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MOSCOW FOOD COOPERATIVE NEWSLETTER

FREE ... PLEASE TAKE ONE.



October, 1990

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OPEN MONDAY TO SATURDAY: 9 AM TO 7 PM
SUNDAY: Noon to 6 pm
WITH PLENTY OF FREE PARKING!!

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

CELEBRATE WORLD FOOD WEEK

by Andrea Brandenburg

October 15-19 is World Food Week. Every day that week there's something cooking at WSU.

The theme for World Food Week 1990 is Food for the Future: Science, Policy and Ethics. Its purpose is to make you aware and to offer you alternatives for action. Washington State University is sponsoring these week-long events and everyone is welcome. All are free.

Monday, October 15

12:00 Film and discussion by Nancy Taylor from PCEI "Hot Wiring the American Farm", CUB 222 at WSU.

3:00 Film: "Local Heroes Global Change," Part I, CUB 212 at WSU.

Tuesday, October 16

9 - 12 International World Food Day Telecast, CUB Auditorium at WSU

3:00 Film: "Local Heroes Global Change", part, II CUB 212 at WSU.

7:00 Panel Discussion: "The Ethics of the United State's Developmental Policy", Koinonia House at WSU.

Wednesday, October 17

12:00 Lecture by David Granatstein "Hungry for Change-Agriculture and the Need for Sustainability," CUB 212 at WSU.

7:00 Lecture by Sandra Steingraber at Food First, "Developmental Policy Needs to be Changed! Policy Needs to be Changed! The Environmental Factors and Human Rights Implications Towards Development for a New Age," CUB Auditorium at WSU.

Thursday, October 18

12:00 Lecture by Tom Murray of Wash. PIRG: "The Myths of Pesticides," CUB 212 at WSU.

3:00 Film: "Local Heroes Global Change," part III, CUB 212 at WSU.

Friday, October 19

1:00 Discussion on the WFW study packet, Johnson Hall 207 at WSU.

3:00 Film: "Local Heroes Global Change," part IV, CUB 212 at WSU.

For more information or to get a study packet, call Andrea at 334-5128.



BOARD OF DIRECTORS NEWS

by Fritz Knorr

It has been a while since the last Board News has appeared here. Let's see, where can I start to bring you up to date? The vacations? The decisions? The party. If you missed the parking lot dance on Sept. 15 you really missed out. There were hundreds of people dancing to the Kingpins with a spectacular lighting display going on overhead. Another example of the Co-op doing things right.

This summer, I had the opportunity to shop at the food coops in Bellingham, Republic, and Colville. Empirically, the size of the coop is roughly proportional to the logarithm of the population of a city. In Bellingham the controversy was over whether or not to get laser scanner check out stands. Bulk foods seem to be on the way out there. The Republic Coop was much smaller, but the people were (of course) super nice. Colville has a bakery and it is in a funky house. None of them had a hunk of asphalt as great as our parking lot.

The Personnel Committee has been busy. They have produced an employee manual. This manual contains the policy on all personnel matters such as insurance, vacations, sick leave,

and so on. Some of those issues were pretty mean and had to be wrestled to the floor and subdued by force. I hope that everyone on the staff reads, studies and contributes ideas to the next edition of the personnel manual. Thank you Liz Sullivan, Mary Jo Knowles, Lee Ann Eareckson and Steve Thompson.

There have been so many facilities upgrades that I can't think of them all. But you have to admit that the new signs are beautiful. They were painted by Ed Clark, creator of our bakery. Sarah Swett and Kenna Eaton, the facilities committee, are guiding things toward another upstairs entrance with a covered outside staircase. And windows, there will be windows.

We have made a change in the By-Laws regarding the Board of Directors membership and term of office. There will be seven members of the Board, each serving a one year term, each elected at the annual membership meeting. Each member is unofficially personally pressured into making a commitment of three years to the Board.

And speaking of the membership meeting, there is one scheduled for this November 11 at 7:30 in the upstairs room.

FRITZ KNORR: BOARD PRESIDENT AND SO MUCH MORE

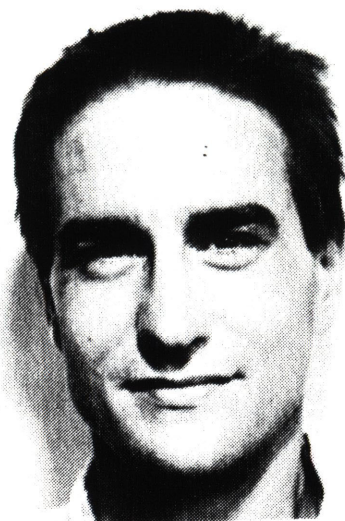
by Kristine Peterson

Maybe it's the Dayton, Ohio, cornbelt in Fritz Knorr's blood that makes him such a good gardener. He sent me home the other day with a brown bag of the fattest garlic I have ever seen, and I hear his purple potatoes are Moscow's finest. When Fritz isn't up to his elbows in dirt, you may find him poking around at the Co-op between Board meetings.

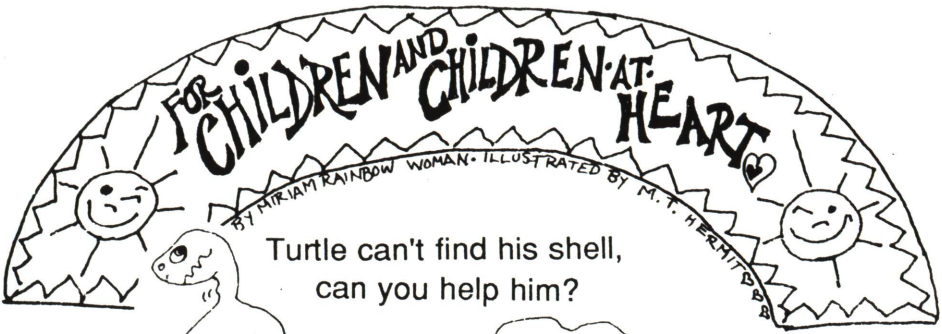
In an attempt to improve his vision, Fritz recently threw away the eyeglasses he'd worn since childhood, so he squints a bit as he tells me about his job as President of the Co-op Board of Directors. He says one of his goals for the Co-op Board -- creating a solid working structure -- has been realized Board's committee members. Although a lot of the Board's work is not immediately visible to Co-op shoppers, a Board committee is likely behind any major change in personnel, finance or legal policy. The Board also says a collective "go" to a lot of the physical projects we see around the Co-op, yet none of the individual Board members takes credit for these projects. Rather, they're "cheerleaders, really ... more into guiding than taking credit," Fritz says. But they take their jobs very seriously, he adds, because it's the Board that's legally responsible for the corporation.

Yet another hat Fritz wears is that of analytical chemist. He and his wife, Jeanne McHale, both earned their doctorates in chemistry (but in different fields, they're both quick to point out) from the University of Utah. Fritz is currently a consultant for a Bay Area company, and Jeanne is a University of Idaho professor. You might see the two of them peddling around the Palouse--or even as far away as Vancouver and the Gulf Islands, a couple of last summer's destinations.

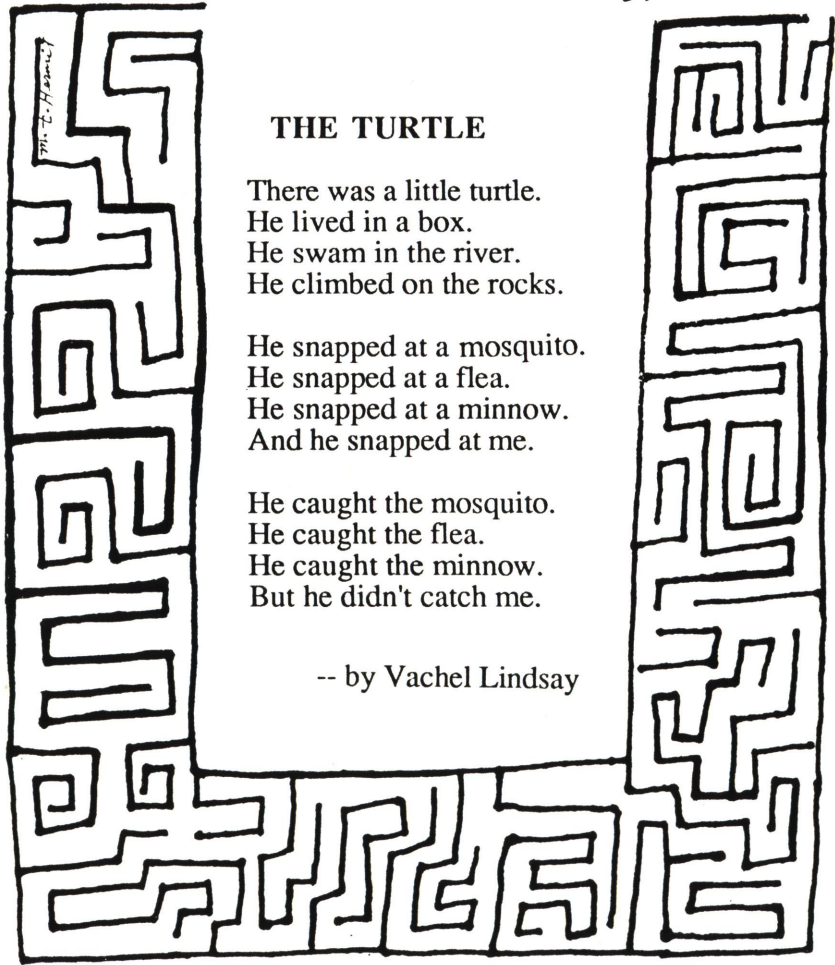
And what about those eyeglasses Fritz threw out? Although this approach to correcting his vision is arduous and disruptive, Fritz was delighted to report that he could actually see me as we spoke. "I'm not talking to a blur," he smiled, "I think in a few months I'll be able to see perfectly." Well, Fritz, glasses or no glasses, you have perfectly clear vision of the Co-op.



**Fritz Knorr:
Board President**



Turtle can't find his shell,
can you help him?



THE TURTLE

There was a little turtle.
He lived in a box.
He swam in the river.
He climbed on the rocks.

He snapped at a mosquito.
He snapped at a flea.
He snapped at a minnow.
And he snapped at me.

He caught the mosquito.
He caught the flea.
He caught the minnow.
But he didn't catch me.

-- by Vachel Lindsay

FRESH SEAFOOD

"The Original Fish Buz"



Fridays 10-6
Intersection of
Troy Highway & Hwy 95

Saturdays 9-5
Food Co-op Parking lot

HOW I MET MY GURU

by Bill London

I meet and interview plenty of political figures, very few of which have the clarity of vision to attain guru-status. And here in Idaho, I've also found that few politicians remotely share my view of the future.

And then there's Jeff DeBonis, founder and director of the Association of Forest Service Employees for Environmental Ethics (AFSEEE). Just a normal US Forest Service timber planner (he even worked in Grangeville for a while), until he realized that he couldn't take it anymore. He was transferred to America's most heavily used and abused forest--the Willamette in Western Oregon--and couldn't stomach the Forest Service's continued subservience to the timber industry and the agency's constant and willful disregard of environmental issues.

That is a sad realization for anyone who knows of the Forest Service's original mission as caretakers of OUR forestland, designed to save the forest from the timber barons who, in the name of "multiple use," degrade all uses of the land.

Anyway, Jeff fought back. He started AFSEEE, published a newsletter (*Inner Voice*), and

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in general, gave courage and direction to thousands of Forest Service employees who were sickened by endless clearcuts, road washouts, and silted streambeds. The organization has grown very quickly and has made a very big impact nationally. An organization of insiders and professionals is much harder to ignore than an organization of concerned environmentalists. Jeff has made it big with the media as well (featured in *National Geographic* and the *New York Times*).

Jeff has the clarity of vision (and the ability to speak forcefully and honestly) that I look for in my gurus. He has a plan to return the Forest Service to its original function. Of course, that plan would require a complete overhaul of our national environmental agenda (it's about time!).

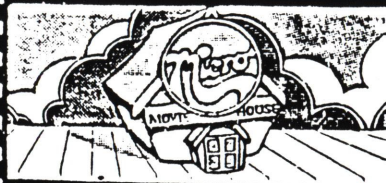
And now, what we can do. Start by joining AFSEE (contact AFSEE at P.O. Box 11615 in Eugene, Oregon 97440). Associate memberships for non-employees helps the group with some cash and a wider base and another person to read *Inner Voice*. Then you can learn about the regional chapter now forming around here and how you can directly influence Forest Service policy by learning about their plans and commenting on them.

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NEWS FROM THE UPPER CRUST

by Ed Clark

Time sure flies when you're having fun! Are we having fun yet? You bet we are. Its been six months since the Upper Crust Bakery on the upper floor of the Co-op opened its doors for business. In that time we have been growing (organically) and changing, and we hope, improving.

The "Bakery Bunch" which includes myself, Kris Siess, and our newest dough puncher, Terri Eglund as well as our wonderful (and indispensable) compliment of volunteers have been greeting the crack of dawn seven days a week to churn up an ever increasing variety of baked goods. The Upper Crust menu now includes a wheat-free sour rye on Wednesdays, salt-free breads on Fridays and bagels and pita bread on Saturdays. A list with the weekly repertoire is posted on the bread rack but we shall continue to experiment and put out surprises from time to time.

Thanks to loyal bread lovers and Co-op patrons sales have been steadily rising and we're busting our buns to keep up with the demand. We all smile and pat each other on the back when we come in to find empty bread racks. Then we try to

figure out how much to add or what new product to try.

Our goal is to provide fresh, wholesome, wholegrain bakery products, daily, at reasonable prices using natural and organically-grown ingredients whenever possible. We're not exactly what you'd call a profit making organization yet, but currently we cover salaries and ingredients and shortly hope to see some return to begin paying for the renovation and equipment that got the bakery off the ground.

Thanks to all of you for encouragement, suggestions, recipes, compliments and critiques. Remember, call our attention to any problem with an Upper Crust product for replacement or refund. We like to hear from you.

STEVE MELOCHE

for

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Meloche for Treas., Dana Magnusson & Lois Melina, Co-Chairs
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ORGANIC IN IDAHO ... LIVES!!

Nancy Taylor, program coordinator for the Palouse-Clearwater Environmental Institute (P.C.E.I.) has been appointed to the Idaho State Agriculture Department's Organic Food Council. She will serve the two year term as representative for consumers, purchasers and vendors. The Organic Food Council has six members, including Nancy, who shall make recommendations to the department concerning the parameters of the certification program. Nancy Taylor is the only representative from North Idaho.

Congratulations to Nancy and our appreciation to her for her work. Lets show her our support. Direct your inquiries and comments to her at P.E.C.I., P.O. Box 8582, Moscow, ID 83843, (208) 882-1444.

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VOTE

CHANGES OUTSIDE

by Kenna Eaton


The outside of the Co-op got a new look this summer!

1. A great exterior paint job by Rufus T. Firefly has made us the most controversial color in Moscow.
2. Beautiful sign painted by Ed Clark and installed by Josiah lets everyone know who we are. There's more than 300 square feet of sign with 2 foot tall letters edged in gold!
3. Well-maintained landscaping by Mary Jo softens the edges and adds more color.


Thanks everyone!

In store for the future:

1. An exterior exit from the 2nd floor to the parking lot - will allow us to rent the upstairs to large groups.
2. Murals of luscious veggies across the front and west side of the building.
3. A neon "OPEN" sign for those of us who can't tell when the store is open.
4. Possibly a new, hip bike rack to support people who use alternative modes of transportation.



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CALLING ALL ARTISTS

by Bill London

The Northwest Children's Home of Lewiston is sponsoring a poster design competition open to anyone, regardless of age or place of residence. The prize is \$300.00; the theme is family preservation.

To get a copy of the detailed Call for Entries informational brochure, contact Rod Wilson at the Children's Home, (208) 743-9404.

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THINK GLOBALLY, RECYCLE LOCALLY
by Garrick Kruse

Beginning October first, Life Force Honey and Winery of Moscow will pay a five cent deposit on all of our honey containers that have our deposit stamp imprinted on them. The returned containers will then be sterilized and reused.

The five cent deposit will not be added to the cost of the honey, but will be paid by Life Force Honey to encourage recycling.

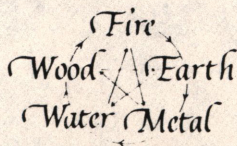
The deposit is available only at the Moscow Food Co-op, which will encourage all our honey customers to shop at the Co-op. The Co-op will receive and store the containers and we will pay the Co-op for doing that.

All containers returned for deposit must be clean, in good condition, and must have our deposit stamp on them.

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