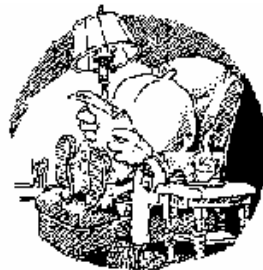




The Garbanzo Gazette

January 20, 2005



Growers Market's Weekly Newsletter

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

NEXTGROWERS MEETING

The next Growers meetings (board meetings) will be Monday, January 24th, at 8:30 pm. The meeting will probably be at the round table upstairs in the Growers Market Building, but we might move it to downstairs in the co-op. All are invited to attend.

CAR SHARE

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

SAFETY, POLITICS of ORGANIC RAW MILK

January 22nd, 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

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

SOA PROTEST REPORT BACK

MON, January 24th, 7pm, EMU Fir Room, UO

A Record 16,000 Protesters Said "CLOSE THE SCHOOL OF THE AMERICAS!" Come and Learn from Local Activists Who Were There Last November at Fort Benning, GA! Five local activists (Trudy Maloney, Sister John Backenstos, Marilyn Hunter, Sandra Ezquerra and Peg Morton) participated in this giant demonstration and other actions to close the US Army School of the Americas/Western Hemisphere Institute for Security Cooperation (SOA/WHISC), at Fort Benning in Georgia. On Monday, January 24th, they will be speaking about their experiences at this annual action, talking about the damage the SOA has done, and sharing their insights into how we can shut it down. They will also be showing slides from the event, and showing a short video on the movement to close the SOA.

The event begins at 7:00pm in the Fir Room of the EMU (13th and University), on the University of Oregon campus. This is a free event; free childcare provided upon request. This educational forum is sponsored by CISCAP and the UO Survival Center. For more information, contact CISCAP at 485-8633 or <ciscap@efn.org>

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.

ENEMY COMBATANTS RESCHEDULED!

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**

NEW DATE--

Friday, January 28th 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 welcome back the Enemy Combatants from 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!

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 excuse myself from them.

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 banzo, events notices, and other misc. info. Growers Market: 687-1145

Jeanine and Mimi, and anybody else who would like to join them, state,

“He’s not our president.”