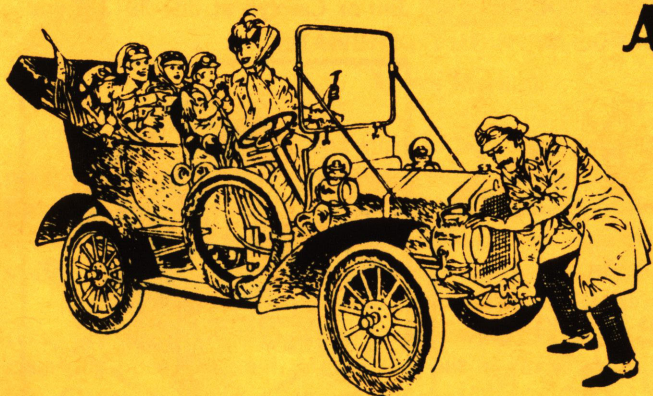


# Moscow Food Cooperative Newsletter

## “We’re

## Moving”

**Aug 13**



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Published by the Moscow Food Co-op  
314 South Washington  
Moscow, Idaho 83843  
208-882-8537

### STORE HOURS:

**MONDAY THRU SATURDAY: 9am to 7pm**

**SUNDAY: Noon to 4pm**



## UPDATES

Bill London

You're probably all wondering: "What ever happened to Scott and Tom?"

(A HINT: Scott and Tom are the two kids in Sunshine Storholt's story, an outdoor odyssey, the one that has been running in monthly installments in the Newsletter.)

Well, Sunshine did miss one month, but then somehow the massive faceless bureaucracy that produces this Newsletter misplaced and/or didn't publish her next installment. That is being printed this month.

In addition, Sunshine, I understand, is retiring with the next (and final) installment—to be published next month. So thank you, Sunshine, for your good supply of good copy.

And now for the sermon: please, another Sunshine rise up among us. This Newsletter needs you. We (Nancy and I, on alternate months) want to publish what you write. Do you want to continue Sunshine's "Just For Kids" section? Want to try something new? Let us know if the answer is yes to either or both. Leave a message in the plastic tray attached to the filing cabinet wherever that filing cabinet is during The Move. Thanks.

And now, to update you on another ongoing series: Jim Prall and Carolyn Berman. We last left them at their wedding, with the shattered wine glass. In today's episode, we find them in the woods, at the Idaho/Canada border, working desperately to fulfill a Forest Service stand examination contract. They need sub-contractors, trained and capable forestry-knowledgeable sub-contractors, to help lighten their load. Please leave a message for Jim or Carolyn at 882-3973 if you can do some of that work. Stay tuned.



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**Idaho 83843**

**(208) 883-4349**

A circular logo with a guitar in the center. A cat is curled around the neck of the guitar. The text "Guitars Friend" is written in a stylized font across the middle of the circle. The address "309 So. Main St. Moscow, ID 83843" is written around the top inner edge of the circle.

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# MOSCOW FINE CRAFTS COOP



**312 S. Main,  
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## CLEANSING THE NEW CO-OP

Maree McHugh

A Circle was formed. The smell of burning sage filled the air. The flames of many candles lit up the faces of each person in the Circle. We came to purify and bless the new Co-op building. As a group we invoked the spirit of prosperity for the Co-op in its new location. As individuals we each offered our own hope and vision. This ceremony cleansed the new Co-op on July 30.

Purification ceremonies have been performed throughout history in all cultures and in all religions. All were done with the purpose of clearing out the old, cleansing body and soul, and casting out all that is harmful.

Cleansing rituals affirm what we want in our lives. Ritual gives meaning to everyday life. Ritual is thoughtful and conscious. The action is symbolic; these symbolic actions create a dance, a ceremony which allows the participants to experience the change with each of their senses. All participants create the ritual and in essence become the ritual, just as the members of the co-op have created their own food cooperative.

A blessing and purification ceremony for the new co-op building seems very right to me. Forming a Circle with the folks who have worked and planned and dreamed the co-op into a successful business affirms and strengthens all they have done. It celebrates their efforts and fruition!

May we prosper in the new location ... and may Colonel Sanders rest in peace.

**JUST FOR KIDS**  
**THE ADVENTURES OF SCOTT AND TOM**  
Sunshine Storholt

*I'm sorry that I missed you last month. Now, for a short recap of our story . . .*

Scott and Tom, basically good kids, set out for a picnic to the old mill pond one beautiful day in late March. After eating lunch, Scott talked Tom into walking much farther than they were supposed to. They made it all the way to a place called Rattlesnake Bend.

When they got there, Tom saw something golden shining in the afternoon sun. Both boys decided to climb up the hillside over and across the rocks to reach the golden object. When there were about halfway up the hillside, it seemed to them that the whole world was moving! Actually it was a rockslide.

The boys were tossed over and under rocks and boulders as the slide moved down the hillside. Scott was getting banged up and bruised; the bone in Tom's arm snapped like a twig and he didn't even feel it! The boys tumbled and fell until the slide finally came to a stop below the road.

Scott was stunned and Tom was badly hurt with the bone in his arm sticking out below the elbow. Tom pushed as many rocks out of the way with one hand as he could, but he could not free himself. Worse yet, Scott was stuck too, and they were afraid that they would never be found!

It gets dark, and by the time Scott and Tom's parents have gotten together and while Jim and Mike, their fathers, search in the driving rain around the old mill pond, their mothers, Susan and Abby are calling the neighbors. Everyone offers their help, but no one has seen the boys. Jim and Mike take a last look around the mill pond. They come to the conclusion that the boys are not there, but they both look around the pond itself with feelings of dread. Then they head home with this bad news and the tale continues.

As Jim and Mike head home, they begin to talk, thinking out loud about where their sons might be. Scott's father, Mike, was thinking that the boys were probably holed up in a cave until the thunderstorm was over. Jim answered, saying that there wasn't much chance of that, as there weren't many caves in that area large enough to hold two boys. Then Jim added that maybe the boys were already home safe and sound, without mentioning out loud that he was very worried about the old mill pond. While Jim and Mike head home in silence, the boys are even more frightened than before. Help has not come and they both wonder if it ever will.

Scott and Tom are still caught in the rockslide, of course, and having to yell louder and louder to be heard above the storm that is crashing around them. By now, Scott doesn't feel quite so tough or quite so brave. In fact, he's terrified! He doesn't think their fathers or anyone else will find them and so he sees his own grim reality of dying slowly by starvation and of someone many years from now finding their bleached bones and no one ever knowing whose



they were. He always did think that he wanted a great and grand funeral and how he won't even have that. So he begins to cry, not just with tears running down his face, but with the kind of crying that comes from deep inside. With sobs and shanking, he feels that he has already died.

Tom has been doing some thinking, too, and now he feels that their situation is not as dangerous as it seems. He knows that they are in plenty of trouble, but he feels a new source of strength. In spite of his broken arm, he remembers the sound and loving teachings of his parents. He believes that they will be found. After all, his parents had lived in that area all of their lives, and there were many friends willing to look. Ignoring the pain in his arm, he decides to talk to Scott, knowing he is feeling low.

Jim and Mike have finally reached the steps of home. They hesitate, neither wanting to tell the bad news that the boys had not been found, that the search is over for now. And so the night continues!

*To be continued in next month's newsletter ...*



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## BACKPACKING ADDENDUM

If you are backpacking or hiking somewhere where there is snow, it is a real treat to make your own snow-cone. Take a juicy orange and squeeze it over a cup of clean snow. Enjoy and refresh yourself! Thanks to Rufus for sharing his idea with us.

☀

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Garrick & Andrea Kruse

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## REPORT FROM THE BOARD

Lynn Lloyd

For the last few months, discussion at our Board of Director meetings has focused on The Move: where to move the store, how to move the store, when to move the store. (The why move the store question has been answered months ago—we need to move for more and better space.) Mary Jo's article in the Newsletter will give you the answers to those where, when, and how questions. So, I'll go on to the other business we managed to discuss.

We have a new Board member. Steve Dodson was maxed out at school and planning to move himself—so he had to retire. We thank him, though for his contributions to our Co-op. In his place, we recently installed Jill Lunas. She's enthusiastic and a wonderful addition to the Board.

We also put Mary Jo Knowles, our general manager, on salary. She had been working for an hourly wage, but given the late hours and the buck-stops-with-her responsibilities she has accepted, she deserved a salary. We also wanted to tell her how well we think she and all the staff are doing. We couldn't consider making this move without their commitment.

Anyway, in addition to her vacation, health, and sick leave benefits, we are now paying our manager a salary of \$1,000 per month.

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### **IPM IN THE CITY OF MOSCOW**

**Mary Butters**

IPM has been in the local news several times in the last month. What is IPM?

In this case, it's a fancy name for using little or no chemicals to control pests in city parks, school playgrounds, and street parkways. IPM stands for Integrated Pest Management. Moscow's Health and Environment Commission brought to Moscow an IPM consultant/expert named Tim Rhay from the Parks and Recreation Department in Eugene, Oregon.

At a meeting in the Eggan Center, Tim was introduced to ground crews from Moscow, Pullman, WSU, and the U of I.

"Yes," he said, "I am a consultant. I am from out of town, and I wear a tie. And, yes, I am a expert. 'Ex' stands for a has been, and a 'spurt' is a drip under pressure." He then proceeded to spend two days offering ideas for a management plan for Moscow that is full of innovative new ideas and old-fashioned common sense.

It is unbelievable, but in Eugene, they have parkways where they cultivate the dreaded dandelion. They have not used a broadleaf herbicide since 1980. They have not used any fungicides on their famous ornamental rose garden for three years, and recently won a national rose garden award.

We needn't move to Eugene to get away from unnecessary chemicals. During the next year, the Health and Environment Commission will write an IPM plan for Moscow. The Moscow City Council could use your words of encouragement and endorsement for such a plan. Send your comments to them at 122 E. Fourth St.

## LET'S GO TEAM!!! AUGUST 13!

Mary Jo Knowles

Well folks, it looks like The Move is really going to happen, and do we have a great location. Some of you may know the new building as the Old Kentucky Fried Chicken store on Third Street. We prefer to call it the New Co-op Building, however.

Our current location has no parking. The new co-op will have 20 parking spaces. Our moving there may cause problems to all of you Micro movie goers—no more free parking before 7:00pm.

The old co-op had very limited space—1600 square feet. The new co-op has two floors with 3200 square feet per floor. We will have room to expand inventory, not to mention room so that more than three people can shop at a time! We will have twice the storage space. We will have an office with a window—and a fire place. There are also two extra office spaces. One we are thinking of making into a kids play area, or a book and reading room, or maybe both. (Anyone who wants to work on setting up this area, speak up!)

The upstairs to this building is a huge meeting room with fire place and kitchen. It's a perfect space for classes and other gatherings. The kitchen is being leased to Kim Meyer and Gorja for their baking. You may know them as the bakers at the Farmer's Market.

Yes, there are some drawbacks. We will be paying higher rent, but we were able to set up a gradual increase schedule. We will need to increase business by the end of this year.

We may be under construction for a while. This may turn some people off, but aren't we always in some stage of change and growth?

To get the new building ready, we have to move two walls, dig up a carpet and paint the dark brown panelling. Then the move begins. We will hire a moving company to move all the coolers. We'll rent a U-Haul with a lift-tail, close the store on a Sunday, and move everything. The scheduled date to do this is August 13th.

Of course we are accepting all volunteer help! Even if you can't help on the day of the move, there is still much to be done both before and after. There is a sign-up sheet in the store where you can let us know what you can do and when we can call you.



### **TYPE-RIGHT** **WORD PROCESSING**

110 E. 2nd (Between Washington & Main)  
Moscow, Idaho 83843

**208-882-5546**

Cherie Mortensen

Nola Steuer

Printing Available



## ANCIENT GRAINS

Candace Cloud

The Co-op sells many grains—most of them are familiar because we have been eating them since childhood. These include wheat, rye, oats, barley, millet, corn, rice and buckwheat. The Co-op also sells grains that have recently come to America from other cultures. These grains are nutritious, tasty and "exotic" because they are new to us. After a little looking, I found some interesting information about amaranth, quinoa, and teff.

They are called "ancient" grains because they have sustained people for thousands of years. Teff is from Ethiopia and has a high protein content. It is also high in calcium, potassium and zinc. Its high carbohydrate content is credited with providing superior endurance to Ethiopian long-distance runners such as Abebe Mekonen, winner of the 1989 Boston Marathon.

Amaranth is rich in the essential amino acid lysine. It sustained the Aztec culture in Central and South America for thousands of years. It has a slightly nutty flavor and can be ground into flour for baking or mixed in with other grains (in a 1 : 3 ratio for good consistency.)

Quinoa (pronounced keen-wah) was cultivated by the Incas in the Andes Mountains. This grain contains more protein than any other, and is rich in lysine, vitamin  $B_2$ , thiamine, iron and zinc. It is also a good source of calcium, easy to digest, and quick and easy to prepare.

Here's a recipe for cooked teff. (There are pamphlets with other recipes on the shelf.) Amaranth and quinoa may be cooked similarly.

Bring 3 cups of water to a boil. Add a dash or salt and 1 cup of teff. Cover and simmer 15 to 20 minutes or until water is absorbed. Toward the end of cooking, stir occasionally. Serve with milk, maple syrup, or honey. Yield 3 cups.



### MORE UP-TO-THE-MINUTE NEWS FROM THE STORE

Mary Jo Knowles

Sales in July were lower than in June. All businesses in Moscow need to carry themselves through summer.

There are also some staff changes. Dana Chapman, our Saturday cashier and janitor has followed her dreams to Kentucky. We already feel a void. We hired a new janitor, Anna Ziegler. Susan Lifton has also hung up her apron for other adventures. She will continue to volunteer and maintain the spice shelves.

So the store goes on . . .



## A NOTE OF THANKS AND GRATITUDE

Kim A. Stockton

Thank you to those who donated to the funds set up for my medical expenses. Your care and concern means the world to me. I am deeply touched by your kindness. Your donations will help me "recover" financially as well as physically. I am very grateful to you all. Thank you ever so much.



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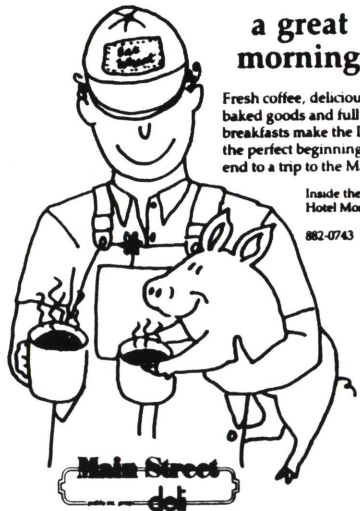
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## JOINING THE CO-OP

The annual membership fee is \$7.00 for one person or \$12.00 for a household with two adults. When you become a member, you will be given a card that shows your expiration date and membership number. Please show it to the cashier when you are paying for your food.

Some members choose to work in the store for an additional discount. The discount you will receive depends on the number of hours worked. Currently we give a 18% discount for three hours per week and 13% for two hours per week of volunteer time. Please talk to a coordinator if you are interested in volunteering.

SENIOR CITIZENS receive free memberships. We like to fill out cards for our senior members so we know how many active members we have.



MEMBERS from other co-ops are honored as non-working members.

NON-MEMBERS are welcome to shop in the co-op and are charged an additional 7% above the member prices.



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