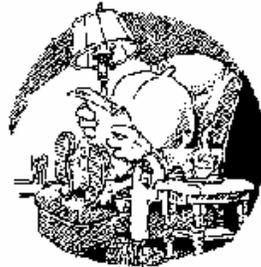


# The Garbanzo Gazette

January 13, 2005



Growers Market's Weekly Newsletter

## INVENTORY

A big thank you to everyone who helped with the co-op inventory. The job took about 50 person-hours. To those of you who thought about coming, but ended up missing all the fun: wait 'till next year! Someone suggested that we spread the inventory work out over two days, giving me the idea that we could try to get a head start at closing time on the last day of the year the co-op is open. If at 7 pm on a Friday people were to be still shopping, we could count some things and then sell them, because that would have the effect of inflating the inventory total a little in the favor of the IRS. I worked at one company where we did inventory for three days between Christmas and New Year's, but stayed open for business. --Milton Takei

## DRY GOODS NOTES

Mountain Peoples continues to drop more bulk items, sigh. Looks like we'll have to order Goddess Dressing in smaller bottles. Please let me know what you think of the new veggie broth (we can not get bulk Rapunzel broth powder any more).

We really need a second large chest freezer to replace the small brown freezer-more room is needed to keep up with requests and sales. If you know of one-free is good, cheap is OK- let any coordinator know. Thanks!!

Big thanks to the inventory crew and you. Sue

## CAR SHARE

Seeking a few more drivers to share our biodiesel car. Call 434-6347

## SAFETY, POLITICS of ORGANIC RAW MILK

January 22<sup>nd</sup>, Saturday 7:00pm \$3-5 sliding scale.  
Mark McAfee owner and founder of Organic Pastures Dairy will speak on these issues with slide show and time for questions. Eugene Waldorf School 1350 McClean Blvd., Great Hall. Questions call Julie Tilt 687-6405

## SUPPORT LTD WORKERS

Hi Growers friends -- LTD workers could use our support. Letting the management know that the workers have plenty of community support could avoid a strike. No one wants a strike... Why would one want to stop working \*and\* receiving your pay... Come help if you can, or stay posted for future ways to help. Thanks! In solidarity, Jeanine 461-1614

**Rally is Thursday 1/13 4 - 6pm at the Eugene Bus Station (see below)**

Brothers and Sisters: As many of you already know, the Union workers at Lane Transit District, who are members of

Amalgamated Transit Union, have been in negotiations with Lane Transit District since May with very little progress made in our efforts to obtain a contract that does not take away the benefits and working conditions the Union has negotiated for our members over the last thirty plus years. On Thursday January 13, 2005 Amalgamated Transit Union Division 757 will hold an informational/ solidarity rally at the Eugene Transit Station located at the corner of 10th and Olive Streets in downtown Eugene. The rally is scheduled between the hours of

4:00 PM and 6:00 PM. We are asking as many Union members and Labor Activists in the community who are able to attend to come join with us as a show of support and solidarity in our struggle to obtain a fair contract between Amalgamated Transit Union and Lane Transit District. We feel that we are not only fighting the fight for our own Union members, but for all working people in this community. Thank you all in advance for your support. In Solidarity, Carol Allred Executive Board Officer, ATU 757

## SEND THE ENEMY COMBATANTS TO WASHINGTON D.C. !

You are invited to AN EVENING OF POLITICAL FOLK MUSIC with Eugene's own ENEMY COMBATANTS Peter Chabarek and Carol Melia, acoustic guitar and vocal harmonies \*\*with legendary banjo virtuoso Mark Ross\*\*

*Friday, January 14th at 7:30 pm*

*Fool's Paradise, 460 Willamette (the tea house)*

*donations- \$5.00- or more if you can*

This musical revelry is to raise funds to send the Enemy Combatants to the inauguration protests in Washington D.C. the week of January 20th. They have been invited to bring their inspiring, satirical, poignant musical messages to staged events, rallies, film this historic week to share with Eugene, participate in civil disobedience, and show the world that we do not support this president's war crimes. Come hear our empire-striking new songs and enjoy an evening with your friends!

## OUR OWN COUNTER CELEBRATION

Unite for Justice and Peace January 20, Counter-Inaugural Celebration - University students, faculty, and community members will gather at several locations on Thursday, January 20, to mark President-elect George Bush's Inauguration Day with a series of events that will encourage individuals to help inaugurate an alternative, more just and peaceful vision for the United States. In addition, participants will celebrate the dawning of a new era in Eugene with the election of Kitty Piercy as Mayor.

University of Oregon:

12-1pm: U of O EMU Amphitheater, Concerned Faculty for

#### Peace & Justice:

Dr. Sandy Morgen "Tax Cuts: A Raw Deal";  
Law professor Garrett Epps "New Threats to Civil Liberties";  
Dr. Shaul Cohen "Lost Crusades";  
Sharon Schuman "The Decent Majority";  
Brian Bogart "Starting a Movement for Change."  
2-4pm, Music and Speakers  
4pm, March from the EMU Amphitheater to the Federal Bldg,  
7th and Pearl.

#### The Federal Building:

1-4:pm, music, dancing, and chanting.  
4p.m., drumming ceremony welcome for the marchers from the  
U of O.  
5-5:30pm, speakers  
Jim Rassman, Veterans for Kerry  
Josh Laughlin, Cascadia Wildlands Project  
Amy Pincus-Merwin, Inform Productions, Election Reform  
activist  
Lucy Lahr, Eugene-Springfield Solidarity Network  
William Maxwell, Pacific Green Party  
U of O student representative  
5:30-6pm, candlelit vigil and march around the Federal Bldg.

#### Cozmic Pizza Celebration:

6-9p.m. Music, speakers and political theatre by Urgent  
Carnival

-- Jeanine Malito 461.1614 [jmalito@continent.com](mailto:jmalito@continent.com)  
Campaign Volunteer, Kitty Piercy for Mayor

#### **PARTIAL WORK EXCHANGE FOR RENT:**

Room in nice Santa Clara home with cool folks,  
usually rents for \$350.00/ mo including utilities. Trade  
is for 1/2 of the rent for 3-4 hours a week of  
work. Mostly running errands, help with my business,  
and some household help. The hours may increase in  
the summer to full work exchange. The house is a nice  
place in Santa Clara with a organic garden, hardwood  
floors, big yard, fruit trees, a hot tub, water/dryer,  
wireless broadband. This would be perfect for a  
student. Must have own car and insurance. Prefer a  
non smoker, but will consider a light outside smoker.  
Pets considered.call 688-9404 for more info.

**FOR RENT:** West Garfield Neighborhood Studio-Full  
kitchen, 3/4 bath with lots of wide open space. This is a nice  
750 sqft. apartment behind a home with street parking. Owners  
want to occupy 1 week in Spring, 1 week in Winter and 1  
Month in Summer. You need to be a vegetarian, non-smoking,  
do not use any synthetic fragrances at all, preferably have no  
pets, clean and very reliable. This is a really great community  
so we are protective of our neighbors. \$450 month including  
utilities. First, last and deposit. Please respond to Mimi 541-  
337-4228 or Marilene at [groovymama@verizon.net](mailto:groovymama@verizon.net).

#### **FOOD AND SPIRITUAL BOOKS FOR SALE**

I will consider barter exchanges for help in my garden, home  
cleaning, or other services upon request. All reasonable  
financial and barter offers will be considered. --Steve Shapiro,  
689-7579, River Road

#### *Raw Food*

- Enzyme Nutrition, the Food Enzyme Concept by Dr. Edward Howell; Unlocking the secrets of eating right for health, vitality, and longevity.
- Conscious Eating by Gabriel Cousens, M.D.; endorsed by John Robbins, Victor Kulvinskis, and Harvey & Marilyn Diamond. Includes food preparation recipes; \$10.00
- Juicing for Life, a Guide to the Health Benefits of Fresh Fruit and Vegetable Juicing by Cherie Calbom and Maureen Keane \$1.00
- Living Foods for Optimum Health by Brian r. Clement with Theresa Foy DiGeronimo; Forward by Coretta Scott King; From the world-renowned Hippocrates Health Institute; hardcover; \$12.50
- Delights of the Garden, Vegetarian Cuisine Prepared Without Heat from "Delights of the Garden Restaurants (Washington DC, Atlanta, Cleveland)" by Imar Hutchins \$8.00

#### *Vegetarianism*

- The Higher Taste, a Guide to Gourmet Vegetarian Cooking and a Karma-Free Diet by the International Society for Hare Krishna Consciousness; \$0.50
- The Sexual Politics of Meat by Carol J. Adams; A feminist-Vegetarian Critical Theory \$7.50
- Diet for a New World, May all be Fed by John Robbins; includes recipes by Jia Patton and friends; \$6.00
- Proper Food Combining Works, Living Testimony by Lee Du Belle; \$0.50

#### *Spiritual*

- Seven Spiritual Causes of Ill Health by Rev. Hanna Kroeger; Neglect, Trauma, Congestion, Karma, Entities, Emotions, Faith, You can Heal, Amino Acids; \$2.50

#### *European Herbalism*

- The Original Back to Eden by Jethro Kloss; Healing Herbs, Home Remedies, Diet and Health; \$2.50

#### *Other*

- Cooking Without a Grain of Salt by Elma W. Bagg, Susan Bagg Todd and Robert Ely Bagg; Fully revised and updated, helpful hints for creating delicious low-salt meals for your whole family; \$1.00
- Colon Health, the Key to a Vibrant Life by Norman W. Walker, D.Sc., Ph.D.; Addresses cathartics and laxatives, heart health, eyesight, and colostomies; \$2.50

Free: The Book of Guys by Garrison Keillor; Short stories. This book was a gift from a friend, if it calls to you, you are meant to read it next. I will pass it to you with the agreement that you in turn will continue passing it. There are websites to track books like this, but I will kindly recuse myself from them.

This newsletter was edited by Julie Fischer and published by the Little White Dog. Send comments or article submissions to [garbanzo@efn.org](mailto:garbanzo@efn.org). If you don't have computer access, you can put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Tuesday. Market hours are Tuesdays 5-7pm; Thursdays 2:30 to 7:30 pm and Fridays 3:00 to 6:30 pm. An orientation to Growers is held each Thursday at 1:30. The Growers email list includes an electronic banzo, events notices, and other misc. info. Growers Market: 687-1145