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# Moscow Food Coop NEWSLETTER

November 87

Free



# Here it is, the Last Minute

By: Bill London

I'm sitting at the Co-op, leaving all the rough copy for the Newsletter here for Mary, our typist, and I realize that something is indeed wrong.

For some reason, this is the month when the Newsletter just didn't come together in its borderline magical way. Some regular contributors did not, for a myriad of reasons, get their articles finished. Others who had promised stories on various interesting topics (from cheese mold to reggae music) also didn't.

And of course, I didn't get mine done until now - the proverbial last minute.

Perhaps, there is some brain-deadening substance floating in the Palouse air. Or maybe the Reagan mental fog has shifted out West. I certainly don't know.

But what this all means to me is that we need more stuff submitted for the Newsletter - like Sunshine's Kid Page, or Jed's poem (last month) - and fewer reprints from GTE or the Bob Hope Heart Institute.

How about it? Battle brain-death. Write, draw, etc. It might even be fun to see your name in print.



## November 1987

Published by the Moscow Food Co-op  
314 S. Washington  
Moscow, ID 83843  
(208) 882-8537

Open Monday - Saturday, 9 a.m. - 7 p.m.

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# Board in October

By: Steve Barr

According to Mary Jo's store report at the October 6th board meeting, things are getting better. Taxed sales for September have increased \$3,000 from last year; with a \$700 profit increase as well. Average daily sales during July were \$578.25 per day, and for September they increased to \$702.74 per day. The store currently has 22 working volunteers with only 2 openings. There have been some increased expenses, but as a whole the store looks like it's in pretty good shape (except for the settling that occurred to the storefront evidenced by cracks in the walls and foundation).

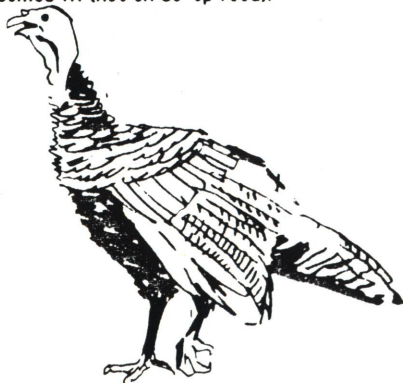
As far as the volunteer situation, the board had some discussion over sharing a shift and both parties getting the working members' discount. It was thought it would be best to bring this matter up at the next board meeting.

In other news, the board voted unanimously to ask Karen Aldrich to become a fourth co-ordinator in the store. Mary Jo needed more staff to help run the store. She also hired a person to help with the janitorial duties.

The Kutamba concert and the annual membership meeting were the other items on the agenda. My feet are beginning to get restless already. Sue said she had signed a contract with the band and had given them \$100 in advance. There was some discussion as to whether or not the annual meeting should be held on the same night as the Kutamba concert. Since a lot of people from out of town were planning to attend the concert, the board decided to hold an abbreviated membership meeting an hour before the concert.

One of the items on the agenda for the annual membership meeting was the election of new board members. John informed us that according to the Co-op's by-laws, 7 people were elected to serve on the board. Two of the store's co-ordinators would be additional voting members. At least 5% of the membership would have to be present to vote on any changes in the by-laws. Discussion continued as to how many people should serve on the board. It was recommended a minimum of 7 and maximum of 12 serve on the board. Carolyn wanted to make sure the nominations were open right up until the membership cast their ballots. She suggested having a short biography of each candidate read, each candidate introduced, and then the membership would vote on the candidates of their choice. Those not selected would be considered alternates, to fill in when a board member steps down or becomes ill (not on Co-op food).

The next Board meeting will be on  
Tuesday, November 3, 7:00 p.m. at Mercy  
Beanz cafe (527 S. Main in Moscow).  
Old and new board members should attend.



# November is SEEDBURGER Month

By: Greg Meyer

As this is being written, the fate of the Minnesota Twins has yet to be decided, El Niño is wreaking meteorologic havoc, Wall Street is feeling aftershocks from an extremely un-nice day, and the Moscow city council race is heating up, er, warming up, well . . . the race is on.

As you read this, the situation has changed. What does this have to do with the Co-op and, particularly, the designation of November as "Seedburger Month"? I can't really say. In fact, I can't actually document what I am attempting to declare. But by golly it's going to be "Seedburger Month" for me. If anyone would care to join me, read on.

## The Basic Seedburger

First of all, please don't expect exact measurements. I don't use them for my burgers. Use your taste buds and sense of touch.

### Ingredients:

- About 2 C. cooked millet (or other grain)
- 1-2 C. ground seeds (sesame, sunnies . . . or nuts)
- 1 fresh farm egg (if you can find one in November)
- 2 cloves garlic, pressed
- 1 small onion
- 1/2 C. grated carrot
- Seasoning (Tamari, basil, garlic salt/powder, oregano, cayenne, black pepper . . . whatever)

In a large bowl, mix together your cooled, cooked grain with the egg which you have blended (in a blender if available) with the onion. If you can't blend the onion, chop it finely. Your grain and egg mix should be slightly moist. Now add your finely grated carrot and garlic. Looks good already. You may add some seasoning now, such as tamari and basil, although your final seasoning is the most important. Now the tricky part: adding the right amount of ground seeds. I use a small coffee grinder to do the seeds. It works great. The key is to grind the seeds (or nuts) into a meal. Add the seeds/nuts to the moist mixture. Add enough of the seeds to make a mix that holds together well when rolled into a ball and flattened. Practice makes perfect. Now add your final spices to taste and heat the griddle to medium high. Fry burgers in a small amount of oil until nice and crisp on the outside. Melted cheese on top tastes great if your diet allows it. Serve well garnished with raw vegies, open-face on whole wheat buns or bread, with condiments. Mmmmm boy, that's spretty good. (Note: these can easily be made without the egg.) Experiment, create, indulge in this high-protein, quick burger. Look out Ronald!



# NOVEMBER SPECIALS AT THE CO-OP!

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  - ▶ Organic Almonds \$ 3.80/#  
(req 4.00)
  - ▶ Wild Rice Select. \$ 5.67/#  
(req 5.87)
  - ▶ Cranberry Juice \$ 2.27/qt  
(req 2.57)
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# Just for Kids!

## #1

By: Sunshine Storholt

Hi Kids, I'll be preparing a page of puzzles, games, or other fun activities in the newsletter each month. This month we'll make a turkey. This is your page. Since I don't know just what you like, I've decided to ask you to write to me and tell me what you'd like on your page. Write to:

Sunshine  
P.O. Box 8791  
Moscow, ID 83843

I hope you have fun with this turkey. You will need:

- 1 small oatmeal box (or cardboard bent to shape)
- 1 small paper plate
- 2 pipe cleaners
- A piece of cardboard, brown paint, brush, glue, knife.

To make it:

1. Cut oatmeal box as shown by the dotted line in figure 1
2. With the tallest side up, cut a 1 3/8 inch slit in the bottom (figure 2) 1 inch from the top edge.
3. Trace the head pattern onto cardboard and cut out. Fold on the dotted lines and insert into the slit (figure 3).
4. Punch two holes in the underside of the turkey 3/4 inch from the front edge and 1 1/2 inch apart (figure 4).
5. Twist the two ends of the two pipe cleaners together and insert through the holes. Shape the ends into feet.
6. Glue the plate to the lid as shown in figure 5.
7. Put the lid on the box and paint the turkey brown. Leave the "tail feather" end white (figure 6). Combine with fall leaves, nuts, flowers, to make a nice centerpiece.

This turkey was borrowed from: Holiday Gifts, Favors and Decorations.



OATMEAL BOX

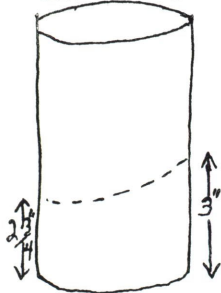


FIGURE 1

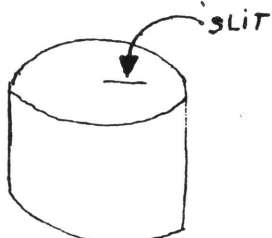
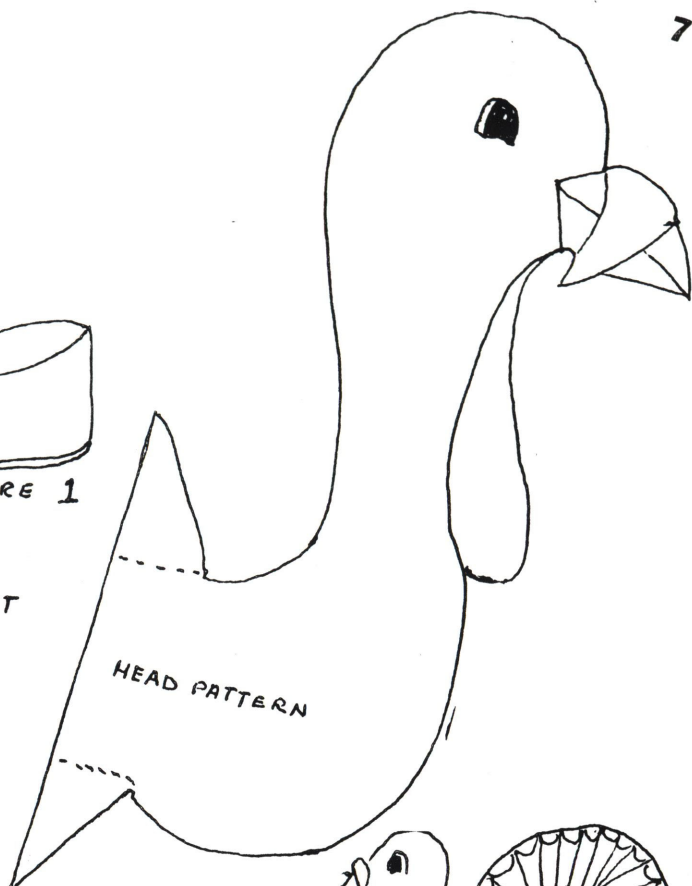


FIGURE 2



FIGURE 3

TWIST TWO PIPE CLEANERS TOGETHER AND INSERT THROUGH HOLES. BEND INTO FEET

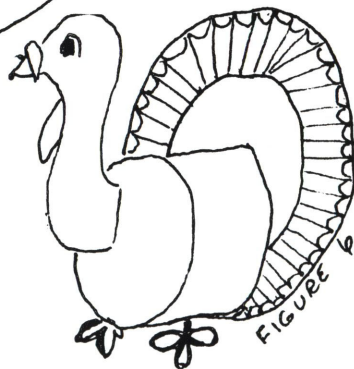


FIGURE 4

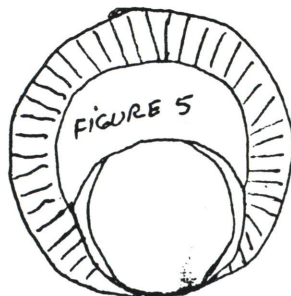
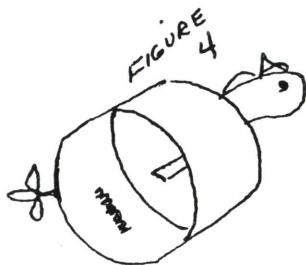


FIGURE 5

# Walking

## One of the Best Things About Being a Kid!

By: The Bob Hope Heart Research Institute

As kids, we spent a lot of time roaming about on foot--getting to where we had to go, poking in places we didn't belong, and exploring our world. Then, we grew up and got our first car.

The next time our feet touch the ground is 40 to 50 years later when our eyesight fails and they pry the car keys out of our pale and aging clenched fists.

How is it that somewhere between age 16 and 76 we forget how much fun walking is?

### 10 Reasons Why Walking's Rated 'PG' (Pretty Great)

1. You'll Stick With It. Studies have shown that while jogging can get you in shape faster than walking, and can help you burn more calories per minute of exercise, people often get bored with jogging or suffer an injury that causes them to stop exercising altogether. Many people find that although they have to devote a few more minutes a week to a walking program, it's worth it because they're more inclined to stick with it.
2. It's Cheap. Got a pair of comfortable shoes with some cushion in the sole, and an umbrella? You're set.
3. It's Easy. You've been doing it since you were one.
4. It's Fitting. Researchers have found that regular brisk walking can improve and maintain cardiovascular efficiency, and that it can have a positive effect on blood chemistry in terms of serum cholesterol levels and thrombus (blood clot) formation.
5. It's Worth the 'Weight.' You burn up fewer calories per minute walking than jogging but, again, most people are more likely to stick with a walking program than a jogging program over time. An hour of brisk walking (4 mph) will burn about 360 extra calories a day. At this rate, you could be almost 40 pounds lighter by this time next year--without "dieting."
6. One 'Free' Dessert. If you don't need to lose weight, walking an hour a day will enable you to eat one dessert or second-helping without guilt.

## BACKTRACK RECORDS





7. It Can Make You Smarter. Studies have shown that regular exercise can have a significant effect on our ability to remember and think clearly.
8. It's THE Stress Reducer. Many psychologists and psychiatrists prescribe walking to help relieve anxiety, stress, and simple depression. Dr. Hans Selye, noted authority on stress, sums it up neatly: "Action absorbs anxiety."
9. New Perspective. Seeing the world from two feet is a totally different experience than seeing it from four wheels. You'll be amazed at the things you've been missing.
10. It Will Help You Feel Like a Kid Again.

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# Look What Was Out to Get Us 300 Years Ago!

(Reprinted from the GTE HEALTHLETTER)



## DO YOUR PART FOR BIO-CONTROL!

Volunteers are needed to collect leaves from around the sycamores stricken with fungus along Jackson and Washington streets.

This may prevent recurrence of the disease next spring and subsequent spraying.

Call LuAnn at 882-1674 or sign up at the Co-op if you want to help.

Thank you.



CAUSE OF DEATH	NUMBER OF VICTIMS
Aged	45
Bleeding	1
Broken Leg	1
Broke her skull by a fall in the street at St. Mary, Woolchurch	1
Consumption	126
Convulsion	89
Cough	1
Dropsy	53
Feaver	348
Livergrown	1
Palsie	1
Purples	2
Quinsie	5
Rickets	23
Rising of the Lights	18
Rupture	1
Scurvy	3
Shingles	1
Spotted Feaver	166
Flux and Small Pox	11
Frighted	2
Gowt	1
Grief	3
Gripping in the Guts	79
Head Mould Shot	1
Jaundies	7
Imposthume	8
Kingsevil	4
Lethargy	1
Stone	2
Stopping of the Stomach	17
Strangury	3
Suddenly	2
Surfeit	74
Teeth	112
Thrush	6
Tissick	9
Ulcer	1
Vomiting	10
Winde	4
Wormes	20
Plague	1,237

Causes of Death recorded in London in a typical week, mid-18th century

# Volunteer Worker Bulletin

By: Greg Meyer

For you volunteers who are fairly new to the store and missed October's training session, there will be another opportunity. We are going to be offering the training sessions on the first or second Wednesday night of each month. The next scheduled session is 8:00 p.m., November 11. Every new worker should attend one of these sessions, so mark it on your calendar and join us for 2 hours of stock-talk and cash register magic.



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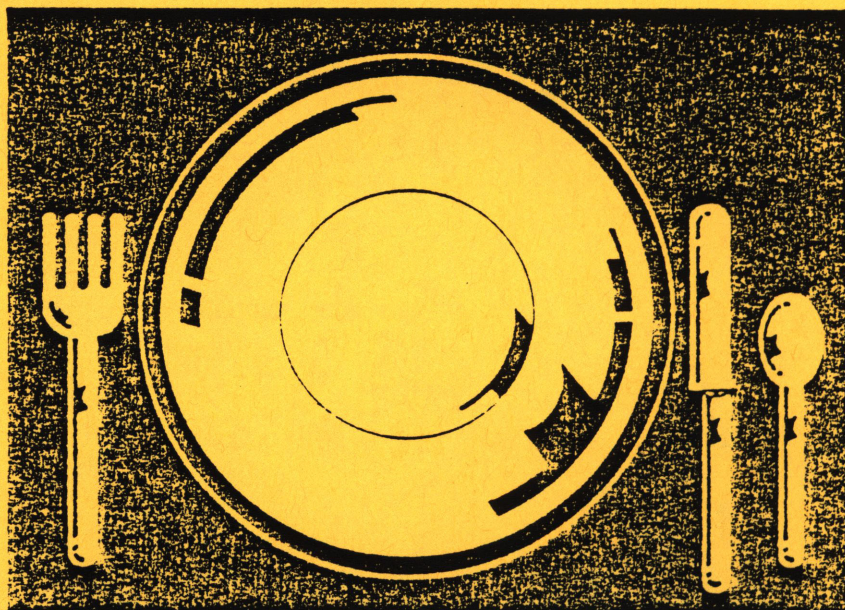
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# EAT AND MEET



The Co-op Board of Directors and Staff have been, for several months, been considering the possibility of moving the location of the co-op. Such a move is not possible unless the membership thinks it is a good idea. So, can we all meet and talk about this issue?

**WHEN:** November 13, 1987--Friday the Thirteenth!!

**WHERE:** Moscow Community Center

The meeting will begin at 7:30 pm with an hour for socializing and consumption of delicious dessert. This is not a potluck--you don't have to bring anything but an appetite. Dessert crepes and drinks will be provided by the Co-op. At 8:30 pm, after we are all comfortable and content, the discussion will begin.

To prepare for the meeting, please discuss this issue with board members, staff and others, bring all the questions you can think of to the meeting, and fill out the short questionnaire on the opposite side of this page. Leave the questionnaire at the co-op counter before the meeting, or bring it on the Thirteenth.

**To Move or Not To Move:**

**That is the Question!**

-----QUESTIONNAIRE-----

1. Would you like to have the co-op consider moving? yes\_\_\_ no\_\_\_  
If yes, why? (better parking, more space, better rent/landlord, etc)

If no, why not? (not enough money, like present size or location, etc)

2. Should the co-op rent or buy a storefront?

3. What is the best location? (downtown, malls, anywhere)

4. Is ample parking by the store important?

Is there enough parking by the co-op now?

5. Should the co-op include a deli, snack bar, juice bar, restaurant, or bakery?

6. What other changes would you like to see in the co-op?

7. Would you be willing to help move the co-op's location? yes\_\_\_ no\_\_\_  
Please add name and phone number if you can help \_\_\_\_\_  
Can you help with remodelling/carpentry/plumbing/electrical \_\_\_\_\_  
Can you help with loans of money \_\_\_\_\_  
Can you help by loading and carrying \_\_\_\_\_  
Other \_\_\_\_\_

8. Recently, has the store appeared clean \_\_\_\_\_  
well-stocked \_\_\_\_\_  
pleasant \_\_\_\_\_

9. Has the staff at the co-op been friendly \_\_\_\_\_  
helpful \_\_\_\_\_  
well-informed \_\_\_\_\_

10. Add any comments you wish