



The Garbanzo Gazette

December 9, 2004



Growers Market's Weekly Newsletter

HELP WITH GROWERS INVENTORY

Growers needs lots of help with the year-end inventory, without which the IRS can't know exactly how poor we are. You wouldn't believe how much hippie stuff we sell in the co-op. Due to a quirk of the calendar, this year's inventory will be after the first of the year: Sunday, January 2nd, starting at 10 am (but you can come at 11 am, noon, or 1 pm). You can work for only an hour, or you could do more. Strawboss credit is available. Students and other busy people might take the opportunity to save up pumpkins "for a rainy day." No experience is necessary.

GROWERS MEETINGS

The next Growers meeting (board meeting) will be on Monday, December 20th, at 7 pm. All are welcome to attend. Look for the meetings in one of the two meeting areas upstairs in the Growers Market Building, or downstairs in the co-op.

STRAWBOSS POSITIONS AVAILABLE

Dairy Strawboss position, every other week 3-4 hours, between 10:30 and 2:30.
Call Jeanine 461-1614

HELP SPEED THE CHECKOUT LINES

While waiting in line to check out, you can help speed the process up by offering to help pack the current customer's groceries.

Politely ask the person if you can help pack their groceries. While they are unloading and reading prices off to the cashiers, you'll be packing them up, and speeding the process along. The other folks in line will be happy to move your groceries along and keep your place in line.

I've done this on several occasions, and it has helped. Some people will not want assistance, so please be respectful.

On a similar topic, I've been proposing a one-line cashiering system for the last several years. This system, which you can see in action at Jerry's hardware store, speeds up the flow of people

checking out. As cashiers come on or off shift, there is no hustling to shift lines, and there is no slowdown if you get caught behind someone with a very large load of groceries.

One of the resistance points has been that it is very difficult to assemble volunteers for work parties at Growers. Implementing this system will require some re-design of the produce area, the current cash registers, and some electrical work.

If 6 people will identify themselves and become available for a 1 hour planning session and an 8 hour construction session (over a weekend, either in January or February), it will give added momentum to the project. Please call me if you are interested in participating and have basic carpentry and/or electrical skills.

- Steve Shapiro, 689-7579

THE 2005 WEEMOON CALENDAR will be available starting next week for less than the cover price. Check out this Oregon produced daily planner and calendar near the checkout lines.

WHEAT GRASS JUICE FOR SALE

Fresh, organic (non-certified) wheat grass juice, grown with Ocean Grown™ sea mineral solution, will be on sale at the market most Thursdays in 1-2 oz. jars. With 92+ trace minerals, this juice will help cleanse the blood, liver, and intestinal tract, as well as many other benefits. Want off the caffeine habit? The energy from this leaves coffee way behind! Grown with organic seeds, in organic soil, with filtered water only. Plus lots of love, Richard Baynton, Alternatives Magazine, 342-1299, www.alternativesmagazine.com

KITTEN NEEDS HOME

Grey and white kitten needs a loving home. Litter-box trained, very playful and friendly. Please call 344-7534 SOON. Thanks.

DEAR COMRADES IN THE ANTI-WAR BRIGADES, Our little project to end the war from the boondocks in Oregon officially got Off the ground today. Operation "Christmas in the trenches" WILL be sending Holiday packages to about 100 National Guardsman in Oregon, with handwritten letters about groups like Military Families Speak Out, Iraq Veterans Against The War; tell them about the cuts in veterans pay, healthcare, and benefits; express the greatest concern for their safety and their long awaited arrival home. We'll be sending lightweight sweet treats in the packages for the holidays, to remind them of home.

WHAT WE REALLY NEED IS ABOUT 20 PEOPLE TO WRITE 5 LETTERS EACH TO THE SOLDIERS, MAKE THEM FEEL APPRECIATED AND LOVED, AND THEN DIRECT THEM TO WEBSITES FROM VETS AND MILITARY FAMILIES OPPOSED TO THE WAR.

We have the materials to put the packages together, we have 5 letter writers and some money (the packages total price including postage will be \$5-6 each).

We have the names and addresses of 100 Oregon National Guardsman. Deadline to get these all in the mail in time for Xmas is Dec. 10. So a couple hours of your time and a few dollars, and a few people could start a revolution. Maybe.

If you want to be involved in a great project with some really FUN people, here are the talking points for writing letters. Choose any or all of them, and make them personal, from you.

Talking points (not in any order)

1. Stress your Oregon connection with the soldier you write to.
2. It should be handwritten.
3. Seek common ground. Sports, family, pets, vacations are good topics
4. Stress that we support the troops, we want to bring them home, and we want to end the war now.
5. We admire what courage it takes to put your life on the line for what you believe in.
6. We'll miss them for Christmas and the holidays, but here's a little piece of the USA (the sweets).
7. we're really concerned about the loss of veteran's benefits, healthcare and pay.
8. We're really concerned about the "stop-loss" orders that are keeping a lot of soldiers for many more months away from home.
9. If you want to get a little creative and personalize the package more, take a digital picture of you with your significant other and family pet, print it on your

home printer, and write holiday greetings on it.

10. Self-disclosure. Tell them something personal about your life, your family, your home. Be utterly sincere.

11. Direct them to websites like veterans against Iraq war, military families speak out, and the like (information provided).

Agenda: writing letters, stuffing packages, having fun. Contact: PETER CHABAREK
FRODO55@EPUD.NET, 579-5843

ROCKET-FUEL CHEMICAL TAINTS FOOD

from the December 1, 2004 edition of "Daily Grist:" Here's some unsettling food news: Perchlorate, an explosive component of rocket fuel, was found in about 90 percent of lettuce samples and 97 percent of milk samples from around the U.S. tested by the Food and Drug Administration. Health officials said the levels of contamination found shouldn't be a problem for healthy adults, though nearly all the samples tested had perchlorate in higher concentrations than the U.S. EPA's preliminary recommendation for an acceptable level in drinking water. Perchlorate can disrupt thyroid function, potentially leading to delayed development, mental retardation, impaired motor skills, hearing loss, or thyroid tumors, and it poses particular dangers for kids. The chemical makes its way into the food supply by tainting waters used for crop irrigation. The feds are continuing to study perchlorate contamination and what should be done about it. In the meantime, both government officials and enviros agree that you should keep eating your veggies, as their salutary benefits outweigh their risks.

HOUSING SITUATION NEEDED

House or house share near bus route. Must be OK with 2 older dogs and 2 older cats. I need a room to live in and a room to work in (or a large room, an outbuilding would be nice too). I'd like to keep rent below \$500, and I need this wonderful new home no later than the end of January. I'm a little older, vegetarian, non-tobacco, and fairly easy going. Please call Sue @ 688-6679 if you have or know of such a space. blessings

This newsletter was published by the Little White Dog. Send comments or article submissions to 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 banjo, events notices, and other misc. info. Growers Market: 687-1145