

Community News

FREE!
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • January 2011

Thank You, Kenna

by Bill Beck, president, Co-op board of directors

The Moscow Food Co-op Board of Directors has accepted the resignation of our general manager, Kenna Eaton. On March 1, Kenna will become the general manager at The Food Co-op in Port Townsend, Washington.

The Food Co-op in Port Townsend has annual sales of about \$11 million, or about 30 percent more than the Moscow Food Co-op.

To find a replacement for Kenna, the Co-op Board of Directors has begun a search for a new general manager. We have hired a nationally recognized consultant to help guide us in our search. Our search might not be completed prior to Kenna's departure. We have an interim management team formed to insure that we continue to provide the Palouse community with a strong, dynamic consumer-owned natural food cooperative.

Kenna began at the Moscow Food Co-op in 1981 as a volunteer, and then was hired in 1982 as one of

three co-ordinators. In 1992, she became the general manager.

She explained that her decision to move to Port Townsend was the fulfillment of a dream to live near the ocean. Both Kenna and her husband, Tim, enjoy the climate and natural beauty of the Olympic Peninsula. They look forward to becoming a part of the Port Townsend community and living closer to Seattle.

Kenna's leadership has helped guide



the Moscow Food Co-op to become the retail anchor store for downtown Moscow. She leaves our Co-op financially secure and ready for a new general manager. Our Board of Directors thanks Kenna for the important contribution she has made to our co-op and the Moscow community.

www.moscowfood.coop

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Community News



The monthly newsletter of the Moscow Food Co-op • January 2011



A Love Letter

by Kenna S. Eaton, Co-op general manager, kenna@moscowfood.coop

No, it's not Valentine's Day, but I wanted to write a love letter anyway—to this Co-op, its staff and owners.

I started working here in 1981 as a volunteer and finally got on staff in 1982 and haven't worked anywhere else since then. I frequently tell people I have the BEST job in town—and I still believe it's true. However, now I have a new great job—I'll be the general manager at The Food Co-op in Port Townsend, Washington. It's a bittersweet sensation.

I've seen this Co-op grow and mature over the past 29 years into something we should all be proud of. I remember the early days when our store had blue carpet on the floors amid a sea of white buckets (our low cost version of the bulk bin). In those days it took three of us to run the store along with a whole crew of trusty volunteers—many of whom are still active in the Co-op.

There were times when we were unable to pay ourselves and when we had to write begging letters to our members asking them to shop just a little bit more. It was definitely touch-and-go all through the mid-80s. However we were committed to keeping our co-op alive and we were purpose-driven. And we still are.

Really, that has not changed at all. I see the same passions, the same commitments, and the same belief that we are doing the right thing. Slowly, others are agreeing. With each move and each decade we've grown the store, grown our membership, grown our sales, and grown our staff. And as we've grown we've also been able to do more for our community. Like helping local producers sell their goods through our growers market and our store. Like showcasing local artists and local musicians in our Deli. And like teaching more people how to buy and prepare

good food.

We've had so much fun spreading the wealth. And because we're having fun, because we believe so strongly in what we are doing, more and more people feel the same way. It's amazing when I think about where we started versus where we are today. Together we've accomplished so much. And frankly I'm so proud of what we, as a cooperative community, have been able to achieve. And now I'm leaving. Sigh. But I'm leaving a strong, robust business. I'm leaving a strong, knowledgeable staff. And I'm leaving a strong, dedicated board. And everyone will do fine. More than fine. This Co-op will continue to grow and blossom and do great things.

So, thanks for keeping me here so many years—it's been fun. Keep up the good work and if you are on the Olympic Peninsula, please drop by The Food Co-op and say "hi." Really.

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(208) 882-8537

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This entire newsletter is posted on the Co-op website in PDF format. Writer's guidelines, as well as selected current and archived newsletter articles, are also available on the Co-op web site: www.moscowfood.coop.

For advertising rates and information:
contact Jyotsna "Jo" Sreenivasan at 892-0730

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The Moscow Food Co-op Board of Directors meets the 2nd Tuesday of every month at 6 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official meeting minutes are placed in the store by the Board bulletin board.

Member Appreciation Day Sale!

Sunday, January 9th
Members Save All Day Long

Purchases up to \$25 save 5%
Purchases up to \$75 save 7%

Purchases over \$75 save 10%

Bring your shopping list, your bags, containers, Sharpie pen, and stock up for the New Year!

(MADay discounts are not stacked on top of employee or participating member discounts.)



The next Board of Directors meeting is Tuesday, January 11th at 6:00 pm in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

The next Breakfast with the Board will be on Saturday, January 22nd from 11:00 am - 12:00 pm in the Co-op Deli.

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Engagement & Outreach Committee: engage@moscowfood.coop
Green Commerce Committee: greencommerce@moscowfood.coop
Sustainability Committee: sustainability@moscowfood.coop



Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator, frontend@moscowfood.coop

January brings us a very special art show that is sure to delight our souls in the middle of winter. Margaret Ely, a local resident of some time, will share with us her close-up floral

photography. Her show opens on Friday, January 8, with a chance to meet the artist from 5:30 - 7 p.m. It will continue through Wednesday, February 10.

These photographs are beautiful, showing the intricacy of flowers in all their beauty. (I personally cannot imagine a world without flowers—they are a constant joy to me). Come

lighten the darkness of winter with a glimpse of summer.

Meet the artist from 5.30 - 7 p.m. on Friday, January 8, and welcome in the new year with color and beauty.

January Tuesday Night Music at the Co-op

by Dave Billin, Co-op volunteer music coordinator, music@moscowfood.coop

On Tuesday nights from 5 - 6:30 p.m., the Co-op deli transforms into a delightful musical venue featuring the talents of some of the best and brightest musicians on the Palouse. These all-ages shows are free to the public and coincide with weekly specials and hot entrees made fresh in the Co-op deli.

This month's shows include:

January 4: Lucas Kreikemeier

Original acoustic guitar and percussion performances

drawn from flamenco, rumba, Mediterranean, reggae, and funk influences.

January 11: Musaiique

Delicious jazz, bossa nova, swing and blues favorites featuring local artists Cathy Brinkerhoff (vocals), Carla Chandler (fiddle, vocals), Brian Dyre (piano, flute), Axel Krings (guitar), Esteban Roybal (percussion), and Dan Wiedebach (bass).

January 18: Greg Hodapp

Acoustic tunes from Celtic, old-time, and maritime musical

Tuesday Night Music in January:

January 4: Lucas Kreikemeier (Palouse-area) - Acoustic guitar works in flamenco, rumba, Mediterranean, reggae, and funk styles

January 11: Musaiique (Moscow) - jazz, bossa nova, swing and blues

January 18: Greg Hodapp (Moscow) - Acoustic multi-instrumental tunes in Celtic, old-time, and maritime styles

January 25: Natalie Rose (Moscow) - silky smooth jazz, blues, and soul vocals and piano

traditions performed by a talented multi-instrumentalist.

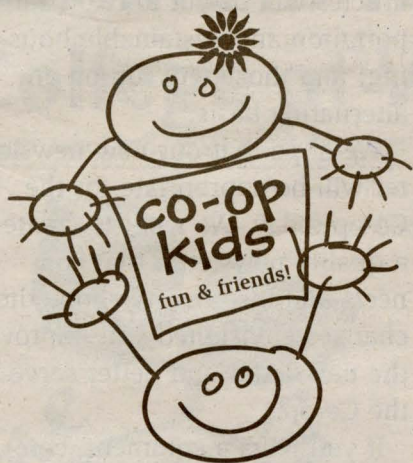
January 25: Natalie Rose

Stirring original and classic

jazz, soul, and blues tunes with silky vocals and a dynamic piano performance.

January Co-op Kids

by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator



of the Co-op). All of our activities are free, so drop by!

January 4 Felt Crafts

January 11 Bubble Bath

January 18 Make a Parfait

January 25 Play Dough

Co-op Kids meets weekly on Tuesday mornings from 9 - 10 a.m. in the Co-op Cafe.

Rebekka Boysen Taylor is a geographer, mama, teacher and writer in Moscow.

Co-op Kids offers simple, earth-friendly activities for young children and their families. Depending on the week the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit (with a free drink courtesy



Winter garland making.

Co-op Mamas and Papas in January

by Stacy Pettitt, volunteer Co-op Mamas and Papas coordinator

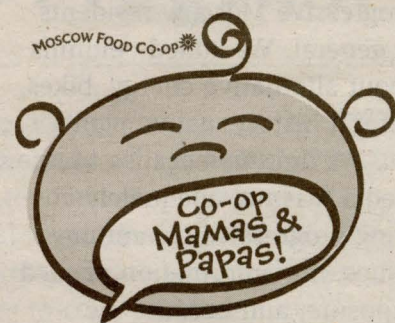
The Co-op Mamas and Papas group continues to tick along into the upcoming winter. We have had some excellent speakers attend and talk last month. We learned about music acquisition in children as well as how to initiate musical literacy in our children. The babies were particularly interested in singing that day. Kara Gotshall, another speaker we had, came to talk her new business helping couples learn about natural family planning and fertility. I love the opportunity to have local speakers come and share their knowledge and skills with this wonderful group.

Throughout the holiday season, many of us (myself included) get caught up in the season, rushing, meeting deadlines, and holiday baking, in addition to our already hectic lives. This month, we are focusing on simplifying our lives. I am hoping to bring in speakers to help with home/family organization, relaxation (infant and

mommy massage), and efficient cooking strategies (cooking one day for the month). For some of our participants, this is the first holiday season with their new babies and simplifying things may come in handy.

The mamas and papas would welcome new faces (both large and small). If you are interested in learning more about this group, please email babies@moscowfood.coop or you could try us out on Wednesday mornings at 9:30 a.m. in the Deli. Also, come enjoy a great complimentary beverage to warm up on these cold winter days.

Stacy Pettitt is so thankful for so many things.





Our Strong Co-op

by Kenna S. Eaton, Co-op general manager, kenna@moscowfood.coop

Money. Boy, that's a loaded word. But I think of it as a tool, a way of measuring where we are and how our business is faring. In my book it's neither good nor bad. We simply need it to keep things moving.

Moscow Food Co-op is in a good financial place right now. Our business is strong and robust—such a welcome change from the past and one I personally feel good about. We won't know until the end of January how we fared in 2010, but I can talk about how we are doing as

of the end of October.

Currently we're running at eight percent over budgeted sales for the year and doing a pretty good job of keeping it there. Our growth is predicted primarily on increased shoppers, many of whom are owners. In fact 75 percent of our transactions go to owners.

Our expenses are in check, with labor, our biggest expense, staying level at 21 percent of sales. Profit-wise, as of October 31 we were at \$236,000. That will go down toward the end

of the year but we should easily end with a two percent net operating income—which is the industry standard and the goal set by the board for 2010.

This profit will allow us to grow in 2011, have money to pay off our loans, and be prepared for unplanned opportunities and crises. Remember, your board is responsible for deciding how profits are to be allocated and worked hard this year to be able to administer patronage dividends. Unfortunately, we didn't have all of our legal ducks lined

up for 2010, but we should be good to go in 2011.

So the bottom line is that the Co-op is robust and should remain that way for the foreseeable future. We've created a budget for 2011 that allows for five percent growth and covers all the increased expenses we know about, like medical insurance for our staff, yet still allows us to be profitable enough to share it with our owners. Isn't that nice?

Our New and Improved Newsletter

by Bill London, Co-op newsletter editor

We've made changes to the Co-op newsletter. Our goal is a smaller newsletter with tighter writing and a stronger focus on the Co-op.

To explain where we are going, let's begin with where we've been.

About 15 years ago, the Co-op Newsletter was renamed "the Moscow Food Co-op Community News." We changed the name to reflect an expansion of its direction, from focusing on Co-op activities to covering topics of interest to Co-op members and progressive Moscow residents in general. We added columns about alternative energy, bikes, natural history, native plants, etc. We did this because Moscow media was not adequately covering progressive community issues, this information needed exposure, and because we thought the Co-op and community would both benefit from the connection.

Over the last 15 years, much has changed. Local newspapers

and radio stations are much better at covering these vital issues, lots of newsletters from city departments and local non-profits focusing on these topics are available here, and the Internet provides easy access to information.

Also, the Co-op has grown and the professional staff is much more able and willing to write about their areas of expertise.

In addition, reader survey input indicated that some readers thought the newsletter was too big. Besides saving trees and Co-op funds, we think our publication would be more readable and interesting if it were leaner and more focused.

One last point: for many years, more than one third of all Co-op volunteer positions were for the newsletter. We decided that it would be more fair, and more beneficial for the Co-op, to reduce the number of newsletter volunteers and move those volunteer positions to strengthen the website and other outreach

efforts.

To summarize, the Co-op has grown and matured; our community has matured. Interest in healthy, local, and sustainable food, as well as alternative transportation, recycling, alternative health, sustainable building practices, and so on, are the concerns of the entire community and not just Co-op members. Other media are interested in covering the subjects the Community News has been covering—and it is their duty to do so. We can't be the sole source of energy and info on every single progressive topic anymore. Also, we need to even out the effort our volunteers are putting towards the newsletter and other outreach efforts.

Beginning with this January issue, you can expect both tighter writing and refocused content.

Tighter writing means that our editors will make sure that articles are shorter and more direct. Refocused content means that we will use volunteer writers

only to write about topics that are more integral to the Co-op, and will rely more on staff writers to cover activities, changes, and products at the Co-op. Some columns written by volunteers will be discontinued. The three profiles (producer, staff, and volunteer) will continue. The food articles will be cut to two (*Omnivoria and Veganesque*) and those will run on an alternating basis. The environment articles will be cut to two (transportation and sustainable housing) and those will run on an alternating basis.

We hope that our new newsletter will be appropriate for the Co-op today. We want to create a quality newsletter that connects and inspires. We hope the changes envisioned will improve the newsletter and better serve the Co-op.

If you have a comment, concern or question about these changes, please contact us at editors@moscowfood.coop.

Do You Miss the Lightning Up Column?

Jeanne Leffingwell is a local artist and teacher whose column, "Lightening Up" has appeared in a dozen past issues of the Co-op's *Community News*. Her volunteer column was discontinued with this issue.

She recently shared with us, "I'm a little worried that I'll lose momentum with the 'Saga of My Stuff' and how I'm getting rid

of it, without those deadlines." She'd like to encourage anyone interested to send her an email with the subject line: More Lightning Up.

"If I get even 6 or 8 people who want to hear about this, I'll keep reporting from the field... or maybe put it on a blog. Thanks!" Her email: jleffingwell4@gmail.com.

The Moscow Food Co-op would like to invite everyone to Kenna's Going Away Open House!

Please come share your good wishes and thanks for a job well done as Kenna begins a new phase in her career as the general manager of The Food Co-op in Port Townsend, Washington, on March 1.

From 4 - 8 p.m. in the Co-op deli, Friday, February 4
121 E. 5th, downtown Moscow
Refreshments served (of course!)
Special presentation at 7 p.m.



Outreach and Ownership Report

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop

University Outreach

Kenna and I had the pleasure of working with upper-level marketing students from Washington State University this semester as three groups of students worked on marketing studies for the Co-op. We received valuable insights from the students and they in turn received some practical experience. One of their suggestions was that the Deli launch its own Facebook page. We took about ten minutes to implement that one – look for the link to it from the Co-op's regular Facebook page!

Community Contributions

December was a VERY busy month for community contributions. As of press time we had donated cash, gift cards, or gift baskets to Christmas for Kids, Palouse Cares, Opportunities Unlimited, Palouse Suzuki Strings, Appaloosa Museum, CALS Food for Finals, Graham Ballet Theatre, and Palouse

Paradise Baskets.

A Dime in Time and Impulse Giving

The November Dime in Time recipient, Adventure Learning Camps, received \$536.21. Thanks to everyone who brought their permanent shopping bags and donated their dime refunds to A Dime in Time.

The December A Dime in Time recipient was Rendezvous 4 Kids, and this month's recipient is the WSU School of Veterinary Science PATH program. PATH's mission is to provide recreational, therapeutic horseback riding for people with disabilities including developmental disabilities, blindness, deafness, Down syndrome, and autism.

We matched Impulse Giving contributions this fall through the end of December. In November, these were the amounts donated:

Sojourners Alliance: \$33.91 from customers, \$33.91 from



Co-op = \$67.82

Humane Society: \$43.00 from customers, \$43.00 from Co-op (plus small Impulse Giving donations from previous months) = \$99.97

Backyard Harvest: \$125.00 from customers, 125.00 from Co-op = \$250.00

Palouse Prairie School: \$118.88 from customers, \$118.88 from Co-op = \$237.76

Genesee Daoist Hermitage: \$100.00 from customers, \$100.00 from Co-op = \$200.00

The total amount paid out for Impulse Giving in November was \$855.55. Thanks so much to all the customers who remembered to give at the cash register.

Changes to Come – Community Food Works

Some of the Co-op's outreach programs will become part of the new joint venture called Community Food Works, a collaboration between the Co-op and Backyard Harvest. The heart of the programs is essentially the same, we just hope to reach out to a broader segment of the community. For more information see the Board Report on page 6. Watch for further news about Community Food Works as we announce it in future newsletters!

A Dime in Time: Washington State University's College of Veterinary Medicine PATH Program

by Sue Jacobson, WSU PATH Program coordinator



Imagine for a moment a 10-year-old girl with cerebral palsy. She is very bright and cheerful, even though she struggles to walk with the aid of arm braces and is unable to participate in the same sports and activities as her peers. Once a week, however, she comes to WSU's Palouse Area Therapeutic Horsemanship (PATH) program where she can set aside her

mobility challenges for an hour while she learns to ride a horse. The PATH program is grateful to be the January recipient of the Co-op's A Dime in Time grant. These funds will help us offer therapeutic riding to children and adults with disabilities in the Palouse region.

Our mission is to provide recreational, therapeutic horseback riding for people with disabilities including developmental disabilities, blindness, deafness, Down syndrome, and autism. Horseback riding strengthens and relaxes muscles, increases joint mobility, and improves balance, posture, and coordination. Acquiring these skills fosters confidence and self-reliance while riders learn the basics of caring for a horse.

PATH benefits riders, their families, community members, and WSU students and staff who volunteer their time and talents. Last year, over 130 volunteers donated more than 2000 hours

to assist during lessons, care for the horses, and raise money to support the program. PATH also provides community service, service learning, and practicum opportunities for students from the University of Idaho, WSU, and area high schools.

A Premier Accredited Center of the North American Riding for the Handicapped Association (NARHA), PATH is the only therapeutic riding program serving the greater Palouse region. Founded in 1979 by Dr. Leo K.

Bustad, former dean of the WSU veterinary college and a pioneer in the field of the human-animal bond, the program relies on grants, private gifts, and rider fees to cover the cost of providing services. PATH warmly thanks the Co-op for supporting this important community program.

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Board Report: Time for Change

by Jamie Bentley, Co-op board of directors

Happy New Year! 'Tis the season for declarations of all types like "exercise more, eat better, and save more." Often the common denominator is: apply change.

In my own life change is all around. With the winter season my family has switched from riding our bikes down mountains to gliding down mountains on our skis, and we also moved from our cozy apartment to an even cozier house. Lastly, my husband finished his preliminary exams and went from being a Ph.D. student to a Ph.D. candidate, which is an exciting change in our household!

New Year's resolutions are abundant this time of year for many people, and this is no different for our co-op. 2011 is already shaping up to be a big year full of new and distinct

transformations.

This year under the guidance of the Engagement and Outreach committee, the Co-op will be working with Backyard Harvest on a one-year experiment that we hope will live on past this one year. Together Backyard Harvest and the Co-op are launching a new initiative called Community Food Works. This endeavor will aim to help the greater Palouse community glean food, knowledge, and friendships. Combining the education, facilities, and resources of both organizations will have several positive outcomes. By collaborating, Backyard Harvest and the Co-op will expand their funding prospects for local food programming, will improve outreach and educational opportunities, and will increase visibility for both organizations to a broader

cross-section of area residents. Community Food Works will also become the face of the cooking and preserving classes, film series and book club, local grower promotion and the Tuesday growers market. Community Food Works will also host workshops on gardening, orchards, and backyard poultry; school field trips at both Backyard Harvest locations and the Co-op; and tours of farms, chicken coops, and gardens.

Right now the two founding parties will work to find grant funding and continue to provide educational opportunities to a diverse range of community members including seniors and low-income families. As this process unfolds the Engagement and Outreach committee and Backyard Harvest will operate in a way that is clear and will be

open to questions and discussion about the function and future of Community Food Works.

We are very pleased to be strengthening our partnership with Backyard Harvest and to be creating a program specifically designed to strengthen the Co-op community, which is a component of our strategic plan. We hope this effort will only continue to support a vibrant local food economy and to disseminate knowledge of food production and gleaning to people who want and need it. With the changes we are sure to see and experience at the Co-op this year, we hope the creation of Community Food Works will be a lasting one.

Jamie Bentley is a current member of the Co-op Board of Directors and also loves snow.

The Front End News

by Annie Hubble, Art at the Co-op coordinator, frontend@moscowfood.coop

As 2011 rolls in, we of the front end of the store wish you all a very happy and peaceful New Year. This year marks my 20th anniversary of working here at the Co-op (in fact my 20th anniversary of moving to Moscow), and I feel the Co-op, through all its ups and downs, is still the best place to work in town.

I work with the most generous and fun people; I interact with the best group of custom-

ers a person could wish for; and the inner workings of the Co-op just get better and finer-tuned as time goes by.

Let me just wish you all, fellow workers, customers, and especially the awesome front-end team, a Happy New Year, and thank you all for your smiles and energy that make this store—and indeed this town and community—the wonderful place it is.

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Attention Co-op Owner/ Members!

January 31 is the deadline to be an owner/member in good standing in order to VOTE in the 2011 Board of Directors election (March 5 - 11, 2011).

Any owner/member who wishes to vote, including employees and business partners, must be current with their membership investment as of January 31, 2011, and must have made a purchase at the Co-op sometime in the past year.

Complimentary memberships provided for free to business partners and employees are NOT voting memberships. In order to vote, you must be an invested owner/member.

It is easy to change the status from a complimentary membership to a voting owner/membership, so don't be disappointed on election day: if you have a question about your membership or voting status, please email elections@moscowfood.coop as soon as possible. Thank you!





Breakfast with the Board

Answers recorded on December 11, 2010, by Christine Locker, Co-op board of directors administrative assistant

Questions:

How do you feel about investing locally? Would you support the Co-op investing resources in local businesses? Given the opportunity, would you personally invest your funds locally?

Responses:

➤ Yes, I feel that the Co-op should invest in the growth and development of the local businesses.

➤ Overall supportive of investing outside of the store; very supportive of the local economy.

➤ Yes – the Co-op should invest locally, especially produce, meats, baked goods, etc.! I would personally invest in local

merchandise.

➤ I feel that investing locally is important. Living and working in the area emphasizes the needs in our area, and I'd be interested in seeing how the Co-op plans to invest locally.

➤ Most definitely – invest locally!

➤ First, pay off the debt that the Co-op has. Then, talk to a bank or financial institution and get a more specific picture.

➤ Yes, it is important to support the local community – local businesses, local non-profits, etc.

➤ Local currency! I would totally support this, and I also support the Co-op investing in local businesses.

➤ I would support the Co-op investing locally in farmland, local cooperative production, and offering employees shares of the Co-op.

➤ I support investing in the local economy in everything I do. I appreciate the Co-op's mission of supporting these efforts, and that is one of the main reasons, other than fresh, organic food, that I shop here. Keep up the good work.

➤ I believe the Co-op investing locally is a positive choice. Keeping Moscow's economy strong betters the community.

➤ I think it's an excellent idea for the Co-op to invest in local food and health-related busi-

nesses!

➤ Moscow is like an oasis in the State of Idaho. There is a lot of opportunity for food and local business development. A new local currency could help to bring people together and think about the producer-consumer relationship in a different way. (And please stop asking people if they need a bag. They will get over it. If they do need a bag, let them ask and pay for it.)

➤ Yes, I support the idea of local infrastructure. Also, hook up local farmers directly with purchasers.

Cookbook Project: Reality Check: Portion Awareness

by Laurene Sorensen, Co-op volunteer cookbook coordinator

It's January. The month of broken resolutions, impulse purchases of Bowflex machines and gym memberships, and dirty snow berms. Although some of us tend to lose weight over the holidays, because "doing" Christmas for family and friends keeps us so busy, many of us enter the New Year feeling a bit tubby.

Mireille Giuliano, author of *French Women Don't Get Fat*, advocates two lifestyle changes to achieve or maintain a healthy weight: diversity of nourishment and portion control. At the cookbook project, we're trying to promote diversity of nourishment by presenting a wide choice of ingredients. And yes, we'll be teaming with the Co-op to help you right-size your portions.

The first step is figuring out what a "portion" is. At a subjective level, it's the amount you need to eat to feel satisfied—but not stuffed. At a more objective level, it's the basic unit used to write recipes for a set number of people. The first *Co-op Cookbook* used a four-serving standard for most recipes, and the new cookbook will do the same wherever it makes sense. If you're only cooking for two and don't want leftovers, it's easy to cut most recipes in half.

Accordingly, please scale your recipe submissions to serve four unless there's a reason a differ-

ent quantity is more appropriate. Some recipes (cocktails; omelets) are rarely prepared for more than one or two; others, like punch, roasts, and cakes, are meant to serve a crowd.

Please weigh in on how we should standardize portions. Should a pound of meat comprise four portions or three? Is a serving of raw lettuce one cup or two? Will a pound of dry pasta serve eight or four? The data on food labels tends to be driven by calories: are there really 2 1/2 bowls in that can of condensed soup? At the other end of reality, restaurants offer 6-egg omelets, all-you-can-eat buffets, and 20-ounce steaks.

Don't despair; there are lots of good sources out there, from the U.S. Department of Agriculture (<http://www.mypyramid.gov/>) to Weight Watchers (<http://www.weightwatchers.com/food/index.aspx>) to the Center for Science in the Public Interest (<http://www.cspinet.org/>). And don't forget the front matter of your favorite cookbook; they often have handy conversion charts.

On a more personal note, the Co-op can help you cook appropriate portions. The meat department is happy to rewrap meat and poultry in smaller quantities. Your purchases of bulk foods and produce can also be right-sized. If you need more

inspiration, take a trip to France. If that's not in the cards, look at http://frenchwomendontgetfat.com/french_manifesto to discover new attitudes on food and life.

Laurene Sorensen misses real baguettes (sorry, Nels) and is won-

dering which Co-op butter is the best substitute for French beurre.

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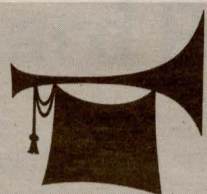
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CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked on December 12, 2010, by Ashley Fiedler

Q Are you doing your holiday shopping locally?



"I don't do online. I am shopping all local. I am looking for something unique and vintage for my daughter. The scarves here are fantastic."

—Mary Ann Kuhle, Pullman, homemaker



"Probably not here. I will be shopping in Sandpoint where I am from."

—John Cook, Sandpoint, UI Exercise Science major



"I am trying to but it is hard because local is a bit more expensive for college students."

—Robin Lee, Moscow, University of Idaho Public Relations major



"I'll get stuff from the UI Bookstore."

—David Armstrong, Moscow, UI Marketing and Advertising major



"Yes. I like to support the merchants that we have. We are fortunate to have such a wide variety here."

—Aimee Shipman, Moscow, director of the Latah Economic Development Council



"In Moscow? No. I'm shopping in Seattle where I am from."

—Jessica Maderos, Seattle, UI Operations Management and Spanish double-major

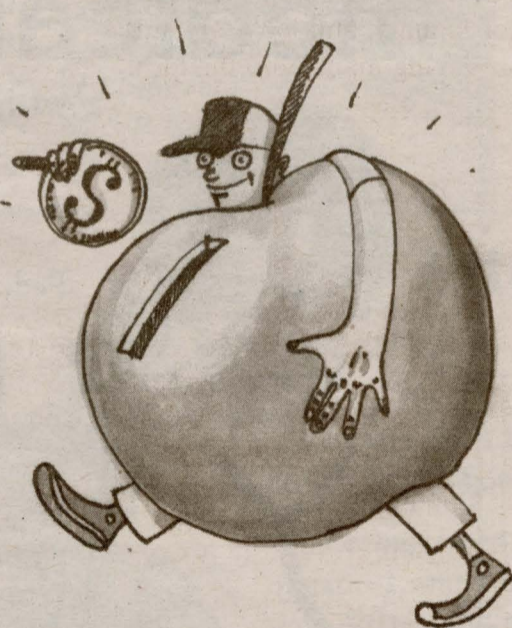
Price Shopper: Canned Foods

by Joe Pallen and Amy Richard, Co-op volunteer writers

The growing season is so very, very over. It seems like fresh, local produce is just a long-ago memory. We've even used up all our storage vegetables: squash, onions, and carrots. So this month we are giving in and stocking up on canned goods. Luckily, at the same time we are starting to look at seed catalogs and plan for next summer's garden!

We checked prices this month at Rosauers and the Co-op. Unfortunately we couldn't find any canned organic vegetables at Rosauers, so we limited ourselves to organic canned fruits, beans, chili, soups, tomatoes, and green chiles.

My sister-in-law taught us how to make some really good salsa using canned tomatoes, and it goes great with our wintertime favorite, Chile Relleno Soufflé, from the Tassajara cookbook



(you can use canned chiles).

This month we started the year off right by saving \$4.78 by shopping at the Co-op. That's about two packets of seeds! Can't wait to start that garden.

ITEM	Co-op	Rosauers
Westbrae Natural Pinto Beans - 15 oz	\$1.95	\$2.19
Westbrae Natural Pinto Beans - 25 oz	\$2.49	\$2.79
Bearitos Low Fat Refried Beans - 16 oz.	\$2.15	\$2.49
Amy's Chili with Vegetables - 14.7 oz.	\$3.25	\$3.79
Eden Organic Black Beans with Quinoa - 14 oz.	\$3.29	\$3.79
Wolfgang Clam Chowder Soup - 14.5 oz.	\$2.99	\$3.39
Muir Glen Chicken Noodle Soup - 14.5 oz.	\$3.49	\$3.49
Pacific Non-Fat Tomato Soup 1 qt.	\$3.45	\$3.69
Native Forest Peaches - 15 oz.	\$3.49	\$3.99
Native Forest Pineapples - 15 oz.	\$3.39	\$3.99
Muir Glen Diced Tomatoes - 28 oz.	\$2.99	\$2.99
Muir Glen Tomato Paste - 6 oz.	\$1.35	\$1.49
Native Forest Mandarin Oranges - 10.75 oz.	\$2.89	\$3.69
Natural Value Diced Green Chiles - 4 oz.	\$1.25	\$1.49
Hatch Jalapeno's Nacho Sliced - 12 oz.	\$2.25	\$2.19
Total	\$40.67	\$45.45

Amount saved on this trip by shopping at the Co-op \$4.78

Note: All are regular prices - Co-op prices do not include member discount



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2010 Local Produce Summary

by Scott Metzger, Co-op produce manager, produce@moscowfood.coop

2010 was the best year in the Coop's history for local produce purchasing and sales. We have seen a steady sales increase since moving into our new location in 2005, culminating in over \$61,000 of local produce sales so far in 2010. This is above the 2009 sales total of \$59,000 and the season is not yet over.

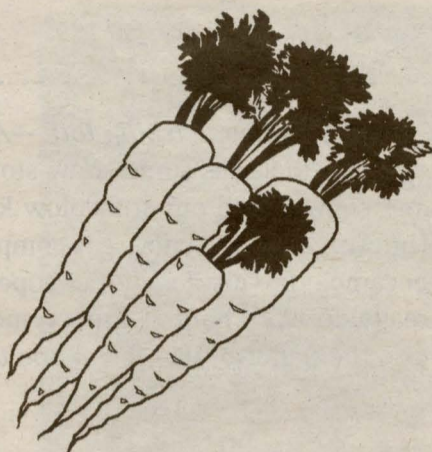
This year was marked by many changes to our purchasing program, along with continued growth. We are grateful to all of the farmers who make this growth and increasing popularity possible by continuing to grow fabulous vegetables and working with us each year. Some of our changes and accomplishments include:

The Coop negotiated and signed purchasing agreements with farmers for specific crops to be grown annually. These agreements cover the price to be paid, the amount to be grown, quality control, and merchandising. We signed 15 contracts this year and worked with a total of 34 local producers or harvesters throughout the season. Having purchasing agreements in place allows to Coop to set produce prices in a way that is consistent for the consumer, while enabling the farmer to have a reasonable idea of how much income they can expect to generate from commercial crops.

The Coop worked internally to reconcile differences in the wholesale pricing used by the kitchen and produce departments. The goal is more uniform pricing for the farmers, regardless of which department they sell their goods to. This is an ongoing endeavor.

The Coop started two different local produce email lists. Carol Spurling was instrumental in setting up the "eat local" email list and the "produce update" email list. These tools allowed us to email members weekly lists of in-season local produce as soon as it arrived. Please visit the Co-op website to sign up, or email Carol at outreach@moscowfood.coop.

The Coop worked to improve communication with farmers by providing more timely feedback to those who sell to us. This included more input regarding quality of produce, quantity delivered, and delivery habits. The goal is to establish a pur-



chasing system that will stand the test of time and outlast individual staff members.

The Coop developed a new local signage system with the help of the Green Commerce Committee. As previously discussed in the newsletter, the new signs—Local 50, Local 100, and Local 200—are intended to provide the consumer with a clearer picture of exactly how far their food has traveled. In the produce department we upgraded to these signs, as well as continuing to use the terms "local no spray" and "certified naturally grown" to describe farming operations that are organic in spirit and practice, but not by the letter of the law. We recognize that many small local farmers prefer alternatives to USDA Organic certification, and are we willing to work with them.

At the request of our bookkeeping department, we are curtailing cash payouts at the register for the produce we buy from local farmers. This change, along with requiring that all sellers/producers furnish their own product invoice, insures accurate, legal, and timely bookkeeping habits. What this means for a small farmer is that they need to have accurate transaction records accompany each delivery with an invoice. This will help the Coop to quickly and accurately check the items in, price them, and merchandise them.

This year we also welcomed a number of new small farmers to our list of vendors. Most notably this included Jim's Year-round Produce in Juliaetta. Jim's long growing season, along with hot summer days, allowed him to easily grow more tomatoes, watermelons, and cantaloupe than we have ever seen locally before. I anticipate that 2011 will set new records if Jim is at it again. Other new vendors

Annual Local Produce Sales

2005	\$6,700	35 Different Types of Produce
2006	\$37,000	99 Different Types of Produce
2007	\$44,000	113 Different Types of Produce
2008	\$43,000	113 Different Types of Produce
2009	\$59,000	119 Different Types of Produce
2010 YTD	\$62,000	113 Different Types of Produce

Top 10 Local Items, 2010

6,500 lbs Carrots	Hey George
3,400 Ears Corn Wilson's	Banner Ranch
2,800 lbs Apples	Wilson's, etc
1,400lbs Watermelon	Jim's Year-round Produce
1,100lbs Red Potatoes	Ronniger's Potato Farm
900lbs Green Cabbage	Ronniger's Potato Farm
800lbs Pie Pumpkins	Mendenhall Organic Farm, etc
750 lbs Cucumbers	Wild Canyon Organic Farm, etc
800 lbs Winter Squash	Mendenhall Organic Farm, etc
600 lbs Cantaloupe	Jim's Year-round Produce

in 2010 included Elk Meadow Ranch in Deary; Whispering Pine Ranch and Paulus Farm in Stites; Palouse Prairie Farm in Deary; and Fix Ridge Farm in Genesee. Our top producers of local goods in 2010 are far and away Jim's Year-round Produce, Wild Canyon Organics, and Ronniger's Potato Farm. We look forward to working with them and all of our producers again in 2011.

We look forward to yet another season of developing the Coop as the focal point of the local food movement on the Palouse. We will be hosting our annual growers meeting in the month of January, and look forward to receiving input from the local

farmers about ways to improve our relationships in time for the next growing season.

If you are a new or beginning farmer, this meeting is your opportunity to get involved and make your contribution to the Coop community. It is our goal to get more growers set up with purchasing agreements, fine-tune the pricing structure, improve our signage, and bring a new level of professionalism to the way the Coop does business with local farmers in 2011. Here's to an abundant new year!



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The Girl Who Kicked the Hornet's Nest (R)	Januray 20-23
UI Outdoor Program Presents: Winter Wildlands Alliance Backcountry Film Festival	January 26
Waiting for Superman	Januray 27-30

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Suggestion Box: Comments, Complaints, and Compliments

by Kenna S. Eaton, Co-op general manager

Too warm in here—drop the temperature to 65 degrees—we have coats and winter clothes on. —A member.

Thanks for your comment and I have to say I agree—which is why the store is set to 68 degrees. I think for customers, the store temperature is mostly experienced by the difference of the outdoor temperature and the store temperature, whereas for staff and equipment it is experienced based on acclimatization and lack of coats. The temperatures in the store are intended to produce the maximum customer and staff comfort while using reasonable energy resources.

Remove snow. Parking lot! —A member

Wow—that was some snow storm, eh? It just snowed and snowed and our snowplow kept working and working. Unfortunately the snow got compacted and then as it melted it became quite challenging to cope with. So, our apologies—we really do work hard at snow removal. Unfortunately sometimes it gets the better of us—let's hope that was the worst of it.

December 2010 Comment Card Responses

by Annie Pollard, Co-op kitchen manager, kitchen@moscowfood.coop

I haven't seen cookies (single purchase bakery made) with egg replacer in a while. Would love to eat one now and again—any flavor—but no eggs. Thanks.

Troll Haus and Almond Thumbprints (Raspberry and Apricot varieties) are both vegan, made with egg replacer, and are always stocked.

Ready-To-Bake Apple Pie: AWESOME! One of the best pies

I've ever eaten—and my people set the standards high.

Thank you so much! It's great to hear positive feedback.

Why do your vegan cupcakes have real dairy cream cheese frosting? It makes no sense! My 5 year old longs for the day she can enjoy a cupcake at the Co-op but so far we have never found a truly vegan cupcake here.

A variety of both vegan and

non-vegan cupcakes are offered from our bakery. I'm sorry that you haven't been able to find a vegan one yet. We are going to start offering more variety in our cupcake selection, including a vegan chai cupcake and vegan fudge cupcake. Also, look for six-packs of cupcakes in the Grab-n-Go for a reduced price. We can't guarantee that there will always be a vegan option, but we do make them regularly.

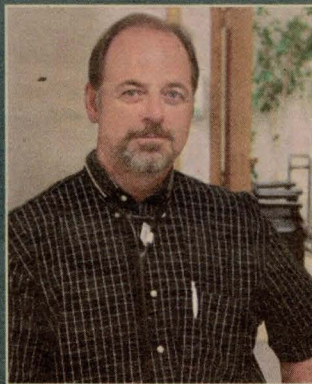
When/why did you add milk to the Troll Haus cookies? Please change back. It was nice to have them vegan and unnecessary to not be.

We were temporarily out of semi-sweet chocolate chips and substituted in milk chocolate chips for one batch. They are now back to being 100 percent vegan.



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Co-op Volunteer Profile: James Donley

by Terri Schmidt, Co-op volunteer writer

James moved to Moscow from Pennsylvania in 1982 and became a disc jockey at KUOI the day he moved here. He still DJ's every Wednesday. His favorite theme is "Music From Around the World," broadcast every fourth Wednesday. He borrows from his own extensive record collection for the show.

James has come to my preschool for several years to share his amazing array of unique musical instruments made from recycled materials. The children love engaging with his creations. Last year James presented his talk and instruments to 44 groups of local children. James believes in "treating all people like human beings, even the littlest ones."

James's Co-op volunteer job is cleaning shelves. It took him ten years to discover the Co-op, but once he did, he jumped right in to volunteer, and he has been doing so ever since, over 19 years. James works at an exhausting pace twice a week to keep our Co-op shelves looking great. He discovered that 90 percent of the dust and dirt ends up on the top and bottom shelves, and potato chip bags somehow ooze potato powder on a regular basis. Volunteering helps him feel like part of the community, and the job is flexible enough to accommodate his busy schedule.

In addition to volunteering at the Co-op, schools, and the radio station, James also gives his time to the Moscow Mentor Program. He is beginning his ninth year with them.

James works for the United States Department of Agriculture in the forestry lab. He was educated in Ohio in Environmental Quality Control lab work, but soon discovered his education was adaptable to other labs. The most important abilities for lab technicians, James says, are to be "cool, careful and very



"In addition to volunteering at the Co-op, schools, and the radio station, James also gives his time to the Moscow Mentor Program."

clean."

It is remarkable James does so much considering he almost died three times. He had rheumatic fever as a boy and was weak for months. Then at 19 he was riding on a motorcycle behind

a friend and was smashed into by a car. He was pretty smashed up himself. Surgeons attached a long metal plate with huge wooden pins in his leg. Later he developed osteomyelitis, an infection in the bone, which

also could have taken his life. When they opened his leg up again they found paint chips in his bone from the car that hit him. His leg was cleaned out and allowed to heal on its own, a long slow process involving an extended stay in the hospital.

Even with an accident resulting in a lifelong impact on his leg, James walks everywhere, literally. He has not been behind the wheel of a car for 22 years. He has mastered the art of living simply. James likes Gandhi's directive, "Cultivate the truth," and has spent his life learning the truth and how to love, which he considers the most important thing. Speaking of love, James is open for romance in his life and very much appreciates "independent women."

Terri encourages everyone to express their gratitude to those who give selflessly of their time to make our community a better place.

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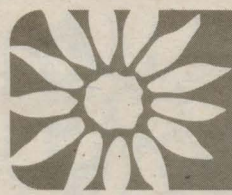
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Staff Profile: Dana Price

by Amy Newsome, Co-op volunteer writer

You may have noticed Dana Price, a tall and friendly cashier who joined the Co-op team a few months ago. Dana came to us by way of the Great Smoky Mountains in Tennessee, where he served as a hiking and backpacking guide for five years. He and his wife, Andrea, recently moved to Moscow.

Destiny seemed determined to draw Dana and Andrea together on a British Virgin Island over six years ago. Dana was living there as a massage therapist. Andrea was there on vacation from her job as a geologist in Mongolia. They first ran across each other at a vegetarian café on Tortola Island where, along with Andrea's mom, they were the only three customers there. "That time I mostly just spoke to Andrea's mom," Dana says.

Then their paths crossed again as Dana was swimming in an isolated bay, and Andrea and her mom just happened by. Once again, they were the only three people there. They simply waved at each other on this occasion. But fate was determined; they each attended Bomba Shack's Full Moon party alone. They were walking in opposite directions through a crowd of hundreds of people, when they spotted each other and stopped instantly, an experience that Dana could only call a "true full-moon moment." They spent the rest of the evening getting to know each other. It was Andrea's last night before heading back to Mongolia. They kept in touch as best as they could over the next six weeks, at which time Andrea could once again go anywhere on the company dime for a two-week vacation. She chose to go back to the Virgin Islands to see Dana.

Soon thereafter, they decided to quit their jobs. They answered an ad on an "intentional communities" Web site to look after a hundred-acre farm in Tennessee. They took care of a



"Dana came to us by way of the Great Smoky Mountains in Tennessee, where he served as a hiking and backpacking guide for five years. He and his wife, Andrea, recently moved to Moscow."

menagerie of animals including a horse, two mules, two cats, seven dogs, and thirty chickens. They also became guides with A Walk in the Woods, an outdoor adventure company.

After five years in Tennessee,

Andrea acquired a position with Sand Creek Consultants which resulted in their move to Moscow. The Wisconsin-based company's Moscow office serves farms throughout Idaho. They respond to pesticide and fertil-

izer spills, often using plants, like poplar trees and mushrooms, to draw spilled material out of the soil.

Dana and Andrea are enjoying living in Moscow. They often take their two black dogs, Miva and Elo, to the dog park. Dana is an avid listener of jam band "Grateful Dead" style music, which I imagine is good accompanied with some of his home-brewed beer. They both love to snowboard and are looking forward to discovering the areas in our region to hit the slopes.

With so much travel in their history I wondered how long they plan to stay in Moscow.

"We really love Moscow's sense of community. I hope to eventually open up a massage practice here. We definitely feel a few roots sprouting and taking hold," says Dana.

Amy Newsome had grown accustomed to using every one of her 700 words, making the new 500 word limit a big challenge! With this article a "snapshot" approach felt necessary as opposed to the usual "life story" approach.

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Local Producer: ATP Beverages

by Johna Boulafentis, Co-op volunteer writer

Happy 2011! I love new beginnings and setting goals for the coming year. Some years I even ponder shedding extra pounds gained during the holidays, or as my friend termed it, "The Growing Season." If you plan to get active or already have a workout regime, think about adding RAZA sports drinks, pronounced "rah' za" to your life. Lance Schwarzkopf, one of the owners of ATP Beverages, developed these products with you in mind.

The business name, although not immediately obvious, is perfect for their products. ATP is the high-energy molecule, adenosine triphosphate. Get it? They sell high-energy drinks! You can find RAZA sports drinks in the Co-op grocery department.

ATP began selling RAZA at the Co-op in 2006. Lance explained that during his master's program in food science at Washington State University, a team developed the drink formula for a product development competition. Since the product did well, Lance decided to start a company and worked with WSU on licensing and obtaining the rights to the drink. Additional owners of the business are Brady Weldon, Kim Emschwiller, Don Tilton, and Robert Bogden.

RAZA is a two-part sports drink. Lance described the differences: "Part One comes in two flavors, mixed berry and orange mango. It is for endurance during exercise and is formulated to give prolonged energy supply. Part Two is for post-exercise or recovery. It replenishes muscle energy stores, reduces soreness, and gets you ready for the next workout faster. It comes in strawberry pomegranate." Yes! Workouts can finally be tasty!



“ATP began selling RAZA at the Co-op in 2006. Lance explained that during his master’s program in food science at Washington State University, a team developed the drink formula for a product development competition.”

In addition to the Co-op, you can also find RAZA in Ecowell kiosks. These innovative dispenser kiosks, which can be found at Moscow High School, Lincoln Middle School in Pullman, and the WSU Recreation Center, require customers to use their own containers to obtain a beverage—therefore promoting the use of reusable bottles!

Lance said he wears many hats for the business, from president to promoter to product development. He discussed recipes for organic apple cider and hot teas for the Ecowell kiosks. Six months ago, ATP formed a partnership with Guayaki Yerba Mate, so they could include their drink in the kiosks. Lance worked on conducting a shelf-life study and revising the formula of

the beverage. One challenge for him has been learning accounting techniques. He appreciates the different skill sets (including accounting) that the various owners bring to the company.

2011 will be a year of exciting changes and transitions for ATP. They plan to discontinue their ready to drink (RTD) products, which are currently packaged in Seattle, and roll out dry powder products that will be manufactured in Pullman. Lance explained that the goal is to be

plastic-free, “RTDs create so much waste and are an expensive inventory. Dry powder is better for the environment and is a more sustainable economic model.”

The powder design allows for customers to purchase a product and mix with water in a reusable bottle. The powder will be packaged in refillable, laminated paper bags.

Moving to powders will also allow ATP to diversify their product portfolio. Their newest health product is tentatively called “Veggie Boost.” Lance says, “Veggie Boost is the equivalent of eating half of a carrot, half of a beet, and two leaves of spinach. The vegetables are juiced first and then dried with low heat. Since the nutrient integrity is maintained we take the best components of food and concentrate them.”

Johna enjoyed drinking RAZA Part 2 after a rigorous Zumba workout. Her muscles needed recovery!



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Britt Heisel Wins!!!

by Joan McDougall, Co-op grocery manager and Buy Local Moscow representative; Photo by David Hall

Britt Heisel won the BIG \$300 door prize at Buy Local Moscow's fourth annual Winterfest celebration on Thursday, December 9. How appropriate—Britt supports local vendors as the Co-op volunteer coordinator for the Tuesday Growers Market. An excellent recipient for an excellent prize.

Everyone who walked through the door of the 1912 Center at Winterfest was given a door prize ticket, and at 7 p.m. the winning name was drawn. Britt and her husband, Erik Perryman, came to Winterfest on a date. Their three boys were at home with a sitter. "We were overwhelmed, thrilled," Britt said. "We went to Winterfest because we like to support our local merchants—and now they are supporting us. Thank you, Buy Local Moscow."

Britt won the big door prize, while two dozen other attendees won great raffle prizes donated by the participating local merchants. Winterfest was another fun, festive, memorable event.

And now, after several

Winterfests and various other Buy Local Moscow events over the past three years, I am stepping down as the Co-op representative to the Buy Local Moscow Steering Committee. Effective January 1, the Co-op's product promotion and education coordinator, Jesica DeHart, will be taking over as the Co-op representative. Jesica will bring new ideas and good energy to the committee. You may contact her at demo@moscowfood.coop with questions, comments or suggestions for Buy Local Moscow.

More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the website, www.buylocalmoscow.com. The mission of

Buy Local Moscow is to showcase and to support the locally-owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate

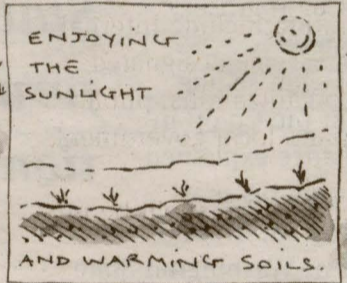
consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.



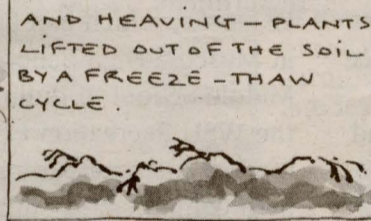
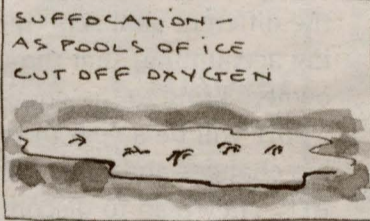
PALOUSE REPORT: Weathering Winter

A NICE EVEN BLANKET OF SNOW IS A DELIGHT FOR WINTER WHEAT.

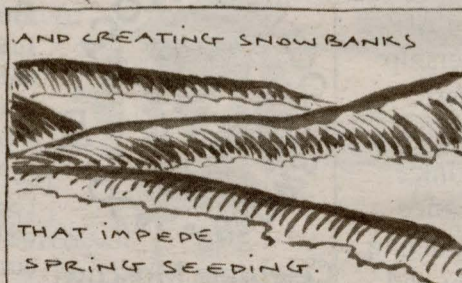
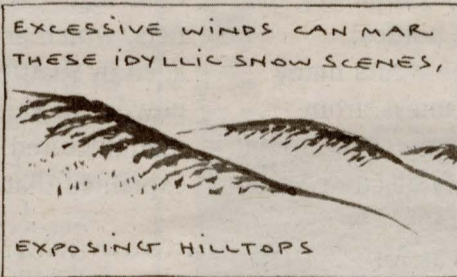
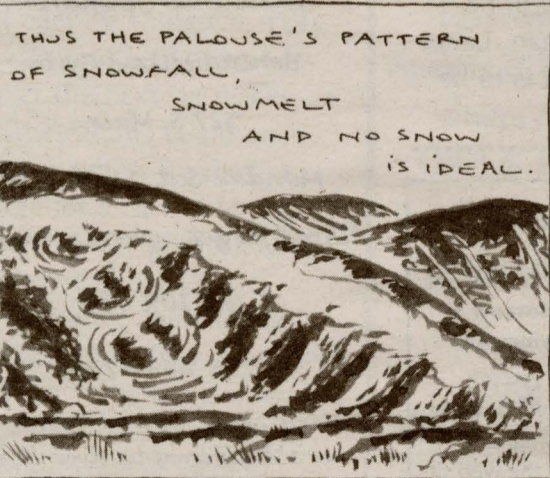
THE TOASTY YOUNG PLANTS CAN EVEN GROW UNDERNEATH,



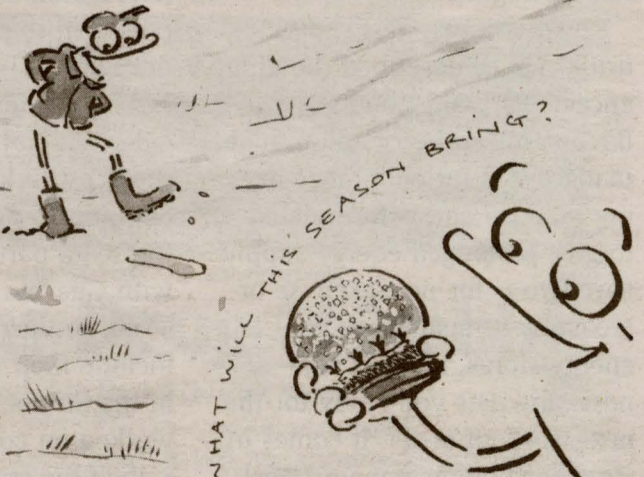
SNOW ALSO PROVIDES PROTECTION AGAINST WINTERKILL —



BUT A CONTINUOUS COVER OF SNOW — MORE THAN 100 DAYS — CAN LEAD TO SNOW MOLD,



A CRUST FORMED BY FROST AFTER A BRIEF THAW IS THE DREAM SOLUTION TO KEEPING SNOW IN PLACE.



THANKS TO RANDY SEUSS AND MARK BAILEY

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JANUARY 2011



Vegan-esque: It Is Easy To Be Cheezy

by Caitlin Cole, Co-op volunteer writer

The thing you have to remember about vegan cheese is that it does not taste exactly like cheese made from dairy. I found that when experimenting with vegan cheese it is helpful to have an open mind and appreciate it as "cheese-like" instead of trying to find something that is exactly like dairy cheese.

There are fifteen cheese alternatives at the Co-op and I have tried most of them. There are three basic types; soy, nut, and rice cheese. My favorite cheese for eating sliced is Lisanatti almond cheese. I like it with Nut Thins and as the main event in a cheese and mustard sandwich, but my kids won't go near it!

They are fond of Toffutti slices, which they will eat directly from the package. These seem to be the most kid-friendly of the cheese alternatives.

My family's new favorite for grilled cheese sandwiches is Vegan Gourmet's cheddar, and the jack flavor is awesome for pizzas or nachos. The soy cheeses seem to be best for melting.

The recipe below is for those who would like to make their own cheese alternative. Enjoy!

Caitlin Cole hopes the Co-op community finds joy and peace during the winter season.

Cheezy

- 1-1/4 cups water
- 1/2 cup chopped carrots
- 2 tablespoons agar powder
- 1/2 cup cashews
- 1/4 cup nutritional yeast
- 3 tablespoons tahini or other nut butter
- 3 tablespoons lemon juice
- 1 tablespoon prepared mustard
- 2 teaspoons onion powder
- 1/4 teaspoon of turmeric
- 1/4 teaspoon cumin
- 1/2 teaspoon dry mustard powder

Cook carrots covered for 15 minutes. Add agar, bring to boil, reduce heat and cook 15 minutes more. Transfer carrot mixture to a blender; add remaining ingredients and blend until smooth. Transfer to a three-cup bowl or mold, and smooth the top. Refrigerate for several hours or overnight. To serve, turn out of mold to put on platter. Cut into wedges.

Grants Available to Publicize Non-Profit Events

by Whitney Mueller, Development Director, Inland Northwest Broadcasting

The Community Partnership Grant Program of Inland Northwest Broadcasting offers non-profit groups free advertising on our local radio stations. These Community Partnership Grants support local organizations by promoting community events with radio broadcasting.

Organizations that qualify for consideration include Internal Revenue Service-designated 501(c)3 organizations, public schools, and local government agencies.

Funded programs will be provided with custom marketing programs, determined by the unique needs of the organiza-

tion and the event. A minimum of three non-profit organizations will be given up to \$6,000 of radio marketing support every month.

Past community partnership grant recipients include: Buy Local Moscow, Backyard Harvest, 4-H of Whitman, Latah, Nez Perce, and Asotin Counties, Whitman and Latah County Libraries, Festival Dance, Boy Scouts of America, Moscow/Latah County United Way, Gritman Medical Center, Humane Society of the Palouse, Sojourner's Alliance, and Moscow Volunteer Fire Department, among others

throughout Whitman and Latah Counties and the Lewis-Clark Valley.

The next application deadline is March 1 for requests from April 1 to May 31. The deadline for requests from June 1 to July 31 is May 2, and so on, through January 31, 2012.

Let us help you through the power of radio. Organizations may find out more, and request application and deadline information by emailing their name and contact information to grants@inlandradio.com.

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The Sustainability Review: Window Pulley Seals

by Mike Forbes, Co-op volunteer writer

With the new format of the newsletter you are going to see my article on a bi-monthly schedule from now on, alternating with the Transportation column. We'll also see a bit shorter article too, 400-500 words.

Continuing on to my folks' house, we're going to talk about an air-sealing issue that many older houses have that is really easy to fix. Older homes frequently had double-hung windows installed. These windows operated on a counter balance system that was installed in the wall next to the window. Modern double-hung windows have an integrated spring system to keep the window from shutting or falling open so they don't suffer from this problem.

The counterbalance system is the target of our fix. There are typically lead weights hanging in the wall connected by rope over a pulley to the window. Since this era of home didn't have house wrap, there is considerable airflow into the wall cavity (which, by the way, probably doesn't have any insulation either, a topic for another day). On a windy and/or cold day the moving air in the wall flows out around the pulley and into the house. It can be substantial and easily felt with your hand or seen with a smoke source (a burning stick of incense is an easy one.)

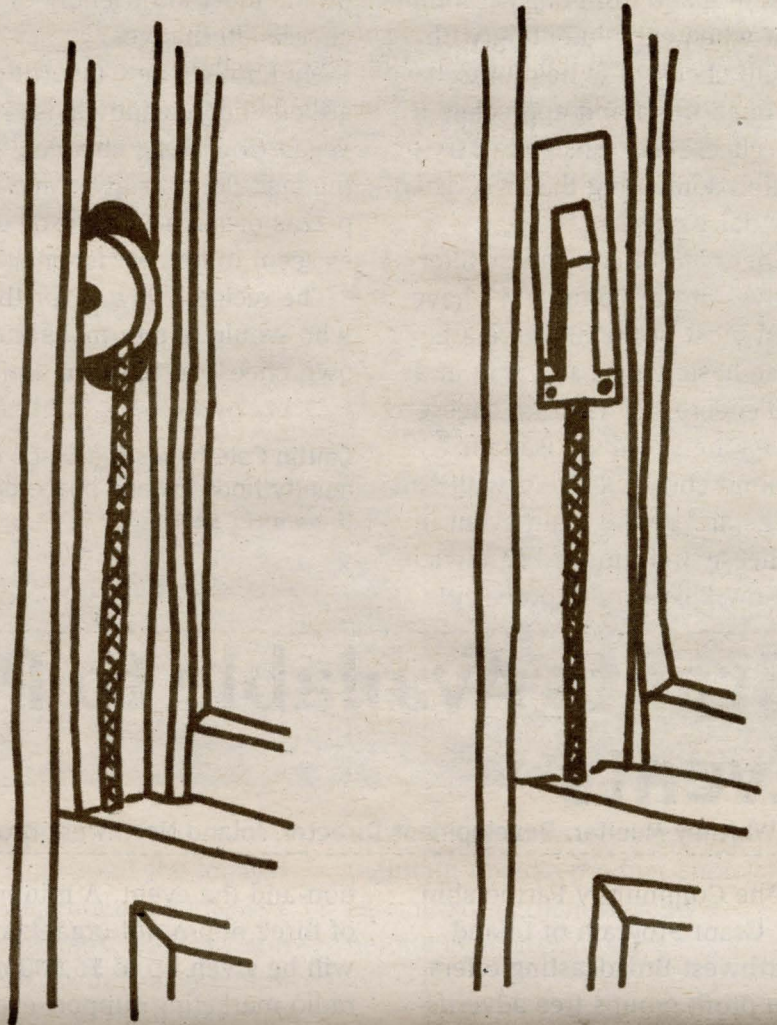
If you never open your windows because they were painted shut years ago, you can easily fix this by squirting silicone caulking into the pulley hole. If you want your windows to stay operational, then there are two methods, one permanent and the other seasonal.

First the permanent. Lotus Design makes a simple plastic cover for the pulley called an Anderson pulley seal. They are inexpensive (\$9 for five) and available online at www.conservationsmart.com or www.energy-federation.org. There is no local source for these, so you'll have to turn to the mail. They are easy to install (adhesive backed with screws) and come in white or brown (you can paint them too). The only drawback is that they reduce the travel of the lower sash by about 2 inches.

Next, the seasonal fix involves installing a small piece of 3/8-inch foam backer rod in the pulley itself for the winter season. Any hardware store will stock this, and all it takes is a small, one to two-inch long piece. To install: slide the foam in where the rope travels as far as you can. Open the window a bit, sucking the foam in further. Close the window while making sure the foam doesn't squirt back out. This method takes a little bit of practice but is easily done. The seal isn't as good as the pulley seals but is very affordable and doesn't change the look of the window at all.

If you have an older home you really should take advantage of this easy fix. I think you'll notice a difference in comfort around your windows, and you'll see a reduction in energy consumption.

Mike thought of himself as a firefighter by trade, but probably spends more time fixing snow removal equipment and vehicles. He can be reached at biodieselmike@gmail.com.



...finding your balance



Heather Alexander, LMP
alexanderlmp@yahoo.com
208-596-8248

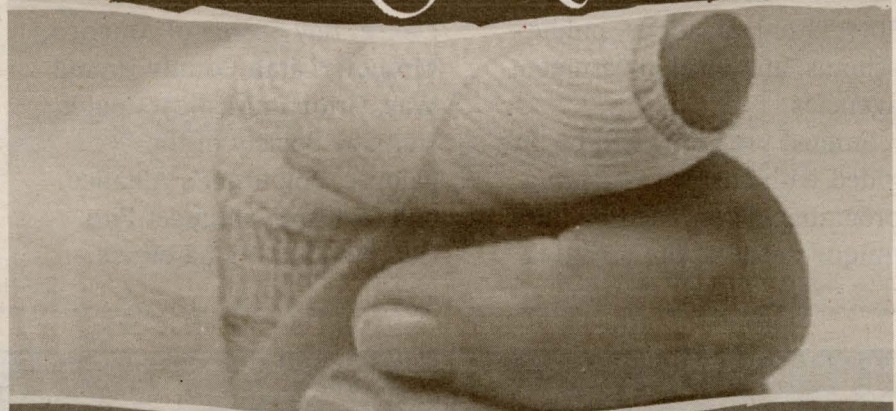
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Meditation Group Practicing in Pullman

by Arthur Ericsson, meditation class facilitator

Palouse Meditation is a group practicing insight meditation, based on Buddhist vipassana, which seeks awareness into the nature of reality by strengthening concentration and gaining personal wisdom. This class

involves related readings, discussion, and up to one hour of sitting (and walking) meditation.

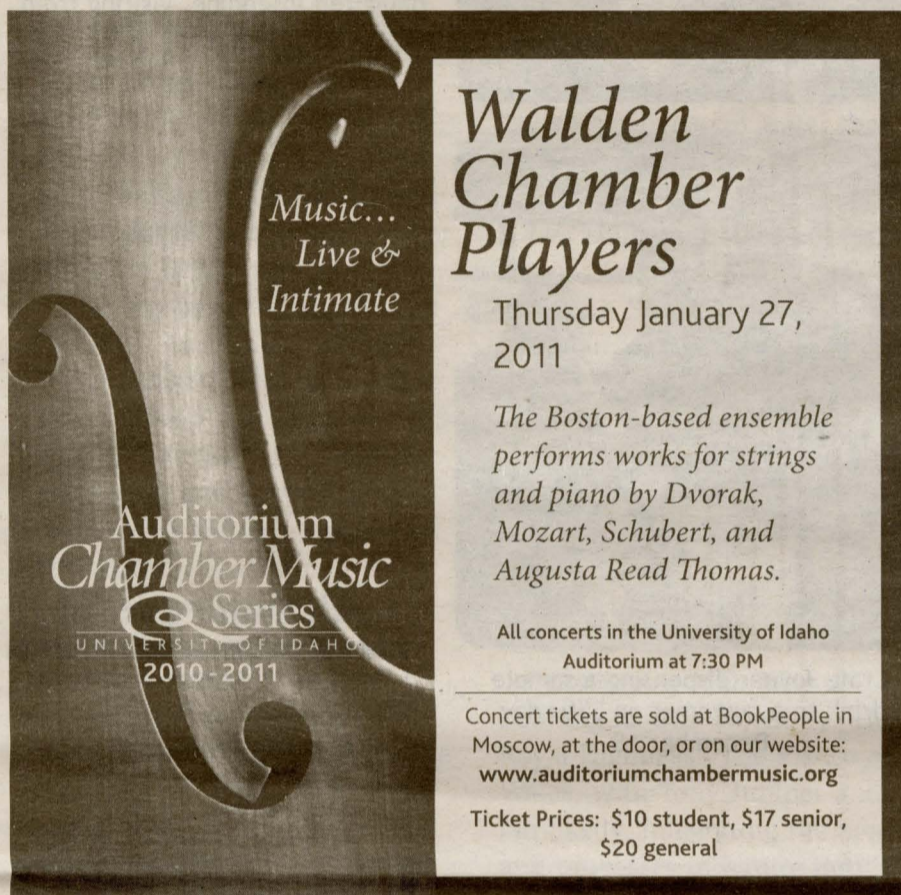
Sessions begin January 2 and meet each Sunday from 7:15 - 8:45 a.m. at the Pioneer Center in Pullman. No experience nec-

essary.

Also, we are planning on hosting the senior monk from the Pacific Hermitage, Ajahn Sudanto, which practices in the Thai Forest tradition, on April 9 and 10 for dharma talks and

guided meditation.

Visit www.palouse-meditation.org for more information. All are welcome.



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Walden Chamber Players

Thursday January 27, 2011

The Boston-based ensemble performs works for strings and piano by Dvorak, Mozart, Schubert, and Augusta Read Thomas.

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Concert tickets are sold at BookPeople in Moscow, at the door, or on our website: www.auditoriumchambermusic.org

Ticket Prices: \$10 student, \$17 senior, \$20 general

Auditorium Chamber Music Series
UNIVERSITY OF IDAHO
2010-2011

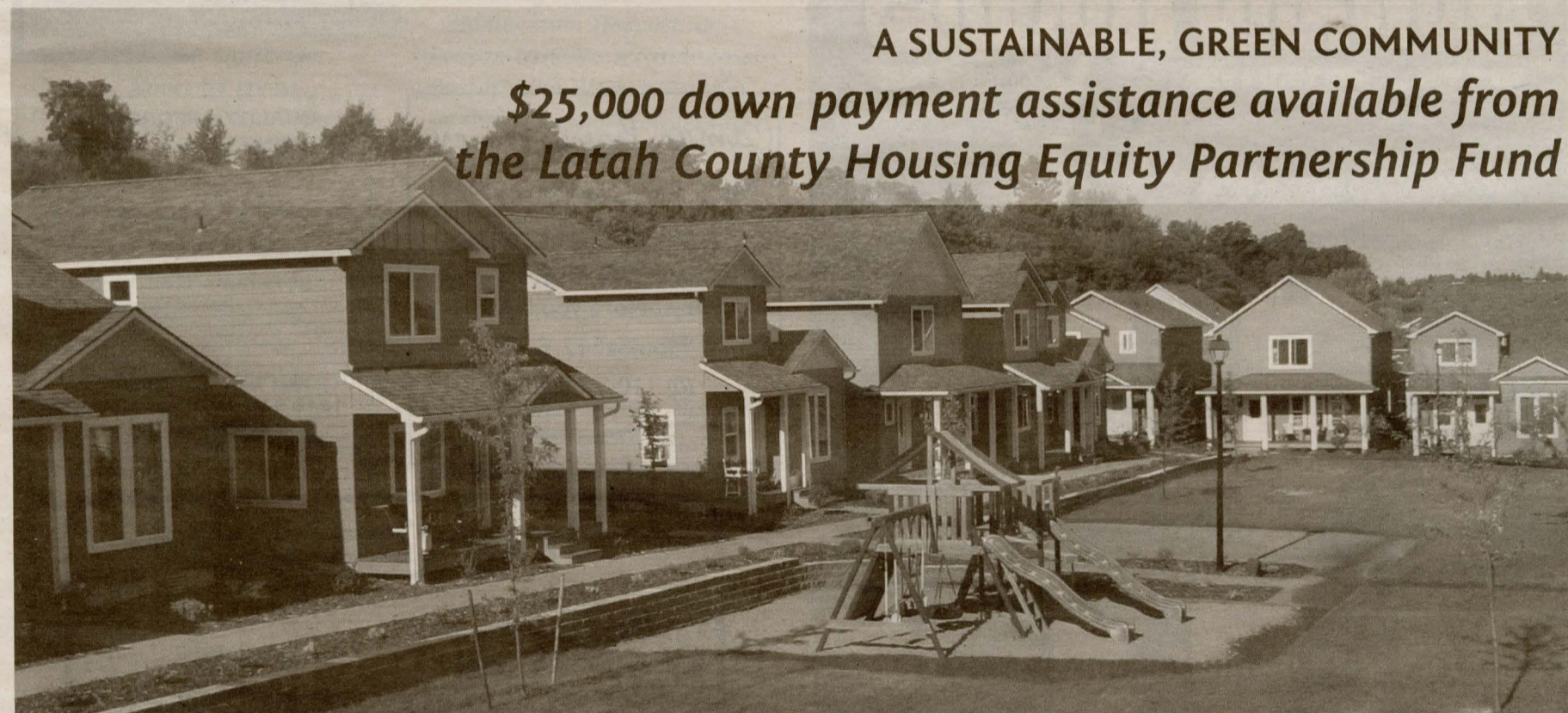
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- ◆ Concentrating on an affordable neighborhood for the workforce of the City of Moscow and Latah County.
- ◆ Building a neighborhood that is both sustainable and community driven.

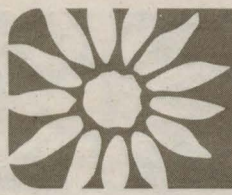
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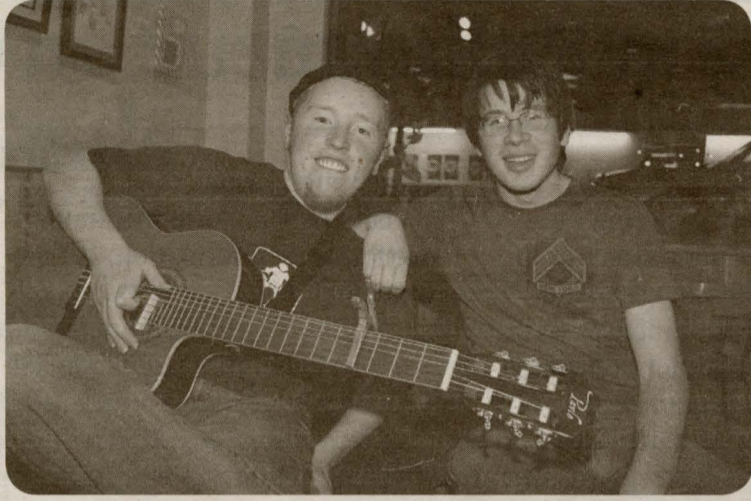
MOSCOWGREENACRES.NET

- ◆ Certified by the city of Moscow to the Gold level of the NAHB
- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe
509-330-0635



COMMUNITY



Tasteful Thursdays at the Co-op

Top left: Guitarist Lucas Kreikemeier was the musical entertainment for Tasteful Thursday on December 23rd. Jimmy Austin provided occasional accompaniment on the harmonica and other instruments. Top right: Shira Broschat and John Schneider, Co-op Members. Bottom left: Samar Fumudoh and daughter Josephine, visiting from England.



Craig Joyner dispensing a sample drink to a customer on Saturday, December 18

Keith Smith Carpentry

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235 E. Main

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New at the Library

by Chris Sokol, Latah County Library District, adult services librarian

This is not a novel to be tossed aside lightly. It should be thrown with great force.

—Dorothy Parker (1893-1967)

FICTION

The Distant Hours by Kate Morton. Receipt of a long-lost letter sends Edie on a journey to moldering Milderhurst Castle, where she begins to unravel her mother's WWII past.

The Huckleberry Murders by Patrick F. McManus. Sheriff Bo Tully of Blight County, Idaho, a man with a sense of humor and a hunch for the truth, investigates three murders committed in a huckleberry patch on Scotchman Mountain.

The Masuda Affair by I.J. Parker. In eleventh-century Japan, government official Sugawara Akitada finds a lost mute boy, but his search for the boy's parents leads him to the amusement quarter and a murder investigation.

GRAPHIC NOVELS

The Exile: an Outlander Graphic Novel by Diana Gabaldon. A new full-color version of the original Outlander story.

Koko Be Good by Jen Wang. When Koko, a twenty-something free spirit, meets Jon, a quiet guy who has given up his dreams for his girlfriend, the two find themselves rethinking their lives.

The Little Prince: Adapted From the Book by Antoine de Saint-Exupéry by Joann Sfar. The beloved illustrated classic adapted to graphic novel form by an internationally acclaimed comic book artist.

The Night Bookmobile by Audrey Niffenegger. The author of *The Time Traveler's Wife* makes her graphic novel debut with this tale of a young woman whose life changes when she meets up with a mysterious disappearing library on wheels.

The Odyssey: a Graphic Novel by Gareth Hinds. A colorful retelling of Homer's epic tale of Odysseus, the Greek hero who encounters daunting obstacles on his return from the Trojan War.

Set to Sea by Drew Weing. A big lug and aspiring poet with romantic notions about the sea-

faring life is shanghaied aboard a clipper ship and gathers real-life fodder for his poetry.

NONFICTION

Atlantic: Great Sea Battles, Heroic Discoveries, Titanic Storms, and a Vast Ocean of a Million Stories by Simon Winchester. A "biography" of the vast expanse of water that became the axis of Western civilization.

The Dangerous Otto Katz: the Many Lives of a Soviet Spy by Jonathan Miles. The story of a debonair, double-dealing man involved in a multitude of world-changing events.

The Emperor of All Maladies: a Biography of Cancer by Siddhartha Mukherjee. A chronicle of the disease which has plagued humans for at least five thousand years.

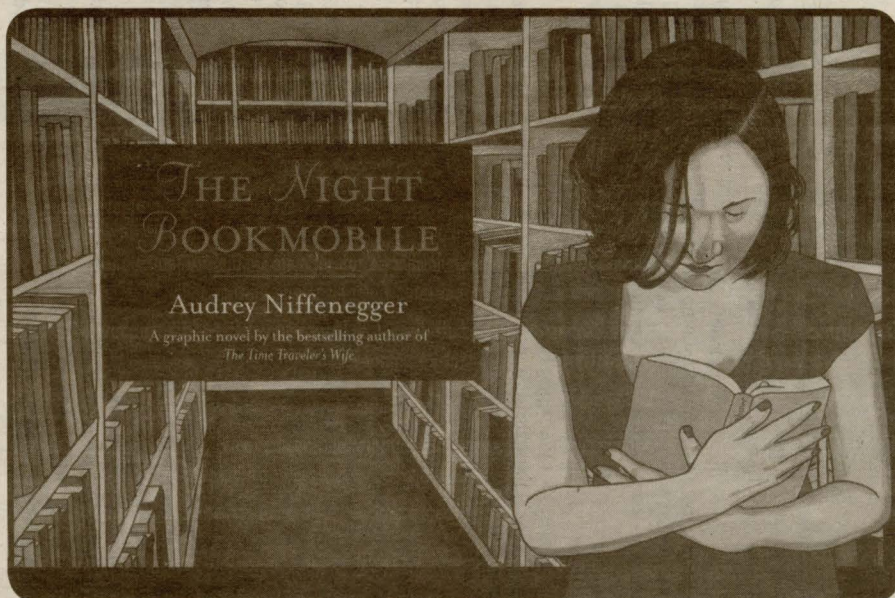
Harmony: a New Way of Looking at Our World by "Her Royal Highness" The Prince of Wales, with Tony Juniper and Ian Skelly. Integrating the beauty and processes of nature into everything we do.

Homegrown Harvest: a Season-by-Season Guide to a Sustainable Kitchen Garden by the American Horticultural Society. Illustrated step-by-step practical advice for the whole year.

The Hard Way Around: the Passages of Joshua Slocum by Geoffrey Wolff. The story of the first man to circumnavigate the globe solo.

How Music Works: the Science and Psychology of Beautiful Sounds, from Beethoven to the Beatles and Beyond by John Powell. The mysteries of music explained.

Local Flavors: Cooking and Eating from America's Farmers' Markets by Deborah Madison. Visits to farmers' markets across the country yield more than 350 fresh-tasting recipes.



Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals by Hal Herzog. A social scientist's look at our complex, often paradoxical relationships with animals.

The Vertical Farm: Feeding the World in the 21st Century by Dickson Despommier. How buildings filled with fruit and vegetable cultivation can provide local food sources for entire cities while reducing the need for more water, oil, and agricultural chemicals.

DVD

Amongst White Clouds (2005) A look at the tradition, wisdom, and daily life of the Buddhist hermit masters of China's Zhongnan Mountains.

The Girl Who Played With Fire (Sweden, 2009) The second in the Stieg Larsson trilogy, following *The Girl With the Dragon Tattoo*.

Holy Rollers (U.S., 2010) Worlds collide when an Israeli drug smuggler recruits a young

New York Hasidic Jew (Jesse Eisenberg) to transport "medicine."

Mid-August Lunch (Italy, 2008) If you missed the Good Food Film series showing of this "mouthwatering cinematic feast", be sure to catch it on DVD.

The Secret of Kells (Ireland, 2009) An animation blend of fantasy and Celtic mythology that tells the story of the boy behind the Book of Kells.

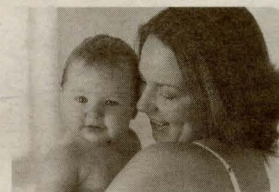
Tapped (U.S., 2009) The big business of bottled water, its health and environmental effects, and the world water crisis.

Winter's Bone (U.S., 2010) In the Ozark Mountains, a girl hunts down her drug-dealing father while trying to keep her family together.

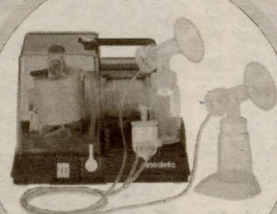
Chris Sokol finds occasional book-tossing a necessary evil to make room for all the new acquisitions at the Moscow Library (www.latahlibrary.org).

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View our schedule on line at:
www.moscowyogacenter.com

Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Jan 11, 6pm

In the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15pm.

Breakfast with the Board

Saturday Jan 22, 11am - 12pm

See you in the Co-op Deli.

Member Appreciation Day Sale!

Sunday Jan 9

Members Save All Day Long!

Purchases up to \$25 save 5%

Purchases up to \$75 save 7%

Purchases over \$75 save 10%

Bring your shopping list, your bags, containers, Sharpie pen, and stock up for the New Year!

(MADay discounts are not stacked on top of employee or participating member discounts.)

Art at the Co-op

Friday Jan 8, 5:30-7pm

Opening reception for show by Margaret Ely, a local resident of some time, who will share with us her close up floral photography.

Co-op Kids - Meet Tuesdays at 9am

During January, meet in the Co-op café

January 4: Felt Crafts

January 11: Bubble Bath

January 18: Make a Parfait

January 25: Play Dough

Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com.

Good Food Book Club

Monday, Jan 24, 7-8:30pm

A Sand County Almanac, by Aldo Leopold

Come join us for a great book discussion.

Location: Private residence. Email bookclub@moscowfood.coop for directions. Free.

From **Sunday February 6**, the Good Food Book Club will begin the Northwest Earth Institute's "Menu for the Future" discussion course. The group will meet every other Sunday (February 6, 20 & March 6) from 5-7:30 p.m. and will include a potluck dinner. Space is limited to 12, email: bookclub@moscowfood.coop to reserve a spot.

Co-op Events at a Glance

Tue Jan 4—Co-op Kids—meet in the Co-op
Tue Jan 4—Music—Lucas Kreikemeier
Wed Jan 5—Co-op Mamas and Papas Group
Fri Jan 8—Art at the Co-op opening reception
Tue Jan 11—Co-op Kids—meet in the Co-op
Tue Jan 11—Board of Directors' Meeting
Tue Jan 11—Music—Musaiique
Wed Jan 12—Co-op Mamas and Papas Group
Tue Jan 18—Co-op Kids—meet in the Co-op
Tue Jan 18—Music—Greg Hodapp
Wed Jan 19—Co-op Mamas and Papas Group
Wed Jan 19—Good Food Film Series
Sat Jan 22—Breakfast with the Board
Mon Jan 24—Good Food Book Club
Tue Jan 25—Co-op Kids—meet in the Co-op
Tue Jan 25—Music—Natalie Rose
Wed Jan 26—Co-op Mamas and Papas Group
Tue Feb 1—Co-op Kids—meet in the Co-op
Fri Feb 4—Kenna's Going Away Open House

The Good Food Film Series

Wednesday Jan 19, 7pm

"The Real Dirt on Farmer John"

The award-winning and surprising documentary about a man and his farm, Kenworthy Theatre, \$4 Co-op members/\$6 general public

Kenna's Going Away Open House!

Friday Feb 4, 4-8pm

Please come to the Co-op Deli and share your good wishes and thanks for years of service to the Co-op, as Kenna leaves the Moscow Co-op to become the general manager of the Food Co-op in Port Townsend, Washington, starting on March 1. There will be a special presentation at 7 pm—refreshments will be served!

Music at the Coop

Tuesdays 5-6:30pm

January 4: Lucas Kreikemeier—Original acoustic guitar and percussion performances drawn from Flamenco, Rumba, Mediterranean, Reggae, and Funk influences.

January 11: Musaiique—Delicious jazz, bossa nova, swing and blues favorites featuring local artists Cathy Brinkerhoff (vocals), Carla Chandler (fiddle, vocals), Brian Dyre (piano, flute), Axel Krings (guitar), Esteban Roybal (percussion) and Dan Wiedebach (bass).

January 18: Greg Hodapp—Acoustic tunes from Celtic, old-time, and maritime musical traditions performed by a talented multi-instrumentalist.

January 25: Natalie Rose—Stirring original and classic jazz, soul, and blues tunes with silky vocals and a dynamic piano performance.

Co-op Mamas and Papas Group

Wednesdays 9:30 - 11am

Meet in the Co-op Deli

The Co-op Mamas and Papas group for expecting parents and parents of newborns. Complimentary beverages provided.

More info : babies@moscowfood.coop.

Community Events

Family Science Saturday

Saturday Jan 8, 11am-1pm

The Science of Movement with Yogatopia at the

Palouse Discovery Science Center

Free for members / \$ 4-6 for nonmembers

☎ 509.332.6869 www.palouseescience.org

Community Coffee House

Friday Jan 14, 7-9pm.

January's proceeds of the Open Mic will go to Central Asia Institute (Pennies for Peace)

Community Congregational United Church of Christ, 525 NE Campus Avenue, Pullman

Martin Luther King, Jr. Human Rights Community Breakfast

Saturday Jan 15

Scheduled for at the Moscow Jr. High School. Contact Joann Muneta at jmuneta@uidaho.edu.

Palouse Folklore Events

Thursday Jan 6: Adam Nordell and Churchmouse in the Attic at 314 E 2nd St in Moscow, 7pm. Admission by free-will donation.

Saturday Jan 15: Contra dance with Turning Tide and caller Morna Leonard at the 1912 Center, 7:30pm www.palousefolk.org

Vigil for Peace

Moscow: Fridays 5.30-6.30pm

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

Dean or Gretchen Stewart

☎ 882-7067, sperrine@potlatch.com

We want to hear from you!
Send us your community announcements by email to events@moscowfood.coop by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter!