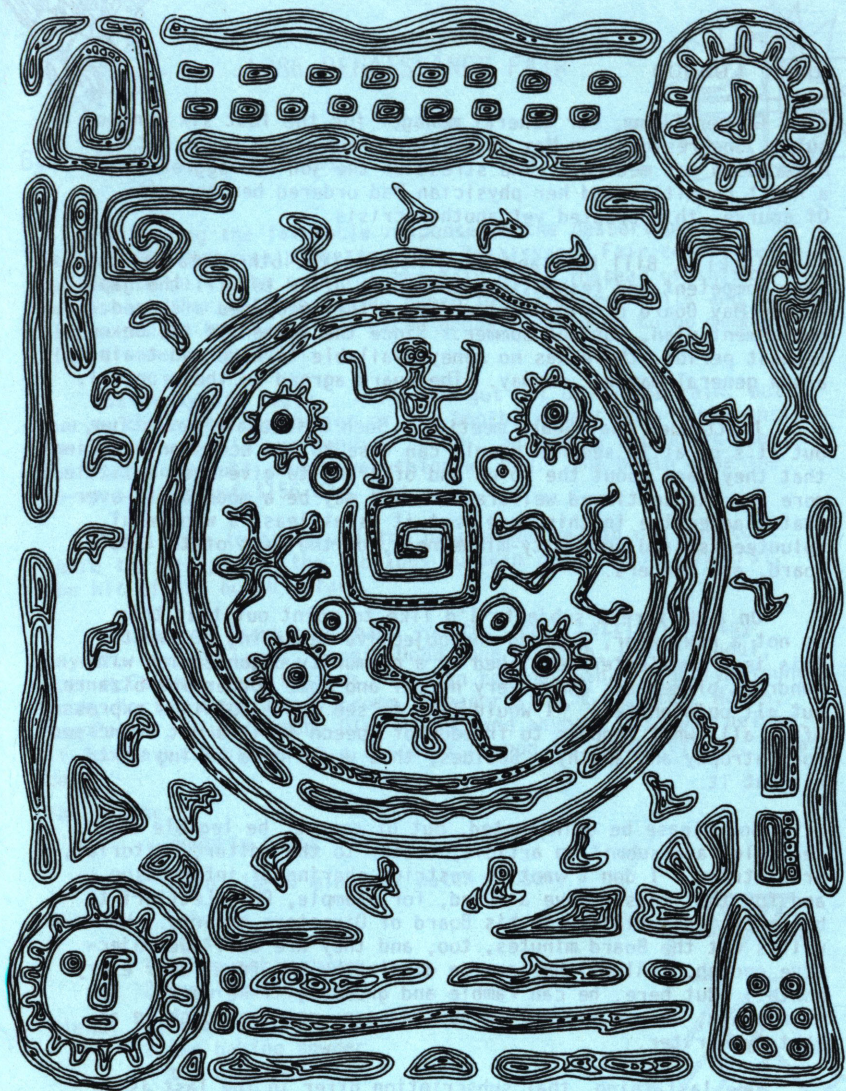


Day-NW HD3284 N48



**Moscow Food Co-op** 

NEWSLETTER

# GINGER IS OUT--BILL AND HENRY ARE IN!



By: Bill London

Ginger Clemm, our general manager for the last six months, quit. She resigned on May 14, giving exactly one day's notice. Her reason was medical. The stress of the job had aggravated a heart condition and her physician had ordered her to quit. Of course, this created yet another crisis.

Luckily, Bill Beck and Henry McCray (the other staffers) were competent and responsible enough to offer to fill the gap. At the May Board of Directors meeting, they proposed a shared management plan, for the summer. Since the summer is the Co-op's leanest period, there was no money available to hire and train a new general manager anyway. The Board agreed to the proposal.

I attended that Board meeting. Such crises are never fun, but it's great to see how people can rise to the occasion--showing that they care about the Co-op and offering to give just a little more for its continued welfare. Heroic may be a moderately-overstated adjective in this case, but it is at least a wonderful volunteerism and community-mindedness, on the part of the staff, board, and members.

On a different subject, I'd like to point out that this is not a newspaper, a bland and objective reporting of events. This is a newsletter published by a community organization with hundreds of members (some very normal and some borderline bizarre, but all opinionated). I would like to see those opinions expressed. After all, what happens to freedom of speech if it's not exercised? More atrophy and apathy. Besides, this would be a boring world without it.

So, please be opinionated, but of course, be legible and readable, and submit an article, letter to the editor, editorial, or diatribe. I don't want to restrict sharing of information, and for that reason have allowed, for example, Phil Lettieri to blatantly editorialize in his Board of Directors reports. He writes out the Board minutes, too, and they are dull and objective enough. (Also, they are on display by the front door every month.) But here, he can ramble and grumble, if he wants. But then again, so can you. Pick up that pen, or start pecking at that typewriter.

One last thing, that subscription offer in the last issue was for real. A full year (12 big issues) of this newsletter will be delivered to you (or anyone you designate) anywhere in North America by uniformed employees of the Postal Service. All for seven bucks. What a deal.

June 1986

Published by the Moscow Food Co-op

314 S. Washington Moscow, ID 83843 (208) 882-8537

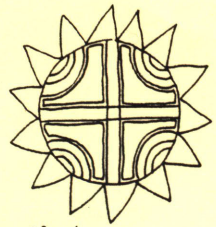
Editor: Bill London  
Advertising: Phil Lettieri

Graphics: Rose Terry Parks  
Typing: Kay Cronin of Hands  
Down Typing Service

COOP BY  
kinko's



## 1986 RENAISSANCE FAIR



3

By: Melissa Rockwood

Following the favorable response to the dessert putluck at the 1985 Membership meeting, the Renaissance Fair committee decided to do a bake sale for the Fair booth instead of shish-kebobs or other hot foods. We hoped to maximize profits and minimize expenses by having the baked goods donated by Co-op members (for discount coupons).

Saturday was soggy. The booth got put up in the rain, but due to the sunny day design of the booth, we set up a table inside the Co-op and sold our goodies there. Sunday we set up at the Fair and sold just about everything we had. The booth made the Co-op a profit of \$156.03. Wow.

We'd like to thank all the people who helped out and to share the recipe for the fabulous pumpkin rolls (Mary Butters), the hit of the booth's fare.

Thank you Thank you Thank you to: Phil Lettieri, Betsy Snyder, Stephen Lyons, Bonnie Dodd, Sue Beetsch, David Thodal, John McCarthy, Mary Butters, Carolyn Fortney, Spam, Carolyn Young Cook, Karla Fromm, Marty Fromm, Eleanor Kirk, Sara Rial, Mahin, Pam Palmer, Blue Leitch, Oly, Airin, and anybody else who helped. If you haven't picked up a discount coupon for your efforts, please do.

The recipe:

### PUMPKIN ROLLS

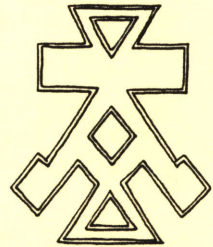
375° oven, 10-15 minutes, watch closely

Blend:  $\frac{1}{2}$  C honey  
6 eggs  
1  $\frac{1}{3}$  pumpkin puree  
2 tsp lemon juice

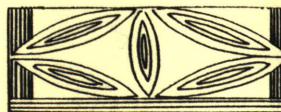
Blend:  $1\frac{1}{2}$  C ww flour  
2 tsp baking powder  
4 tsp cinnamon  
1 tsp nutmeg  
1 tsp salt  
2 tsp ginger

2 C chopped walnuts

Filling: 16 oz. cream cheese (cream together)  
1 tsp vanilla  
 $\frac{1}{3}$  C honey



Mix wet and dry ingredients. Take two cookie sheets and coat with Crisco, put wax paper on top of that and coat top of paper with more Crisco. Spread batter evenly onto cookie sheet, sprinkle walnuts on top and gently press into batter. Bake 10-15 minutes. Turn out cake onto a lightweight tea towel while still hot (walnut side down). Roll towel and cake together, nuts on outside. Cool, unroll and spread with filling. Re-roll and chill or freeze in foil.



By: Laird Hastay

In the past two years, individuals and groups around the United States have rallied to support the poor and oppressed in Central America. Donations from thousands of Americans have enabled Oxfam America to send nearly \$1 million worth of equipment and project support to Nicaragua, El Salvador, Honduras, and Guatemala.

Here on the Palouse, our 1985 Tools for Peace and Justice campaign collected more than \$3,000 worth of tools and supplies - including a pickup truck, irrigation pumps, barbed wire, seed, and horseshoes. This material is being used by Nicaraguans who are struggling for survival in a country torn by war. Visits to Nicaragua by residents of eastern Washington and northern Idaho have documented additional ways that North Americans can help.

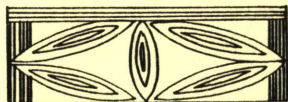
Our 1986 Tools for Peace and Justice campaign will again focus on family-to-family and farmer-to-farmer aid. This year, we are coordinating our efforts with the Peace and Justice Action League of Spokane and other interested civic and church groups. Our geographic reach and organizational support are much greater than last year.

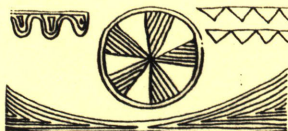
The people of Nicaragua need almost any tool: agricultural (hoes, rakes, shovels, machetes, wheeled push cultivators, axes, pickaxes, mattocks, post-hole diggers, gardening forks, spades), construction (hammers, saws, wheelbarrows, nails, mechanic's tools, chainsaws, screws), and educational (pencils, paper, rulers, base-ball equipment, playground balls, mimeo machines, duplicators, typewriters). We also want to collect household items like blenders (for mixing corn and soybeans in community nutrition projects), sewing machines, scissors, fabric, zippers, buttons, thread, blankets, needles, flashlights and batteries, rubber boots. We need, in addition, bicycles, medical and veterinarian supplies, and suitcases.

You can bring your contributions to our collection point: The Methodist Church in Pullman on weekday mornings or the Methodist Church in Moscow on weekdays. If you want to arrange for us to pick things up at hour house, call Tom or Pam at (208) 882-1051, Carol at (509) 332-1332, or me at (509) 332-5492.

We need your help in collecting those tools and other supplies for distribution to farmers, households, and independent organizations. In addition we are asking for cash donations for two purposes:

- To contribute to Oxfam America's national tools campaign, which intends to buy equipment such as corn mills for the Nicaraguan people;
- To pay for shipping the materials collected locally. (It costs about 20 cents a pound to ship goods from the United States to Nicaragua. If you could include a cash donation to cover the shipping costs of the tools you donate, that would be greatly appreciated.)



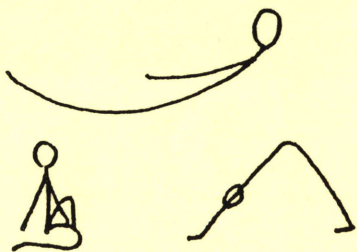


Our focus this year is on Nicaragua alone because Oxfam has found it almost impossible to carry on its work in El Salvador, Honduras, or Guatemala. Oxfam is also sponsoring the Quixote Center's (Washington, D.C.) Quest for Peace, which is a nationwide effort to raise millions in genuinely humanitarian aid for the Nicaraguan people.

Checks made out to Oxfam America are tax deductible and will be used by Oxfam to purchase tools. Checks made out to the Quixote Center are also tax deductible and will be used to help pay for transporting tools and other material aid from our area to Nicaragua.

The people of Nicaragua need our help and support more than ever. The deadline for this year's donation campaign is August 31, 1986. To find out how you can help on the campaign or for more information about our efforts, please call me at (509) 332-5492 or write me at P.O. Box 1269, Albion, Washington 99102, or contact other members of the Coalition for Central America. We also welcome your help in spreading word about this campaign to your friends and neighbors.

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By: Lynda Herrick

As soon as she turned eighteen, Blue (self-named since she was fourteen years old) Leitch left Berkeley, California where she was raised. Since that fateful day, eleven years ago, Moscow is the largest town she's lived in. She's never liked city life, and spent years traveling the Northwest, working in the field of forest technology, until she received an injury on the job which caused her to concentrate her efforts towards less laborious work.

She combined her artistic talent with her need for a small town environment and set foot for the University of Idaho. Now, six years later, she is completing a B.F.A. combined with a B.S. in secondary art education. On her apartment walls hang many large canvases of oil paintings done by herself, filled with lots of brightly contrasting colors. There is a huge, peaceful landscape of some big country on one wall. There is one of the interior of a hunting camp: two men are playing cards with a bottle of whiskey between them, a recounting of one of Blue's previous jobs as cook in a hunting camp.

And everywhere, crystals: topaz and quartz. She says it is the energy emitted from the crystals and their reflective qualities which intrigues her so. An interest in Native American culture inspires much of her art. One can imagine her spiritually earthen artistic talent tormented by the concrete and teeming masses of the city.



Blue's future is full with small towns and open country. As soon as she finishes her degree, she will do some of her student teaching at the Coeur d'Alene Tribal School in De Smet. She will be doing an oil painting workshop at the school in Elk River and a workshop in watercolors at Deary. These are some of the towns of her art teaching ambitions.

Just because Blue is not making a move to any metropolitan area does not mean that she doesn't enjoy recognition. She is proud of a prestigious recognition she received at a juried art exhibition last year. She talks enthusiastically of a show last winter of which her works were half of the show.

And, speaking of recognition, Blue is soon due to have her first baby. Well, this is her profile story: she is big and beautiful!

Back to biz. Admittedly opinionated, Blue as a board member of the Moscow Food Co-op for a year, says we need a stronger financial commitment from Co-op members. She said this means possible higher membership fees to be used for capital investments such as a sorely needed new produce cooler, a scale in back for measuring container weights, a new juice cooler, all of which have been on the need list for some time now.

She also believes the Co-op should have a manager with a strong financial background. Another goal for the Co-op she would like to see installed is a much broader inventory - she's another proponent of the one-stop-shop.

### NINTH ANNUAL EVERGREEN RETREAT

The 9th annual Evergreen Healing and Awareness Arts Retreat will be held from June 27 thru July 4th, in a wooded area 26 miles north of Moscow. 20 skilled healers and teachers from the Western U.S. and Canada will offer their art daily in workshops and other events. Available will be treatments and consultations. \$120 for the week, or \$25/day, suggested contribution, includes all events, whole food vegetarian meals and camping. Flyers are at the Co-op, or send SASE to Evergreen, P.O. Box 9701, Moscow, ID 83843, or call (208) 875-0197.

### Specialty Breads Available at the CO-OP

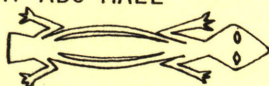


JAN HALLAQ

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(208) 882-3452

## THE SHELL GAME SHUFFLE AT ABC MALL

By: Sara Donart



Armstrong Brookfield Circadian (the purple mall downtown) is changing and rearranging.

Mercy Beanz has recently acquired a new name and owner, becoming Mama's Pasta and Coffeehouse, "a place to emphatically exchange ideas in the throes of empassioned sobriety," as new owner Roy Easton described his vision of the recently revamped cafe, located in the back corner of the mall. In the space formerly occupied by Tobacco Rose, Easton has built a stage, which he hopes will give local musicians, poets and actors a place to perform and pass the hat.

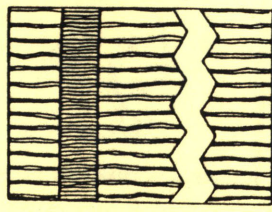
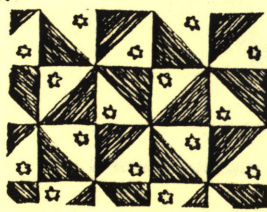
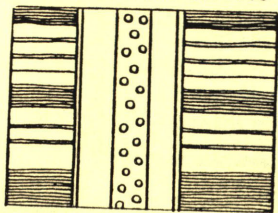
Tobacco Rose, long secluded as an add-on business to Mercy Beanz, has moved up-town and into its own, now occupying the street-front space that was formerly home to Heartwinds music store. Heartwinds, for its part, has taken up residence in the triangular room one stop up from Mama's thus completing the shell game shuffle.

The newly installed Tobacco Rose will deal in "everything about tobacco, everything about coffee, as well as unique, almost gallery-quality hand-made objects from around the world," according to owner Kally Thurman. Beadwork from the Shoshone-Bannock tribe of southern Idaho is the first of such work to appear in Thurman's showcase, but she hopes to eventually include crafts and art work from South America, Africa, India and China.

As for Thurman, personally, she said the switch from cafe owner to shop keeper suits her fine. She wished Easton and the new cafe the best of luck, but commented contentedly that, in her new role, "I can just sit and file my nails all day if I want to."

Easton appeared equally pleased and perhaps a bit more energetic about tackling his new enterprise. He said the cafe will keep its beer and wine license, but added that he sees the new Mama's as more of "a gathering place" than a tavern. The food menu will include cold sandwiches, hot soups and pastries, and Easton hopes to have a take-out service by July. Easton, who spent several years as a chef in Texas, claims to make "a mean bowel of Texas chili" and plans to sell his chili either hot on the spot or frozen to go.

Easton, a self-described "child of the 60s," officially opened and christened Mama's Pasta and Coffeehouse on May 23, and said the name was chosen "in honor of my mama who taught me how to boil water," Easton said in a recent interview. Since that time he has done a good deal of cooking on his own, most recently as a baker/chef at The Seasons Restaurant in Pullman. Easton intends to do most of the cooking and baking at Mama's, and his remodeling plans call for a new deli case and a more efficient service area.

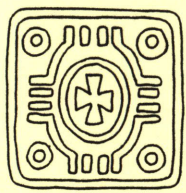
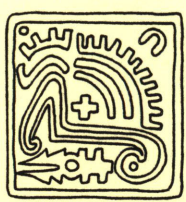




Easton is not just a cook, however. He is also a poet and a "semi-retired hippie" how was first attracted to Moscow because of the "thriving artistic community" here. He hopes the coffee-house will attract some of the many performing artists in the area, and said he wants to offer light drama, poetry reading and readers' theater as well as acoustic music at the new cabaret.

The stage area will seat about 30 people and will be somewhat apart from the rest of the cafe. Easton said he hoped the arrangement would allow patrons to enjoy themselves without interrupting either the music lovers in the crowd or those who have just come for coffee and conversation.

Easton said to look for an August grand opening when all the remodeling is complete.



### THESE SEEDS NEED A HOME

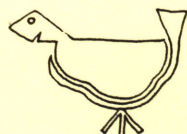
By: Tomi Lamar

Seeds, seeds, they're good for your heart,  
The more you plant the more you start,  
The more you start the better you eat,  
So plant some seeds between your feet!

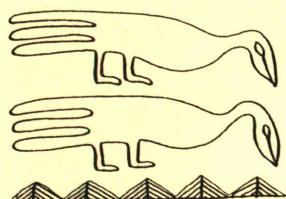
Hey you! There are lots of seeds at the Co-op that can still be planted in the ground to make food. And, these seeds are from "Good Seed" which means they are, because they were raised organically.

Now I figure that the reason why there are still so many seeds in the Co-op is because lots of people that would like to have a garden don't have the space to do it. Since Moscow doesn't have a community garden yet (perhaps we need one at Mountain View Park: do you hear that City Council?), other options need to be considered.

If you are one in need of garden space, I suggest talking to the owners of that rental property next door and see if they will let you dig up a small corner of the yard (say 200 square feet or so) to put in a few vegetables. Then, come on down and buy some "Good" seeds to put in your new garden!



AT MELISSA'S II ...



By: Phil Lettieri

... is where we gathered for a stormy night of discussion on May 19th. Due to the seriousness of recent events, the original site for the meeting, East City Park, was scrapped, in favor of a less distracting atmosphere.

Thus, we got down to the business at hand, which was three-fold in nature: Ginger's resignation; how to manage the store immediately; and what to do about the bookkeeping situation.

There were pros and cons to Ginger's performance over the past six months, and I think proper credit and criticism was given during our discussion on this matter. Her official letter of resignation stated she was leaving for health reasons.

As for managing the store, Bill and Henry proposed that they assume the responsibility under a co-manager system. Along with some other minor points, we agreed to their proposal on a temporary basis until September 1, when the Review Committee will make a recommendation as to whether to continue with it, or go back to a single general manager.

The bookkeeping situation was really the critical point of the evening, and for the future of the Co-op. It seems our books have been a state of sheer distress for a long time, and we have not been receiving accurate financial information. A combination Finance/Hiring Committee was formed to explore the problems, and hire a new bookkeeper. Also, David Cook has agreed to work with the new person during a two month period of training and familiarization.

During evaluations at the end of the meeting, Bill London noted that despite the recent upheavals, he personally enjoyed them because of how people came together to offer help at a time of crisis. Betsy also pointed out that when personalities are put aside, things can work smoothly and we can be productive.

I agree with these assessments, and I think there are lessons here for us all to learn. Recently, the Board has been under opposing criticisms of being weak and ineffective on one hand, and being slightly despotic on the other. I understand that criticism goes along with the territory, but I hope others understand that I, personally, don't feel I have any special wisdom for solving the problems of the Co-op, but together we form a collective wisdom that sometimes is correct, and sometimes isn't.

Criticizing others is probably one of the easiest things we'll ever do in life, just as working together may be one of the toughest. I believe we all simply want what's best for the Co-op, and if we keep this in mind throughout all the differences of opinion, we just may have a successful operation. Let's hope so!

The next meeting will be June 23, 6:30 p.m., at Bill Beck's new architectural delight. Keep an eye on the bulletin board for directions.

## SURVEY RESULTS



//

By: Kenna Eaton

Remember the survey left on the counter in May? Well, the results are in, and the response was overwhelmingly positive. Those who responded thought the store was generally clean, well managed, and attractive.

Eighty-one people responded to our general manager/staff evaluation. This survey was initiated to help us (the review committee) in our evaluation of Ginger Clemm as general manager. However, in the middle of this, Ginger resigned. So, the review committee is on hold until the end of the summer when we examine our present management.

By the way, our survey only offered space for a yes or no response. Some people made a mark in between. This column I titled "sometimes, maybe, sort of." Secondly, perhaps some people didn't take the time to read this thoroughly and marked yes for each one.

The complete tabulation is available in the store (on the bulletin board by the front door). But here's a sketch of the results:

To question 1 (store appearance) the response was very positive (unanimous even, that the store is clean). Almost half were concerned with the amount of out-of-stock items, however.

Question 2 (about the staff) was overwhelmingly supportive. Almost everyone thought they were doing well.

On Question 3 (product selection) most were again content, though significant minorities wanted some changes.

Responding to Question 4 (our prices), most thought the prices were competitive and our pricing system satisfactory.

Thanks very much to those who answered our questions and especially to those who added the thoughtful comments. The surveys are now being reviewed by Bill Beck and Henry McCray.

**New Member**

**June 24<sup>th</sup>**

**Discount Coupon**

**Non-working members receive 15% off !!**



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# Main Street

pickle inc. prop

# deli

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(weather permitting)

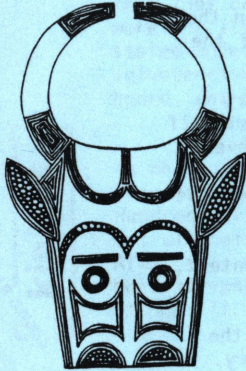
and

## \$3<sup>00</sup> Summer Lunch Specials

- Mon. • Cup of Soup and 1/2 Basic Veggie Sandwich
- Tues. • Chicken Salad Sandwich
- Wed. • 2 Small Salads and Baquette
- Thurs. • Quiche and Tossed Salad
- Fri. • Crab and Cheese Baquette
- Sat. • French Dip Sandwich

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Lunch Served from 11:00 a.m. Daily

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# BICYCLE

Sales and Service



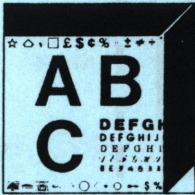
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