

What is black and white
and read all over?

**MOSCOW FOOD
COOPERATIVE
NEWSLETTER**



February, 1990

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208-882-8537

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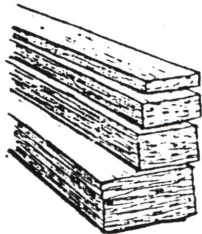
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BOARD OF DIRECTORS NEWS

Fritz Knorr

As you may have heard, the Co-op is going to have a bakery soon. The Board has hired Ed Clark as bakery manager and authorized the purchase of equipment. Ed and George Mancini have been working like crazy putting it together. Equipment vendors, health department, building inspector, fire marshal, landlord, carpenters, plumbers, gas lines, sinks, are a few of the things that have to be coordinated. And of course, the thing most recently considered alters the plans generated by all the previously resolved issues. When will the bakery be operating? Ed's pretty tight lipped on that. George says, "Well, we're not sure." Any day now.

As you also know, the Co-op has this great meeting room upstairs. The upstairs is used by a variety of groups, including our own consumer education seminar series, coordinated by Mr. Bruce Harding. We hope that the upstairs room can be utilized even more, since we pump a fortune in heat up there. The Board has dubbed Kristine Peterson as Upstairs Czar, and she has prepared a policy rate schedule and paperwork for renting the room.

There will be a Board of Directors Annual Retreat (BODAR) February 24. Last year we went out to Elk River and Bill London facilitated us to the point where we got the courage to move the store. This year, we're retreating to *Chateau Solomon* on Moscow Mountain.



MANAGER'S REPORT

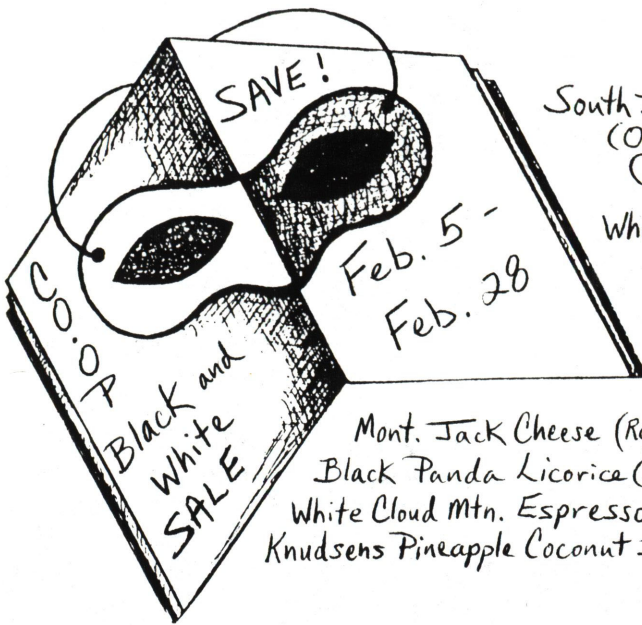
Mary Jo Knowles

It's been five months since we moved the store to it's new location on 3rd Street. Just last week I mentioned to Kristine, "It's almost back to normal." The stress level seems to be less. The office is clean, without boxes of who-know-what laying about. Projects are being crossed off the master to-do list.

Like most people who move to a managerial position, and because of the growth of the store, I no longer do the work I was hired to do. Now, I would call my title, "Crisis Manager," or "Keeper of the Finger in the Dike."

Now I am banished to the office to answer questions, solve problems, and be a local celebrity. (I was asked to be a parade judge for the Mardi Gras parade.) But I'd rather be toting 50lb. bags of beans and rice or bagging chips.





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White Cloud Mtn. Espresso (Reg. 5.73) 4.58#

Knudsens Pineapple Coconut Juice (Reg. 2.15) 1.72 qt.

WHAT: Consumer Education Project, Session #2. "How to Grow Money" — learn about investing for the future, prioritizing your budget, stretching your paycheck, and teaching your children to save. **Admission is free.**

WHEN: Monday, February 26, 7:15 to 9:15 pm.

WHERE: Upstairs at the Co-op.

For more information, call Bruce C. Harding, 332-7749 between 6:00 and 7:15 am or after 9:00 pm.

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COSMETIC COMPANY BOUGHT OUT BY ANIMAL TESTING LAB

Kristine Peterson, Asst. Manager

Carmé, Inc., which owns several of the cosmetic lines sold at the Co-op, is in the process of being acquired by International Research and Development Corporation, a major animal testing laboratory. Although the Carmé subsidiary positions itself as "cruelty-free" and uses this as part of their advertising strategy, their profits will go directly to IRDC.

According to information from Frontier Herbs, a Carmé wholesaler, James Egide, President of Carmé states that he does not believe it would compromise the integrity of Carmé to continue to advertise as "cruelty-free" while owned by IRDC. "We have not said, however, that Carmé is an animal rights activist company that is against all forms of animal testing."

The Co-op has made a point of purchasing only cosmetics that are not tested on animals, and we strive to continue offering cruelty-free cosmetics. Although we have no reason to doubt the claim that Carmé products are not tested on animals, you should know that the money spent on these so-called "cruelty-free" products will directly benefit a large animal testing laboratory.

Francis X. Wazeter, President of IRDC, informed Frontier Herbs that IRDC "has developed three products it intends to market through Carmé—a moisturizing milk, facial gel and hand cream—and none involve animal testing." The validity of Wazeter's statement depends on your interpretation of "cruelty-free" and your feelings about the role of animal testing.

In order to adhere to our promise of cruelty-free cosmetics at the Co-op, we are discontinuing all cosmetics from Carmé. We do not support animal testing for cosmetic purposes, nor do we support companies whose profits directly benefit one of the large national animal testing labs.

Carmé owns the following lines, some of which we have sold at the Co-op: Biotene H-24, Carmé, Country Roads, Jojoba Farms, Lolanda, Mill Creek, Sleepy Hollow, Bon Santé. We are dropping these products and will expand our inventory with comparable products from other, independently-owned cosmetic companies that are not involved directly, or indirectly with animal testing.



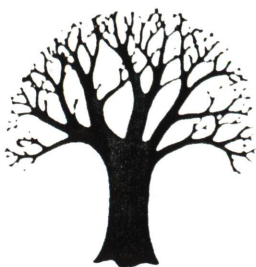
BRING IN THOSE BAGS

Wes Bonzo

We appreciate all the people who bring in their own containers and bags. Recycling is wonderful, and we want to encourage it in every way that we can.

If you bring in a stash of grocery bags for us to recycle and use for other shoppers, it is easiest for us to handle them when the bags have been refolded just to flatness and laid on top of each other in an open sack of the same size. If they sacks are folded in half and stuffed into a sack they are difficult to reuse.

Thanks. And by the way, notice that now we stamp the grocery bags that we recycle "Recycled by the Moscow Food Co-op".



PROTECT OUR ENVIRONMENT

THE TIMES THEY ARE A-CHANGING ... AGAIN

Bill London

Americans do care about the environment. And they are willing to pay extra to protect it, and determined to patronize businesses and products that vow to protect it.

The most recent issue of *Natural Foods Merchandiser* magazine headlined these American buying trends in a front-page piece on "going green". Savvy marketers nationwide are joining the "green revolution," proclaims this mainstream health food store trade journal.

They reported the findings of a survey taken in July of 1989 by the Michael Peters Groups, a national polling company. The three big questions asked of consumers were:

1. What effect does a company' reputation on environmental issues have on your decision to buy their product? Only 23 per cent responded no effect or not much effect. More than three-quarters reported some effect or a strong effect.
2. How concerned are you about the environmental impact of the products you purchase? A total of 88 per cent are very concerned or somewhat concerned.
3. How much more would you be willing to pay to have products packaged with recyclable or bio-degradable packaging? Almost half said one to five per cent more, and another thirty per cent said more than five per cent.

The point this obvious trend makes to the industry is that the time is right to join the green marketing bandwagon. Consumers are ready for strong leadership on this issue. In fact, the magazine concludes: "This is an unparalleled opportunity for retailers to strengthen and increase their market share by touting business principles proven ecologically healthy—organics, recycling, biodegradable, rainforest preservation, and animal cruelty issues, to name a few."

What the marketing gurus may have missed is that these issues are real ones, that the planet needs concerned consumers that use less and recycle more, and that what may now be good business has been the foundation of this co-op and many others for twenty years. The rest of America is finally catching up.

But the real point to me is that this co-op and others have to push even harder. Show more leadership, stay out in front on this issue, in general—go for it.

**IF THE PEOPLE LEAD,
EVENTUALLY THE LEADERS
WILL FOLLOW.**

A BRIEF UPDATE ON THE COFFEE BOYCOTT

David Peckham

Hills Bros has resumed purchases of Salvadoran coffee one month after it agreed to a boycott called after the murder of six priests in November. On January 8, Hills Bros announced that it would resume purchases based solely on "considerations of requirements, availability, quality and price." The statement represents a doctrine of the corporate world: the conduct of business takes no account of human rights, social impact, or environmental health. Corporate irresponsibility is even promoted by our government. The State Department reportedly put pressure on Hills Bros saying that the decision to boycott was a political one, and that political matters should be left to the government. The company should only be concerned with the bottom line: profits.

The coffee growers of El Salvador are closely tied to the government and to the death squads who routinely torture or kill anyone suspected of opposing their tight control on the wealth of the nation.

Neither of the Co-op's two coffee suppliers carry Salvadoran coffee, at least not to their knowledge. White Cloud Mountain in Boise did carry a Salvadoran bean, but quit because it wouldn't sell. The owner expressed concern about the grower-death squad connection.

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JOCELYNE CASTILLO ... How does your garden grow?

Candace Cloud



It was Mayday when Jocelyne began her job as produce manager at the Co-op. Within two weeks, she was making weekly visits to the Farmer's Market to stock up on produce for the week.

Jocelyne knows her vegetables, having gardened for about ten years. Each year, she starts about 1,000 plants indoors before the spring growing season begins.

At the Co-op, in addition to her job as produce manager, she also orders herbs, books and note cards.

"Since I order the herbs, people automatically assume I'm an 'expert'. Some customers have the attitude that if you use herbs to treat ailments, everything is OK, because it's natural. The truth is that some herbs are potent drugs—such as valerian, from which valium has been developed. It is very important not to self-medicate serious ailments," she said.

Jocelyne's concern about people seeking help from medical authorities stems from her interest in good health. "I studied at University in Ottawa. Right after high school, I planned to go into medicine." She laughs. "I also studied theology for a while." Jocelyne is a Canadienne by birth. "Still am, in fact," she says.

About eleven years ago she moved to Los Angeles. "For love, of course. Why else would anyone go to L.A.? I worked as a Behavior Specialist in a group home for autistic folks. It was an intense job."

She moved to L.A. from British Columbia, and from L.A. to Moscow. "My relationship had ended and I was headed back to B.C." She adds, "I drove into Moscow in my '66 VW bus in the rain. I stopped at Bookpeople, began chatting with some people, and this is as far as I got."

She stayed here and met Po, her partner of seven years. "I just fell in love with the way he picked huckleberries. We share the dream of living on the land—in the 'unadulterated pulse of nature.'"

What does she do in her life away from the Co-op? "Besides gardening—organic, of course—I'm reading pregnancy books and going through seed catalogs now." She pats her belly and grins. She is expecting a baby in May. "I have to admit that my focus in life right now is books, babies, and bellies."

She has an interest in midwifery, and is considering going to nursing school in the future, "Po is in school for another year, and then we plan to buy some land in northern Idaho and start a mechanics business. I'm interested in home health care for older folks, too."

Her goals for the Co-op sound simple. "I'll be quitting soon—just short of working here a year. I'd like to set up an inventory system so it will be easier for the next person to place orders." And, she wants to get the herbs organized in the front of the store. "Finally the herbs in the back are organized, and it is so much easier to find things. I'd like it to be that way in the front, too."

"I really enjoyed Farmer's Market. That's where I made the Anne's Kitchen connection, and now we carry her bread full time. I also love to do the book orders—it alleviates my desire to buy books so I don't buy too many for myself."



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Dear Editor:

We out-of-town Co-op members feel that the store is not open enough on Sunday. Four o'clock is too early; 6:00 or 7:00 pm closing would be better.



Thank you, The Deany's
Pettis Peak Road
Benewah County

LET'S NOT GET SPRAYED

Tom Lamar

Perhaps you read what happened to Bob Thyberg inside the Palouse Empire Mall in December. The Co-op's veteran cardboard recycler was partaking in a hospital-sponsored walking program when he encountered a man spraying a strange-smelling chemical along the cracks in the floor. It wasn't long before Bob began to feel ill. He left the mall immediately, went home, and called me at the NCAP office.

Bob did the right thing. He acted quickly, got the help he needed and protected himself from further exposure. After three hours of phoning, I was finally able to tell Bob that he was exposed to the organophosphate insecticide Dursban L.O. (active ingredient: Chloropyrofos with the additive Xylene). We also learned that the pesticide label dictated that no one was allowed in a treated area until the chemical had dried. Since the label is considered state and federal law, it was clear that the law had been broken.

Bob had already contacted the Idaho Department of Agriculture to report the incident and to start the investigation. In both Idaho and Washington, the State Department of Agriculture has the responsibility of enforcing pesticide law. Bob made other calls, too. He was checked out by his physician, and interviewed by the newspaper. After the story appeared in the paper, Bob received word from other mall-goers that they had experienced similar symptoms, but didn't know what to do. Bob covered his bases, and by doing so, got the help he needed fast.

The office of the Northwest Coalition for Alternatives to Pesticides (NCAP) in Moscow has brochures and other information outlining steps similar to those Bob took. Also available, just this month, is NCAP's newest information packet entitled *From Victim to Victor*. It is a collection of articles and guides that spell out the specific steps that people exposed to pesticides can take to protect their rights and their health. (It was put together with the valuable help of the Co-op newsletter typesetter Nancy Casey and editor Bill London!) Many people feel helpless in the face of the spray nozzle. If you have questions about how to respond if it happens to you, just give me a call.

There are a few things that would make my work with pesticide victims more efficient. If you have any of these items, and you think they might like a home as a tax-deductible donation to a non-profit organization, please contact me:

- PC computer system or components
- A desk
- A postal scale

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**JUST SAY NO!
TO PESTICIDES**
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