

NO HO 328-178

MOSCOW FOOD CO-OP NEWSLETTER



The opinions expressed in this newsletter are not necessarily the opinions of the Moscow Food Co-op, its staff, or Board of Directors.

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Details on page 10.



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**MOSCOW FOOD CO-OP
ANNUAL MEMBERSHIP MEETING
by Fritz Knorr**

The Moscow Co-op held its annual membership meeting Sunday Nov. 11 in the big upstairs room. The business portion of the meeting was preceded by ice cream and cake from the Upper Crust. The room was partitioned, and the kids were herded into one half under the supervision of Shauna Kruse and Emily Mitchell, while I called the adults to order.

The Board thinks of, and attempts to manage, the corporation as four distinct divisions: room rental, the Newsletter, the Upper Crust Bakery, and the retail store. Of course, the store is by far the biggest division; but the others need attention, and we don't want those operations to get lost in the shuffle of the store. Plus, we would like each division to support itself.

Accordingly, we heard reports from the managers of the respective divisions, except for the room rental. Ed Clark, bakery manager recounted the story of the creation of the bakery. That was when George Mancini took a hammer in his hand, and with a virtually zero budget, created a commercial bakery from the little "kitchen" that was upstairs. That struggle has paid off and the Upper Crust is now a great success.

Bill London talked about the Newsletter. He rattled off the list of the Newsletter gang, some of whom are listed on the cover. They are doing a great job. The amazing thing is that as a division they darned near break even. After we pay the printing costs (for 800 copies) and sell advertising, the Newsletter costs about \$50 per month. I think we get an amazing amount of advertising, good will and communication for that.

Finally, we heard from Mary Jo Knowles, our General Manager. The last year was one of settling into the new location and of trying to keep up with the increase in sales. All kinds of new equipment and improvements to the building have been bought and built and done. The division of labor between the managers has been shifted around to better accommodate the magnitude of the organization. Mary Jo did express a deep desire - and I think everyone else felt the same - for a new dairy cooler. Who will answer this cry for help?

Mary Jo discussed a disturbing trend: our volunteer pool is drying up. This is very disturbing because we hate to lose touch with our volunteer roots. It is also confusing because volunteering at the Co-op is fun. For a few hours a week you get to work with a super nice group of people and do something totally different than your real job. There are hundreds of different volunteer jobs to be one, so there is bound to be one that you enjoy doing. The Co-op is a positive force in our community, so your effort goes into a totally good organization. Not to mention the volunteer discount.

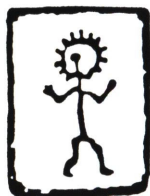
Finally, we elected the board of directors for the next year. Board members are elected for one year terms. This year's board members are: Lee Anne Eareckson, Peg Harvey-Marose, Fritz Knorr, George Mancini, Sarah Swett, Steve Thompson and our newcomer, Jim Trivelpiece. I am looking forward to working with this group in my volunteer job as a board member.

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BIKE RACKS FOR A PERFECT WORLD

by Jeanne McHale

On a recent crisp autumn day, Nancy Casey and I got together to brew up some ideas for solutions to the Food Co-op bicycle "parking crisis." Given the problems (stingy allocation of bike parking space, a bike rack that doesn't deter thieves or even hold up your bike, and lack of protection from rain) what Utopian parking plan could we propose? Not sufficiently challenged by mere physical obstacles, we undertook the additional goal of dreaming up creative approaches to actually

encouraging Co-op customers to use bicycles to do their shopping. Sure, riding a bike to the Co-op or anywhere else can help individuals to save the planet, achieve immortality, and melt fat from their thighs, but would an advertising campaign to that effect really get the wheels turning? We decided to call on some more level-headed people, George Mancini and Nadine Solomon, for help in designing a bike parking area so cool that no one could resist riding their bikes to the Co-op.

So postulate a landscaped oasis in the asphalt, occupied by benches, a picnic table, and plenty of sturdy, tasteful bike racks. After presenting such a plan at the Co-op annual meeting, here is a summary of the kind of bike parking area that members say they would like to have. At least two parking spaces for cars should be converted to a bike parking and picnic area. The bike racks should be sturdy enough to lock your bike to, the area should be close to the building so cyclists can use the old eyeball lock to secure their bikes, and there should be enough room for a bike trailer. In the best of all possible worlds, there should be a place to protect your bikes from the rain. Some suggested designs for bike racks include a double rail about as long as the typical wheelbase of an adult bike, the wooden hitching post style with an iron ring attached to it, and a simple reebar hairpin made to grab a rear wheel. Personally, I like the guard rail style because it is simple, would hold up two fully loaded bikes, and it's easy to lock your bike to. The rails could be arranged around the perimeter of the bike parking/picnic area, creating a bicycle corral. We originally suggested placing the bike area in the southwest corner of the parking lot, moving the 12 by 18 foot handicapped parking space one space over, just to the right of the pedestrian corridor. We would like to get some input from people who presently use the handicapped parking space before suggesting that it be moved. And we now propose that a bigger area be devoted to bikes and picnic tables. A standard parking space is nine feet wide, so two parking spaces would yield an area of 18 by 18 feet for a designated asphalt island, dedicated to alternative transportation and an outdoor urban Utopia.

Now is the time to give your input and volunteer to help with the planning and construction of the new bike park.

DR. ANN RAYMER
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SHERRIE LUTSCH: A PROFILE

by J. Jordan

WILD WOMEN
DON'T GET
the blues

Behind Every
Successful Woman
is Herself



Sherrie is one of the people I feel fortunate to have met working at the Co-op, and a friend I will know long after our jobs are done.

She is here to get her Master's in Statistics at the U of I, but her interests spread far and wide. An advocate of peace and freedom for all people, she has joined others to try and make a difference in whatever ways are possible (whether washing a flag or tie-dyeing a shirt, there is a spirit of happy involvement about her).

It is hard to write about anyone and not feel the impossibility of capturing something real and unique about them. To say Sherrie is from the Midwest and has spent a lot of time in Alaska doesn't catch the adventure of those places when she talks of canoes, wildflowers, hikes in the wilderness or the excitement of returning there (to Alaska) to work and buy land.

I know she has enjoyed working at the Co-op and that it is important both as a meeting place for people worth knowing and as a store that tries to further health and values in consumers. Sometimes being an example is a small but memorable advertisement for recycling, eating well (in a way that considers the planet) and passing on ideas for healthy change (she has no car).

When she leaves, to work on statistics connected to the Exxon Oil Spill, I will miss her. Maybe we should have an annual profile update: a section of ex-Co-op workers who are all around the world and sending postcards to the place where we all met.

CHILDREN'S PAGE

"if it's winter, then spring can't be far behind."
by Jim Prall



What if one day the sun never came up?

Everyday it gets darker earlier this time of year until the Solstic e when it starts getting dark later. How do we know? Do we just feel ().K. because there are holidays coming up?

Maybe the holidays are to celebrate the days getting longer again. We've always lit candles when the days get shorter.

Not everyone celebrates the same way. Some people build bonfires, others shoot off fireworks and sing songs to make sure the sun will come back again. Nowadays people hang little electric lights everywhere and have huge parties. They probably don't know why. It is possible that its an ancient feeling they have to celebrate a belief that the earth will swing back around the sun again. One religion has a big birthday party. Another celebrates an old victory over an enemy.

We are all expressing hope. Hope that we'll have spring soon and then summer and fall and finally winter again.

The hardest thing to understand is that for the southern half of our world the last week of December is the first week of summer and a ten-day long vacation. Everyone goes to the beaches or even camping up in the mountains. South of the equator it only snows in June, July and August.

This winter begins at 7 p.m. on Friday, December 21st. The moon will be full on New Year's Eve!

Co-op's Christmas Decorating Contest

Color the front page of this newsletter for your chance to win a pair of Afghani slipper sox!

Entries due: Dec. 16
Include name & age

Categories:
0-5, 6-9, 10-13, 14+

WHAT'S A CRAFT EXCHANGE AND BARTER FAIR?

by Bill London

On Sunday, December 16th, you'll have a chance to find out exactly what a craft exchange and barter fair really is. Moscow's first will be held that day, sponsored by the Moscow Food Co-op, and held upstairs at the Co-op from 2 pm until 9 pm.

The fair is a holiday party, plus an opportunity to bring your craft items or quality used stuff and trade them all away for other stuff (perhaps even that ideal gift for your uncle Fred). The fair is also a chance for Co-op volunteers, staff and members to meet and eat, because a potluck dinner is planned as part of the festivities. (The Co-op will provide the juice.)

Those who want to bring items to trade (or sell, since money is still allowed as a medium of exchange) should bring a table or blanket to display their treasures. Expect to spend plenty of time cruising the other displays for good stuff and perfect gifts, and then negotiating the perfect deal. I'll be distributing checks for a cool one million dollars. Others will likely have used toys and clothes, handmade crafts, or yard-sale items.

Sure, it's all free. Anyone can come to browse, but only Co-op members will be allowed to display their goods. Bring a potluck dinner dish (with your own cup and table service), a box or two of good stuff, and musical instruments for jamming fun. Of course, be there or be square. For more information, call 882-9309.

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GIVING FOR THE HOLIDAYS

by Kenna S. Eaton

The holidays for many is a romantic memory: chestnuts roasting on an open fire, cinnamony baking aromas drifting out of the kitchen, wonderful cakes bursting with dried fruits, nuts and spices — spices whose names conjur up their own memories: cloves, mace, anise, coriander and nutmeg.

The Co-op is full of these things and more! Not only do we have a complete section of baking needs for the holidays: nuts, fruit, speciality coffees, cheeses, flours, wholegrain breads and spices, we also have lots of wonderful gifts for your friends and family.

Guatamalan fabrics rich in color and texture can be found in wallets, pony-tail holders, vests, purses, aprons and potholders, stuffed animals and calendars. Nepalese sweaters are a delight to the eye in deep blues, greens, purples and pinks. We have Balinese shoulder bags, Central American ornaments, recycled Christmas wrap, cards, and postcards, beeswax candles, bowls and mugs, cattail angels, Afghani slipper sox in adult and kid's sizes, mulling spices, Idaho popcorn, belts, glass bottles for oils and vinegars, chopsticks and local handwoven rugs.

We also have an extensive selection of calendars and engagement books, books on cooking and herbs, and handmade paper from as far away as Nepal and as near as Spokane.

So this holiday, make a point of joining us here at the Co-op, and help bring those memories back.

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Christmas
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Entries due: Dec. 16
Include name & age

Categories:
0-5, 6-9, 10-13, 14+

**SAFARI
PEARL
COMICS**

220 West Third
(Inside Twice Sold Tales)
Monday-Saturday, 11-6

WAGE PEACE

ANNOUNCEMENTS

- Small Print Food Fact:
Those who drink Edensoy Original from the Co-op, and who read the label, might wonder what "Job's Tears" are. The answer: Job's Tears is an Asian name for corn.
 - Writers Wanted:
We need someone to write profile stories (articles about Co-op personalities) for the Newsletter. So, if you want to get published, see your by-line in print, meet fun folks and ask them nosey questions, and get a volunteer discount - contact Bill London.
 - Attention Bridge Players:
Play bridge and eat organic bridge mix. Call 882-0127.
 - Free University Needs Instructors:
The Community Free University of Pullman (which has been offering classes at virtually no cost for about 20 years) needs more people to volunteer to teach classes. Practically anything legal can be taught. Contact Paul Brians at 332-4645.
 - Special Breads, Special Orders:
The Upper Crust Bakery will gladly fill special orders (for breads, sweet rolls, whole grain cakes, or muffins) for holiday celebrations. Use the Co-op's special order forms available from any staff person.
- [PS: All of us who bake for you at the Upper Crust Whole Grain Bakery wish you the best this holiday season.]

MEETING A MAN WITH A MISSION by Bill London

John Osborn is the man with a mission. Several missions, actually, if you count his Spokane medical practice. But the relevant one here is his mission of awakening America.

Osborn says that we must recognize that the end of our frontier forest has arrived. There are no uncut valleys over the next ridge. It's the end of a 300 year chapter in American history.

He also wants to tell us that the US Forest Service is no longer a decentralized professional forestry agency, but instead has been changed into a centralized and politicized get-out-the-logs adjunct to the timber companies.

And he wants to remind us of our history. Remember after the Civil War, the railroads were given huge tracts of federal land out west as incentives to build railroad lines across the continent. In the public interest, to develop transportation links, the railroads were given alternate blocks (640 acre sections) of forestland.

Well, now--at the same time that the same railroads are ripping up their tracks all over the West, forcing shippers to use energy-inefficient trucks to haul their grain or logs--those sections of railroad grant lands are being clear-cut, by railroad spin-off companies like Plum Creek. The forests are being leveled, one square mile section at a time, the logs often shipped overseas unmilled.

When Osborn visited Moscow recently, he noted: "We need to reopen the railroad grant issue. The railroads were given the land because they promised to build and maintain railroads--not to ignore the public interest and lay waste to our forests. Have the railroads met the letter and the spirit of the law? I hope the public will respond, as the people learn how they got those lands, and what they are doing there now."

Osborn is the co-ordinator of the Inland Empire Public Lands Council and publishes a regular magazine called *Transitions*. For those who care about their forests, it's required reading. Write him at P.O. Box 2174, Spokane, WA 99210-2174.



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15% off all stock in store

Sale applies to stock on hand, no special orders or rain checks.
You may join the Co-op anytime!

Glenda Marie Rock III



*Writer
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