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Moscow Food Co-op 

NEWSLETTER



WHAT SHALL I WRITE THIS TIME?

By: Bill London

Now we know what would happen if we gave a meeting and nobody came. The "meeting" in question occurred on September 24, 1985 at the Co-op. Our intrepid reporter, Phil Lettieri, was there to record all of the non-event for us. And it's too bad that nobody came since the topic was the age-old question: "What about a natural foods restaurant/bakery in Moscow?"

Obviously, it's another idea whose time has not yet come. But due to a certain streak of foolish tenacity, I decided to bring the idea forward one more time. The support from the co-op members is there, the survey showed that. And there is a now-functioning restaurant in Moscow available without any of the big up-front starting expenses. All that's needed is one or more competent people willing to do the work and make a serious proposal.

I'm gasping still in response to a flood of advertising for this issue. These advertisers pay most of the printing cost for this newsletter, which averages about \$75 monthly. So, co-op money can be spent for other things. And it seems a little Reaganesque to mention this, but these little islands of free-enterprisorial entrepreneurship, our advertisers, are spending their money in the hope that you will think highly of them and buy from them. Please do.

But this tidal wave of advertising washed out Mary Wright's next pregnancy-related article (on ultra-sound). There was just no room, and that was the last one in. Next month for that story, sorry. Mary is leading a series of prenatal classes this month. If you want more information on that, call her at (509) 229-3255.

'Tis the season.
to be baking...



You'll find all your baking needs at the Co-op; nuts, flours, spices & herbs, a variety of sweeteners, dried fruits, vanilla & other extracts and lots more!

NOVEMBER 1985

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of Hands Down Typing



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OUR PEOPLE'S APOTHECARY

By: Deb Darner

A peaceful revolution toward a complete herbal apothecary nears completion, directed by the Co-op's herb team of David Cook and Carol Smith. The Co-op is already graded Class A by the Idaho Board of Pharmacy and the herb section has been re-ordered and renewed by the team with a selection of herbs chosen to cover most health care situations, including emergencies.

The herbal pharmacy selection will follow Michael Tierra's book, The Way of Herbs, with a copy on hand to be supplemented by a reference library. Donations of more good herb books are welcome. Most herbs are in stock now and those that do not sell will be deleted and added to a large inventory reduction sale on herbs within the next few weeks. The Co-op will fill special requests for people willing to purchase minimum orders.

More changes in the past few months include new labels and lids; re-ordering small and large jars of herbs with each in their own areas; putting back stock in glass jars for longer storage; brightly tagging new items, such as jalapeno peppers; and finding local herb sources, such as Carol herself who grows culinary herbs.

To carry the freshest herbs with the longest shelf life, the Co-op will order stock in whole leaves, roots, stems or seeds when possible, rather than powdered herbs that lose their strength more quickly. The herbs will be inventoried quarterly to check for quality. The Co-op would also like to encourage supply from wildcrafters, those growing, gathering and drying herbs, as well as local truck farmers for fresh summer herbs. Please make yourselves known to Carol, who will contact you as a pricing policy and quality standards are set up. Inspired community interest in growing projects might then connect to herb wholesalers, such as NW Herb Co-operative.

Volunteers are now needed for a variety of current projects in the herb section, including:

- * listing herb properties to be put on each jar;
- * building new shelves for all herbs, coffees, teas and spices;
- * developing a bag labeling system for customer safety, especially with herbs marked to be used with caution;
- * making a welcome sign, encouraging people's use of reference material & their own intuitive wisdom in using herbs in healing;
- * making a list of Co-op herbs and properties for people to take with them. This can be a computer project and color coding system;
- * writing an herb feature in each newsletter, to be on display in the herb section and be added to an index file on hand;
- * developing seasonal herb walks, workshops and classes, to be sponsored by continuing ed. programs with multi/media ads.

All these projects lead to awareness of herbs as inexpensive self-service health care when used with proper guidance. Thanks to the Co-op herb team and all those volunteers in ever-widening circles who support community health and peaceful living.



By: Doug Kunke! & Annette Aiwohi



"Compassion Month" is a national campaign organized by People for the Ethical Treatment of Animals (PETA) aimed at educating the public about the cruelty involved in cosmetic and household product testing. The main goal of compassion month is to end the suffering involved in animal tests of cosmetics and other products. PETA feels that the public is largely unaware of the extent of the problem of product testing on animals. Once the public becomes aware of the suffering and pain involved, and the enormous quantities of animals forced to suffer and die each year, they will demand an end to this form of product testing.

The L.D.50 test is possibly the most cruel and useless of all cosmetic and household product tests involving animals. L.D.50 stands for "lethal dose 50." It is a test which determines the amount of a substance which will, in a single dose, kill half a group of test animals. "To avoid interference with results," no painkillers are administered. Enormous quantities of each substance are fed to the animals in these tests, especially if the substance is not particularly toxic. Everything from the mildest soap or toothpaste to the most caustic oven-cleaner is tested in this way. The animals suffer intensely and eventually die.

Other toxicity tests involve the application of the test substance to portions of the animals' bodies from which the skin has been scraped; inhalation tests in which immobilized animals in exposure chambers are repeatedly sprayed around the head and body; and long term feeding of toxic substances. At the end of all the tests, the animals either die an excruciating death or are killed. An incredible five million (5,000,000) dogs, cats, rats, monkeys, and other animals suffer and die in L.D.50 tests each year in the United States.



The L.D.50 test is very crude and imprecise. It has been criticized by many toxicologists who are compelled to use it. Because all species react differently, it is impossible to accurately determine human hazards from ingested chemicals tested on other animals. For example, nicotine is lethal to humans at 0.9mg/kg, but L.D.50 values of nicotine in dogs are 9.2mg/kg; in pigeons 75.0mg/kg and rats 53.0mg/kg.



The Draize test is another commonly used test of cosmetics and other products. In the Draize test rabbits are used because they have no tear ducts which, as in humans, would cause tears to wash the substance from their eyes. Rabbits' corneas are far more sensitive than humans'. The rabbits are restrained in stocks from which only their heads protrude. They cannot do anything to remove the chemicals from their eyes. The rabbits must sit and endure their suffering for days, or even weeks. Extreme ulceration, inflammation, hemorrhage, and severe swelling are some of the results.

Although the cosmetic industry is regulated by the Food and Drug Administration, FDA does not require the use of animals for the tests. FDA, to clarify that fact, has stated: "There is no legal requirement for safety testing of cosmetic products or ingredients but the industry, in an attempt to demonstrate safety, uses the Draize tests for skin and irritation testing." In the case of makeup to be used around the eyes, premarket safety testing is required by the FDA, but the Draize test or any other test on animals is not required.

Concerning the L.D.50 test, FDA states: "Nowhere in the Food, Drug and Cosmetic Act or in the regulations administered by FDA is there a requirement for L.D.50 testing."

The industry itself has chosen to subject animals to the tests and extreme suffering.

Many scientists are becoming more aware and vocal about the fact that alternatives would be more accurate, less time consuming, and less expensive than animal testing currently being done. More importantly, alternatives won't hurt animals. At the present time, the following alternatives to animals have been used for some testing, and could be further researched and developed: one-celled organisms, embryos, tissue or cell cultures, sea urchin eggs, isolated organs, computer techniques and other mathematical tools, mechanical models, human diploid cells, and studying the physical and chemical structure of a compound in order to learn about its biological effect. However, these alternatives are not generally used by the medical establishment, or by manufacturers of military chemicals and weaponry, or household products and cosmetics. Habits and fixed ways of doing things, such as treating the laboratory animals as a mere tool or object, die very slowly.

You can help end this cruelty by writing to cosmetic and household product companies and voicing your opinion is very important, but even more important is boycotting products tested on animals. Every dollar you spend as a consumer on products is a vote, either for or against animal testing and suffering.

There are many products on the market today which have not been tested on animals. Most stores don't carry cruelty-free products, but many can be found here in Moscow at the Moscow Food Co-op. The Co-op carries a full line of Abracadabra mineral baths, Aubrey-Organics soaps, lotions, shampoos, and facial cleansers, Dr. E.H. Baonner soaps, a full line of products by Nature's Gate, Tom's, Golden Lotus, Mill Creek, Country Comfort, and Kiss My Face. The Moscow Co-op also carries an extensive selection of vegetarian foods, and teas by Celestial Seasonings Inc.

Your support of "Compassion Month" is greatly needed and appreciated. Consumer pressure is the most effective way to change the cosmetic and household product industry's primitive and cruel testing methods. We urge you to help us in our fight against the Draize and L.D.50 tests by supporting companies that don't use animal testing on their products. Supporting the Co-op also supports "Compassion Month."

For more information on national and local activities on behalf of animals, contact us at 882-0918.



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YES!

No!

MEMBER/SHOPPER SURVEY

By: Phil Lettieri

MAYBE!

Just when you thought it was safe to go back in the Co-op... Yes, folks, we've got another survey for you.

This time it concerns you, the member or shopper, who uses the Co-op. We would like some information about you and from you on a variety of topics. This survey aims to collect facts that will aid the Board of Directors in making decisions that will ultimately effect us all. It will also assist the new General Manager in better understanding those that he/she will be working for.



Periodically, it is a good idea to run a survey like this, so we can stay in touch with current ideas and opinions. Being located in a university town, our members and shoppers have a fairly constant turnover rate, and new people mean new ideas. Also, we have people drawn from diverse backgrounds and each would like to see the Co-op cater to their particular needs or desires. This is, of course, as it should be, since each member, being an equal owner, should feel that the Co-op is being responsive to his/her particular situation.



Since policy is determined by the Board of Directors, it is necessary for them to be aware of as many opinions as possible. Other than direct contact with Board members, it is difficult to feel certain that your point-of-view is being taken into consideration. That's what this survey is hoping to do.



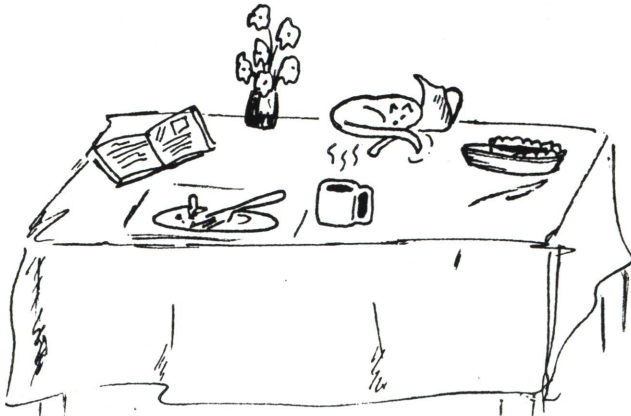
This is an opportunity for you to let the Board, staff and other members know how you feel about the Co-op. Don't stop with the ten questions we've prepared if you've got something else on your mind. We want to be responsive to you, thus, we need to know the good and the bad, which in your opinion makes up the Co-op.



This type of survey should only be necessary every couple of years. A similar one was run last year, but with only a 5% response rate. We feel that a more successful one is necessary to give us the information we need. We think we've learned something about surveys since then, though, evidenced by our successful restaurant/bakery survey, which had a 35% response rate.



We are optimistic that we have come up with an effective method of eliciting response from people. Prove us right by taking a few minutes to fill out the survey and help make this very important information available to those who need it.



AIRIN WHEELER: EIGHT YEARS OF SUPPORT



By: Sara Donart

Airin Wheeler began her working relationship with the food co-op eight years ago, baking garlic onion rolls for work credit. She now serves as a board member, and says she likes having direct input into what goes on in the co-op.

Originally from Kentucky, Airin came to Moscow in 1977 as a "scholarship athlete" and played varsity tennis for the University of Idaho for two years.

"I'd been living in Jackson, Wyoming," she said, "but it was a merely physical existence and I felt I wanted to exercise my mind and spirit."

She found the co-op soon after her arrival in town and was immediately attracted to the people she met there.

"Besides," she said, "the co-op had all these things to eat that I wanted to eat!"

She especially appreciated the availability of organically grown foods, saying she had always been "a pretty healthy eater", but that the co-op introduced her to an even greater variety of healthful whole foods.

"I also just liked shopping in a small store," she said, all of which motivated her to find time between books and tennis courts to bake rolls every week for the co-op's shelves.

Many local residents, however, known Airin as the Palouse Masseuse, and it was in the fall of 1979 that she left Moscow to attend massage school in Sebastapol, California. After completing her coursework there she went to work in Calistoga, California, at a hot mud-bath resort where people came to "take the waters" and where Airin was giving up to ten massages a day.

"It was a lot of work," she said, "but I wanted to get as much experience as I could before I tried to set up a practice of my own." Anyone who has been to see Airin in her professional capacity will likely testify that the hard work has paid off.

Airin also attended the California School of Herbal Studies before returning to Moscow and said that her training there gave her "a good groundwork for herbal therapeutics."

She applauds the co-op for carrying "a very good and varied selection of Chinese as well as Western herbs" and credits Paul Pitchford specifically for the inclusion of the Chinese herbs.

Since becoming a board member in January of this year, Airin has focused most of her energy on community outreach, feeling that it is important to both the co-op and the community that more people become interested in shopping at the co-op.

She also sees the co-op's periodic remodeling and expansion as evidence of "good dynamic energy" and hopes to see that kind of work continued.

Lately, most of Airin's work as a board member has been directed toward organizing the general membership meeting slated for November 16 at the Community Center. New board members will be elected at the meeting, and although Airin will be stepping down from her position on the board at the end of this year, she encourages interested co-op members to consider serving on the board. She sees it as an opportunity to play a tangible role in the evolution of the co-op.

Airin also stressed the fact that policy can be generated by non-board members and urged people to come forward with their ideas and opinions and "get involved with the board."

"If people put forth that kind of input we can work better as a co-operative, which is, after all, what we are."

Airin plans to remain an actively involved working member after her tenure on the board expires, noting that "at a co-op there's always lots to be done."

CO-OP KICKS UP ITS HEELS WITH A MEMBERSHIP DANCE

(and pstt! meeting)

By: Stephen Lyons

If you've got those early-winter blues and the thought of another Saturday night at home facing down a familiar bowl of miso soup and Hogan's Heroes reruns has got you down, then this following bit of hopeful news is just what you've been waiting for.

On Saturday, Nov. 16, the Moscow Food Co-op will hold an annual membership dance, and oh yeah, a meeting too, at the Community Center. This is an excellent opportunity to meet, dance, converse and trade baseball cards with your fellow co-owners.

Festivities will commence at 6:30 p.m. with a dessert potluck. Members are invited to bring their favorite delectable dessert, and serious tirades about diets and sugar consumption are discouraged. The Co-op will provide non-alcoholic beverages, napkins, paper plates, utensils and ambiance.

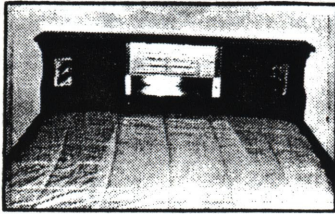
At 7:30 there will be an official membership meeting, moderated by a Co-op board member. Members are encouraged to supply important input and discussion. Agenda items include the election of new and continuing board members, a financial report and an overview of 1985. Positions on the Co-op board of directors are available and interested people should contact Bill London for details.

Then comes the fun part. Dancing will kick off at 9:30 with Greg Meyer, station manager of KUOI-FM, spinning the discs. All types of danceable music will be featured from reggae to country-western.

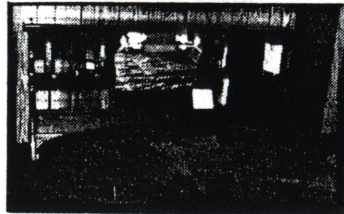
Children are encouraged. Alcohol, pets and gloomy discussion are not. See you at the meeting.

Anniversary Sale

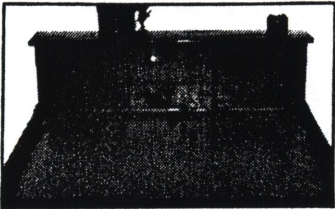
Save up to 70%



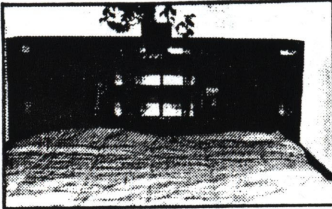
Skyline
SALE \$199⁹⁵



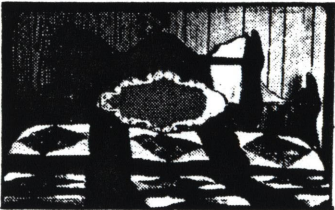
Rosewood
SALE \$269⁹⁵



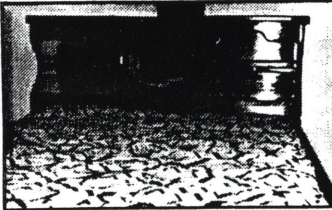
Simplicity
SALE \$169⁹⁵



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SALE \$229⁹⁵



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In addition to our regular selection we are carrying a few new socks. Just right for the season are heavy wool socks in a variety of colors. Rainbow striped socks are available in toddler and children sizes, good for Christmas stocking stuffers.

Through a new distributor we now have access to any product available at Rosaures. If you regularly purchase items there that you prefer to buy at the Co-op, let us know. Because of space and financial limitations, we can only carry selected items. Please use the coupon below to tell the staff about supermarket products you would like to see at the Co-op. Just leave the coupon in the suggestion jar on the checkout stand or give it to a cashier.

This is what i buy at other grocery stores that i would like the Co-op to carry:

PLEASE RETURN TO THE SUGGESTION JAR AT THE CO-OP.

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MEMBER/SHOPPER SURVEY

1. Are you a ...

WORKING MEMBER _____
NON-WORKING MEMBER _____
NON-MEMBER _____

2. Are you a ...

PERMANENT RESIDENT _____
STUDENT _____

3. How did you first learn of the Co-op?

ADVERTISING _____ WHERE _____
WORD-OF-MOUTH _____
OTHER _____

4. Why do you shop at the Co-op?

HEALTHFUL PRODUCTS _____
GOOD PRICES _____
CAN BUY AMOUNT I WANT _____
FRIENDLY ATMOSPHERE _____
BELIEF IN COOPERATIVE ALTERNATIVE _____
AVAILABLE NUTRITIONAL INFORMATION _____
SPECIALTY PRODUCTS _____
WORKER'S DISCOUNT _____
OTHER _____

5. Is your annual household income ...

UNDER \$5,000 _____
BETWEEN \$5,000 & \$15,000 _____
" \$15,000 & \$25,000 _____
" \$25,000 & \$35,000 _____
OVER \$35,000 _____

6. What percentage of your monthly food budget is spent at the Co-op?

LESS THAN 20% _____
BETWEEN 20% & 40% _____
" 40% & 60% _____
" 60% & 80% _____
" 80% & 100% _____

7. What present product department would you like to see expanded?

BOOKS	_____	TOILETRIES	_____
PRODUCE	_____	COFFEE & TEA	_____
MAGAZINES	_____	VITAMINS	_____
BULK ITEMS	_____	FROZEN FOODS	_____
CHEESE	_____	HOUSEWARES	_____
HERBS & SPICES	_____	OTHER	_____

8. What new product departments would you like to see at the Co-op?

- PREPARED FOODS (SANDWICHES, SALADS, ETC.) _____
- BEER & WINE _____
- MEAT & FISH _____
- HARDWARE _____
- GARDENING SUPPLIES _____
- CLOTHING _____
- OTHER _____

9. Do you understand that the Co-op ...

- A. IS EQUALLY OWNED BY ALL THE MEMBERS? YES _____ NO _____
- B. IS MANAGED BY A PAID STAFF? YES _____ NO _____
- C. HAS POLICY DETERMINED BY A BOARD OF DIRECTORS, WHICH IS ELECTED BY AND ANSWERABLE TO THE MEMBERS? YES _____ NO _____
- D. RELIES ON VOLUNTEERS FOR HALF THE STORE'S LABOR? YES _____ NO _____
- E. ENCOURAGES MEMBER PARTICIPATION IN ALL ASPECTS OF ITS OPERATION? YES _____ NO _____

10. What are the most important goals for the Co-op over the next five years? (choose three)

- MOVE TO LARGER SPACE _____
- INCREASE VARIETY OF INVENTORY _____
- PURCHASE NEW EQUIPMENT _____
- OFFER HIGHER SALARY TO STAFF _____
- (4 of 5 staffers now make \$3.60/hr.) _____
- INCREASE USE OF VOLUNTEERS _____
- INCREASE USE OF PAID STAFF _____
- OPEN BRANCH STORES _____
- MAINTAIN FRIENDLY ATMOSPHERE _____
- MAINTAIN PRODUCT QUALITY _____
- OPEN A RESTAURANT _____
- " " BAKERY _____
- " " SNACK BAR _____
- IMPROVE PARKING FACILITIES _____

11. COMMENTS & SUGGESTIONS are particularly important and appreciated. Since 95% of our members do not volunteer in the store, the main way they support the Co-op is by shopping here. How can we better help you to help the Co-op?