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Moscow Food Co-op

Aug 86



NEWSLETTER

LITTLE KNOWN FACTS

FOR USE AS COCKTAIL PARTY CONVERSATION STARTERS

By: Bill London

I know you're busy--so busy that you likely have not read the latest issue of Convenience Store Merchandiser, the magazine for convenience store executives and their suppliers. Convenience stores are the fast food supermarkets, so ably represented in this community by Circle K, Jet Gas, and Zip Trip. They, like every other interest group imaginable, have their own magazine.

This journal is slick and colorful, filled with product ads extolling profit margins of 40-60 percent on various hot dogs, candy, etc. Convenience Store Merchandiser is also free, given to any appropriate manager. The latest issue contains a few interesting food facts.

The next time someone wretches at the thought of soyfood, like tofu or tempeh, you can report just how mainstream soy is. The use of protein expander ingredients (like soy isolates, whey solids, and yeast) in American processed food is growing rapidly - \$592 million in 1986, projected to hit \$632 million by 1989.

Almost one half million shoppers at Lawsons 700 convenience stores in the Midwest recently voted on whether these stores should sell adult magazines. 238,173 voted "yes"; 43,286 said it didn't matter; and 151,064 opposed the sales. Lawsons will continue to sell them (from behind the counter).

In 1985, American consumption of candy per capita rose to 20 pounds annually (up from 17.9 pounds in 1983). Did you get your share? The total weight of the candy consumed in 1983 was 4 billion pounds; in 1985, it was 4.5 billion pounds. One-quarter of all Americans between the ages of 18 and 34 buy candy most frequently at convenience stores. Snickers is still Number 1, with a more than 10 percent market share. The average candy bar has about half of the calories of a McDonalds Big Mac. The hottest new candy sellers are Gummi Worms and Garbage Pail Kids.

Now you know.

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Little Annie Dvorak says:



"I buy my vitamins at
the Moscow Food Coop"

REACH OUT, REACH OUT AND HURT NO ONE

By: Tom Lamar

If you wish to put a "long distance" between yourself and companies involved with military contracts, your recently received Equal Access phone ballot will give you a chance to do just that.

By September second Moscow residents are expected to complete and return their equal access ballots with a selection of a particular long distance telephone carrier. People who return their ballots will be given the company of their choice; people who don't return their ballots will be assigned a company based on the percentage returns for each company. (Eg: If 60% of the people select AT&T, then 60% of the non-voters will be assigned AT&T.) Customers are expected to compare rates and services of the five companies on a worksheet provided with the Equal Access Ballot.

This article is intended to give people one additional criterion on which to base their long distance company selection: the company's involvement with military contracts. Food Coops have historically been known to support the concept of "putting your money where your mouth is," through buying organically grown foods or avoiding Morton Thiokol Salt ("When it rains it pours," makers of rocket motors and solid fuel for Midgetman, Minuteman, MX, Poseidon, Trident nuclear missiles, and the space shuttle). Well, that same mouth that eats those organic lentils and avoids that salt also talks on the telephone.

The following is a list of the companies that have moved into Moscow and some information concerning their relationship with the Military. None of this information is carried in store as corporate policies can change rapidly through takeovers, divestments, new business management and decisions.

AT&T of New York was 29th largest military contractor during 1984, doing \$769 million worth of business with the Department of Defense and the Department of Energy. Its Bell Telephone Laboratories division makes communication equipment for the Navy's Poseidon C-3 missile. Through AT&T technologies it builds guidance systems for the Army Nike-Hercules missile and operates Sandia nuclear weapons engineering laboratory in Albuquerque, NM.

American Network/Savenet of Vancouver, WA holds no military contracts themselves but they are owned by Pacific Telecom, a subsidiary of Pacific Corp. of Delaware. Pacific Telecom provides the Air Force with a communication network for military installations throughout Alaska.

American Sharecom/Altcom of Minneapolis is a privately held company which would not give out information about their earnings.

Comnet, Inc. of Beaverton, OR has purchased other telecommunication companies in the Northwest in an attempt to gain a greater market in that area. They were purchased by Slope Energy in 1985. No military contract information was uncovered.

Call-U.S. Inc. of Portland, OR is a privately held company with the president owning the majority of stock. They hold no military contracts.

If anyone would like further information concerning these companies, I am willing to share my file with others. Also GTE has provided telephone numbers for all of these companies which can be used to contact corporate officers.

Gem State Telephone of Moscow!

Notably missing from the above list of long distance competitors is Moscow's home grown telephone company, Gem State Telephone, Inc. They have chosen to not be on the ballot because they would have to raise their current rates simply for the convenience of enabling customers to dial "1".

Gem State Vice President Paul Redington emphasized that the choice of one of the above long distance carriers does not preclude that individual from also using Gem State Telephone. No matter what "dial 1" access company a person chooses to use that person can also make calls through Gem State Telephone with the use of an access code.

In an attempt to reduce his own phone bill Paul started Gem state Telephone just over one year ago. His experience making digital switching equipment in his father's corporation (Redcom Laboratories which invented the current state-of-the-art technology) has resulted in his objective of providing the highest quality of service possible in long distance carriers.

This objective has been realized by customers with a savings of 20% on the average. On a projected sales total of \$100,000, a 20% savings would mean that \$20,000 fewer dollars would leave Moscow's economy. And, of course, the money that is paid to the company benefits Moscow because Gem State is located here. Finally, Gem State puts half of its five dollar sign-up fee into a community fund. This year it gave \$400 to "Save the Ghormley Pool" fund.

DR. ANN RAYMER
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(208) 882-3723

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BECOMING BETTER FRIENDS WITH YOUR CO-OP

By: Carolyn Berman

Becoming a co-op member opens the door to establishing a sharing relationship with your co-op. To create this beneficial relationship, think about it: What can I give to support our co-op and how can the co-op satisfy my needs and desires?

To initially become a co-op member an individual contributes \$6 a year. A household of 2 people contributes \$12 or \$6 per adult to join. Senior citizens are given free membership. Membership monies are pooled in a special account used for purchasing new equipment and expanding inventory. In the past this capital contribution has been used to upgrade the store by remodeling, purchasing refrigeration units, cash register, scale, storage bins, etc. This enables the co-op to make annual improvements to keep the co-op a comfortable and organized place for natural foods shopping.

Each member receives a 6% discount on food purchases. You can simply evaluate co-op membership as a good deal if you will spend \$9 a month at the co-op.

If you have chosen the route of a working member you will receive an additional 15% discount on purchases. Working members donating time and positive energy to the co-op benefit in ways beyond discounts. Working members have the opportunity to meet new people, try out their skills and learn from the practical experience about the many aspects of running a co-operative business successfully. Working members play an active role in the growing process of the co-op. (If your time is limited and your positive co-op energy is everpresent, remember to support the co-op through increasing your weekly purchases.)

Regular weekly workers are scheduled each week to fill the roles of janitor, cashier, and stockers (3-4 hour position). All members can apply for these slots. Responsibility and commitment are a prerequisite for these ongoing jobs. Over the years the co-op has had an increasingly difficult time with members not dropping in when help is needed. Now, weekly workers provide smooth and efficient service for these everyday jobs.

If you're not the regular weekly worker type, there are a variety of projects at the co-op waiting for your energy. You can make a run for honey, or to the flour mill, or to the recycling center. Inventory is an end of the month working event. People willing to grow sprouts and bake granola are needed.

Think of the skills you would like to develop. You can gain skill working in groups using consensus by attending membership meetings, joining a committee and becoming more involved with the policy making aspect of the co-op. People with carpentry skills can help on building projects. Advertising students have done radio spots for the co-op. Writing for this newsletter is another option. Organizing the co-op yard sale, designing graphics, educational outreach on nutrition and health concerns are all possibilities.

THE MEETING THAT NEARLY WASN'T...

By: Phil Lettieri

... took place July 21 at Stephen's, I think. I showed up first, and Stephen thought I had come for a visit, for he had forgotten about the meeting. Shortly thereafter, Melissa and Bill showed up, and as it appeared the others had forgotten also, we decided to hold an informal meeting, more of a discussion actually, between the four of us.

So, we started discussing one thing and another, and this and that, and just jumped around a lot with our thoughts and conversation. Then Sue showed up, and as we were into our informal format, we continued right along. Later, John arrived, and by that time it seemed we were past the point-of-no-return, and despite having six Board members present, we kept it informal.

Finally, though, we reached a point in our discussion where we needed to make a collective, official decision. So, it turned out that about the last twenty minutes became the "real" meeting, and we consensually approved Bill's request to attend the Provender Alliance get-together in Olympia, August 23 & 24.

One area of concern we did discuss is the fact that, come November, four Board members will definitely be resigning their positions. This could throw a bit of havoc into the Co-op if replacements aren't found.

It seems to be an unwritten rule, or at least an understanding, that resigning Board members make an effort to find a replacement. I've been talking to people about it, and have others in mind, to replace as many leaving members as possible. If you think you may be interested in serving on the Board of Directors as your form of volunteerism, please attend a meeting and talk to other Board members, so as to get some understanding about what the job entails.

Next meeting will be August 18, 6:30 p.m., at East City Park, Moscow; or at the Co-op if it rains.

Becoming Better Friends...

Page Two

The options are limitless. You can help the co-op grow and become more responsive to its members' needs. The co-op is full of niches for people to discover and try out. Remember, the co-op needs your support whether you are a specialist or a Jack/Jill of all trades!

WHEN NONPROFIT COMMUNITY GROUPS NEED HELP

By: Linda Fromm, President of the
Board, Silent Partners, Inc.

In today's world, it is no longer enough to be a "worthy cause." Nonprofit community groups are struggling for their fair share of not only operating capital but even volunteers and community recognition. Often the greatest need of these nonprofits is expert advice and help in developing, organizing, incorporating, and in funding techniques needed for survival.

That's why we exist--to aid nonprofit organizations in Idaho, Oregon, Washington, and Montana. We, too, are a nonprofit group, formed to help other nonprofits by supplying them with the expert knowledge, techniques, training and services needed to compete and survive in their service communities. Limited operating budgets are universal with most nonprofits, and the providing of needed services free or at cost is one of our major goals.

We begin by sending out a preliminary questionnaire, inquiring about services you might need, the size and focus of your group, etc. If you represent an existing group that might need our aid, please send for that questionnaire. If you are trying to start a new nonprofit organization that might benefit from our help, please send for the questionnaire.

Our name is Silent Partners, Inc. Our address is 310 North Seventh Street in Coeur d'Alene, ID 83814. If you have other questions please call me, Linda Fromm at (208) 765-9380. Thank you.

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BIG MOUNTAIN UPDATE

By: Leigh Robartes

The history of the United States' relations with its native populations is filled with the tales of warfare, broken treaties and forced relocations. In the process, a way of life demanding a deep spiritual relationship with nature has been virtually destroyed. The gods of the world's indigenous people have always looked highly on responsible land stewardship and respect for the patterns of nature that will sustain future generations. As traditional people praise their ancestors' spirits, they also look ahead to the future generations, so that their spirits may be sustained.

The "Relocation Act", a federal law passed in 1974, requires the forced relocation of 10,000 Navajos from the heart of the Navajo reservation. The Navajo Nation is unique in that it is the only Native American tribe within the U.S. large enough to truly be a nation within a nation, a major distinct cultural entity. They are also unique in that they are one of the few tribes living on their original homeland, land they occupied before the United States existed. The relocation, if carried out, will destroy much of the cultural integrity of the Navajo people.

There have been many stories about the relocation at Big Mountain in the media lately. Many of these stories, particularly those written by the Associated Press, ignore a major aspect of the story, namely that the Navajos to be relocated are sitting on top of a major coal seam and a few interest groups would love to see them moved.

The Navajo relocation has been painted as a legislative solution to a land conflict between the Navajo and the neighboring tribe, the Hopi. P.L. 93-531, passed by Congress in 1974, requires 10,000 of the nation's most traditional people to leave their ancestral homeland to make way for the Hopis. Congress either did not know, or chose to ignore, the fact that the Hopi claim was based on an arbitrary 1882 boundary that did not take into account Hopi occupancy. The Navajo have lived on the contested land since before the United States existed. Congress also failed to heed the "traditional" Hopi, who make up 90% of the Hopi tribe. They have no quarrel with the Navajo and do not want to see their neighbors removed. Since these traditionals regularly boycott the tribal elections, which they see as alien to their ancient ways of decision making, the U.S. government only hears the voice of the non-traditional elite who run the Tribal Council. Unlike their traditional counterparts, these men no longer see living in harmony with nature as the main focus in their lives, but hold money-making opportunities in high regard. It should not be overlooked that John Boydon, lawyer for Peabody Coal Company, was also the head attorney for the Hopi Tribal Council during the relocation push. Past and future lawyers for Peabody Coal actually wrote P.L. 93-531. The public relations firm of Dave Evans and Assoc., which was staging a Navajo vs. Hopi range war for the benefit of the press in 1974, was simultaneously working for Peabody Coal.

If the Hopi Tribal Council gets control over the Navajo homeland, it will be stripmined and a few people will become very wealthy, but what of the relocated Navajos? Most still refuse to leave. The ones who have left suffer immensely in reservation border towns. These are people who have little knowledge of our wage economy, rents, mortgage payments or even the English language. They suffer acute depression from being away from the only way of life that they and their ancestors have ever known. The ones who refuse to leave usually site their deep, spiritual relationship with the land as the reason for staying.

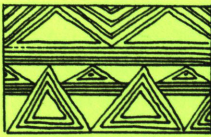
The government-established deadline for the relocation program was July 8, 1986. That deadline has passed and literally thousands of Navajos remain on the land. There is a survival camp on Big Mountain, and supporters are there helping out with chores, while the elders are organizing or away on speaking trips. The federal government has taken no action as of yet forcing the Navajos to leave, pending the outcome of a lawsuit by the Big Mountain Legal Defense/Offense Committee, citing the destructive effects of relocation on the people who have already moved, and the lack of funds to move them "correctly." This is ultimately aimed at getting the courts to realize that it is impossible to remove traditional people and remain sensitive to their needs.

Senator Alan Cranston calls the relocation a "huge injustice." So far he is a lone voice in Congress. We need a groundswell of support for a repeal of the relocation act, P.L. 93-531. Even letters simply saying "REPEAL 93-531!" can be effective if sent in large numbers. There are relocation moratorium bills that should be supported. In the House it's H.R. 4872 and in the Senate it's S. 2545. Let Craig (who is on the House Interior Committee), Symms (who chairs the Senate Interior Committee), McClure and Foley know how you feel.

On Big Mountain and in other parts of the relocation area, the people complain of almost daily overflights by F-111 fighter planes, some as low as 400 feet over the camps. This harrassment disrupts ceremonies, scatters livestock and further traumatizes the traditionals who are already under great pressure.

The Defense Committee is in need of volunteers in its office in Flagstaff throughout the fall to keep its organizational effort going. There is also a need for supporters to help out on the land. Volunteer work is being co-ordinated by the Big Mountain Legal Defense/Offense Committee, 2501 N. 4th Street, Suite 18, Flagstaff, AZ 86001.

Updates on the relocation situation can be heard Sunday nights at 11:00 on KU01-FM, 89.3, or call 882-9775.



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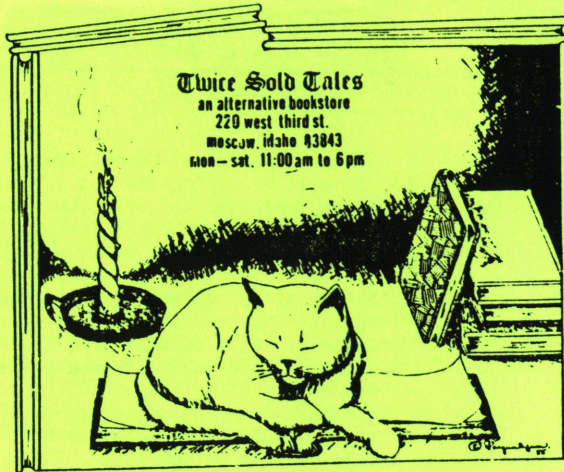
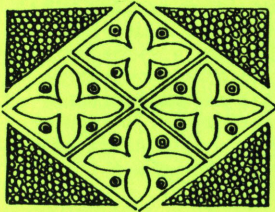


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