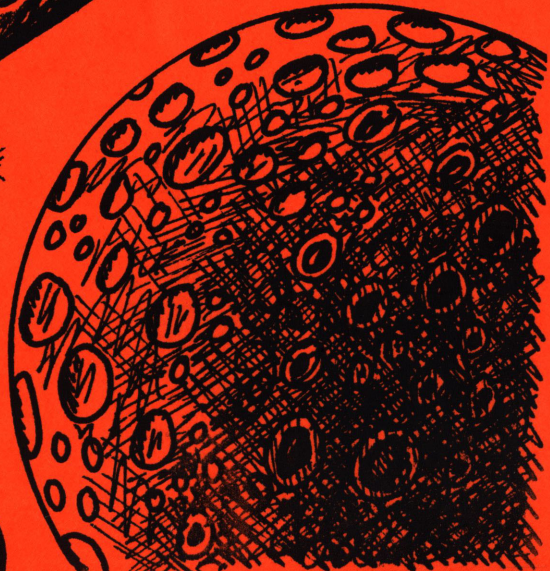


Wisconsin Food Coop



March Newsletter





THE LAST OF GINGER CLEMM

By: Bill London



Ginger Clemm, Co-op General Manager from January until May of 1986, has paid up. According to Mark Krueger, our present Financial Coordinator, she owed the Co-op \$145.49 for a half-dozen bounced checks she wrote while on the Co-op staff. Since the checks were written from December of 1985 until her resignation, Clemm was charged \$7.25 in interest as well.

On February 17, 1987, she paid the full debt of \$152.74 with a cashier's check.

The debt was initially discovered soon after her resignation. Harry Davey volunteered to investigate the store's finances and to uncover any financial discrepancies. He noticed immediately that of the bounced checks (those written without enough money in the writer's account--listed by the bank as Non Sufficient Funds or NSF's), nine were Clemm's. There was no record that she had ever repaid the Co-op for any of those bad checks she wrote. As General Manager, Clemm was the only one to record or try to collect NSF checks, so no one else was aware of them.

Bill Beck (who replaced Ginger) then tried to find records of her redeposit of those checks or payment of that debt. Those records were not there, so he contacted her. Clemm promised to repay in full, but no payment was received.

Later, two members of the Co-op Board of Directors (Blue Leitch and Phil Lettieri) contacted Clemm. She did give Blue \$60 (of the \$205.49 total) and promised more. The remainder never arrived.

Beck then contacted the police and the prosecuting attorney. The authorities agreed that the problem was not a criminal matter, since Clemm had promised to repay. The debt was, therefore, really a broken contract and a civil matter suitable for Small Claims Court.

On Friday, February 13, Clemm was called, reminded of the debt and given until the next Tuesday to pay up or face a court suit. She paid.



PUBLISHED BY: MOSCOW FOOD CO-OP

Hours: Monday to Saturday 9:00 a.m. - 7:00 p.m.
314 S. Washington, Moscow, ID 83843
(208) 882-8337

Editor: Bill London
Graphics: Sarah Moore
Advertising: Elliot Bruhl
Typing: Kay Cronin of Hands Down



New Member Worker Discounts

By: Carolyn Fortney

Starting February 16, a new system of member worker discounts went into effect at the Moscow Food Co-op. In a bold attempt to attract and keep new volunteer workers and to provide adequate incentive for all member workers, the board reduced the hours required for the standard 15% discount. The new schedule is as follows:



- *3 hours a week = 25% discount
- *8 hours a month = 20% discount
- *4 hours a month = 15% discount
- *on a drop-in basis a 10% discount coupon (dated for one week) will be issued for 1 hour of work).

One feature of the new system are the sign-up calendars in the back of the store showing 2 calendar months. Workers are encouraged (expected) to sign-up in advance of their shift, preferably a month in advance. This will enable the staff to plan ahead, allowing focus time for their specific responsibilities, instead of always scrambling for cashiers and stockers. The aim, of course, is for a more efficient and prosperous Co-op. In addition, there will be a messenger board adjacent to the calendars, which will alert workers to priority tasks and times.

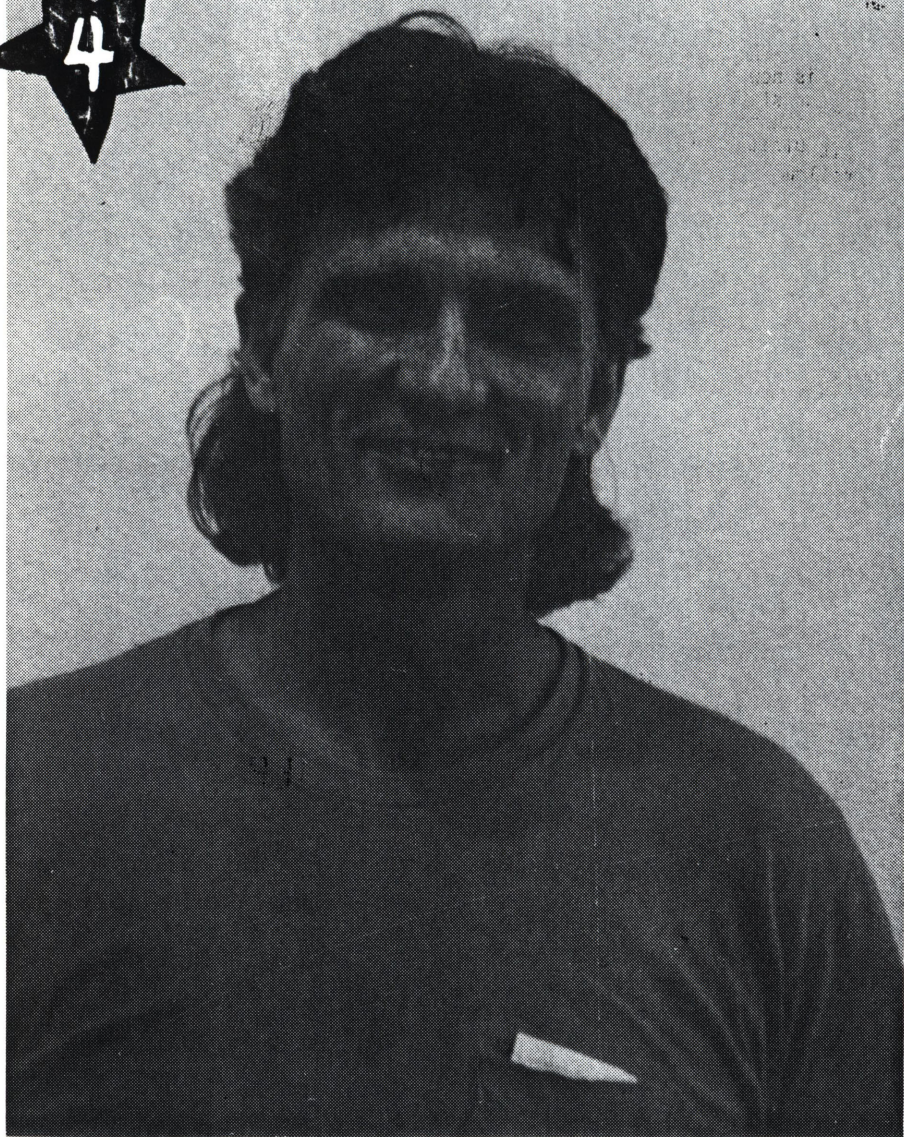
To facilitate a smooth transition to the new system there will be a few expectations of member workers, including:

- *Signing up on the calendars in advance, especially cashiers, stockers and janitors
- *When reporting for work, signing-in with the log book kept at the calendars
- *When unable to work a shift, either finding a substitute or notifying the staff
- *Always checking the messenger board adjacent to the calendars
- *When making a purchase, signing-out with the cashiers notebook listing the amount of discount (this is a 3 month trial, tracking the cost of member worker discounts to the Co-op)
- *The 4 and 8 hour a month workers are encouraged to work shifts of at least 2 hours.

Finally, if any member or member worker has any further input concerning this system, or ideas concerning the workability of the system after it has been in effect for a while, please contact members of the board or staff. And remember:

sign-up!
sign-in!
sign-out!





NUTRITION STUDENT JOINS BOARD OF DIRECTORS

By: Laura Bokor

This last December the Moscow Food Co-op welcomed the energies of three new members to the Board of Directors. One is Turman Woodruff, a nutrition student at Washington State University.

I met Truman, a tall man in a baseball cap, at the Combine Mall in Pullman and as we talked over very strong coffee, he told me how he came to the Palouse from Denver, Colorado, and of his interests in Co-ops.

NUTRITION STUDENT JOINS BOARD OF DIRECTORS

He grew up in Denver, although the atmosphere of a small town is now more to his taste. He prefers Moscow to Pullman, but plans to stay in Pullman to avoid out-of-state tuition, which takes us back to the main reason he came to the Palouse--his studies in nutrition at WSU. WSU has an excellent nutrition program and that's where Truman's interests lie.

The Moscow Food Co-op is a necessary alternative to consumers' needs, especially where society is becoming more health conscious, he told me, although he feels if the world was to be fed strictly on organic food the whole political, economic and educational systems would have to change.

His first experiences in the Northwest were in funny sounding places in Washington like the small towns Twisp and Methow. In those towns he worked as a carpenter, assembling kit log cabins. After attending school in Ellensburg, he transferred to WSU and learned of the Co-op from a colleague.

At the Co-op he started out as a volunteer, stocking shelves. Now as one of the new Board members, he is learning the cash resigter and really enjoys the give and take at the monthly Board meetings. He wanted to learn about the workings of food co-ops, and now he has a chance to see how they function from an insider's position. Plus, now he has a chance to shape the future of the Moscow Food Co-op.

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

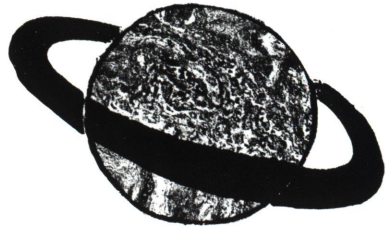
803 S. Jefferson
Suite #3
Moscow, Idaho 83843



Animal Care Center
Kathy Babson, D.V.M.

328 N. Main Moscow, Idaho 83843
(208) 883-4349

5



THE SUGARS OF HONEY

By: Garrick Kruse, Life Force
Honey, Moscow, Idaho

Although honey has been known as a food since ancient times, its importance to man seems to have decreased as civilization advanced. In view of the fact that honey is a product ready for use without artificial treatment and that it is composed of the two sugars (dextrose and levulose) most acceptable to the human organism, it is strange that honey is not more widely promoted and used.

Levulose has been called the "queen" of sugars. It is almost twice as sweet as cane sugar. In a pure state, this sugar is difficult to obtain, but it occurs naturally not only in honey, but in many fruits.

If cane or beet sugar remains too long in the alimentary canal before absorption and before digestion is completed, fermentation may occur. Honey, on the other hand, is absorbed so quickly that distress from acid stomach or "heartburn" cannot take place. Honey does not flood the bloodstream with an overabundance of sugar. It enters the blood immediately and gradually, slowly decreasing until the initial blood sugar level is again reached.

This response of honey is due to the combination of the two easily absorbable sugars, glucose (dextrose) and fructose (levulose). Honey is quickly taken into the body because of its dextrose content, while the levulose, being somewhat more slowly absorbed, is able to maintain the blood sugar. Honey has an advantage over sugars which contain higher levels of glucose, since it does not cause the blood sugar to rise to higher levels than can be easily cared for by the body. Cane and beet sugars must be broken down into simpler sugars by the digestive juices before they can be absorbed into the bloodstream and assimilated into the tissues.

Honey is especially well suited for older people, children and others who may have digestive difficulties or problems with constipation since honey has a mild, gentle laxative effect.

To obtain the maximum nutritional benefits from the honey you consume, know the source of your honey and the type of treatment (or mistreatment, such as overheating) it receives prior to reaching your table. It is usually best, where honey and other natural foods are concerned, to deal with small, independent companies who care about the quality of their product, not just the dollar amount they receive. If possible, arrange for a tour of the operation. Somehow, it makes the product taste better, and "personalizes" it.

If you would like to see what is involved in a honey operation, feel free to contact me at Life Force Honey (208) 882-9158, and arrange for a "tasty", enlightening tour.

SPECIALS



ITALIAN

★ INDIAN ★

PRICES GOOD
FEB. 16 - MARCH 15

PRICES GOOD
MARCH 15 - APRIL 15

	REG	SALE
SEMOLINA SPAGHETTI	.75/#	.67/#
WW SPAGHETTI	.91/#	.82/#
RAINBOW ROTELLI	1.32/#	1.18/#
JOHNSON'S SPAGHETTI SAUCE	3.02 EA	2.69 EA
SWEET BASIL	6.41/#	4.99/#
GRATED PARMESAN	4.13/#	3.30/#
ITALIAN SEASONING	8.41/#	6.73/#
DARK COLUMBIAN COFFEE BEANS	6.53/#	5.99/#
SWISS WATER PROCESS DECAFFEINATED COLUMBIAN COFFEE	8.44/#	6.99/#

	REG.	SALE
White Basmati Rice	.96/#	.81/#
Desi-Chick Peas <i>tiny, quick cooking</i>	.59/#	.49/#
Mild Curry Powder	4.95/#	3.99/#
Nancy's Plain Yogurt	2.09	1.79 8¢
Ceylon Orange Pekoe Tea	5.29/#	4.75/#
China-Dahl Chickpeas		

We also have a large supply of ingredients for Indian cooking including: chutney, dahl, custard powder, cardamon pods, asufoetida, tamarind, tamarind paste, amehor, Kulang and Udad Papad.

UPDATE ON BIG MOUNTAIN RELOCATION

By: The Big Mountain Legal Defense/
Offense Committee

The federal government's controversial plan to relocate Navajo Indians at Big Mountain, Arizona, has stalled due to various court suits and strong nationwide support for allowing these traditional people to remain on the land of their birth. Now our legal committee is preparing a new battle - a legal challenge to the relocation plan based upon the Navajo's First Amendment rights.

The Defense of Sacred Lands Project is a special project of the Big Mountain Legal Office designed to challenge the relocation as an unconstitutional violation of the Indian people's right to freely practice their religion. The project involves the filing of a federal lawsuit in Washington, D.C. which seeks a permanent injunction prohibiting the federal government from any further relocation efforts. In addition, the project involves a nationwide public information campaign designed to educate Congress and the American public about the violations of Indian peoples' constitutional rights to practice their traditional religions without interference from the federal government.

The lawsuit will be brought on behalf of those Navajo families who still live the traditional Navajo lifestyle and practice the traditional Navajo religion taught them by their ancestors. These families have refused to leave their ancestral homelands which have been taken from the Navajo Tribe by federal court decisions and legislation. Their neighbors and relatives, the traditional Hopi, continue to support the Navajo in this struggle for sovereignty and religious freedom, although they will not be parties to the lawsuit as they themselves do not face relocation. Moreover, the traditional Hopi have expressed a reluctance to becoming involved in the non-Indian legal system.

Freedom of religion is guaranteed by the First Amendment which provides in part: "Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof." The First Amendment embraces two distinct concepts, freedom to believe and freedom to practice.

Freedom to believe in any religion is absolutely protected by the First Amendment. However, freedom to practice your religion is subject to government regulation for protection of the so-called greater interests of society. Thus, while the Navajo are free to believe what they want, their freedom to practice their religion is protected to the extent that the government does not have a substantial overriding interest.

In the past, all Indian religious freedom lawsuits concerning a particular sacred area have only requested access to the particular sacred area. For example, Lakota Indians from South Dakota needed access to the Black Hills to perform their religious ceremonies. However, the Navajo religion is based on use and occupancy. The people cannot live elsewhere and simply make a religious pilgrimage each time they need to perform a ceremony or gather herbs.

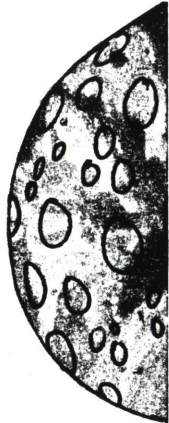




Their religion is their life and their responsibility to the Creator. Their religion requires caretaking for and living on the land they hold sacred. Access without occupancy is meaningless. For that reason, this case is both different and perhaps stronger than any previous land-based Indian religious freedom claim.

If we prevail in the lawsuit, the government will be enjoined from forcibly relocating the Navajo. Perhaps more importantly, the lawsuit creates a forum in which to present the issue most fundamental to all traditional Indian people--religious freedom. The main concern of the people on the land is not the type, quality, or location of relocation housing, but the fact that because of their deep spiritual and religious ties to the land they cannot practice their religion anywhere else. The First Amendment lawsuit will also provide the necessary focus of this issue back to the people themselves. It is essential that this focus on the people, their traditional self-sufficient lifestyle, and the spiritual relationship that exists between the native people and the earth be communicated to both the press and the American public.

It is essential that we begin a national public education campaign to inform Congress and the public about the First Amendment aspects of the relocation program and about the incredible cost of the program in tax dollars and human suffering. Our office is preparing In Defense of Sacred Lands education packets which will be available in February at an estimated cost of \$5-\$7. In addition, copies of our publications "In Defense of Sacred Lands" and "Navajo Religion: A Sacred Way of Life" are also available in bulk at a cost of \$12 per 100 copies.



We are also developing an In Defense of Sacred Lands slide show which we hope will be used in community outreach and fund-raising. If the project is to succeed, we need your help in making this education effort a reality. Funding is our most essential need, although all of the participating lawyers have agreed to donate their time and efforts, including \$25,000 of attorney time from the National Emergency Civil Liberties Committee and a comparable amount from the Center for Constitutional Rights.

If you need more information, or want to contribute to our efforts, please contact us:

In Defense of Sacred Lands
P.O. Box 1509
Flagstaff, Arizona 86002
(602) 779-1560

Specialty Breads Available at the CO-OP



JAN HALLAQ

MEKONAH GATES PARK
408 SOUTH MAIN
MOSCOW, IDAHO 83843
(208) 882-3452



FEBRUARY BOARD MEETING

By: Suzanne Beetsch

Truman presented information about the WSU program for assisting small businesses with financial and marketing decisions. WSU graduate students would provide the skills, and offer those skills for free. We agreed to apply, and if we're accepted, the program begins in the spring.

The co-ordinators plan to hire a Saturday cashier for 5 hours per week. Also, Mary Jo's hours will increase by 5 hours/week.

As described by Carolyn Fortney's article in this Newsletter, we are trying a new working member discount system. We are hoping to make our working members well aware of their much-needed presence by compensating them well for their efforts.

We are planning a Board retreat in April to discuss: "The Future of the Co-op." We may want to have an outside facilitator to help us direct our thoughts and emotions.

Steven Barr is bringing in a new biodegradable laundry soap into the Co-op. Look for his display of Moscow Centennial Soap: clean water for the next hundred years.

Our next meeting is scheduled for March 12, 7:00 p.m., at the Co-op.

NEW PRODUCTS NOW :

By: Mary Jo Knowles

Nuts to you! That's what we've got: organic walnuts (shelled) and organic almonds (in shell). And if you want something exotic, try our new section of foods from India (some of which are on sale from mid-March to mid-April).

Our freezer now contains whole wheat egg rolls and Western Family orange juice concentrate. And in the canned goods section, look for Old El Paso canned chilis and barley malt in 16 oz. jars.

If you want to try a low-fat cheese alternative, we now have soy cheese: jalapeno and mozzarella flavors.

Have you tried something new lately?



MAIN STREET ARMY NAVY STORE

"Why Pay More"

882-7407

206 South Main Street, Moscow, Idaho. 83843

Do you want to go to the

MEMBERSHIP MEETING of
EQUINOX FOOD EXCHANGE,
our cooperative warehouse?

MARCH 21 SATURDAY 11 am - 3pm
at the EQUINOX WAREHOUSE
near Springdale, Washington

for more information contact
DAVID COOK
882-9296



NOTE TO SENIOR CITIZEN SHOPPERS

By: Blue Leitch

All senior citizen membership cards have been put in an inactive file. When seniors come in to shop, we ask them to remind the clerk to check their cards, update addresses as needed, and place them in the active file.

Since seniors pay no membership dues, this is the only way we can find out who our active senior shoppers are. Plus, this is the way to keep our membership list (and thus our mailing list) current. Thank you.

VOLUNTEER NOTES

By: Kenna Eaton

With our new discount system now in place, I'd like to thank some of our long-time volunteer workers; but first a big thanks to all of our volunteers; we appreciate you all.

I especially want to thank Jane and Harry, our cheese cutters of the last five years for hanging in with us through thick and thin; Bob Thyberg has done a terrific job fixing the plexiglass shoots on our bulk bins; and Maureen and Bruce, our Wednesday night cashiers, have been indispensable regulars. I'd like to welcome our newest volunteer stockers, Candace and Ginny.

If anyone is interested in volunteering, please contact me, at the Co-op, Tues-Fir. afternoons or call nights 883-0903.

12 **Main Street**
 pickle inc. prop. **deli**



*** HOME OF THE "DOWN-HOME" ***

HOTEL MOSCOW, FRIENDSHIP SQUARE, DOWNTOWN MOSCOW, 882.0713



TAX TIME



Kinko's is open early. Open late. And open weekends.

kinko's®

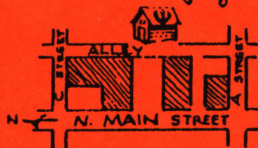
808 S. MAIN ST.
 882-3086
 MOSCOW, ID 83843

VELO SPORT
Moscow Bicycle

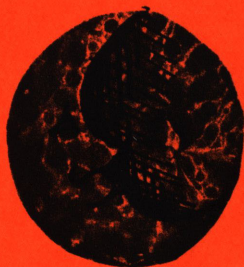
882-3537



216
 N. Main



Roger Ames, proprietor



Twice Sold Tales

an alternative bookstore
 220 west third st.
 moscow, Idaho 83843
 Mon - sat. 11:00 am to 6 pm

