

April, 1986



Moscow Food Co-op 

Newsletter

APRIL FOOLISHNESS

By: Bill London

Well, this is an intelligence test, folks. What is different about this month's issue? Send your responses back in triplicate. Hint: It's our April Fools issue.

Of course, we have no foolishness in the subject matter inside. Just more of the same hard-hitting, gut-wrenching, community-involved kind of real grass-roots journalism you've become accustomed to. For example, here's advance notice of one of the finest home-grown fun events in the area--Santa Tilth's Spring Seed and Start Fair.

It's fun for gardeners, for sure. Bring seeds from your past gardens or starts from your greenhouse, for sale or trade. Or of course you can go there to buy seeds and starts. A practical kind of event, for sure, but with a chance for shared food and shared music in that infamous Benewah County hill-folks style, a great time for all. Anyway, go north into Benewah County on White Pine Drive (Highway 6 from Potlatch north toward St. Maries). After Emida, just before the fork in the road between St. Maries and Santa, is Vanderpoel Park on the left. If the powers that be have been located and give permission (they weren't at press time), the fair will be there. If not, it will be at Peece River Gardens (halfway between Vanderpoel Park and Emida--in other words, three miles back towards Moscow). Oh yeah, it's the last Sunday in April, the 27th, in the early afternoon. Watch for the signs.

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Editor: Bill London
Graphics: Rose Terry Parks
Advertising: Phil Lettieri
Typing: Kay Cronin of Hands
Down Typing Service
Cover: Dave Purviance

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And now for our first letter to the editor. It's about time somebody responded, and corresponded. A short note from New Member Marion Nordquist: "Thank you for making the store an easier, cleaner place to shop in the past few weeks. I appreciate the good fresh produce and the prices. Thanks for all the new improvements." Gosh, etc., and thanks for your letter Marian, on behalf of the staff and volunteers that made the change.

By: Connie Driver

There never has been a clearinghouse for all the health education materials available in this country. Groups like the American Cancer Society or the Heart Association continue to print brochures, videos, and class manuals by the boxful. But it is difficult for teachers, aerobics instructors, or Girl Scout leaders to know what is available unless they contact each health education organization.

What's needed is a non-profit citizens' group that catalogues, and then offers the public easy and inexpensive access to the incredible bounty of health-related information available today. That's why we started CHEER (the Center for Health Education Experiences and Resources).

CHEER is in its infancy now. We have a not-yet-opened office space (in the Moscow Mall), a phone, and plenty of goals and ambition. We will be establishing a computerized health information center that categorizes and catalogues all health education materials published anywhere, from bumper stickers to videotapes to stop-smoking clinics. Then upon request from teachers or anyone, we can locate whatever is needed.

We also plan to publish a quarterly newsletter updating available educational materials. We'll establish a library where films, tapes, posters, pamphlets and other materials will be displayed and available for loan. CHEER will organize workshops for interested adults and children, plus full day resource fairs for educators and others.

If you are interested in health education, we could use your help leading workshops or working at our library. Please contact me at 883-1117. Call also if you want to use our library or get our newsletter. As amazing as it may seem, no one else is doing this important work--making health education information accessible to the public.

LET US KNOW

By: Ginger Clemm



The staff has made a Community Log Book available for you. We want to know your feelings about the way the store is run, about any questions or concerns you may have, about the products we carry and the products you would like to see in the store. This log book is kept on the back table by the office. We, the staff, want you to feel free to come in and use it. If you wish, leave your name and phone number so we can get back to you (although that is not necessary, of course). And please feel free to come talk to me about anything.

Though there have recently been many changes and new faces, our focus remains the same: to make your store function as well as possible, for you. We know that service needs to be our ongoing priority, and we need your feedback to do our jobs. Let us know what we can do to improve our service to you.



AFTER YOU VOTE...

By: Sara Donart

"Write to your Congressional Representative!" Long the battle cry for those staunch believers in the American political system, this call to action has left many a liberal-leaning Idahoan less than pulsating to pick up a pen. After all, with a congressional delegation composed of some of the farthest feathers of the radical right wing, what's a consumer advocate, peace activist or apartheid foe to do?

The answer to that question will probably be as much affected by one's personal and political slant as by anything presented here, but before deciding to save on postage and merely grumble, consider some options and alternatives for action.

First, a brush-up on congressional function can be useful, and the best place to begin is where the work begins - in committee. There are 135 committees and sub-committees in the U.S. Senate and over 160 in the House. After introduction, a bill is referred to one of these committees where it is either killed or pinched, squeezed and amended into shape then sent on through channels to the full House or Senate.

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Committee members, then, wield a great deal of power over the strength and shape of a piece of legislation, and as such offer the first and possibly weightiest window of opportunity for those wishing to have their opinions heard. True, a Congressman's first obligation is to his/her constituents. Elected officials are political creatures, however, and they needn't be potential presidential contenders to be interested in and affected by public opinion at large. For example, a letter voicing opposition to military aid to Nicaraguan contras was sent to Dante Fascell of Florida, chairman of the House Foreign Relations Committee. The letter elicited a polite and encouraging response, assuring this far-flung Idahoan that her opinions would be considered in the committee's "attempt to assess the views of the American public."

So take heart. If you suspect that your letter to Senator Symms about the dangers of food irradiation might slip through the cracks and into his round file, try targeting your letter to a more receptive and influential receiver. Political action groups can usually supply a list of key committee members able to affect issues relating to their cause, or a complete list of all congressional committees and their members can be obtained by writing to the Superintendent of Documents, U.S. Printing Office, Washington, D.C. 20402.

Then if you do decide to write, here are some general tips and advice:

*Explain why you're writing and do so clearly, concisely and in your own words. Avoid impersonal or form letters.

*If you are writing about a specific piece of legislation, refer to the bill as accurately as possible, using its title or number if you know it.



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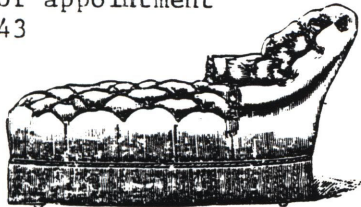
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*Be sure to include your return address on the letter and not just on the envelope.

*Consider timing. Remember it's best to catch a bill when it's still in committee.

*And if you're too busy to write, you can phone. (Note that Larry Craig has a toll-free number.)

For those who still want to stay in touch with our representatives in Washington, whether to commend or condemn their voting records, the following list gives phone numbers for both regional offices and those in Washington. Any senator or representative can be reached by merely writing to them at either the U.S. Senate, Washington, D.C. 20510, or the U.S. House of Representatives, Washington, D.C. 20515.

Senator James A. McClure

Washington: (202) 224-2752
Boise: 334-1560
Lewiston: 743-3579
Coeur d'Alene: 664-3086

Senator Steve Symms

Washington: (202) 224-6142
Boise: 334-1776
Moscow: 882-5560
Lewiston: 743-1492

Congressman Larry Craig

Washington: (202) 225-6611
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BLUE'S ROOM & BOARD

By: Phil Lettieri

The March 17th Board meeting was held at Blue's, and she and Oley served up soup (where'd those baguettes come from?!) for all those arriving early. It nearly needed to be "fish and loaves," as the multitudes really turned out for this one.

Carolyn Fortney, along with Pam Palmer and Tom Lamar, presented the Board with a plan, intended to increase interaction between the general membership, the staff and the Board; and which, they claimed, should also increase the efficiency of the Board. Two motions were put before us:

- That the Board meet every other month, instead of once a month, as it is now
- That each Board member should chair one, of a half dozen, or so, "action committees," deemed vital to the existence of the Co-op.

There was much discussion back and forth and all around, with mixed and varying opinions. I would say that, generally, there wasn't much enthusiasm for this proposal from the Board, but we did agree to take it under consideration and make a decision at the April meeting.



personally, I don't see the need to restructure the system so drastically, with the hope it might increase interaction and efficiency. I think, though, that proposals, such as this one, are important and necessary to the continued growth of the Co-op. If nothing else, they stir the pot.

Kenna proposed that a Review Committee be formed, which would set down guidelines for review procedures, and conduct periodic reviews of the General Manager, and possibly, the general managership system. This proposal was consensually approved by the Board, with Betsy, myself, Sue, Kenna and Bill London as founding members.

In Ginger's Manager's Report, she touched on several things, but stressed the fact that sales were down drastically and frightfully, through the middle of March, and that the Co-op could be in big trouble. To put things in perspective, though, other businesses in town are experiencing similar problems, and we all seem to be caught up in economically hard times.

A couple of footnotes in passing...David resigned his Board position, effective immediately. Schoolwork and a new baby on the way have become the priorities in his life, which leaves little time for Co-op business. John McCarthy/Mary Butters, one of the present combined-alternate Board members, will fill David's spot. Also, Stephen is stepping down as facilitator, and that role now falls to Melissa.

The next Board meeting will be April 21, 6:30 p.m. at 617 N. Jefferson, Moscow.



WITH THE HELP OF ONE PHLEBOTOMIST...

By: Lynda Herrick

Like her German ancestors who migrated west to the farmlands of Minnesota, Suzanne Beetsch has migrated west once more. Although she maintains her roots are Minnesota, where she was raised, she said it is the people, the "open-mindedness" of the westerner that she likes so well.

Suzanne is a board member of the Moscow Food Co-op and a part-time, let me get it straight, p-h-l-e-b-o-t-o-m-i-s-t at Gritman Memorial Hospital.

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With The Help of One Phlebotomist...

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Suzanne likes to help plants grow, too. She works seasonally at the Moscow Public Library as groundskeeper. Whether it is petunias in front of the Co-op, a perennial bed at the public library, or her son, Luke, Suzanne is adept at helping things to grow.

Of the Co-op, as a manager years ago of a similar co-op in St. Cloud, as a working volunteer, and as a board member, she says of course she would like to see it grow also. She means the one-stop-shop. And, with Suzanne's prowess for growth, and her help, maybe it will.



FROM THE BLUE COOLER

By: Sharon Lyons

Considering there are thousands of cheese types worldwide, the selection represented in the Co-op cooler is extremely modest. We try to make up for what we lack in cheese esoterica by offering, at a reduced scale, a choice based on cooking and eating qualities and on freshness related to each variety's availability.

Apparently a phlebotomist is the person who draws blood for diagnostic testing. The hiring staff at Gritman should be commended for their knowledge of traits to look for in employing someone for such a dastardly task. If anybody should be able to convince an able body to willingly offer an arm to any phlebotomist it would be someone like Suzanne. Her smile, almost constant and seemingly sincere to boot, probably takes the edge off a nervous patient or two.

It is impossible to tell you about Suzanne and not mention her two-year-old son, Luke. You may have seen him watering petunias outside the Co-op, or "helping" his mother shop. Surely if you have seen him shop you have seen evidence of it. He is that compact unit, again, whose smile is near constant (though Suzanne tells me otherwise).

Suzanne seems an easygoing mom. Motherhood is not only something she does, but also she has considered a career as a midwife. She became interested in midwifery when she first traveled to Idaho in 1979. In Bonners Ferry she met a midwife and the people who chose to deliver their babies at home. Of them she says, "I just thought it was so great that people had their babies at home." She apprenticed with a midwife for a year when she returned home to St. Cloud, Minnesota.

Several years later the west won Suzanne back again. She returned to Bonners Ferry to help friends build a house, and eventually came to Moscow to pursue schooling at the University in pre-nursing. Eventually, she said, she would like to obtain a degree in nursing. Cautious, she will not say for sure whether she will put her schooling background to work in the practice of midwifery.

Actually, there is a variety of systems by which cheese is classified around the world, but so far no single guide has emerged. One way is based on relative fat content, one on the method of preparation (especially temperature control), another on the quality of the cheese's finished texture, and one based on type and acidity of the coagulating agent used in production, and no doubt many more. For our purposes let's simply divide them up by moisture content into four very basic groups:

Soft - cream cheese, Kefir cheese (made by pressing extra moisture out of Kefir-inoculated milk) and Ricotta (a by-product made from whey).

Semi-soft - Muenster, Lappi, Mozzarella, for example.

Hard - the Cheddars to varying degrees, depending on ripeness, Monterey Jack and Colby.

Grating - Parmesan and Romano, although the latter is almost always sold at the Co-op in already grated form.

Most of our cheeses come to us from Nampa via both Ken-Eddy distributors in Spokane and Equinox Food Exchange in Springvale, and from Salmon Valley Creamery via Great Divide distributors in Missoula.

Our prices are very competitive. For additional savings per pound, a large block can be special ordered. If there is a variety of cheese you'd like to see carried at the Co-op, please let your wishes be known and we'll try to make it available.



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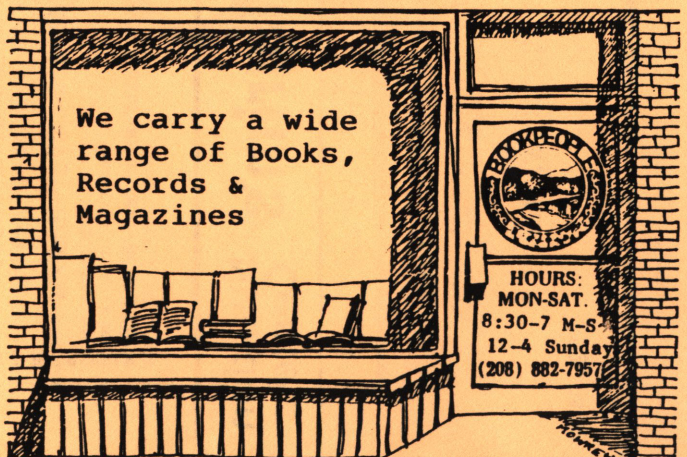
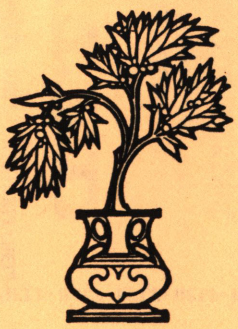


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