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COMMUNITY NEWS



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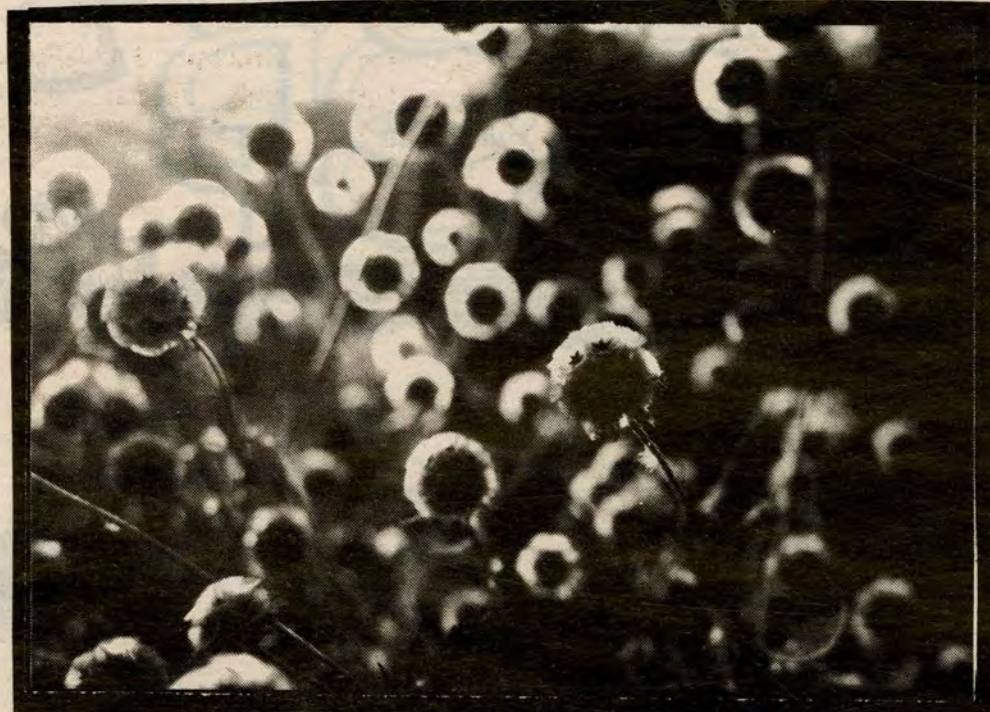
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YOU CAN HELP

By Mare Rosenthal

By collecting and returning labels from Muir Glen tomato products and VeganRella cheeses, you help EarthSave earn revenue. VeganRella gives 50 cents for each label: last year, Muir Glen donated \$500 to EarthSave. You can send the labels to the companies directly (make sure you mention EarthSave) or to EarthSave, 706

Frederick St., Santa Cruz, CA 95062. EarthSave is a non-profit organization helping people everywhere improve their health and respect for our natural resources by learning about the impact of their food choices. John Robbins, author of "Diet for a New America," is the founder.

ELECT FRITZ KNORR
 COMMISSIONER of
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ELECTIONS AUGUST 1ST.
 Paid for by the Committee
 to elect Fritz Knorr

MEETINGS AT THE CO-OP

Strategic Planning
 3rd Wednesday, monthly
 6:15 PM

Finance/Legal
 4th Tuesday, monthly
 8:00 AM

Education Outreach
 1st Monday, monthly
 8:00 PM

Everyone is Welcome!!

NEWSLETTER MEETING

by Ed Clark

The first meeting of the newsletter committee was held on Tuesday the 20th of June. Bill London, Kenna Eaton, Kim Cantrell and Ed Clark attended. It was mainly a brainstorming session focused on how we might enhance an already great newsletter and use it to serve our constituents and

the business even better. Topics of discussion included the possibility of monthly mailings, an educational non-profit status for our newsletter, using technology to our advantage in keeping the newsletter timely and punctual, and coordinating some of the information in the newsletter with

ongoing information, promotions and displays in the Co-op.

The next meeting of the Newsletter Committee will be on Tuesday the 18th of July at the Main St. Deli at 8:30 a.m. If you have input or would like to participate in making the Co-op Community News even better, plan to attend!

LAZY DAYS OF SUMMER-When Does the Lazy Part Start?

By Jeannie Harvey
and the Board of Directors

We're still working hard! As usual there is a lot going on with the board. Here's a recap of the month. You'll hear from Dean elsewhere in this newsletter about getting the results entered into the database and generating a meaningful report that tells us what you said collectively. It's a neat process and we are excited to see the actual results. Thanks again for taking the time to fill them out and for contributing so many wonderful comments and useful suggestions. In addition to gathering the statistical results, we will also be sorting through the comments as we would any other of your suggestions.

At our June board meeting we spent time discussing a proposal to send Kenna to a Co-op Manager's training put on at the University of Wisconsin. It's an excellent training and would be very useful for Kenna who feels that if the Co-op grows, new and different management skills would be required of her. It's also expensive so the board decided that we could fund only a portion of the costs if Kenna attends. Kenna will try to find the additional funds to attend this year. If anyone has any ideas about possible funding Kenna might tap into so she can attend this year, please call her at the Co-op. She'll need about \$1,000.

We heard from the education committee which sounds like it is creating some great in-store educational materials. They will be organizing the first member forum for August: a discussion of the work the product selection committee began this past year. The guidelines they worked on

will be a basis for the discussion. I've heard that treats will be provided. Stay tuned.

We also spent time talking about bylaws, a necessary and overdue task. This process is primarily to update the bylaws, keeping them current. I recently read an article that said that bylaws need not be hard to read. They are our guide to organizational procedures, and rights and responsibilities of members, managers, and directors. I thought I'd share a little of what I have found out about our bylaws, in case you're interested.

"In general, bylaws should define the basic rights and responsibilities members have in voting and capitalizing the co-op and the basic responsibilities of the directors and management. Bylaws should be flexible enough to deal with changing business and market conditions and the general procedures that will be followed to make organizational decisions, not operational decisions. Bylaws should define the co-op's basic democratic structure and provide general rules for the internal governance of the co-op." from Karen Zimbelman, 1992, "Bylaws: Your Co-op's Foundation," in *Challenges to the Cooperative Board of Directors*, published by the *Cooperative Grocer*.

Four suggestions stated in the article will help us as we continue to update and discuss the bylaws. First, Zimbelman suggests that bylaws should be

structured logically so that key and important items can be found quickly and easily. Second, bylaws should be flexible, standing "the test of time by providing solid legal parameters for your organization within which the board can select specific procedures" (p. 20). Third, the bylaws should provide a clear legal picture of the organization, including "what authority the board is, how the finances of the corporation work, and what procedures will be followed in routine and special circumstances (voting, holding meetings, recalling a director, etc.)" (p. 20). Lastly, she suggests keeping it simple, no easy task for a document that includes routine procedures along with ways to deal with complex and unusual situations. We didn't complete the task at June's board meeting, and we'll be at it again next month. If anyone is interested in bylaws, join us for our July board meeting.

We will be working out the details for our new lease on the current building location at our next Strategic Planning meeting, June 21, 1995.

I don't think I have found any lazy days of summer yet, but I'll keep looking. I hope you are enjoying your summer. Please join us for one of our upcoming board meetings.

- * July board meeting topics:
 - goals and benchmarks for Ed Clark's Community Liaison position
 - survey results
 - update bylaws
- * August board meeting:
 - to be determined

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4 RESTAURANT REVIEW-EARTH FOOD CAFE & JUICE BAR

By Mare Rosenthal

The Earth Food Cafe is the spot for anyone going down Boise way and looking for some great vegetarian and vegan food at very reasonable prices. I had to find a place in Boise to hold a dinner meeting for the Idaho Coalition United for Bears. This is where we landed, an old cafe on State Street that's been freshened up with some new paint--simple and clean.

The owners went all out to accommodate us. We were able to choose from four entrees--Fiesta Fajita, Earth Burger, Goddess Veggies and Brown Rice, and Bonita Black Bean Platter. All were good according to the group. Some came with soup or salad. Many of us got the Hibiscus Cooler--hibiscus flowers and fruit juice blend. Best thirst quencher I've had lately! Dessert was tasty Apple Pie with Granola Crust.

The food was not all that impressed me. Their vision

statement really struck a cord. "We strive to spread the message that food is our direct connection to the Earth. How we grow, process and eat our goods affects us all, and the environment we live in. All the grains, beans, flours, coffees, teas and fresh juices are organic. Organic produce and other products are used whenever availability and price allow. We support ethical, humane food production, and there are no meat products or by-products in our foods. When egg or dairy products are used, it will be identified..." In addition, they give 5% off for bicyclists and walkers!

I really wish this restaurant was in Moscow. Myself and others have long dreamed of such a place--not real fancy and pricy, but with convenient hours, interesting vegan entrees, etc. Next time you are in Boise, join them: Earth Food Cafe & Juice Bar, 2907 W. State St., Boise, ID 83702 (208) 342-7169. Tuesday-Saturday: 7:30 - 9:00; Sunday Brunch: 8:30 - 3:00; Monday: closed.



EMPOWERING FOOD FOR THOUGHT

By Mare Rosenthal

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee." -- Marian Wright Edelman

As an individual, you possess immense power to dramatically improve your life, and the condition of all that is living. Your personal choices--what you choose to eat and purchase--powerfully shape the sort of world you want for yourself and your family. By electing to base your diet on the vast and delicious spectrum of organically-grown grains, beans, seeds, vegetables and fruits, you take critical steps towards improving your own health, shrinking health care costs and reducing the environmental devastation caused by the production of animal products, from deforestation to chemical agriculture to overfishing.

Each of us has control over what we purchase and eat. Each of us can make a powerful difference in the world and our lives at least three times a day. This is empowering food for thought.



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The Moscow Food Co-op is a market in the original sense of the word and acts as a meeting place for the exchange of ideas and information as well as commodities.

It offers members an opportunity to participate in the selection of products and to affect decision making.

It provides consumer education concerning natural foods and a healthy lifestyle.

The Co-op actively supports a number of community organizations and programs and is committed to the environmental concerns of the Palouse and the world.



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WHAT'S HAPPENING IN BOISE

By Bill London

While in Boise recently, I stopped by the Boise Food Co-op to offer my congratulations.

Boise's co-op received the 1995 Small Business of the Year Award for mid-sized businesses in that city. Ken Kavanagh, general manager, was willing to share some of the secrets of their success.

In 1984 they moved to their present site in Boise's groovy northside neighborhood. For five years, Ken explained, the co-op had been ready to move and was "lusting" after the building they finally moved into.

"This building was a grocery store with parking and good store layout," he said. "Waiting for the right building made all the difference. We didn't need to make major changes or assume any debt to move in."

For Moscow co-ops anxious to move to a bigger building NOW, Ken advises patience and a commitment to wait for the appropriate building.

"You'll thank yourselves for waiting," he said.

The Boise Food Co-op's move to their present 7,500 square-foot building in 1984 was a successful one. Their business has expanded at 10-18 percent annually since then to an expected \$4.7 million this year.

When the Boise Co-op moved in 1984, Ken said they didn't know what to do with all the space in their new building. They expanded from a natural foods product line to offer beer and wine, local organic meat and gourmet specialty foods. The Boise store is now full -- and ready to move again.

"We're looking for a store that is two or three times larger than this one," Ken said. "We're now negotiating on several grocery stores in this neighborhood. We'll probably move in a year."

BANJARA

By Bill London

How's this for a familiar scenario? Tired, hungry, and bored with the eat-out options you've already tried too many times, you wish there was something else, something different in restaurant fare somewhere on the Palouse.

When that syndrome struck recently, Gina and I went to Pullman and sampled the Indian cuisine at Banjara. With lots of vegetarian meals using garbanzos and lentils, a great mint-cilantro chutney, a delicious mango lassi (flavored yogurt shake), and other unusual choices, we had plenty of good food at a reasonable cost.

And best of all, there's free entertainment provided. Owner/chef/manager Nagesh Venkata proudly showed us his tandoori oven. If you go to Banjara, be sure to ask to visit the kitchen and check out the traditional Indian oven there. It's shaped like a huge clay vase, with the fire on the inside. Meat is cooked there on long skewers and the Indian flat breads are also cooked in that oven--by slapping the flattened dough onto the curved inside wall of the oven. Defying gravity, the bread just sits there and browns. Amazing.

Nagesh opened the restaurant two years ago while attending WSU and finishing his master's degree in architecture. Banjara is located opposite the entrance

to WSU on the Moscow-Pullman Highway (phone: 334-6342).

Ginna said that Banjara was her favorite new restaurant.

Nagesh said that he was willing to share a few recipes with readers of this newsletter. Here are some of his favorites:

Rottee

1 C. Whole wheat flour, ground fine
1/2 tsp. Salt
1/4 C. Water

Knead the flour, adding water gradually. The dough should not be too gluey, comes out better when it is a little hard. Make sure there are no dry spots in the flour. Let the dough sit for 5 to 10 minutes, keeping it covered. Divide the dough into 8 small balls and roll them flat using dry flour to spread it evenly. Pan fry them in a skillet at medium high temperature.

Dael

1 C. Lentils
3 C. Water
1 tsp. Salt
1/2 tsp. Red chili powder
1/2 tsp. Cumin seed
1 C. Diced onions
1 C. Tomatoes, diced
2 tsp. Lemon juice

Boil lentils: start with three cups of water and add as you go, depends on the kind of lentils you use. Saute onions, cumin, tomatoes and add to the boiled lentils. Add salt, pepper and lemon to your taste.

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8 STRATEGIC PLANNING COMMITTEE & SOME SURVEY STUFF

by Dean Pittenger

Strategic Planning -- what are we, where are we headed -- these are the quintessential questions. Strategic planning has become an operational concept with the goal of 'road mapping' -- providing guidelines for long term planning. We revisit this road map every once in a while to renew and refocus our efforts. We are currently in this process, examining old

goals, refining them mostly, adding new goals, dropping a few old ones. Sometimes we can even look back and say, "Oh, we've accomplished that goal (or at least implemented it)." For instance, we have implemented a fairly strong system of financial review and oversight (via the finance committee) that has helped us to remain in reasonable fiscal health.

This was an original 'goal' of strategic planning and will remain so. On a more substantive note, the survey response has been outstanding. 185 members responded to the survey we mailed out and almost 300 people responded to the in-store version of the same thing. Thank you all very much for taking the time to respond. Special thanks to Ed Clark and Natalie

Shapiro. Ed facilitated the mailing and has helped a lot with tabulating the in-store effort and managed to round-up those 300+ respondents in about 2 weeks. Tabulation and report generation are in progress now and we presented some very preliminary results at the last board meeting (Monday, June 12th). These surveys will be used by the Strategic Planning

Committee to review our mission, goals and objectives. This includes moving, what we sell, etc.

Here are some (still) preliminary results from the mail-in survey only. We have not finished analyzing this data and will not offer any explicit interpretations except to note that the responses are complex and reflect the diversity of our members and the community as a whole.

Gender?

| Gender | Count | Percent of Total |
|-----------|-------|------------------|
| Female | 145 | 78.4% |
| Male | 32 | 17.3% |
| No Answer | 8 | 4.3% |
| Totals | 185 | 100.0% |

How many years a member?

| Years Member | Count | Percent of Total |
|--------------|-------|------------------|
| 1 | 51 | 27.6 |
| 2 | 33 | 17.8 |
| 3 | 16 | 8.6 |
| 4 | 24 | 13.0 |
| 5 | 22 | 11.9 |
| 6 | 9 | 4.9 |
| 7 | 5 | 2.7 |
| 8 | 7 | 3.8 |
| 10 | 6 | 3.2 |
| >10 | 11 | 5.9 |
| No Answer | 1 | 0.5 |
| Totals | 185 | 99.9% |

Where do you live?

| Residence | Count | Percent of Total |
|-----------|-------|------------------|
| Moscow | 99 | 53.5 |
| Pullman | 44 | 23.8 |
| All Other | 42 | 22.7 |
| Totals | 185 | 100.0% |

The following set of questions about where you did most of your shopping allowed people to make more than one choice. We will not calculate totals for this set of questions and the percentage reveals how many out of 185 responds shop at a particular store - it does not mean that they only shop at that store:

| Grocery Store | Count | Percentage |
|---------------|-------|------------|
| Safeway | 45 | 24.3 |
| Rosauers | 42 | 22.7 |
| Tidymans | 48 | 25.9 |
| Dismores | 31 | 16.8 |
| Excell | 3 | 1.6 |
| Co-op | 44 | 23.8 |
| Other | 19 | 10.3 |

How many people do you shop for?

| How Many? | Count | Percentage |
|-----------|-------|------------|
| 1 | 50 | 27.0 |
| 2 | 70 | 37.8 |
| 3 | 28 | 15.1 |
| 4 | 23 | 12.4 |
| 5 | 9 | 4.9 |
| 6 or more | 5 | 2.7 |
| Totals | 185 | 99.9 |

What percentage of grocery \$'s do you spend at the Co-op?

| How Much | Count | Percentage |
|-------------|-------|------------|
| 0-10% | 77 | 41.6 |
| 11-25% | 65 | 35.1 |
| 26-50% | 23 | 12.4 |
| 51-75% | 10 | 5.4 |
| 75% or more | 8 | 4.3 |
| No Answer | 2 | 1.1 |
| Totals | 185 | 99.9 |

What would encourage you to shop more at the Co-op? Again, people often choose more than one response so there are no totals and percentages are relevant only to the option available.

| Encourage | Count | Percentage |
|-------------------|-------|------------|
| Price | 73 | 39.5 |
| Product Selection | 96 | 51.9 |
| Location | 51 | 27.6 |
| Other | 31 | 16.8 |

What percentage profit (given current 2%) should the co-op strive for?

| Profit Margin | Count | Percentage |
|---------------|-------|------------|
| More than 2% | 38 | 20.5 |
| Less than 2% | 0 | 0 |
| The Same | 116 | 62.7 |
| No Answer | 31 | 16.8 |
| Totals | 185 | 100.0% |

Would you support a move out of downtown?

| Move Outside | Count | Percentage |
|--------------|-------|------------|
| No | 53 | 28.6 |
| Yes | 98 | 53.0 |
| No Answer | 34 | 18.4 |
| Totals | 185 | 100.0% |

Which of the following options should we consider as a location for the Co-op? These options are each treated as a separate question because people could choose more than one location.

| Location | Count | Percentage |
|-------------------------|-------|------------|
| Old Tidymans (Intrepid) | 47 | 25.4 |
| Old Jeff's Food | 97 | 52.4 |
| EastSide Market | 57 | 30.8 |
| Co-op (Current) | 73 | 39.4 |
| Other | 24 | 13.0 |



Questions regarding products, services, activities:

| | Strongly Agree | | Agree | | No Opinion | | Disagree | | Strongly Disagree | | No Answer | |
|--------------------------|----------------|------|-------|------|------------|------|----------|------|-------------------|------|-----------|-----|
| | N | % | N | % | N | % | N | % | N | % | N | % |
| PRODUCTS | | | | | | | | | | | | |
| Frozen Foods | 30 | 16.2 | 68 | 36.8 | 60 | 32.4 | 13 | 7.0 | 6 | 3.2 | 8 | 4.3 |
| Meat/Fish/Poultry | 33 | 17.8 | 48 | 25.9 | 50 | 27.0 | 33 | 17.8 | 16 | 8.7 | 5 | 2.7 |
| Major brand names | 5 | 2.7 | 23 | 12.4 | 69 | 37.3 | 60 | 32.4 | 19 | 10.3 | 9 | 4.9 |
| Select beer and wine | 22 | 11.9 | 51 | 27.6 | 50 | 27.0 | 35 | 18.9 | 22 | 11.9 | 5 | 2.7 |
| Specialty gift items | 25 | 13.5 | 80 | 43.2 | 54 | 29.2 | 16 | 8.6 | 4 | 2.2 | 6 | 3.2 |
| Organic/Eco clothes | 27 | 14.6 | 69 | 37.3 | 58 | 31.4 | 22 | 11.9 | 5 | 2.7 | 4 | 2.2 |
| Org. gardening sup. | 43 | 23.2 | 81 | 43.8 | 46 | 24.9 | 8 | 4.3 | 3 | 1.6 | 4 | 2.2 |
| SERVICES | | | | | | | | | | | | |
| Meeting Space | 13 | 7.0 | 58 | 31.4 | 89 | 48.1 | 14 | 7.6 | 6 | 3.2 | 5 | 2.7 |
| Child play area | 37 | 20.0 | 81 | 43.8 | 52 | 28.1 | 9 | 4.9 | 2 | 1.1 | 4 | 2.2 |
| Home delivery | 17 | 9.2 | 56 | 30.3 | 73 | 39.5 | 29 | 15.7 | 4 | 2.2 | 6 | 3.2 |
| Call-in ordering | 18 | 9.7 | 47 | 25.4 | 80 | 43.2 | 29 | 15.7 | 4 | 2.2 | 7 | 3.8 |
| Special orders | 44 | 23.8 | 96 | 51.9 | 36 | 19.5 | 3 | 1.6 | 1 | 0.5 | 5 | 2.7 |
| Help carrying groc. | 10 | 5.4 | 35 | 18.9 | 95 | 51.3 | 31 | 16.8 | 7 | 3.8 | 7 | 3.8 |
| Deli | 48 | 25.9 | 95 | 51.4 | 25 | 13.5 | 13 | 7.0 | 1 | 0.5 | 3 | 1.6 |
| Bakery | 100 | 54.0 | 74 | 40.0 | 7 | 3.8 | 1 | 0.5 | 0 | 0 | 3 | 1.6 |
| Seating area | 26 | 14.0 | 87 | 47.0 | 51 | 27.6 | 12 | 6.5 | 2 | 1.1 | 7 | 3.8 |
| Covered bike rack | 14 | 7.6 | 65 | 35.1 | 84 | 45.4 | 13 | 7.0 | 3 | 1.6 | 6 | 3.2 |
| ACTIVITIES | | | | | | | | | | | | |
| Community outreach | 36 | 19.5 | 77 | 41.6 | 52 | 28.1 | 10 | 5.4 | 4 | 2.2 | 6 | 3.2 |
| Political involvement | 18 | 9.7 | 41 | 22.2 | 53 | 28.6 | 46 | 24.9 | 21 | 11.4 | 6 | 3.2 |
| Advertising | 18 | 9.7 | 78 | 42.2 | 61 | 33.0 | 21 | 11.3 | 3 | 1.6 | 4 | 2.2 |
| Charitable contributions | 25 | 13.5 | 67 | 36.2 | 67 | 36.2 | 12 | 6.5 | 7 | 3.8 | 7 | 3.8 |
| Newsletter | 40 | 21.6 | 91 | 49.2 | 43 | 23.2 | 6 | 3.2 | 1 | 0.5 | 4 | 2.2 |
| Speakers/Workshops | 30 | 16.2 | 72 | 38.9 | 61 | 33.0 | 11 | 5.9 | 4 | 2.2 | 7 | 3.8 |
| Health/Nutrition educ. | 51 | 27.6 | 92 | 49.7 | 34 | 18.4 | 5 | 2.7 | 0 | 0 | 3 | 1.6 |

Please remember that these results are preliminary. The tallies from the in-store survey and the survey taken at the Membership meeting have not been completed. We are looking forward to presenting more survey information next month, and, once again -- thanks for your participation.



Strategic Planning meets the 3rd Wednesday of every month, upstairs in the Co-op (we will announce any variations on the board downstairs by the main door). Feel free to join us and add your voice, your ideas -- we will **always** need this help from all of our members.

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Eastside Marketplace Troy Hwy at Blaine Light

SUMMER TOURS IN IDAHO & WASHINGTON

The Palouse-Clearwater Environmental Institute (PCEI), with a grant from Patagonia Inc., will offer organic food production tours in Idaho and Washington this summer to increase the education, participation and support of organic agriculture. As an "organic tourist" you will have the opportunity to see first hand, diverse organic farming and handling in different regions of Washington and Idaho. These tours are open to all--farmers, extension agents, policy makers, Future Farmers of America, 4-H youth, consumers--anyone who wishes to understand organic production and meet the people who bring them these products.

Organic production and consumer demand for products grown without synthetically compounded fertilizers, pesticides, herbicides, growth regulators or other inputs are steadily increasing. However, there is still much confusion about what a "certified organic" label means and the economic viability of organic production among producers.

These tours are a product of PCEI's Sustainable Agriculture program, which develops and pursues projects that focus on conservation of natural resources and the sustainable future of agriculture and rural communities.

This project is made possible by a grant from Patagonia Inc., with the collaborative support from Idaho and Washington Departments of Agriculture, Idaho Organic Producers Association and Washington Tilth Producers.

As an "Organic Tourist" you will:

- * Visit certified organic farming, processing operations, and markets which offer certified products.
- * Share in discussions about organic production, processing, and marketing issues and the political, social, economic, and ecological implication of "going organic."
- * Enjoy a catered meal featuring locally produced organic ingredients from some of the farms we visit.
- * Learn about state and

national organic standards.

* Have free transportation to and from the meeting point in an air-conditioned bus.

Each organic tour costs \$15 per person for advance registration, or \$30 at the door. Space is limited so please register two weeks in advance of tour date.

For registration information and an ID/WA Organic Tours brochure call: Nancy Taylor at 208-882-1444.

Organic Tours Will Be Offered In:

- * Southern Idaho (Twin Falls area) 8/5/95
- * Central Idaho (Moscow area) 7/29/95
- * Northern Idaho (Sandpoint area) 8/12/95
- * Eastern Washington (Spokane area) 8/26/95
- * Western Washington (Olympia area) 7/22/95
- * Central Washington (Wenatchee area) 9/16/95





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JUICE
1/3 CUP APPLE
SAUCE
2 APPLES-
CORED, PEELED,
AND CHOPPED




MIX IN LARGE BOWL
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(WHOLE WHEAT)
1 T BAKING POWDER
1 T CINNAMON
2 T SUGAR
1/4 t SALT (optional)



T=TABLESPOON t=teaspoon

POUR IN LIQUID
STIR JUST TO MOISTEN
SPOON INTO MUFFIN TIN
BAKE IN 350° OVEN
FOR 20 MINUTES



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ENJOY HOT,
DELICIOUS
MUFFINS



YES, THIS WORKS
WITHOUT EGGS OR FAT!!



July Kids page

by:
Robin
Murray

Did you know...

Beatrix Potter was born on July 28th, 1866?

She wrote many now famous books for children including stories about Peter Rabbit.



LOOK FOR THESE BEATRIX POTTER



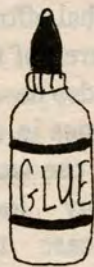
BOOKS AT THE LIBRARY:

The Tale of Squirrel Nutkin
The Tale of Two Bad Mice

Try This:

Peter Cottontail Puppet

You'll need:



Paper Cup
Paper Scraps
Cotton Ball
Felt Pen
Scissors
Glue



Cut finger holes in the side of the paper cup. Draw a face on the bottom of the cup. Cut two ears from the paper scraps.

Glue ears to the cup side opposite the finger holes and near the bottom. Glue the cotton ball near the top of the cup on the same side as the ears. When the glue dries, put hand in the cup and put your fingers through the holes.



adapted from the Australian Women's Weekly Children's Arts and Crafts.

A recipe

This recipe uses a blender. Be sure to ask an adult for help or for permission to use a blender.



Veggie Dip

- 1 cup crumbled tofu
- 1/3 cup italian dressing
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1 teaspoon sugar

Place all ingredients in a blender and blend on medium speed until creamy & smooth. Put mixture in a serving bowl and use as a dip for carrot and celery sticks or your favorite raw vegetable!

A Puzzle

Flopsy asked Mopsy how many berries were in their basket. Mopsy said that if they were counted by twos, by threes, by fours, by fives, or by sixes, there was always one left over, but if they were counted by sevens, there were none left over. What is the smallest possible number of berries in their basket?



Adapted from Mertin's Puzzle Pastimes edited by Charles B. Townsend.

Do you want to do more to improve your community and the environment, but wonder where to start and if what you are doing really makes a difference?

If so, the Palouse-Clearwater Environmental Institute's Household EcoTeam Program is for you. The program offers participants a chance to engage with neighbors and fellow community members in a team-like format. Teams meet eight times over a four-month period to learn how to adopt and implement sustainable lifestyle practices.

The program is designed to simplify the overload of environmental information by helping participants set goals in six different focus areas over the four-month period, and by providing them with an easy-to-follow workbook as well as with the support of their team members. By engaging neighbors and fellow community members, participants will get the support and encouragement needed to make the change to a sustainable lifestyle.

Each meeting focuses on one of six issues: waste reduction, energy conservation, water conservation, transportation alternatives, eco-wise consuming, and empowerment. Prior to each meeting, participants complete a predetermined number of actions for the focus area of the upcoming meeting. At the meetings, progress is reported, and the overall environmental savings of the team are recorded.

A trained coach leads the team through the program, and records their savings at each meeting. The coach reports the team's environmental savings to the program's organizer, who then records the community-wide

contribution participants are making. These savings will be added to the savings made by other teams in other communities around the United States and in the five other participating nations. A newsletter will inform local participants how their household changes are contributing to the global effort.

In the final focus area of the program, the team decides how it can make similar changes in the workplace, and how it can work to create community level changes that can ease the transition to a sustainable community. Also, participants are empowered to share their experiences in their neighborhoods, workplaces, and through their social networks.

In other communities, households completing the program and remaining committed to the changes have realized an average savings of \$400 a year by reducing utility bills, transportation costs, and other household expenses.

More importantly, participants are helping to lessen the burden Americans place on the environment. The United States makes up only five percent of the world's population, but uses up to a third of the planet's resources--nearly 75% of which are wasted through inefficiency and lack of awareness. Since the household sector of the population consumes nearly 35% of these resources, Global Action Plan for the Earth developed the Household EcoTeam Program to help local communities move toward sustainable lifestyle practices.

Anyone interested in being on an EcoTeam, starting a team, or being trained to coach a team, can contact Steve Zavestoski at PCEI (882-1444).

By Jacqueline A. Soule

The Irish Potato Famine of 1847 resulted in the death of close to a million people (discussed in this paper in March 1995). The famine was the result of a catastrophic crop failure. The crops failed because all the potatoes in Ireland and most of Europe were a genetically identical strain. When a fungus mutated that could overcome the natural resistance in that strain, it wiped the potato crops out. Most of Europe had other food to eat, but the Irish did not. They died. They dropped in their tracks while trying to bury their loved ones. The mounds of mass graves, unmarked, haunt the descendants.

To paraphrase a saying found in every language: '...those who do not learn from the past are destined to fall when history repeats itself.' In 1970, the U.S. agricultural industry was stunned by the destruction of almost the entire corn crop. Cereal prices shot up over 300%. Beef, pork, poultry, and egg prices skyrocketed. Direct financial loss to the corn farmers was over a billion dollars; some even lost their farms. Virtually all U.S. corn had a genetically identical background. The grim part of this tale is that we have not learned from the past. Currently, almost all U.S. wheat is descended from 1 of 4 strains.

How do we avoid such calamities in the future? Diversity! We must make it a priority to seek out and preserve genetic diversity. Seed banks and gene banks can hold incalculable riches for the future. Currently, our seed and gene banks need to be expanded. Why? Because, at the same time that the world population expands, the demands upon our agricultural prowess increases, yet the increasing population threatens to destroy the very diversity we need, with the cultivation of previously wild land, dams, development, and the sheer numbers of humans

needing food and places to live.

Where can we get diverse corn races, or potato strains, or new wheat genes? Back to the sources. Plant hunters go out into the mountains and valleys of Peru to find the hidden wild races of potatoes, or the ones raised by isolated mountain tribes. Corn comes from the highlands of south-central Mexico. Wild immer wheat, as it turns out, was discovered between the Tigris and Euphrates rivers, in ancient graveyards. Symbolic perhaps?

The symbolism of life-giving genetically diverse strains of wheat coming from the bones of the past can be taken in a positive light. The future depends on the past, and upon what we do now, since someday we will be past. Are we to be remembered as robbers? Shall we continue to rob the future by failing to take the time and effort to preserve the genetic diversity of the crops the entire planet depends on for life? I hope not. What can you do? A lot! Money does talk! As a consumer you cast a vote for or against diversity every time you purchase something. When you buy spelt wheat, or pasta made from spelt wheat, you help buy a crop from a farmer who now has an economic incentive to continue raising a genetically different type of wheat. When you buy a hamburger, you are voting against biodiversity, and voting for genetically identical rangeland to feed genetically identical cattle. If you decide to try quinoa, a grain used in Peru, you are supporting agricultural diversity. If you like quinoa and buy it again, you are voting for a diverse future for the generations to come. A local start to a global solution.

Note: Spelt, spelt products, and quinoa are all available at the Moscow Co-op, along with a plethora of other diverse food products.

Debra Goldfine, Ph.D.
Psychologist
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By Susan Baumgartner

Religion. It's like an itchy, slow-healing wound. I can't leave it alone. I go to Mass in Seattle, a Jewish Seder, a fundamental worship service. I read books, pro and con, about Mormons and Presbyterians and the Church of God Fellowship. Articles about biblical scholars and the Jesus Seminar. And, for the first time in my life, the religion pages of the *Daily News*.

As a result, a couple of reasons for my religious rash have been cleared up for me. Maybe. As best I can tell, given the elusive nature of the topic.

First of all, I've discovered that writers may not be very good at religion. As creators of worlds between the covers of books, we get delusions of grandeur. At the same time, we're suspicious about words. After all, we know all the tricks we use to manipulate language, stretching it to give life to our visions, massaging it to elicit the necessary emotional response in our readers. A religion based on words is immediately suspect to us. Words are the creation of fallible men and religion is supposed to be about an infallible god, a power far beyond words.

To a writer, the Bible, in spite of certain literary passages, is ludicrous as a guide for life because it's so poorly written. Any editor at Random House would reject it immediately as the work of a rank amateur with no skill for plot, pacing, suspense, credibility, or character development. It's history--very ancient, dusty history--in an age that looks to the future, where science fiction is all the rage. It's a marketing nightmare.

But who am I to tell people the Bible is ludicrous? We are, all of us, blind women and men at the elephant. Each of us is blinded by our own particular life experiences, and so we can

only come at the totality and complexity and contradictions of God through our finite limitations. For some people, that vision of God comes from reading the Bible, and for them, the mystery of the inconsistencies serves as their entryway into the metaphysical.

My other difficulty with religion comes from being an ex-cult member. It was 1973. I was living in Seattle, trying to have an urban adventure so I could be a better writer. I had a crummy job. I was lonely. I missed Idaho. My life seemed meaningless. Suddenly, I was sucked into the horrors of Scientology. They had me good, filling all my spare time with exhausting, hypnotic sessions, constantly haranguing me to give them more money, to join them full-time. Somehow I escaped, but they called me daily for months afterward, trying to make me come back.

Consequently, I'm skeptical about organized religion. How much of my life will they demand? Do they allow questions? Do they seem obsessed with money, my money? The recent local newspaper articles about the Living Faith Fellowship brought back all those memories of the mental anguish the cultists put me through, the psychological manipulation, the power games, the way they exploited my sorrow to line their pockets.

I turned libertarian. My current church has only member, me, which cuts down on the liturgical infighting that can destroy larger congregations. Since I have direct access to the divine, attendance is free. No need to pay for buildings or clergy or collection plates. Knowledge is cherished. Questions are required. I constantly sample other religions to make sure my revelation is not false and leading me astray.

When I hear a local minister preach that Moscow is a cesspool, a place of unimaginable debauchery and evil, I try to think of staid, prudish little Moscow as a cesspool and laugh and think again, numbering all the good-hearted people I know, and then conclude that there was a false preaching. Those parishioners may like being made to feel both threatened by, and morally superior to, their neighbors, and that is their right, but it's not right for me.

I hear another minister say that some people need a teeny, tiny God, a God that will sit in their living rooms with them and tend to every facet of their lives and tell them precisely what to do. The minister sees this as a form of idolatry, trying to make God into our image--the bearded white man on the ceiling of the Sistine Chapel--rather than accepting that, as mere mortals, we will never have more than the smallest inkling of the vast mystery of the divine. We can devote our entire lives to a particular denomination only to discover that we got it completely wrong. The only consolation, in my case, will be that at least the false prophet was me and that I was the only victim.

So I return from my theological samplings to my own church, which is the whole universe, and I enter into a form of worship that is ancient and yet ever-changing, self-effacing and self-exalting, the closest I will ever come to transcending my gravity-bound existence here on earth, and I spread my arms and I look up into the sky and I surrender myself to that which cannot be described or contained or paid for or put into words and I am taken up into the essence of that which is my god and I am home.

DR. ANN RAYMER
chiropractic physician

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Donald Hungerford, N.D.
882-5972

By Larry McLaud

Idaho Conservation League and Clearwater Forest Watch Coalition filed an appeal on June 5, 1995 to fix the Goat Roost Road proposal on the Powell District of the Clearwater National Forest. The proposal includes a cost share agreement to build 5.3 miles of road, partly on public land, in order to allow Plum Creek Timber Company (formerly Burlington Northern), to log its private lands.

Plum Creek Timber Company is entitled to reasonable access to its private land but this proposal goes way beyond reasonable. Why should tax payers pay for a road that will cause significant environmental damage and not provide any service to the public?

Plum Creek Timber Company was offered another alternative for access with far less environmental impacts but they say it is not "economical" enough to use that access. Corporate welfare for Plum Creek will cost the tax payers twice. First, the Forest Service is proposing to "cost share" the new road and second, the environmental damage from the road will be borne by the public.

The Goat Roost Road proposal will destroy fish and wildlife habitat by degrading Walton Creek and intruding into Sneakfoot Meadows, an

inventoried roadless area. In addition, the proposal blatantly violates the Clearwater National Forest's 1993 settlement of a lawsuit over management of the forest.

The proposed road is in an area of highly-erodible soils. In 1991 and again in 1992 there were sediment problems related to roads in the area. The proposed road would increase sediment by 47% in Walton Creek, which is already on EPA's degraded stream sediment list. Further, Walton Creek has spring chinook salmon and bull trout spawning habitat and there is a hatchery for chinook at the mouth of Walton Creek.

Dr. John Osborn's new book, entitled Railroads and Clearcuts, spells out the history of the railroads and land grants and illustrates many of the problems we are still facing today. The proposed Goat Roost Road is another example of big business trying to bully the federal government into subsidizing its profits at the expense of our public lands.

Corporate welfare proposals such as this road need to be fixed and the community needs to speak out about our public lands. Please call the Idaho Conservation League at 882-1010 for more information or to volunteer.

"VISIONS FOR MOSCOW"

PHOTOGRAPHY CONTEST ANNOUNCED

By Bill London

What do we have in Moscow that we want to keep--and what do other communities have that Moscow should have?

Perhaps the answers to those questions will be displayed for all of us to see as part of the "Visions for Moscow" Photography Contest sponsored by Moscow Vision 2020, a local non-profit citizens' group dedicated to increasing public participation in planning and development decisions.

Dozens of prizes, too numerous to list here (meaning we haven't gathered the entire list of donations from local businesses and individuals yet), will be given to the contest winners. So get out that camera and start shooting.

The contest rules are simple enough:

1. Everyone is eligible to enter the contest.
2. There are two categories: first, photos of Moscow illustrating features and facilities in the town that we should keep (things that help make this town a community) and second, photos from towns, other than Moscow, illustrating features and facilities that we would like to add to Moscow as it grows and changes.
3. Entrants must submit color or black & white prints, sized 4" by 6" or larger, along with a

short (less than 100 words) caption, in poetry or prose, that states the location of the photographed image and explains why the features or facilities pictured are valued by the entrant. The entrant's name and phone number must appear on the back of the photo and the narrative.

4. The entrants must give to Moscow Vision 2020 the right to use the photographs in future publications, displays, and exhibits. Submission of accompanying negatives is encouraged. Photos will not be returned.

5. The public will judge the winners at the Moscow Farmer's Market on September 9, 1995.

The purpose of this contest is to help create a shared vision of Moscow's future, to help both the citizens and planners of Moscow to recognize and preserve the valued qualities of this community, and to gather examples from other communities that would improve Moscow as it continues to grow.

Watch for the next issue of this newsletter for more information about how to submit your entry, and what prizes will be available for the winners. So, start thinking about what builds this community, and what we could import to make it better.

NO LONGER CRAZY

by Ed Clark

It is time to swing. How do you swing? That's up to you but you'll have lots of choices. The retail committee of the Moscow Chamber of Commerce has decided to scrap CRAZY DAYS which had been held every summer. In its place they came up with the theme "SWING INTO MOSCOW" to coincide with Rendezvous in the Park's "Under Western

Skies" concert, featuring the U.S. 95 Band, and Johnny Gimble and the Texas Swing. SWING INTO MOSCOW will take place on the weekend of July 21 and 22 and has expanded on the theme to include a variety of activities centered around the word, "swing." Rendezvous will sponsor western line and swing dance lessons downtown

on Sat., July 22. There will be a new game entitled "SWINGO," patterned after Bingo, that will offer prizes including the grand prize of \$1000 Moscow Bucks to be spent in participating stores.

The Co-op has been hosting the Chamber meetings for the past few months and so we have gotten into the spirit. We are planning to participate

with a "Taste Fair" in our parking lot. We had also talked about the possibility of having a bit of contra dancing in the parking lot but, as of this writing, it is not yet a reality.

Moscow should be swinging that weekend so swing into town to see what everyone is up to.



Do You Have Old Moscow Renaissance Fair Stuff?

By Bill London

The Moscow Renaissance Fair recently donated several boxes of posters, newspaper clippings, program guides and other memorabilia from the first 23 years of our community's springtime celebration to the University of Idaho Library, Special Collections Department. The material will be held safely there, available for anyone's inspection, as a slice of contemporary Moscow culture.

There's more Moscow Renaissance Fair stuff out there, however, stuck in garages and basements around town--maybe even somewhere at your house. And anyone who has some of those mementos who doesn't want them anymore should consider donating it all to the library.

If you want to give some fair material to the library archives, just call Special Collections at 885-7951 to arrange to deliver it. Or, you can just take it to their office in the basement of the UI Library during regular hours.

If you have some old fair stuff, and you want to get rid of it, please don't throw it away. Just take it to the library.



YOGA

At the Moscow Yoga Center
525 S. Main

Summer Session Begins June 12th

Gentle, beginning, intermediate

Classes offered 6 days a week
Morning, Afternoon and evening classes

Schedules available on the door of the Yoga Center
Call 883-8315 for information and to register



TITLE: BIRDS OF A FEATHER, A SHORT CHAT

By Mose Lee Eyre

Imagine, it's early dawn on the Palouse. Near a pond a Blue Heron is stealthily and elegantly footing its way through the tall grass. Overhead a strong, lean Magpie lands on the broken limb of a Ponderosa Pine. You notice the Magpie has its head cocked to the side and words are coming from its beak. (Play along, please.)

Suddenly the two are immersed in conversation. You walk up unnoticed with a steaming cafe latte, lean against the big tree and eavesdrop.

Blue Heron (BH): Y'know, I'm not from around here either. I grew up in rural Southern California. My nest for the past 7 years has been on a farm in Potlatch.

Magpie (M): Oh, I am a native Idahonian--Bonners Ferry, grew up with 3 siblings ...

(BH): Hey, me too. One sister named Kate ...

(M): Naw, that's my daughter's name. Go on.

(BH): Well, all of the Mitchells ...

(M): Hold on, that's my brother's name.

(BH): Coincidence?

(M): I think not.

(BH): Yea, life is kinda like that, one amazing thing leading

to the next. Gotta keep your eyes peeled. If you do, you can do all sorts of things. So far I've been a rancher and a forester.

(M): Mostly male-dominated fields, like what I've done. I have been a mechanic and a machinist.

(BH): You have got to be who you are. Live by important principles. It makes a difference. It sounds trite, but I really do try to live by a wilderness ethic. It sounds poetic: Live simply so that others may simply live.

(M): Definitely. Many are trying and doing it here in this region, I've noticed. It has really given me a hope that I never had before.

(BH): Sounds like we have very similar philosophies.

Moments pass during a pleasant and comfortable silence. The trees rustle in the breeze.

(BH): Did you give Clinton a call to veto the Taylor Amendment?

(M): The one about, if an area of timber is in "crisis" they can come in and log?

(BH): OH yea! It's filled with vague language about crisis meaning "dead and dying." Talk

about being able to snare a load of trees. Geez, it ruffles my feathers.

(M): Yes, I have been talking about that and just political activism as well ...

(BH): -so vital, necessary, and the only way good change will take place.

(M): There is so much to be doing and thinking right now that I'm just trying to concentrate on slowing down, working my large garden plot at the Koppel Farm, nurture my child and my philosophy of life.

(BM): Not into dating right now, huh?

(M): (Politely) --No. You?

(BH): Yes, but I want respect, laughter, trust, someone with a true sense of self, strong principles and a nice nest egg....

(M): I know that last part was a joke.

(BH): Yea. Hmm. Mostly I am trying to be less analytical and fly with the moment. Trust my gut, cut loose and do what is inately best for me.

A knowing nod passes between them.

The Blue Heron moves slowly forward. The Magpie takes gracefully to wing. And you are out of coffee.



Don't forget to vote!

Aug. 8

For Highway
Commissioner
at Latach County
Fairgrounds from
8 am - 8 pm

BULLETIN BOARD

Visions for Moscow
PHOTOGRAPHY
CONTEST

Contest rules inside!

Sponsored by Moscow Vision 2020

Co-op Events

Co-op Finance Committee Meeting
July 28 - 9 am

Taste Fair at the Co-op
July 21-22, 11 am - 6 pm
Come taste natural foods at their finest
lots of free samples and fun!

Painting Party

Aug. 5
We'll party all night painting the inside of
the Co-op. We need lots of help (& paint
brushes!) Call Kenna - 882-8537

Be an Organic Tourist

Tour organic farms and organic
processing operations.

TOURS NOW SCHEDULED

- Moscow area - July 29
- Sandpoint area - August 12
- Spokane area - August 26

See inside for more details!

Bulletin Board Announcements

Announcements of events,
classes, give-aways, and non-
profit sales will be printed
here, at no charge, on a
space-available basis. **Submit
written announcements by
the 20th** of the preceding
month, to Beth Case at the
Co-op.

Food Editor Needed

Sample exotic foods!

Test unusual recipes!

If you want to write about the foods sold
at the Moscow Food Co-op in
future issues of the newsletter,
contact Bill London,
editor, 882-0127

RENDEZVOUS

Don't Miss the Concerts:

- Friday, July 14 - Moonlight Over Moscow
- Saturday, July 15 - Jazz Under the Stars
- Friday, July 21 - World Music Night
- Saturday, July 22 - Under Western Skies

Don't Miss the Events:

Saturday, June 17 - Western BBQ
Eastside Marketplace. 11 am - 2 pm

Saturday, July 8 - Square Dance
Palouse Empire Mall (Free!) 2 pm - 3 pm

Friday, July 14 & Saturday July 15 -
Rendezvous for Kids
East City Park. 9 am - noon

Saturday, July 22 -
Bicycle Rodeo for Kids 3-13, Main St., 9-11 am
Western Dance Lessons, Main St., 2-4 pm
Western Dance Contest, East City Park,
6-7:30 pm (\$5 entry fee)

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(attn: Bill London)