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COOP

610 S. Main
Moscow 882-8537

what this is about...

This pamphlet embraces some common sense concepts and principles of herbal medicine, gives medical definitions for discussing the functions of the various herbs, lists herbs carried by the co-op, and matches some of those herbs with common illnesses. Herbs, unlike synthetic drugs, do not attack disease caustically; rather they promote health in the living organism (human, animal or plant) and healthy organisms cure disease by nature's mysterious pathways.

When an illness occurs, it indicates the loss of ability to regulate cellular functions. Illness marks a disease in an already progressed state. The use of herbs to cure disease requires subtle confidence in organic living — health returns slowly and the use of herbal teas should last a few days beyond the disappearance of the symptoms. When during a particular illness, two teas should be consumed — one for the treatment of the particular organ distressed and one for general health to insure support from other organs to the distressed one (comfrey, parsley, and alfalfa combined, for example).

Oriental medicine has provided us with the basis for diagnosing weak points in our organs before illness sets in. Shiatsu (acupuncture massage) reveals sore points in the body's energy meridians and allows for accurate assessments as to the health of internal organs (lungs, large intestine, stomach, heart, bladder, kidneys, sex-circulation, triple warmer, gall bladder, liver). Disease can be traced to problems of these internal organs. Treatment of diseased organs requires specific diets and specific herbs.

This pamphlet is not meant to be a definitive statement on herbology — only a beginning for those of us who are seeking our roots in ancient wisdoms before we proceed further. Hopefully, if money, time, and energy permit, we will reproduce copies of an article "herbal Remedies" by Stan Malstrom, M.T. for sale at the co-op and which runs down herbal combinations for specific diseases and gives a detailed account of uses for specific herbs.

THE INFORMATION PRESENTED ON THE JAR LABELS IN THE MOSCOW FOOD CO-OP IS NOT INTENDED TO REPLACE THE SERVICES OF YOUR PHYSICIAN, BUT IS ADVOCATED AS EDUCATIONAL MATERIAL. THE MOSCOW FOOD CO-OP DOES NOT GUARANTEE THE CURATIVE EFFECTS OF ANY OF THE HERBS SOLD AND ANY BOTANICAL THAT IS POTENTIALLY HARMFUL HAS BEEN NOTED AS SUCH.

EQUINOX WAREHOUSE OPENS

see attachment

Co-ops from Moscow, Walla Walla, Spokane, Colville and Pullman will begin ordering together through a warehouse collective in Cheney, Washington. This marks the first step in this region toward an integrated food network. Co-ops will continue independent storefronts, but expand their efforts toward constructing working relationships with growers of organic foods. The recent weekend discussions on warehouse operation and organization revealed two trends shared by the co-ops: a desire to define "basic health" as being dependent on natural foods and herbal medicines; and a feeling that the goal of organizing on a more centralized level locally must lead to our developing our productive food efforts to include farming, and the storage, cleaning, and bagging of grains as we move towards food self-reliance. The meeting revealed that the desire to heighten local autonomy and self-reliance was based upon the radical idea that we must extradite ourselves from needing resources obtained with exploited labor -- most notable in South Africa, the orient, and Latin America.

Original plans to finance the warehouse by raising prices in the co-op 5% were dropped and alternative funding through a series of musical concerts is being considered. Sale of stock is also being discussed.

Community Produce, our Seattle truckers, will continue to ship goods from Seattle to the warehouse. CP wants to quit shipping of Mystic Lake orders (kefir, Barbara's) and the region is looking for an alternative route to ship those goods here.

Comics describing the history of the warehouse are available at the storefront.

contributors to this issue
are phil, diana, carol, chip,
mark, aleta, raspberry

MEMBERSHIP NOTES

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On Dec. 6 the co-op held its monthly meeting after the usual potluck supper. Mark Fleming chaired the meeting.

A survey of 196 (about 1/2) of the membership cards showed that over half of our members are at least two months behind in their work commitments to the store. The past month has been a difficult one for the co-ordinators, and given changes being brought on by joining the warehouse, the store may have to be closed more often unless responsibility is picked up for volunteer help on Fridays and Saturdays.

The membership Committee recommended:

- 1) the introduction of membership cards
- 2) an orientation for all new members
- 3) presentations at members meetings
- 4) an orientation manual on the co-op

The third quarter financial report was given by Maggie. The co-op showed a profit of \$286 for the quarter, with sales averaging \$8900/month and daily sales averaging \$352/day. We have \$1575 in our savings account and \$1879.92 on loan to the co-op through the credit system. The co-op gained 36 memberships each month. Sales picked up somewhat in the fourth quarter -- October averaging \$412/day. We had one \$700\$700 Saturday.

A long discussion on by-laws occurred. Ken Eckland, a local lawyer, had suggested re-writing rather than amending the by-laws, particularly to cover legal questions on property ownership and for insurance purposes. Some co-op friends have agreed to lend us a copy of by-laws drawn up in Seattle and transferred to fit Idaho laws. The committee will consider these.

A small advertising campaign will be waged early in January to attract new and returning students. Posters, ad spots on KUID and KUOI, and in the argonot will be made. A January newsletter concentrating on herbs will be printed.

The three co-ordinators feel that purchase of a digital scale is both financially reasonable and practical. Cost will be about \$1600, but it will be on time and will not necessitate a full capital outlay now.

Cancer, the AMA, and Laetrile

The food co-op has recently carried Muscat raisins — raisins with seeds in them and an exquisite taste. The seeds of grapes contain a natural vitamin B17 known as "laetrile" which is reputed by some to have cancer curing effects. To the contrary, the American Medical Association has taken the position that laetrile, a natural chemical found predominantly in seeds, has nothing to do with the prevention of cancer. This is only another piece of medical mysticism being propagated by the American medical bureaucracy — the medical schools, doctors, pharmacists, drug companies, and even the American Cancer Association — all who have a vested interest in the sale and distribution of artificial chemicals for medical consumption. These people and firms have previously abandoned herbs, natural foods and fasting, exercise, and massage — it is not surprising that they would abandon laetrile. The sad part of this story is that the attack on laetrile is also an outright attack on peoples' right to organic health recovery from disease.

Cancer is a general medical term used for describing cells and tissues which have two basic characteristics: 1) increased cell growth and 2) loss of contact inhibition. Most cells have feed-back mechanisms controlled by proteins which regulate the rate of growth. Cancerous cells lose this ability and grow rapidly forming tumors. The loss of contact inhibition is even more startling. Healthy cells of one type will not penetrate or grow into cells of another type. This evolved mechanism differentiates cells into the various body organs and tissues — liver, heart, bone, muscle, etc. Cancerous cells grow between organs and if in the blood stream can attach to areas throughout the body.

The AMA claims that hundreds of tests have revealed that laetrile has no curative effects on cancerous growth in cell tissues. But when the Contreras Clinic in Tijuana, Mexico, can cure 40% of its patients of the AMA's incurable leukemia,

you can begin to touch upon the injustice being propagated these days. Here's the pro-laetrile side of the story.

Physical-chemists have demonstrated the feasibility of the origin of life arising from a "primordial soup" — that is, by taking elemental gases (space origin) and heating and compressing them under electrical current, large molecules resembling complex biological cell molecules can be formed spontaneously. Scientists use this test as a 'proof' that life originated several billion years ago and have evolved into today's complex organisms.

Early in its history, the earth's atmosphere was a reducing one — without free oxygen. Organisms which reproduced did it anaerobically — without oxygen. Scientists theorize that slowly a plant-like algae began to take in carbon dioxide for energy and release oxygen to the atmosphere. It was two billion years of algal activity which turned the earth's atmosphere into an oxidized (aerobic) environment in which animals could survive. Animals, you see, use oxygen for energy and release carbon dioxide to the atmosphere, the opposite of plants.

Now here's where laetrile comes in. Laetrile has been shown to be active in our body's process of burning sugar — using oxygen and sugar to produce energy. All our activity, from mental to muscular,



**LETTUCE FROM THE
DOW CHEMICAL...
FARMS?**



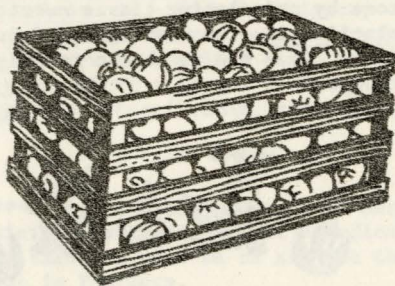
can use and does use some form of sugar for energy. (Proteins and fats are also used for energy). However, under conditions of insufficient oxygen, sugar is not burned, but begins to ferment (like going rancid, and carbon dioxide is released). The laetrile theory states that living organisms have in their genetic make-up codes for reproduction under anaerobic conditions -- remnants of life's survival under early planet conditions. As fermentation occurs, it is the cellular environment which turns on this latent form of reproduction. However, many millions of years of aerobic evolution has left our bodies without their capability to easily shut off cancerous growth. Hence, cancerous cells grow rapidly, spread in cell tissues, and form tumors. The only 'organic' cure is treating the cellular environment to return itself to oxygenated and sugar metabolizing stability. Laetrile is a small but important part of the cure -- it helps speed up the use of sugar.

Laetrile does not cure cancer -- it assists the body's natural abilities to fight this cellular anomaly. Laetrile is administered in conjunction with a very low protein diet whose purpose is to slow the growth of cancerous tissues. Usually, but not necessarily, special enzyme preparations (specific protein injections) are used

with laetrile to keep the normal cells healthy. Organic and meatless diets are prescribed. Often, unique immune-response vaccinations are given to prevent disease while on a low protein diet. Laetrile should be taken only under a doctor's supervision other than when eaten in natural foods.

The AMA's attack on laetrile has created a new criminal -- the laetrile smuggler. It is disheartening to go to Tijuana and listen to the horror stories of border searches and arrests of old and young alike who are trying to help their bodies without killing it with high dosages of radiation and caustic synthetic chemicals. This improvident interruption by the AMA and the federal government has created the typical black market prices in the states. Even when purchased legally through a prescription, a 50 tab bottle will sell for \$60 or more here, and for \$4-\$10 in Tijuana.

Cancer is predominantly a disease of Western European culture and diet. In more earthy cultures where seeds, natural grains, and exercise are consumed (Africa and low income Latin America) cancer is almost unknown. Americans, however, have lost their organic ties to nature's earthly cellular controls. Gross consumption of white sugar, cigarettes, meat, cholesterol, mucous foods, pesticides, smog, and chemical drugs are all combining to foul up the natural channels of cell metabolism -- and each one of these inhibit somewhat oxygen intake by the cells. Ultimately, health must become a matter of personal responsibility. It is a sad thing that the AMA and the federal government have chosen to plot to inhibit such practices.



GENERAL DEFINITIONS, DIRECTIONS, COMMENTS
CONCERNING HERBALS AND BOTANICALS

DEFINITIONS: Words frequently used to describe properties of herbs

anodyne - an agent that alleys or kills pain

antiemetic - an agent that relieves nausea and vomiting

antiseptic - an agent that inhibits the growth of microorganisms on living tissue

antispasmodic - an agent used to prevent or ease muscular spasms or convulsions

astringent - 1. a cosmetic for skin cleansing and for contracting the pores
2. a substance that causes contraction of tissues, checking the discharge of mucous and fluid from the body

carminative - an agent used to relieve colic, griping, or to expel gas from the intestine

demulcent - an agent taken internally to soothe the inflamed mucous surfaces and to protect them from irritation

diaphoretic - a substance that increases perspiration

diuretic - an agent that increases the volume and flow of urine, thereby cleansing the excretory system

emollient - a substance used externally to soothe or protect the skin

nervine - substance that soothes the nervous excitement

stimulant - an agent that temporarily quickens the functional activities of the tissues.

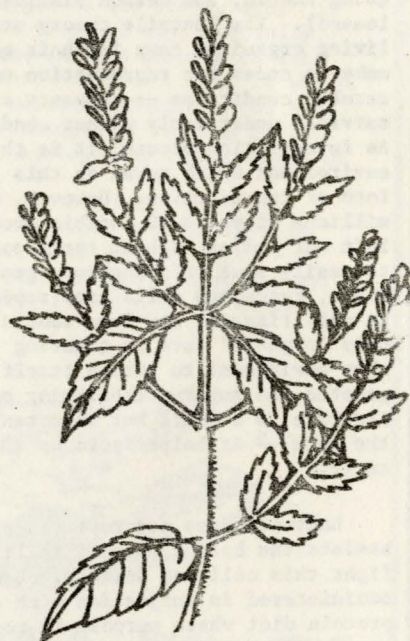
tonic - 1. an agent that improves body tone by stimulating tissue nutrition

volatile oil - as distinguished from fixed

fixed oil - one which can readily change to a vapor

DIRECTIONS FOR STORING BOTANICALS

The virtues of herbs, fresh or dry, are lost in heat, light and dampness. Store in wood, glass, enamel, or stoneware containers that are very clean, airtight, and if possible, dark-colored. Avoid the sun, stove heat, or high places in warm rooms. A good place is in a dark cupboard near the floor away from any heat sources. Ovaltine containers are good examples of an airtight dark container. Wash jars in soap, not detergent, and rinse exceedingly well.



Spearmint



Herbs & Spices

HERBAL REMEDIES

Source: Ideal World Publishing Co.
P.O. Box 1237-EG
Melbourne, Fla. 32935

acne - red clover, burdock, hyssop
aches - scullcap, valerian, catnip
aphrodisiac - damiana, ginseng
asthma - garlic, comfrey, myrrh

abscess - potato (poultice), flaxseed (poultice)

blood purifiers - burdock, red clover, echinacea, fo-ti tieng

cancer - juniper berries, mandrake

colds - licorice, coltsfoot, horehound

constipation - cascara bark, barberry

diarrhea - blackberry, myrrh, garlic

fever - raspberry, slippery elm, catnip

flatulence - (gas) garlic, peppermint

gall stones - wood betony, peppermint

gums - goldenseal, myrrh

heartburn - spearmint

headache - wintergreen, valerian, black cohosh

insomnia - hops, black cohosh, scullcap

itch - burdock, yellow dock, yarrow

kidney - horsetail, dandelion, parsley motherwort

menopause - passion flower, mistletoe

menstruation - nettle, shepherds purse

nausea - ginger, cloves, garlic, perr

nerves - damiana, valerian, scullcap

stimulants - yohimbe bark, cayenne

tumors - chaparral, ground ivy

urinary - corn silk, dandelion, elder

urinary infection - St. Johns wort

vaginal douche - fennel, slippery elm

vomiting - blackberry, clover, peppermint

wounds - yarrow, golden seal, comfrey

x-rays - olive oil

long-life - fo-ti tieng, ginseng, gotu-kola

DIRECTIONS FOR USING BOTANICALS

Always use wood, enamel, glass, stoneware to cook or steep or boil the plants in. Avoid metal, especially aluminum. Stainless steel is acceptable if it is unscratched.

Teas and Infusions - Boil water in an appropriate pot. Ad herb. Or pour boiling water over herb in a warmed pot. Cover pot and let steep 5, 10, 20 minutes, depending upon the strength desired.

Decoctions - Simmer the botanical for 30 minutes to several hours in a covered appropriate container. Decoctions are made from hard materials, such as roots, bark, wood chips and seeds.

Poultice - Bruise the botanical, pour just enough boiling water over to wet the materials. Apply the botanical to the affected part (wound, sprain) and cover with a cloth that has been wrung out in boiling water. The plant is applied directly.

Plaster - Bruise the material, pour just enough boiling water over to set the materials, place between two layers of cloth and apply. The botanical is not applied directly, it is between layers of cloth.

Fomentations - Dip a cloth in a hot decoction and apply to the affected part.

ALWAYS MAKE TEAS, POULTICES, ETC FRESH. However, it is often the case that more properties such as minerals will be extracted if the herbs remain in the water at length and then are gently reheated.

*****A more detailed account of herbal medicines entitled "Herbal Remedies" by Stan Malstrom will be on sale at the co-op in February.

FROM THE SEA

Perhaps you have noticed (amidst the seeming chaos of shopping) that the co-op carries certain products which many North Americans were unfamiliar with: miso, tofu, tamari, sesame and tahini butter, kefir, sea vegetables (nori, kombu, wakame, kelp, hiziki, and dulse) among others. In response to the puzzled looks and the "what do you do with this stuff?", the co-op will endeavor to provide folks with general information on these products. We have had free handouts at the front counter on the topics of salt, flours, vegetable oils, sugar, and now have some excellent sheets on tamari and miso, with one on tofu to be in shortly. Books on tofu and miso are available, at low co-op prices, and contain a wealth of recipes, historical notes and instructions. Forthcoming will be a complete book on sea vegetables.

THIS MONTH: SEA VEGETABLES

Sea vegetables (lets discard the term seaweed) are invaluable dietary supplements, especially for vegetarians, and those who do not partake in dairy products and eggs. They contain complete protein and many minerals and trace minerals, including iodine. They (along with miso) are the only known plant sources for vitamin B12 - which is essential for formation and regeneration of red blood cells, promotes growth and increased appetite in children, and is a general tonic for adults. The Japanese traditionally eat sea veggies on a daily basis, most often with rice and miso soup.

The co-op stocks the following sea vegetables:

Dulse - "sea lettuce" from the North Atlantic, great plain (raw) or in soups and most everything, especially mouth watering.

Hiziki - rinse 2X in cold water, soak for 15 min. in water to cover; save soaking water to cook in; heat small amount of

vegetable oil in deep saucepan and saute hiziki; cool pan, add soaking water, and bring to boil; add some tamari- lower heat and simmer till water is gone. Use only 2-3 oz. of dried hiziki as it really expands. Also, carrots may be sauted and cooked with it.

Kelp (Pacific) - commonly in powdered form, use as a seasoning or garnish and in capsules.

Kombu (Pacific) - makes good soup stock; cut into 2 inch pieces

Nori - comes in sheets; toast on one side only (to retain minerals) over burner till translucent green and crisp; crumble and use as garnish in soups, salads, rice.

Wakame (Pacific) - most commonly used in miso soups, or can be toasted or fried and eaten as condiment.

With an open mind and a bit of experimenting, most peoples palates may appreciate the unique flavors and textures of each sea vegetable. Remember not to overcook them in order to retain vital minerals and vitamins.

"Love is not only the most important ingredient; it is the only ingredient which really matters."

Miso Soup

(for 6 persons)

- 2 small onions, finely chopped
- 3 carrots, finely chopped
- 2 strips of dried wakame
- 3 or 4 cabbage leaves, finely chopped
- 6-8 c. boiling water
- 1 1/2 T miso
- 1 T corn oil

Saute vegetables in oil 5 min. on high flame, then 5 min. on low flame; put in boiling water, add wakame and simmer till nearly tender; add miso (diluted in stock) cook 5 min. on low heat. Cooked whole wheat noodles may be added at end.

FEMININE HYGIENE

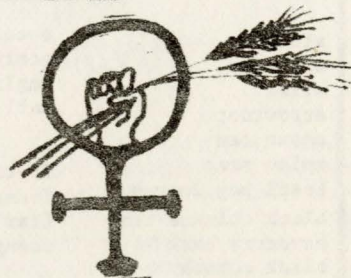
The following is taken from the text of "Herbal Remedies" by Stan Malstrom. We have not tested the following list of feminist tonics herbal. Yet we feel that the general level of knowledge surrounding feminist hygiene needs to be rediscussion and rediscovery.

Herbs were used extensively centuries ago among the European peasants, and it was the women of that time who learned to use herbs as a healing art, and who in seeking to find the riddles of regulating their own bodies, became later known as witches and were persecuted for their practice.

We suggest that cautious experimentation with the following herbs would greatly benefit our our understanding of organic health. We would like the storefront to serve as a place where information on the affects of these herbs could be shared.

These herbs are not specific to feminist hygiene, they affect vital activities in many areas of the body and work in both men and women. Men should use the herbs as they are listed for other areas of health.

On a further vein, the co-op would like to expand to caring medical supplies and kitchen matches. We would like to get names and addresses for producers of quality home medical supplies. Let us know if you have some.



bayberry (douche);
 black cohosh (estrogen)
 blue cohosh (regulating menstrual flow)
 juniper berries (douche)
 marshmallow root (douche for inflamed areas)
 pennyroyal (increase menstrual flow)
 mistletoe (stop menstrual flow)
 red raspberry (in preparation to birth;
 and to decrease menstrual flow
 without stopping it)
 Shephard's Purse (stop hemorrhaging after
 birth)
 St. Johns wort (irregular menstruation)
 tansy (promotes menstruation)
 white oak bark (douche, check excessive
 menstrual flow)

The co-op has obtained an herb known as "cramp bark" and reputed to lessen menstrual cramps. If so, cramp bark could become an important aid in the healthy transition at puberty and in other areas of feminist hygiene.

help needed...

Many, many community people are homeless. If you have room to rent or know of any spaces, please bring the information to the co-op.

On the Shelf

- alfalfa
allspice
anise
arrowroot
assam tea
anise star
basil bay leaves
black chinese tea
bayberry bark
black cohosh
burdock
- catnip
chamomile
chapparal
chicory root
coltsfoot
comfrey
caraway seeds
cardamon
cayenne peppers
celery seed (w)
celery seed (gr)
cinnamon sticks
chilli h
chilli (m)
cloves (w)
cloves (gr)
coriander (w)
corriander (gr)
cumin seed (w)
cumin seed (gr)
Chun-Mee green tea
chia seeds
chinese dried ginger
chinese licorice
chinese cinamon bark
curry powder
celery pieces (d)
cascara segrada
chervil
cramp bark
- dill seed
dill weed
damiana
dandelion root
- eucalyptus
echinacea
english breakfast tea
earl grey
- fo-ti tieng
fennel seed
flax seed
foengreek seed
- golden seal
garlic salt
garlic powder
ginger (g)
ginger root
gelatin caps
gotu cola
ginseng
- hibiscus
hops
horehound
hyssop
- juniper bark
jasmine
joint grass
Indianola mineral salt
- kelp
- lemon grass
lemon mist
licorice root
lobelia
lemon peel
lavender
lady slipper
lapsong souchong
liquisticum
- mace (g)
mocha spice
mo's 24
mullein
mu tea
marjoram
mineral seasoning salt
mustard seed (w)
motherwort
mistletoe
mustard seed (black)
mustard (gr)
myrrh gum powder
na huang
matte organe spice
mellow mint
matte chicory
minced onion
- nettle leaves
nutmeg (w)
nutmeg (gr)
- onion salt
onion powder
orange peel
oregano
- paprika
parsley flakes
pepper (black) (gr)
peppercorns
poppy seeds
protein vegetable broth
pennyroyal
peppermint
papaya leaves
paeonia
pepper (bell) (d)
passion flower
- raspberry leaves
red zinger
rose hips
rosemary
rahmannia glutinosa
red clover tops
red zinger
red chilli peppers
- sassafras
scull cap
sleepytime
slippery elm bark
spearmint
star anise
strawberry leaves
sage
savory (w)
savory (gr)
sea salt
saw palmento
- tarragon
thyme
tumeric
- uva usi
- valerian root
vanilla beans
- wild cherry bark
wintergreen
white willow bark
wood betony
wild rice
- yarrow foflowers
yellow dock root
yohimbe bark



PABLO NERUDA:

11

politics, poetry, and sensitivity

Chilean Pablo Neruda was born just around the turn of this century. He grew up reading a non-organized selection of French and European classics, then also the works that contemporary Chilean poets were producing.

Although one can read many Neruda poems without coming across an explicitly political one, he is often valued or de-valued from a political basis. This is unjust of a poet whose concern is the whole earth, the waters and just the physical objects of existence. A main, or the main theme of Neruda's aesthetic was to include the impure facets of the world we observe around us; regardless of how unattractively they might strike the eye. Man's political turmoils, alliances and misdeeds were a vital part of the imperfect world Neruda turned his eyes to.

His political

His public offices brought him close to political realities. It appears self-evident why he took a strong stand about the political turn of events that were shaping the destiny of the lands that he loved. He clearly saw the struggle of the peoples, who were his own, and the lands that they lived close to, pitted spiritually against the corporation giants of the North -- like the United Fruit Co.

Neruda's official posts and political involvements were considerable. While he was still a young man, he was sent abroad on a consular mission to Europe, the Orient, Rangoon, Colombo, Singapore, and Batavia.

Then he was assigned to Madrid where he was admired and celebrated by great Spanish poets like Garcia Lorca. When the Spanish Civil War broke out he held a position in Madrid. He paid no attention to diplomatic protocol and was involved in Anti-fascist activities. For this we he was recalled to Chile.

At this time of Neruda's life (the later 1930's) he became increasingly politicized. He joined the Communist Party in Chile and for this was exiled to Mexico. He was awarded the Stalin Prize in 1953.

In the following lines, one sees how Neruda once found it necessary to defend for his political poetry:

"Would you know why his poems
never mention the soil or the leaves,
the gigantic volcanos of the country
that bore him?

Come see the blood in the streets,
come see
the blood in the streets,
come see the blood
in the streets."

However, Neruda is a great poet and his work will need no apologies, political or aesthetic. He is and will be known as a lover of the earth and waters.

His method sometimes can be related to his contemporaries among European poets; that is, the surrealists who threw away the rational in search of deeper things-- i.e. more vital processes occurring in the human mind. But he isn't named among the surreal poets for he is a voice from his own country, Chile. He speaks to us of a mysterious land from a solidly organic viewpoint -- what survives age after age. How are the materials of the earth transmuted from water to rock to man and back to stone? What magnificent edifices and political opulences have been bought with how much human blood?

His intellect is broad-based and clear. He answers the call for a voice to speak forcefully and eloquently from the South American lands. The lands we must hear well.



Equinox Food Exchange

Rt.1 Box 197

Cheney, Wa. 99004

We are a collective of 3 women, 3 men, and 2 children who live together near Cheney, Washington and are working towards starting a new warehouse for this region. The idea of a warehouse has been in the air for some time now. The need for a warehouse was discussed at the Ellensburg winter solstice gathering last year, and at the summer solstice gathering at Star Butte. At a meeting in Spokane, in August, 5 people committed themselves to forming the present collective and working full time towards making the warehouse a reality.

We now have a house for the initial drop-off site so we can begin soon. We have a truck which will carry 2½ tons, a pick-up truck, a panel truck, and a Datsun pickup, as well as the use of a utility trailer which will carry a ton.

We recently networked and trucked 4½ tons of Stanley Tacker's pinto beans from Pendleton, Ore. to Colville, Lake Chelan and connected them with the Community Produce truck to Montana. We also trucked grapes from Granger (near Yakima) to Spokane this fall.

GENERAL GOALS

- 1: to connect regional producers to local markets
- 2: to provide processing and storage facilities for grains and beans
- 3: to facilitate cooperation between regional coops through networking of group buys
- 4: to network regional surpluses to coastal markets
- 5: to expand natural foods markets through education and helping to start new coops
- 6: to provide employment in alternatives
- 7: to support cooperative efforts throughout the northwest

BEGINNING - ORDER AND FOOD FLOW

At present, once a week each coop (Colville, Spokane, Pulman, Moscow, and Walla Walla) makes 5 calls to Seattle to order from the warehouses there (Janus, Mystic Lake Dairy, Community Produce, C.C. Grains, and Little Breed Company).

With the Cheney warehouse depot, the coops will call all of their orders to us, and we will collate them and call the Seattle warehouses to place the orders.

Presently Community Produce's truck brings goods from the Seattle warehouses and stops at Moscow (leaving goods for Walla Walla and Pulman to pick up also), goes to Montana, loops back through Idaho, stops at Spokane, goes up to Colville and then back west.

With the Cheney warehouse as a depot, the Comprod truck will drop off the goods for all 5 coops in Cheney and we will truck them north and south while Comprod goes on to Montana.

BENEFITS TO COOPS

- 1: one call to Cheney versus 5 calls to Seattle
- 2: more flexibility and convenience in trucking service
- 3: informational services, such as helping groups set up food conspiracies, putting out the Alternative Market News, distributing printed material on food and food politics
- 4: group buys mean less cost
- 5: the Dick Freeman collective trucks food from the mid-west to C.C. Grains which Comprod trucks back out to eastern Washington. We are investigating the possibility of

buying goods directly off the Dick Freeman truck as it goes through eastern Washington and eliminating the inefficiency of trucking the food to Seattle and then back.

6: We are working towards regional self-sufficiency in all aspects of food production and distribution

7: we are more accessible than Seattle warehouses

CASH FLOW

We have figured a tentative budget to start with of about \$1000/month. This will cover warehousing and trucking expenses as well as living expenses for our living collective.

The income to meet these expenses will come from discounts from Comprod (10%), C.C. Grains (10% or whatever will cover their expenses) and Janus (2 to 5% depending on volume) as well as lower trucking charges from Comprod. We will buy food at the discounted prices and sell it at the usual list price plus trucking charge.

FRONT MONEY

Aside from operating and living expenses, we need to raise capital for inventory and equipment. One idea that has been used successfully for this is for each coop to "front" or deposit with us the equivalent of one month's volume through us (not the coop's total monthly volume). The coops would be members of a cooperative association (see below), and the front money would be refundable if any coop decided to withdraw from the association.

The front money could be paid over a 10 month to 2 year period, depending on the coops needs. The front money would be used for bulk buys from local growers and to purchase equipment (possibly a refrigerated truck, grainery equipment, warehouse equipment and tools).

Suppose a coop's total monthly volume was \$9000, and \$4000 of that is now trucked by Comprod to the coop. \$4000 as that coop's monthly volume through us would be the amount of their front; which spread over 10 months would be \$400/month, or spread over 20 months would be \$200/month. Coops could raise front money by benefits, a monthly charge to each member (if the coop had 400 members, they could each pay \$1 a month for 10 months, or 50¢ a month for 20 months). For some coops a raise in markup of 1½ to 4% would suffice.

COOPERATIVE ASSOCIATION

The warehouse has filed as a cooperative association, owned by the coops, participating farmers, and the warehouse workers themselves. \$5000 worth of stock will be sold at \$5 per share. Each stockholder will have one vote regardless of the number of shares owned. We have written tentative bylaws which provide both for participation by farmers and coops in making basic policy decisions and worker self-management in the daily operation of the warehouse.

We will soon have a regional meeting of coops and farmers who will be served by the warehouse and who want to join as owners of the association. Everyone's input is needed to formulate the final draft of the bylaws and ratify them. We'll be mailing rough drafts of the bylaws to the coops and farmers so that people can study them before the regional meeting and come prepared for discussion. Watch at your coop for an announcement of the regional meeting.

HOW COOPS CAN HELP

- 1: you can give us feedback on the structure outlined here
- 2: hold local benefits for us
- 3: locate, donate, lend necessary equipment (hand trucks, pallets, pallet jacks)
- 4: generate more volume through buying clubs
- 5: connect us with any growers you know, not already in the NW Trade Directory
- 6: generate back hauls for us or for Comprod
- 7: provide information to Alternative Market News of what is needed and what is available
- 8: locate a mechanic in your area who could help with any truck trouble we may have while we're there
- 9: come and work with us for a while
- 10: answer and return product information list we sent to coops

January

1977



JANUARY 23

Country Joe in concert at the University of Idaho
Memorial Gym, 8:00 pm.

JANUARY 26-29

The Harder They Come, Micro Movie House, rated R.
5:00, 7:30, 9:45. A dramatic movie covering the political
turmoil in Jamaica and accompanied by the reggae music of
Jimmy Cliff. Don't miss it.

JANUARY 28-30

Winter Carnival at Pierce, Idaho.

JANUARY 29

ICL Benefit Dance with "Curio" at the Moscow Hotel.
\$1.00 admission, 25¢ per beer.

The Idaho Conservation League was the primary force
in stopping the Pioneer Coal-fire electric generating plant
in Southern Idaho last year. They are currently conducting
a statewide survey of energy attitudes. People wishing to
help in the survey should call Dave Petersen, 882-1955.

JANUARY 29

Free University registration, 10:00am to 4:00pm,
Student Union Building in front of the Information Desk.