative politicians.

It all boils down to getting rid of choices. Basically, they say, if you don't understand it or believe it -- Kill IT. Isn't it scary to think that different is bad? I don't want to stop thinking for myself, thank you anyway.

In this time of transition, we need more ideas to solve our nest of problems, more freedom to discuss options. TV bashing is 21st century book-burning. Instead let's strive very hard for life to be open, fair, just, and free. That means keep available all choices, and work on helping individuals be more responsible in and for their actions. Please, even if you can't turn the other cheek, don't slap mine.

Dear Honey-Bear,

You are my dearest darling. I want you to feel really great again, so I got you a ChiroClub membership, good for five chiropractic adjustments from Dr. Valentine, and big discounts on other services.

I love you!

-Zelda

P.S. - I got one for myself, too.

XOXOX



Moss Valenting, D.C.

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882-0565

坤

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Your Co-op Needs You

Join Us as a Moscow Food Co-op Board Member


Board Elections are coming up in February of 1995 and we will have two openings for board members. Now is the time to be thinking about your opportunity to contribute to the Co-op.

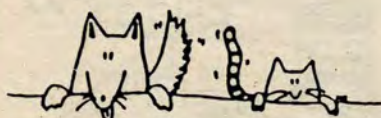
Challenges. As a board member you will have an opportunity to be part of the planning team for Co-op tasks, such as:

- Strategic planning - development of our business plan, short term and long range.
- Planning for increased member participation.
- Working to increase staff participation and job satisfaction.
- Educating members and the community at large about nutrition, politics of food, themes of cooperation, and an environmentally sound lifestyle.

Activities. You will be involved in many types of activities, especially those which fit your own skills and interests. These include (but are not limited to):

- Attending monthly meetings.
- Chair and/or participate in standing or ad hoc committees, including: computer operations, financial operations, volunteers, personnel, planning, physical plant operations, elections, etc.
- Plan and participate in the annual membership meeting.
- Write articles for the newsletter.

| Minimum Qualifications | Other Qualities We Seek | How to Apply |
|---|---|---|
| Card-carrying member of the Co-op. Commitment to the Mission (see below) of the Moscow Food Co-op. | Natural foods, nutrition, and politics-of-food familiarity. Experience with Co-ops, management, law, advertising, marketing, public relations, grocery or retail business. | For more information or to apply, please contact: Anne Adams 882-8046 or Kenna Eaton 882-8537 |
| Interest in serving the Co-op 10-20 hours per month for three years - that's about the same amount of time you spend in the shower! | Experience with organizational planning or volunteer coordination. |  <p>The Mission Statement of the Moscow Food Co-op is: <i>To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment. To provide an information network that fosters progressive social, political and economic change. To strive to provide a sense of community for its constituency and right livelihood for its staff.</i></p> |
| Communication and meeting skills. A sense of humor. | Financial experience a big plus (but not required) Board candidates will be considered without regard to race, religion, national origin, political or union membership, marital status, sexual preference, gender, or physical handicaps. | |



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Thursdays until 7 pm)
(208) 883-4349

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

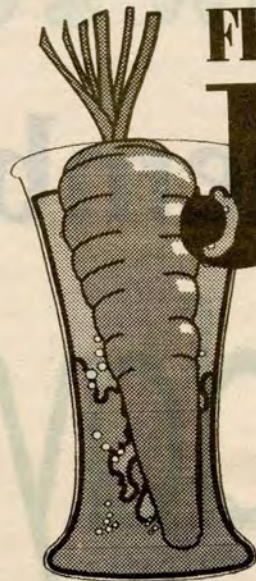
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CO-OP



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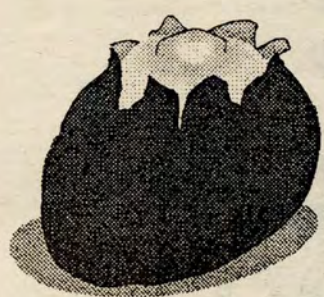
Express Your Love,
Decorate the Co-op
& Donate to the Y



Make a Special Valentine for your Hearts Delight
which will be displayed at the Moscow Food Co-op
Proceeds from donations will go to YWCA programs

The Moscow Food Cooperative

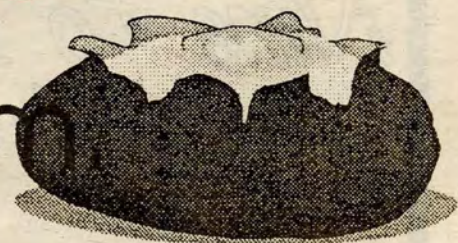
annual membership meeting



Sunday Feb. 26

from 5:00 until 8:00 p.m.

at the



Moscow Community Center

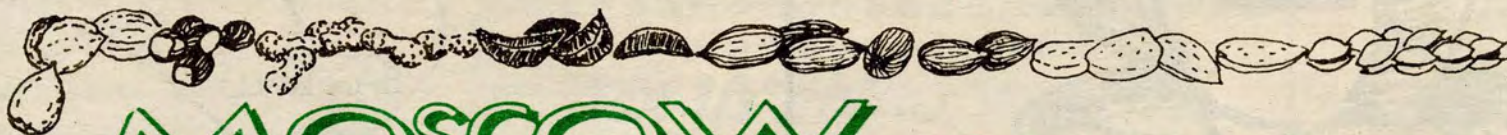
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"We'll bake the Spuds - You bring the Duds"

* Bring creative toppings for Idaho #1 baking potatoes and creative ideas about your vision of the Co-op's future

Your membership must be current to vote on Co-op issues



MOSCOW FOOD CO-OP

COMMUNITY NEWS

