HERE'S SOMETHING TO CHEW ON

NEWSLETTER OF THE COMMON MARKET FOOD BUYING COOP, APRIL 2, 1971

FOR THE UNINITIATED: Last fall some people concerned with food prices, quality and the entire system of food distribution formed what is now called the Common Market Food Buying Coop. A decentralized coop which, by getting food more directly from the producer to the consumer, provides better quality food, better prices, and a more enjoyable way of getting food. The coop is now supplying about 64 groups of four families or more. The coop is organized into neighborhood buying groups who combine orders every week from the latest price list. Orders are brought to the warehouse (or mailed) by noon Tuesday and food is picked up on Friday and Saturday. Each local group must have a representative on the board of directors which looks after the financial and physical operation of the coop. The groups share the work and, hopefully, everyone on the coop will eventually know all the jobs involved in the operation and survival of the coop.

Membership is $1.50 for all over 18. There is a month trial period.

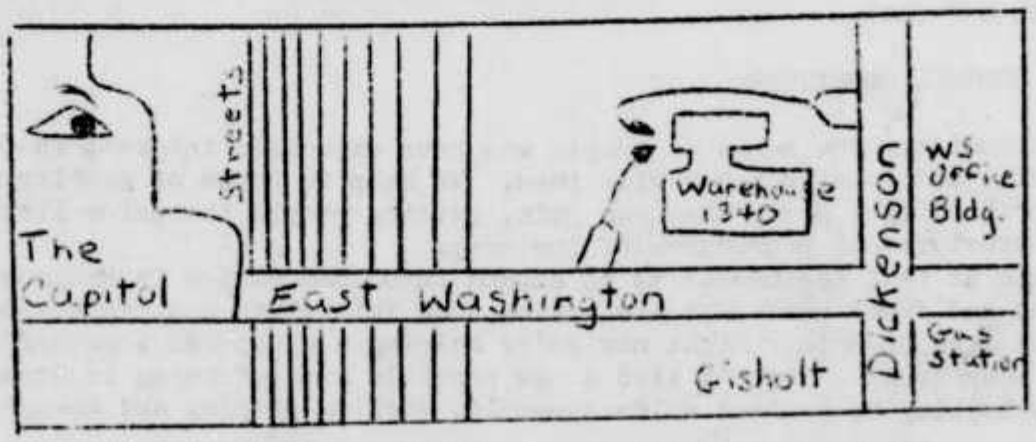
The price list contains the exact cost (or average cost) for the food. There are no mark-ups or profit. A 10% charge is made on every order to meet operating costs. If you want to join or start a group call [redacted], or Sheila at 836-6101.

At one of the past general meetings we decided to form committees to carry out the general functions of the coop. More about the particular committees is described in the committee reports. New ideas and more participation is needed and wanted. These are the existing committees:

The Work Committee--call Heinrich or Pam at 255-4028
The Finance Committee--call Andy at 257-7010
The Newsletter Committee--call Sheila or Bart at 836-6101
The Community Contact Committee--Linda Jo at 257-7010 or Jo Lynn at 251-9624
The Food Committee--call [redacted] or Betsy at 256-8508
The Organic Subcommittee--call Karen at 255-8541 or Sheila at 836-6101

The coop also needs a Transportation Committee to take care of deliveries, pick-ups, contacts with suppliers and farmers and varied other things. People with station wagons, vans, trucks, etc., could make a good contribution to the coop if they served or helped the Transportation Committee. Call Pete at 256-7868

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1340 E. Washington, Madison, 53703 Telephone: 255-5755

COMMITTEE REPORTS

WORK COMMITTEE

The function of the work committee is to determine what work must be done for the coop to operate and to try to devise the most efficient means of doing that work while still preserving the structure and spirit of a coop. Then the work must be delegated in as fair and democratic a fashion as possible, trying also to rotate the jobs in such a way as to insure that a large number of members are able to perform any aspect of coop work.

The committee has seven members, who have met once a week to discuss methods and procedures, and to assign the responsibilities of training new people to perform the various weekly jobs. People interested in joining the committee are welcome and needed for their ideas and insights and to share the committee's work load. Interested people can call Pam or Heinrich at 255-4028.

FINANCE COMMITTEE

The Finance Committee takes care of all the finances of the coop (surprise!). The committee supplies the cashiers on Friday and Saturday to collect money for food pick-ups and the Saturday sale. The money is deposited at Commercial State Bank twice on Friday (to minimize the amount of cash in the warehouse) and once on Saturday. Records are kept of all Friday's and Saturday's transactions and these are balanced and checked against the total deposit. The bookkeeper pays all of the bills by check after the weekend money is deposited. Besides for food, money must be paid out for trucking (both to Chicago and local pick-ups), rent, telephone, and supplies. There are also initial expenses such as the scale ($25), the adding machine ($125), and charging the cooler ($70-100).

Dairy, bakery, and dry goods prices are relatively constant, but produce prices vary greatly according to season and availability, necessitating periodic revisions of the prices. There is a running account kept of produce prices, and whenthere have been many fluctuations, new prices are set.

Since the list of figures necessary to compile a financial statement is not yet complete (gotta wait for bank statements and end-of-month bills) we will put out the complete statement when we can.

NOTE: 1- Perishable goods will be sold at the Saturday sale and no mark-ups will be charged. Non-perishables get 10%; no cheese, honey, raisins and grains.

2- Anyone who wants to be reimbursed for gas money must get the trip approved by someone on the finance committee. If you wait until after you go to ask, you might not get any money.

3- NO PERSONAL CHECKS FOR ANYTHING!!!

Committee members are Andy Mann, 257-7010; Morton Cohen, 251-9624; Tim Hess, 836-6160 Linda Moorman, 249-7229.

NEWSLETTER COMMITTEE

The Newsletter Committee does this!! Interested person call Sheila or Bart Friedman at 836-6101.

COMMUNITY CONTACT COMMITTEE

This committeegets names of people who have expressed interest in joining the Common Market and gets in touch with them. We help in terms of getting a new group started, or finding a group they can join, getting people the price lists and telling them the structure and procedures of the coop.

Because we feel the necessity to expand into communities in Madison other than the student and freak areas, we are taking some initiative and contacting folks we think might like to join. Right now we're helping a group get together on the far east side near Truax. There's also a new possible group forming in Stoughton. We're especially looking to contact welfare people, working people, and unemployed people

in Madison so that they may become part of the Common Market.

Anyone wishing to join the committee, call Linda Jo, 257-7010 or Jolynn at 251-9624.

FOOD COMMITTEE

The Food Committee's function is to order the food for the co-op each week, look for sources of new suppliers, make decisions about what to buy and from whom, and determines, along with the Finance Committee, when the price list should be revised (such as when we change suppliers).

At present we get: 1- produce from a big market in Chicago 2- local eggs from small farmers 3- local cheese direct from small factories 4- local apples and cider. 5- local honey 6- dairy products from two large local suppliers 7- yummy nutritious bread and other baked goodies from Women's Exchange, Nature's and the Guerilla Cookie man. 8- We're looking for a meat supplier.

We try to cooperate with the Whole Earth Coop, the Mifflin St. Coop and the Sunflower Kitchen.

If you have any suggestions-or complaints about food or suppliers , call Betsy at 256-8508, Jo Lynn at 251-9624, Anita at 836-5668.

THE FOOD COMMITTEE OFFERS THIS PROPOSAL FOR APPROVAL BY THE COOP MEMBERS:

The Food Committee at its first official meeting drew up the following structure for ordering and will ask for its approval at the next general Coop meeting.

ORDERING;

A. Pre-ordered goods-- items which are ordered according to the price sheet total each week. Only the person who is doing the ordering for the 3-month period and an alternate who knows the entire scheme, can order.

B. Stock-- stuff which is ordered in excess of a two-week supply (based onthe past two week total order). This wouldn't apply to quantities under $10. To order stock requires:

1. Joint committee meeting of Finance and Food Committees. This meeting and the topic to be discussed should be advertised far enough in advance to allow any coop member the opportunity to be present. If, and only if, it is the mutual decision of both committees that the stock can be paid for out of money other than membership money (as defined by Finance Committee) and that the purchase is "good" considering: a-Quality b- Price c- Supplier's location d--feasibility can the stock be bought by the authorized coop buyer.
2. If stock purchase involves spending membership money, a general meeting must be called (far enough in advance and properly advertised so all coop members can participate) to discuss the purchase. The attendants at the meeting decide finally and definately whether or not the purchase is made according to recommendations of each committee and the a-d criteria above.

C. Expansion--new goods not already on the price sheet.

1. Any items the Food Committee decides is a good buy (according to a-d criteria above) can be added to the next new price sheet and ordered from week to week as pre-ordered goods.
2. Items that will have to be ordered as stock must follow the provisions for buying stock.

D. New suppliers for old items can be decided by the food committee based on the a-d criteria. The new supplier must be superior to the old supplier in at least one category and equal in all others as a minimal requirement. Full research into many possible suppliers should take place so that constant switching is unecessary.

ANYONE ORDERING FOOD IN VIOLATION OF THE ABOVE OUTLINE WOULD BE SOLELY AND INDIVIDUALLY RESPONSIBLE FOR THE PURCHASE. THE COOP WILL NOT PAY FOR OR IN ANY WAY ASSUME RESPONSIBILITY FOR PURCHASES MADE OUTSIDE THESE GUIDELINES.

ORGANIC SUBCOMMITTEE

The Organic food subcommittee at present orders organic produce from California with a Milwaukee food buying coop. It's more expensive because of the shipping and not everything comes. But the food is good and it's free of chemicals.

We hope we can obtain eneugh local produce this summer so that, through storage of things like carrots, beets, and such, we'll need to do a minimum of long distance buying next winter. Meanwhile, we are seeking information about suppliers in Wisconsin and elsewhere. If you have or want any information call Karen Kubrin at 255-8541 or Sheila Friedman at 836-6101.

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SOME FUTURE PROSPECTS

We hope to buy as much as possible in the future from local suppliers. Our meeting with farmers this last Wednesday night (March 31) was very exciting. Most of those present are or are thinking about growing without synthetic chemicals.

One of the farmers present at the meeting produces large quantities of chemically free milk. At present this milk goes to large bottling companies who mix it in with the ordinary milk they buy. This farmer said he began farming organically when he had some sheep which couldn't stand up until the vet gave them a shot of vitamin E. The vet told him that fertilizer nitrates locked the vitamin E in the corn so that it wasn't available for nutritive use by the animals. That, he said, was enough chemicals for him. Hopefully we can start to buy this pure milk and have our cheese made from it.

We are committed to the effort to eliminate synthetic chemicals from our diet. We discussed the problem with our current suppliers and we are looking for suppliers of food which is as free of synthetic chemicals as possible. Organic or semi-organic food can be grown, sold, and consumed at ordinary costs (Tokay farm here in Madison, for instance, grows aroganically and sells at normal prices).

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SOME VERY IMPORTANT ANNOUNCEMENTS RELATED TO YOUR FOOD ORDERS AND PICK-UP:

When ordering food--

1. Combine all the individual orders in your group onto one price sheet. Use a mimeographed price sheet.
2. Multiply the number order times the price. It's tons of extra work if the central workers have to multiply across.
3. Mail or deliver the price sheet for the group so it gets to the warehouse by Tuesday noon. (Common Market Coop, 1340 E. Washington Ave., Madison, 53703).

New groups should establish a name early on and use it all the time to avoid mix-ups.

For Friday or Saturday pick-up--

1. Instructions on how things work in the warehouse will be given when you arrive. (They change quite often).
2. After you've gotten the food, pay the cashier. Cash only, NO CHECKS.
3. Sign-up for the following week's pick-up. There'll be a sign-up sheet on the wall near the cashier.
4. Find your job on the list on the wall, write it down, put your phone number under it, and get somebody to show up at the proper time. Please be sure to get the job done when you're assigned one--the coop begins to fall apart when people don't show up for assigned work. Any special problems can be directed to someone on the work committee.
5. GET A RECEIPT WHEN YOU PAY. It contains vital information.
6. Get new price sheets when they are available. Take only one for each family and four extras for the group order.

MORE ANNOUNCEMENTS:

The milk now comes in plastic containers for which everybody pays a deposit. The deposit is included in the price of the milk and is not refunded until the empty bottle is brought back.

A good way to communicate complaints, especially about the quality of particular items, is to staple an extra sheet to the price list when you send or bring it in.

If you need to get in the warehouse when it is locked for some reason or another here is a list of people who have keys. They are listed in order of closest distance to the warehouse.

Heinrich--255-4028
Andy--257-7010
Morty--251-9624
Elaine--257-6131

If you list the phone numbers that appear in this newsletter, it's pretty clear that only a few people are doing a lot of the work. The coop desperately needs more members on each committee. If you have any gripes or suggestions the best way to see that they get attention is to give the attention yourself. Work with a committee and help the coop run better. Call the appropriate committee representative for the meeting times and places (people listed with each committee report).

One member from each group should attend the general meetings. This is the only way that a group is represented in decision making and is made aware of new information. Notices of general meetings is written on your group's receipt on Friday. The meetings are usually held on Sunday afternoons at 2:00 either at Wisconsin Alliance or the warehouse. (They are not held every Sunday).

BE SURE TO GET A RECEIPT when you pick up your food. Look it and anything stapled to it over carefully.

When you pick up your food check to see if there are new price lists. It's up to you to get them when they're available and distribute them to members of your group.

When you put together the group's order, use a mimeographed price sheet.

Please PAY MEMBERSHIP FEES. The coop is dependent for its financial health upon all members taking the responsibility of paying all that they owe. If you want the coop to grow, pay what you owe.

There is some food left over each week which is sold every Saturday, 2:00-5:00. There is no 10% charge for spoilables. Everything else is sold with the 10% surcharge except cheese and honey which is not sold at all.

A minor mistake in the egg information printed on the price sheets makes it worth repeating the whole thing. The difference between grade B and grade A eggs is that grade A is candled and sized while grade B eggs aren't. This, in effect, means that grade B eggs are varied in size (on the average equal to grade A Large) and that an occasional egg may have a small bloodspot in it (not due to fertilization as previously reported). In other words, grade B eggs are by far the better buy.

We've been considering offering meat, but it's hard to gauge the needs of people We'd appreciate it if people could tell us (by stapling a note to the group's order) what kind of meat they want, what cuts, and about how much would be ordered. It costs alot (about $300-$400 for a whole beef) so we've got to decide pretty definately about buying it. People should also respond about pork, chicken, etc.. Also, we'd like some information as to how much people could buy at a time.

FOOD FOR THOUGHT

The Poisons in Your Food, a book by William Longgood, presents a case for switching entirely to organically grown food to which neither the producer nor the government has bothered to reply. It seems we are being poisoned and nobody cares. Here are some of the research findings Longgood lists:
Dyes cause cancer in animals, are like substances that cause cancer in man, assist cancer causing agents and have caused violent sickness in children. They are in sweet potatoes, frankfurters, some processed breakfast cereals, flavor straws, candy, cake, syrups, ice cream, sausage casings, soft drinks, cheese, margarine, macaroni, jellies, on citrus fruit peel, and in many other foods. (Pages 96-98)
Longgood says: "Among children, deaths caused by cancer are nearly 50% greater than a decade ago; half of these deaths are due to leukemia." (p.101)

DDT is toxic and has a cumulative effect. The highest incidence of leukemia occurs in the 5 western states in which the most DDT is used, in the cattle industry. Traces of it are found in much of what we consume, like milk for example.

Chlordane, which is 4 times as toxic as DDT and-cannot be scrubbed off is sprayed on food crops including sweet corn, sugar beets, sugar cane, broccoli, cabbage, carrots, radishes, strawberries, turnips, potatoes and apples. (p. 52-54)

Stilbesterol is a hormone used in chicken, beef-cattle and pigs to make them seem meatier. It causes cancer in animals and people, accelerates growth of tumers in people, arrests growth of children, causes impotentence and sterility in men. It also shows a cumulative effect. Canada has outlawed its use in food animals. (p. 113-114)

Antibiotics are found in milk and chicken. They are dangerous to people with allergies. Consumption causes immunization to the drug making it impotent to fight disease including staph germ. It destroys needed bacteria in the digestive tract. (p. 129-130)

Arsenic IS ADDED TO CHICKEN FEED AND TO INSECTICIDES USED ON GRAPES AND TOBACCO. It has been shown to cause cancer. (p.192)

Sodium nitrite and nitrate, found to kill rats and make people seriously ill, is used in lunch meats, frankfurters, corning beef and freshening ham.

Boric acid, found poisonsous by the FDA, is dusted hams. (p.135)

Emulsifiers caused widespread internal damage in laboratory animals. They are added to shortenings, baked goods, cake mixes, candy, pickles, peanut butter, pressurized whipped cream and milk. (p. 138-139)

White bread has no nutritive value and is full of chemicals of unknown long range effects. (p.149)

Hydrogenated fats contain a high level of blood cholesterol. They are in peanut butter, oils, baked goods. (p. 151)

Widespread nutritional deficiencies have been found in the United States. Refined sugar and also starch lead to vitamin B deficiency and tooth decay. Colas are a mixture of phosphoric acid, sugar, caffine, coloring and flavoring. (p. 163-169)

To conclude on a positive note, Longgood cites an investigation of the Hunza people in Northern India. They show superior health and vitality. Their food, produced organically, consists of whole grains, raw fruit and vegetables, goat milk products and an occasional small piece of meat.

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GENERAL COOP MEETING SUNDAY, APRIL 4 AT THE WAREHOUSE--GROUP REPRESENTATIVES [illegible]

The Politics of Food and Existence

by Dick Krooth

Whether we like it or not, the very food we eat to sustain ourselves comes in a political package. Some of us would like to cast off the politics involved in eating wholesome, inexpensive food. Others among us would like to place the issue of better-eating in a wholly political context. But whatever our viewpoints on this matter, we are all subject to a like condition vis-a-vis the monopolies in charge of the food business in the United States. And to beat these monopolies we are required -- like it or not -- to take a political stance.

We are not the first people to take a stance against the monopolies in charge of the growing, transportation and processing of foodstuffs. To take one classic case from the pages of history, the British working class in the 19th century was well-aware of the need to control the monopolies undermining the quality of life. And along side their organization of a fledging union movement there grew a wide variety of self-help movements. For instance, they formed educational institutions, savings banks, cooperatives, friendly societies, buying cooperatives. All of these parallel institutions were designed to liberate the ordinary people from the harsh conditions foisted upon them in a fast expanding industrial environment. Moreover, most of these workers' societies did take the rough edge off the capitalist system.

Still they could not transform that system. Nor could they threaten the stability of the basic institutions created by or in the wake of the Industrial Revolution. Indeed, the workers' banks could not curtail the operations of the great joint-stock banks. The cooperative retail shops could not stop the expansion of the giant mutiple stores. And the cooperative workshops were unable to compete with the huge industrial enterprises. As a result, many of them disappeared, as in the 30's, while others became business concerns paying dividends on purchases, selling wholesale to retail outlets, and by the 70's producing goods in their own factories for sale on the marketplace. It came to pass, then, that the very cooperatives set up to liberate the working people, turned thousands of workers into large scale business administrators, who did not and could not change the basic social relations prevailing in a society beset by monopoly rule.

All this is not an attack on cooperatives. On the contrary, it is a reminder of the political role of cooperatives in any movement for basic social change. We must remember than cooperatives come and go, while the monopolies are with us until there is a basic transformation of our society. To make cooperatives more permanent, they must be tied to the working people's movements -- to rank and file caucuses at the place of work. Otherwise, to paint the most unfavorable picture, a student-based cooperative would fold the first time a vacation occured. Again, the cooperative could not withstand the storm of "good years," when the rough edges of a basically exploitative society are made smooth. The stability of coops, then, can only be established by rooting them to the working class. And this entails a political effort -- an effort to recruit the workers in Madison to buying food cooperatively. There are a variety of ways in which this can be done, and each organizer will have to decide the precise techniques to be used. But generally speaking an effort must be made to produce educational materials illustrating how the monopolies set themselves between farmers and consumers, exploiting both in the marketplace while turning the stuff of life into poisons for mass consumption. In sum, to better our own lives we must also join with the great majority of the people to better their lives as well. Otherwise, cooperatives are a fleeting, short lived effort.

MISSISSIPPI FARM CO-OPS

A group of Madison people have, for the last 5 years, been working with Black communities in Mississippi. Originating in '65 by a handful of people motivated by a desire to see first hand the conditions in the South and to deliver supplies to Black Freedom Centers, Madison Measure for Measure was incorporated for the purpose of raising funds, providing supplies and furnishing communications between the South and the North. Since then, M4M has supported Black community self-development projects with a focus first in the area of West Helena, Arkansas and later, Bolivar and Sunflower Counties in Mississippi.

Among the several projects that M4M is now supporting, are two farm coops, one in each of these two counties. The North Bolivar Co. Coop was begun in conjunction with the establishment of a medical center in the all-Black town of Mound Bayou, by Tufts Medical School. The other--Freedom Farm Coop--was organized solely by poor Blacks of Sunflower Co., much of which was coordinated by Mrs. Fannie Lou Hamer of Ruleville. FFC is going into its third year of existence with membership grown to 5000. Since the only requirement for membership is to be poor, this figure reflects the number of people the coop has been able to feed. (Sunflower Co. is 75% Black--about 32,000 people) Most of M4M's support has been given to FFC since they have had no government funding and North Bolivar has.

Freedom Farm has an eleven-member board of directors including farm manager, business manager and fund-raiser. The Coop is presently paying only 6 people-- one office secretary and 5 field workers. The harvesting will be done by members who are paid wages as far as the coop can afford and the rest in food. These members who do not work can buy food at a low price or for nothing if they can't pay.

The farm itself was for 2 years a 40-acre piece on which was planted wheat, corn and a little beans and peas. In January, the coop made a fantastic leap with the completion of down payment on a 640-acre piece, the bulk of the money coming from Walk for Development thru M4M. The 640 is a beautiful chunk of land with 80 acres of woods and the rest tillable acreage. This spring was planted 5 acres of greens(tender and mustard), 5 acres of turnips, 15 acres of red and green peppers, 20 acres of okra, 20 acres of beans(butter and snap),20 acres of squash, 44 acres of cucumbers, 49 acres of corn, 45 acres of peas, 25 acres of wheat and 260 acres of soy beans. On the remainder, following the practice of their good neighbor Eastland, they put in 124 acres of cotton plus a set-aside on which they'll they'll receive a government subsidy that will help make the annual land payment. The crops are growing beautifully--greens are now being harvested. The rest will be coming off in mid June.

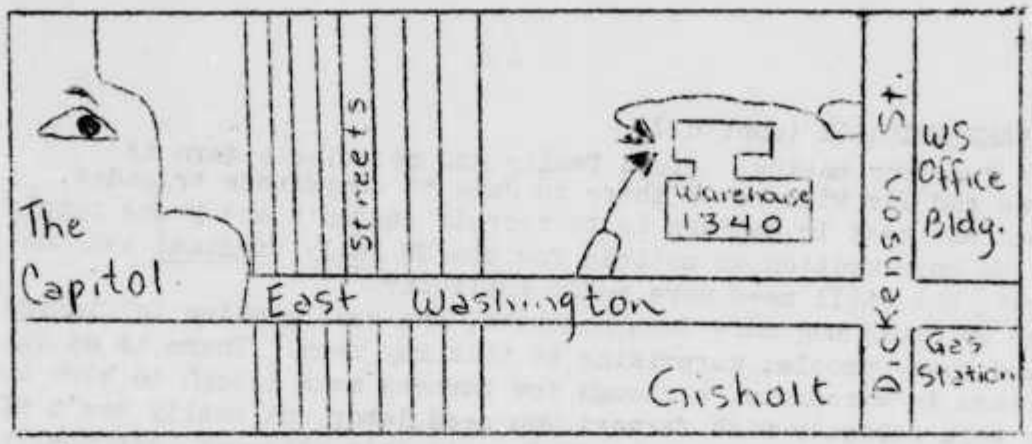
The yield over and above that distributed to the poor must be marketed. Some is contracted to local processing plants, which generally offer very low prices. For instance, Tennessee Foods is buying FFC's squash at 2¢/lb.(squash retails at 20¢/lb.). The Coop has a contract with Heinz for cucumbers at 3¢/Lb.(retails at 18¢/lb.). Heinz is also dictating the kinds of fertilizers and chemicals to be used, some of which can only be bought from them, and is visiting the fields to choose the land on which their cucumbers be grown.

One idea discussed by a few Common Market members with the farm manager and others of FFC on a trip South in February, was the marketing of the farm's produce in the North, specifically with food-buying coops in Madison, Milwaukee and Chicago. The Freedom Farm people were as excited about the idea as we were, but both parties realized several big problems. Freedom Farm must get rid of their produce soon after harvest because they don't yet have any storage facilities. We on the buying end would have to furnish the trucking and buy probably on a contract basis--meaning we'd have to know about how much of each product we can use over a certain time period. If there are workable solutions, the im-

plementation of such a thing would mean for us lower prices, fresh produce over a longer period(their growing season is 9 months) and having a voice in what kind of food we buy and eat. The farm manager already agreed to start a small portion of land in organic farming if our demand was great. (In addition to the crops FFC is growing, we could get peaches, pecans, melons, sweet potatoes from North Bolivar Coop.

This summer, coordinated by Young World Development, there will be two groups of work brigades going to Freedom Farm and the Bolivar farm to help harvest the crops and learn about the coops. If anyone is interested in going or has ideas about the marketing of Mississippi Coop produce, please let us know.

-Elaine Nesterick



1340 E. Washington, Madison 53703 Telephone: 255-5755

SOMETHING TO CHEW ON

NEWSLETTER OF THE COMMON MARKET FOOD BUYING COOP May 14, 1971

WHERE WE'RE AT NOW

Since the last newsletter in April, about 10 new groups have joined the coop. The Phone Brigade has been contacting members of each group to ensure that at the general meetings all are represented when important decisions are made, and that all groups are up to date on what the working committees are doing and thinking. The Phone Brigade has been trying to find at least one person from each group who will join a working committee, thereby spreading the burden of the work that enables us to buy our food in this way, to improve the quality of the food, to be selective of our suppliers and to respond adequately to what we're learning about the widespread abuses of food producers and processors. The latest rumor I've heard is that meat processors inject a muscle destroying chemical mixture into beef cattle before they slaughter them.

We are slowly trying to find ways to get the wholesome food produced organically on local farms to us. So far all we know for sure is that when local organic farmers like Butch and Barbara have produce ready we will buy it from them for all coop members at regular market prices. Elsewhere in the newsletter is a questionnaire asking, among other things, if members are interested in buying pork that has been organically raised by Butch and Barbara. We are moving so slowly in adding organic foods to the list because everyone working on doing so is so busy. If you have time and want to help, call Karen (255-8541) or Sheila (836-6101).

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WORK TOGETHER and SAVE THRU THE COMMON MARKET

As last Sunday's meeting made evident, the Common Market is a strong cooperative effort, in buying power and in spirit, and it will be a positive force for a long time to come.

The fine turnout of representatives showed a marked growth in membership, primarily in the past two months. Our hope is that this trend will continue until all of Madison is buying with us. The greater our numbers, the stronger our working force and the easier our chores. Working together is beautiful but the main stimulus is saving money!

Compiled below is a somewhat unofficial comparison of what you pay now at the coop next to what you were probably paying before. The purpose is to give us all a smile and also to show the people unaware of our Common Market the real advantages

(cont'd. on page 2)

WORK TOGETHER and SAVE THRU THE COMMON MARKET (cont'd.)

and goodness of being a part of the Food Coop. So pass this on to your friends after you've read it and let them do the thinking.

This list is subject to a few variables. First of all in comparing our prices with Copps, Kohls, Eagle, remember to add on our 10% mark-up to the item in question (fair is fair). Also when comparing produce, remember it's quality that's so very important as well as the price. In most cases, quality was relatively comparable, e.g., the week the tabulations were made, Eagle had excellent cucumbers, yet fell short of coop quality in many other areas.

It was also interesting to note the subtleties used to entrap unaware consumers (particularly Eagle), e.g., cabbage sold by the pound instead of by the head: thus 15¢ per pound made a head of cabbage cost 39¢. Also note that on potatoes and onions, perhaps the cheapest of all products, a 400% mark-up is laid on the consumer (because in most cases Mr. or Mrs. Consumer will still comment on how wonderfully cheap potatoes and onions are). These supermarkets are not STUPID! and they present their commodities the way they can sell them best.

Bread was not compared due to the obvious: The coop doesn't dig Gardner's or their preservatives; we buy good unadulterated bakery bread. On dairy products (cheese excluded), overall trends were measured rather than specific items. So here's the list of prices. Save and Eat Happy.

COMPARATIVE PRICE LIST (Tabulations made on April 26)

Major Items	Co-Op	Eagle	Kohls	Copps
Apples	7	17	12	14
Grapefruit	9	23	13	25
Pears	7	15	11	10
Oranges	7	13	9	14
Grapes	28	--	79	49
Broccoli	34	39	49	39
Cabbage	15	34	34	29
Carrots	8	25	25	25
Celery	14	37	29 & 39	35
Green Peppers	16	19	23	25
Lettuce	14	31	29	33
Tomatoes	29	59	55	45
Mushrooms	65	89	79	89
Radishes	10	17	15	15
Cucumbers	8	29	35	20
Spinach	38	59	65	--
Eggplants	19	39	40	--
Large Onions	5	19	15	15
Small Onions	4	17	17	20
Red Potatoes	4	13	13	6
Idaho Potatoes	4	13	13	10

DAIRY

1. Yoghurt, sour cream, cottage cheese, cream cheese, etc. -- all were 5 - 8¢ cheaper at coop.
2. Cheeses were 20 - 25¢ per pound cheaper in general.

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WISCONSIN FARM BRIGADES

from the Wisconsin Alliance Newsletter - April 19, 1971

by Ed Berg for the State-wide Organizing Committee

We are moving ahead with our plans to send brigades of students and young people out to work with the small farmers. As we plan it, a brigade will consist of 2 to 4 people who will live and work with a farmer for at least two weeks in exchange for room and board.

Jim Brey from Milwaukee spent several days in the Neillsville area (120 miles northwest of Madison in Clark Co.) making arrangements with farmers there to take

WISCONSIN FARM BRIGADES (cont'd.)

brigades in June for haying. Jim's family and relative's farm is in that area and Jim will be up there in June to coordinate brigades.

The immediate task in Madison is to recruit students and young people for the brigades. We have written an article for the UW Daily Cardinal and one for the US Farm News, but still need more media publicity.

Although we could use more farm contacts, the real problem is finding enough students and young people, surprising as this may seem. There is an extreme farm labor shortage in Wisconsin, although few farmers make enough to hire much labor. We want to work strictly with farmers who need labor but really can't afford to hire any, and there seem to be plenty of farmers in this category, especially the farther north one goes from Madison.

Before sending people out to the fields we want to hold a series of orientation workshops on the political economy of farming in Wisconsin. Right now we need people to do research on farm problems and to help draft a political program for farmers. We can then discuss this research and program in the workshops and can write some of it up for mass distribution. One project already underway: Dick Krooth is updating his pamphlet Monopolies and the Militant Farmer and needs people to do research. If interested call him at 251-0468.

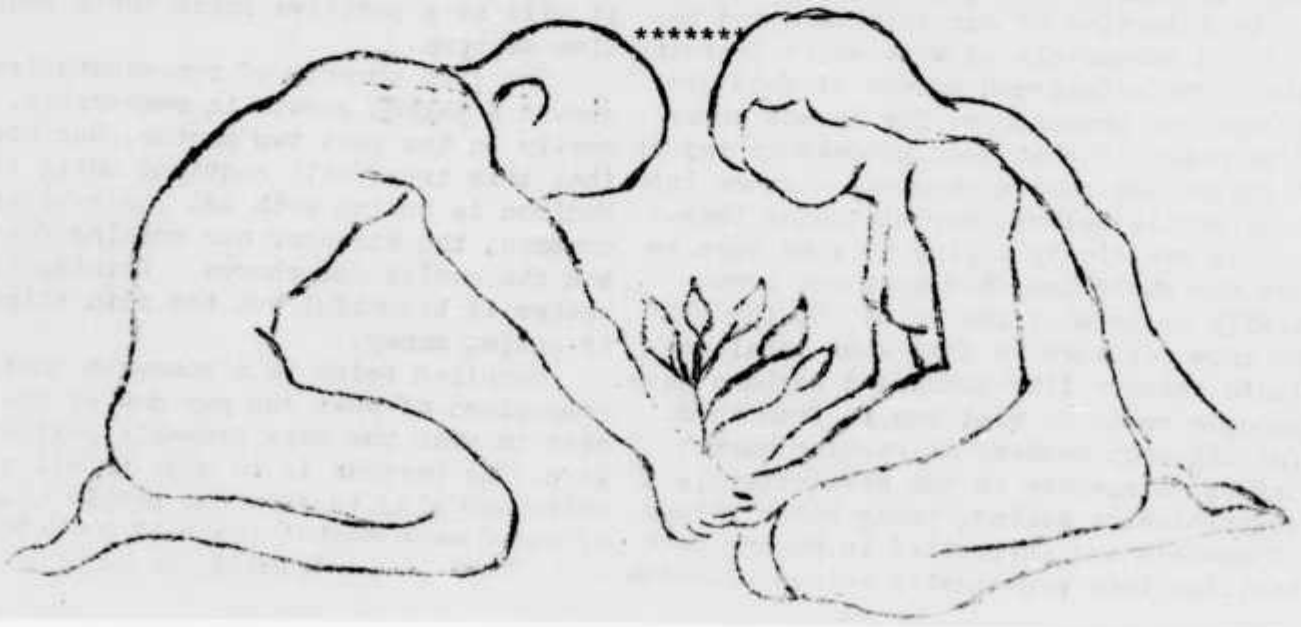
We also want as many brigaders as possible to get several days of pre-brigade training in farm work. Butch Hodges and Barbara Lee need help right away on their farm near Ft. Atkinson and have already begun training people from Madison.

In fact, we are having a big work party at Butch and Barbara's Sat. May 22. We will need at the WA office at 9 am Saturday morning and go out for a good day's work. Some people will probably want to return to Madison in the evening, while others can stay for another day and come back Sunday night. (If so, bring a sleeping bag.) If it is raining on Saturday, we will postpone going until Sunday morning, again at 9 am. There will be several cars going and people needing rides should call the office right at 9 am if they want to be picked up. Because there is a lot of work to do on this farm in the next few weeks, everyone is encouraged to come regardless of whether or not they intend to be farm brigaders this summer. The work is mostly picking corn by hand, planting vegetables, etc.

Finally, we are having a meeting Wed. May 19 at 7:30 pm in the Alliance Hall to continue planning the brigades. Roy Schenk will give a short workshop on Farm Soils. We are leafletting and postering for this meeting and hope to get a number of new people interested in the brigades. We especially need people with farm experience.

If you can't come to this meeting, contact Ed Berg 255-8554 for more information. In Milwaukee, contact Jim Brey at Rhubarb Bookstore, 1618 W. Wells (342-4020). Farmers should write to us at the Wisconsin Alliance, 1014 Williamson St., Madison, Wis. 53703 if interested in taking brigaders this summer, or training brigaders in May and June, or if you would like us to organize a weekend work party at your place.

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To bring you up to date, here are the latest COMMITTEE REPORTS: 4

FOOD COMMITTEE

The Food Committee is the group of people who order your food each week. We look for sources of new suppliers, make the decisions on what to buy and from whom, and determine (along with the Finance Committee) when and how the price list should be revised. If you want to join or have suggestions, you can get in touch with the Food Committee via Sheila Friedman (836-6101) or Anita Levin (836-5668). We welcome participation of any form! Our meetings are 7:30 pm every Wednesday at the warehouse. Feel free to come.

Please notice the questionnaire attached to the newsletter. We are particularly interested in your responses to the questions about meat. Remember, this is your coop, and we want our decisions to reflect what you want.

The committee has received some complaints about the availability and quality of food lately. Please remember that we are at the end of the growing season of just about everything, and fresh produce will become increasingly harder to get (and maybe more expensive) for a while. When the summer growing season gets into full swing, however, it will improve. Hang on.

At the moment we are working on several new ideas:

1. We are trying to set up a distributorship with Bancroft Dairy. If we succeed it will mean that we will be able to get our dairy produc s at a lower price.
2. We are presently investigating sources of organic eggs. We know this is very important to many of you (as it is to us), so you should be able to expect to see organic eggs on a price list soon.
3. In conjunction with the Finance Committee we are trying to get up a Munch Fund for coop workers. It is hard to resist the temptation to grab a bite when you're slaving away on the shelves. But right now it works a hardship on the coop, because no provision for spontaneous munching has been made in our ordering. So please, hands off the cheese. We're working on it.

FINANCE COMMITTEE

We desperately need cashiers for the cashier pool. Check the questionnaire for times. Call Andy Mann (257-7010) if you can help.

WORK COMMITTEE

Each person must accept his responsibility to the other members of the coop. Each person who has said he would do one of the jobs at the warehouse must show up, arrive promptly and plan to stay the allotted time.

The Work Committee will give groups the same job for one or two months. In that case smaller groups will alternate with one another. Call Heinrich (255-4028) if you have any ideas, complaints, etc.

COMMUNICATIONS COMMITTEE

This is a new committee, combining several groups which have been working separately so far. If you have questions, answers or wish to join a group call:

Newsletter - Sheila 836-6101
Price List - Linda Jo 257-7010
Phone Brigade - Louise 255-0779
Community Contact - Linda Jo 257-7010

TRANSPORTATION COMMITTEE

The Transportation Committee arranges for the pick-up of most of the food available each week. There are usually two long distance pick-ups: to Oconomowoc for cider and to Milwaukee for organic on Wednesday, and to Monroe for cheese on Thursday (cont'd)

TRANSPORTATION COMMITTEE - cont'd.

morning. Most other pick-ups are in town and involve dairy products, dry goods, bread, etc. These usually take place on Thursday or Friday.

We would like to arrange it so that the long and short distance runs are done on a revolving basis, perhaps once every two months by a reliable and fairly large group of truck and van owners.

- Do you own such a vehicle?
- Would you be willing to drive it outside of town?
- Are you interested only in Madison pick-ups?
- Are you going to be here this summer?
- Why are you so reticent?
- Phone Pete (256-7868) for full information and positive reinforcement.

Remember, if coop members don't pick up the stuff, it's a cinch no one else will. For long distance runs you get 10¢/mile. The pressure must be taken off the present truck and van drivers. They don't have any more time than you do. It's amazing how beautiful is the Greening of Wisconsin with a half-ton of cider in the back of your truck.

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CHICAGO PRODUCE-PURCHASING MEETING

by Bob Golden

At the last general meeting of the Common Market, I was asked to attend a meeting in Chicago concerned with the purchasing of produce. The meeting has happened and here is what happened. But first let me explain to those members that were not at the last general meeting the purpose of the Chicago Meeting.

The Chicago Meeting was called to settle a crisis that involves three parties; Lutheran Welfare Services (LWS) of Chicago, the Strube Celery Co., and the collective needs of the involved coops in Chicago and Madison. About a year ago, LWS got $25,000 from its national organization to set up a food distrubition system for the "ghetto" people throughout Chicago. $8,000 of this amount was used to hire an organizer-buyer to implement the program. The Common Market, Mifflin St. Community Cooperative and the Sunflower Kitchen are part of this program. LWS has a close connection with Bob Strube, owner of Strube Celery and Vegetable Co., seller of produce, who offered his facilities at 45 S. Water St., Milwaukee, and a charge card to help organize the program. His help was accepted and his company's involvement became the backbone of the LWS food distribution system.

The facilities include the third floor (1000 sq. ft.) of 45 S. Water, equipment to move pallets around and use of the company's bookkeeping system. His charge card has made the program viable. With it, LWS's buyer can go shopping for the best buy in the market without carrying cash. It would be very difficult to operate without this charge card. Without it we would all have to pay for our food when ordering. Strube's company has been given $170 per month for all of these services.

This program got started about a year ago. It operates in a similar way to the Common Market. Coops call their order in on a certain day every week and pick it up on a certain day every week. All coops are independent of each other. The coops do not share responsibility for the program with LWS. Very few of the coops know any of the other coops. Yet everyone is helping one another by pooling our buying power.

At present there are 60 to 70 coops consisting of middle class families, students, communes, a few black groups and a few chicano groups. An average coop order is $100, so most of them are the same size as the largest groups in the Common Market. The combined purchasing power of all these groups comes to six or seven thousand dollars a week.

After a year, the program has been a partial success from the LWS standpoint. The food system is working but LWS envisioned at the beginning that it would primarily service blacks, chicanos, and Appalachians. They are disappointed (cont'd.)

Chicago Produce-Purchasing Meeting (cont'd.)

that this has not occurred. However I think that if that's what they wanted they should not have picked a young white living in a commune in northwest Chicago to direct the program.

I hope this is sufficient background information about the program through which we in Madison get our produce.

The crisis centered on the leaving of the program's co-ordinator, and on LWS's indecision as to what it should do. From their viewpoint, the program was not reaching the "correct" people. Also, it had gotten too big for them to run and shows every sign of getting bigger. So LWS, Strube, and the program co-ordinator sat down to decide what to do. Now Strube and the co-ordinator don't care for one another and over the year have come not to trust each other. The co-ordinator is sure Strube's interest is to develop over the course of a few years, an outlet from which he can make money. Strube is sure the co-ordinator is not competent, makes bad produce buys, and does not work hard enough. LWS arbitrated. Strube wanted to take over the program, and the co-ordinator opposed this vigorously. LWS leans toward having Strube take over the business operation of the program. Then LWS would hire another person to only organize "ghetto dwellers".

So the Chicago Meeting was primarily to explain to the coops what was happening and how the directors resolved the change. However the meeting did not go as planned, principally because people did not trust Strube's motivation. But that was not our main concern. Those who spoke wanted to change the program from one dependent entirely on Strube and LWS to one dependent entirely on the people using it. They wanted this accomplished so that the people involved in the coops were responsible for the whole operation and to insure that the growth of the distribution system gets into the hands of the people for the profit of the people and not for any single individual's profit. Strube was upset with this development and with the distrust the group showed him. LWS was pessimistic that such a plan would work. But the people speaking for this development were realistic and knew it would take a lot of time for an organization of this sort to come from the present program. They suggested that the program continue running through Strube's place for the next 6 months. Bob Strube said that was fine with him and he would continue to operate under the same arrangement except that he would furnish the personnel to do the buying. Everyone, including LWS and Strube, thought this was acceptable and decided to continue with Strube for 6 months while meeting regularly to investigate ways of changing LWS's program into an independent organization. And that sums up what happened at the Chicago Meeting. By the time of the next newsletter the coops will have met a couple more times, and I hope to be able to report then that movement is going smoothly and steadily toward creating an independent buying organization. The next meeting is Thursday May 20. Anyone who wants to go should get in touch with me (Bob Golden 257-9055).

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SALAD GREEN VARIATIONS

by Mother Annie

The present boycott of non-union lettuce has resulted in problems for some people when there has been no union lettuce in Chicago. Anguish and withdrawal symptoms, however, are inappropriate responses to lack of iceberg lettuce. It is only one of myriad greens for salad. Happily, people are becoming somewhat more cosmopolitan in their use of these greens. Head, or iceberg lettuce, has become so popular mainly because it was pushed to that popularity by agri-business, who seized upon it as something that would travel well, keep well, and have a long shelf life relative to other vegetables. Even new hybrids of iceberg have been developed, usually sacrificing flavor, color, and nutrition to the benefit of growers.

Other greens can provide handsome contrasts of light and dark, unique flavors and textures. They provide vitamins, minerals and bulk, and are particularly important as sources of vitamin C. The [illegible]

Salad Green Variations (cont'd.)

as nine B vitamins, folic acid, iron, copper, magnesium, and calcium. Fresh parsley has such outstanding nutritive value that large amounts should be added to most salads.

If you do your own gardening, you may know the delight of the first shoots of leaf lettuce. Many people successfully raise Bibb lettuce in city plots. Other common locally grown greens are fennel, swiss chard, and lamb's quarters, some of which may be found growing wild.

Many things may be used as salad greens which are not thought of as that usually -- tops of celery, spinach, dandelion, comfrey, tops of beats, turnips, carrots, leaves of kohlrabi, broccoli, and cauliflower.

Some of the other greens grown commercially all year and locally during summer are romaine, all types of cabbage -- white, red, Chinese -- chicory, watercress, kale, mustard greens, collard greens.

All of the above should at one time or another be available through the Chicago market, if not more locally. We will make an attempt to inform people when these are available and cheap. We encourage people to use different combinations, and experiment for color, taste, and texture. EAT WELL.

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FIGHTING POLLUTION

For a long while now we've been hearing about our natural resources being used up, our rivers and streams being poisoned and the air becoming unfit to breathe. The air in Wisconsin is a lot better than the eastern and western parts of the country. However, our waters are shameful. The residents are not totally at fault. The large businesses (e.g., Madison Gas & Electric) who can get away with dumping garbage have helped to deteriorate our waters. One thing that we all must keep in mind is that our little contribution does help. Those piles of glass bottles and metal cans in your kitchen are saving a small part of our and the world's natural resources. We, the US, get a great amount of raw materials from foreign countries. By increasing our ability to recycle and hold onto our metals and trees we are helping other countries to hold onto their own raw materials. In a small way, attempting to stop US exploitation of the world.

Newspapers:: The more newspapers collected and recycled, the more trees are left in the forest. No joke.

Pile them up and put a string around them and leave them out on your regular garbage day. Madison, as a city, has its own paper recycling program. Far out. If you have any questions about this call the Sanitation Dept. East 266-4685; West 266-4681.

Metal and Glass : The Coca-Cola Recycling Plant is located at 3536 University Ave. Their phone is 238-0244. The University YMCA at 306 N. Brooks St. also collects bottles and cans. Their phone is 257-2534 for any questions. Both places have boxes outside all the time. Bottles should be separated by color since glass recyclers cannot mix colors. Just clean out everything so it doesn't stink up your house. Take the labels off the cans. It's not necessary on the bottles. So -- when the pile gets too overflowing, throw them in a car and truck on down to the Coca-Cola place. (It's right near Hilldale.)

Water : If you live in a community with no sewers the best thing to wash with is soap and washing soda. This will get your clothes clean while avoiding use of high-phosphate detergents which stay in the water and make it unliveable and undrinkable. First rinse all traces of old detergent by running clothes thru the regular wash cycle, adding nothing to the water but ¼ cup of soda. Repeat until water is sudsless. Then wash clothes in the following manner. Put clothes in first, then add the water. Put 1/4 to 1/3 cup of soda in and wait until it dissolves; then add soap (1¼ cups for front-loading machines, 1 2/3 cups for top-loaders). If this gives more than 2 inches of suds throughout the wash cycle, cut down on the soap. For harder water, add ¼ cup of soda to the first rinse.

(continued)

Fighting Pollution (cont'd.)

If you have sewers you should use soap or a no-phosphate detergent such as AMWAY (S-A-8 No Phosphate), SEARS, BASIC-L (SHAKELEE). (When soap is mentioned, that means stuff like Ivory Snow, other powdered soaps they sell in the grocery. Soda is washing soda.)

Phosphates pollute our ground water supply. They pass right from your washing machine, thru the sewage plant and directly into the water. They are especially harmful to fresh water.

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THE COMMON MARKET LTD.
Operating Statement
For the Months of March and April 1971

Sales Revenue		16135.51	
Less Cost of Goods Sold:			
Merchandise Purchases	14012.09		
Less Purchases Returns & Allowances	1.60		
	14010.49		
Add: Freight In (Trucking)	514.55		
Cost of Goods Sold		14525.04	
Gross Margin on Sales			1610.47
Operating Expenses			
Store Supplies Expense		64.93	
Telephone Expense		76.35	
Rent Expense		320.00	
Office Supplies and Postage Expense		11.89	
Equipment Repair Expense		87.23	
Miscellaneous Expense		32.53	
Total Operating Expenses			592.93
Net Margin on Sales			$1017.54

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THE COMMON MARKET LTD.
Finance Sheet
April 30, 1971

Assets:			
Cash on Hand	197.67		
Cash in Checking Account	1141.64		
Petty Cash	75.00		
Merchandise Inventory	300.00		
Store Equipment	25.00		
Total Assets		1739.31	
Less Liabilities:			
Rent Expense Payable	160.00		
Trucking Expense Payable	140.00		
Long-Term Debt	600.00		
Total Liabilities		900.00	
Assets minus Liabilities		839.31	
Net Worth:			
Member Contributions			500.00
Operating Net Margin to Date			339.31
Net Worth			$839.31

MODEL FOR ORDERING & PICK-UP from MIDDLETON GASTRIC GROUP

Maybe it will help your group to know what the well organized Middleton Gastric Group has come up with in the form of an instruction sheet for taking orders and picking up and for keeping track of the money paid and owed.

Procedure for Ordering, Pick-Up, etc. (These are all the items to be remembered that we came up with. We should revise this as people note additions and deletions, so keep track of them.)

Ordering : - Have order and total amount of payment ready when they call. - Remember to add the 10%. Don't subtract deposits. - Bring bottles to people picking up the order. They'll bring back cash for them. - People taking the order call members Sunday night (or Monday if necessary). Aim to get the money by Tuesday before placing the group order. - The total order must be in to the warehouse by Tuesday noon. Compile it on one order sheet. For example, a total of 70 apples were ordered, the total cost being $4.90. Add the total amount to be paid to the coop.

Pick-Up : - Before going to the warehouse prepare pick-up sheet (bookkeeping sheet). - Bring old egg boxes and cartons. - At the warehouse first sign up for a pick-up time for the following week. Check the list of members to find the time convenient for the people who will be picking up. Let them know the time they are to pick up. - Second find your group's job on the job list and write the phone number your group has agreed upon under it on the list to indicate that we know what it is. Let your group know what it is. - Third check announcements such as whether there is a general meeting, get newsletters for everyone and two price lists for everyone, one for the individual household and one for the person taking orders. Be sure and tell people what the announcements are and give them price sheets and newsletters when they pick up their food. - Then when you get the food check every single item that is packed. Take your time. Check off things as you get them. Bring the food money separately from your own so you'll know for sure how much is left after you pay. Pay only for what you get. - Then you'll be able to give people back their money for things that didn't come. Get a receipt. Read it as there may be messages on it.

As people pick up their own food write amounts paid for food and for bottles to them on the bookkeeping sheet. Give this sheet to the person designated by your group. It will serve as a record in the hopes of helping figure out when and what mistakes were made. - Accounts are settled Saturday 2 - 4 pm at the warehouse. If the coop owes something it must be claimed at that time. - Call the person who picked up the order if you're missing something or have something extra. The person who picked up should either return left-over items to the warehouse or buy or sell them and return the money to the coop.

BOOKKEEPING SHEET

Date:

	Membership: pd or not	Amt. paid when ordering		Amt. paid on Friday		Bottles	
		Cost	10%	Cost	10%	Cost	10%

NOTICES

NOTICES

Anyone dig SOFTBALL? We'd like to get teams together for a game -- maybe a series. Men and women both. First game to be Saturday, May 15, 2 pm, at the field on the corner of East Mifflin and Livingston Streets (800 block of East Mifflin).

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GROUP CHAIRMEN: Prepare a list of members' names, addresses, phone numbers, and indicate whether or not they have paid their membership fee of $1.50 per person over 18. Send the list to Linda Jo, 1326 Jennifer Street, Madison.

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GARDEN PLOTS are available FREE at Tom and Mary Sykes, Middleton (836-5089). You'll have to plow or dig up your own.

FINAL DEADLINE for articles for next newsletter is May 31. Send to Sheila Friedman 6418 South Ave., Middleton, 836-6101.

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RECIPES WANTED (call Sheila at 836-6101)

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There is ORGANIC PRODUCE at the leftover sale at the warehouse on Saturday from 2 - 4.

RECIPE

PIZZA (can be organic)

Soak 1 T or package yeast in 1¼ cups warm water until dissolved.
Add 2 T vegetable oil, 1 t salt, 4 c whole wheat flour
Knead 15 minutes until smooth and elastic. Brush dough with oil. Let rise in oiled bowl until doubled in bulk. Divide into 3 or 4 pieces. Roll out right on greased baking pans. Top with tomato sauce seasoned to taste. Add slices of cheese. Add anything else you like: mushrooms, green pepper, etc.
Bake at 450° for 15 minutes or less. Good luck. - Sheila.

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There are about 300# of CORN-FED ANGUS BEEF AT 50¢ a lb. All cuts. If you order 1 or 2# you will get whatever we can give you. If you order larger amounts you will get a mixture of cuts. Write your order on your order sheet.

FOOD COMMITTEE QUESTIONNAIRE

1. Would you be interested in frozen meat offered through the coop? ___Yes ___No
If no, why not?

If you answer yes, please answer questions 2 - 7. If the coop goes into meats, it will only be able to invest in one animal at first. This means that we will have tc decide beforehand whether it should be organic (chemically free) or not.

2. Would you prefer organic (chemically free) meat if the price were
a) about the same ___Yes ___No
b) substantially higher ___Yes ___No

3. What type of meat and what quantity would you buy?
___ a. beef ___#/week
___ b. pork ___#/week
___ c. chicken ___birds/week
___ d. sausages ___#/week (brats, wieners, Italian sausage, ring bologna, etc.)

We could offer meat in one of two ways. One way would be by the cut. This would mean that we would have to offer, for example, one steak which might weigh anywhere between 1 and 1½ pounds. You would be charged for 1¼ lb. in any case.

4. Would you buy meat this way (by the cut)? ___Yes ___No

If for various reasons, we cannot offer meat the above way, would you buy meat in packages of assorted cuts? For instance, a package might include hamburger, a roast and two steaks. (Packages would be straight price/lb.)

5. Would you buy meat this way (by the package)? ___Yes ___No
If yes, what size package would you prefer? ___5# ___7# ___10# ___12# ___15#
___Other

6. Would you prefer to buy packages of primarily
___ a. low cost cuts (hamburger, chuck, stew meat, etc.)
___ b. medium cost cuts (rolled roasts, round steak, etc.)
___ c. high cost cuts (sirloin, tenderloin, rib roasts, etc.)
___ d. assorted (a combination of the above ranges)
___ e. other (please specify) _____

7. Can you think of another way the coop could offer meat to our members? If so, please explain it. Thank you.

8. Assuming that we are unable to offer taxable items, what sort of foods would you like us to expand to?

9. If wo could offer taxable items, what would you like to see the coop offer?

10. Would you rather we carried organic (chemically free) foods if they could be purchased at around the same price as regular, treated foods? ___Yes ___No

11. Would you be interested in a Nutrition Committee which would educate us on the food we buy and consume in terms of quality and value and also coordinate a Recipe Exchange? ___Yes ___No

12. Would anyone in your household be interested in being on this committee? __Yes __No
Who? _____ _____ _____
(name) (address) (phone)

13. Is there anyone in your household who would like to go with the truck to Chicago to pick up the produce? (The truck leaves around 2 am Thurs. and returns around 10 pm. It involves putting together the coop's order & loading the truck.) __Yes

Food Committee (cont'd.) Questionnaire (cont'd.)

14. Is your household planning to order food through the coop from
June - Sept. ___Yes ___No Sept. & after ___Yes ___No

15. Do you have any complaints, questions, suggestions concerning the items on the price sheet? If so, what?

16. Are you satisfied with the overall quality of the food? ___Yes ___No

17. Have you paid your $1.50 membership? ___Yes ___No

COMMUNICATIONS COMMITTEE QUESTIONNAIRE

1. What is your name_____? Address_____?

Group name_____? This is only so that we may get a clear idea of how many members we have. It in no way binds you to any of your answers.

2. Who in your household has paid their membership? Please give their name(s).

3. Would you be willing to be the person contacted by the Phone Brigade for information or emergency to distribute to your group members? ___Yes ___No

FINANCE COMMITTEE QUESTIONNAIRE

Would you be a cashier on Friday 1:00 - 4:30 ____ or Saturday 10 - 2 ____
4:30 - 8:00 ____ 2 - 4 ____

Send questionnaire to Linda Jo, 1326 Jenifer St., or give to your group leader.



BEAN

Newsletter of the Common Market Food Buying Coop Friday, June 4, 1971

PARTICIPATORY DEMOCRACY AND THE COOP

The founding fathers of the United States knew that if our political system was to succeed the participating citizens would have to be well informed and actively interested in the general good and not in personal power and wealth. Our system has not worked out well because most citizens have been ignorant of what has been going on. Most have left the thinking and the work to the few who want to do it. And the few who do the work have, for the most part, been interested in their own power and wealth and the power and wealth of an influential minority group. This minority group, today the top eschalon of the large corporations, have a strangle hold on the entire non-communist world.

Moral: The people who participate are served.

How does this unhappy fable pertain to us?

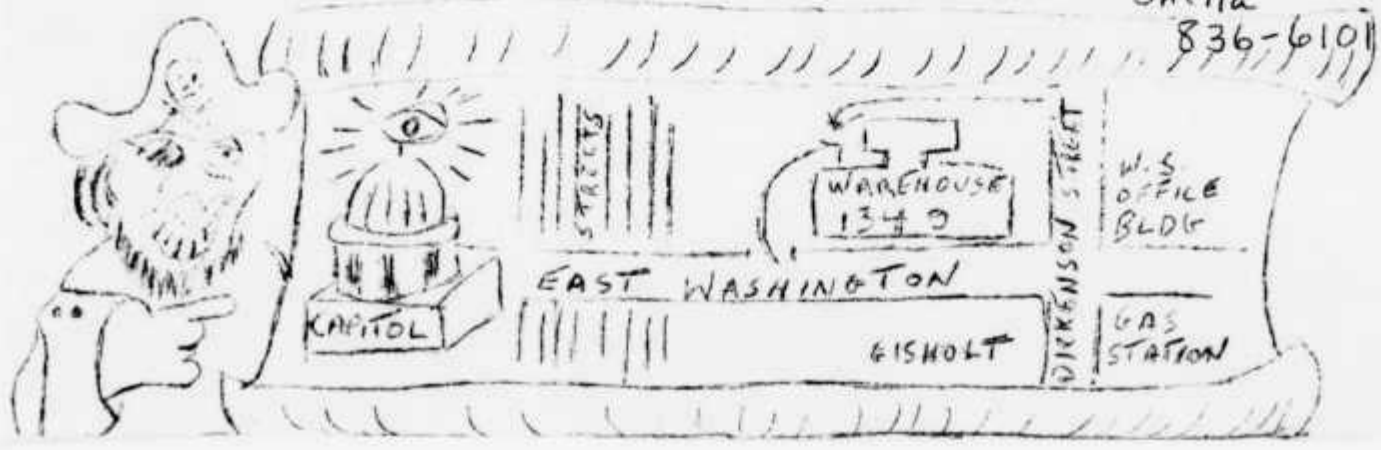
The coop provides food for about 1000 people. About 12 people actually know what work must be done and what decisions must be made for the coop to function. No one is paid for the work they do. I don't foresee the coop being taken over by a big corporation. The real possibility is that the workers will become discouraged because there is so little help, both in thought and in physical work and the coop will fold.

What can members do?

Take initiative! Come to the general meeting Sunday and ask questions about that is happening and how you can help and offer specific help, typing, ordering, picking food up, bookkeeping, and so forth. Call committee representatives and find out when their groups meet and attend and find out what there is to be done. If it is hard for you to get away there are jobs that can be done at home. Every willing hand and mind is needed, and the more people put into the coop, the more the coop will be.

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COMMITTEES:
WORK - HEINRICH 836-5668
FINANCE - ANDY 257-7010
COMUNITY CONTACT - LINDA JO 257-7010
FOOD - ELAINE 257-6131
TRANSPORTATION - PETE 256-7868
NEWSLETTER - Sheila 836-6101



A BRIEF BUT SERIOUS MELODRAMA

Scene 1 : Kitchen

Mother (reading Ramparts): Oh, no.
Little Girl: What's the matter, mama?
M: This article says there are terrible things in the food we eat. Oh, my, we need some food. Do you want to go shopping with me?
LG: Okay.

Scene 2.: Supermarket. Mother takes wagon, carries article and grocery list. They move toward the food counters.
LG (Noticing soda section): I'm thirsty, mama. Buy me some soda. I want some Mountain Dew.
M (about to reach for a box of detergent, uses her finger to search through the Ramparts article): I can't buy you Mountain Dew, love, this says it's got BVO in it and BVO is poison.
LG: Mama, buy some hotdogs. I like hotdogs.
M (searches in article again): No, baby, they have sodium nitrate and sodium nitrite in them to make them red. They're poisons, too.
LG: Buy bologna then.
M: No, they're poisoned just like the hotdogs.
(The next aisle. Mother's cart is still empty. She's unable to concentrate on her shopping list because of the child's questions.)
LG: Mommy, buy some Cheerios and cornflakes. Those are good for you. It says so on TV.
M: No, dear, they have BHA and BHT in them and synthetic vitamins. They're very bad for you.
LG: Mama, buy some jelly for me.
M: No, baby, the jelly has benzoate and benzoic acid in it. That could make you sick.
LG:(almost in tears): Mama, I'm hungry, I want an ice cream sandwich.
M: But, baby, that ice cream has propylene glycol in it and the cookies have conditioners and bleaches. I can't let you eat those things.
LG begins to cry.
M: I've got an idea. Don't cry. We're going to get something good to eat. (She puts the empty cart back.)

Scene 3 : Whole Earth Coop

M: Here we are. Do you see something you like?
LG: I'm thirsty.
Cashier: We have some sassafrass tea you can have and there's honey to put in it.
LG is interested. C shows M into the kitchen. M fixes the tea.
LG: is this good for me?
M: Yes.
LG (drinks thirstily): This is good, mama. I want something to eat.
M: Let's look.
LG: What is that?
M: Let's see: That says Bandy Balls. It says they're made with carob. Do you want to try one?
LG: Okay. (Takes one, unwraps it, bites in) It's good. Can I have two?
M: Yes, go ahead.
LG sits on rocker eats happily, starts talking to hippie. M fills bags with teas, rice, bread flour, granola, soy powder ... pays C, they leave carrying packages and saying good-bye to C; LG is eating an organic guerilla cookie: "Is this good for me, mama?

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Reserve Sunday afternoon, June 6 for the Coop PICNIC at Tenney Park. Starts at 2 pm

MORE FOOD FOR THOUGHT

The June Ramparts contains a spectacular article called "Food Pollution." Read it. It should convince anyone who can read English to go to whatever lengths are necessary to avoid the poisoned foods being foisted on a gullible public by the corporate food monopolies. Here are just a few of the gory details Daniel Zwerdling offers for public consemption and, hopefully, for public reaction.

There is virtually no food in the grocery store free of all of the 3000 synthetic flavors, colors, thickeners, acidifiers, bleaches, preservatives, package contaminants, antibiotics and poison pesticides, which have no food value, are harmful and are added simply to make people think they are eating something better than they actually are.

Zwerdling quotes the chief biochemist of the Food and Drug Administration as saying that there is no way of knowing whether additives are safe. Common diseases like cancer may result from these chemicals; they definitely do in animals. By the time we know for sure what they do to humans, geneticists Joshua Ledeberg and Bruce Ames, both Nobel laureates, believe, it will be too late to save the whole human race from disastrous genetic mutations.

Why take these risks? Only because the industrial giants have found that processed foods bring in big profits. General Mills, General Foods Kellogg, Armour, La Choy, Meadowgold, Dannon, Beatrice Foods, Wonder Bread, Morton Frozen Foods, Lipton, Pepsi Cola -- there is probably not one large American food industry that can be trusted.

We cannot even trust the FDA. This agency is supposed to protect the public. Instead it ignores scientists, even members of its own staff, and continues to allow chemicals proven dangerous to be sold: MSG, cyclamates (to be sold now as non-prescription drugs"; the rest are being exported!), saccharin, BVO (bromated vegetable oils which give Mountain Dew its zip), sodium nitrite and sodium nitrate (which make sandwich meat look red and are known to be potent poisons and cancer and mutation causes), BHA and BHT (preservatives in breakfast cereals and all the crunchy snacks we love to nibble on), benzoate and benzoic acid (used to preserve margerine, fish, fruit juices, confections, jams, jellies and soft drinks), synthetic colors (just don't eat more than 2 maraschino cherries at a time), conditioners and bleaches (present in all bleached and conditioned flours), propylene glycol (in ice cream, candies, toppings, icings, shredded coconut, meats), emulsifiers (the most widely used additive of all; they probably act to help the bloodstream absorb the other poisons), mercury (seeds are treated with it), pesticides, hormones, antibiotics and carcinogenic waxes ... all permitted in our food by the FDA.

There is a connection between these chemicals in our lives and our country's poor medical record. Our infant mortality rate is 5th highest among the industrialized nations. Our children and adults are victims of poorer health than they would be if we could somehow eliminate these chemicals from our lives.

Let's seek out the local farmers who produce food without chemicals and buy all our food from them and do whatever we can to help them stay in business.

There are a number of farmers in our area who produce vegetables, fruit, milk, eggs and meat organically. The coop has not yet begun to find ways to obtain that wholesome food for our members. Most of the farmers sell their excellent products to large distributors who mix them with the ordinary, chemically produced foods.

There are some possibilities for the coop to obtain all our food free of synthetic chemicals and to help the small farmers stay in business and maybe even make a living. Some of the ideas that have come up are these:

1. Run a stand on the library mall.
2. Run a farm market.
3. Run a store which will sell as many of the local farm products as we can. Freeze surplus items to be sold in the winter. Dry appropriate items.
4. Help the farmer who is now interested in buying bottling equipment so our milk can be free of synthetic chemicals.
5. Find a cheese maker who will use that milk to make our cheese.
6. Find an ice cream maker, a butter maker, a yoghurt maker, a cottage cheese maker, and so forth.

(continued)

7. The store might be large and sell local handicrafts, serve food and provide a gathering place for people, even a place where we can sing and dance together.

The only way I could devote myself to such a project is if there were a group of people committed to making it succeed. Interested? Call Sheila: 836-6101.

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A LETTER TO THE EDITOR

My family have recently joined the co-op, have purchased organic products a few times. We are primarily interested in organic products, and are pleased to find this available. We raise a great deal of our own organic produce, and over the years have become fairly self-sufficient in supplying ourselves with organic food. However, the availability of fresh produce, especially when out of season here, is very encouraging through the co-op.

The May 14 newsletter is very interesting. If you need a recipe for the month of June, you may use the enclosed Strawberry-Honey Ice Cream recipe. I noticed the article on fighting pollution, and wondered if you might be interested in the enclosed article on pest strips. The bug season is upon us with warmer weather, and then is when so many of these insect repellents are used. Some of these can be harmful to us, and feel that this information should be passed on to others.

I am also encloseng material on the Wisconsin Natural Food Associates Bulletin. This is published quarterly. It contains information of interest to organic and natural farmers, gardeners, and consumers. It also contains health information and recipes. Some of the titles from the latest issue are: Body Chemistry, Farming Economically The Organic Way, Secret of Youth, Unwanted (about pesticide ruling), Garden Planting Tips, Serve your Salads First, Womans Page (recipes). I have worked with the bulletin and the state organization for several years. Presently, I serve as subscription secretary. Rates are $1.25 per year, or $3.00 for 3 years.

If you have any questions, especially concerning the article on pest-strips, please call me at 846-3287.

Yours truly,
Mrs. Esther Horsted
Route 2
Waunakee, Wis. 53597

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COMMITTEES

Work Committee - If you're interested in knowing about us or in helping us, call Pam or Heinrich at 836-5668.

Transportation Committee - Can you help? Call Pete at 256-7868.

Finance Committee - We need cashiers for the Cashier Pool, as well as two or three new committee members. Call Andy, 257-7010.

Food Committee - Indescribable developments! More details next newsletter. Elaine, 257-6131.

Community Contact Committee - Problem: Groups disintegrating for the summer.
Solutions: 1. Get together with other groups in your area.
2. Contact Linda Jo (257-7010) for names of people in your area.
3. Recruit new people.

(continued)

COMMITTEES, continued

Newsletter Committee - WANTED: Recipes, poetry, plays, prose, opinions, letters, questions, complaints, drawings, cartoons, typists, mimeographers, information about nutrition, new food sources, etc.
CONTACT: Sheila Friedman, 6418 South Ave., Middleton, WI 836-6101

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ANNOUNCEMENTS

ORGANIC FOOD MEETING (7:30 pm Wed., June 9 at the warehouse) - A meeting of people interested in buying organic food to decide how we will obtain it in the future. Karen is leaving, so the rest of us will have to act.

General Meeting and PICNIC at Tenney Park Sunday June 6 at 2 pm; bring something to EAT, maybe something to pass around, maybe something that makes music, your bubble pipe, your medicine ball, use your imagination. We'll spend some time discussing coop matters, too. We'll be at the pavillion near the parking lot. COME!

Please return QUESTIONNAIRES. Give them to your group leaders, drop them at the warehouse, send them to Linda Jo, 1326 Jenifer St.

Return Appler's boxes. The coop pays deposits on them and needs them for returning bottles.

FARM BRIGADES are being organized. Want to do some healthful outdoor work this summer in exchange for room, board and knowledge about farming? Contact Ed Berg from the Wisconsin Alliance, 255-8554.

WISCONSIN NATURAL FOOD ASSOCIATES BULLETIN contains articles on health, organic gardening, the values of natural food and the evils of chemical contamination, the danger of metabolic disease and the importance of conservation of soil, water, and human health, which are interrelated. Four copies per year cost $1.25. For information write to Mrs. Esther Horsted, Route 2, Waunakee, WI 53597.

Sorry there's no art work. Les was busy delivering his dog's puppies.

Thanks and kisses to Diane for all the hours of typing.

Come to the Picnic, Sunday. Let's try getting together.

The Seed (A Small Tragedy)

A Maple seed, winged, flew on the wind, which dropped it on the black top of the parking lot:

Seed: I have landed where there is no soil and will not grow and cannot go.

Stranger 1: Self pity is a bore.

Stranger 2: There is no lack of seeds.

Seed: There's lack of soil.

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Another Tragedy, This one of Enormous Magnitude

The Characters are creatures of nature, all sick, poisoned by the chemicals with which we have polluted their world.

Act 1 The Waters

Duck (gasping): This water is so foul. My lovely feathers are coated with oil. I feel so bad. I'd like to fly away, but I can't even fly.

Representative from Standard Oil: How dare you suggest we've done something wrong. You do us injustice. We're trying our best to build a machine to skim oil from the water. In time we'll succeed. We always do. Be patient.

Fish (gasping): This water's so disgusting. But I'm too weak to swim far. I can't begin a search for clean water. I'll have to stay here and wait for death.

Standard man: You animals are all alike. You must stop disturbing my peace of mind. You must realize we're trying our best. Be patient. Let me get some rest.

Whale (wheezing, its deep voice weak): My family's dying away. Not many of us left. And I'll die any day and leave this misery and leave this putrid sea.

Standard man: I don't know what to say. You must see I'm doing my best. I wish you'd go away and leave me to my rest.

Clam (hiccupping)

Man: Shhhhh. Go away.

Whale, Duck, Fish (Clam continues to hiccup): There is no place to go; this is no place to stay.

Man: Go away.

Creatures: No place but pain. (Clam hiccupping and gasping alternately)

Man is angry.

Act 2 The Land

Deer (seeming dizzy, trips on new oil pipeline, falls): I'm dizzy. I'm in pain. I can't get up. This is the end of me.

Standard man (shoots the deer): Glad I brought my gun. I thought I'd get to hunt while working here.

Earthworm: This soil sickens me. Everywhere the soil sickens me. I die and am part of the sickening soil. (dies)

Standard man: I've never seen a worm die before. But they die all the time.

Mourning Dove: I mourn my fellow creatures, their short lives filled with pain. I fly but oh so weakly to find a bit of grain. (eats) The grain is poisoned. My life is gone.

Standard man: That bird is dying too. What a rotten trip this has been.

Act 3 The Air

Standard man (beginning to wheeze): I can't seem to get enough air, ah, ah, ah, ah. I feel bad, ah, ah, ah.

(continued)

Tragedy of Enormous Magnitude, continued

Doctor (also wheezing): What, ah, ah, seems to be ah, ah, ah, your trouble?
Standard man: I can't ah, ah, ah...
Doctor (having trouble deciding whether to put oxygen mask on Standard man or on himself): Ah, ah, ah...
Duck, Fish, Whale, Deer, Worm, Mourning Dove (Clam hiccupping): There is no place to go; this is no place to stay. (Dead animals reappear.)
Standard man grabs the oxygen mask.
Doctor: Ah, ah, ah... (dies).
Priest (wheezing): Let us all pray, ah, ah, ah... (dies).
Duck and other animals all die. Standard man is the only one alive. He stands holding the oxygen mask over his nose and mouth.

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DOCUMENTARY FILM OF THE FOOD COOP?

We, as members and workers, are aware of what working together for the Coop has meant to our community. The Common Market is a reality. It is a model for us to learn from. The model is not perfect; it still struggles to serve the people. A film portraying the coop's life could serve as a model to people in other communities and as a catalyst to ourselves -- a learning experience.

There are many problems which we might now face:

1. Our coop has not yet reached many of the people who could benefit most by it and for whom the concept of a food coop was originally intended.
2. We are learning to cope with mistakes, hassles, and difficulties in developing group togetherness and commitment.
3. The coop has become dependent on a small minority of people. All the people who benefit from it should become closer to its real workings.
4. We can clarify for ourselves what the goals of the coop are.
5. It's possible that we can help other communities start a coop by helping them learn from our mistakes.

A film dealing with these issues could help us come to terms with them. It would also show the beauty of the coop in action, give people ideas about how they can benefit from our help and help people understand that working together is the answer.

People who want a chance to use their creativity and who are willing to work hard on it call Glen: 233-2080.

An 8 mm, 15-minute film could cost as little as $100. The coop may be able to pay part of that. If you want to chip in call Glen.

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STRAWBERRY-HONEY ICE CREAM — RECIPE

Blend together: 2 cups milk, 2 eggs, 1 tbs. or 1 package unflavored gelatin; 1/2 cup honey, 2 tbs. arrowroot starch (optional).
Cook over medium helt until gelatin dissolves, and mixture thickens slightly. Be sure to stir while cooking. Place half of mixture in blender add 1 cup milk (or part cream), 1/4 cup powdered milk, 1/2 cup strawberries. Blend, put in freezer tray. Add same to other half of mixture. Place trays in freezer unit for about 1 1/2 hours. Return each tray to blender and blend until smooth; add a small amount of milk if needed. Return trays to freezer, and freeze. Other fruit may be used instead of strawberries, or may be made without fruit, and add a small amount of vanilla for flavor.

- Esther Horsted

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Coop PICNIC Sunday June 6, 2 pm at Tenney Park. Come with food, frisbees, ideas.

BACK TO EDEN

Author, Jethro Kloss, MD
Copyright 1939--23rd Printing 1970
Chapter VIII, p. 70

BACK TO EDEN is a book that is banned for advertisement in the US. It is available at Whole Earth Coop for $6.95 and at Sanctum Oeneus (a real rip-off joint). The following is an edited version of the chapter on meat eating. Comments that are in parenthesis are mine.

Meats of all kinds are unnatural foods. Flesh, fish, fowl and sea foods are very likely to contain numbers of bacteria. This bacteria infects the intestines causing colitis, and many other diseases. They always cause putrefaction.

Research has shown beyond all doubt that a meat diet produces cancer in some cases. (Notice extremely high rate of cancer in the United States.) Excessive uric acid is caused by meat eating. Excessive uric acid causes rheumatism, Bright's [illegible], kidney stones, gout, and gallstones.

Uric acid excreted from the urine comes from two sources:

1. Uric acid from eeat, tea, coffee, etc.
2. Uric acid formed in the body out of nitrogenous foods.

It is an established fact that meat protein causes putrefaction twice as quickly as vegetable protein. There is no ingredient in meat which cannot be procured in much better quality in products of the vegetable kingdom. Meat is an expensive second-hand food material and will not make healthy, pure blood, or form good tissues. (After all, the food material has already been used by since diseased and decayed animals.)

The argument that flesh must be eaten in order to supply the body with sufficient protein is unreasonable; it is found in abundance in beans, peas, lentils, and every kind of nut. (They're good, too!)

The nutritional value of meat broths is practically nothing. They always contain uric acid and other poisons.

Nuts are a perfect compromise to replace meat with. The average nutritional value of nuts is almost double that of sugar and starch. Nuts have almost 200 calories per ounce (and these are usable calories which are non-fattening!). The following are a few samples of the value, nutritionally speaking, in some varieties of nuts.

Hickory Nut - One pound of hickory nutmeats is equal in nutritional value to more than four pounds of average meat, and 2/3 of the nut is an easily digested oil.

Walnut - A pound of walnuts contains 50% more protein than the same amount of beef.

Peanuts - When thoroughly dried the peanut contains 50% more protein than the best beef steak. Further, half of its weight is an excellent oil. Emphasis must be placed on the fact that the salted, roasted peanuts, as found on the market, are over-roasted, and indigestible. Unroasted peanut butter is easily digested and highly nutritious. The protein of the peanut is equal to the protein of milk and eggs as a tissue-building element. A very fine milk can be made from unroasted peanut butter. Peanuts are also used in malted nuts, and in vegetable meats.

It is better to eat nuts in an emulsified form such as nut butters. When eaten otherwise, they must be thoroughly masticated, so that no little hard pieces enter the stomach. Such small pieces cannot be acted upon by the digestive juices, and often pass undigested into the alimentary canal.

The protein of nuts is of greater value for the renwwal of body cells than the protein derived from the muscular tissues of a dead animal with all of its waste products.

(continued)

Don't forget the PICNIC Sunday at 2 pm at Tennev Park.

BACK TO EDEN (continued)

Composition of Edible Portion of Nuts
Source: USDA, Bureau of Chemistry and Soils

	Protein	Fats(oil)	Carbohydrates	Ash
Almonds	21.0	54.9	17.3	2.0
Brazil Nuts	21.9	57.4	13.2	3.5
Cocoanuts	5.7	50.6	27.9	1.7
Filberts	15.6	65.3	13.0	2.4
Hickory Nuts	15.4	67.4	11.4	2.1
Peanuts raw	25.8	38.6	24.4	2.0
Pecans	11.0	71.2	13.3	1.5
Black Walnuts	16.7	64.4	14.8	1.3

The pecan, filbert, walnut. almond, and hickory are abundant in growth-promoting vitamins.

THE NUT SHOULD NOT BE USED AS A DELICACY; it should be a stable article of diet. The popular idea that nuts are hard to digest has no foundation.

It is very injurious to make a habit of eating nuts in between meals. Improper mastication is a common cause of indigestion from the use of nuts.

Nuts should be eaten as a part of every heavy meal, and made a substantial part of the bill of fare. As their merits are appreciated they will be used in this way.

Nuts contain more iron than any other foodstuff; they also contain a high content of calcium.

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THE COOP, NUTS AND $$$

Raw unsalted nuts are available at the Whole Earth Coop and Madison's New Health Food Store. Shelled nuts cost from $1.40 to $1.75 per lb. (one oz.serving per person is sufficient for a meal and costs from 10¢-12+) Compared to meat for instance, it costs from 69¢/lb. for hamburger to $2.00+/lb. for choice dead animal parts, or about the same as nuts, but you have to eat more meat per serving.

In addition, if we as a Coop bought raw unsalted nuts we could eat more cheaply and better than anyone else in Madison. Not to mention how easy to store and keep nuts that don't need any refrigeration or any preservatives or anything!

Here is the recipe for Delicious Peanut Butter:

1 lb. Peanuts (Spanish Nuts at Whole Earth Coop)
1/2 - 1 lb. Peanut Oil or Cocoanut Oil
Salt to taste

Chop blanched nuts through a fine food chopper (or meat grinder), mush in as much oil as desired, salt and EAT!!!

P.S. In my search for statistics relating to meat and human nutrition I came upon this interesting fact:

Federal Meat Inspections 1962, USDA
Fed. Inspected 455 Not Inspected 2,762 Total: 3,217
(Slaughter houses processing 300,000 lbs. or more)

[This has been put together for the benefit of future healthy people by Joan and Bob Zenisek. Backers of this include Peggy Land, Doc Vandervelden, Tom Martens and Mike Martens.]

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Come to the General Meeting & PICNIC at Tenney Park Sunday June 6 at 2 in the afternoon. Bring your own food, something to pass, something to make music with, your favorite recreational equipment.

FLY AND INSECT CONTROL -- IS IT SAFE?

The fly and insect season is soon upon us. Advertising shows the merits of repellents and insecticides. But the US Department of Agriculture has found only a few effective and safe ones on the market. The labels should warn you of the hazards, but some may not. Under question is the Shell No-Pest Strip. The FDS (Food and Drug Administration) banned the No-Pest Strip (8 Aug 1970 35 FR 12680) from restaurants, kitchens, and delicatessens, from areas where food is served, and to keep out of rooms where babies sleep or the aged and the sick must stay. This warning should be on the labels. If it is banned from these areas, should it be used at all?

The No-Pest Strip contains DDVP which is locked into a strip of plastic and releases itself slowly when exposed to air. DDVP is an organic phosphate type pesticide which disrupts the nervous system if taken in large doses. It is technically known as phorphoric acid 2,2-dichlorovinyl dimethyl ester. It is a cholinesterase inhibitor -- something that effects your ability to properly handle an enzyme biochemically. DDVP is not only absorbed into the body through the respiratory tract, but also through the skin and digestive system. A study in 1966 indicated that workers who unpacked and distributed DDVP dispensers suffered headaches, skin rash and diarrhea, as well as mild to moderate depression of plasma cholinesterase.

Other products with DDVP are Shell Insecticide Strip with Vapona, Robart 20% Vapona Resin Strip, Ortho Fly Hanger, Vamp Insecticide Resin Strip, Air-Strip Jr., Bar Bug Jr. Resin Strip, Farnam Fly Strip and Bugmaster Vapo-Strip.

If you see a No-Pest Strip in any of the places from which it is banned, warn the management that they are banned by the FDA, and report the name of the offender to your Board of Health.

Information from: National Health Federation Bulletin, April 1971
Everybody's Money, Spring 1971
Federal Times, Nov. 4, 1970
Rodale's Health Bulletin, July 1967

- Esther Horsted

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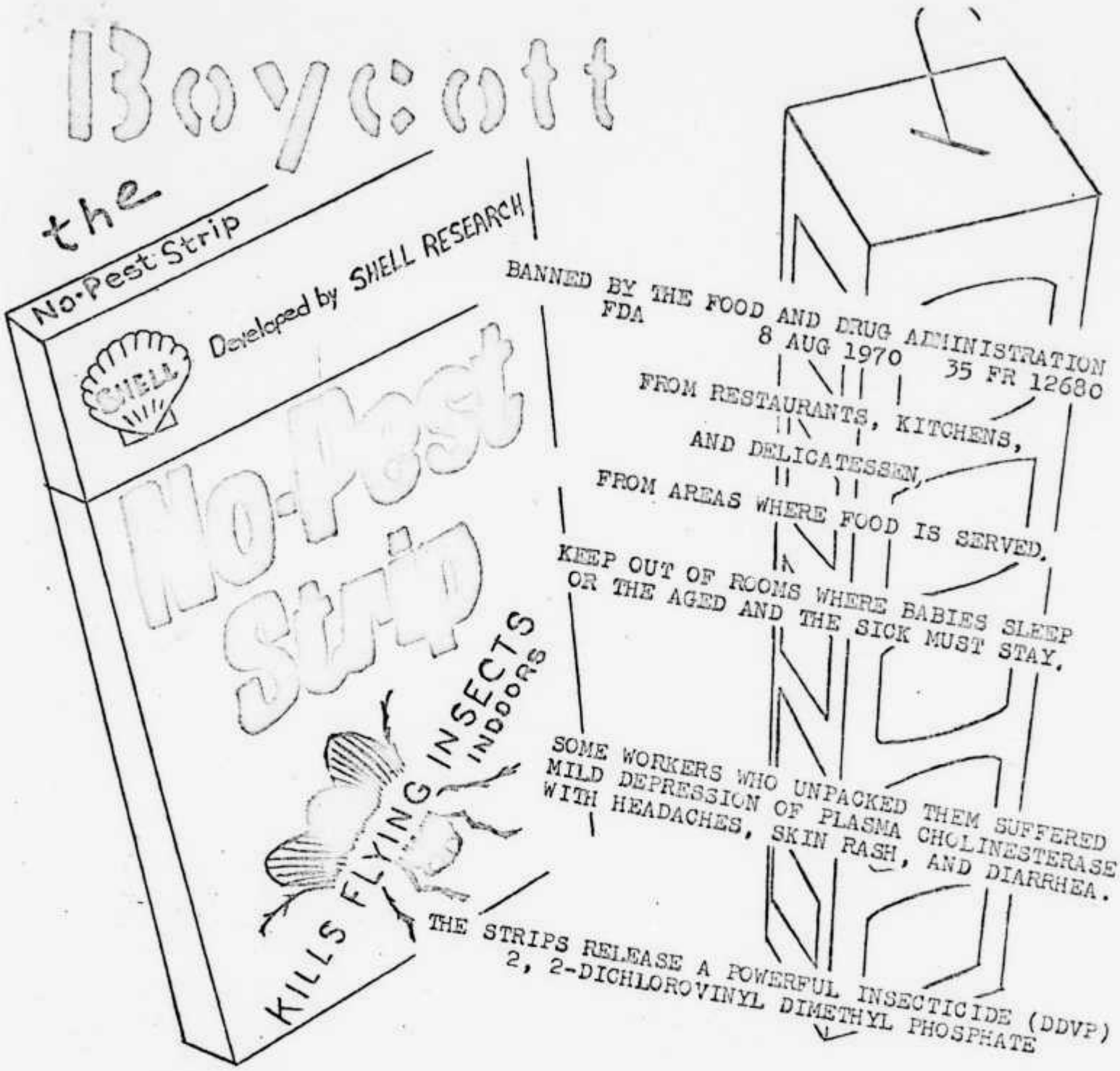
SPLIT PEAS à la Pakistani — RECIPE

1 cup dry split peas (either kind) soaked overnight or 4 hours with 1 tsp. baking soda
2 or more (or less) tomatoes -- to taste
1 or more onions -- to taste
about 1/2 garlic clove
oil
water
spices -- red pepper (cayenne), tumeric, garam masala (garam masala is a combination of spices. You can get it at the Oriental store on University Avenue.)

Cut up onions and garlic. Fry in oil until it begins to brown (will need careful watching and stirring near the end). Cut up tomatoes and add to onions. Spoon in spices, 1 tbs. cayenne and tumeric to start with, until you find out how you like the spices. Cook tomatoes down. If necessary, add a little water to keep from burning. Stir in peas; add 1 cup of water to mix. Simmer at about the boiling point until the peas are tender, adding water when necessary. Add as little water as possible. When peas are tender, add about 1/2 tsp. garam masala and cook 5 minutes or so more. Serve by itself, with rice, yoghurt, or whatever.
(P.S. It is better as a leftover.)

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Rembmber the General Meeting and PICNIC at Tenney Park Sunday June 6 at 2 pm. Bring something to EAT, maybe something to pass around, a musical instrument, a frisbee -- anything you can think of. We'll be at the pavillion near the parking lot.



Although it is legal for the 'NO PEST STRIP' to be sold in our state, it is illegal for it to be used in the places named above and the strip should carry that warning.

THINK TWICE! If the strip is banned by law from all of the places named above, do you want it in your home where your children play?

For further information and complaints contact the Department of Agriculture, 801 West Badger Road, Madison, 53713, or

Ramona H. Paddock, 2120 Bashford Ave., Madison, 53704

MISSISSIPPI FARM CO-OPS

A group of Madison people have, for the last 5 years, been working with Black communities in Mississippi. Originating in '65 by a handful of people motivated by a desire to see first hand the conditions in the South and to deliver supplies to Black Freedom Centers, Madison Measure for Measure was incorporated for the purpose of raising funds, providing supplies and furnishing communications between the South and the North. Since then, M4M has supported Black community self-development projects with a focus first in the area of West Helena, Arkansas and later, Bolivar and Sunflower Counties in Mississippi.

Among the several projects that M4M is now supporting, are two farm coops, one in each of these two counties. The North Bolivar Co. Coop was begun in conjunction with the establishment of a medical center in the all-Black town of Mound Bayou, by Tufts Medical School. The other--Freedom Farm Coop--was organized solely by poor Blacks of Sunflower Co., much of which was coordinated by Mrs. Fannie Lou Hamer of Ruleville. FFC is going into its third year of existence with membership grown to 5000. Since the only requirement for membership is to be poor, this figure reflects the number of people the coop has been able to feed. (Sunflower Co. is 75% Black--about 32,000 people) Most of M4M's support has been given to FFC since they have had no government funding and North Bolivar has.

Freedom Farm has an eleven-member board of directors including farm manager, business manager and fund-raiser. The Coop is presently paying only 6 people-- one office secretary and 5 field workers. The harvesting will be done by members who are paid wages as far as the coop can afford and the rest in food. Those members who do not work can buy food at a low price or for nothing if they can't pay.

The farm itself was for 2 years a 40-acre piece on which was planted wheat, corn and a little beans and peas. In January, the coop made a fantastic leap with the completion of down payment on a 640-acre piece, the bulk of the money coming from Walk for Development thru M4M. The 640 is a beautiful chunk of land with 80 acres of woods and the rest tillable acreage. This spring was planted 5 acres of greens(tendor and mustard), 5 acres of turnips, 15 acres of red and green peppers, 20 acres of okra, 20 acres of beans(butter and snap),20 acres of squash, 44 acres of cucumbers, 49 acres of corn, 45 acres of peas, 25 acres of wheat and 260 acres of soy beans. On the remaindor, following the practice of their good neighbor Eastland, they put in 124 acres of cotton plus a set-aside on which they'll they'll receive a government subsidy that will help make the annual land payment. The crops are growing beautifully--greens are now being harvested. The rest will be coming off in mid June.

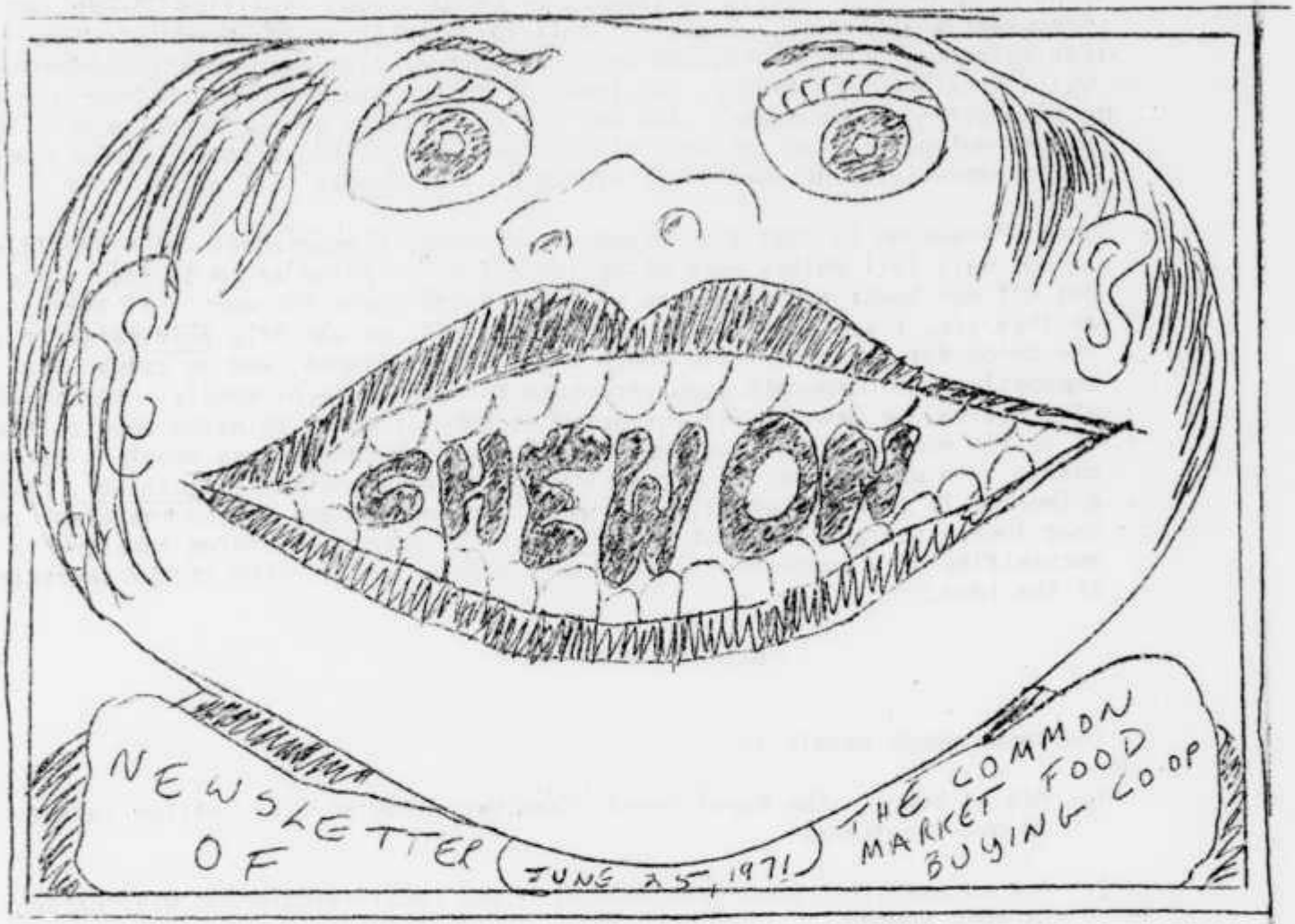
The yield over and above that distributed to the poor must be marketed. Some is contracted to local processing plants, which generally offer very low prices. For instance, Tennessee Foods is buying FFC's squash at 2¢/lb.(squash retails at 20¢/lb.). The Coop has a contract with Heinz for cucumbers at 3¢/Lb.(retails at 18¢/lb.). Heinz is also dictating the kinds of fertilizers and chemicals to be used, some of which can only be bought from them, and is visiting the fields to choose the land on which their cucumbers be grown.

One idea discussed by a few Common Market members with the farm manager and others of FFC on a trip South in February, was the marketing of the farm's produce in the North, specifically with food-buying coops in Madison, Milwaukee and Chicago. The Freedom Farm people were as excited about the idea as we were, but both parties realized several big problems. Freedom Farm must get rid of their produce soon after harvest because they don't yet have any storage facilities. We on the buying end would have to furnish the trucking and buy probably on a contract basis--meaning we'd have to know about how much of each product we can use over a certain time period. If there are workable solutions, the im-

plementation of such a thing would mean for us lower prices, fresh produce over a longer period(their growing season is 9 months) and having a voice in what kind of food we buy and eat. The farm manager already agreed to start a small portion of land in organic farming if our demand was great. (In addition to the crops FFC is growing, we could get peaches, pecans, melons, sweet potatoes from North Bolivar Coop.

This summer, coordinated by Young World Development, there will be two groups of work brigades going to Freedom Farm and the Bolivar farm to help harvest the crops and learn about the coops. If anyone is interested in going or has ideas about the marketing of Mississippi Coop produce, please let us know.

-Elaine Nosterick



He had got, finally,

to the forest

of motives. There were no

owls, or hunters. No Connie Chatterleys

resting beautifully

on their backs, having casually

brought socialism

to England.

Only ideas

and their opposites.

Like,

he was <u>really</u>

nowhere.

That neat piece of poetic nastiness, by LeRoi Jones, is titled "A Poem for Speculative Hipsters." You might call this "An Essay for Speculative Co-oners." For we're not going to succeed in bringing socialism even to the Common Market by resting beautifully--or, for those of us who can't manage that at least comfortably--on our backs. And resting comfortably on our backs is what most of us are doing, leaving the work of the Co-op to an industrious few who somehow don't appreciate the advantages of making like Connie Chatterley.

What I'm saying is that this grand socio-economic experiment we're participating in may well fail unless more of us (dare I be so naive as to suggest all of us?) get off our backs and show some willingness to share the work. If things go on as they are, I see only two possibilities: (1) we can hire paid managers to run the co-op for us; or (2) the whole thing will collapse, and we can go back to supporting the corporate superstructure through Eagle or Kohl's. For the first alternative, we haven't yet the bread to make it worth thinking about. The second is really nowhere. But nowhere is where we're headed unless people's attitudes change. In which case, if I can close by quoting another litterateur, this time a (horrors!) true conservative, we will once again have proved the bleak thesis that Joseph Conrad spins out in Nostromo: "There is something inherent in the necessities of a successful action that always carries with it the degradation of the idea."

Bart Friedman

The co-op needs people to:

1. Act as buyer. The buyer spends each Wednesday morning calling in the orders to our suppliers.

2. Act as assistant buyer and deal with the local farmers who will be supplying us this summer.

3. Do the price list. This involves bringing the food listing and prices up-to-date, and will probably have to be done every 2 weeks during the summer.

4. Distribute the perishable left-over foods, Saturday afternoon or evening.

5. Deal with the details involved in setting up an outdoor market so that the farmers will be able to sell the produce, etc. that our members can't use.

6. Set up and run a produce stand near campus in order to help the farmers sell their crops.

7. Help Pete pick up our food locally. Call him at 256-7868.

8. Contribute to the newsletter.

9. Work with the food committee in its effort to find better foods and better suppliers.

10. The finance committee needs 2 more members. Call Andy 257-7010 after 10:30 a.m.

11. Work on community contact. Call Linda Jo at 257-7010 after 10:30 a.m.

If you're willing to take on one of these jobs call Sheila 836-6101 or
Elaine 257-6131



Why Be Part of a Co-op?

Everyone has a different answer to that question. Good people, good food, good prices-probably these are part of the answer for most. Let us know what your reasons are. I'd like to include them in the newsletter.

Things aren't always perfect. Often foods we ordered don't come, or quality isn't what we'd hoped. And because the amount of time people can give to the co-op is limited, we can't usually do anything about those problems. All I can say is that if everyone could take the time to acquaint himself with all of the co-op work, the tallying of orders, the buying, the picking up, the packaging of foods, the search for suppliers, the writing of price lists, people would be more patient with the mistakes and inconveniences. They'd realize that the people working are doing all we can.

There are refreshments for workers and the company is good so "work" isn't really like work, it's fun. But, if you can't make it, at least talk to people who are working; tell them what went wrong; make suggestions which may help.

Decision making is a problem. There is no owner or boss. Often something comes up-say a farmer who needs the business has beautiful leaf lettuce, and members have ordered and expect head lettuce-is it fair to substitute? Is there any way to help the farmer and not buy that coorporate head lettuce? So far a person faced with such a decision probably calls one or 2 others who help him figure out what to do. It's informal. It works well that way. We ought to write such informality of decision making into the bylaws if we ever write some. I took the cautious route, despite my feelings on the matter, and ordered the hateful coorporate head lettuce. What would you have done?

Right now the food buying co-ops in the area, Mifflin, Eagle Heights, Sunflower Kitchen, Whole Earth, Nature's Bakery, Oregon Bakery and possibly others, are looking into the possibility of merging into a wholesale organization which should enable us to do things more efficiently, get better prices, coordinate our efforts with Chicago co-ops and help local farmers sell more of their products at fair prices. More on that as things develop.

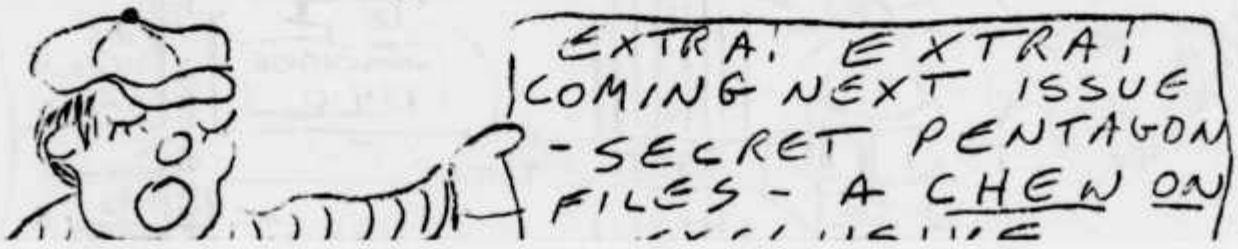
Sheila

AT ISSUE---A cooperative wholesale organization consisting at present of Common Market, Whole Earth, Mifflin Street, Nature's Bakery, Oregon Bakery, Sunflower Kitchen, Eagle Heights and working in cooperation with other co-ops in the mid-west.
----------2 paid full time employees.

The purpose--To coordinate the buying and pickups in order to make what we're already doing more efficient and therefore easier on the people who are doing the work, and, eventually, cut our expenses.

There are 2 interdependent questions:
1. Do we want to do this?
2. Do we need to do it?

On question 1 my guess is that most people would answer, "No. We'd rather share the work in order to save money and avoid the problems of commercial enterprise."



But, to question 2 the answer is clear to the people who know how much work goes into the co-ops, how few workers are doing the work, and how large a proportion of that work is being done by the person who each week picks up the food in Chicago, he being the only one who knows what is involved in the job because no one else has been willing to do it. As of September Bob will be unable to continue the job unless he is paid.

Also, though we are all using the truck, Mifflin is responsible for it. We should all share in the responsibility.

So the answer to question 2 appears to be "Yes".

There are important advantages to be gained by combining our efforts in this way. Some of these are:

--By buying jointly we will be buying in larger quantities and therefore be able to get lower prices.
  By picking up for several groups together we will cut down on duplication of effort and so cut transportation expenses.
--As a legal wholesaler we will be entitled to sholesale prices on some items, yougurt, for one.
--The Chicago groups are interested in buying Wisconsin cheese, honey, produce and other items, so we will bring things to as well as from Chicago, making better use of the truck and our time, as well as helping local producers.
--We will all be sharing in the responsibility for the truck instead of depending on Mifflin.
--A unified market as large as ours may be able to get organic cheese and other dairy products made especially for us.
--If we decide to buy our produce directly from the market in Chicago rather than from Strube, it'll be easier if we all do it together. This is likely to occur in a few weeks.
--We will be cutting some middleman costs and instead paying that money to one of the people who has been working extremely hard for us.

If members have any ideas or strong opinions on the matter, call Bob - 257-9055, Andy - 257-7010 (after 10:30 a.m.) or Tim - 836-5668.

Sheila

RECIPE

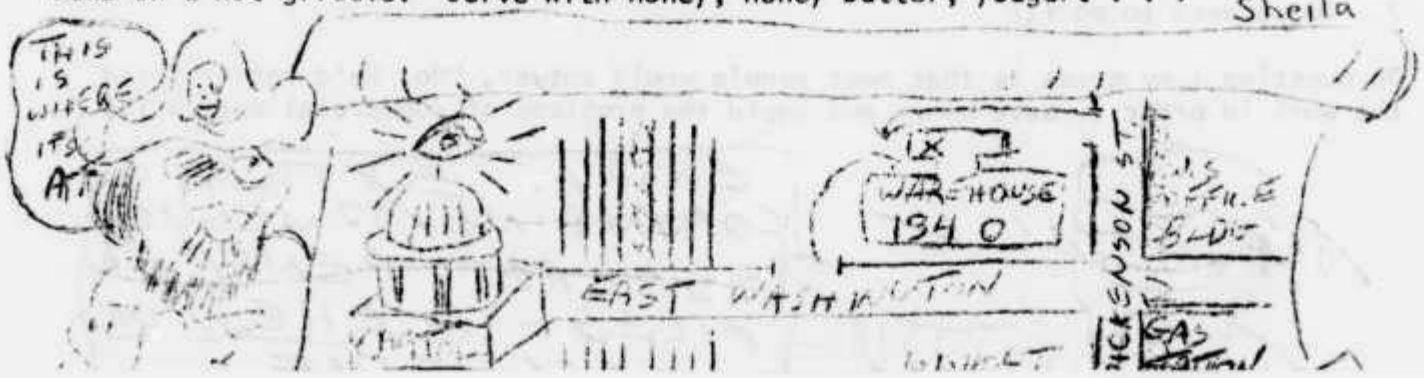
Sour Dough Pancakes (Serves 3)

At night mix: 2 cups flour
2 cups warm water
1 cake, ounce or tablespoon active yeast

In the morning remove 1/2 cup of the sponge and save in a covered jar in the refrigerator to use instead of yeast the next time.

To batter add: 2 eggs
1 tsp. salt
1 Tbsp. honey
2 Tbsp. unrefined oil

Bake on a hot griddle. Serve with honey, honey butter, yougurt . . . Sheila



NOTICES

More Pork! Butch and Barbara will have pork ready very soon. It will be on the [illegible] a supplement. Since meat is cut on the way it has to be done when you deal directly with the farmer, we won't be able to be sure to get the exact amount ordered. The people who pick up will have to come with extra money in case the pieces are larger than what was ordered.

Local Produce is coming in. We'll put it in a separate place on the price list.

We counteract the influence of big business by buying local products. We eliminate expensive middlemen. We eliminate dangerous additives, pesticides and preservatives (also expensive) which are necessary to allow for storage and long distance shipping. and dyes, waxes, artificial flavorings and emulsifiers, unnecessary, but used by the food corporations to attract people to the less nutritious product they sell. We don't pay for their advertising either. Instead, we give a fairer price to the producer and we get more nutrition for every dollar we spend.

This coming Tuesday, June 29, the Food Committee is going to discuss taking head lettuce, which we purchase in Chicago, off the price list during the local lettuce season. The reasons are these: Local lettuce is left over to rot because there is more than can be used as long as people are importing head lettuce from all over the country. The local farmers lose money while the big coorporate head lettuce growers and the middlemen continue to grow fat. To my way of thinking, it's a matter of principle. And I think people ought to exert self control and give up head lettuce and use local lettuce instead during the season when local farmers need our support. Your opinions are welcome. Call Sheila 836-6101 or Anita 836-5668 or come to the meeting Tuesday, 7:30 at the warehouse. Tell us whether you agree or disagree. The only way an opinion can be recognized by people making the decisions is if it is communicated to them..

S.

Organic Meat

We can get organic meat locally. Organic means the animals have been fed grain grown without synthetic fertilizers the big coorporations use to force crops out of worn out soil which lacks nutrients animals and people need to be healthy. The grain grown in the rich soil is also grown without synthetic pesticides. Besides the animals have not been given drugs and hormones the large producers routinely use to make their product seem better than it is while ignoring the potential danger to the health of the consumer. The price of organic meat is somewhat higher per pound although it provides more nourishment in each ounce. Since energy and health are valuable and fatigue and sickness are expensive, the avoidance of synthetic chemicals is highly economical.

S.

Some co-op members plan to get together to buy large amounts of organic meat from local farmers. If you want to buy some too, call Jon or Glen 233-2080.

If you are interested in ordering organic produce not obtainable locally through the summer please call 256-4596 from 10-12 or 6-7 only!!!

A Freezer: why would one be advantageous to the coop? For one thing it would make meat buying much simpler. We are looking for a walk-in freezer box and fan. We already have a motor. There is a possibility of building it ourselves. Call Henric if you can help: 836-5668.

Need some vigorous exercize? Want to learn about farming? Join the Farm Brigade sponsored by the Wisconsin Alliance. It's a beautiful way to contribute to the Alliance's effort to build a worker-farmer-student party. Work for room and board for farmers who can't afford to hire any labor. For information call Ed Berg at 251-2821 or 255-8554.

A Film Some members of the Common Market are planning to make a documentary film about the coop. They see it as being a way of making the coop, its significance, its workings and its problems more real to the members. They also believe such a film could help others who want to start a coop to approach the effort with a better understanding of what is involved.

Some of the issues they plan to deal with are these:
1-There is a need to clarify for ourselves what the goals of the coop are.
2-The coop has not yet reached many people who could benefit by it.
3-The members are learning through trial and error to cope with mistakes and hassles.
4-We must also deal with the difficulties involved in communicating the need for a high degree of committment by all individuals to the group. The coop has become dependent on a small minority. All who benefit from it should become closer to its real workings.
5-Many of us have come to realize that working together has provided an answer to a good many of the things that have been troubling us: our dependence on a corrupt system, our helplessness, even our physical state is victim to the poisons of that system....

There are other issues that might be dealt with. If you'd like to see a specific issue included, or if you'd like to help in some way--with your talent, time or perhaps a contribution for film and such call Glen or Jon 233-2080.

Please return the organic egg boxes. The cost is significant to Mr. Ross, the Farmer.

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More Food for Thought--and More and More and More

SUGAR--from the Sugar Story by Fred Rohe
Sugar is a 'foodless food', 99.96 sucrose which is a form potentially dangerous. It robs the body of B vitamins, disrupts calcium metabolism and harms the nervous system. Sugar cane is grown with synthetic fertilizers and weed sprays on fields burned after harvest. No good food can result from such mistreatment of the soil.

All cane sugar except the almost black, syrupy crystal raw form are refined.out of all their natural nutritive elements and are whitened by filtration with charred beef bones. All the brown sugars and so called 'raw' sugars are white sugar mixed with molasses.

The law, which is supposed to protect us, dicaates that all sugar must be refined. To protect ourselves from such laws we can try carob molasses, carob syrup, unrefined sugar cane, date sugar--or even to get along with no extra sweetener.

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OIL--from the Oil Story by Paul Hawken and Fred Rohe
The sources of the information for this story were: THE ENCYCLOPEDIA BRITANNICA. "Rancidity in Oils" and "The Lowdown on Edible Oils" published by the Lee Foundation for Nutritional Research, Milwaukee. "The Story of Oils" published by Walnut Acres, Penns Creek, Pa. and a conversation with Frank Lechle, an element oil chemist.

The 3 methods of extracting vegetable oils are:
1-by hydraulic press which is the best. Only olive and sesame oils can be extracted without heating. These provide the only 'cold pressed' oils, are therefore closest to the natural state and so have the most color, odor and flavor which are all signs of the nutrients present. "Pressed" oils come from products which are heated before pressing..

2-Expeller pressed" which are heated to 200-250 degrees and squeesed through a ro-

tating shaft at high pressures. These are usually refined after extraction unless labelled "crude", "unrefined" or the like.

3-"Solvent extracted , which renders them dangerous to health. The raw materials are ground, steam cooked and mixed with a petroleum base solvent. About 98% of the soy oil in the U.S. is prepared this way. The solvent doesn't all dissolve out of the oil and what remains is poison. Besides temperatures of 450 degrees, the addition of sodium hydroxide and solvents, filtration, deoderization and bleaching are part of the process which leaves the oils free of all nutritive properties and easily turned rancid. Rancidity destroys vitamins F, E and A and causes degenerative diseases and retards digestion. Dangerous preservatives are added to prevent rancidity.
As with the refining of wheat and sugar, the processer takes a natural product, strip it of its origianl vitamins, minerals, enzymes and other nutrients and reduces it to a non food. All margarines are produced this way..

Look for "cold pressed" or "expeller pressed" unrefined oil. Again it's big business against our health.

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ORGANIC MERCHANTS, as explained in "the 'not' list" by Fred Rohe, is an organization that stresses:
--That ecological principles teach us that food quality is from the quality of our whole life.
--That food quality must be defined in terms of its purity.
--That purity must be judged according to a food's fidelity to its original natural state.

These merchants agreed not to sell:
Raw sugar, white sugar, turbinado sugar (for the reasons stated above) Corn syrup which is manufactured by treating corn starch with sulfuric acid, neutralized with sodium carbonate, and filtered through bone black for clarity.
Hydrogenated fats which are made from refined oils by introducing hydrogen gas under tremendous heat and pressure in the presence of a metallic catalyst. It resembles plastic more than anything else. Margarines are all made from hydrogenated fat.. They are not healthful.
Cottonseed products CONTAIN VERY LARGE AMOUNTS OF POISON SPRAYS AND ARE UNSAFE.
Monosodium glutamate, synthetic vitamins, synthetic sugar substitutes, synthetic salt substitutes, synthetic preservatives and emulsifiers, or other synthetic food chemicals, also refined salt, refined oils and refined flours.

"The time has come when we are realizing that nothing less than the real thing is good enough."

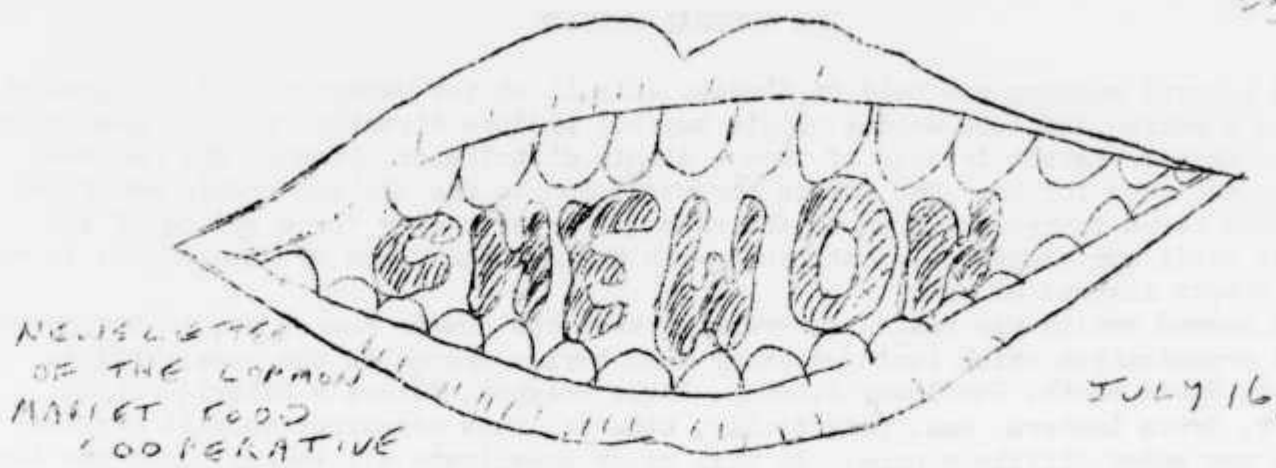
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BABY FOOD, as Adelle Davis informs us in Let's Eat Right to Keep Fit,

such as milk, proprietary infant formulas and baby foods are very low in magnesium which is needed more because of a baby's high caldium intake. Many pediatritions don't know this.. A deficiency in magnesium results in excessive sensitivity to noise insomnia, tremors, painful muscle spasms, hyperactivity and convulsions, poor bone structure and colic. (p. 174).

Commercial baby foods contain too much salt which causes a potassium loss in the urine, a very serious loss to the human system. Excess salt also causes high blood pressure in all age groups. (p. 189).

It is easier to get along without commercial baby food than most people realize, healthier and much cheaper. It's worth looking into.



JULY 16, 1971

EXTRA EXTRA EXTRA EXTRA

CHEW-ON EXPOSES TOP-SECRET MACNAMARA PLAN

TO CUT HO CHI MINH TRAIL

The document reproduced below was obtained by our Washington correspondent from what is described as a highly reliable source. It is thought to be an appendix to the study in the possession of the New York Times. But whether the operation described in it was ever attempted we have been unable to determine.

FROM: OFFICE OF THE SECRETARY OF DEFENSE
TO: Chairman of the Board, The Coca Cola Company
CLASSIFICATION: Top-Secret

It has been brought to my attention that in recent tests conducted by the Ford Motor Company your product ate through the paint on Lincoln Continentals twice as fast as that of your leading competitor. I am prepared to intervene personally on your behalf with the Frederal Pure Food and Drug Administration (FDA) to insure that this information is withheld from the American public, and to divert the attention of Ralph Nader by ordering the Chemical and Biological Warfare (CBW) division at Dugway Arsenal to terminate with extreme prejudice every sheep in the state of Utah, if you will agree to the following condition: that you undertake immediately to supply the Central Intelligence Agency (CIA) with 50,000,000 gallons of Coca Cola for delivery to North Vietnam. The code name of this operation will be MILO MINDERBENDER.

The purpose of Operation MILO MINDERBENDER will be both to subvert the moral and physical fiber of the North Vietnamese and to undermine the capacity of the enemy to wage mechanized and/or guerrila war. Not only will our agents install Coca Cola dispensing machines in every enlisted men's and officers' mess maintained by the North Vietnamese armed forces but will also apply Coca Cola to the bodies of every vehicle carrying supplies over the Ho Chi Minh Trail. It is the estimate of our Military Intelligence (G-2) that within six weeks of application Coca Cola introduced in sufficient quantities will have disintegrated the camouflage of said vehicles, rendering them vulnerable to interdiction by our Air Forces and thus unserviceable for the mission to which they have been assigned.

The President also wishes me to assure you that in the event the Republic of North Vietnam agrees to our terms for unconditional surrender, your Company will be permitted to maintain its equipment in Occupied North Vietnam to realize whatever profits may accrue from sale of your product.

Yours will light appears at the end of the tunnel,

Robert S. Macnamara
Secretary of Defense

THE GENERAL MEETING

A general meeting was held on Sunday, July 11 at the warehouse. Those present passed a motion that Bob Golden should buy our produce directly from the merchants at the Chicago market instead of from a single distributor, Strube, who has been buying the food for us. The motion empowered Bob to use the membership money and the $600 saved to repay a loan to the co-op in order to buy for a period of two months until our credit is established with the merchants and we become able to buy with checks instead of cash.

A second motion was passed determining that the Common Market should become part of an organization which includes other food buying groups in the area, Mifflin Street, Whole Earth, Sunflower Kitchen, Eagle Heights, Nature's Bakery, Oregon Bakery, Green Lantern and, potentially, others. This organization will own the truck now under Mifflin's name. It will do or coordinate all the buying of the items carried by the truck. The two people who drive the truck will be salaried, one full time at $50 a week, and one part time at $20 a week, in addition to his present salary as an employee of the Mifflin Street Co-op. Four people at the meeting volunteered to participate on the board of directors which will include representatives of every member group. If other co-op members would like to be part of this board call Sheila 836-6101, Pam 836-5668, or Bob 257-9055.

Other issues such as a possible need for rules about work and dues paying were brought up. Also the problem of food running out before all orders are filled was talked about. At present we have no way of controlling this problem. We can't afford to buy extra food because we are often unable to sell surplus food and would operate at a deficit if we did this. It has been suggested that we buy a percentage extra to compensate for spoilage. If anyone has other suggestions on how to deal with this problem call Anita, Jerry or Heinrich -- 836-5668.

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PRODUCE FROM A COOPERATIVE FARM IN MISSISSIPPI

We actually were able to buy a good deal of produce from the co-op farm this week. They weren't forced to sell to the usual middlemen at prices which would probably threaten their survival.

There will be organic wheat from them soon and, hopefully, Whole Earth will grind it into flour for all of the food buying groups with whom we are now cooperating. It's possible that Woman's Exchange Bakery will use in in their bread.

This is an exciting and significant development. WE'RE DOING IT!

If you could use large quantities of peaches, cucumbers or other items for preserving at very good prices, there may be some left. Call Dwight or Elaine 257-6131

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EXPLAINING WHY SOME THINGS DON'T COME

Prices fluctuate.

If foods are 10% over our listed price they generally aren't purchased.

Strube's buyer often refused to buy foods which he judged were over priced. For example the last of the items at the end of a particular growing season are both old from long storage and much more expensive than they were when abundant.

Now Bob will have to judge whether or not it is better to buy an ordered item that looks bad or expensive.

Up until now we have had to take what the buyer was willing to buy. In one case he refused to buy mustard greens because we'd ordered only 4 lbs. and he would have had to buy a bushel. and was afraid he might be stuck with the rest. With our own buyer buying directly from the distributors, we are likely to get more of what we ordered.

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VERY IMPORTANT INFORMATION ABOUT OUR TRUCK

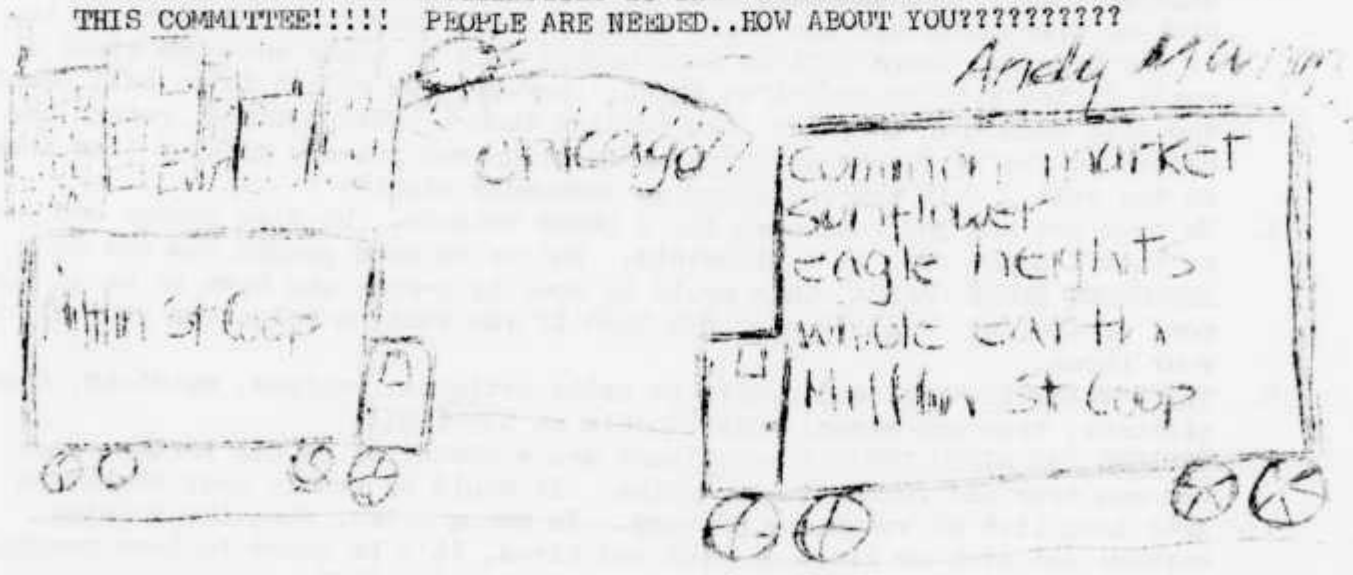
It would seem that at this point in time and space there is to be no formal, legalized corporation to wholesale food and own and operate the community truck. At the Common Market General meeting last Sunday, the proposition was thought to be passed and as good as adopted by the coops involved--Common Market, Mifflin St. Coop, Whole Earth, Eagle Heights, and Sunflower Kitchen. But at a meeting today, Wednesday, a final consensus among these coops could not be reached. This means that the proposition could not be acted on, and Mifflin St. Coop will remain the owner of the truck. Most of the other facets of the proposal are now meaningless and must be discarded.

The results of this action (or non-action) will be, in my opinion, less preferable and less beneficial to the community as a whole than those that would have occurred had the proposal passed. The Common Market will have its own specific set of problems along with the general difficulties shared by the community. Since the corporation was to pay a full-time combination driver-food buyer (which Common Market alone can neither afford or use) we must now supply our own truck-driving and food-buying manpower. The person suggested to be the employee (Bob Golden) must have a full-time job. Therefore, since the Common Market probably cannot pay him as a part-time employee, we must do it ourselves. I would suggest two to four people willing to commit themselves to learning how to 1) buy food on the Chicago Market, and 2) drive the truck (a double-axle truck). But anyway, we do it we must train at least one person soon so we can continue buying our produce. The people (or person) doing this must be able to spend Wednesday night and Thursday morning driving to and from Chicago and buying and transporting produce. He or she must also start very soon, even immediately going on the run every week with Bob to learn how. Even if by some turn of events we retain the services of Bob Golden, we will still need produce buyer-drivers since the job was never intended to be for only one person. (Volunteers from the coops were to go along as helpers.)

THIS IS IMPORTANT! THIS IS A PHASE OF OUR OPERATION THAT WE MUST START DOING OURSELVES. IF WE DO NOT TAKE CARE OF IT, WE WILL HAVE NO MORE PRODUCE..

Some parts of the proposal will hopefully still be retained. One of these would be a truck coordinating committee consisting of the coops involved. Therefore, to carry on the business of the truck, responsible people from the Common Market are needed to share in the responsibilities of operating the truck cooperatively. A Common Market Committee is being formed to handle this phase of things. Call Sheila (836-6101) or Andy (257-7010)

THE COOP WILL RUN POORLY IF AT ALL WITH NO PRODUCE BUYER AND WE WILL BE RENEGING ON OUR RESPONSIBILITIES TO THE COMMUNITY IF PEOPLE DO NOT SIT ON THIS COMMITTEE!!!!! PEOPLE ARE NEEDED..HOW ABOUT YOU??????????



COMMITTEE REPORTS

THE COMMUNICATIONS COMMITTEE

For a number of months I have been the sole member of the communications committee. I volunteered to be chairman at a general meeting and for a while found no need to delegate any responsibility to anyone else. But as we've been growing, the problems, questions, and phone calls have increased. Now there is a definite necessity to pass the work around and form a real committee . I'm going to be leaving town in a month. I'm also going to school for the first time in two years and I haven't done any studying yet. And it's much too much work for one person. So -- I'm going to lay out the jobs, trying to make it clear how they are done and how long it takes to do each job.

1. Most of the work involves going through each week's orders. This can be done anytime from Sunday to Thursday.
   - A. First job is to go through the orders and pick out all the membership receipts. Then you must write each person's name and group name (their address is nice, but optional) in the black membership book. Every couple of months it's nice to call the bookkeeper and tell him or her about how much membership money we should have. This job will take no more than 15-30 minutes a week.
   - B. The second job is to go through the orders and pick out new groups and write them, with names and phone numbers, in the group book. This book is probably, modestly speaking, the most important book in the co-op, next to the check book. Starting in September groups should start to send in membership lists like they did in the spring. This book enables the person who has it to give new people numbers to call to join a group in their neighborhood.

     This job requires someone who knows how the co-op works mechanically (when to hand in orders, pick-up times, etc.) and who doesn't mind answering the phone. See, the job is really to be someone whom people can call to find out how to join and if there's a group near them However, in order to have that information some work has to be done. I haven't come up with an easier way than going through the orders.
   - C. There is another job which has never been done because of lack of time. Someone should spend some time analyzing the group book and calling people in different groups who live very close to each other, like right next door, and telling them to get together. There are only a certnnn amount of pick-up times. We've already espanded a couple of hours each day. Soon we'll have to think about pick-ups on Sunday. Also, the more people in a group, the less work each individual has to do.
2. THE PICK-UP TIME JOB - This could be done by a couple of people on a rotating schedule. Someone must get the week's orders on Wednesday and take the pick-up time lists off the wall. Then go home and write the times on top of the orders. There will be some orders with no times and some times already filled with no orders to match. Anyway, the object is to call people and tell them when they can come (assign them a pick-up time), return the orders to the warehouse by Thursday at 11 am and put new pick-up time sheets on the wall. This takes 2 hours on Wednesday nights.
3. We have not had any real need for a phone brigade. We also change and grow so fast I'm not sure it's plausible. But we do need people who can do EMERGENCY PHONE CALLS. This could be done by people who have to be at home most of the day. Call Pam at 836-5668 if you want to volunteer yourself and your phone.
4. THE NEWSLETTER - We need people to write articles, recipes, opinions, draw pictures, type and mimeo. Call Sheila at 836-6101.
5. TYPISTS AND MIMEO-ERS - I know there are a number of people in the co-op who can type and run a mimeo machine. It would be really neat to have a nice long list of volunteer workers. In emergencies, when the regular workers get sick or tired or sick and tired, it'd be great to have people to call. Call Linda at 257-7010 or Sheila at 836-6101.

COMMUNITY CONTACT COMMITTEE

I never felt very good about suggesting a good idea and then not doing it myself. However, because I'm leaving town for good, I can't take on any responsibility. The Community Contact Committee started and stopped within a couple of months last spring. I think it's time again to form one. In principle I think it involves getting ourselves out into the community through newsletters (ours and other organizations), personal contact, radio shows. I don't mean for us to go on a publicity drive. There are people in this city who need to join the Common Market and we should make ourselves known and help people form groups and join.

Linda Jo 257-7010 after 10:30 am

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NUTRITION COMMITTEE

A lot pf people have indicated via the questionnaire that they would like to work on a Nutrition Committee. I intend to initiate a meeting of this group in the near future. If you'd like to be on the Committee or help arrange the first meeting, call Sheila 836-6101.

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NEWSLETTER COMMITTEE

One or two people are needed to share in the responsibility of putting the newsletter together. If this is your thing, call Sheila 836-6101.

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FINANCE COMMITTEE

The Finance Committee has been meeting every two weeks (usually Tuesdays, but the day can be changed) which seems to be sufficient. There are about five jobs that are divided between the committee members.

1. BOOKKEEPER (one person). This person keeps the ledger books, the check book, pays the bills (writes checks) and is in charge of the bank account. At present the job is done by Tim Hess who will be unable to do it after August. So WE NEED A BOOKKEEPER!! Responsible people who will be in town long enough to make it worthwhile should call Tim at 836-5668. (Remember, bills must be paid and books must be kept during school vacations, too.) This is probably the single most important job in the co-op.

2. FOOD PRICES (one or two people, working together). We buy much of our food by the pound and sell it by the piece, so someone has to figure out how much each apple or orange costs us, so we can put the right price on the price list. The person who does this job goes to the warehouse each Thursday after the truck arrives and gets a list of case prices and case numbers and then figures out the price per item. He or she then calls the member of the Food Committee responsible for the price list and tells them which prices to change.

Another small part of the job is to figure how much money we made or lost on items that were bought at prices different from those on the price list. The job is an hour to two hours a week and consists of one trip to the warehouse and a phone call. Bill, who is doing the job now, is leaving town soon. If you can do it, call Bill Krejci at 835-3204.

3. CASHIER HUNTERS (2-4 people, working together). Someone has to get cashiers each week and teach them how to do it. The people doing this job have a list of the cashiers pool for the weekend. This takes a few hours a week, but the job can be passed around so each person does it every second to fourth week. It depends on how

FINANCE COMMITTEE (cont'd.)

many people volunteer. At present we need all two, three or four people. Call Linda at 255-5952 or Maurine at 222-1160.

4. CASHIER SETTER-UPPER (one or two people, together). You must go to the warehouse Thursday or Friday morning and set up the deposit bags and draw the lines in the cashier's book. You must also make sure there are receipt and deposit books. A monstrously easy job taking under an hour a week, but it's important. Call Andy or Linda at 257-7010.

5. TOTALING CASHIER BOOK (one person who can get some help, but it's primarily a one-person job.) You must go to the warehouse once a week after Saturday and before Thursday and total on the adding maching how much money we took in and subtract the money paid out of the cash box. When you arrive at a theoretical figure you call the bookkeeper to see if what he deposited in the bank was the right amount of money. (This keeps everyone honest, ha ha.) This job takes from 1/2 hour to 2 hours, depending on how fast your fingers move on the adding maching. Call Andy or Linda at 257-7010.

Like I said before, there are also occasional meetings to handle odds and ends and to make earth-shattering financial decisions. Let me make one thing clear -- Everyone presently on the committee is leaving town so we need many new people. The work is not particularly demanding, but the co-op will not run without a functioning Finance Committee.

Andy Mann 257-7010 after 10:30 am

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FOOD COMMITTEE

The Food Committee is responsible for the food aspect of the co-op. We get a price list out as often as necessary, order food, check into new types of food, find better, cheaper suppliers and answer complaints on quality and prices. At present we also research nutritional value of foods we offer and foods we are considering offering. Our committee meets almost every Tuesday at 7:30 pm in the warehouse and could use more people always. If you have specific gripes or suggestions, either write these out and leave in the warehouse mailbox or come to a Food Committee meeting.

In the past few weeks we have decided to put out a new price list every week due to the rapidly changing prices and the availability of local farm produce. Each week be sure to get the new copy of the price list. If there are any problems with the list, please let our committee know.

Recently, grapefruit has not been on the price list. This was due to a large increase in price and a decrease in quality. However, so many people reacted to this decision that grapefruit has returned to the list. It is Arizona grapefruit and not considered as desirable as the Texas grapefruit we used to get. Keep this in mind when you are ordering.

Last week we offered pork for sale. We bought five large pigs and thought we would have an ample supply for co-op memebers. But over five hogs (closer to eight -- about 1000 lbs.) were ordered and many people were disappointed. The transaction pointed out to the Food and Work Committees many problems arising from the sale of meat through the co-op. These problems will have to be worked out before meat will be offered on a steady basis. At present, the largest problems are finding suppliers which are reliable and honest and are able to supply us with this large demand and working out a reasonably efficient method of distributing the meat to the groups.

Country Boy Cheese Co. has made available to us a special order of summer sausage, without the preservatives sodium nitrite and sodium nitrate which many people feel are particularly injurious to health.

At present, we are researching suppliers for raw nuts, sugar, and oils. At our next meeting we will decide whether to order some cider from Appler's, our

COMMITTEE REPORTS

FOOD COMMITTEE (cont'd.)

present cider supplier, in place of the raw cider we now get which will be gone in two weeks. He'll have no more raw cider until the end of September. We also can substitute this will apple juice or take cider off the list for two months altogether. The decision will be based on the present demand for cider, the feasibility of a continued trip to Oconomowoc for preserved cider which may be available cheaper locally and the decision of other co-ops that make the trip with us to Oconomowoc. If you have any questions or opinions concerning this, please come to our meeting Tuesday or call Anita at 836-5668.

Iceberg lettuce was removed from the price list, after the lack of response in regards to this problem after the last newsletter. On each price sheet since then an explanation for this and a phone number for complaints was given. At the present time only one call has been received on this. Our reasoning was to try to sell all local leaf lettuce available to us before buying lettuce from the corporate farms where iceberg is grown. Also, romaine, bibb, endive and the leaf lettuces which are much healthier and are grown without chemical pesticides, are more desirable during the summer months they are available. In about a month iceberg lettuce will be returned to the price list after all local leaf lettuce supplies are exhausted.

The Food Committee finally arranged for our bakery products to be labeled. All Nature's Bakery products will have written labels and Women's Exchange will have colored twisters as follows:

1 1/2 # white bread - red twister
1 # white bread - blue twister
1 # whole wheat - white twister
oatmeal - red-x on plastic - unsliced
rye - plain - unsliced
Granola has red and green twisters. Red for Regular and green for Super.

We hope this makes things easier for distribution within your groups.

For the present time we are being supplied with squash, peaches, cucumbers, okra, and blackeyed peas from Freedom Farm Co-op in Sunflower County, Mississippi, a black farming cooperative. Several Madison people worked with this co-op over Easter this year and several others are on month-long farm brigades over the summer.

As you can see, a lot of decisions are made in this committee with as much consideration as possible, but it is necessary to get more people involved on a continuous basis to insure that the best possible decisions are made. If you have an interest in nutrition, quality, price of expansion to new items, please join our committee and be an integral part of our co-operative.

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TRANSPORTATION COMMITTEE

Since the last statement of the functions of the Transportation Committee, it has become less concerned with the out-of-town pick-ups since there has been an over-all attempt to consolidate the transportation efforts of the Co-op. Thus we are now concentrating primarily on non-delivered dairy products from Bowmans Dairy, the various dry goods from several in-town suppliers, i.e., railway salvage outlets and the like, and the baked goods from Nature's, Women's Exchange, and Webers in Cross Plains. At the present time it is more efficient and cheaper to pick up the smaller orders in the vehicles of the members. The functioning of this aspect of the Co-op's operations is therefore very much dependent on the cooperation and good graces of the membership since not only do they have to donate their time and their machines, but they have to pay for their own gas while driving in town. The finances of the Co-op cannot as yet pay anything but gas. The acute reader will react by saying that ... but neither can the members of the Transportation Committee afford to pay, out of their own pockets yet, for all that trucking so it sure is lucky that there are so many people on that very committee etc... But sad to say there are a total of 10 active picker-uppers backed up by another 9 who are called

TRANSPORTATION COMMITTEE (cont'd)

on only in emergencies since most of them are already up to their armpits in the Co-op already.

The present jobs per week are as follows: The Transportation Coordinator, who also takes his turn at deliveries when scheduled or when necessary. His job is mainly one of phoning the various scheduled members, making sure thay they have adequate channels of communication in case they can't work that week, receiving the order information from those who ordered, and passing the relevant information on to the people who will be picking up. The Coordinator keeps his job for at least a month and as long after that as he vants. It is then his job to find some other reliable person within the committee who is willing to take his turn at it. It is not the responsibility of the Coordinator to find replacements for people who cannot work that week. That's up to the individual and itis of rather singular importance since if no replacement is found, it is not possible to get the food there in time, I guess, although it hasn't happened yet. That's the reason for the back-up names on the committee.

The other jobs have been mentioned. None of them takesmuch more than an hour although they can be stretched out if you really dig what you are doing; like the bakery route for instance. Three names come up per week and those people have their choice, more or less, as to what job best fits their time. However, the way it stands now, all of them are done on Thursday or Friday morning.

WE NEED YOUR WHEELS! If you are proud and fond of your truck or van and would like to help him, she, or it, to find a better way, phone this month's Coordinator (Wade Martin 256-5297) or Heinrich (836-5668) who gets stuck with everything because he knows too much, or Pete (256-7868) who may not be in town when you phone, or some other member of the group. Be the first in your group to get hold of the secret list of Transportation Committee vehicle phone numbers. Get off on the restricted booklet of instructions for Co-op drivers. Learn some of the highly guarded ins and outs of the Bowmans Dairy building. Meet their switchboard operator!

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WAREHOUSE SCHEDULE

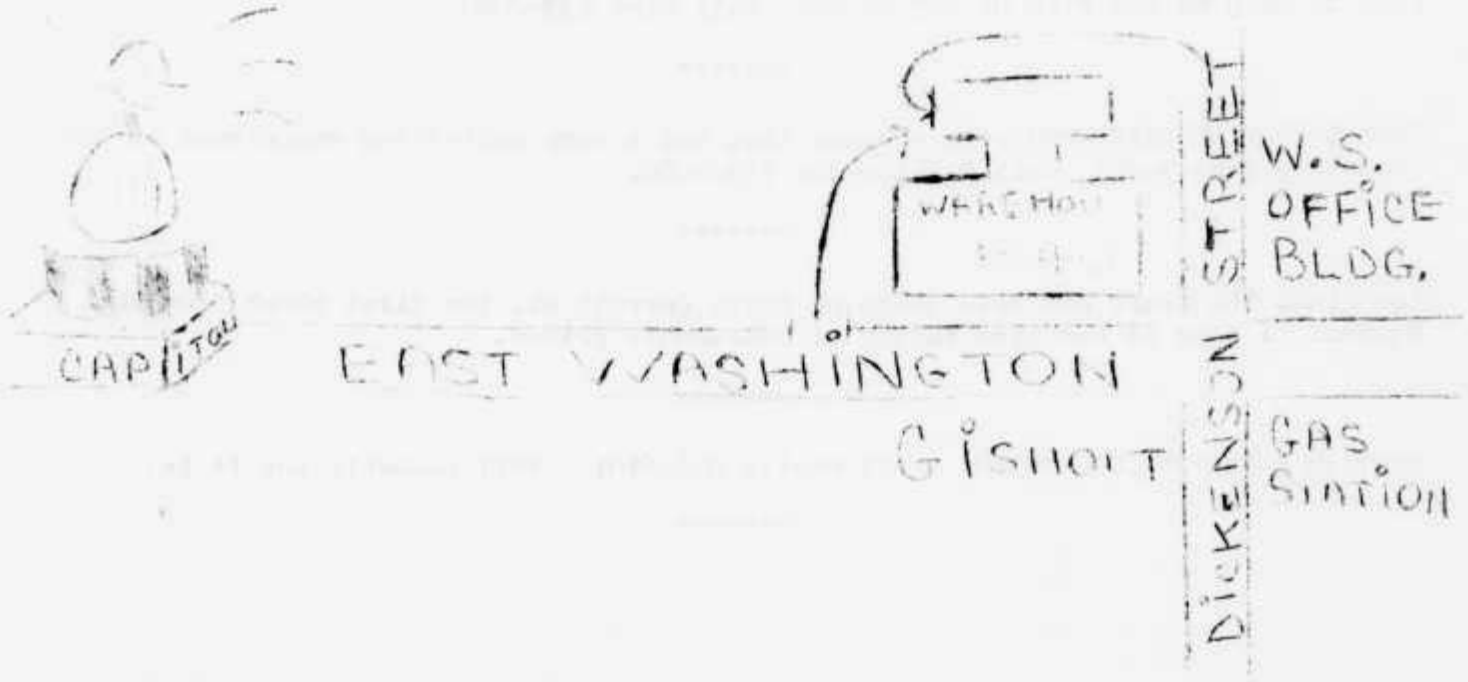
Tue	2 - 6	Total orders
Thu	12 - 4	Add bills
Thu	2 - 6	Unload truck / package
Thu	5 - 9	Package
Fri	9 - 1	Set up
Fri	12:30 - 4:30	Aides / shelves
Fri	4 - 8	Aides / shelves
Sat	9:30 - 2	Aides / shelves
Sat	2 - 6	Sale & clean-up
Sat	4 - 8	Clean-up & inventory

STOP IN AND HELP

Add your name to the list of people who might be available if extra help is needed. Call Heinrich 836-5668.

People available to let you into the warehouse are:

JOE MORSE OR MARY McComb 251-8787
HERB, MARK OR LEE 251-6096
CINDY MACKESY 255-2394



WAREHOUSE PHONE 255 5155

NOTICES

Sign up the the EMERGENCY WORK FORCE. Call Heinrich or one of the others at 836-5668.

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We'd like to analyze some of the foods we get to determine what nutrients and synthetic chemicals are in them. Anyone know how we can do this without paying WARF $25 - $50 per item? Call Sheila 836-6101.

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BABY GUPPIES for sale, 7¢ a guppy. Call Jon 836-6101.

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Join the WISCONSIN ALLIANCE FARM BRIGADE. You are needed. Call Ed Berg 255-8554 or 251-2821.

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For ORGANIC FOOD, call Maureen 222-1160 this Sunday evening between 6 and 8 pm. Use the old list. She has a coda-phone. Listen for a message. It will update the list. Then wait for the tone. Leave your name, phone number and order. Talk distinctly. If enough people order we will order every other week. The cabbage and cauliflower are organic, local and beautiful.

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WHERE IS KEN GLASIER? You sold me on the idea of those highly desirable dried fruits, but where are they? Call Sheila 836-6101 or Anita 836-5668.

****

Want to help on the FILM OF THE CO-OP? Call Glen 233-2080.

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Want to buy ORGANIC MEAT with a group that had a very satisfying experience buying some this past week? Call Glen or Jon 233-2080.

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Look into the Craft and Arts Co-op on North Carroll St. the first block from the Square. I hear it has nice things at reasonable prices.

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WANT TO ADVERTISE SOMETHING? Call Sheila 836-6101. I'll probably put it in.

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A HEALTHY LOOK AT MARGARINE

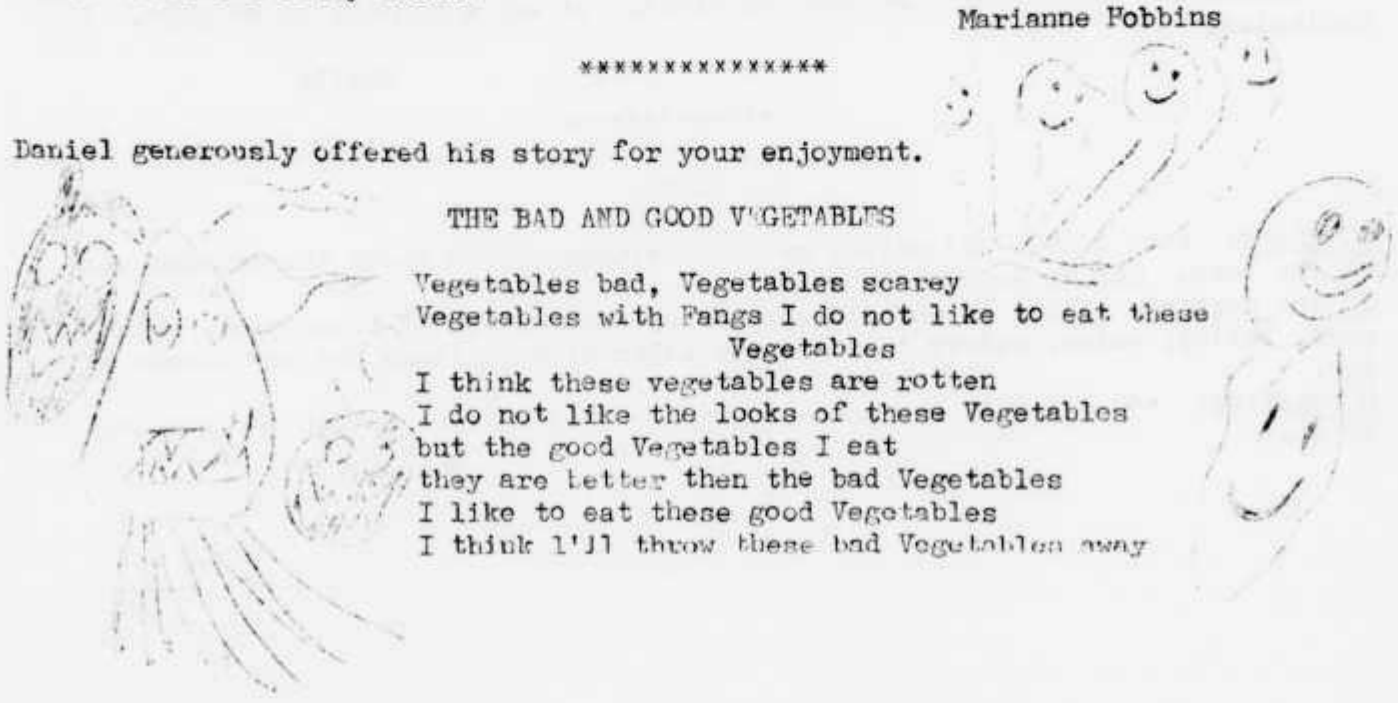
One's daily need for oil is one to two tablespoons. The more solid fats eaten, the more linoleic acid is needed to handle it. Linoleic acid is found in all vegetable oils, safflower oil being a particularly high source. The solid fats, margarine, hydogenated peanut butter, lard, meat fats and stuff like "crisco" contain little or none and do have a cumlative bad effect on the body. Heart disease and hardening of the arteries are problems to be avoided by proper diet. There is nothing wrong with natural saturated (solid) fats as long as the cells are supplied with nutrients to utilize them so they do not clog the walls of the cardio-vascular system. Margarine is not all that naturally good for you. The cheapest is made from lard, saturated, solid, and hydrogenated. The medium priced and most is made from a mixture of soy and cottonseed oils. The cotton seeds are coated with pesticides and who needs them. Then the 100% corn oil expensive margarine gives you a product supposedly superior, recommended to heart attack survivors who are to reduce their cholestorol intake. Again this product has the disadvantage of being highly refined. All margarines contain preservatives of doubtful health benefit and resemble a plastic product more than a natural food. Each pound is lovingly fortified with 15,000 units of vitamin A, if that makes you feel any better. To get the 5,000 units of vitamin A needed daily one might be better off consuming one carrot each day.

It seems safer to avoid all solid fats and use oils whenever possible. Safflower, sunflower, sesame, and soy have more linoleic acid than corn, peanut, and cottonseed oils and much more than olive oil. Besides linoleic acid, the other two essential fatty acids are linolenic and arachidonic to be found in abundance in soy and peanut oils respectively. As a tasty and more natural alternative to margarine, use the followjug "modified butter" for spreadiug on vegetables, etc. ½ butter and ½ blend of oils (made up of safflower, soy, and peanut oils). Put, for instance, ½ lb. soft butter (1 cup) and 1 cup of oils in a blender for a few minutes until thoroughly mixed. Put in a dish and keep refrigerated. It softens a lot if left out. This "modified butter" is half as saturated and half as salty as butter but still has a nice butter flavor. It has no preservatives and is high in all those nutrients mentioned earlier which are so necessary to handle any solid fats one getts daily. The good natural oils are also far superior to health for salads than are the bittled salad dressings. Nuts and unhydrogenated nut butters are also dependable sources of these essential fatty acids.

Marianne Fobbins

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Daniel generously offered his story for your enjoyment.



THE BAD AND GOOD VEGETABLES

Vegetables bad, Vegetables scarey
Vegetables with Fangs I do not like to eat these Vegetables
I think these vegetables are rotten
I do not like the looks of these Vegetables
but the good Vegetables I eat
they are better then the bad Vegetables
I like to eat these good Vegetables
I think I'll throw these bad Vegetables away

COMMON SENSE ON ORGANIC FOODS

There exists a great deal of concern about chemicals used in growing, preparation, and storage of food among people today and especially membes of the Common Market, an organization dealing with food. The forces of competition within the free enterprise system have often caused large scale use of herbicides, pesticides, preservatives and other chemical additives to increase production, even at the cost of nutrition and health of the consumer. A widespread awareness of this problem is essential to correcting the methods of food production and the economic system that created them. Unfortunately, in attempting to spread this awareness, much misinformation and sometimes nearly hysterical interpretation of the fac ts has occured. When thinking about the effect on our health various food production methods have, we need to be careful and use common sense. To label anything slighly altered from nature as poisonous just clouds the issues. Not all chemicals used in food production are harmful -- for instance, the chemicals in synthetic fertilizer are identical to some of those present in organic fertilizer, and the fact that some organic chemicals are lacking in synthetic fertilizers does not make them poisonous; at any rate they are wholly different from chemical herbicides and pesticides which are undoubtedly poisonous, as this is what they are supposed to be.

Another point is that a product lacking some nutrient normally present in nature is not therefore poisonous. The article on sugar in the last newsletter made this claim along with maintaining that sugar is a non-food. Both are false -- refined sugar is chemically identical to natural sugar, what may be different is that some other substances besides sugar present in the cane or beets is missing, but this does not make sugar poisonous or even necessarily less nutritious. Sugar is chemically reduced by the body to produce relatively large amounts of energy.

The point is not to eat all foods regardless of the methods used in their production, but rather to use reason and real information in judging whether something is nutritious and/or poisonous.

Heinrich

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THE PORK is not organic. The animals were not given hormones or medicines but the grains they ate were not organically grown. It's too late to catch up with the misleading impression some have received. It was a mistake on my part. I apologize.

Sheila

****

SOUP

At night: near bone. Add water, salt and vinegar which cooks the calcium out of the bone. Simmer gently all night.
In the morning: add a spoonfull each of any combination of brown rice, chick peas, barley, onion, celery tops and any other of such items and let simmer all day.
Suppertime: add a few fresh vegetables and cook just long enough for them to be crisp.

Maureen

BODY CHEMISTRY

by Dr. Melvin Page, D.D.S.

"Boston Lecture"

(Reprinted from Wisconsin Natural Foods Assn. Bulletin, Vol. 6, No. 2, 1971)

In dealing with those factors which are concerned with the health of dental structures, we sometimes make no distinction between the terms "diet" and "nutrition". Diet, of course, is the food that we consume, but nutrition is the food that the cells of the body consume. There may be considerable difference between these two terms.

There are five classes of food substances, vitamins, minerals, proteins, carbohydrates and fats. Sometimes all of these are combined in one food that we eat. More often, however, the proportion of each in different foods varies considerably -- foods differ not only in their own nature in respect to vitamin and mineral content, but the same type of food grown on different soils may also differ in quantity of the mineral and vitamin content.

In humans these foods must be broken down through the process of digestion into four basic substances, water, salts, amino and fatty acids, and sugar. Sometimes the difference between diet and nutrition originates in this process of digestion due to the character of the digestive secretions. Now with this, I am sure we are all familiar, and therefore I propose to limit my discussion to those less well known factors of nutrition which deal chiefly with chemical utilization of food substances after they have passed through the process of digestion.

Now to enter my subject. As dentists we are greatly interested in calcium-phosphorus metabolism, but as we study calcium-phosphorus metabolism we find that we must know something about sugar metabolism since we find that these two are very closely related. Then we soon find that our field is still further broadened and must include not only the study of the minerals, calcium and phosphorus, but all minerals, even the so-called "trace minerals". Furthermore, we find that we cannot thoroughly understand calcium-phosphorus metabolism unless we know of other factors in the blood stream such as shown by the differential blood count. In fact, we can start out by assuming the calcium-phosphorus metabolism is related to all other bodily processes. The reason is that the calcium-phosphorus levels of the blood are indices of function of the autonomic-endocrine system, the automatic system which exerts control over the sugar level of the blood, the differential blood picture and numerous other factors of body chemistry. In fact, we may say that the automatic endocrine system controls or influences every chemical process that goes on in the body. This includes the assimilation and utilization of foods. An abnormal endocrine pattern thus widens the gap between diet and nutrition.



"If you ask me, Mac, that sounds more like a vitamin deficiency."

We discovered a number of years ago that calcium and phosphorus unite to form a compound which nourishes teeth and bone. The proportion of these minerals in the adult is two and one-half parts of calcium to one of phosphorus. We might say that calcium and phosphorus singly are food substances; in this respect they

and like sodium and chlorine. Yet, calcium and phosphorus united make a substance called carbonate apatite which is a food for the body in a manner similar to the union of sodium and chlorine to make sodium chloride. It is a builder of the hard structures of the body. We have also found that the health of teeth and bone depends upon the levels of this compound in the blood. This level can be figured from the amounts of calcium-phosphorus that are combined in the proportions of two and one-half to one, or what we call the usable levels of calcium-phosphorus.

We find that when there is a continuous excess of calcium, deposits may form in the body. In such a manner it is believed that cataracts, arthritic deposits and kidney stones as well as salivary calculus are formed. On the other hand, with inflammatory conditions we find an excess of phosphorus whether it is associated with appendicitis, acute pyorrhea or other forms of acute arthritis.

In attempting to change these levels of calcium and phosphorus so the total amounts of each are usable, it was found that the ingestion of calcium and phosphorus had no appreciable beneficial effect. However, when we took steps to improve the chemistry of the body then favorable changes occurred in these levels. Sometimes this change could be brought about by supplying the trace minerals found in various types of sea food. For convenience, we have learned to supply tablets of kelp or kelp bone meal and iron and, in fact, we have found that the lack of trace minerals is so general in the average American diet that all patients as a matter of routine are instructed to use them permanently.

We have found that the ingestion of sugar exerts considerable influence on the levels of calcium and phosphorus in the blood. After a number of years of experience and study, it can be stated that the ingestion of sugar tends to raise the calcium level and lower the phosphorus level of the blood. Why it does so is an interesting phenomenon. First, we must understand that the use of refined sugar by this civilization, at least, is of comparatively recent occurrence. Nearly all of the sugar consumed by us as a race has occurred within the last two hundred years and the most of it within the last seventy-five. This puts an undue strain upon the chemical mechanism of the body for our bodies chemically and mechanically are no different now than they were before the use of sugar was commonplace. Man, like every other animal, converts 68% of his food to sugar. In other words, we have a built-in sugar making apparatus. It makes little difference to the human mechanism, as it was intended to function, whether the sugar be derived from animal or plant foods.

There are two possible sources of the sugar in the blood. First, that obtained through digestion of food and second, that obtained in the conversion of glycogen; the glycogen being the form in which excess sugar obtained from the food is stored in the body for conversion when the supply of sugar making food is inadequate. The normal level of sugar in the blood is one mg. per one cc. of blood. To maintain this level in spite of the fluctuation of incoming sugar from the food a wonderful apparatus has been built in our mechanism; this is the automatic endocrine system.

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OLD FASHIONED LEMONADE -- Makes 3 qts.

1. Squeeze: (After scrubbing) 7 or 8 lemons making 1½ cups lemon juice
2. Put skins in a saucepan together with 1 cup honey and 2 cups water
3. Simmer 6 min. covered. Cool, discard skins.
4. To syrup, add lemon juice, 2 qts. water and more honey if needed.
5. Serve with ice and thin lemon slices.

Marianne Hobbins

BEWARE OPPORTUNISTS

Organic food has become a racket. Health Food shops charge unreasonable prices; so do their suppliers. They charge much more than Whole Earth for the same items and they sell products disguised as health food which are, in reality, of the same poor quality as the foods in every supermarket. "Raw" sugar is an example.

So while we are beginning to understand why natural foods are preferable, we need to protect ourselves from those who are willing to take advantage of us.

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LETTER TO EDITOR: CHEW ON PUBLICATION

The Common Market Food CO-OP needs to divide into an East and West Branch. East Branch could use the quonset hut we now use. West Branch would need a similar building.

At present the last pick-up is scheduled for 2:00 p.m. on Saturday. As more groups come in the Saturday p.m. pick-up hour will get later and later. The Surplus sale will have to start 15 to 20 minutes after the last pre-ordered order is finished to enable a. Fairness to groups who ordered in advance, b. To provide time for the Surplus Crew to get ready for the sale of Surplus goods by 1. Putting away our cheese which is not for sale, 2. To organize the cooler so that people who are working don't get their orders raked through. 3. To give the crews time to be ready for the SURPLUS SALE CHANGE.

The books should be checked semi-annually, if not quarterly, to see if all ordering parties have paid their dues.

TRUST is a beautiful thing but it is being abused. When we came into the Co-op, we were informed we could have one month free trial. Then, it is $1.50 per person 18 or over in the group or family. We paid ours. Has everyone else abided by these rules? Are these rules even in writing? Who is to see that each group knows the rules and when a group splits up and reorganizes, their representative should check on the rules and see if everyone is up to date.

Has anyone ever challenged a part of a group or at least asked their representative to see that all members of the group are legitimately Co-op members after four weeks of trial purchasing? Has anyone every had the group person on pick-up duty to check to see if some of his members are paid members?

I've paid my share, but I'll not pay for hiring of staff...i.e., middlemen... by food hikes. If everyone pays their dues, a hike should NOT be necessary.

I take my Co-op price list with me to the grocers and when the time comes that it looks like Co-op prices are too close to grocer's prices, I'll buy from the grocer!

Right now, I save "some" by buying through the Co-op. But, I pay for it by doing my share of master orders and co-op duty, as does my husband. If we were paid $1.65/hr. for this work, we'd feel the whole co-op ideology had burst. The ideology is fine but it only works when everyone pays and does their load of the work.

People over 18 who have had a month of free ordering sans dues should be informed by their group representative to pay their dues or be dropped.

One pick-up week-end every six or three months could be one of the duty roster assignments. One person every so often checking to see via the person picking up the groups order who in their group is paid and who is not.

Those people not in any group, especially the surplus sale line-uppers, should have some regulations as to adding to the money coming in to pay for overhead costs.

Winnie Huffman

¼ tsp. pepper
½ tsp. dried thyme
1 tsp. fines herbes

Roll veal cubes well in flour. Slowly heat butter in 8-quart kettle. In it, brown veal cubes well, turning on all sides. Add onion, okra, and tomatores; cover; cook 15 minutes. Add 2 quarts water and remaining ingredients; cover; bring to boiling; reduce heat. Simmer 2 hours stirring occasionally. Makes 5 quarts or 20 servings.

HAM AND TOMATO OKRA PELAU

3 slices bacon, dices
1 small onion, chopped
1 c. uncooked rice
2 c. thinly sliced okra
2½ c. tomatoes
1 c. tomato juice
salt and pepper
1 c. diced cooked ham

Saute bacon. Drain on paper towels. Cook onion and rice in bacon fat until rice in translucent. Put onion, rice, and bacon fat in deep casserole with all except ham. Cover and cook in 350 oven for 30 minutes or until liquid is absorbed. Remove from oven, fluff with fork. Add cooked bacon and ham. Serves 4.

LAMB AND OKRA CASSEROLE

2 pounds lamb shoulder, cut in 2-inch squares
3 tblsp. olive oil
3½ c. tomatoes
1 c. boullion
2 tblsp. grated lemon peel
1 lemon sliced thinly
8-10 tiny onions peeled
1 quart fresh young okra
½ tsp. thyme
salt and pepper

Saute' lamb in olive oil. Transfer to deep buttered casserole. Add ingredients: tomatoes thru okra. Add seasonings and simmer gently in 350 oven until lamb is tender (about 1 hour). Serves 4.

Squash - Here are two well-tested family recipes for summer squash.

GOOD!

Fry 4-6 diced bacon strips crisply. Take out seeds but do not peel ½ squash & add with 1 med. onion, ½ green pepper, 3-4 fresh tomatoes and fresh corn. Add salt and pepper to taste. Simmer 20-30 min. until vegetables are tender. (If you use canned corn, add now and simmer few more min.) Serves 4-6.

SQUASH AND SCRAMBLED EGGS

Fry bacon crisply. Add green pepper, ½ med. onion & sliced squash. Cover & steam cook, 15-20 min. Beat eggs & fold in.

Elaine Nesterick

CHEW ON
Newsletter of the Common Market Food Buying Co-op
Aug. 13, 1971
No. 6



GROWING:
Membership increased through the summer. We had expected it to fall. There are now 126 groups. Some people are beginning to think of ways to handle this growth. Possibilities that have come up so far are:
1-To extend pickup times to Sunday -- this will be done as of this week, so the left over sale will be on Sunday from 2 to 4.
2-To keep the warehouse open for pickups 5 or more days a week.
3-To begin other co-ops and/or branches of the Common Market elsewhere in Madison and Dane County.

Meanwhile, workers are very scarce, and if we do not have enough workers to cope with the demands of an increasing membership, this whole thing could collapse. It was decided at the general meeting on Sunday, Aug. 1 to make it mandatory that each group have at least one member on a working committee. This would eliminate the manpower shortage. If your group does not have a member on a committee please contact one of the committee representatives and have someone attend the next meeting.

Work - Heinrich 836-5668
Food - Marianne 244-2093; Elaine 257-6131
Finance - Maureen 222-1160,after Aug. 25; Tim before Aug. 25 836-5668
Transportation -- Pete 256-7868; Wade 256-5297
Community Contact -- Betty 255-4083
Communications -- Elaine 'til Aug. 25 257-6131; Maureen after Aug. 25 222-1160
See page 3 for a listing of people needed

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FARMERS' MARKET:
We have arranged to allow a farmers' market to operate in the warehouse parking lot Sunday afternoons 12-6, approximately. If it goes well, the market will be held on other days too. We'd like to allow people to seel artwork, crafts and such but that requires other arrangements with the city which we haven't dealt with yet. Anyone interested in helping with the farmers' market and arranging for expansion to other items call Sheila 836-6101.

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TRUCKING:
The trucking is now being done by Bob Golden for us, Whole Earth, Eagle Heights, Sunflower Kitchen and Mifflin Street Co-op in a coordinated way. As yet these groups have not become joint owners of the truck as was approved at Common Market's general meeting July 11. However, we have hired Bob to drive and buy for us and

that is going well. The produce has been excellent since we have our own buyer. The matters of joint ownership of the truck and wholesaling for ourselves are still being worked on. If you'd be interested in helping on this call Sheila 836-6101.

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GENERAL MEETING -- August 1
The meeting was called primarily to deal with the problems of finding workers to share the increasing work load caused by the increasing membership. Approximately ¼ of the groups were represented at the meeting even though our one man phone brigade, Louise, attempted to contact a person from every group. It was decided at an earlier meeting that each group should send at least one member to each general meeting. Guess we need a police force to deal with violaters. This time it was decided that after one month each group must have a member on one of the working committees. Warehouse workers are trying to make contact with people when they pick up, but we all need to take the responsibility of knowing what needs to be done and who will actually do it.

People often do not show up for their jobs. It was decided that the phone brigade will call a member of the group whose person didn't show up and try to impress on them the importanct to everyone else in the co-op of their seeing to it that their job is done by someone. Maybe we need a truant officer.

On the issue of inequities in pickup time, nothing was suggested to alleviate the problem. Any ideas?

On the need for more pick-up times, it was decided to expand to Sunday (10-2) rather than make the structural changes needed to expand to a 5 or more day week.

The members voted (with 3 opposing) to pursue a grant of $25,000 for the purpose of expanding cooperative food buying in the area and increasing our ability to buy from Freedom Farm in Mississippi. This frant is from the Walk for Development project. It will enable us to buy a much larger, refrigerated truck and to set up distribution centers throughout the area. Dissenters felt there are others who need the money more than we do. Supporters felt that we have an existing organization which is already enabling people to afford a more adequate diet than they could otherwise and helping small farmers to some degree. With the larger truck and added distribution centers we could enable more people all over the county to get more nutritive value for their food dollar and we could buy significantly more from local farmers and from Freedom Farm, thereby more than justifying our claim to the grant. An idea which occurred to me is that some of the money could be used to get a machine for Freedom Farm to hull its organic wheat so they can sell it to us.

After the meeting there were cigarette butts all over. Are we really any better than the establishment we criticize or just less powerful?

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The nutrition committee is at work on a nutrition chart which should be a guide-line to help us know how to get the most nutritive value for our money and our cooking efforts. Call Sheila if you want to help. 836-6101.

PEOPLE NEEDED:

Work Committee needs more members so that everyone on it can supervise fewer jobs. Call Heinrich 836-5668.

Food Committee needs more members. There are jobs not being done for want of manpower. Call Marianne 244-2093; Elaine 257-6131.

Transportation Committee needs people to pick up around town. Call Pete 256-7868; Wade 256-5297.

Trucking Committee needs people to ride with Bob Golden to Chicago, Milwaukee, Monroe, etc. throughout the week. It also needs a bookkeeper to enter information on expenses, etc., bill the members and sign the checks. Call Bob on either of these jobs- 257-9055.

Finance Committee needs members. Call Tim before Aug. 25, 836-5668, Maureen after Aug. 25, 222-1160. CASHIERS are desparately needed, also people to find cashiers.

Communit Contact Committee needs members. Call Betty 255-4083.

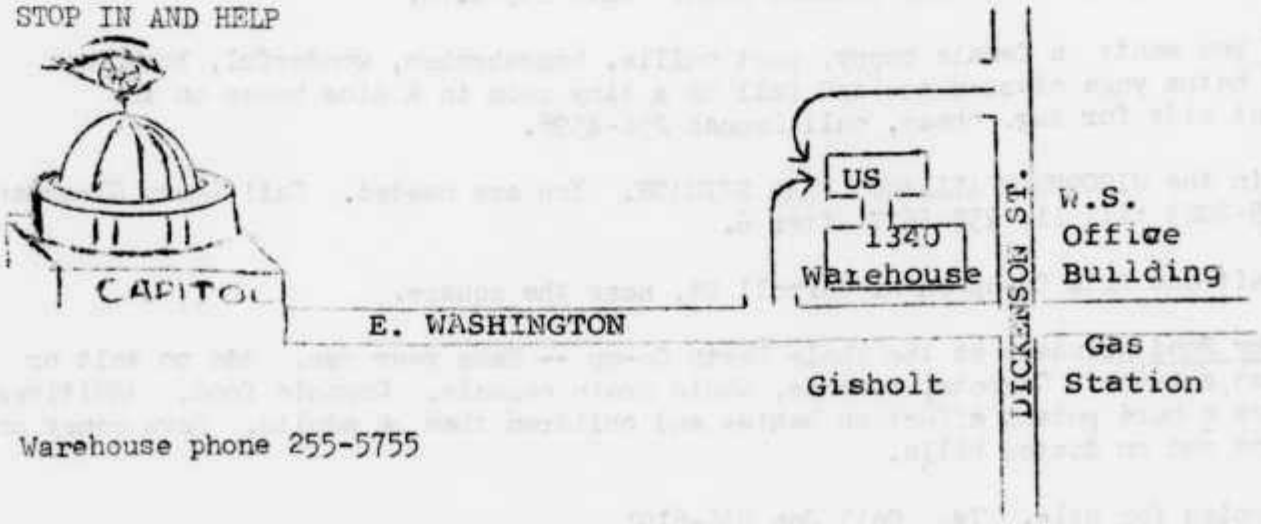
Communication Committee needs members. Call Elaine before Aug 25, 257-6131, Maureen after Aug. 25.

Newsletter needs people with imagination and committment to share the job. Call Sheila 836-6101.

Warehouse Schedule
Tue 2-6 Total orders
Thu 12-4 Add bills
Thu 2-6 Unload truck/package
Thur 5-9 Package
Fri 9-1 Set up
Fri 12:30-4:30 Aides/shelves
Fri 4-8 Aides/shelves
Sat 9:30-4 Aides/shelves
Sun 10-2 Aides/shelves
Sun 2-4 Leftover sale
Sun 4-5 Cleanup and inventory

People to let you into the warehouse:
Joe Morse, Mary McComb 251-8787
Herb, Mark or Lee 251-6096
Cindy Mackesy 255-2394

STOP IN AND HELP



Warehouse phone 255-5755

NOTICES 

Co-op notices:

FARMERS' MARKET Sunday 12-6 at the warehouse parking lot.

Surplus Sale Sunday 2-4. If you know people in need who could use what we can't sell, call Elaine 257-6131.

Don't buy any items for the coop to sell unless you have approval of the Food Committee. Ken Glasier has 200 pounds of popcorn we couldn't handle. If you want some call 255-9636.

IMPORTANT: Please hand in your group's total order on the price sheet for that week. Failure to do so causes the workers irritating delay.

If you need a pickup time call Carol 238-5770 only Wednesday.

RETURNS: Wash out bottles; return all metal milk boxes; return wood baskets and bushel baskets; return egg boxes.

DONATE extra bags you may have.

A SUGGESTION: Pick up your milk last on hot days.

If food is bad, don't feel obliged to take it. The mold on the summer sausage was caused by a 2 week delay in getting it on the price list. It was only on t e outer casing. The sausage keeps quite a while.

Organic produce, not available locally, from California. Call Sun. 6-9 Maureen 222-1160.

Organic meat -- call Glen or Jon 233-2080

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Other notices:

BROOM STREET ACTING COMPANY needs women. Come to St. Francis House, 1001 University Ave. 8:00 any evening soon. Call 255-4178.

If you want: a female puppy, part collie, housebroken, wonderful, born May OR hatha yoga classes now and fall OR a tiny room in a nice house on the East side for Aug. cheap, call Hannah 256-4596.

Join the WISCONSIN ALLIANCE FARM BRIGADE. You are needed. Call Larry Gleasman 255-2023 till 11; 257-6677 after 6.

Craft and Arts Co-op on N. Carroll St. near the square.

Baby Food grinders at the Whole Earth Co-op -- Make your own. Add no salt or just a trace. Carrots, bananas, whole grain cereals. Organic food. Additives have a more potent effect on babies and children than on adults. Save money on food and on doctor bills.

Guppies for sale. 7¢. Call Jon 836-6101.

More on Sugar.

What I have been reading about the hazards of eating sugar seems like good common sense to me.

William Longgod in The Poisons in Your Food charges that there is economic-political collusion to further the sugar producers' interests to the detriment of our health. He cites the American Medical Association's Handbook of Nutrition as stating that the present level of sugar consumption is disadvantageous because it tends to result in the consumption of too little nutritionally important food. (p. 163)

Roy U. Schenk in the course material he used to teach nutrition at Whole Earth reports that sucrose or table sugar appearstto be implicated in arteriosclerosis or thickening or hardening of the arteries. Adelle Davis reports that experimental evidence has determined that increased use of sugar leads to Vitamin B deficiency. Fred Rohe's Sugar Story charges that white sugar not only robs the body of B vitamins but disrupts calcium metabolism and has a deleterious effect on the nervous system. (He does not call sugar a "poison.")

An informative recipe book put out by the Natural Food Associates of Albuquerque, N.M. presents the findings of Dr. Melvin Page in his 20 year sutdy of blood chemistry. He says that the body's mechanism was built to make its own sugar from carbohydrates or from proteins and fats if sufficient carbohydrates aren't available. In his book, Degeneration-Regeneration, Dr. Page speaks of refined sugar as a drug which destroys the calcium-phosphorus balance in the body.

The body gets ample sugar for its needs from fruit and from carbohydrates in fruits, vegetables and whole grains. Refined grains like white flour, white rice and extra sweeteners provide an excess of sugar. Some researchers believe it is this excess of sugar and not saturated fats which cause cholesterol deposits.

I am not a scientist. I have just read these and other warnings that careless sugar comsumption poses a serious threat to our health and well being. My own common sense tells me to take these warnings seriously and to limit and control my own sugar intake and that of my children -- an exhausting task in the presence of the popsicles, pop, lollypops, various chips, crackers, candies and cookies which abound in our world. It's much easier to say "yes." Political, economic and even social influences lead us to consume the excess sugar which weakens us and undermines our health.

Sheila

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"GEORGIAN DELIGHT"

Supposedly of Russian folk origin. A great way to salvage those pounds of ripe vegetables that you exuberantly ordered and can't possibly eat in time.

In a large kettle, layer sliced vegetables in order of cooking time -- slowest on bottom, fastest on top. Some good foundations are:



But you can use whatever is at hand. Between layers add 1 or 2 tablespoons of oil and some herbs (oregano, basil, your favorite). Pressed garlic is nice too. Cook over low heat for 1-2 hours; poke around to make sure everything is done. Will steam slowly in its own joices. Serve plain or over rice.

Letter to the Editor

Dear Sheila,

Enclosed is some material on pending bills in question. Just received these from Ramona Paddock. We hope you can print this in the coop newsletter. We like to reach as many consumers as possible. This is being distributed to all the Wisconsin Natural Food Assoc. bulletin subscribers and to the National Health Federation people in Wisconsin, and possibly to another group.

I don't think it would be necessary for you to include the entire list of assemblymen and senators. Just the ones for Dane County should be sufficient. The other publications I mentioned cover the entire state.

It is expected that no action would be taken on the bills mentioned until the end of Aug. Alerting our assemblymen and senators as to our wishes is important. There is so much being added to our foods these days, and it seems the consumer has to watch this himself.

I am also sending my bread and cereal recipe. The wheat used is whole hard Montana, about 17% protein. The bread will tend to be crumbly when made with a lesser protein flour.

Sincerely,
Esther Horsted

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DO YOU WANT MORE NON-NUTRITIVE ADDITIVES PERMITTED IN YOUR FOOD?
Be aware that the following bills are before our state legislature at this time and will be acted upon in the near future.
IN THE WISCONSIN SENATE --

Amendment 3 to Assembly Bill 48 has already passed the Assembly and is awaiting action in the Senate.

Amendment 3 to AB 48 would permit the use of sulphur dioxide in dred vegetables or fruit pectin (such as Certo).
IN THE WISCONSIN ASSEMBLY--

Assembly Bill 855 would permit the use of sulfar dioxide in pickled vegetables and of benzoic acid and the benzoates in sauerkraut.

If AB 855 is passed by the Assembly, it will be sent to the Senate for a (probable) public hearing before the Senate Agriculture Committee. After that, it goes to the Senate floor for action.

If these bills are passed by the Senate and signed by the Governor, they will allow more poisons to be added to our already over-poisoned food supply.

WHAT YOU, THE CONSUMER, SHOULD KNOW ABOUT THESE POISONS --

Neither sulfur dioxide nor the benzoates have been proven safe for consumption by the young, the old, the well, and the sick.

Instead, there is ample evidence to indicate that the cumulative effect from the ingestion of these poisons over a long period of time may be harmful to a great many people.

Beatrice Trum Hunter's Consumer Beware and James Turner's Chemical Feast are recent books which refer to the harm that non-nutritive food additives may do to the body. Call your library and see if they are available.

Neither sulfur dioxide nor the bensoates is necessary for the preservation and processing of the foods covered in these two bills.

Instead, some food processors have shown that they can process foods, safe for human consumption, without the use of sulfur dioxide and the benzoates.

In some foods there will be no limit to the amount of sulfur dioxide used by the processors. Even today some foods have as much as 1000-2000 parts per million (ppm) of sulfur dioxide added to them in addition to that used by the growers and shippers.

WHAT YOU, THE CONSUMER, CAN DO ABOUT THESE BILLS --

With the following facts in mind, write to your state senator and representative before the middle of August:

1. Neither sulfur dioxide nor the benzoates has been proven safe for human consumption.
2. Neither sulfur dioxide nor the benzoates is necessary for the processing and the preservation of these foods.
3. Human life is more important than shelf life.
4. In some foods there will be no limit to the amount of sulfur dioxide used by the processors.
5. The sulfur dioxide used by the processors will be in addition to that used by the growers and shippers.
6. It is the total amount of the sulfur dioxide, rather than the little bit added by any one processor, which does the harm to the human body.
7. Our food needs to have the non nutritive additives removed, rather than having more added.

Address for your Senator or Representative is: State Capital
Madison, Wisconsin 53702

For further information, call or write:
Mrs. Susan B. Groenier, 7 Robin Circle, Madison, Wis. 53705
Miss Pearl Thiessen, 1729 Sheridan Drive, Madison, Wisconsin 53704
Miss Ramona H. Paddock, 2120 Bashford Ave., Madison, Wisconsin 53704

Dane County Representatives (16th District) and Senator
Dane, 1st--Norman C. Anderson, 5325 Marsh Road, Madison, Dem.
Dane, 2nd - Edward Nager, P.O. Box 2036, Madison, Dem.
Dane 3rd - Marjorie M. Miller, 1937 Arlington Pl., Madison, Dem.
Dane, 4th Harland E. Everson, Route 3, Box 750, Edgerton, Dem.
Dane, 5th - David D. O'Malley, 315 W. Main St., Waunakee, Dem.
State Senator: C.W. Thompson, Route 3, Staughton

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WHOLE WHEAT BREAD
3 cups lukewarm potato warm (or part milk)
½ cup honey
¼ cup raw sugar
2 tbls. (or 2 pkg) dry active yeart
3 eggs
2/3 cup safflower or soy oil (cold pressed)
11 to 12 cups whole Montana hard wheat flour



Mix ingredients thoroughly. Knead approximately 10 minutes on greased board. Place in greased bowl to raise. When raised, knead down once. When raised again, shape into loaves and place in reased pans. A small size bread pan works well. May also be shaped into buns and placed on greased sheets. Let raise, then

bake loaves in 375 degree oven for 15 minutes, then 45 minutes in 325 degree oven. For buns, bake in 375 degree oven for 15 minutes, then 10 minutes in 325 degree oven. When removed from oven, butter tops lightly.

If potato water is unavailable, cook a thinly sliced potato in required amount of water. When soft, cool to lukewarm, fun in blender, strain and use.

Recipe makes 4 loaves or 48 buns.

TASTY CEREAL
1 cup rolled oats (oatmeal)
1 cup raw wheat germ
1 cup unsweetened coconut (fine)
½ cup raw sugar (optional)
1 tsp. vanilla
½ cup safflower (or soy) oil- cold pressed

Mix together, place in a low pan. Bake for 12 minutes in 350 degree oven. Stir ingredients when half done (after 6 minutes). When cool, add ½ cup ground or whole sunflower kernels. Serve cold with milk or cream. If sugar is not used, add honey when served.

WHAT'S NEW ON OUR FOOD LIST AND WHY!

(Food Committee Report)

The Food Committee has made some changes and additions to the food list recently. After careful consideration and finding that our previous railroad salvage dry milk had been mispriced at 24¢/lb. We've changed to non-instant nonfat dry milk from Pabst Farms in Oconomowoc. We researched dry milk and found non-instant provides twice as much nutrition as instant. Also, the only real difference was the size of the flakes, the larger dissolving somewhat quicker, hence "instant". But the new product mixes almost immediately in a blender, but tastes much better if made the night before, as does the instant and for cooking the dry milk can be added with the dry ingredients and the necessary water with the liquids. When we weighed the assets of each we decided on the more nutritious product, better-tasting and equally expensive product, non-instant nonfat dry milk.

Recently, we also re-added the undyed Cheddar from Ryser Bros. in Mt. Horeb. The committee felt it was advantageous to offer two kinds of Cheddar and since we have the new trucking set-up a trip is made each week. We've also added all beef summer sausage, liver sausage and bratwurst without sodium nitrates and nitrites. At this point, the Food Committee, along with the Work Committee, feel these are the only kinds of meats we can handle due to space, the problem of distribution over three days now, and the lack of a freezer.

Our dealings with local farmers have been encouraging. At the present time we buy from around 8 or 10 farmers in the area. Now that we have instituted our farmer's market on Sundays in the parking lot of the warehouse we should increase the possibilities of obtaining as much local and organic produce as is available. If you know any farmers that would like to sell at our market, have them call Sheila at 836-6101 or Anita at 836-5668 for information.

Of course, as always we are interested in doing additional research on foods and always can use several more members to come to our meetings on Tues. evenings from 7:30 pm to around 9:30 at the warehouse. This is also the place to bring any complaints or suggestions you might have concerning the foods the Coop offers.

IMPORTANT NOTICE IMPORTANT NOTICE

We are forming a PLANNING COMMITTEE. The first meeting will be held this Sunday at the warehouse at 7 pm to begin serious long-term planning. We will deal with the issues of how best to handle the rapid growth of the Coop and how best to use the $25,000 grant we may be getting from the Walk for Development.

Anyone interested be at the warehouse Sunday at 7:00. For more information, call Bob Golden, 257-9055.

FINANCIAL REPORT
The Common Market Ltd.
Balance Sheet
August 3, 1971

ASSETS

Cash on hand	$1500.00
Cash -- Checking Account	2203.89
Merchandise Inventory	300.00
Store Equipment	103.60
	$4107.49

EQUITIES

Accounts Payable (Money owed)	$ 875.00
Long-Term Debt (Money owed)	600.00
Member Contributions	705.00
Net Worth from Operations	1927.49
	$4107.49

This is a financial description of The Common Market on August 3, 1971. On August 3 our Assets totaled $4,107.49. Of this $875.00 was owed for Accounts Payable. Trucking expenses owed totaled $375.00. The rest of the $875.00 owed is $500.00 which was owed for dairy goods which were delivered but for which we had not been billed. Even if we had paid all the money we owed we would have our $705.00 membership money plus $1,927.49 more which was free and clear.

As many of you know, we must come up with a cash surplus of about $1,800 each week to buy on the Water Street Market in Chicago. We can now buy our produce on the Market without having to use membership money or money set aside to repay our long-term debt.

The Common Market is in a steady period of growth. In March, weekly orders totaled only about $600.00. Now our weekly orders exceed $3,600.00 I think it is necessary that we build up a larger cash surplus both to provide for expansion and to insure that an unforeseen event like a theft will not put The Common Market out of business.

Tim Hess

BEAGLE PUPPIES for sale -- Call Les or Paula, 255-2443.

FINANCIAL REPORT
The Common Market Ltd.
Operating Statement
for the period March 5, 1971 through August 3, 1971

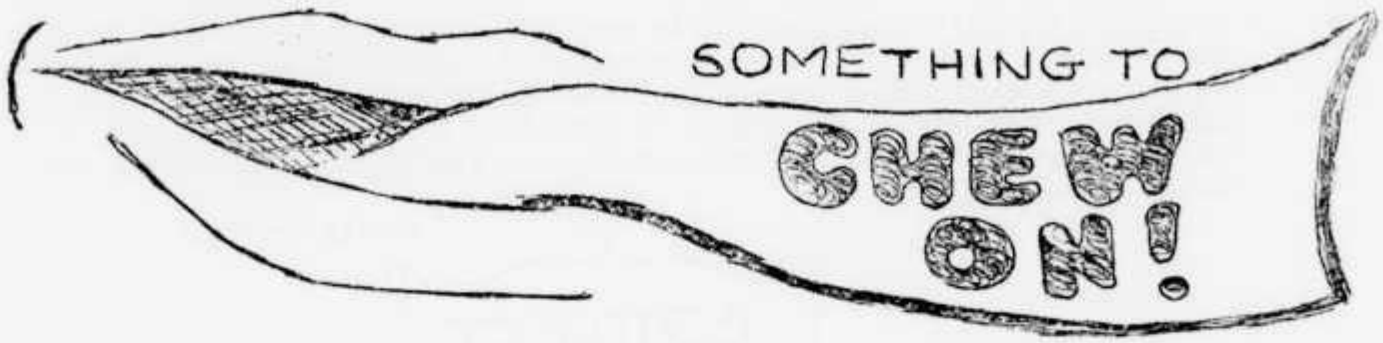
SALES REVENUE		$60952.67	
Less: Merchandise Purchases	$55778.21		
Less Purchases Returns & Allowances	1.60		
	55776.61		
ADD FREIGHT IN	1284.49		
Cost of Goods Sold		57061.10	
GROSS MARGIN ON SALES			$3891.57
OPERATING EXPENSES			
Equipment Repairs		97.63	
Office Supplies and Postage		11.89	
Rent Expense		640.00	
Store Supplies Expense		225.80	
Telephone Expense		203.16	
Miscellaneous Expense		57.37	
TOTAL OPERATING EXPENSE			1235.85
NET MARGIN FOR THE PERIOD			$2655.72

This means that from March 5, 1971 through August 3, 1971, we took in $60,952.67. We had to pay out $57,061.10 to buy the food and transport it to the warehouse. This left us with $3,891.57. From this we paid out $1,235.85 in Operating Expenses. From March 5, 1971 through August 3, 1971, we came out with a cash surplus of $2,655.72.

Tim Hess

GENERAL MEETING GENERAL MEETING

Sunday at 4:00 pm at the warehouse to decide whether to buy a diesel-powered truck with a refrigerated body.



Newsletter of the Common Market Food Buying Co-op

September 17, 1971
No. 7

The general meeting of Sunday Sept. 12 passed a resolution that: If a member does not show up to do the warehouse job his group signed up for that group will not be allowed to order food the following week.

This decision is the result of a high rate of absenteeism and the resulting difficulties. It goes into effect next week, Sept. 19-25.

It was a long meeting and a lot was decided.

A motion was passed to hire a full time coordinator of all the details involved in running the co-op. It was voted that Elaine Nesteriick will be our cordinator. If you want to help coordinate things call Elaine 257-6131.

A motion was passed to build a floor in the cooler at the cost of approximately $100. Other ways to increase the life and lower the cost of running the cooler will be checked into by Roy Pengra. Call him if you want to help, 255-9912 or 262-3601.

A motion was passed that the co-op will carry taxable items and that the food committee will decide which items to add.

A committee was formed to deal with how best to handle the rapid growth rate of Common Market which is creating a lot of problems such as an increase in the number of foods which run out and an increase in the over-working of volunteers. Heinrich proposed opening the warehouse 5 or more days a week with the groups signing for a pick-up time. This change would involve keeping a running inventory in the warehouse instead of totaling all of the group orders once a week. Heinrich made this proposal because: on the one hand, people who take responsibility have so much of a burden that they become alienated and, on the other hand, people's patience has been growing shorter and shorter when they pick up on Saturday and find that many foods are not available.

The reason a committee was formed rather than a resolution voted on was that several people felt that the change was drastic and not consistent with the ideals which we hold for the organization. Meanwhile the pickup time sheet was being filled up to 2 o'clock on Sunday. A change is definitely needed. If this proposal falls short of people's ideals, and I really don't understand why it does, another proposal will have to be made quickly or we'll have to stop taking in new members.

There was a really big crowd at the meeting. We are going to have to find a good place to meet once the weather prevents outdoor gatherings. It was good to see so many people concerned over how the co-op is functioning. Perhaps our goals of growing large enough to provide a substantial market for Freedom Farm and having brnaches of Common Market or similar co-ops all over the area will be realized soon.

Sheila Friedman



Work, Work, Work

It is Common Market policy, as voted by the members at a general meeting, that every group must have a member on a committee involved with operating the co-op. To find out about joining the one you are interested in call one of the people listed below. They all need members.

Work: Heinrich 836-5668
Food: Marianne 244-2093
Finance: Ann Gieb 249-7229; Maureen 222-1160
Transportation: Pete 256-7868; Wade 257-5297; Steve Sargent 238-5015
Community Contact: Betty 255-4083
Communications: Shelley Franson 251-9528; Elaine 257-6131
Phone Comm.: Harriet Putzer 244-7079

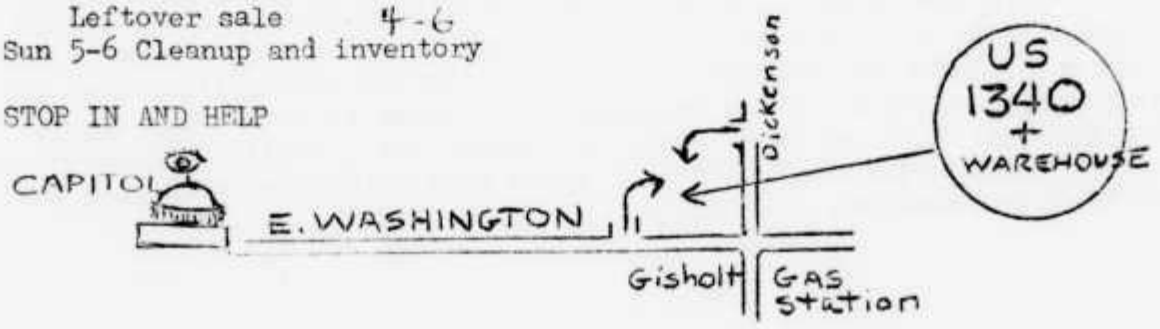
Other committees that are part of the co-op, but not essential to keeping it going are:
Nutrition: Sheila 836-6101 – Juliette → Joy of Cooking Higbie 838-8019
Organic Food: Maureen Organic Meat : Steve 283-2080 McFarland

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Warehouse Schedule
Tue 206 Total orders
Thu 12-4 Add bills
Thu 2-6 Unload truck/package
Thu 5-9 Package
Fri 9-1 Set up
Fri 12:30-4:30 Aides/shelves
Fri 4-8 Aides/shelves
Sat 9:30-4 Aides/Shelves
Sun 10-2 Aides/shelves
Sun Leftover sale, Sun. orders picked up 10-2, Farmers market starts at 12,
Leftover sale 4-6
Sun 5-6 Cleanup and inventory

People to let you into the warehouse:
Joe Morse, Mary McComb 251-8787
Herb, Mark or Lee 251-6096
Cindy Mackesy 255-2394

STOP IN AND HELP



FIRST REPORT OF THE BRAND NEW GROWING COMMITTEE

NO WORK: NO FOOD. was the dictum handed down by the people to all free-loaders at last Sunday's general meeting, the idea being that all groups should show up for their job assignment or not eat coop food.

NO WORK: NO FOOD is merely a stop-gap measure to try to get co-opers to cooperate. What is really <u>needed</u> is a better system of distribution that people can relate to personally. The present system has proven inadequate to efficiently distribute the food and too unwieldy to promote the notion of cooperation among us. The general meeting called for another committee -- the growing committee -- which will further discuss the necessity for ruling "no work; no food" and also come up with some proposal that would rectify the inadequacies of our present system.

This committee met Monday and came up with this rough proposal. We propose that we decentralize. into 8 units or shifts, each one composed of about 20 groups. Each shift will have a four hour pick-up slot; Tuesday evening 6:00 to 10:00; Wednesday, Thursday, Friday, and Saturday morning from 9:00 to 11:00 and Wednesday, Friday, Saturday afternoons from 2:00 to 6:00. The shifts will rotate weekly so that the Saturday afternoon shift picks up the next week on Tuesday evening. Each shift is <u>completely responsible for distributing their food</u> which means that they have to staff the warehouse and make sure the people are there during their pick-up times. Each shift supplies some member for each standing committee.

Produce from Chicago will be delivered on Tuesday afternoon for Tuesday, Wednesday, and Thursday and delivered on Thursday, for Friday, Saturday pick-ups. Feasibly dairy and bakery products can be delivered daily. All packaging can be done on Monday for which each shift supplies some worker. Our principle criticism of the present system is that it is too massive to promote active interest. making things a real chore and no fun. We present this very <u>rough</u> outline for anyone who has ideas to be able to respond to this <u>rough</u> proposal. PEOPLE WHO HAVE IDEAS BE SURE TO COME TO THE NEXT "GROWING" meeting Monday, September 20, 5:00 p.m. warehouse. If you cannot make it drop suggestions, criticism, or good luck into the mail slot or suggestion box. At the Monday meeting we want to iron out the kinks in this proposal and have it printed for your enjoyment next week. So you can all think about it and come to the GENERAL MEETING A WEEK FROM THIS SUNDAY (September 26) at warehouse to talk it over. Then we figure we want the proposal stated as a referendum to be voted on by the group picker-upper (after the group arrives at a consensus) the first weekend in October. Come to the growing committee to help the coop grow.

ALSO TOO: the shift system's group pick-up time won't be so congested and it allows for more groups in the coop and also by rotating, the same groups won't get shorted every week. Also the shifts will have to deal with individual problems within their shift like pick-up times. Hopefully, decentralization will encourage people to show more interest in the operation of the cooperative.



NOTICES

IMPORTANT: If a group is disbanding, let us know so that we can reassign your work job. Call Heinrich 836-5668.

Carpenters are needed for work on the cooler and some projects which will increase the amount of usable space in the warehouse. If you can help, call Ro, or Lila Pengra 255-9912, Roy's office 262-3601.

Return only Country Boy and Appeler bottles. We do not get paid back for any other kind. Please wash them.

The nutrition committee is looking for recipes of foods that children like which are particularly high in nutritive value. If you know of any, send them to Sheila 6418 South Ave., Middleton 53562.

Farmers Market is Sunday 12-6. It will run on other days as farmers start coming more often. If anyone is interested in looking into the possibility of selling art and carft items during the Farmers Market or if anyone wants to work on publicity for it call Sheila 836-6101.

Anyone who wants to contribute to the documentary film of the co-op, time, expertise, equipment (we could use a good tape recorder and a good portable tape recorder) or money call Glen 233-2080.

Whole Earth sells small, inexpensive baby food grinders. Make your own.

Some people are trying to form an organic farmers' organization. It could prove to be very helpful. Call Judy or Mark Jindrich, Evansville 1-882-4786.

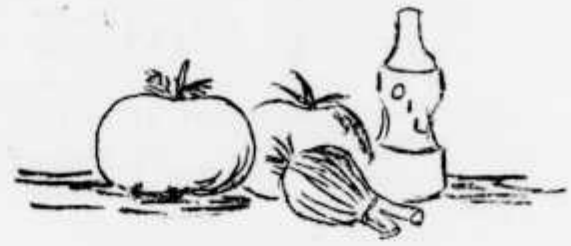
People's Office needs crash pads badly. Will respect any restrictions you have. They also need people to work at the office. Drop by or come to the meetings held at 6 at the office. Look for their clothing sale during the art sale on Sunday, Sept. 26 on the Library Mall. Call them at 257-0414.

Recipes

If you tried the Pakistani beans printed a while back I hope you thought twice before adding a whole tablespoon of cayenne pepper. Wow! Many different kinds of beans are good made this way: soak the beans overnight, drain, saute onions, add tomatoes, salt, cayenne, turmeric, garam masala (a spice sold at Oriental Foods) and simmer awhile. Add the beans, enough liquid for moist cooking, and cook them til tender. Serve with rice, yoghurt, other things.

Lentil Soup: Simmer 1 pound of lentils with some salt in about 3 quarts of water about an hour and a half. Add cut up vegetables and simmer long enough for them to cook to a crisp stage. You can substitute tomato joice or sauce for part of the liquid. You can add meat with the lentils or before depending on how long it needs to cook.

Bean Sprouts: Soak sprouting beans or seeds, alfalfa, squash, let us know what else, overnight in a jar covered with nylon netting held with a rubberband. Drain in the morning. Rinse the seeds 2 or 3 times a day to keep moist. It takes 3 or 4 days or so to sprout them depending on the kind of bean or seed.



Tomato Sauce (about 4 cups)
3 T. olive oil -- heat over low flame
Add and stir for about 3 min:
1 large onion
½ chopped green pepper
3 cloves garlic chopped
Add:
6 large fresh tomatoes, ½ bay leaf, 1 teaspoon brown sugar, 2 sprigs parsley or 1 sprig other dried herb or 1 teaspoon dried basil or ½ teaspon tarragon or 1 teaspoon oregano
1 teaspoon salt, 1/8 teaspoon pepper.
Cook gently til thick - 45 min. Put trhough blender. Will keep a few days in fridge.

Corn-Rice-Tomato Casserole
Bring 4 c. water or stock to boil.
Pour in little by little 2 c. brown rice. Cover, cook on medium flame about 20-25 min. or until done.
Remove cover and dry over low heat 5 min. Fluff with fork.
Cut corn off 4 cooked ears.
Mix with rice. Add (½ to 3/4 lb. browned ground beef (optional) and some cooked tomato sauce before it is put thru blender.

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COMMITTEES

The Phone Committee needs 2 more members. Call Shelley Franson 251-9528.

Food Committee We meet every Tuesday 7:30 at the warehouse. Come if you can help or have something to bring up.

We are thinking about ways of facilitating the handling of meat. If we rent freezer space in a big locker, it may be possible to buy meat with less hassle. We need someone who can find the meat and work out improved ways to handle its distribution.

Some people were concerned that Country Boy may be adding dry milk to the skim milk. We were assured that this is not being done.

People were also concerned that the raw honey is clear and liquid instead of cloudy. This is so because the honey is fresh. Unheated honey becomes hard and cloudy when it's stored, but is clear and liquid when fresh.

Some say the brick cheese is bad. A coating of limburger is put on it to protect it. This may give people the impression that the cheese is spoiling but it isn't.

We are considering stocking special holiday foods such as pumpkins and turkeys. Let us know if you want any of these. (Personally, Im fasting on Thanksgiving. The powers that be are so brutal that I feel Thänksgiving has become a farce.
Sheila)

PRICE COMPARISONS

Most people are part of Common Market for more reasons than to save money, but we do save money. Glen compared prices on the week of Aug. 13 to give some idea of what we're saving. The comparison is even better now, but here's what it was:

	Copps	Eagles	Kohls	Common Market
Avocados	30	35	-	16
Blueberries (pint)	34	39	33	33
Cantaloupe	39	37	34	22
Coconuts	-	-	39	20
Pears	-	-	45	35
Lemons	12	9	15	6
Limes	15	6	7	3
Nectarines	10	13	12	6
Oranges	9	7	8	6
Artichokes	-	19	20	12
Beets	-	29	35	22
Cabbage	34	33	30-40	7
Carrots	20	25	25	14
Cauliflower	83	70-80	39/lb.	41@
Celery	29	37	35	16
Corn (doz.)	59	60	-	55
Cucumbers	15	19	15	17
Eggplant	-	19/lb.	39/lb.	15@
Green pepper	;5	12	10	5
Iceberg lettuce	29	37	29	14
Mushrooms (lb.)	99	97	89	70
Radishes	20	25	19	10
Scallions	15	15	15	7
Broccoli	50	33/lb	29/lb.	31@
Apples	8	11	10	7
Yoghurt	29	-	29	20
Apricots	26	39	-	10
Banannas	15	12	12	9
Cherries	39	-	67	45
Grapes	59	59	59	40
Peaches	25	-	25	16
Plums	39	39	39	27
Prunes		-	47	25
Raisins	-	-	40-50	28
Onions (lb.)	15	19	23	8
5 lb. white potatoes	30	39	15	
Acorn squash	19	19	25	10
lb. tomatoes	49	49	55	19



Dear Winnie (the pooh on you):

In response to your letter I would like to clear up a few misconceptions you bring up and perhaps ease yours and others minds.

1. Yes we should divide or split but this will cost a heap of money we don't have. Most space available on the south or west sides rents for $275.00 to $2800.00 per month plus utilities. So for the present we will have to make do here. Also our present lease runs through February, 1972. And half the present Coop could not afford to pay that. And we are not using this building to its fullest capacity.

2. We have changed the surplus sale to Sunday. This should help. As for people coming in who are not group members--right on I say. We should interest them in a group and they are aiding us by paying cash for produce we would otherwise give or throw away. The finance, food, work, or any other committee or a member can and should challenge any person or group who have not paid their dues. We are operating on an honor system because we dislike rules and regulations. If someone doesn't pay they are hurting all of us. Remember, it's your Co-op!

3. I don't know what you are referring to by not paying a middle man or staff through price hikes and then go on to say how you are saving "some" through the co-op over buying at the supermarket. What are you doing everytime you shop at a supermarket but paying not only staff, middlemen but also stockholders through price hikes. A motion was passed to pay two people a grand total of $90.00 per week for all buying, trucking and related work. These people will be paid from the 10% and not from any hike in prices. In fact, based upon statements made by someone high in the produce food chain "There is every indication your quality and variety will increase and your prices may very well go down." In addition the co-op was not started only to save money but to provide fresher--more wholesome and, where possible, non-additive loaded products, and also to provide a market for local farmers to sell their products direct to the consumer without getting ripped off by middlemen. It is also a community organizer getting students, workers, welfare persons together through helping one another and growing in understanding of their common and individual problems.

Peace,

Dwight

IT'S REALLY IMPORTANT FOR PEOPLE TO READ THE MESSAGES THEY'RE GIVEN. THIS IS THE ONLY WAY THE PEOPLE WHO ARE WORKING CAN KEEP IN TOUCH. CHEW ON.

CHEW ON

Newsletter of the Common Market Food Buying Co-op No. 8 Oct. 8, 1971

Common Market is a'Changing or Ouch, We Got Growing Pains

The outcome of the general meeting of Sunday, Sept. 26 was a new structure for the co-op which, hopefully, will accommodate our rapid growth. A motion was passed to stop taking in new groups (new members can join old groups) until the new structure goes into effect. A motion was passed stipulating the following aspects of the new structure:

1. The co-op will be divided geographically.
2. Each group will preorder its food separately.
3. Pickups will be extended to 5 or 6 days per week.
4. Elaine Nesterick, the co-op's coordinator will have the discretion to decide which items to order in exact amounts and which to stock in an estimated quantity.

The growing committee has met twice to decide how this new structure will actually work. The members were divided into 2 groups, east and west of Wisconsin Ave. which is the east-west dividing line of the Capital Square. Here is the new schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		West pickup times			East pickup times	
Noon West group orders due at ware-house	stock ware-house Noon East group orders due at Warehouse	11:30 to 8:30	11:30 to 8:30	stock ware-house	10-7	10-3 4-6 surplus sale 6-8 cleanup & inventory

There is a wall-posted in the warehouse to look at if you are uncertain of which division your group is in. People living far from Madison need not abide by the new division.

There are also locator files to help you find groups in your area. One will be at the warehouse. Elaine has one. She needs someone to take cahrge of it. Call if you want to do that. 257-6151.

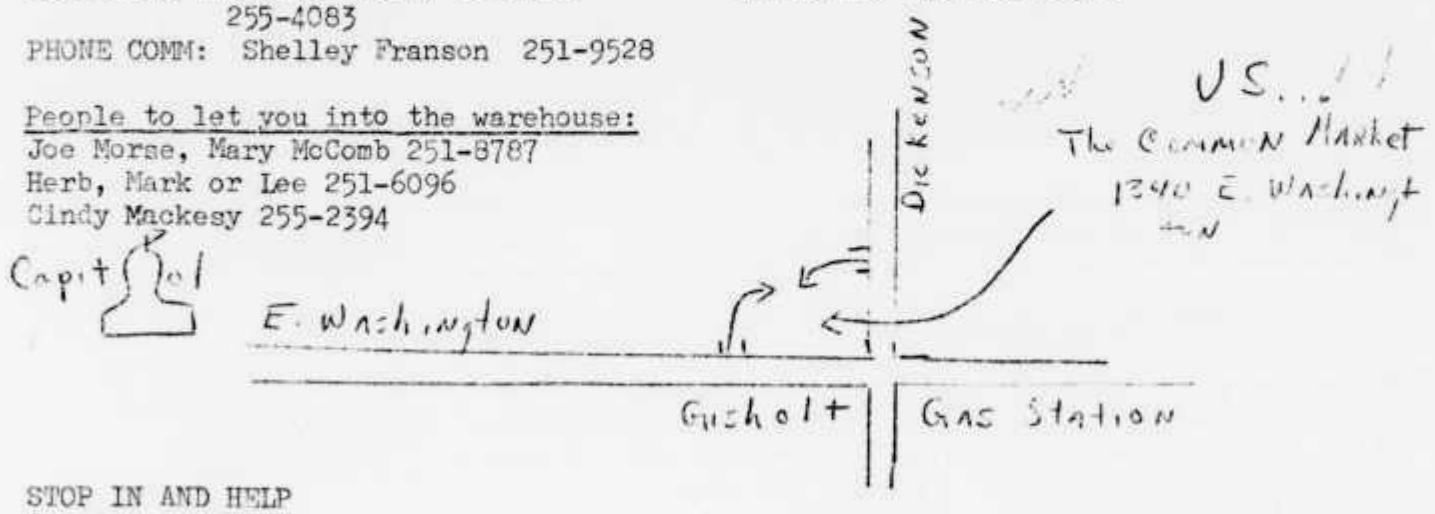
The NO WORK NO FOOD RULE is still in effect. If you don't show up for your assigned work time, your group cannot order the following week.

Membership is $1.50 after 1 month's trial for everyone over 18. Cooperate, don't exploit us.

IT IS COMMON MARKET POLICY that every group must have a member on a working committee. They all need members. For information call:

WORK: Henirich 836-5668
FINANCE: Maureen 222-1160
COMMUNICATIONS: Elaine 257-6131
COMMUNITY CONTACT: Betty Sanders 255-4083
PHONE COMM: Shelley Franson 251-9528
FOOD: Marianne 244-2093
TRANSPORTATION: Pete 256-7868
Wade 257-5297, Steve 238-5015
TRUCKING: Pam 836-5668

People to let you into the warehouse:
Joe Morse, Mary McComb 251-8787
Herb, Mark or Lee 251-6096
Cindy Mackesy 255-2394



STOP IN AND HELP

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WALK FOR DEVELOPMENT

Common Market is on the list of beneficiaries of the YWD'sWalk for Development. Some people wonder why, when our members can all afford to eat, we are accepting money meant for the starving. Besides encouraging poor people in our area to join and benefit from our lower prices, there is another very important reason why an organization like Common Market can use that money the way YWD means for it to be used. We can provide a market for Freedom Farm, a struggling cooperative run and owned by ppor blacks in Mississippi.

Right now we are too small a group, but the potential is there. Each week many new groups join. With more trucking capacity and more distribution centers we will soon be buying enough to help Freedom Farm succeed.

If you're unhappy about our boldness you have 2 choices: You can continue to be unhappy. Or you can get into the spirit of the effort, join the Walk for Development or support a walker and help in any way you can to further the growth of the Common Market.

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COMMITTEE REPORTS

Trucking
Bob Golden has suggested that the cooperative trucking organization's(members are Sunflower Kitchen, Whole Earth Co-op, Mifflin Street Co-op, Eagle Heights Store, Common Market and Oregon Bakerty) buy a small truck perhaps this spring to free the Mifflin Street truck for more trips to Chicago to supply the increasing number of people we serve. It's a good idea. Anyone who wants to help pursue it or to serve in the trucking organization call Bob 257-9055 or Sheila 836-6101.

Food
The Food Committee mets, at present, every Tuesday, 7:30, in the warehouse. We need people to take charge of the left-over sale. We also need people to work on obtaining and distributing meat. Lee Ozanne has suggested we rent a large

selling area and allow farmers to seel their own meat. If you want to work with him on this call 257-1710 (his downstairs neighbor's number).

If you want to order organic produce call Maureen 222-1160
To order organic meat call Steve 233-2080.

Finance
The Finance Committee needs cashiers for the cashier pool. It also needs more members. Call Maureen 222-1160 or Elaine 257-6131.

Work
The work committee needs members to act as work supervisors. The more members the fewer jobs each will need to supervise. Feel important. Exert power. Supervise instead of taking orders. Join the Work Committee. Call Heinrich 836-5668.

Communications
The Communication Committee handles all the needed interchange of information among Common Market members. It needs a lot of people.
The Phone Committee needs more people. Call Harriet Putzer 241-7079.
People are needed to keep and update the locater file each week. Call Elaine 257-6131.
The Newsletter needs either one person to take it over or a few people who will work on it with me. I don't want to continue gathering the news and writing it alone. Call Sheila 836-6101.

Community Contact
This group contacts groups in the community to interest them in joining the Common Market. It could use a lot of members to talk with potential members in Madison and the surrounding area. Betty Sanders also has the group book and can help people find a group. Contact her if you can help at 255-4083.

Nutrition
We have been hard at work. The nutrition chart will be out soon to help guide people toward the best investment of the food dollar for energy and health.

We're holding a meeting at which we will discuss nutrition with Mrs. Kathleen L. Ruf, a member of the Food Science Department at the University of Wisconsin. It will be on Saturday, October 23 at 7 pm at the little house behind Whole Earth.

Thanks to the people who sent delicious recipes for our cook book of nutritious food that children like. We ned many more before we'll have enough. Send any recipes to Judith Figlio, 5307 Terminal Drive, McFarland 53558.
Call Sheila 836-6101 for information.

Transportation
The Transportation Committee would like to take this opportunity to welcome new Common Market members, especially if you have a truck or van or panel or station wagon or some other wheeled device with a motor which probably was meant more to carry stuff than people, and if you love your truck (or said vehicle) and would be willing sometimes to help carry stuff for the C.M.F.B.C. (mostly food).
If you or someone in your group is similar to the type described above, we would like to add your name to our list of people to be called sometimes. Also you people on our list who haven't been called may not be on our list; say you moved and forgot to tell us (we don't help people move). Any of the above mentioned or anyone else interested in helping should call Wade or Pete or Steve (numbers below) and give us your name, type of truck, phone number, and anything else you think is important. We'd really like to get a complete list, so even if you

only want to help once a year, give us a call. Would anyone be interested in making fairly regular trips to Chicago with Bob Golden for purpose of learning the food buying? The co-op needs to train one or a few people as buyers to assist Bob.

Pete 256-7868, Wade 257-5297, Steve 238-5015

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NOTICES

-Bring back: wire boxes for milk bottles, wood baskets, egg boxes, and washed deposit bottles. Please.

- We need an adding machine. Call Heinrich if you know of one: 836-5668.

-Since people don't recognize the different varieties of lettuce, we need pictures we can label to help those people handing out food. Send to Sheila 6418 South Avenue, Middleton 53562.

-Don't take foods that are bad. However, if things are somewhat unattractive, people should take them anyway. We can't afford to be too fussy.

-The Nutrition Committee is meeting Saturday, Oct. 23 7 pm at Whole Earth to discuss our concerns with Mrs. Kathleen Ruf, a member of the Food Science Dept. at the University. Come and help make it interesting.

-WANTED: a recipe for yoghurt made without heating the milk and using dry milk. Send to Sheila, address above.

-Jars. Nancy Cotter is interested in starting a canning committee which would can the leftover produce otherwise wasted. Call her days at work: 266-7376.

-If you are interested in obtaining Oriental Foods call Connie Davis 256-5714.

-We need someone to write a song for the film about the co-op. Someone suggested using the far-out group names. If you do one, call Glenn 233-2080.

-The Farmer's Market is 12-5 Sundays.
People who want to sell crafts and other items: There are matters that need to be checked out with the city. Someone will have to take care of this. Call Sheila.

- People interested in starting Food distribution centers in their area call Sheila 836-6101.

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OTHER NOTICES

--CO-OP PICNIC -- This Sunday, Oct. 10, there will be an all co-op picnic at Hoyt Park's larger shelter house, rain or shine. Everyone who is involved or interested in Madison's many and diverse co-ops (housing, food, clothing, transportation, art, etc.) are invited. So that we may buy enough food and beer, please commit yourself by signing up at Common Market or one of the other co-ops. Hoyt is 10 minutes from Camp Randall on Regent St. Ride your bike!

The University Y will pay tuition for a person who will take care of recycling cans and bottles.
SUPPORT THE WALK FOR DEVELOPMENT

- Whole Earth sells inexpensive baby food grinders.

Drying Food

If you haven't space to store canned goods or the patience to can the goods, why not try drying produce for this winter? The results are not always eye-pleasing but they are tasty, nutritious, and easy to store (and there's no problems with botulism and other nasties).

All vegetables should be blanched (three to five minutes in boiling water) and then cut in bite-sized pieces (smaller pieces dry faster). Sweet corn is simply sliced from the cob after blanching. Peppers can be chopped before blanching. Towel dry the blanched and cut produce and then spread on a tray, cookie sheet, board or aluminum foil covered over racks. Dry in the oven at the lowest possible setting (110 to 140 degrees) with the oven door propped open for air circulation. Vegetables are dry when they crackle (four to six hours in the oven). Store in tightly covered cans (empty coffee cans with the plastic lids work beautifully). To use the dried produce, soak in two parts water to one part dried vegetable for two to four hours before use. Prepare in the normal way. Do not drain off the excess water as it contains vitamins too. If you want to drain the water, it is possible to save it and use it for gravy or soups. This method will work for onions, green peppers, carrots, celery, swiss chard, pumpkin, spinach, sweet corn, beans, and peas.

Fruits should be washed and cut into bite-sized pieces. Apples and pears should be cored. Plums (or prune plums) nectarines, and apricots should be cut in half and pitted. The fruit can be dipped in salted water for one minute to preserve the color but this is not necessary if you don't mind brown fruit. Towel dry and spread on racks or cookie sheets. Dry in the oven (same method as above). Fruit is dry if no moisture is emitted when a piece is pinched. Fruits dry faster if placed on the racks cut side up. Drying time is 6 to 8 hours. If fruit is not completed dried it will mold. Store in plastic sacks (old bread sacks will do) in a glass jar. It's a good idea to put only a small portion in each plastic sack and then several sacks in each jar. Then if one package does mold, it can be thrown out without losing the whole jarfull. To use the dried fruit, soak overnight in three parts water to one part dried fruit. Or it may be eaten dry.

Peppers can also be dried by bying several on a string being careful that they don't touch each other and hanging in a window. This method takes several weeks and will only work if they still have their stems on. Mushrooms can be sliced and strung (use cottom string and a large darning needle) and air dried. Morels need not be sliced before drying.

Practically any vegetable or fruit can be dried by following the general steps outlined. I would suggest, however, that before you dry a bushel you might try two cups, re-hydrate it and eat it to see if it's worth the trouble to do more.

Parsley, celery leaves, cress, chives, or any leafy herb can also be dried in the oven. It shouldbe washed and spread on racks. I separate the levaes from the stems and dry them separately as the leaves taken only about one hour and the stems take two or three. After drying, the leaves can be crushed to a powder or stored whole. No re-hydration is necessary. Simply add to soup or stew or casserole.

Good luck!!

Lilah Pengra

THE SPIRIT & GROWTH OF THE COMMON MARKET:
A POSITION PAPER

Vision: The Common Market is a community based group which enables us to have (more) effective control over the quality of our food. Buying as a collective enables us to approach wholesalers and farmers to obtain wholesome food at quality prices. In the process, we would like our work to be pleasure. Our enterprise should enable people to know each other, increase their skills and competence and work together in harmony. These aspects of "style" are as important to us as our ability to have good food cheaply.

The Situation: Each week

(1) The Common Market provides a variety of quality foods at low prices to its 2000 members.

(2) The membership has increased dramatically over the past few months. The warehouse is now too small to store a once-a-week food shipment for 2000 people. On Fridays, warehouse workers find food blocking food and have a hard time knowing whether an item is out of stock or just buried under seven cases of cheese at the far side of the cooler. This makes pick-up time longer for members and more tense for workers.

(3) The single large weekly order requires a large amount of work to be done in a small amount of time. Hundreds of pounds of cheese, flour, granola, sugar.... must be divided on Thursday. An increased work group fills the warehouse and still faces a lot of work on a tight schedule. This work has shifted from a co-operative pleasure to a hassle.

(4) Conditions (2) and (3) above are the center of our current crisis. We are able to distribute food effectively, but with a great deal of strain and tension for those people who are at the midst of the work. Our temporary moratorium is a good move to limit the magnitude of our crisis; a substantially larger co-op would face a disaster.

The Goal: To reorganize the Common Market into several smaller groups which could be equally effective to the larger Market, and more fun. We would like each person to be able to experience more pleasureable and effective participation while maintaining good food at low cost.

Proposals and Guidelines for Action: We need to decrease the number of people who use the Common Market during each period of food distribution. Most people agreed with this idea at the last large meeting. Two steps were taken to implement this idea: (1) a temporary moratorium on membership;

(2) a plan to split the Common Market in half (east-west) with each group using the warehouse for a different period during the week.

The split will temporarily ease our crisis. But we expect many more people will want to join the Common Market. If we again "over populate" we'll soon be facing a very similar crisis of restricted space, overwork and weakened co munity values.

Probably there is an "optimal size" Common Market. If we have too few people (say 50) then each has a vast amount of work. On the other hand, if we have far too many (say 5000), then we face shortages of space and a decreased spread of skill and responsibility around the co munity. We need to maintain a community size in which we can realize our best values -- including effective participation of those members who choose to involve themselves, more pleasure and less hassle, and a distribution of skill and responsibility through a (large) segment of the Common Market community. We would like the Common Market idea to spread, yet not make this particular group the vehicle for all the (thousands?) people who want to join a "common market". In the San Francisco Bay Area, for example, several dozen "common markets" (called food conspiracies) are organized around a few communes or a city neighborhood.

We like making the "common market" available to all, and suggest we can do it by sharing our skills, some resources and know-how with new groups.

At the last meeting we heard two distinct attitudes with which we disagree:

(1) Unlimited expansion: Some people feel that the Common Market should not limit its size, and merely needs to re-organize ever more efficiently to accomodate ever increasing numbers of people. We are afraid that unlimited expansion with us will be like unlimited expansion in any group. Community democracy will necessarily

break down as each member knows a smaller fraction of his community and is less likely to have the skills or sense of responsibility to be effective in shaping market decisions.

(2) Restricted Common Market: We've got a viable co-operative which is now facing problems caused by including too many people. Lets hold the line here and let others create their own groups. We sympathize with the restricted population growth aspect of this proposal yet feel that we can aid other groups in forming. Or, more likely, we can let Common Market grow a bit, and then separate <u>again</u> into smaller viable groups (a budding process). That way, the Common Market may be a federation of several "optimal size" groups with the buying power of many, and with the pleasures of a small community.

We have made several calculations and find that the amount of work per member in a sub-market of 300 or 500 is no larger than it is now. However, members are more likely to feel effective in a group of several hundred than in a group of several thousand.

Rob 873-5148
Ken 257-5073
Brian 255-8259

A PROPOSAL FOR COOP MEMBERS

The common market is its members' grocery store. It offers them many advantages over a regular store among them the cooperative spirit, good cheap food, and a means of participating in the decisions which affect them. Many moons ago when our group first joined the common market (then much smaller than its present 200 group size), we were informed of what the coop was, what it proposed to do, and what we were expected to do as members of it. Each group was to have a person do the group's allotted work. Each group was to have a person represent it on any one (or all) of the working committees that ran the day to day operations of the common market; we chose the Food Committee. Each group was to have one or more representatives at general common market meetings where big decisions and ideas could be discussed and voted upon by all.

That was how the coop was supposed to work. But it didn't. Either from ignorance or lack of organization or choice, groups did not do these three things. Some groups did not always do their allotted work; we were told that about 20 percent of the groups slated for a given job time were not showing up. Very few groups sent people to work committees leaving the committees to be run by a dedicated few rather than sharing the responsibility, burdens and decision making. All groups did not send representatives to general meetings. Combining all these factors, many groups had no voice in the coop either through choice or ignorance. Working committees have been trying, unsuccessfully to get groups to participate in the decision making all this time. However, we seemed to have enough participation. But now we have over 200 groups. It is obvious a handful of people on a handful of committees are running the show for us all. People are moving further away from making decisions and controlling their own lives rather than closer. I believe we need to consider the points below now while we are reorganizing to cope with our new size. I believe the actions I will suggest are necessary to preserve the coop as a cooperative run by all the people rather than by a handful of idealists. I also believe this course of action is essential if we agree we want to educate ourselves on how to cooperate and how to help make decisions so we can apply what we learn at the coop in other parts of our lives.

One part of the three part problem seems to have been solved by the recent NO WORK, NO FOOD edict passed at a general meeting. Now what about the other two parts for a functioning coop?

It's much easier to let those dedicated to a cooperative idea run the whole show for the rest of the members who are happy to just come in for their food, drop off their orders on time, and do their assigned work. But are those of us who attend general meetings and work on committees settling for the current system of the few making choices for the many because we really have to or because it is more convenient to be able to implement policies which we favor when we don't have to ask anybody outside the few? There's no one answer. All I have is a suggestion that will bring the participation of coop members in their groups and through their groups in the cooperative--I hope.

PART I. A vital part of the coop's working decisions are made by the members of the working committees. Every group was supposed to have a representative on a committee. Okay--require it just like with work. Nonworking committee representative, no food. Leave it to the individual group whether one person will stay on one committee

no work, no food. No working committee attendance, no food. It is up to the individual group, however, whether one person will stay on one committee or the group will rotate people and committee assignments. Of course, there would be no limit to the number of committees a group could belong to for those who want deep involvement. But only one would be required--minimum involvement.

PART II. When big decisions or ideas need to be decided upon by the coop members, let all members be required to cast ballots on the issue rather than vote at a general meeting. No group vote, no food. General meetings would still be used (but not required) to offer groups and individuals a forum to discuss and propose ideas and make general complaints. Ideas and proposals could also be discussed through the newsletter (which I am trying to do right now) or special publications (such as the handouts on the two proposals for the new distribution systems). Coop members would vote on a decision before it was to be made whenever possible. But when conditions required an immediate decision by a working committee, members would be consulted within one to two weeks to see if they approved the committee decision or wanted an alternate action. The coop members thus decide. For each vote a ballot with the issues to be voted on would be attached to the price sheet, as the recent demand for group names and membership lists was. Votes could be turned in like food lists for orders with a specific deadline set. Each person in a group would turn in the price sheet and ballot to the group's person tabulating food orders that week. The tabulator does the group's votes as well as its food order and the group food order and ballot are dropped off at the same time(i.e. 5 for, 4 against). The Communication Committee uses the list of coop groups to call two and have each group send in a member at a specified time to total votes on all 200 ballots. (Next time a vote was taken, the next two groups on the list would be called in to tabulate votes.) The vote results would be published in the newsletter or between newsletters in a special sheet. The working committees would implement aspects of the decision relating to them.

AN EXAMPLE OF PART II. A new distribution system has been set up by a hardworking committee. There was no time to get prior coop member approval. According to my proposal, the new system would be explained and pros and cons listed. A space would be provided for a vote in its favor and for those against. Comments could be added but would not be required. A second point on the ballot would be the way the committee combined groups as units and why--pros and cons to the method chosen would be set forth. Space for a vote for or against it and for comments should be provided. The ballot is attached to the price lists. Members vote. Groups return their ballots. The ballots must be counted the day they are dropped off or the following day so results can be completed the same week they are submitted. Results are passed on to committees and members for their action. Approval-no sweat. Disapproval and the committee tries another way and submits it to the coop members. (During this chosing a method stage the system disapproved would still be used to avoid mass confusion. If the second system is voted down and the committee decides there is not another real choice they should submit a ballot saying so and requesting approval of one system or the other. The one with the most votes wins--unless someone sends in a better new system as a comment.)

Each issue would be decided as in the above example.

I feel the first issue to go on a ballot for submission to coop members should be: Should we make group representation on a working committee compulsory? Should we make voting on vital issues compulsory?

Compulsory means no food for the week the group doesn't do one of the required group things. Since no one has yet given approval of compulsory voting, this first vote should be distributed to everyone with an explanation of it and arguments progand con. It will have to be a voluntary vote. I would expect that we will get the same small group of people voting who come to general meetings and/or attend working committee meetings. (Though I hope for everyone saying his piece through his vote.) If the proposals pass, then the whole coop will abide by them --at least until someone gets a measure rescinding them approved.

I think this system, although distasteful for its forced aspects, is essential if the people in the coop are really to have a voice in making decisions affecting themselves. As it is they are being forced to work and forced to submit information. So why not force them to take control of their own destinies? Then if it turns out that they really don't care about their own destinies, they can vote forced aspects of the coop out of existence. If my proposals are voted down, the coop will not fold. But neither will it get to the people and teach them anything about their ability to affect their lives in the coop and outside. It will just be a very nice grocery store with very cheap prices and a small percentage of its members making its decisions. Hopefully, after a period of forced participation coop members would grow to understand how important their participation was and the forced aspects could be removed with no effect on participation. The people would know why they should and how they could continue controling the coop.

COOP MEMBER Nancy

THE MADISON SUSTAINING FUND

The Common Market has been invited to join the Madison Sustaining Fund. The MSF is explained in detail in this newsletter (see following article). Briefly, the MSF represents the joining together for mutual support of those groups in Madison which provide services to the Madison community, such as consumer protection and foods grown without pesticides -- services which are not and will not be provided by existing institutions. Also, these groups attempt to provide their services through co-operation and collective action, rather than through traditional corporate and bureaucratic forms of organization. And the form of organization which the groups in the MSF have chosen to accomplish their tasks represents the fact that they basically differ from other organizations in how they feel people should relate to each other, and how people should work together to provide needed goods and services for themselves and their community.

Because the Common Market is a co-operative organization, concerned with people working together and making decisions together in order to provide ourselves, and any who would like to join us, with food that is fresh, of good quality, and nutritious -- and at prices lower than at the stores because we ourselves do the work of getting and distributing that food -- Because we are building a system of food distribution in which we all share in the work and the benefits, and no one person reaps profits from the work of others -- Because of what we are, we have been asked to join the Madison Sustaining Fund.

We will join with 14 other groups; others are considering membership, so that eventually the MSF will have about 20 members. Some members, such as the Madison Consumer League, are not self-supporting; others, such as the Sunflower Kitchen and ourselves, are self-supporting financially.

The original 8 member groups in the MSF all needed money. Thus the Sustaining Fund, as well as being an attempt to share common problems and find common solutions, was also an attempt to raise money together -- through pledges solicited by a brochure mailing. The presently expanded MSF will also be concerned with fund-raising for the groups in it which are not self-supporting.

The Community Chip

A "community chip" will be instituted on October 15th. It is a 1¢-on-a-dollar markup on goods and services sold at participating retail stores and co-ops, and 5¢ per admission for movies at participating movie clubs. The chip is a mechanism for supporting community institutions. Payment of the chip at these collection points by any individual will be <u>voluntary</u>. Allocation of funds collected will be decided upon by consensus of all members of the MSF. While it is expected that the funds will go primarily to the support of the non-self-supporting members of the MSF, the MSF representatives, by consensus, could decide to distribute funds to other organizations, e.g. a loan to us, whether or not we are a member of the MSF, if we decided to buy a truck.

The chip will be collected both by organizations within and outside the MSF. As a member of the MSF, we would be asked to help collect the community chip. However, we do not have to help collect the chip in order to be a member of MSF. If we do not choose to join the MSF, we will still be asked to help collect the chip, but will not then have a voice in how the chip will be distributed.

Suggested mechanisms for collecting the community chip through the Common Market: I. We could make payment of the 1% chip mandatory for all who buy their food through the Common Market. For example,

(1) We could vote at a general meeting to retain 9% of our present markup for ourselves and turn 1% over to the MSF as our share of the community chip.

(2) We could vote to add a 1% chip to every group order; our total markup on any order would then be 11%. The additional 1% would be added to the order by the cashier when a group picks up its food.

II. We could vote to make payment of the chip voluntary for any household or group, but we would provide a mechanism for the collection of the chip. For example --

The price sheet could include the following notation:

/ / add 1% chip to our group order
/ / add 1% chip to my household order

A neighborhood group can choose to have the 1% chip added to their total weekly order, and indicate that decision by checking the appropriate box on their group order form. They would have 1% added to the cost of their order by the cashier at the time they pick up their food. (It would then be necessary to go through the group orders and pull out the total amount of the community chip collected.)

If any individual household within a group does not wish / to have the chip levied on their order, other households can still contribute. In this instance, they can check the appropriate box on their ordersheet, and supply the person who picks up the group order that week with 1% of their household order in cash. That 1% will be turned over to the cashier at the time the food is picked up. (Remember, discrepancies between a household's order and the food it actually gets will represent minimal differences in the amount of the chip: a $10.00 order means only a 10¢ chip, so even if you only get $7.00 of what you ordered, you have "overpaid" your chip by only 3¢).

This voluntary plan would provide an institutionalized mechanism for giving financial support to community organizations by those groups and households within the Common Market who wish to do so.

IN SUM, we need to decide at our next membership meeting whether the Common Market is going to become a member of the Madison Sustaining Fund and/or collect the community chip. Membership in the MSF will involve:

1. Discussing and being able to express support for the brief statement of political intent included in the following article on the MSF;
2. Deciding whether we want to help collect the community chip from our members, either through a voluntary or mandatory mechanism;
3. Providing a representative from the Common Market at each MSF meeting, and empowering that representative to make decisions at the meetings (primarily concerning money allocations).

OUR OPTIONS are these:

1. Membership in the MSF without sharing in the collection of the chip.
2. Membership in the MSF and providing a mechanism to collect the chip.
3. Collecting the community chip but not joining the MSF.
4. Refusing to either join the MSF or to collect the chip (rejecting options 1, 2 and 3, above).

READ THE FOLLOWING ARTICLE -- IT HAS ALL THE DETAILS

LISTEN TO PAPA HAMBONE, WIBA-AM (1310), OCTOBER 12th (TUESDAY) 8:00 p.m. - 10:00 p.m., WHEN THE MADISON SUSTAINING FUND AND THE COMMUNITY CHIP WILL BE DISCUSSED

THE MADISON SUSTAINING FUND:
WHAT IT'S ALL ABOUT

The sustaining fund has grown out of discussions attended by representatives of the member groups and groups thinking about joining when they realized that many of the characterisitcs of the work that they do and many of their problems are quite similar. All of the groups perform a service of one type or another for the community at large and many of these groups, whose services are used by the poor, do not have any built-in self-sustaining mechanisms. In addition, the political context in which these groups operate makes it seem unlikely that they will receive support from established institutions or government agencies. In fact the history of the past few years has shown that any group which attempts to meet the real needs of the people has found its operations restricted. When such organizations are dependent on funds from state, government, or other established foundations they eventually end. A year ago the Madison community saw Our Home Inc, the runaway project, closed by the County Board of Supervisors. This last winter in Madison the Community Chest cut the funds of the neighborhood centers, and the Salvation Army Day Care Center. On a national level many OEO projects have found themselves cut when they began to meet real needs. What we are seeking in Madison is consistent support from the people directly rather than being dependent upon the whims of foundation or government bureaucracy.

The Madison Sustaining Fund is an attempt to generate the needed support financially, morally and otherwise. By the member organizations sharing their resources, ideas, complaints and feelings, the MSF hopes to create the strong sense of community needed in Madison. Having self-sustaining groups as well as those unable to support themselves as part of the membership reinforces the notion that the MSF is more than a financial operation. By cooperating to survive people will gain a sense of solidarity that is based on their day to day activities rather than on abstract ideological concepts which too often result in absurd energy wasting factional fights.

Our internal operations reflect our political principles. All decisions are made by a consensus of the body of representatives from member organizations. A different person is the chairman at each meeting. The several groups initially composing the MSF are working cooperatively to meet their similar needs. If this effort proves successful it is hoped that the MSF will grow to include more organizatins and serve a wider constituency.

History

The Madison Sustaining Fund is an attempt to build a coalition of service oriented movement organizations. We started over eight months ago with eight groups (WIND, People's Office, Broom Street Theater, Women's Counseling Service, Madison Kaleidoscope, Madison Defense League, and Madison Consumers League.) We started small, because we felt it was important to get off the ground and to grow in accordance with our political rhetoric. However it was always assumed that we would expand at some point if our initial efforts were successful.

Over the next seven months we met on a fairly regualr basis — working together, talking and playing together, different representatives of eight groups getting to know each other and learning about our different groups. We accomplished a lot. We put together a brochure and collected old liberal mailing lists and sent out over 700 brochures, raising about $200, covering our initial costs and giving $50 to the Committee to Quash Grand Juries. In September it was decided to expand, and several other service oriented movement groups were invited to a meeting. So far six groups have decided to join and others are taking it back to their membership for approval.

For the last month representatives of these groups have been meeting on a regular basis to discuss how to expand and to consider various fund raising projects on which we could work cooperatively. We are presently concentrating our efforts

on establishing the Community Chip (described in detail later). If this proves successful we will look for other resource sharing ideas and try to find new ways to serve people.

The Madison Sustaining Fund is now fourteen service oriented groups which serve the community at large; groups which operate in a non-hierarchical fashion interally and which have a high degree of accessibility to the community at large. We continue to grow, and hopefully our growth is not defined simply by becoming a counter culture community chest but rather is defined by our ability to respond to the needs of the community.

Characteristics of the Member Groups

1. All are service oriented projects working with and serving general needs of people outside the particular group.
2. They serve the general community at large.
3. They are run collectively by all their members.
4. The decision making apparatus of each is accessible to the people.
5. As organizations they have shown by past history and action that they do not view their problems as fundamentally financial ones. Their approach to organizing is political and finances are viewed as a technical problem rather than an insurmountable obstacle.
6. Organizations considering membership are being asked to read, discuss, and express support for the following brief statement of political intent, which was developed by representatives of the present MSF member groups:

"The Madison Sustaining Fund is composed of organizations through which / the people of Madison have made known their understanding that political power has an economic, sexist and racist base. The member organizations represent an attempt by the people to collectively seize control of their lives and the resources needed to live them to the fullest potential. We see ourselves as providing badly needed services to the people of Madison and in doing so creating an atmosphere of co-operation and trust in which people may begin to liberate themselves from the existing social and economic roles which place people in positions of "dominating" or "being dominated"; this includes the domination of white over black, men over women, rich over poor, and any other relationship which is based on power rather than cooperation. We see the necessity to become independent of the traditional capitalist sources of economic power so that we can maintain our political integrity. We additionally express our support for all people who are engaged in a similar struggle."

The Member Organizations

Broom Street Theater
Freedom House
Green Lantern Eating Co-op
Kaleidoscope
Madison Consumers League
Madison Defense League
Madison Tenant Union
People's Office
R.P.M. Printing Co-op
Scarlet Letter
Sunflower Kitchen
Wisconsin Independent News Dep't
Women's Counseling Service
Thurana Free School

The Community Chip

Over the last few years a large number of community co-ops and organizations have developed to meet the needs of the community not met by existing institutions. At times a number of these organizations find it difficult to make ends meet and must struggle to continue to provide their community service. The people working in these groups have to support their work by taking part-time jobs or other equally draining tasks. Loans are made from one impoverished organization to another in emergencies. If these groups are to survive they need the support of the people of Madison.

The Community Chip (con't)

One purpose of the MSF therefore is to work together in the collection and distribution of needed financial support. The original members of the MSF attempted to raise funds through a brochure mailing. Now, a second mechanism to help alleviate financial difficulties and generate needed support for these organizations is proposed. On October 15th a community chip will be instituted by the Madison Sustaining Fund.

The chip is instituted to enable people to participate directly, in a small but significant way, in the continuation of the services of these community organizations. In this way, aid for the community will originate and come from the community itself and not outside institutions, e.g. bank loans, gov't funds, foundation grants.

The chip is comprised of a 5 cent markup atmovies shown by participating film clubs and a 1-cent-on -a-dollar (or part thereof) markup on retail goods and services of participating community co-ops and organizations. This may vary slightly in specific cases to accomodate individual organizations' pricing systems.

(An organization or retail store does not have to be a member of the MSF in order to collect th chip. Indeed, because membership in the MSF requires that an organization provide services to th larger Madison community and embody a definite political attitude (as indicated in the "Characteristics of Member Groups"), only a few organizations in Madison can qualify for membership in the Fund. Broups BOTH within the MSF, eg. the Sunflower Kitchen, and outside the Fund, Eg. movie clubs and retail stores, will collect the Community Chip. All stores and organizations who are collecting the chip will be identified by the MSF symbol -- a circle of clasped hands -- in their windows; leaflets concerning the MSF and the Chip will be available inside the stores.)

The amount of the chip, as predetermined by the MSF, will automatically be added to price of the goods and services at the various collection points. However, THE CHIP IS VOLUNTARY and persons wishing to do so may refuse to pay it at any time, without stipulation.

The responsibility of collecting the chip regularly from the various collection points, will be that of a specific individual (s) delegated by the MSF. Complete financial records will be published monthly by the MSF and will be made public at all collection points shortly thereafter.

The allocation of funds collected will be decided upon by consensus of all members of the Madison Sustaining Fund. It is important to note, however, that membership in the MSF is not a prerequisite for funding by the MSF.

Operating Procedures of the Madison Sustaining Fund

1. All allocations of money by the Sustaining Fund will be made by a consensus of the member organizations and a record of these allocations will be published monthly and in other ways made available to the public.

2. Representatives from each of the member groups who attend Sustaining Fund meetings will do so on a voluntary rotating basis in order to bring as many new people into the meetings as possible.

3. These representatives will be held responsible for thework that is delegated to their groups but it will beup to the discretion of the groups as to how this work is accomplished.

MAN CANNOT LIVE BY BREAD ALONE. CHEW ON.

Common Ills

Newsletter of the Common Market Food Buying Co-op No. 9 Oct. 27, 1971

AN EDITORIAL By Sheila Friedman

I believe that the single most significant change Common Market could make now would be to begin to split into small, autonomous neighborhood co-ops supplied by the central trucking organizations.

There are many reasons why I believe this. Here are some of the most important: The major reason is that bigness is dehumanizing, People will be able to relate more fully to a small neighborhood co-op. And people who lack time, a car or the incentive to travel a long distance for their groceries will be attracted by a cooperative in their neighborhood, especially the poorer people who most need one.

Several members have said they'd like this change to take place. But so far, nothing has been done to implement it. What must be done is: people must decide to go ahead and do it and then find suitable distribution centers, arrange to do the necessary work and begin picking up their food there.

A GENERAL MEETING WILL BE HELD THIS SUNDAY, OCTOBER 31, at Wil-Mar Neighborhood Center, 953 Jennifer Street at 6 p.m. The percent of members present will demonstrate the impersonality involved in belonging to a large and distant organization.

One of the problems in cooperating with Mifflin, Sunflower, Whole Earth, Eagle Heights, and the others has been that, as Common Market grows larger, adjustments in scheduling must be made for our sake, often at the inconvenience of the others. If small, autonomous co-ops needed scheduling changes, the psychological and physical impact on the others would be less.

Furthur into the newsletter you will find statements by the representatives of the different co-ops to the trucking organization detailing their attitudes toward the development of the organization. They should help us decide how Common Market might best relate to the organization and what changes we should consider making in order to further the cooperation of the cooperatives in this area.

I hope a lot of people will come to the general meeting prepared to deal constructively with a situation both highly promising in terms of the growing strength of an alternative economy and highly vulnerable in terms of the failure of the groups involved to be able to cooperate among themselves.

WALK FOR DEVELOPMENT

I walked on Sunday 30 miles, blisters and all and it was a great experience. Most of the walkers were very young. The older generation is already convinced that the human rance is hopeless, so why bother. But us 10,000 walkers had company and maybe some of us got the idea that there is hope in such well planned, mass community efforts.

I have til Nov. 10 to turn in the money I earned, so if any of you wish to support my walk, you can send your donation, any size, to Sheila, 6418 South Avenue, Middleton 53562.

Current Schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Noon West group orders due at ware-house	Stock warehouse Noon East group orders due	West pickup times 11:30 to 8:30		Stock ware-house 4-5 Left-over sale of only perishables	East pick up Times 10 to 7	10-3 4-6 sur-plus sale 6-8 clean up & in-ventory

Peoplea to let you into the warehouse:
Joe Morse, Mary McComb 251-8787
Herb, Mark or Lee 251-6096
Cindy Mackesy 255-2394

The Common Market
255-5755

1340 Dickenson

CAPITOL East Washington

Gisholt Gas Station

STOP IN AND HELP

COMMON MARKET POLICY: Every group must have a member on a working committee.
call: Work Committee - Heinrich 836-5668
Finance - Elaine 257-6131
Communications - Pam Albert 836-5668
Community contact - Betty Sanders 255-4083
Phoning - Shelley Branson 251-9528
Food - Marianne 244-2093
Transportation - Pete 256-7868; Wade 257-5297; Steve 238-5015
Trucking - Shella 836-6101

COMMON MARKET POLICY: NO WORK NO FOOD If you don't show up for your listed work time, your group cannot order the following week.

COMMON MARKET POLICY: Membership is $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

HELP NEEDED:

CASHIERS: Judith Figlio is holding cashiers training sessions once every 5 or so weeks. Come if you want to cashier or to teach someone in your group how. The next one is Thurs., Oct. 28 at 8 p.m. in the warehouse. Just come. For information call Judith 838-8019.

PICKUP TIME SCHEDULING for the East Side. It involves assigning pickup times for people who don't have any, rearranging pickup times on the schedule, calling the people involved and making a new pickup schedule to be posted in the warehouse. Call Saline 257-6131.

A SIGN- Some one who would like to make one for Common Market

GENERAL MEETING SUNDAY OCT. 31 to discuss the development of the trucking organization

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IMPORTANT NOTICE AND EXHORTATION:

Accompanying each group of price lists this week have been slips of paper upon which coop members can either list or introduce their group committee member or members. As you know, each group must offer at least one committee member; some groups have more than one. It cannot be stressed too emphatically that the more groups that cooperate in this way, the less work that has to be done by all. If you cannot get your head around this, they perhaps you should try Kohl's or Kroger's.

Greatly in need are the Finance Committee, the Work Committee, the Transportation Committee. The Finance group which coordinates and juggles all of our bread and pays the bills and supplies cashiers every week could probably use about a dozen new people.

The Work Committee needs, supervisors to coordinate the many and varied jobs executed around the co-op. Twenty more would perhaps be adequate. These are important jobs and we have to be able to alternate them far enough apart so that no one supervisor gets bitter and twisted.

The Transportation Committee wants to mobilize or have on reserve one vehicle perneighborhood collective. This includes cars with backseats and trunks as well as stationwagons, vans, and trucks. It has become very unpleasant to have to rely and impose on the same people week after week to pick up your bakery goods, local produce, meat, etc. Get it on!

Check your last "Chew On" for other Committees that are in need. Write on the slip names, phone no.'s, addresses, group names, vehicles. Seize this opportunity to cooperate. Don't intercept; serve!

REPORT ON THE GENERAL MEETING OF SUNDAY, OCT. 17, 1971

About 40 present. (There are 215 groups.) The decision was made that a quorum was present. The decision was made that a chairman would be elected for each meeting. Ken Taylor chaired the meeting.

Motion Passed: That Common Market will join the Madison Sustaining Fund.

Motion Passed: To discuss the "chip," or 1% donation to the sustaining fund added to the total paid for food at the next general meeting.

Now we need people to represent Common Market on the Sustaining Fund. If you're interested, call Kathy McElroy, 257-4192.

Motion Passed: To repay the loan Father Shaw extended to help get Common Market started either to him or to a designated payee of his choice.

Motion Passed: That we pay Elaine $2 per hour at 40 hours per week plus gas mileage at 10¢ per mile.

Motion Passed: That Common Market people propose at the next trucking meeting that Bob's salary be raised to equal Elaine's.

Motion Passed: That there will be a minimum of 2 warehouse jobs per group per month and a maximum of 5 depending on the size of the group and the number of jobs to be done that month.

Possible ways of keeping track of the number of members and the number of paid memberships in each group were discussed. At present we take a census which is highly time consuming. It was suggested that we include a space on the order sheet to fill in the number of adult members in the group. There ought to be a simple way of keeping track of the membership. Any ideas?

TRUCKING PROBLEMS were discussed. It was decided that we should ask each member of the organization to submit a statement on their views of how it ought to function in the future to be included in this newsletter. It was further decided to hold a general meeting on Sunday Oct. 31 to discuss the future of the cooperative trucking effort.

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FOOD COMMITTEE Meeting Tuesday, Oct. 19

Herbert Hoover, a farmer who is starting a cooperative farm community near Ridgeway, came to tell us about the farm and to suggest forming a consumer-producer co-op He, Betty Boardman, who was also representing the Rock Ridge Cooperative Community, and the Foo Committee members discussed the immediate problem of supplying meat to Common Market. Location of a freezer for the warehouse, a large freezer locker, people who can repair and put together freezers, a government-inspected place to butcher the meat and a butcher are now being sought. IF YOU HAVE ANY LEADS LET US KNOW. We agreed to hold a meeting with area farmers soon to begin planning for next summer.

Herb offered to show Common Market members the farm and to let us pick walnuts. It's 2½ miles west of Ridgeway. You go north on Evans Quarry Rd, accross from Junction Y. Then it's 2½ miles to the first house you can see, a brown house on the right with a white barn. All are welcome. For information call 935-2442.

POSITION OF BOB GOLDEN, DRIVER & BUYER, ON TRUCKING

Hello, Common Market, My name is Bob Golden and I drive the truck in question. As the truck's driver I am entitled to present an opinion. My opinion is we need more than just another truck. We need to figure out how come we are. I mean how come there are coops distributing food in Madison, Wisconsin and specifically to the Common Market. Why is the Common Market? What does it want to accomplish? On how many different levels?

Just over a year ago, In August 1970, myself and some others from the Mifflin St. Coop went shopping around for a truck to do pickups for the Mifflin Coop. We found a good deal and bought it with money raised from the community. We knew at the time that the truck we bought was too big for our needs, but speculated we might be able to grow into it, never thinking we would grow out of it. At that time the Eagle Heights Coop was just being talked about as was the Sunflower Kitchen and Natures Bakery and the Common Market was a very vague thought in the back of some of our minds. Well by early last spring all of these organizations along with the Oregon Bakery and the Whole Earth Coop were depending on this truck to do pickups in Chicago. And by late last spring it was apparent to us in the know that our little truck with not 30,000 miles on it was not going to be able at some point to do all of the hauling the community would want it to.

Well I just thought I'd throw in this brief incomplete background to confuse you a little more. How this truck we got now is big enough for some of us but not for all of us. So do we want to stick together or don't we?

At this time I am not in favor of purchasing a large truck for intra-state hauling. I don't think we know how big the truck should be. I am not in favor of the Common Market buying a truck by itself, for itself and the less fortunate that want to use it. I'm in favor of creating the Intra-Community Collaborative Cooperative to function as a wholesale operation for its members and to operate under the leadership of the common philosophy of the collective membership. I think this move could be a mistake, but so what? Mistakes are mistakes and are inevitable, but revocable. This organiz tion should purcahse transportation equipment to meet the community's needs. The money should come in part from the members organization and in part through fund-raising activity in the community and in part through no-interst private loans.

POSITIONS OF REPRESENTATIVES OF THE OTHER COOPS ON TRUCKING

WHOLE EARTH COOP (from a phone conversation with Annie Haebel)
1. The truck is becoming too full.
2. If things don't get worse among the members, a third trip will be ok.
3. Common Market's growth is what is causing the changes. What was said at the meeting bout size was simply in terms of its inevitable impact, not in terms of selfishness. There are changes that the others need to adapt to. For the purposes of cooperation, it is preferable for Common Market to split up into smaller local coops.
4. As Annie sees it, running the Mifflin truck ot Chicago more often is an acceptable sto-gap measure. But, when the truck is too small for the longer runs, it should be traded in for a much larger truck. The trucking fund would pay for the larger truck and all the groups would share in the ownership, that is, it would belong to the trucking federation. At that time it will probably be desirable to buy a much smaller truck to do the local pickups, using the big truck only on the long runs.

SUNFLOWER KITCHEN (from a phone conversation with Burt Chojnowski)

1. It's desirable for the trucking to be a whole community effort.
2. But a different situation is needed. It seems inappropriate for Sunflower, which buys about $100 worth of produce each week and is facing financial collapse due to lack of customers to spend hours at trucking meetings at which Common Market representatives & Mifflin St. representatives air their differences but fail to resolve them.
3. Annie's recommendations seem to be good ones.

EAGLE HEIGHTS (from a phone conversation with Mike Oberdorfer)

Eagle Heights Cooperative consists of residents of the Eagle Heights community. Its purpose is to serve the needs of the people as they evolve. Presently it is forming a medical clinic.

They use the truck for produce, Japan Foods items, Healthfood Jobbers items and so forth.

They feel, because of rapid growth of Common Market we might inadvertantly dictate policy on use of the turck. Conceivably Common Market's order might become so large that rescheduling might affect the other groups in an adverse manner. For example, they might not have been able to get enough workers to meet the demand of the rescheduling of the Chicago trip from Thursday to Friday.

They also worry about excess strain on the truck due to the increased load. They suggest that we, because of continuing growth, buy our own truck to ease the problems of the trucking arrangement.

They believe that the co-ops should continue to work together, but not centralize under one reigning bureaucracy. The co-ops need autonomy. They should not lose their identities, but should cooperate maximally. Unnecessary bureaucracy tends to dictate de facto policies which hurt smaller groups.

They also suggest we encourage other Common Market members to attend the trucking meeting, possibly even making it a work assignment.

MIFFLIN STREET

Mifflin Street's feelings in regard to the trucking situation at present are:

1. There is a need for decentralization and self-determinatinn among the co-ops
2. There is a need for a larger truck in addition to the present truck which should be bought with community funds and registered in the name of the Common Market, to avoid hassles over common carrier laws.
3. There should be a truck driver from each co-op and that each driver should participate in coordinating the orders and in sharing the driving.
4. There should be cooperative use of the trucks, according to need, to be coordinated by the drivers from each co-op.
5. There should be separate funds and rates for the operation and maintenance of each truck and each fund should be the responsibility of the titled owner of each truck. Each fund, however, should lend ~~xxxxxxxxx~~ into each other when necessary.

In summary, it is necessary for the community to cooperate.

Some Further Thoughts on Turcking -- by Sheila

The people who oppose a high degree of coordination of trucking and buying are not taking into account our relationship with the producers. If we want to be able to give significant support to small farms, cooperative farms and small producers we need to coordinate our buying. Otherwise the orders they get from co-ops are too small to enable them to survive in competition with big businesses which can afford big machines ~~xx~~ and which use a lot of expensive, unhealthful chemicals irregardless of their effects on the consumer and the environment.

Thoughts on trucking (con't)

Right now, one of the new farms from which Common Market bought produce this summer may have to fold. It's true that bigness for its own sake is oppressive. But if our trucking federation had been together enough we could by working together have elped Butch and Barbara enough for them to keep their farm.

I believe the trucking federaion ought to exist and grow more effective. To that end, I believe that Common Market should begin immediately to split up into smaller neighborhood co-ops, thus encouraging more people to join these co-ops and improving our relationship with the other co-ops which are now sharing the truck. I believe that, for now, more trips to Chicago should be added and that drivers from the other co-ops should drive on these trips. As the load becomes too great for the present truck I believe that the federation should buy a larger truck in trade for the present truck, and also a small truck of appropriate size for local runs.

If Common Market people concur with my opinion, our greatest obstacles to growth as a significant alternative economic force are the people now sharing the truck who believe that the dangers of improved coordination outweigh the benefits.

GENERAL MEETING TO DISCUSS THE TRUCK QUESTION

THIS SUNDAY, OCTOBER 31st, 6:00 p.m.
WIL-MAR Neighborhood Center, 953 Jenifer Street

EVERY GROUP SHOULD BE REPRESENTED!!!!!!!

* * * * * * * * *

Dear Common Market Members:

Perhaps you share Sheila's feelings stated in the September 17th Chew On: "Personally I'm fasting on Thanksgiving. The powers that be are so brutal that I feel that Thanksgiving has become a farce."

Thanksgiving day is going to come in November whether we like it or not. A farce it can be (in past years I have fasted, in defiance). But it could be a benevolent day of giving and sharing, with good things to eat. The commodity we deal with throughout the year at the Common Market is not only good food, but a lot of giving and sharing of efforts on the part of many involved to make it function. Seems like a co-op harvest celebration on Thanksgiving would be a lovely happening. Perhaps at the "Y" on Brooks St., using the kitchen facilities of Sunflower. In the idea stage now. All those who'd like to make it happen, call me.

Love, Marianne

244-2093

N O T I C E S

Wisconsin is considering, due to pressure by the drug industries, allowing vitamins to be sold only in drugstores, not in health food stores. PROTEST!!!

Needed: (to repeat some)

**Cashiers
**Pickup time scheduler (East side)
**A Common Market sign
**Members for committees, especially the finance committee
**A freezer for the warehouse
**A large freezer locker to store enough meat to supply us for a few weeks
**People who can build the locker and can fix freezers
**A Government inspected place for the butchering
**A butcher
**Someone to take over coordination of cheese & produce orders of the members of the trucking association
**A comic strip for the newsletter, other interesting stuff for the newsletter
**A song for the co-op film
**More people to help with the mimeographing. Call Gary 257-5235
***More recipes of nutritious things children like. Send to Judith Figlio, 5307 Terminal Drive, McFarland 53558

For organic produce call Maurine 222-1160
Wheels of cheese can be pre-ordered. Call Elaine one week ahead. 257-6131

Needed for the warehouse:

Mailbox (or someone to build one)
adding machine; stapler; scissors; marking pens; pencils
Freezers
Cheese-slicing equipment (knives, wires)
Scoops
A good scale or several good scales
Straight-back chairs
Lightbulbs
Brooms and cleaning equipment
A mimeograph machine

More Notices:

Mifflin Street Co-op has Torula Yeast and other food supplements at reasonable prices.

Whole Earth is still selling baby food grinders.

Sunflower Kitchen has come up with a scrumptious sunflower seed butter. Sunflower needs our support. If they don't start doing more business soon they'll have to close.

Andy Fraenkel is selling Shaklee soap and food supplement products. Call him at 256-4662.

The Madison Sustaining Fund is sponsoring a Community Festival on Sunday, November 7th, in Brittingham Park, from 1:00 to dark. Music, theater, a clothes auction from Cooperative Threads. Bring a pot of food for the potluck dinner.

THE LOCATER FILE

A locater file has been assembled. This file is composed of all ordering groups to date with group name, phone no., names of members and addresses. Information was obtained from membership forms attached to order sheets 3 weeks ago. Along with the file, a city map was put up in the warehouse and plotted with all the groups by number, the number corresponding with a numbered card in the file and a numbered list of names and addresses posted near the map.

The locater file is being kept for several purposes:

1. To facilitate placing people who wish to join the co-op in existing small groups in their area;
2. To attempt to consolidate small groups in an area who wish to enlarge;
3. To maintain record of paid membership dues (1.50 per person over 18 - lifetime membership;
4. To establish better communication between co-op members.

You can help the file be functional and beneficial to co-op members.

1. Keep us informed about any changes in your group (group name, new members, when members leave, etc.) Do this by calling Pam, 836-5668, who is doing the locater work. Groups that have already been contacted by Pam to consolidate, PLEASE call her back to let her know the change.
2. Use the map and file yourself at the warehouse if for any reason you wish to contact another group.
3. After a 4 week trial period of ordeing food through the co-op, membership money is due. Please pay voluntarily at the end of this period, to the cashier.
4. If you are a new group and have not turned in a membership form, please ask for one at the warehouse, complete it and turn it in with your order form.
5. If your group disbands call Pam, 836-5668, in advance if possible. Certain items must be ordered in advance and if a large number of members leave at one time we have an unnecessary excess. It also keeps things up to date.

THE MADISON SUSTAINING FUND

We are now a member of the MSF, and need people to represent us at the meeting: At our last membership meeting it was decided that the Common Market would have an elected committee to work out our participation in the meetings and do the work of being in the Sustaining Fund. Individuals from that committee are authorized to make procedural decisions on behalf of the Common Market at the MSF meetings; basic policy questions are to be brought back to the Common Market membership to decide. The MSF is described at length in the last newsletter. New member groups are: We The People, the Whole Earth Co-op, the Mifflin Street Co-op., and us.

The Community Chip

At out next meeting we will decide whether we will help in the collection of the MSF's community chip -- the 1% markup on goods and services being collected at stores and co-ops, and the 5¢ markup on movie clubs. The chip is an institutionalized mechanism for giving financial support to community institutions. And this, as I see it, is it's virtue; financial support is no longer random and sporadic, but via a stable mechanism common to various collection points.

Allocation of funds collected via the chip will be decided upon by consensus of all members of the MSF. Thus far,the financial status and the anticipated financial needs of the members of the MSF have been reviewed. Next Sunday representatives to the Sustaining Fund will decide how the chip will be distributed. I anticipate that a small percentage will be set aside for a contingency fund and the bail fund. Conversations thus far suggest that distribution among the groups in the MSF will be according to immediate need, so that no group will be receiving money unless it finds it's usual sources of funds to be inadequate. As it looks now, distribution of the chip will change monthly according to the needs of the member groups and the needs of any other groups who may request support.

Community Chip (con't)

Several suggested mechanisms for collecting the chip through the Common Market were described in detail in the last newsletter:

I. We could make the chip mandatory for all who buy at the Common Market via (1) raising the markup to 11%; or (2) voting 1% of the 10% markup for the chip.

II. We could make the chip completely voluntary. A household and a neighborhood group would have to check a box on the price sheet if it DID want the 1% chip added to its order. (See the last newsletter)

III. There is a third possible way to collect the chip -- a mechanism which is being suggested by the MSF to all agencies who are collecting the chip. The principle here is that the 1% is automatically added to a purchase unless a person decline to pay it. For our purposes this would mean --

The price sheet could include the following notation:

/ / DO NOT add 1% chip to our group order,
but add ____¢ from selected households
/ / DO NOT add 1% chip to my household order

If the first box is not checked when the group order comes in, the 1% chip will be automatically added to the group order when the food is paid for. What this means: If every household in a group is willing to have the chip added to their order there is no need to check any boxes. The chip will be added automatically.

If any household within a group does not want to pay the chip, they can check the appropriate box (the second box). The person sending in the group order will check the first box, indicating that the 1% should not be added to the entire group order. He then estimates the chip from those household who do want it added to their food cost, and enters that amount on the second line - - and that amount is paid when the food is picked up. If no household in a group wishes to pay the chip, the space in the second line is left blank.

The point here is that the chip is added automatically unless a household or group indicates it DOES NOT want to pay the chip.

* * * * * * * *

HONEY PUMPKIN PIE

Serves 6 to 8
Requires pastry for 9" single pie shell

2 large eggs
1 1/2 cups pumpkin puree
3/4 cup evaporated milk
3/4 cup mild flavored honey
1/4 cup orange juice
1/4 teasp. grated orange rind,packed
1/2 teasp. salt
1/4 teasp. ginger
1 teasp. cinnamon
1/4 teasp. nutmeg
1/4 teasp. cloves
1 Tablesp. boiling water

Make pastry. Rool out ` line 9" pie pan, fitting well into angles. Trim off with scissors 1/2" beyond pan rim, turn overhang under so fold is even with pan rim. Crimp with fork, leaving edge flat. Do not prick pastry. Beat eggs in a 3 quart bowl until well mixed, stir in next six ingredients until well blended. Measure spices into a cup; add boiling water and stir into a smooth paste, then stir thoroughly into pumpkin mixture. Turn into pastry-lined pan. Bake 15 minutes at 425°; then reduce heat to 300° opening oven a minute so heat drops rapidly to 300°. Bake about 1/2 hour longer or until custard tests done. Remove to cool before cutting.

-- Marianne Hobbins

FAR OUT -- BUT NOT FAR AWAY

by Marianne Hobbins

Those who would return to communal living on the country lands of Wisconsin today might have much in common with the early settlers of over a century ago: the need of the same pioneer spirit, resourcefulness, determination and self reliance, but always various age groups pooling their talents and working together cooperatively out of necessity to survive. The old settlers were always working with the earth and it's products, in harmony with nature and it's change of seasons.

October was the time for making apple butter. The way it was done was recently shown at a harvest festival in Greenbush at Wade House, a restored stage-coach inn of the early 1850's located on a once-plank road halfway between Sheboygan and Fond du Lac. Into a huge black iron pot went: Apple cider, apple pulp, some water and spices. This was stirred over an open fire for 8 hours, all the while cooking down and giving off an enticing aroma of deliciousness into the outdoor air. Festival visitors could partake in tasting it's old fashioned flavor and then perhaps venture on to be part of the corn husking bee. Other typical activities of the early Wisconsin settlers, at the harvest event for today's visitors to observe, were quilting, candle making, chair caning, lace making, and spinning raw wool.

Amid beautiful grounds the handsome and authentically restored buildings include the Inn; Butternut House, so named because of the abundance of this wood used; a smoke house; and on the other side of a stream, the original blacksmith shop and maplesugaring house. A carriage house has been built to house a large nostalgic collection and variety of artistically designed horse drawn vehicles of yesteryear. Wade House with it's accompaning buildings is located on Highway 23 at Greenbush near the northern part of Kettle Moraine, of geological significance. There is a marked scenic drive to guide you through the now very colorful area. Further information about hours Wade House is open can be obtained by calling the State Historical Society.

In the opposite direction from Madison, lying about 50 miles southwest in what was once the heart of the lead mining country is charming Mineral Point. Parts of the town have been thoughtfully preserved by the local townspeople and still standing are many handsome old stone homes of the 1830's built when the miners and their families arrived from Cornwall, England. There has been a fine effort to restore them discriminately along the area of Shake Rag Street, so named because a white rag shaken out the doorway by some Cornish miner's wife was the signal to leave work for the day and come home for supper. A walking tour, using a guide folder free for the asking, through the town will show you lots about the various architecture of the late 1800's. The buildings are today's memorials to the fine craftsmen, not interested in expediency but in their workmanship as an art. Some of today's artists and weavers are creating in the old brewery located on the edge of town, well worth a visit too. Also another enthusiast has taken on the monumental job of restoring the old 48 room hotel he bought for $600, located near the now unused depot, as the old hotels usually were situated conveniently in those days of rail travel. Perhaps the interesting old depot will be next.

One of the nicest drives to Mineral Point, through rolling hills and valleys is along the back roads through Daleyville and Hollandale. An interesting side stop just north of Daleyville on County Z is a tiny old once log church built in 1852, but since covered with siding. It's always open to view the inside which is primitively magnificent. Try reading the grave stones in Norwegian in the nearby cemetary, or at least the dates. One can't help but admire those hardy people for staking their claims way out there, far from anywhere but their tillable lands that would produce their livelihood. They not only had to work together, and some socializing took place during the quilting and such, but gathering together for festivities took on a special importance then.

Today a feeling of country socializing is really happening at Folklore Village, located on BB, west of Ridgeway down the road from Jane Farwell's nearly hundred year old farm is the old school Jane and helpers have quaintly restored where she meets with folk dancing enthusiasts to have a heck of a good time. There are pot luck suppers sometimes. Generations do not gap and no one feels at all alienated.

It's a gather place for special events such as a country auction, some cider making, people doing native arts and crafts and weaving or weekends centering on all cultural aspects of one particular foreign country. What a beautiful blend of the down-home freaks who have moved to the country and the local farmers. Plans to expand and redo the old chicken house on the farm as the dance hall and dining area are fastly becoming a necessity with more eager participants arriving weekly. When the chicken house becomes too small, the barn will be fixed up next, hopefully by 1975, the farm's centennial.

A little further west of Ridgeway and on the other side of Highway 18, but 2 miles remote from it, is the Rock Ridge Cooperative Community just getting started by Herb Hoover and Betty Boardman and others. Herb bought his handsome herd of Charolais cattle from Iowa with him and they graze over some of the lovliest pasture land adjacent to wooded hills with rock outcroppings and valleys complete with a winding stream. Plans are for a camping area and conference center in this peaceful, pastoral atmosphere. Hopes are for a consumer-producer co-op as an integral part of the community, working with the Common Market cooperatively. This man has had years of farming experience, so knows what he's doing but needs our support in this cooperative venture. The new community also needs more people who want to get involved and will be dedicated enough to help make it happen.

A look at the countryside of Wisconsin with a reflective glance at the past and an imaginative eye to the prospective future can stir one's pioneer spirit, possibly into action.

* * * * * * *

BETSY WADE APPLE BUTTER

4 quarts apples
2 quarts water
1/2 quart cider
1 1/2# sugar (try honey - use less than 1/2 the sugar - honey is sweeter)
1 t cinnamon
1 t ground allspice
1 t ground cloves

Wash and slice apples in small bits. Cover with water and boil until soft. Press through sieve to remove skins and seed. Bring cider to a boil, add apple pulp and sugar. Cook until thick, stirring constantly to prevent scorching. Add spices, cook until thick enough to spread.

CHEW ON

Newsletter of the Common Market Food Buying Cooperative, November 3, 1971. No. 10.

SPECIAL REPORT ON THE GENERAL MEETING OF SUNDAY, OCTOBER 31, 1971

The meeting was held to deal with the problems of trucking that have arisen as Common Market has grown larger. The decisions made and the way these decisions are implemented will serve either to strengthen or to weaken the relationships among the organizations currently using the community truck. 40 people participated in the discussion; 20 people stayed long enough to vote, that is less than 1% of our members. In other words, an important decision was made by relatively few people.

The motion was passed that:
(a) Common Market buy outright one of the trucks presently under consideration according to the recommendations of the people who investigated the available alternatives: Dwight Brockert and members of the transportation committee;
(b) Common Market own title to this truck;
(c) Common Market will be the primary user, but the truck will be made available to the other community members;
(d) The cost to the users will be the real operating cost including depreciation.

An amendment was passed stating that when Mifflin Street Co-op agrees to put the present community truck into the control of the community trucking association we will automatically sell our truck to that association.

This decision will be announced to the members of the association at a meeting at Bob Golden's house, 511 W. Mifflin, this Wednesday, Nov. 3, at 9 p.m.

A resolution passed recommending that we buy the box from Madison Dairy Products add the '65 Ford truck from Irv Gullickson that were described by the people investigating the purchase.

A motion passed that Common Market go on record and instruct its representatives who deal with the other co-ops that we want to make every possible effort to cooperate with them; and that, in so far as is possible, the truck ought to be a community truck.

A motion was passed to end the moritorium on new groups and an amendment was passed that all new groups must inform Pam Albert when they join.

A motion was discussed and withdrawn that we extend the "no work no food" rule to include membership in a working committee, that is "no committee membership for a group, no food for that group." The feeling seemed to be that other efforts besides participation in a committee ought to be considered just as important to the co-op.

A motion passed that driving for the transportation committee, working on the odd-job shift and cashiering be considered work jobs for a group.

There will be a meeting at Marianne Hobbins' at 309 New Castle Way 7:30 Thursday, Nov. 11 for people who are interested in learning more about Rock Ridge Cooperative Community and discussion the ways in which Rock Ridge might relate to their lives and to the future of the food buying cooperatives in the Madison area.

At present there are several expert farmers at work there willing to teach people how to farm and garden, a potter-teacher, plans to provide camping for city people, a beautiful setting, and opportunities for people who want to have a place to be and/or do in the country, full or part time, to join in the development of the community

NOTICES

The Communications Committee needs more members so that its work can be broken down into small, manageable chunks. Call Pam 836-5668.

4 gerbils and 16 guppies for sale, whatever you want to pay, call Arnold or Jon 836-6101

If you buy dry milk, keep it in a tightly covered jar or tightly closed plastic bag because exposure to air makes it very hard to mix.

We're finding coolers and freezers for the warehouse and for new distribution centers. We need people to help move them, some are too big for a van so a truck is needed; and we need a place to store them. Can you help? Call Elaine 257-6131.

Pork will be available a week from this Wednesday. Whole, uncured hams can be ordered by calling Elain: 257-6131.

People who want to buy organic meat call Marianne Hobbins 244-2093.

We now have information sheets for new people in the co-op -- and for some of you old people who aren't clear about procedures and responsibilities. Pick them up at the warehouse -- folded yellow sheets.

Community Festival planned for Nov. 7 at Brittingham Park has been postponed. Watch for the new date and place.

RECIPE . . . . . .MULLED CIDER . . . . . from Marianne Hobbins

Simmer 1/2 hour: 1 gal cider, 4 sticks cinnamon (Whole Earth sells them), 2 tablespoons whole cloves, 1/2 lemon thinly sliced, a handful of raisins, some brown sugar or honey. Marianne leaves the pot on the stove with a ladle in it so it stays warm while people help themselves.

. . . . . .

NUTRITION BOOKLETS have been prepared by the Nutrition Committee are at the warehouse; Read them , change your eating habits, and get healthy! 5¢ for cost of paper, please. . .

GREEN ONION

Newsletter of the Common Market Food Buying Cooperative, November 17, 1971. No. 11

REPORT ON THE GENERAL MEETING OF SUNDAY, NOVEMBER 14, 1971

The following were passed:

1. Motion to have regular general meetings on the second Sunday of every month at 7:00 p.m. which shall start on time. The next is December 12th.

2. Motion to show the co-op film at the end of the meeting to those interested, to give the $100 already authorized by the membership for the making of the film and to vote at the next meeting as to whether the co-op should contribute further towards its completion.

3. Motion that the community chip payment of 1% be completely voluntary and be entered on the price sheet this way:
TOTAL COST OF FOOD NOT INCLUDING THE 10% MARKUP_____
VOLUNTARY 1% PAYMENT FOR COMMUNITY CHIP _____

4. Motion that Common Market donate, in addition, 1% of its total weekly receipts to the Madison Sustaining Fund. (A motion was defeated which called for a referendum of the membership to be taken on this issue.)

5. Motion that Common Market membership states that it is in favor of the formation of a corporation composed of the organizations which are now trucking together, and that, if it is begun, we are willing to lease our truck to the corporation for a trial period to last not more than 4 months.

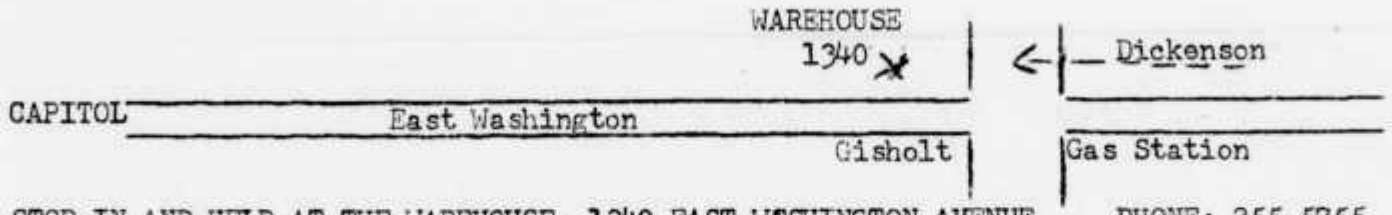
6. Motion that Common Market have only 2 representatives to the trucking organization and those are to be members of the Transportation Committee.

A motion was tabled stating that before an important issue be voted the chair should ask for a vote on whether a 2/3 majority or a referendum be required for its passage.

It was brought up that not enough people are signed up to do the jobs on the work schedule. Possibly people serving on committees such as the Food Committee think that they are thereby taking care of their group's work job. They are not. Only service on the Work Committee, Transportation Committee, cashiering and doing pickup time adjustments now count as substitutes for regular group work assignments. It is important to sign up for all the work jobs for which your group is responsible; otherwise you leave us all in a mess.

The meeting was productive: almost everyone present had something to contribute. There were only about 50 present, however. It is still co-op policy that every group is to be represented at general meetings.

We are members of a cooperative, aren't we?



STOP IN AND HELP AT THE WAREHOUSE, 1340 EAST WASHINGTON AVENUE PHONE: 255-5755

People to let you into the warehouse: Joe Morse, Mary McComb 251-8787
Herb, 251-6096

CURRENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Noon West group orders due at warehouse	Stock Warehouse Noon - East group orders due	West pick-up times 11:30 to 8:30		Stock warehouse 4-5 Left-over sale of only perishables	East pick-up time 10:00 a.m to 7:00 p.m	10-3 4-6 surplus sale 6-8 clean up & inventory

COMMITTEE MEMBERSHIP

COMMON MARKET POLICY: Every group must have at least 1 person on a working committee. This is IN ADDITION to the regular work which your group signs up to do at the Warehouse. Each group should have turned in the name of the person who will represent them, along with the committee he/she wants to be on. Those names have been given to committee chairmen, who will be calling them. If you don't hear anything soon, call your chairman.

COMMON MARKET POLICY: NO WORK NO FOOD If you don't show up for your listed work time, your group cannot order the following week.

COMMON MARKET POLICY: Membership is $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

COMMITTEE CHAIRMEN:

Work Committee - Heinrich 835-4558
Finance - Elaine 257-6131
Communications - Pam Albert 836-5668
Community contact - Betty Sanders 255-4083
Phoning - Shelley Franson 251-9528
Food - Marianne 244-2093
Transportation - Pete 256-7868; Wade 257-5297; Steve 238-5015
Trucking - Pete 256-7868

PEOPLE NEEDED:

The Finance Committee needs mmbers. Two are needed to commit themselves to do the books and keep the check book for 3 month periods. If you can help with this call Ann Geib 249-7229.

One or 2 people to share in the mimeographing work. Call Gary 257-5235. Maybe a group without a committee member can provide help with this.

A person to do pickup time adjustments. Call Elaine ~~at~~ 257-6131.

The person who offered to make the co-op sign. Call Shelia 836-6101.

The person who offered to help with the newsletter, please call Shelia. I lost your phone number and name.

A person to take the orders for the organic produce on Sunday nights and a person to distribute the food Thursdays, late afternoon or evenings. Call Maureen 222-1160.

Someone to test recipes for the newsletter. Call Sheila.

A supplier for organic eggs. Call Elaine.

More notices:

There have been some interesting responses to the nutrition chart. More on those in the next newsletter. Send any additional information you have that you think would be useful to Sheila Friedman, 6418 South Ave., Middlton 53562. Also send more recipes of nutritious foods children like. We'll need many more before we have a cookbookful.

All dairy items have a "pull date" on them, that is the date on which they are to be removed from the grocers' shelves. Check those when picking up or when working in the warehouse to avoid people getting stale or sour stuff.

If you have comments on the sandwich meats call Diane 256-5297.

The Beeple Bars from Sunflower Kitchen are really "delicious and nutricious," made of such wholesome stuff as sunflower seeds, sesame seeds, cashews, honey and other good things. They are our answer to instant breakfasts and space food. They're really reasonably priced, too.

We've gotten several recipes for yogurt, but none yet made of dry milk without high heat or gelatin. If you have one such send to Sheila at address listed above.

16 guppies and 1 male gerbil for sale for whatever you want to pay. Call Jon or Arnold 836-6101.

Stuff for the newsletter is needed. Send to Sheila or Kathy.

Whole Earth still has baby food grinders.

Information sheets for new (and old) members are at the warehouse -- yellow folded sheets. Pick them, pass them out, read them.

Dwight discovered a comprehensive food chart, the Fern Chart, Composition of Foods, which gives information on the nutritional elements present in all common foods. The Fern Soya Co sent us 200 copies and we want to get them to people who will use them. If you want one, attach a stamped, self-addressed envelope to your group's order. Or send the envelope to: Kathy McElroy, 1013 Colby St, 53715

BREAD COLOR CODING _ WOMEN's EXCHANGE

- Red twister - 1 1/2# white
- Blue " - 1# white
- White " - wheat
- Green " - rye
- no label - oatmeal

MILK COLOR CODING

- green rimmed cover - skim milk
- blue rimmed cover - 2% milk
- red rimmed cover - whole milk

CHANGE IN PICK-UP PROCEDURE

Resulting from Sunday, Oct. 31st Joint Committee Meeting. written by Elaine.

There are six (6) clipboards with pens to be kept with the person stationed at the door. These clipboards will be used to clip each order sheet when the group representative comes in to pick up his food.

The person at the door will have a list of all ITEMS NOT HERE and will circle each of those items (entire item and price) on the order sheet when it is attached to clipboard. Bottle deposit refunds will be written on the adding machine tape on the order sheet. If there is no clipboard available, representative must wait.

The clipboard and order sheet are then handed to group representative and he is told to move from station to station, beginning at fruits and vege by the pound, and HAND THE ORDER SHEET TO THE SHELF WORKER, who checks each item off as it is put up. EACH item (eg 6 green peppers) is agreed to by shelf-worker and group representative before it is checked off!!! This is important -- there will be no returning for items overlooked or miscounted or for refunds on those items!!!!

When an item runs out while an order is being filled, the group representative goes back to door person and that person circles item on group representative's list and adds it to the list of items not here.

When the group representative reaches the cashier and pays, that payment is final. Again -- no returns for food or refunds for food not picked up!

The group representative should check cashier's computations before paying amount. There will be a space on price list for group total so that a quick check can be made against adding machine tape. If this total is not made by groups, cashier should remind group representative to have it done.

Only in extreme cases will a person be allowed to return and adjust a computation error.

After payment is made and receipt gotten group representative return [illegible] clipboard to person at door.

NOTE: The Work Committee has discussed the above change in procedure, and feels that it is such a major change that it should be ratified by the general membership on December 12th, our next meeting. UNTIL THEN, THE POLICY IS IN EFFECT.

REPORT FROM COMMUNITY CONTACT COMMITTEE

The community contact committee is about to awake from a long sleep! For the past several months the committee has been compiling an accurate membership file, keeping it up to date, and recording new members joining old groups, and new groups joining the co-op. When a new member or group joins they call a member of the committee who tries to tell them all about the co-op in a short phone conversation. To correct this obviously unsatisfactory method of introducing new people to the co-op, the committee intends to expand its membership and form a "speakers pool"--a group of people who could take turns spending an hour or more with a new group, meeting at one of the new member's houses kxk talking about the co-op, answering questions and exchanging ideas. A meeting to start this pool will be Wednesday, Nov. 24 at *:00 p.m; call Pam at 836-5668 for location.

REPORT FROM THE WORK COMMITTEE

by Heinrich Albert

For the first time in our history, the work committee has enough members so that no committee members have to work every week. This is a great step forward in a wider sharing of work and responsibility. It also enables committee members to work on a regular schedule, alternating on a particular job with another committee member, thus enabling committee meetings to be spent discussing better techniques and philosophies of work rather than just figuring out who will work what shift. Committee meetings are now held regularly on the 2nd Monday of every month, at 7:00 p.m. at the warehouse.

The last committee meeting discussed abolishing the supervisory function of the committee entirely, and instead having each shift elect one of its members to serve as supervisor. After a thorough discussion, the majority, though not all of the committee decided that this was not practical or, in my opinion, desirable, as it is more in the spirit of cooperation for the members of a community to depend on each other and each other's skills than for each individual to learn as many skills as possible and thereby make himself very independent ofthe community.

Lest this report sound too glowing, the committee still welcomes and can use new members. If interested call Phyllis 241-0786 or Nora 222-8721.

WORK SCHEDULE

In the future, the work schedule will be posted in the warehouse 1 week prior to the time your group has to sign up for work. This means each group will have ONE WEEK to decide when people in the group can work. Groups will then be expected to sign up for the workslots in the early weeks of the work period, as well as for those in the later weeks.

MADISON SUSTAINING FUND AND THE COMMUNITY CHIP

The Sustaining Fund is a coalition of service-oriented community organizations. Presently, its members are:

Sunflower Kitchen
Mifflin Street Co-op
Common Market
Madison Defense League
Madison Tenant Union
WIND
We The People
Scarlet Letter
RPM Printing
Women's Counseling Service
Whole Earth Co-op
Green Lantern Eating Co-op
Thurana School
Freedom House
People's Office
Madison Consumer's League
Broom Street Theater
Yellow Jersey Bike Co-op
Draft Counseling

The Community Chip is a mechanism instituted by the Sustaining Fund on October 15th, to raise funds for needy service organizations both within and outside the Sustaining Fund. The 1% chip is being collected at co-ops, stores and movie clubs throughout the city. How the chip is being collected is decided by each organization collecting it although the MSF suggests that it be collected voluntarily from the individuals who patronize these organizations. How the chip is used is decided by the unanimous vote of representatives of all organizations in the Sustaining Fund, including our representative.

As indicated in the first-page report on the Ganeral Meeting, two motions were passed concerning the chip and the MSF:

1. MOTION PASSED that the payment of the 1% community chip be completely voluntary. There will be spaces on the price sheet labeled:
_____total order, notincluding 10% markup
_____voluntary 1% community chip

2. MOTION PASSED that in addition to the money contributed to the community chip through the voluntary 1% of motion #1, the Common Market will put 1% of its weekly gross into the Sustaining Fund.

What we did actually was pass both proposals I and II on page 10 of our October 27th Chew On.

Personal comment by me, Kathy: As I see it, we did two different things here. One, the first, is to institute the community chip as a voluntary mechanism for any household within the Common Market that wants to add 1% to its order for the community chip. That 1%, in addition to the 10% markup, will be collected at the warehouse and turned over to the Sustaining Fund.

The second motion, as I understand things, is technically not the community chip. At the last Sustaining Fund meeting the feeling was that the MSF guideline concerning the chip is that the chip is considered to be the voluntary assessment on individuals which is collected through and by various organizations. The voted 1% is a flat amount turned over to the MSF by the Common Market. And there is no reason why the Common Market cannot make such a contribution to the Sustaining Fund. Similar contributions (1% of their gross) are now being made by Riley's, the Wynetable, and several movie clubs. Yellow Jersey is presently considering such a decision.

What we have done in this 2nd motion is to decide to allocate a portion of our 10% markup for the use of needy organizations within the wider community. The Common Market is presently generating a surplus (profit) and can financially easily afford to make such a decision. And there is no change in the price of food to our members as a result.

It is my feeling also thatit is entirely proper for the Common Market to use a tiny portion of its income for purposes of the wider community, rather than simply for our operating costs. It is my judgement that most of the people who get food through the Common Market also use the services of the relatively impoverished service groups in the Sustaining Fund. This vote recognizes that fact, and directs a portion of the funds continually collected from members of the community back into the community.

However, I am troubled by the fact that th motion passed on so close a vote among so few people. I am also greatly troubled by the fact that the decision to buy a 14 foot truck, a decision which I think was terribly wrong, was made by only 20 people out of our 3000 membership. I think that the whole decision making process within the Common Market needs to be reconsidered, and that we should establish the policy that membership referendums be used for major decisions such as these.

COMMENT from Wade Martin

What I'm trying to do is to present the views of the people who voted against fiving the Madison Sustaining Fund 1% of our markup on food. As you should know by reading the article above this one, at the general membership meeting of Nov. 14 a vote of 17 to 16 passed a motion to give 1% of our food markup to the Susttaining Fund. This vote came after the same meeting had just passed a motion to establish a mechanism for voluntary contribution of the community chip (a 1% contribution to the Sustaining Fund) by Common Market members. The second motion is in effect the enactment of a mandatory contribution to the community chip (see alternative I for the Community Chip in the last Chew On). Those 16 who voted against the

mandatory contribution did so for a variety of reasons, and think a question as serious as this deserves more fair consideration. Most, if not all, of the 16 voting against the mandatory motion voted for the voluntary contribution to the Sustaining Fund, and for the most part support the Fund. Their complaints and dissention are with the manner in which the motion was passed and in the nature of the motion itself. These two issues will be discussed separately. The arguments are largely my own, but most were made by others at the meeting in one form or another.

I. The manner in which the decision was Made.

a. There was legitimate question whether the motion actually passed. A recount was needed, and at least one counter counted as a for vote another opposition member. Two former Common Market members voted who have not lived in Madison for 2 1/2 mos. The person making the motion is not always a Common Market member, and two meetings previous had declined to make a motion because he was not a member (he also voted fot it). No opposition member advocates a strict, card-carrying membership policy. It just seems that on an issue this important and close, people should consider more carefully what is really fair to Common Market.

b. All decisions in C.M. are made by individuals, amall committees, or poorly attended membership meetings. But all of these decisions relate to the running of the C.M. This decision was a <u>political</u> decision and a broader representation of the membership should be sought. (Persons doubting the political nature of this decision should read the statements to whih MSF members must subscribe.)

c. There was a good deal of confusion about the motion itself. The mover maintained this would be a C.M. contribution (and not its members!). Several supporters of the motion tried to modify a vote to bring the mandatory contribution to a referendum vote by stating it was an <u>alternative</u> to the voluntary contributions just enacted. While the mandatory contribution was listed as an alternative form of collecting the chip in the last newsletter, it is in fact being paid <u>in addition</u> to voluntary contributions. The issue was further confused by the supporters arguing that the C.M. was "the community" (its members), while also arguing that it could contribute as an entity separate from its members. A motion for a referendum of all members on the issue was defeated.

d. No consultation of the finance committee was asked. The entire issue (mandatory contribution) was passed in about 20-25 minutes, while the mechanism for the voluntary contributionwas given at least an hour. A question about the financial impact was dismissed with the answer that the mandatory chip would be "part of the expenses" of the S.M. In fact, C.M. must now run the coop on 9% markup, with about $70 a week going to the Sustaining Fund (or about 70% of the weekly contribution by the total community up to this time).

II. The content of the decisbn

a. Money was committed from our 10% markup, which to this time has been collected <u>only</u> to meet our expenses. The larger issue of the precedent set by this decision was never discussed by the supporters. In fact the person making the original motion began by pointing out thatwe might not need a 10%, that it probably could be reduced, and then moved to give 1% of it away. The larger issue not discussed is where do we draw the line, denying some requests for "that extra money" and not others? Is the purpose of CM to generate extra money for the "community", or is it to offer an alternative to the present food distribution system at the lowest price xxx possible?

b. This was a political decision. I am not in any way saying that political decisions are evil. I am saying that any cooperative which is willing to dictate the political causes to which its members must contribute is doomed to become just as repressive as the system we are united to create alternatives to. If the people who support the MSF are really interested in the "people," they should be more than willing to allow the people to decide the fate of the fund. A chance for a referendum on the mandatory chip was turned down. Many of the same people who extolled the virtues of a "voluntary" chip in passing the first motion also voted for this mandatory measure. They explicitly said that they wanted a method which would <u>insure</u> that contributions were made unless people took the initiative <u>not</u> to contribute. The people opposing the mandatory chip want to let people speak for themselves on the issue. Supporters indicated the contrary by voting for a mandatory chip. This seems very undemocratic and counter to the expressed purposes of both

the C.M. and the MSF.

c. The C.M. is trying to expand into offering its services to the disadvantaged community of the Madison area. We are accepting a grant of $1500 from YWO (Walk for Development) for the purpose of such an expansion. The imposition of a mandatory chip runs counter to both the practical and philosophical considerations of this move. Many disadvantaged can hardly afford the minimum markup to run the C.M., let alone be forcdd to contribute an extra 1% to "the people" through the MSF. Many persons in the disadvantaged community want no part of our radical politics. Yet what we are saying to them is that we will help them buy food at lower cost if they will support our politics. Such a deal. Furthermore, most would never even know, because we can't even inform our members about work assignments, let alone where their "markup" goes.

In light of these things I would like to urge termination of the mandatory chip at the next meeting. Let's make Common Market and the Madison Sustaining Fund positive cooperative efforts, not copies of their straight counterparts.

* * * * * * * * * * * * *

BROCK'S BEST YOU EVER ET' FRUIT CAKE

INGREDIENTS: (an there's a lot of em)

3 lb. Raisins (may be golden, seeded, currants, mixed if desired)
1 1/2 Cup Dark Rum or Brandy
5 lb. assorted glace fruit. Should include at least the following:
1/4 to 1/2 lb. Citron
1/4 to 1/2 lb. Orange Peel
1 to 1 1/2 lb. Pineapple
1 to 1 1/2 lb. Cherries
1 to 2 lb. Fruit Cake Mix
5 cups all purpose flour (unsifted)
1 1/4 tpx. Mace
1 1/2 tps. Cinnamon
1 1/4 tps. Baking Soda
1/2 lb. Almond Meats, chopped
1/2 lb. Walnut meats, chopped
1/2 lb. Pecan Meats, chopped. Cashew Meats can be substituted for these or even added.
1 1/2 Cup butter or margerine, softened
2 cups granulated sugar
2 cups brown sugar packed
12 eggs beaten slightly
2 1/2 Tbl. Milk (Thats right 2 1/2 TABLESPOONS)
2 1/4 tps. Almond Extract (Lemon can be used but its not as good)
Rum or Brandy as needed for moistening cloths,about 1 quart with this recipe.
This yields eight 3-4 lb. cakes.

Now go to work . . .

Combine Raisins, Currants, whatever fruit you used in a large pan add 1 1/2 C Rum or Brandy, COVER and let stand over night
Next day take a double shot of that Rum or Brandy cause you're gonna need it.

Then line either 8 1-lb loaf pans or 2 large Angel food pans with grease and greased brown paper. Or if your lazy like me go out and buy a pkg of 8 foil pans for about 39¢ and only grease them. No lining necessary.
Sift 3 cops of the flour with spices and soda.
Mix remaining flour with fruit raisin mix, ADD NUTS
Whip butter with both sugars till light and fluffy (well kinda)

BROCK'S FRUIT CAKE (CON'T)

Add eggs, extract and all that milk to butter and sugar mix
Add to that mess the flour and spice mix
NOW dump it all into the fruit mixture (take another double shot) and mix all that gunk till it is well blended. A large dish pan or similar vessel works best for this mixing. When all fruit seems to be covered with a coating of the other stuff, it's ready.
Press into loaf pans fill to about 1/2" from the top of the pan
Put in oven and bake 3 hours at 275°. (Rest your aching arms)

Remove from oven, let stand about 30 minutes then remove from pans. If you were smart and used the foil pans this is a cinch. Remove paper too if you used it. Let stand until cakes are completely cool.
Wrap in cloths moistened with Rum or Brandy. Cheesecloth works so do: old Tee Shirts. (Wash these first) (However some people prefer the flavor of dirty Tee Shirts)
Wrap in foil and store for awhile. Check every 4-5 days and remoisten cloths if necessary. The longer this cake sets the better it gets but keep it moist. In about 2 weeks it is great but a month or more is better.
When they have baked for 2 1/2 hr, you can wipe tops with beaten egg whites and stick on some whole fruit or nuts if you like this also gives cakes a slight glaze.

(Thanks, Dwight!)

THE ALTERNATIVE EXPERIENCE

by Marianne Hobbins

To those who might be choosing to create a new life in a rural community, regarding themselves perhaps as a new generation of pioneers -- read on. One such possibility is developing nearby. Rock Ridge Community is a farm about 38 miles west of Madison near Ridgeway, in it's embryonic stage, consists of 217 acres of beautiful unspoiled organic land. Herb Hoover, an experienced farmer, has moved there from Iowa to set up a rural life coop to share with others who feel the same. The Common Market Food Committee has made arrangements with him for the purchase of lamb and pork so far for our members, with the possibility of beef in the near future. Herb hopes we can work together to evolve a consumer-producer coop to the benefit of both. There will be organically grown produce planned to the Coop's needs for the next season. Planning between our local organic producers could organize the planting so as not to overproduce any one crop beyond the estimated needs of the Common Market.

At Rock Ridge Community there exists the opportunity for our members to interrelate in a number of meaning fil ways. Besides the areas of farming and gardening, which in themselves could be valuable learning experiences, there will be more buildings constructed to house permanently located members. Actually the whole idea of the community could be considered as a living-learning experience.

There was a meeting of a few interested Common Market members with people from Rock Ridge last week to learn more about the exising possibilities. Numerous ideas on sources of power, heating, methane gas and so on came up. Various possible home industries such as raising bees (Herb has 18 hives), goats, trout, organic chickens and eggs, as well as craft products such as furniture, weaving, and pottery could be done. A potter has already built a small structure to house his equipment. A lovely wooded camping area has been designated which would be something our coop members in their food groups or families might find pleasant as one way of relating to this community. More land is available in several directions next to the farm for expansion as the needs increase.

Perhaps in an effort to become involved in an alternative experience in living and in the pursuit of that most elusive of goals, the ideal society, one must gather with others, return to the soil, out where there's room and the air is fresher.

CANNED DRINKS (from Dwight's union paper; the "Government Worker"?)

After ten years of clamor and criticism, the canned drink manufacturers have finally agreed to tell the public how much fruit juice there is in those popular big cans of "drinks."

As we've pointed out a number of times during those years, these 49-oz. cans of 'orange drink" that look like a lot of beverage for 39¢ actually often are 90% water and sugar. But the canners have resisted telling the public how much real juice and how much water these products have.

For example, recently we wrote to the A&P asking for the content of their own brand of "drink" and got back this letter: "...the % of water and sugar in our Orange Drink cannot be revealed as it is a formula secret. We can advise, however, that, based on the ingredient statement on the label, sugar is one of the major ingredients.

That much we knew. We can read labels too. The only reason it's a "secret" is because they don't want to tell the facts. When A&P stamps something top secret, that apparently means it's 90% sugar water.

Now, the Food and Drug Administration has announced, canners have agreed to disclose the % of pure orange juice in watered orange beverages.

It only took the government since 1964 to win this modes t advance on behalf of consumers.

But, in the end, the manufacturers got the government to compromise. Under the rules now proposed, "orange blend" will have at least 70% juice; "orange juice drink" will have 35%; "orangeade," 15%; "orange drink," 10%; "orange flavored beverage," 8%; and "imitation orange flavored beverage," 2%.

Criticism by Virginia Knauer, the President's consumer assistant, of the lack of information on "drinks" played a big role in getting the manufacturers to finally agree to show the juice percentages. The Coca-Cola Co. has informed Mrs. Knauer that it is proceeding to label its Hi-C Drinks without waiting for the FDA's final order.

The company sent Mrs. Knauer a set of its new labels showing that the juice content of "Hi-C Citrus Cooler" is 1%; "Hi-C Orange Drink" and "Grape Drink" are 10%, and "Hi-C Apple Drink" is 30%.

But don't count the manufacturers out. They have a new gimmick. They are now adding additional vitamin C so they can claim as much and in some cases more vitamin C than real orange juice. Don't be taken in by these big claims for vitamin C. A 100 mg. vitamin C tablet has a retail value of about half a cent. Don't be taken in by the cheap-sounding price either. Orange concentrate at a current typical 26¢ for a six-oz. can (less for private brands), makes 24 ounces of orange juice. Thu the actual orange juice in a 46-oz. can of 10% orange drink for 39¢ is worth just about 5¢.

Here's a recipe for home-made orange drink: Take a nickel's worth of reconstituted frozen orange juice (a little more than a juice glass). Put it in a larger pitcher and fill with water. Sweeten to taste. Stir either briskly or slowly according to your temperament. Add a vitamin C pill if you want to increase the vitamin C content.

Don't be beguiled either by claims of "more" juice. A writer for Newsday tried to get Welch's who label their higher priced drink"40% more orange juice," to say just how much it does have. She was told, "It's brands" usually have 10% juice, Welch's must have 14%, or about 7¢ worth.

Manufacturers have also found that if they add sweetening, salts and flavoring to water they can sell it as quick thirst quenchers under such names as Gatorade, Energade and Olympade. For example, a 12-oz. can of Energade consists of 11 oz. of water plus sugar, sodium and potassium salts, and flavorings. The function of the salts is that of a salt tablet--to replace body salts lost through perspiration.

General Foods has a dry mix version called Instant Replay, with ingredients much like GF's Tang. Instant Replay actually is 90% sugar, another "secret" we manage to crack. At least it's a little cheaper than the other "thirst quenchers," since the water is not shipped with it.

CHEW ON

Newsletter of the Common Market Food Buying Cooperative No. 12
December 22, 1971

REPORT ON THE GENERAL MEETING OF SUNDAY, DECEMBER 12, 1971

1. A motion passed that 2/3 of the people present at the beginning of the meeting is the quorum for the evening. No business continues after there are less than that number. Therefore at least 24 people have to be present for any business to be transacted at this meeting.

IMPORTANT ANNOUNCEMENT CONCERNING CHRISTMAS PICKUPS By Elaine: Because many people will be out-of-town and not ordering food, food pick-ups will be on WEDNESDAY AND THURSDAY ONLY of Christmas and New Years weeks. That means there will be NO PICKUPS DECEMBER 25-26 and JANUARY 1-2. Also, WE NEED PEOPLE TO WORK in the warehouse during the last two weeks in December. Even if your group has worked its alloted time in December, if you are ordering food during the end of the month, help do the work! Sign up in the warehouse. ALL ORDERS ARE DUE AT MONDAY NOON DURING THE HOLIDAY PERIOD.

Financial Statement and Finance Committee Report by Ann Geib is published elsewhere in CHEW ON.

2. Motion passed that a notice will be placed in the next CHEW ON and on the price list requesting part-time book-keeping services from among the Common Market membership. Necessary qualifications: past book-keeping experience. This will be a paid position.

Report on the Trucking Federation: Sheila reported that the trucking federation, the informal association of food co-ops in Madison who have been buying and trucking together, is about to be come a legal entity, with our truck leased to it and the present truck operated by the association but not formally leased to it, as we have been doing. Sheila further reported that our truck would probably do the Chicago runs and the other truck, titled to Mifflan, the Wisconsin runs. There was then extensive and heated debate on the following motions:

3. Motion that our representative to the trucking federation not be permitted to sign the papers for the legal trucking corporation until there is a directive from this body. Defeated--19 for, 23 against.

4. Motion that Common Market direct its representatives to the trucking association to inform the other members that we will join the federation (the legal entity) and lease our truck to it provided that transportation of all goods for the Common Market be on a truck owned by or leased to the Trucking Association. Passed. This meant our goods could not be trucked in the truck titled to Mifflin St. once the legal association was [illegible].

formed.

Sheila, who was hesitant to go as a result of this decision, and Steve then left for the trucking association meeting which was then in progress.

Representatives from the Wisconsin Alliance requested a donation for a woodcutters strike against Masonite, in Laurel, Mississippi. This strike is extraordinary in that it is characterized by unity between blacks and whites. Now people are without money or food and starving. Clothes, food and money are needed.

5. Passed the motion that Common Market contribute $75 to the Mississippi woodcutters strike fund. Money for the strikers will be also collected via a jar in the warehouse and a notice in CHEW ON.

Work Committee Report: Concerning the work committee rule published in the last Chew On that once a group finished picking up its order and paying for it, it cannot return for exchanges and refunds:

6. A motion passed that the work committee rule as stated in the last newsletter is no longer in effect, but decisions made at the warehouse by work supervisors or cashiers concerning refunds or exchanges are final.

At this point in the meeting Dwight announced that he just got a call from Sheila at the trucking federation meeting: The Mifflin representatives had walked out, Eagle Hts. was on its way out. We would not get jour food this week.

Following the announcement there was confusion and a bit of panic in the meeting. Two motions were made (which I -- editorial comment -- think crystalize the views of the two factions present):

(1) Motion that a d elegation be appointed for peace negotiations with the trucking association (and thereby continue to truck together).
(2) Amendment that we immediately locate another buyer and driver for our own truck and thereby truck alone.

Since our decision earlier in the evening (motion 4: that we would join the federation only with stipulations concerning which trucks our food was carried in) apparently brought about the crisis, a friendly amendment was offered that we reconsider and rescind the earlier motion until we received a report from our trucking representatives.

Enter: Trucking Association. At this point, the door opened and the trucking association meeting walked in. Present were representatives from Eagle Heights, Mifflin Street Coop., Sunflower Kitchen, and Whole Earth. Amidst some yelling and pointing of fingers, the following points were clarified:

1. Dwight restated our motion, and pointed out that the stipulation would not take effect until the federation was formed. The response was, as I recall, that if we did not wish to truck with the Mifflin Street truck in the future, under arrangements

identical to those we have with it now, there is no reason it should carry our food now. And right now it is the only truck licensed to operate and which can truck our food.

2. The trucking association felt that the intent of our motion (and they were furious about this)was to once again try to force the Mifflin Street truck into a formal lease agreement with the legal trucking association about to be formed (the Inter-Community Collective - ICC) -- something which Mifflin simply chooses not to do.

3. There was also an attempt, apparently rather successful to clarify incidents in the past among the members of the trucking association (particularly Common Market, Mifflin Street and Eagle Hts.) which have led to the present suspicion and distrust.

4. Trucking association representatives emphasized that if Common Market does want to truck with other co-ops in the city -- and there are economic as well as ideological reasons to do so Common Market must come into the association, the ICC, without strings attached to its membership. The ICC will, and must be free to determine the route schedule, the rates charged, the drivers, and which vehicles will be used for which routes. It will have at its disposal the use of our truck and the Mifflin Street truck, ours under formal lease, the other under a verbal lease. Only in this way can the ICC determine the best use of the vehicles available to the food co-ops in this city.

7. A motion was made that we reconsider and rescind the previous motion concerning the trucking association. It was stated that if this motion passes, it means that the Common Market representatives are given decision-making authority concerning Common Market participation within the ICC. These representatives will be given directives by the Common Market, but not ultimatums. Passed: 29 for/ 0 against.

The question concerning the legality of the trucking arrangements both concerning our truck and the Mifflin St. truck was still bothering some people. Therefore:

8. A motion was made to direct our representatives that the issue of legality of the truck runs be discussed within the federation and with a knowledgeable lawyer, and information be brought back to Common Market. Passed by unanimous voice vote.

Our present position concerning the Inter-Community Cooperative and our relationship to it was then restated so that it would be clearly understood: This association, the ICC, will be a legal structure within which representatives of the food coops will democratically decide how to truck together. Common Market will lease its truck formally for a 4-month period for $1.00. By the end of the 4-month period we will have received the legal information requested above, and made a decision concerning the legal situation regarding the various truck runs.

Meeting adjourned.

At the time the meeting adjourned, the following items remained on the agenda:

I. Committee Reports

Sustaining Fund

II. Old Business

Proposed Common Market By-Laws (This includes a discussion of Common Market purpose and decision-making proceses.)

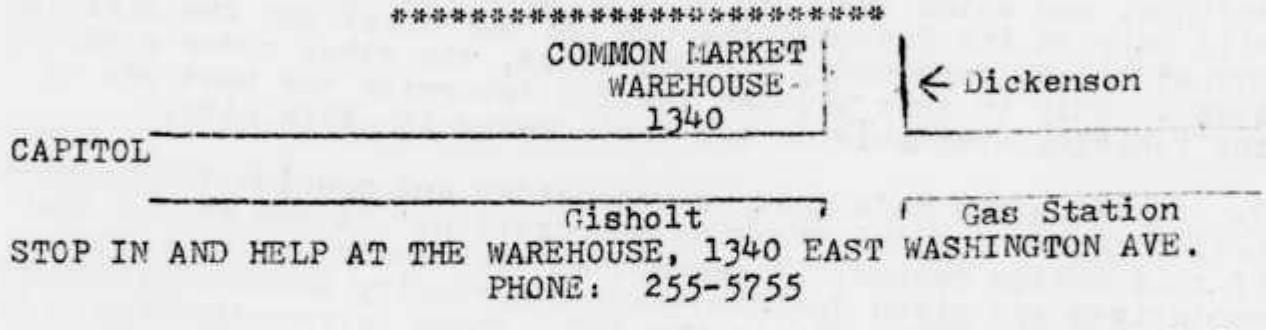
Common Market Operations -- the status of the "no work-no food" rule.

III. New Business

The expansion question
Present warehouse lease renewal
New distribution centers

The next regular membership meeting of the Common Market will be the second Sunday of January, Jan. 9, 1972, at 7:00 p.m.

****



STOP IN AND HELP AT THE WAREHOUSE, 1340 EAST WASHINGTON AVE.
PHONE: 255-5755

People to let you into the warehouse: Joe Morse, Mary McComb
251-8787
Herb, 251-6096

CURRENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
Noon West group orders due at ware-house	Stock Warehouse Noon-East group orders due	West pick-up times 11:30 - 8:30		Stock Ware-house 4-5 surplus sale of perish-ables only	East pick up times 10:00 am to 7:00 p.m. (Sat, 10-3 Sun) 4-6 surplus sale 6-8 clean-up & invent-ory

COMMON MARKET COORDINATOR: Elaine 257-6131

COMMON MARKET POLICY: NO WORK NO FOOD If you don't show up for your listed work time, your group cannot order the following week.

COMMON MARKET POLICY:L Membership is $1.50 after one month's trial f or everyone jover 18. Cooperate. Don't exploit us.

COMMITTEE CHAIRMEN:

Work Committee	- Phyllis Daly	241-0786
Finance	- Elaine	257-6131
Communications	- Pam Albert	836-5668
Community Contact	- Betty Sanders	255-4083
Phoning	- Shelley Franson	251-9528
Food	- Marianne	244-2093
Transportation	- Pete	256-7868
	Steve	238-5015
Trucking	- Pete	256-7868

WHO TO CALL:

If you are leaving town -- Pam 836-5668
If you want to join a group Pam 836-5668
To change a work time -- call the warehouse A WEEK AHEAD or else get your own replacement.
To change pick-up time -- call the warehouse or come over and change it.

CHIP IN WITH THE COMMUNITY CHIP. If you want to support other alternative institutions in Madison, add 1% to your food order via the "vol. 1% chip" space on the price sheet.

* * * * * * * * * * * * * * *

PROPOSALS FROM MARCH CO-OP that they want to have considered at the next general meeting:

1. A quorun for a general meeting will consist of representatives from at least 50 member groups, but anyonecan vote.

2. Rotate committee jobs every 4 months.

3. The telephone chain shall be utilized for the general meetings and for emergencies.

4. Publish the newsletter twice a month, with responsibility for publishing it rotated among groups.

5. Enlarge the scope of the work committee to include cashiering, local pick-ups and other things.

* *

N O T I C E S

* *

FROM THE WAREHOUSE

The Common Market needs a book-keeper. This is a part-time paid position. Necessary qualification: previous bookkeeping experience. Interested? Call Linda, 251-6816.

Put a phone number on your group order sheet.

IMPORTANT ANNOUNCEMENT CONCERNING PICKUPS: No weekend pickups Christmas and New Year's weekends. Get your food in the middle of the week -- Wednesday or Thursday, December 22-23 and December 29-30. Also we need people to work those two weeks.

Chew on with CHEW ON. Next deadline: The night of the January membership meeting, January 9.

When you're picking up food for your group, WATCH CAREFULLY to make sure that you take the food you pay for. There are a lot less hassles for everybody.

Community Chip: There is now a space on the price sheet for the voluntary 1% community chip. The uses of this money are determined by the Madison Sustaining Fund -- an organization of alternative institutions in Madison; Common Market is a member. If any people in your group want to add this 1% chip to their food order, total those chips and put that amount in the chip space on your group price sheet. The cashier will add it to the total cost of your order. In addition, Common Market now donates 1% of its gross to the Madison Sustaining Fund to support other alternative institutions in this community.

HELP!! The girl who was testing all our recipes of nutritious foods that children like has left town without returning the recipes. So we have to start all over again to collect them. Send any you have to Sheila Friedman, 6418 South Ave., Middleton, Wis. 53562.

Keep the dairy products you pick up for your group some place cool. they begin to spoil at 50°,

If anyone knows the whereabouts of Judith Figlio PLEASE let me know. Sheila 836-6101.

John Geib is asking for some information from our members via the QUESTIONNAIRE distributed with the price sheets this week. It's information we can use too, so PLEASE FILL OUT THE QUESTIONNAIRES and return them to the warehouse by January 8.

If you have any ideas about how we can inform more people about Common Market and encourage them to join, call Kathy 257-4192, or John, 249-7229. Or drop a note in the community contact box in the warehouse. Thanks.

Someone is planning to donate a mail truck to the co-op. Perhaps it would be best for someone to be caretaker of the vehicle, loaning it to Common Market whenever it's needed for coop business. We'll work out some arrangement on upkeep. Interested? Call Vance 257-6368.

OTHER NOTICES

MISSISSIPPI WOODCUTTERS STRIKE: Black and white woodcutters in Laurel Mississippi have united in a rare unity against Masonite Corporation. They went on strike together when the price they were paid per amount of wood cut was arbitrarily lowered by the company. They and their families are now without money and food. They need money, food and clothing. Call Wisconsin Alliance, 251-2821, if you can help. Or send a check to Wisconsin Alliance, 1014 Williamson Street, Madison, 53703.

Ken Glazier still has 80# of excellent popcorn at 13¢/# left; if you want some call him at 255-9636.

Andy Fraenkel is selling Shaklee cleaning and nutritional products. call him at 256-4662.

16 guppies and 1 male gerbil for sale or for free. Call Jon or Arnold 836-6101.

If you want to order organic beef with a group of people, call Sheila 836-6101.

Dwight discovered a comprehensi e food chart, the Fern Chart, Composition of Foods, which gives information on the nutritional elements present in all common foods. The Fern Soya Co. sent us 200 copies and we want to get them to people who will use them. If you want one, attach a stamped, self-addressed envelope to your group's order. Or send the envelope to Kathy McElroy, 1013 Colby St. 53715.

The AUTO CO-OP: The Auto Co-op has formed. It is now a legal cooperative, known as the Consumers Cooperative Garage. It will be a service-type organization resembling the Yellow Jersey Bike Co-op. Membership will cost $5.00 Right now the co-op is selling memberships, in order to establish a membership and to get a garage. The next meeting, which is a temporary board meeting to which everyone is invited, is January 6 at 7:00 p.m. -- place to be announced. If you want to buy a membership, or to sell them, call Laura Stahlman, 255-7122.

NEW AND EXCITING RED CABOOSE PARENT INCORPORATED DAY CARE CENTER LOCATED AT 654 WILLIAMSON STREET. PRESENT PHONE 257-3583. OPENINGS FOR ALL AGES 2-5. This is an appeal to all parents of children between the ages of 2-5. In order to make it, this small group of 25 parents need more parents to join and bring their children to our center. We are also appealing to the community for financial support to start out January 1, 1972. Questions, information: call Debby or Beth at the above number.

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C O M M I T T E E R E P O R T S & C O-O P B U S I N E S S

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FINANCIAL STATEMENT
Common Market Limited

Financial Statement for September through November, 1971.
EXPENDITURES: this includes all purchases.
Chicago: All foods bought in Chicago either by check or by cash.

September (5 weeks)	$ 5,516.19
October (5 weeks)	10,688.49
November (4 weeks)	7,475.29

Wisconsin Accounts: This includes larger wholesaling firms in Wisconsin such as--McFarland Dairy, Milwaukee Cheese, Ryser Bros. Cheese, Ranum's Bee Farm, Bowman Dairy, Country Boy Dairy, and Country Boy Cheese.

September	4,946.92
October	11,485.79
November	8,140.49

Local Accounts: This includes small farmers, farming cooperatives, local bakeries, and meat producers.

September	4,006.50
October	9,435.35
November	9,582.62

Trucking: These figures are arrived at by the Trucking Cooperative and are the charges to us for the use of the Mifflin Street truck. Included in these are monies for Bob Golden's salary.

Truck Run	September	October	November	Total
Chicago	$ 275.61	373.02	280.79	929.42
Madison	13.95	11.75	13.00	38.70
Bowman-Halverson	22.84	35.30	17.95	76.09
Monroe-Mt. Horeb	75.67	125.71	70.92	272.30
New Berlin	------	11.29	30.70	41.99
Total trucking costs				1358.50

TOTAL SALES: These include all monies deposited in the checking account including food sales, 10% mark-up, surplus sales and membership fees paid to the co-op.

September	$ 16,725.30
October	35,833.34
November	24,493.72

	TOTAL EXPENDITURES	PURCHASES	STORE SUPPLIES
September		$ 15,290.00	432.32
October		32,168.21	3,494.99 *
November		25,611.76	810.66
Losses or Gains:		Gain	Loss
September		1,435.35	
October		170.14	
November			1,028.70

The reasons for the narrow gain in October and the loss in November are:

1) Purchase of a truck for $3,000.00, although most of this expense was absorbed by the previous balance of $ 2,832.84.
2) A policy of pre-ordering dry goods was put into effect.
3) Pre-payment on meat orders

4) Costs incurred due to expansion
5) About one-hundred dollars was lost in bad checks from personal accounts.

Our balance now stands at about $ 2,500.00

Suggestions from Finance Committee:

1) This balance is not enough to insure that the co-op will be able to operate effectively. At the present time this would only cover about one-third of a week's orders, perhaps only one-fourth. To insure that the co-op can meet it's bills in case of an emergency--e.g., we might be robbed, we might lose a week's Chicago order if something would happen to the truck en route, etc., -- I feel that there should be a surplus of from three quarters to 1 ½ of one week's orders, or approximately 6,000 to 10,000 dollars.

2) The bookkeeping has really become a tremendous amount of work for just one person to handle in his spare time. I've recently been spending between ten and fifteen hours a week on it. In line with this it is the financial committee's recommendation that a trained bookkeeper be hired for approximately 20 hours a week at a salary to be set by the General Meeting of the co-op.

3) The finance committee has also undertaken the purchase of a Monroe calculator for the use of whoever is doing the bookkeeping, as well as to help take up the need for more time and use of such a machine. The cost of this will run under 75.00

Announcements from the finance committee

Cashier training sessions will be held as soon as we get 5 or 6 people who would be interested in doing some cashiering. Training sessions will try to alleviate some of the hassle of cashiering by covering use of the calculator, and various policies involved in the job, such as non-acceptance of personal checks, etc. Anyone interested in attending these meetings please call:

Terri Gregory
2206 Center Avenue
249-4267

We do need a steady supply of cashiers who are responsible and willing to put some effort into this job. If you would be interested call Terri.

The next meeting of the finance committee will be January 6th, also at Terri Gregory's Home: 2206 Center Ave. This is in the Len's Super-Valu area, around Jenifer and Division Streets. For directions call Terri at 249-4267.

To all co-op members who are buying food with the assistance of the Madison Department of Welfare: you must sign your food vouchers, the cashier must also sign, and there must be a receipt tape attached to the vouchers in order for us to receive re-imbursement.

A SUGGESTION FROM LILAH

Our neighborhood group has worked out a plan that we've been using for six months. It has worked so well that we would like to share our ideas. This plan would probably not work for all groups but maybe it will give you some ideas on how to make things run smoother.

We have 13 adult members in our group and it was getting to be a real hassle to figure out who got what change. So we appointed a bookkeeper. The bookkeeper has a ledger (a 59¢ notebook) with a page for each household and a page for the kitty. Each household puts money in their account which is entered on their page and also on the kitty page. Some households put in money by the month, some by the week and some when the account is getting low. Then the bookkeeper keeps a running account. Each Saturday when we pick up the food, each household's food bill is subtracted from his page. The bottle deposits are added, and the whole group bill (the amount on the receipt from the co-op) is subtracted from the kitty. The total of all the household pages should equal the total on the kitty page so there is a built-in check. This way you don't have to fuss with pennies and making change. And if someone is low on money they can go in the hole since someone else probably has more money in their account than they used that week.

The job of the bookkeeper could rotate, but we've found it easier to have one person do it. Each Saturday we meet at one house to distribute the food. The order sheets that each family has filled out are turned back to the bookkeeper with the items circled that did not arrive. The next week's order sheet is filled out and given to the bookkeeper. Then it is the bookkeeper's responsibility to collate the group order, turn it in to the co-op, get the cash to the person who is picking up the next week, keep track of work times, and keep the book. This takes about one hour a week so when it comes time for the bookkeeper to work a shift at the co-op, someone else in the group takes the shift.

The nicest thing about it is that it only takes one meeting a week. We meet once to distribute food, turn in bottles, pay money, fill out the next order sheet, figure out who's picking up the next week, choose work times, decide what time and where we will meet the next Saturday, and discuss issues that will come up at the next co-op meeting so our representative can represent us.

This whole process could take about a half-hour, but it usually takes us an hour as we like to talk, exchange recipes, and socialize a bit. This plan probably won't work for every group, but maybe you've gotten some ideas that will help you. If you want more details on how it works, give me a call--I'm our group's bookkeeper!

Lilah Pengra--255-9912

letter to Ed: There have been, will be, and are issues which require the attention of the general membership (the mandatory 1% contribution to the Madison Sustaining Fund, taken out of the weekly gross of the Common Market.) to this end, I propose: 1) That ballots be attached to the price list or CHEW ON and a significant majority vote be binding. 2) That a 1/3 vote in a General membership meeting send an issue to the general membership. Or an equivalent mechanism.

--Greg Smith

NUTRITION

* *

Mrs. Friedman — November 2, 1971
Nutrition Chairman
Common Market Warehouse Co-op
Madison / Wisconsin

Dear Mrs. Friedman:

An attack of colitis a month or so ago forced me to seek dietary information from such sources (four as of now) as were available to me in an effort to obtain relief and correction of the illness. The best dietary regimen for this and other ills is summarized on the accompanying sheets. It is my hope that they are sufficiently clearly stated to be understandable. I shall gladly attempt to answer any questions.

Just this afternoon the individual who has had more experience with this regimen, informed me that the original source (Dr. H. M. Shelton of San Antonio and his assistants) do reluctantly approve the eating of correctly made whole grain bread (eat as the one starch in a starch meal) and prefer that cottage cheese and yoghurt be made at home because commercial processors tend to adulterate these foods. Milk used for these foods and for drinking should be raw milk.

The particular source booklet is "Food Combining - Made Easy" by Dr. Shelton, who discusses each aspect at much greater length. I prepared the summary because I felt the booklet could have been written better.

Wayne H. Hallett
222-5152
R. 3, Box 309,
Madison 53711

P.S.: After the foregoing was written, realization of a failure to explain the reasoning of the dietary regimen occurred. Therefore: this dietary system (along with mandatory physical exercise) was evolved over a period of over one hundred years, with Dr. Shelton involved since 1921.

The basic purpose is to provide efficient nutrition to restore and maintain the highest level of health possible. This is obtained by application of the findings of this century of observation to a diet, which

N U T R I T I O N

FOOD COMBINING

20

Suggested diet:

Fruit meal for breakfast

Starch meal for midday

Protein meal for evening

Suggested meals:

Breakfast: Two acid fruits or two or three subacid fruits or a mixture of subacid and sweet fruits or melons alone. If need for more food is felt, it may be eaten 1/2 to one hour later.

Midday: One only starch with large non-starch leafy vegetable salad first plus one leafy vegetable and one fruit (except tomato), pod or root vegetable.

Evening: One only protein with large, non-starch leafy vegetable salad first plus one leafy vegetable and one fruit vegetable (except tomato), pod vegetable or root vegetable. Minimize meat, fish and eggs.

The breakfast meal should be all raw. The midday and evening meals should be 60% to 85% raw. All should be chewed to a liquid consistency before swallowing.

Meals should be as small and as simple as possible and eaten in pleasant, congenial surroundings.

Fast 24 to 36 hours each week resuming eating with a salad meal. Fasting helps keep the body clean internally.

Both when ill and to maintain condition when well, pleasant, agreeable surroundings free of pollution and polluting effects are required. Best found away from cities.

DON'T

Don't mix: two or more proteins of any kind (as ham and eggs)
Protein and starch (as meat and potatoes)
Protein and acid fruits (except nuts or cheese with acid fruits)
Protein and fat (as fat meat, fried meat and eggs)
Protein and sugar, syrup (as cereal and sugar, pancakes and syrup)
Acid and starch, Sugar and starch, Melons with anything else (always eat melons alone), Milk with anything else (except possibly acid fruits), Protein and sweet fruits.

Don't eat: Desserts of any kind including ice cream

Drinks of any kind: milk, fruit juices, tea, coffee, soft drinks, malts, alcoholic liquors, etc. with meals or between meals. Drink water only between meals (five to six pints a day). If milk must be taken, it should be by itself about an hour after the fruit meal.

Fruit between meals.

Baked goods as bread, rolls, biscuits, crackers, cookies, cake, pie, etc. (see note in letter on bread).

Prepared foods of any kind: mixes, etc.

Food additives as included in foods, spices, condiments, salt, pepper, appetizers, food enhancers, sauces, dressings, gravies, etc.

Fruits canned in syrup.

Canned vegetables (salt content and small food value)

Sweetened food or sweeteners, sugars, syrups, honey.

Fried food of any kind.

Cooked or baked food that can be eaten raw.

Too much protein, especially animal.

Before resting or sleeping lying down, exercise moderately as walking and allow at least two hours before reclining after eating.

Hardened or hydrogenated food.

Breakfast: Fresh acid fruits
Acids (may mix with subacid, may mix with each other):
Orange, Grapefruit, Lime, Lemon, Pineapple, Tomatoe, Sour apple, Sour grape, Sour peach, Pomegranate.
May eat with: cottage cheese or nuts or avocado or cheese (unprocessed) for evening meal.
Subacid (may mix with each other, acid or sweet fruits):
Sweet apple, Pear, Fresh fig, Sweet plum, Apricot, Sweet peach, Sweet cherry, Huckleberry, Papaya, Mango, Mangosteen, Cherimoya.
May eat with cottage cheese or nuts or avocado or cheese (unprocessed) for evening meal.
Melons (eat alone, make meal of):
Watermelon, Muskmelon, Cantalope, Honey dew, Honey balls, Casaba, Banana, Christmas, Persian, Pie, Crenshaw, Nutmeg.

Midday: Starches (eat one only with leafy vegetables, salad or other vegetables)
Potatoes (all kinds) eat raw or bake, Pumpkin, baked, Winter squash as Hubbard, banana, baked. Chestnuts, Artichokes, Caladium root, steam or bake. Parsnips.
Mildly starchy (may mix):
Beets, Carrots, Cauliflower, Kohlrabi, Rutabage, Turnips, Salsify.
May eat one with above starches.. Eat raw as possible.
Sweet fruits, considered starch (may mix with each other and subacid fruits):
Banana, Date, Fig, Raisin, Prune, Dibier, Thompson and muscat grapes, sundried pear, peach, apple, apricot, Persimmon.
Do not mix with protein.

Evening: Protein (eat one only with leafy vegetable salad and other vegetables)
Avocado - also fat, Nuts (most) - also fat - eat as protein.
Soy beans - eat raw. All cereals, dry beans, dry peas, peanuts, peanut butter - also starch. Olives - also fat. Eat as protein.
Cheese unprocessed, Cottage cheese, Milk (low protein), all flesh foods except fat meats.
Non-starch leafy vegetables (mix and eat raw before starch or protein):
Lettuce, Celery, Cabbage, Chinese cabbage, Broccoli, Brussels sprouts, Green beans, Asparagus, Beet greens, Turnis greens, Swiss chard, Escarole, Endice (french), Collards, Mustard greens, Kale, Spinach, Parsley, Watercress, Chives, Radish, Onions, Garlic, Leeks, Scallions, Cucumber, Sweet pepper, Okra, Eggplant, Summer squash, Zucchini, Rhubarb, Green corn, Dandelion, Bamboo sprouts, Broccoli, Cardoon, Mullein, Kape, Cowslip, Sorrel.

Syrups and sugars (don't use):
Honey, Milk sugar, Maple syrup, sugar, Cane syrup, brown sugar, white sugar, raw sugar. Never use Cane syrup, brown and white sugar.

Fats (don't use):
Cream, Butter, Butter substitutes, Sunflower seed oil, Sesame seed oil, Soy oil, Corn oil, Nut oils, coconut oil, Peanut oil, Olive oil, cottonseed oil, Lard. (Positively do not use if hardened or hydro-[illegible] Avocado (eat the last three as protein), Fat meats.

CHEW ON

Newsletter of the Common Market Food Buying Co-op Jan. 12, 1972 No. 13

EXPANSION EXPANSION EXPANSION EXPANSION EXPANSION EXPANSION

An important SPECIAL MEETING to discuss and make recommendations concerning the problem/issue of expanding our co-op will be held SUNDAY, JANUARY 23 at 7:00 p.m. 953 Jenifer Street. To be discussed:

Where are we now: membership, amount of food being ordered, present cooler and warehouse space

What about another warehouse: do we need it, where should it be located

What about neighborhood distribution centers: what are they, why have them

What about more members: should we actively inform people about Common Market

Come and help!!!!!!!!!!!!

FEAST AND MEETING FEAST AND MEETING FEAST AND MEETING

NEXT REGUALR MEMBERSHIP MEETING: The SECOND SUNDAY OF FEBRUARY, Feb 13 at 7:00 at 953 Jenifer Street. POTLUCK at 6:00 for anyone who would like to come. Bring a pot of hot food, or bread and cheese, or fruit or salad or whatever. Does anyone have a huge coffee pot? Jugs of milk? Desserts? There's no kitchen so make sure whatever you bring is ready to eat. Bring what you can, come when you can. If we get a good response we'll do it again . . . EACH GROUP IS RESPONSIBLE FOR SENDING AT LEAST 1 MEMBER TO THE GENERAL MEETING AT 7:00 P.M.

THE COMMON MARKET BY-LAWS

Proposed by-laws were presented at the last Common Market general membership meeting, Jan 9, and the following adoption procedure was suggested:

1. Discussion at general meetin, with straw votes on various sections
2. Publication of revised by-laws in Chew On
3. Referendum; each group has # of votes = to its work jobs

There was extensive discussion concerning the best way to proceed in adopting the by-laws, with the immediate need for them argued by some and the desirability of a longer process yet one which would involve more people argued by others.

MOTION that we take a binding vote on the by-laws tonight. defeated 9 to 11
MOTION that we discuss section-by section, with straw votes on each section. Passed
MOTION that proposed by-laws go out with price lists and be voted on by groups, each group to have a # of votes = to its # of work jobs. A group can vote yes or no on the whole document, or record its vote yes or no on each article; space will be provided to write in suggestions when a group votes no for a particular article. A 2/3 vote of those voting will pass the by-laws. Defeated 10 to 14.

CHEW ON WITH CHEW ON . . . . page

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MOTION that there will be a binding vote tonight on by-laws, with the understanding that by-laws have in them a procedure for changing them. passed: 21 to 4.

MOTION that we consider and vote on the by-laws point-by-point. Passed 12 to 10.

Following is an annotated copy of the final Common Market by-laws. They may be changed slightly, to conform with tax laws.

Article I: Name

The name of this organization shall be the Common Market Ltd.

Article II: Object

The purposes of Common Larket Ltd. shall be:

a) to educate its members and the community in cooperative principles.
b) to transform the nation's economic life from a competitive, profit system to a cooperative system.
(This originally read "transform a portion of the nation's economic life . . ." The underlined phrase was eliminated with a minimum of debate.
c) to extend the principles of cooperation to food production.
d) to educate its members and the community in nutrition and healthy eating habits.
e) to operate a food distribution cooperative to provide its members with food of high nutritional quality on a non-profit basis (as limited by Section 5013 of the IRS law.)
f) to try to make food production, distribution, and consumption as ecologically sound as possible.
g) to do any other things of use or benefit to the members and the community.
h) to further cooperation among cooperatives.
(There was little debate or disagreement concerning these objectives at the membership meeting. It is important to note, then, that these are wide-ranging community oriented objectives, and Common Market is conceived of as substantially more than a low-cost grocery store.)

Article III: Structure

a) Ordering Groups -- The Common Market is composed of neighborhood, affinity or work-place ordering groups. Group size and geographical area shall be determined by the group.
(The second sentence barely passed, 12 for, 10 against. The debate was whether a compulsory minimum size stated in the by-laws is desirable, and included the arguments that our literature and lore encourage a minimum of 6-8 adults, and incentives (work assignments) exist for groups to achieve and maintain that size.)
b) Committees - Day-to-day operating decisions and procedures shall be made by the following committees: Transportation, Work, Food, Finance, Nutrition, Community Contact, Communications and any other committees deemed necessary by the membership.
c) Staff - The membership may hire people with salary, duties and authority as decided by the membership. All employees shall be members of C. M.
d) In policy decisions and all operating decisions, the ultimate decision-making power shall lie with the general membership.
e) There shall be a Board of Directors consisting of 3 people which shall be elected by the general membership to serve for 1 year, and shall act only at the direction of the general membership. Vacancies shall be filled at the first general membership meeting after the vacancy occurs.

(The Board of Directors is a legal necessity; we need someone of proper title to sign legal documents. It will play no role in the operating structure or decision making process of Common Market.)

Article IV - Membership

a) Any person may become a member by joining or forming an ordering group.
b) A pre-requisite to membership shall be the payment of $1.50 by all members 18 or over, which shall be non-refundable. The payment is due within a month after first order. Membership shall extend perpetually.

Article V: Membership Privileges and Responsibilities

a) Only members or prospective members (a person on one-month trial period) are eligible to order food.
b) Only members or prospective members may vote at general, special, or committee meetings.
c) Members shall receive the co-op newsletter.
d) Members have responsibility to their group to do their fair share of the group's work.
e) Groups have the responsibility to do their fair share of work in the Common Market and have one member of their group participating on a committee. Groups are responsible to have at least one member at all general membership meetings.
(There was some discussion here whether attendance at general meetings was an individual or group responsibility. However a motion that each member should be responsible for attending the general meetings was defeated. A majority felt that defining this as a group responsibility was consistent with the view that the group is the basic unit of Common Market.)

Article VI: General Membership Meetings

a) There shall be monthly membership meetings, on the second Sunday of every month at 7:00 p.m.
b) Special membership meetings may be held:
   1) upon posting of a petition signed by 25 members or 1% of the membership, which ever is least.
   2) not sooner than all members have received notice on their price sheet.
c) Referendums
   1) may be called by petition of 25 members or a majority vote of a general or special meeting.
   2) Voting will be done by group, each group getting 1 vote for each work responsibility it has. (Votes may be divided as determined by the individual group.)
(There was a great deal of discussion on this point, since it was considered very important. Voting by group rather than by individuals was suggested and adopted for 2 reasons: we have identified the group, not the individual member, as the basic unit within Common Market and therefore voting by group is consistent with this. Also, it was felt that through our decision-making structure we should encourage decisions to be made in and by groups and not by individuals. Because so few people attend the general meetings, it seemed that voting by group would encourage discussion and debate of the referendum issue, and that the voting process would therefore be more educational and actively involve more people than one in which each person alone checks a box on his price sheet. Therefore, the benefits of group voting - encouraging group decision making and group discussion of the issues - seemed to clearly outweigh any inequities which are faced by excessively large groups or advantages given to small groups.)

c) Referendums (con't)
   3) Will be decided by a majority vote of those votes cast
   4) Voting on referendums shall be done on price lists
d) Each member shall have one vote at membership meetings. There shall be no proxy voting.
e) The rules of order set forth in Robert's Rules of Order Revised shall govern the conduct of membership meetings, except in cases where these rules are inconsistent with the by-laws.
   (A motion was raised several times, and eventually defeated, that we should make our decisions by other than a simple majority. The argument was that if a vote cannot pass by a margin larger than 1 the divisiveness and ill will feelings caused by the decision will far outweigh any benefits gained from having the decision. I.e., we should operate more by consensus than Roberts Rules of Order would require.)
f) An agenda for each meeting shall be distributed in the week before the meeting.
g) Quorum: A quorum for membershipmeetings shall be at least 20 members.
   (This means that the vote of 11 people out of the 20 quorum can make a decision for the entire membership of common market.)

Article VII: Economic Policy

The Common Market shall operate on a non-profit basis. The general membership shall determine food prices and determine the uses of any surplus and the use of all membership money.

Article VIII: Amendment of the By-laws

The by-laws may be amended by a majority vote of the members present at a regular or special membership meeting, or in a referendum, provided the amendment or amendments have been posted inthe warehouse for one week and written up in the newsletter before the meeting or referendum in which consideration for adoption is scheduled.

end.

In the free speech tradition of this country, in which whoever owns the newspapers has all the free speech they want, I Kathy would like to make a comment on this whole by-laws issue. I think it was a dreadful error to present and pass the by-laws in one evening. We should have tried to include more people, by putting the by-laws in Chew On and voting on them by groups. There are few opportunities for people in Common Market to confront the issues of what we are and how we should make decisions. A wide dissemination and discussion of the proposed by-laws would have done this. What we have done is presented them now to our membership as a fait accompli -- and further separated most people from even a mental involvement with issues other than picking up their food.

* * * * * * * * *

3-Fruit Ice

(A recipe from Dwight's Indian friend, Blue Wing; serves 6)
Mash 1 banana, peeled. Combine (in a blender if you have one):
banana, juice and pulp of 1 lemon and 1 orange, 1 C sugar, 1 C cool water
mix until sugar is dissolved.
Put into a shallow pan and place in freezer until almost solid. Then beat until fluffy. Freeze until hard. Dwight says its absolutely great!!!

REPORT ON THE GENERAL MEETING OF JANUARY 9, 1972

Motion that 2/3 of those present must remain to have a quorum and do business. Passed. This means that the meeting could continue as long as 17 people were present.

Announcements

Elaine told of the tremendous trouble we're having in getting people to CASHIER. The job is being added to the work schedule. Any new cashiers will be asked to attend 1 cashier training class. DO IT!!!

A new information sheet about Common Market is available at the warehouse — green folded sheet. It's not too coherent at points, but better than nothing. Pick them up and pass them out.

The AUTO CO-OP is chugging along. Call Laura Stahlman, 255-7172, if you want to buy a membership or sell them. Next meeting: Sunday, Jan 30th, 2:00 in Union Square.

Committee Reports

FINANCE committee report is elsewhere in Chew On. A detailed financial report will be available after we hire a bookkeeper.

WORK: The committee is going to attach questionaires to the price sheets this week concerning 2 issues : the work supervisor and the length of work shifts. The proposal on the questionaire will be self-explanatory.

Also: WE NEED MORE WORK COORDINATORS for the month of February. Call Phyllis, 241-0786. This counts as a work job for your group.

Peter read the major portion of an article which he had written for the King Street Trolley, which raises the issues facing Common Market as he sees them. There then was discussion on whether his article accurately reflects people's views of the problems within Common Market . . . (See the article, King Street Trolley Jan. 12, page 4; also the article on the ICC, our trucking association, page 5.)

INTER-COMMUNITY COLLECTIVE: Pete reported that our trucking association is presently wholesaling groceries in its 2 trucks, our truck and the Mifflin St truck. It is looking into other uses of the trucks as well.

There are 6 directors on the ICC board, 1 from each participating co-op. Bob Golden has been doing all the driving and buying at a salary of $60.00 a week. The ICC has tentatively proposed having 3 operating personnel, Bob + 2 others, to be paid $100 a week, with the money divided in proportion to the amount of time each spends that week operating the 2 trucks.

At present the cost of the truck runs is 25¢ a mile, which includes depreciation, maintenance and salaries. When we expand to 3 Chicago runs each week the ICC expects that the cost will be 21 1/2¢ per mile without depreciation costs.

MOTION: It is the sense of this meeting that we continue to accumulate a depreciation fund so that we have money for a new truck when we need it, and we so suggest that to the ICC. Passed.

Our truck, leased to the ICC, will be used for interstate runs. Billing will be to the organization owning the [illegible]; legal problems are therefore [illegible].

MOTION that Common Market agrees to pay its share of the $100 weekly salary for 3 employees of the ICC, 1 full time, 1 part time. Passed.

MADISON SUSTAINING FUND: The Common Market is a member of the Madison Sustaining Fund, an organization of alternative institutions in Madison who have joined together for mutual support, moral and financial. Common Market has voted to help support needy organizations within Sustaining Fund by:

1) collecting the community chip. This is a voluntary 1% addition to your grocery costs at Common Market. If you choose to give the chip ("vol. 1% com. chip" blank on the price sheet) the total markup on your order is 11%. Total amount of the chip, Dec. 1 to Dec. 23, $89.81. A bit more than half of the people who order at Common Market regularly add the chip to their order.

2) giving 1% of our gross income to the Sustaining Fund. This totaled $278.[illegible] during the period November 17 to December 23.

Our present representative to the Sustaining Fund (me) suggested that if we reconsider our decision to donate 1% of our gross to MSF that reconsideration should wait until after the discussion of how in fact Common Market should make its decisions, which will be part of the By-Laws discussion later in the meeting.

Old Business

DISCUSSION AND ADOPTION OF BY-LAWS is described on page 1 of Chew On.

A Board of Directors for the Common Market, as provided for in the by-laws, and needed to sign legal documents was nominated and elected: Sue Johnson, Heinrich Albert, Kathleen McElroy.

MOTION that an expansion committee be formed at a special meeting on expansion to be held the 4th Sunday of the month, Jan 23 at 7:00, at Wilmar. Passed.

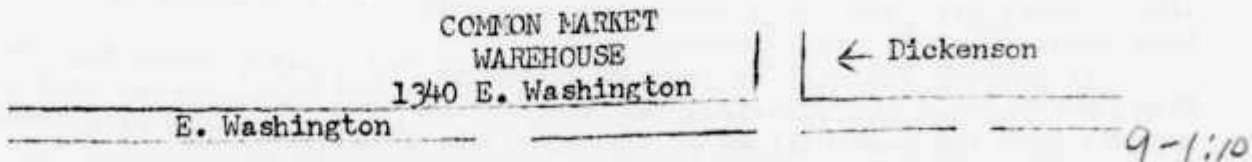
Meeting adjourned.

The following items remained on the agenda:

Common Market Operations: the status of the no-work-no-food rule
The Common Market Film
March Co-ops Proposals

NEXT REGULAR MEMBERSHIP MEETING: SECOND SUNDAY OF FEBRUARY, February 13 at 7:00 at 953 Jennifer Street. POTLUCK at 6:00. Bring a pot of hot food, or whatever.

* * * * * * * * *



STOP IN AND HELP AT THE WAREHOUSE, 1340 EAST WASHINGTON AVENUE Phone:255-5755

People to let you into the warehouse: Pete Carruthers or his landlady:
1219 Speight Street, 255-7868
Linda Jo 257-7010; Elaine 257-6131

CURRENT SCHEDULE:
Monday: West group orders due at warehouse at NOON
Tuesday: East group orders due at warehouse at NOON. Stock warehouse.
Wednesday: Pick-up times for West Side groups: 12:00 to 6:30
Thursday: West pick-up times 12:00 to 6:30
Friday: Stock warehouse. 4-5:00 surplus sale, perishables only.
Saturday: East pick up times 10:00 to 4:30.
Sunday: East pick up times [illegible]:00. Surplus sale 3:30-5:30. Clean up, inventory.

COMMON MARKET COORDINATOR: Elaine 257-6131

COMMON MARKET POLICY: NO WORK, NO FOOD. If you don't show up for your listed work time, your group cannot order the following week.

COMMON MARKET POLICY: Membership of $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

COMMITTEE CHAIRMEN:

Work Committee	- Phyllis Daly 241-0786
Finance	- Elaine 257-6131
Communications	- Pam Albert 836-5668
Community Contact	- Betty Sanders 255-4083
Phoning	- Shelley Franson 251-9528
Food	- Marianne 244-2093
Transportation	- Pete 256-7868 Steve 238-5015
Trucking	- Pete 256-7868

WHO TO CALL:

If you are leaving town -- Pam 836-5668
If you want to join a group -- Pam 836-5668
To change a work time -- call the warehouse A WEEK AHEAD or else get your own replacement
To change a pick-up time -- call the warehouse or come over and change it

CHIP IN WITH THE COMMUNITY CHIP. If you want to support other alternative institutions in Madison, add 1% to your food order via the "vol 1% chip" space on the price sheet. In addition, Common Market donates 1% of its gross income to the Madison Sustaining Fund.

IF YOU HAVE SOMETHING TO PUT IN CHEW ON, OR IF YOU CAN HELP PUT CHEW ON TOGETHER: Call Kathy, 257-4192, or bring your information to the next General Meeting. Deadlin for the next Chew On: Monday night, February 14th.

We could use a big coffee pot which could make hot water for coffee and tea at the warehouse. These winter days are very cold for the workers in the warehouse . . . . If you've got one, call the warehouse 255-5755.

* * * * * * * * * * * * *

Green Potatoes - from Helen Finney

authorities: Dr. Schoenemenn (262-0768) horticulturalist
Mary Mennes (272-2611) home economist

green is caused by exposure to sun and light -- is a "sunburn" -- produces "solanum" which is toxic (store potatoes out of light!)

one potato will not hurt anyone, but green part is bitter and is best removed; if green part cut off, rest of potato is ok to eat.

exposure of potato to sun may have several causes:

1. potato pushes way to surface - farmer should plant slightly deeper or "hill-up" potatoes as they grow.
2. much rain - washes away dirt, exposing potatoes.
3. dry period - cold cracks open, exposing potatoes.

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COMMITTEE REPORTS & COOP BUSINESS

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A COMMUNIQUE FROM SHEILA

Is CHEW ON a dull repast? Would you like some dessert to liven up the meal? Well, here it is:

A QUIZ

(For fullest appreciation, try to answer the questions honestly.)

	yes	no	don't know
1. Common Market is a supplier of food at prices lower than you can find anywhere else in town.			
2. Common Market's food is better quality than you can find almost anywhere else in town.			
3. The reason the food can be both good and inexpensive is because most of the work is done voluntarily by members.			
4. Common Market is an alternative to the usual way of buying food.			
5. It is one of several cooperatives in the area which serve as alternatives to the conventional means of getting some of the things we need. (Some of the others are Sunflower Kitchen, Whole Earth Coop, Natures Bakery, Mifflin Street Coop, Yellow Jersey Bike Coop, Green Lantern Eating Coop, Community Chip, Eagle Heights Store, Oregon Bakery, hopefully soon the Auto Repair coop, etc.)			
6. Common Market is actively working with several of those coops and by doing so we are able to pay lower prices and avoid considerable duplication of effort as in the buying and trucking of food from Chicago.			
7. It is important for all of these alternative institutions to help one another as much as is possible.			
8. It is important for us to buy from co-op farms, small local farms and other local suppliers rather than from big corporations and corporate farms,			
a) because big business is impersonal,			
b) because big business is almost always irresponsable to the people it supplies & to the environment,			
c) because it's good to know the farmers & producers who supply our food,			
d) because such small suppliers would be unable to compete with bigger businesses without lowering the quality of their product or even to make a living if such alternative institutions as Common Market did not buy from them.			

SO MUCH FOR THE DESSERT. NOW FOR THE BITTER PILL.

The people who are unhappy about Common Market's relatively large contribution to the Community Chip.....

AND the people who are extremely uneasy and distrustful about the need to give & take in order to function in a cooperative trucking association.....

AND the people who would prefer buying their meat from the Bavarian Sausage Company to buying it from [illegible] who are trying to establish a co-op farm and is

gathering the meat from local farmers for us.....

ALL seem to be saying: Why should we accommodate ourselves to or concern ourselves with the needs of the other groups? We should do what's cheapest and easiest for us irrespective of our impact on the efforts of others to create alternatives for the people of our community.

I say we should give as much as we can afford to the Community Chip. We should cooperate as fully as possible with the trucking association; and cooperating means respecting the other members, not trying to dominate the association, and compromising when there are differences. We should, whenever there's a choice, buy from the small local producers who need our business in order to make a living.

I believe a good many of Common Market's members would agree with these ideas. And if we are to continue to be a contributing force in the development of better alternatives for all of us, the people who share these views must attend the meetings and assert themselves or Common Market is going to become another Copps.

Now that we have officially decided to run our meetings according to Roberts Rules, it is essential that we know these rules. They were designed to enable meetings to be run as democratically as is possible. It is hard at best to run a meeting democratically, given such personal differences as assertiveness and articulateness. It's time people behaved as if they understood that the most assertive people do not necessarily understand what's best for all the people. Strict adherence to Roberts Rules will help the less assertive, but thoughtful and responsible members to make their views known too.

Sheila Friedman

NOTICES FROM THE WAREHOUSE

HELP MIMEO HELP MIMEO HELP MIMEO HELP MIMEO HELP MIMEO HELP MIMEO HELP MIMEO

We need people to help mimeograph price sheets, newsletters, etc. If more people volunteered we'd each have to do this crummy job less often. Call Elaine at 257-6131 if you can help --Price lists take about 2 hours on Wednesday mornings. Chew On's take 6 to 8 hours an issue. We've asked the Work Committee to let these jobs count as a work job for the group that does them.

HELP CASHIER HELP CASHIER HELP CASHIER HELP CASHIER HELP CASHIER HELP CASHIER

Even though this now counts as a group's work job, we don't have enough people willing to cashier. "It's the best job in the warehouse" says one satisfied volunteer. Don't be shy -- you can do it as well as anyone else. Sign up, or call Jack, 257-6235, and tell him you're available. If you want to learn how, call Linda Jo at 251-8913, before 7pm.

Two separate people called about making a co-op sign and then never called again. It'd be nice to have one. Call Elaine. 257-6131.

Remember to keep powdered milk in a jar or other air-tight container and it will mix easily.

The nutrition committee needs more recipes, especially for vegetables, for our cookbook. Send them or anything else pertaining to nutrition that you want to share to Sheila Friedman, 6418 South Ave., Middleton, 53562.
The recipes Judith was testing finally did get here. Judith's in Germany. She wrote a very happy letter about being there. After all the uncertainties involved in her moving it was good to hear that all is well. Her address is: Figlio, 533 Konigswinter 51, Vinxel, Linden Weg 31, West Germany.
Nutrition Committee Meeting, Friday, January 21, 1972, 6-8pm, at the warehouse.

If you are the person who collects the price sheets for your group and sends in the order, ask people if they want to give the 1% chip. People may forget.

For Organic Produce call Wayne Hallett, 222-5152. For Organic Meat call Sheila 836-6101.

We need a complete set of Chew On's, Nos. 1 thru 11, for the warehouse. Also any other communiques, handouts distributed from the warehouse during the past year. Call Kathy, 257-4192.

For the interesting facts column of Chew On:
The magazine Natural Life Styles has this article in its second issue: "Peanuts, contrary to popular opinion, are not nuts but legumes, belonging to the pea and bean family." We figure this is so because 1) peanuts grow on vines rather than on trees -- much like peas, 2) the nuts are in a shell, like peas or beans in a pod.
Maybe it should be changed accordingly on the order list.
Cathy & Michael Schacter

DON'T sign up for more than 1 pick-up time!!!!!!!!!!!!!!!
——— Groups are signing up 3 or 4 times and screwing up the pick-up schedule.
DO fill in information on the top of your grup order: name, phone number, pick-up time, etc.

Communique from Harry
As you should know, Common Market has departed from a one man-one vote policy on referendum decisions. Your vote is only worth the ratio of the number of work jobs assigned to your group to the size of your group. Thus a group with 10 people and four jobs assigned to it gets 4 votes, but each member gets 4/10ths of a vote. A group with 2 people and 2 work jobs assigned to it gets 2 votes and each member gets 1 vote each. I'm asking you for a referendum to change this policy and go to a policy of 1 vote per member. Please attach a slip of paper this week to your order requesting a referendum and bearing your signature and group name.

signed: Harry Travis
Zoo

FINANCE COMMITTEE REPORT

Bob Pierson

January 6, 1972

1. Voted unanimously to require that all cash out transactions larger than $10 be paid by check. A petty cash fund shall be on hand in the warehouse for purchases of miscellaneous items not to exceed $10 in cost.
2. We are still low on cashiers. Group representatives are encouraged to get someone in their group to become a cashier. It counts as a work slot. Its not that big a hassle and the coop needs more.
3. Decided to pay Natures Bakery for what is known as the stuck door misunderstanding - in which Common Market bread order for half a week became unsalable after 4 days behind the stuck, not locked door of Natures Bakery. Feeling was to pay them but let them know that arrangements should be a bit closer knit.
4. Discussed mechanisms to get enough ahead in cash balance to allow purchase of items requiring advance cash layout, such as large orders of meat. No definite recommendations made, except that the finance committee should work a bit closer with the food committee.
5. Decided to apply with IRS for tax exempt status. It is likely that we will pay tax as a corporation for 1971 but that Federal tax is refunded when and if we go to tax exempt status. [illegible] is not refunded.

Discussed charity as it involves the IRS. With the tax exempt status 10% of all gifts can be to non-tax exempt organizations such as Sustaining Fund. The tax considerations are being studied by Nancy.

6. A part time bookkeeper will be selected after next meeting of finance committee Wednesday, January 12, 7:30 pm, Terri Gregory's house, 2206 Center Ave. Anyone interested in being considered for the job is urged to submit a summary of his experience, time available,need, and how long in Madison. To Elaine before this Wednesday.

Since the time of this report, Jan. 9, the Finance Committee has hired a part-time experienced bookkeeper. He will be paid $2.00/hr for a 20 to 25 hour week.

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N U T R I T I O N

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There will be a meeting of the nutrition committee to plan our future course on Friday, January 21 6:00 to 8:00 at the warehouse. I hope there is someone who would like to be co-ordinator, as I (Sheila) am no longer going to be able to. Even though we aren't vital to the physical functioning of Common Market, we serve a very important function by informing people of how to obtain the most nutrition for their time and money. I hope there is enough interest among the members to enable the Nutrition Committee to continue to function.

Send recipes for the nutrition committee cookbook to Sheila Friedman, 6418 South Ave., Middleton 53562. Also anything else concerning nutrition.

FEEDBACK - RESPONSES & ADDITIONS TO THE NUTRITION CHART by Sheila Friedman

From a co-op member I learned that Dr. DeLuca, A U.W. chemist, read through the chart. He offered some information he thought it lacked & disagreed with some of ours.

First of all he said something more revolutionary than anything in our chart. He said that vitamins A, C & E are destroyed when they contact metal through oxidation. So much for our metal pots, mixing bowls, mixing spoons & eating utensils. A & C come in fruits and vegetables which are often eaten raw & with fingers -- you have to chew very well to absorb the A. But E comes mainly from whole grains. Does anyone have any more information on this subject?

He also commented that:

1. All the B vitamins are water soluble.
2. It is particularly easy to be deficient in thiamin which can be obtained from whole grains, sprouts & some vegetables.
3. Antibiotics kill intestinal flora which produce Biotin , Vitamin K & Folic acid. PABA is a subunit of folic acid, so if you have enough folic acid you have enough PABA.
4. Vitamin A does not help clear up pimples and blackheads. (I wonder if he's right about this?)
5. Aspirin does not destroy vitamin C. (I wonder)
6. Calcium deficiency is very common. It 's important to make sure you get enough.

Deluca had more comments by way of making our chart more consistent with laboratory findings with which he is familiar. Before we print a second edition of the chart we will check [illegible] to the best of our ability & make changes we believe are necessary.

He, like so many food scientists, puts down Adelle Davis. But they do not prove any of their charges against her. She has taken information learned through laboratory & clinical work and made it available to the public. I wish such information were made known to the FDA and the policy makers of the giant food industries who have so much power over the health of the American people.

(More information supplementary to the Nutrition Chart in the next Chew On)

MORE FOR VEGETARIANS & Others Who Enjoy Good Food

Kathleen Ruf, an instructor & PhD candidate in the Food Sciences Dept. here spoke to the members of the Nutrition Committee a while back. She's a Seventh Day Adventist & because the Adventists do not believe in eating meat she did her MS thesis about how complete protein can be obtained without meat. Here are some of the recommendations she came up with:

1. Add 5% soy powder of flour & 5% dry milk to whole wheat flour.
2. To whole wheat flour add brewers yeast or peanut flour.
3. Add ground sesame seeds (you can buy & grind them at Whole Earth.) to soy flour, beans, bean curd & other soy products.
4. Add an equal amount of brown, unrefined rice to wheat; rice flour to whole wheat flour; rice to corn, rice to cornmeal; brewers yeast to cornmeal.
5. Fresh, unheated green peas supply a high grade of protein.
6. Chick peas also called garbanzos, have high protein value.
7. Add boiled wheat to cooked, dried legumes.
8. Use a mixture of ½ rye & ½ buckwheat.
9. Add algae & seaweeds to cereals.

Kathleen listed a series of meatless main dishes which will be included in the next Chew On. Basically they are mixtures of the foods listed above with vegetables, eggs, sauces and nuts added. I'll bet the cooks among us can invent some good ones ourselves. If you do, please send them to me.

ELEGANT YOGHURT from dry skim milk --- quite sour
from Betty Boardman

make at night.

I make 2 quarts at a time in a plastic container with a tight lid - cottage cheese, riccotta, ice cream and such like come in these boxes.

Use 1/3 as much dry skim as water and water as hot as it comes from the tap - from 120° to 140°. Stir milk until most lumps are dissolved, then skim lumps and foam off top and feed to the dog. Stir about 2 large tablespoons of yoghurt until smooth, add several spoonsful of warm milk, stir, add more, stir, then stir it all into the milk. Cover tightly and set in front of the hot air register (or on the radiator) until morning. In the summer I put the container into a plastic foam picnic basket with another container of hot tap water snuggled up close, put the lid on tight and let it rest until morning.

I use Dr. Gaymont <u>plain</u> as a starter the first time as it tastes the best to me. It seems to take longer than the later batches. From then on I save a bit of my own for a starter - unless somebody eats it all.

Try a big bowl of yoghurt with broken pecans and brown sugar. Brown sugar tastes better than honey, but I suppose honey is more nutritious.

From Sheila:

I make this by blending 2 C. cold water and 2/3 C. non-instant dry milk in a blender.

I then mixed some of the milk into about 2T. of old yoghurt and then mixed it all together. The mixtures sat in a pan of water about 105° - 110° for around 4 hours. It turned out pretty sour, too, but I think if I had caught it just shortly after it thickened it wouldn't have turned out so sour. Thanks to the people who sent their yoghurt recipes. This one turned out to be the simplest, successful and to use just the dry milk and low heat. (We think a yoghurt made with the least processing and lowest heat is more likely to retain a better quality protein in it.

Betty Boardman sends this, says it is fantastically good.....

Galotsie Polonaise (Polish Stew)
to serve 10-12 heartily

1# bacon cut in 1½" pieces
1 small cabbage peeled and sliced
——— parboil together until bacon has lost some fat and cabbage is soft.

drain and mix in 5 qt. Dutch oven with:

½# ham cut in 1" cubes
1# boneless fresh pork cut in 1" cubes
½# Polish sausage cut in 1" pieces
1# mushrooms sliced (or less as budget allows)
1 - 8oz. bottle green salad olives
¼# butter (I leave this out - there is enough fat in the meat)
1# can of sauerkraut (2 cups)
2 cups tomato juice
1# can tomatoes
2 apples, peeled and sliced
4 white onions chopped coarsely

NOTE --NO SALT

cover and bake <u>at least</u> two hours at 375°. Uncover for last half hour and let top brown a little. Reheats well, but don't overcook! Can be prepared a day ahead for baking - refrigerate.

Serve with new potatoes and mustard sauce: 2 cups sour cream, 3 heaping T Digon mustard, salt and chives. Or with hot corn cakes or sourdough bread.

A GOOD FAST MAIN DISH
invented by Sheila in a hurry one evening. Grate fresh vegetables into a pan with some oil in it. Add cooked rice and seasonings and mix well. Heat until a good serving temperature.

MAYONNAISE MADE IN A BLENDER
(from Mastering the Art of French Cooking

makes about
1 1/4 cups

1 whole egg
1/4 tsp dry mustard
1/2 tsp salt
1 T lemon juice or wine vinegar
1 C oil

Break egg into the blender jar. Add mustard and salt. Cover and blend at top speed 30 seconds or until thick and foamy. Pour in lemon juice and blend for 10 seconds. Uncover jar and blending at high speed, pour the oil into the center of the egg mixture in a thin stream of droplets. Very slowly. The sauce will begin to thicken after 1/2 C of oil has gone in. If it becomes too thick blend in a few drops of lemon juice or vinegar. Taste and blend in additional seasonings if needed.

THE COMMUNITY

COMMUNITY NOTICES

Glenn, who is making our co-op film, needs a place to live within 18 miles of Madison -- a room in a country house or on a farm. Call 233-2080.

Andrew Cohn is running for 14th ward alderman and needs your help. Call 256-4723.

John and Lynette Ruby are selling no-phospate detergent and other ecology-approved Amway home-cleaning products. 231-3047.

For some free guppies call Arnold xx or Jon 836-6101.

Selling Shaklee cleaning and nutritional products are Andy Fraenkel 256-4662 and Georgia Ryan 233-4356.

JAZZ RADIO EARTHWOOD RADIO JAZZ

EARTH WOOD RADIO is on the air with late night Jazz. That's the word from WSUM, a Madison FM Stereo station, 104.1 FM. The program will begin Friday night, January 14, and will run Friday, Saturday, and Sunday nights, from midnight to 3:00 a.m.

The guy doing the show is Rnn Carbon, a local from Madison, a sometime student, who is new to radio. "I want to cover the whole spectrum of jazz, from big band sounds to a little Dixie now and again, to mainstream stuff and on into some of the really new, improvisational sounds. Partly because I don't know the music and artists and labels and who influenced whom in 1934, etc., I'm literally playing it by ear. I'm not going to attempt to intellectualize about the music for those reasons, and also because I don't think that's what music is all about anyway. Just want to do some mellow sounds that are good to the ear, that I like and that, hopefully, other people will also like."

"I hope that I'll get some feedback from people out there in never-never land, that they'll call and say it stinks, if it stinks, and that if things are OK that I'll hear that too. Just people talking abut it will be the quickest education I can get as to what music people want to hear, and how things can be ipproved as things move along."

Good luck Ron!

SUNFLOWER SUNFLOWER SUNFLOWER

We need to support Sunflower — our good-food Kitchen in the University YMCA on Brooks Street. If you haven't tried the food there -- freshly made soups, cheese and rice casseroles, good (and huge) sandwiches -- DO IT!!!! What about lunch while you're on campus? Dinner on your way to a movie? And prices are fantastically reasonable per ounce of nutrition . . .

The menu this week, for your gastronomic pleasure:

WEDNESDAY: blintzs, kasha soup, maybe kugel
THURSDAY: the already famous pizza night, with whole wheat garlic bread & salad
FRIDAY: Chinese night: chop seuy, egg drop soup, mu tea, egg foo yung, maki-sushi, almond rice balls.

SUNFLOWER KITCHEN'S regular hours are Monday thru Friday, 11:00 a.m. to 9:00 p.m. closed Saturday, Sunday 5:00 p.m. to 9:00 p.m. BUT they won't be open until 5:00 p.m. THIS WEEK ONLY.

Watch for SUNFLOWER KITCHEN NUT BUTTERS (peanut, cashew, sunflower seed) soon on sale at Mifflin St Co-op, Whole Earth and Sunflower Kitchen. If you like them, ask our food committee to put them on the price list.

Suggestions and recipes are always welcome at Sunflower. Give it a try!!!!!!!!!

GARAGE CONSUMERS' COOPERATIVE GARAGE

The Consumers' Cooperative Garage (formerly the automobile and motocycle coop) is now a legally incorporated cooperative. It is a community service garage hoping to benefit the greater Madison community. As a coop it is a membership organization and this form was chosen because it goes farthest toward guaranteeing community control of the policies in both business and community aspects.

We are now selling memberships for $5.00 a person. We need to get money together to pay for the initial outlays of renting a garage and paying for heat and light. By buying a membership, you will not only support a much-needed cooperative institution but will receive savings on repair work. It is also hoped that members will be able to buy parts over-the-counter for less than the usual retail cost. In addition, education clinics about your car will be open to members to that you can learn how to fix your vehicle yourselves.

The location committee of the cooperative is looking for a suitable garage, with a lift. We decided that it had to be within the city limits of Madison, preferably toward the eastern part of the city. If anyone knows of a location for rent, please call Ken at 249-7618, or 257-4829, or Pam at 836-5668.

The cooperative will provide fair pricing and honest work and will assure that unnecessary costs will not be added to customer's bills. It will not be a cut-rate business; savings to members will be through fair and honest treatment.

Any surplus accumulated in the operation of the business is currently planned to be used in the community to help us achieve control over the businessos and social services which supply our needs. This includes setting up new co-ops and non-profit businesses, supporting the Madison Sustaining Fund, and for meeting other community needs as our members choose.

If you want to buy a membership card, you can get them at Yellow Jersey Bike Co-op at 601 University Ave or Bing Bang Leather Gang at 821 East Johnson or call Laura Stahlman at 255-7172. Our next meeting, to which everyone is welcome, is on January 30th, 1972 at 2:00 p.m. in Union South. (We will also sell memberships at the general meeting, February 13th at 953 Jenifer Street.)

LENTILS AND RICE

Basic recipe: lightly brown 3/4 C chopped onions in 3T olive oil. Add 3/4 C lentils and 2 C water. Simmer several hours until lentils are tender. Then add 3/4 C rice, white or brown, and enough water to cook the rice - probably about 1-1½ cups - and salt and pepper to taste. ... Use your imagination to make this more interesting. For example, brown chopped garlic and 4 to 8 oz. chopped meat w/ the onions. Add boullion cubes with the lentils, + 1/2 C chopped parsley, 1/2 t all-spice, 4 t lemon juice, 1/8 t cayenne pepper. Add chopped green pepper, tomato, any vegetable that you like. Possibilities are endless. Serve with fresh plain yogurt (recipe earlier in this ed). Serves 3 to 4.

WISCONSIN INDEPENDENT NEWS DEPARTMENT
830 EAST JOHNSON
MADISON, WISCONSIN 53703

	single copy	bulk orders
A - WOMEN'S ISSUES		
Our Bodies and Ourselves (formerly Women and Their Bodies) by the Boston Women's Health Collective. Far and away the best booklet offered on women and health: anatomy, sexuality, pregnancy, etc.	$0.50	$0.45
Off Our Backs - a monthly newspaper on Women's Liberation from Washington, D.C. Current issues 35¢, back issues 10¢		
Women: A Journal of Liberation (Quarterly) Each issue contains articles on a theme by different authors.	1.25	1.00
Scarlet Letter by the SL collective. A Madison Women's Liberation [illegible].	.30	.20
[illegible] Workers by Ilene Winkler Charts, graphs, facts and figures on women in the work force.	.30	.25
Army Dependents by Peggy, Joyce and Sandi A dialogue on the problems of women whose husbands are in the Army.	.40	.30
Feminism and Marxism by Dorothy Ballan The Women's Liberation movement as seen by a Marxist.	1.25	1.10
Chinese Women Liberated by Maude Russell A political analysis of Women's Liberation in China. Contains the text of the marriage law of the People's Republic.	.50	.45
Women in the Chinese Revolution by Laurie Landy A critical study of Women's Liberation during the past 40 years in China.	.45	.40
B - THE MILITARY		
Ask A Marine USMC Pvt. David Osborne raps on the collapse of the Armed Forces, the fall of the American Empire and the rise of people's power. A speech made just before sentencing at his court-martial for desertion.	.30	.25
Black Marines Against the Brass An interview by Andy Stapp, American Servicemans Union chairman with William Harvey and George Danish, who are serving a 6 and 10 year sentence respectively for their opposition to the war in Indochina.	.30	.25
Court-Martial Turned Around by Bill Smith Pvt. M. Smith charges military harassment. The story of a Union organizer in the Army.	.30	.25
The Opium Trail: Heroin and Imperialism by a working collective Smack inside and outside the US. The role of the Pentagon and CIA. Well researched.	.35	.30
Army Dependents (A)		
C - THIRD WORLD		
The Earth Belongs to the People: Ecology and Power by Peoples Press Why Holland, with 972 people per square mile, is not over populated, while Venezuela, with 27 people per sq. mile, is. Excellent.	.75	.60
Expanding Empire by Vincent Copeland A Marxian analysis of International capitalism and imperialism.	.55	.50

(OVER)

C - THIRD WORLD (cont'd)

	single	bulk
Vietnam: 1000 Years of Struggle by Peoples Press An easy reading history of the Vietnamese People. Good graphics.	.75	.60
Genocide With Herbicides by Professor Gerhard Grummer A report on the American use of herbicides in Vietnam and its effect on the inhabitants.	.35	.25
Rent Collection Courtyard Some of the finest artwork of revolutionary China. Statues from the plantation where Liu Wen-Tsai estorted payment from his serfs.	1.25	1.10
Traditional Medicine in China by Ralph C. Crozier A political analysis.	.50	.45
In Southern Africa Wisconsin's Business? by the Madison Area Committee on Southern Africa (MACSA). An analysis of the South African situation and Wisconsin business ties to Apartheid.	.50	.45
Volunteer by the Committee of Returned Volunteers Articles on the Peace Corps and U.S. imperialism by former overseas volunteers.	.60	.50
Gulf Oil: A Study in Exploitation by the Committee of Returned Volunteers An analysis of one oil syndicate's dealings with the third world.	.75	.65
Chinese Women Liberated (A)		
Women in the Chinese Revolution (A)		
The Opium Trail (B)		

D - INTERNAL COLONIES

Black Labor by Radical America A series of essays on the historical situation of Blacks in the U.S.	1.00	.75
Akwesasne Notes A monthly compilation of Native American news from around the country.	.50	.40
War Behind Walls (F)		

E - POLITICAL ECONOMY AND LABOR

An Introduction to Capitalism by Gayle Southworth An edited version of four lectures on Marxian economics given in a UW student run course in 1971.	.50	.40
American Working Class in Transition by Kim Moody A technical analysis of present day economic trends.	.45	.40
Labor's Untold Story by Boyer and Morais The adventure story of the battles, betrayals and victories of American Working Men and Women.	2.50	2.00
American Labor History Critical summaries of publications on Labor written for an interdisciplinary seminar at UW, Spring 1970.	2.50	2.00
A History of the New Left, 1960-1968 by James O'Brien The only comprehensive (radical) history of the New Left in print	.35	.30
The Unforgiven (C)	1.95	1.70
Expanding Empire (C)	.55	.50
Women Workers (A)	.30	.25

F - POLICE AND REPRESSION

	single	bulk
Police on the Homefront - a collection of essays by National Action Research on the Military Industrial Complex (NARMIC). How the War is being brought home through pacification techniques, weaponry and Big Brother computer systems.	1.35	1.10
Busted by the Madison Defense League What to do when The Man says "Hey You" Legal rights, what to do before, during and after a bust.	.25	.20
Radical Therapist - A monthly journal of the social and clinical professions.	.75	.60
Power Structure Study of Madison and Dane County (H)	1.00	.80
War Behind Walls by the Red Family, People's Press and Friends Attica, George Jackson and the Movement in prison.	.15	.10

G - FARM AND RURAL

The Farmer Takes A Holiday by Everett Luoma Easy reading political history of the Farmers Holiday Association of 1932-33, when Midwest farmers went on strike against the Establishment. What they don't teach in history class.	2.50	1.90
The Unforgiven. How America Traded Parity Agriculture for Parity War by Charles Walters Jr. A lengthy, detailed analysis of how the people who live in the rural 95% of the nation are being eliminated by government and big business. Conglomerate control of food.	1.95	1.70
Holding Action by Charles Walters Jr. The story of the 1967 NFO milk holding action. Lots of facts and figures on what is happening to control over U.S. food production	5.95	5.20
A Farmers Guide to Homestead Rights by Charles Walters Jr. A guide for stavin off bankruptcy and foreclosure. State by state itemization of homestead exemptions for bankruptcy and foreclosure for farmers.	2.25	2.00
The Meat in the Agricultural Coconut by John G. Haberman An NFO organizing book. Facts and analysis on the farm scene.	2.00	1.70
The Truth About the Farm Betrayals by F.W. Stover Government farm policy versus the farmers. Stover heads up the U.S. Farmers Association, which has opposed U.S. imperialism since the Korean War.	.50	.40
Peace and Parity by F.W. Stover The connections between U.S. imperialism and the destruction of the family farm.	.20	.15
The Truth About the Farm Bureau by Dale Kramer No other country has a farm problem; but then, no other country has a Farm Bureau. The truth about the organization that led U.S. farmers down the path of self-destruction.	.15	.10
Natural Life Styles (monthly) - Short and long articles and tips for the Back To The Earth People: acupuncture, kiln building, natural cooking, recipes, survival tips, etc.	1.60	--

H - LOCAL ORGANIZING AND RESEARCH

	singles	bulk
Power Structure Study of Madison and Dane County (Wisconsin) by Christine Linder A first-hand model of how to do local power structure research. Contains chapters on Banks and Corporations, Real Estate and Housing, City and County Government, Health Care, etc. Each chapter followed by research guide and bibliography.	1.00	.80
Organizing pamphlets from the Southern Conference Educational Fund (SCEF)		
How to Negotiate	.25	.20
Common Group Problems	.50	.40
Hang Ups	.50	.40
Getting and Keeping People Together	.25	.20
Wisconsin Telephone Company by Roney Sorenson Why everybody hates Ma Bell. Written on the occasion of WTC's second rate increase request in six months (they're now on their fourth in 18 months).	.25	.15
Wisconsin Survival Handbook by Douglas LaFollette and Peter Anderson A brief guide to environmental problems in Wisconsin and what is and is not being done about them.	.95	.75
Tenants Rights Handbook by the Madison Tenant Union Articles covering common problems of renters in Wisconsin. Legal, social economic and political aspects of being a renter.	2.00	1.50
Police on the Homefront (F)	1.35	1.10
Is Southern Africa Wisconsin's Business? (C)	.50	.45

Notes On Ordering:

1. Bulk orders are orders of ten items (assorted)
2. For orders under $2.00. add 10% for postage.
3. In Wisconsin, add 4% on all orders for sales tax.
4. Mail to: WIND
   636 East Johnson
   Madison, Wisconsin 53703

Newspapers and magazines may be interested in the WIND news packet: a bi-weekly summary of international and regional Movement news and analysis.

$5.00 per month

$30.00 per year

We also have children's books

Wind also distributes: King Street Trolley and Takeover, two Madison undergrounds

We The People, a Madison Working Peoples Papers

The Wisconsin Patriot, organ of the Wisconsin Alliance - an insurgent working people's party.

CHEW ON

Newsletter of the Common Market Food Buying Co-op February 23, 1972 No. 14

PEOPLE'S HERO OF THE MONTH
JOHN DORE

On a cold Wednesday morning in January, JOHN DORE entered the warehouse to do a work job for his group. Since it was a day that people would pick up their food, he expected to work passing out food, or perhaps a bit more strenuously, work in the cooler. He had done both jobs before since his group, Strand, had only 3 members when it started and he had worked often representing them. Now the group is larger, and more people share the work-load.

But on this particular Wednesday morning the warehouse was in a frightful state. THE CHEESE HAD NOT BEEN CUT!!! 365 pounds of cheese remained to be cut up and packaged before empty boxes and expectant faces arrived at the door. And cutting cheese is a VERY HARD JOB.

Many people helped cut cheese that morning. But only 1 person cut cheese FOUR STRAIGHT HOURS -- JOHN DORE. As the morning wore on, his face became flushed, his dark hair drooped over his forehead. On and on they came -- 40 pound blocks of this, 30 pound blocks of that. We estimate he alone cut and packaged over 250 POUNDS of cheese. And so Chew On salutes JOHN DORE as PEOPLE'S HERO OF THE MONTH!!!

John is from New Jersey and a history graduate of the University of South Carolina; his special interest is Southern history. He lives in Madison with Mary and Eric Strand. He has held various jobs here, including a paper route for 8 or 9 months. He does a lot of volunteer work with Yellow Jersey Bike Co-op and is a skilled bike mechanic.

A WAREHOUSE TALE

We list a 10-ounce package of dates on the price sheet. Occasionally, we receive a shipment of 8-ounce packages. When that happens, people are quick to note the discrepancy and carefully instruct the cashier to subtract the difference from the cost of their order.

This week the package of dates weighs 1 pound. No one has said a word.

EMERGENCY GENERAL MEETING
FEBRUARY 27, 1972
7 pm.
953 Jenifer St.

Last week the west side produce order was too large to fit on the truck. The buyers had to leave 72 pieces (crates). This included all our broccoli, peas and cauliflower. The east side has a slightly smaller order (which doesn't fit in the cooler) but it is estimated that it will not fit on the truck in 2 weeks.

This is the culmination of a growing growth problem. We haven't been able to

CHEW ON WITH CHEW ON . . . . .

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fit all our food in the cooler for many weeks. All the citrus fruit stays out in the hallways and in the warehouse, so not only is it not getting cooled, but it's very crowded in the warehouse. Pick-up times are overloaded -- we've had to add a third slot for each day. And for this reason people have to spend hours picking up their food.

We are a very large coop, 2500 people or more. Besides the physical problems of overcrowding (the truck, the cooler and the warehouse) we are suffering a supreme illness called lack of cooperation. Last week alone, 7 work supervisors didn't show for work. People don't show up for work, don't take initiative or attend important general meetings. I don't mean this to be a total put down. (The criticism is mostly for me to let off steam.) Some people do work and attend meetings. But for this large a group we should have more workers, not less. Ok.

To maintain our present size and product availabliity and if we want to grow further, we need more truck space, another warehouse and cooler. However, we don't have the money to move or buy another truck. But we have to solve all these problems almost immediately. Please attend the special meeting on February 27th, at 7 pm at 953 Jenifer st.

linda jo.

THE TRUCK'S TOO FULL BECAUSE IT'S CARRYING FOOD FOR PEOPLE WHO AREN'T COOPERATING

The Common Market is in crisis again. The reason is an eternal one in cooperative ventures: a few people are doing most of the work, carrying along to various degrees the other several thousand members. This is no longer cooperation but exploitation of the dedicated few by many indifferent individuals who are on a free food trip.

The Common Market is growing. This is a good thing but only if such growth continues to bring in truly cooperative individuals. One problem that is upon us now as a result of this growth is that the truck for the Chicago runs can no longer hold the food that is ordered. That truck is too full because it's carrying food for people who are not cooperating. How's that? you ask. The answer is that the hard core of devoted people who make the Common Market happen from day to day are so overburdened with all the work that they do not have the time nor energy to take a long, quiet look into the future of the Common Market in order to anticipate and implement solutions to obvious problems such as the truck crisis that is upon us now.

Bob Pierson

IS FURTHER GROWTH CRUCIAL TO THE COMMON MARKET

Two recent developments in Common Market operations are symptomatic of a large range of potential problems:

1) The Trucking facilities are greatly over-stressed.
2) The Warehouse and Cooler space is being taxed to their maximum.

These are involved with, create, and are complicated by, many other factors. Separating Cause and Effect is, as always, difficult, and there is much that cannot be discussed in this limited space. <u>But</u> the members must confront and deal with the following issues very soon!

a) Assuming that cooperation among the coops in Madison is desirable, the members must consider the effect that Common Market has on the operations of other groups. e.g. If there are advantages to us in trucking with other coops, should we not pay attention to the detrimental results of our uncontrolled growth on Madison's trucking capacities? If not, should we drop out of I.C.C.? How about raising funds for another truck?

b) Assuming that quality of service, and happiness of members providing that service, is as important as quality of food and lower prices, should we not pay more attention to keeping the members that we attract, rather that attracting more that we can comfortably serve? What changes might alleviate these problems?

c) Assuming that the initial pseudo split into East side/West side groups was a step towards the creation of at least two separate coops, should we not act on that

intention and make some positive moves in that direction?
d) We speak in our By-laws of the Common Market as a medium whereby a larger number of people might be educated in cooperative methods. Are our members so cooperative that we should take it upon ourselves to spread the message?

If education through growth is our medium, what is the best type of growth?

Are there reasons why the committee jobs become less and less enjoyable as our size increases?

Why do people in the process of picking up food complain about delays caused by the spilling and cleaning up of sev eral gallons of milk, instead of helping?.

Of course, this only scratches the surface. The members of the Common Market must help the coop become a cooperative Cooperative both internally and externally! We must apply ourselves immediately to the first two problems outlined above. Some solutions to the following factors must surely follow. Your opportunity to help will come at an action-oriented problem-solving meeting on Sunday, Feb. 27. Collect your thoughts and participate.

Pete Carruthers

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Communique: Hate that Elam's Peanut Butter but your buddy buys it anyway? Mix in a little honey and sprinkle with salt, and that'll help.

* * * * * *

REPORT ON THE COMMON MARKET GENERAL MEMBERSHIP MEETING, SUNDAY, FEBRUARY 13th

We began early in the evening feasting on a gigantic variety of foods brought by our members and members of the Wilmar Neighborhood Center. It was fun.

This general meeting accomplished (in a fashion) 1 item of business -- the Finance Report. This is how it happened.

Our meeting began with a preview of the film Glenn is making about Common Market. It will have sound eventually, and features a few people talking about Common Mkt and a lot of people eating while they work at the warehouse. He and Sheila are making it for use in informing new members and spreading the idea of cooperative food buying to as many people as possible. He estimates that it will cost $400 to finish it, and asked Common Mkt for that amount. (He and Sheila have put $500 of their own money into it already. Common Market has given them $100.)

Then we had announcements:

Sylvia of Wilmar told of the disastrous effect that Nixon's veto of the OEO program will have on the few programs now available to provide services for the poor. Senator Nelson and Representative Perkins, have re-introduced the vetoed programs; write them your support.

Mary from Wisconsin Alliance asked that people in the 6th ward who would be interested in strengthening the relationship between older people and young people in the ward, perhaps through the food-buyinggroups,contact her. 256-8573.

The Auto Co-op is chugging along much more slowly than it would like. New members are badly needed -- $5.00 lifetime membership. Call Laura Stahlman 255-7172.

Noah's Ark, which I think is a group of psychiatric people, made an announcement which I didn't hear, and then told me they'd get me a paragraph which must be somewhere among the food at the warehouse. I think they're offering to be of help to other groups, but I'm not sure and can't find their phone number. Would someone from that group contact the warehouse?

A representative of split pea brain group reported a high degree of spoilage in their food, and asked what the problem was: is it because they pick up on Saturday and the food is old? Are we getting ripped off by the suppliers?

There were assorted comments in response to the query: Some groups have no problems with food quality, most groups have occasional problems. A new load of produce comes in at the end of the week, so GROUPS WHO PICK UP ON THE WEEKEND AREN'T GETTING OLD FOOD.

Bread has no preservatives, and thus has a short life unless you refrigerate it. Many things are just coming into season, and are of poor quality. There's been a dock strike and food may have been setting for awhile elsewhere as a result. Some produce has come in frozen because there was a hole in the roof of the Mifflin St truck -- now being fixed. The cooler is a severe problem; it's too small and occasionally things have to be left out, eg. oranges.

Finally, a person who HAS done buying for us at the Chicago market made some comments: it is hard to get what you want at the warehouse, no matter how careful you are. Gradually we are learning who to deal with there, who gives good quality, who you can trust.

Because of all this there was a plea that people cooperate and not be excessively picky, and take what is available even if it isn't absolutely perfect but people of course need not take clearly rotten food.

What about food returns? Concerning our suppliers: Common Market can return any spoiled dairy products for a full refund. Any problem with produce has to be absorbed at our warehouse; we get no refunds on it. Common Market has a continuing policy that we will refund payment on bad food, or exchange it when possible. Perhaps trying to get substitutes at the surplus sales is one answer.

The question came up again: Why don't groups get their food at end of pick-up times? PLEASE NOTE: Elaine ALWAYS orders MORE than enough food to fill ALL orders. This problem is in large part people on Thursday and Sunday thinking that only they didn't got certain foods. Actually, each week some x foods are not available to anyone, or not packaged. Or workers did not know where the food was in the warehouse.

A final question on pick-up times: how do you get the time you want? No answers other than what we're now doing. WE NEED SUGGESTIONS.

Finance Committee Report by Bob Pierson:

"(1) It would be desirable if the Common Market could be enough in the black to permit purchase of certain food items that require sizable cash outlays in advance. The finance committee brings the followigg scheme before the general meeting for discussion: The Common Market can sell a limited number of $5 and $10 food vouchers for cash to members wishing to advance his month's food money to CM for buying-ahead purposes. The vouchers would be sold periodically, perhaps every month. They would bear the signatures of both Elaine and Charley, our book-keeper. The member buying the vouchers can use them instead of cash to pay for his food at pick-up time."

Decision postponed until next meeting.

"(2) The Finance Committee recommends that bad checks paid to the Common Market be settled within 4 weeks or else the group responsible cannot order until the check is made good. At the end of the 4 week grace period, the offending group loses the privilege of paying by check."

Decision postponed until next meeting.

"(3) The Finance Committee is very concerned about the Common Market contribution to the Sustaining Fund. It is highly desirable that we qualify as a tax-exemp organization. IRS regulations require that not more than 10% of gifts made by tax-exempt organizations go to "political" organizations, as defined by IRS. The

Sustaining Fund is not a tax-exempt organization. Therefore, CH must give away the remaining 9% of the markup in order to qualify as a tax exempt organization. This situation is clearly unacceptable. The Finance Committee recommends that:

a. The CH suspend donation to the Sustaining Fund until the SF qualifies for tax exempt status, or

b. The CH discontinue donations to the SF except by voluntary donations from individual CH members."

This elicited considerable discussion. Among the issues raised were:
(1) Do we really want tax exempt status? The desirability of that status is illustrated by our tax situation this year: as far as Nancy can tell, we owe $1200 federal taxes as of March 15, calculated on the basis of bank balance and inventory at the end of the year, and depreciation on big items purchased, eg. truck. We are taxed at the 22% corporate rate, and can get a refund on these tax payments if & in the future we get tax exempt status. However, several people raised the fact that such status would restrict our behavior, including our donations, and this may well be undesirable.

(2) Must we discontinue the donation of 1% of our gross to the Sustaining Fund in order to qualify for tax exempt status? This money is helping to sustain and give life to other organizations in town with considerably less fund-raising capacity than we have. It is possible that we could channel the 1% to the Sustaining Fund through a tax-exempt organization, such as YWD, and thus not jeopardize our application for tax-exempt status.

We'll make a final decision at the next meeting.

"(4) The Finance Committee recommends that Elaine's salary retroactive to Jan. 1, 1972, be increased to compensate for various tax and benefit deductions, so that her net salary is $80/week."

At this point it was clear that we needed a report from Charley, our bookkeeper, so that we knew whether we have the money to pay Elaine and give Glenn for the film.

Charley's report was weird, and went something like this "Well, we take in some money and we pay out some money, and it looks like we're paying out a little more than we're taking in, or at least taking in the money a little after we've spent it." We finally wrung out of Charley the fact that we were, as of the night of the meeting, $1600 in the red, and that we just miss bouncing checks because he runs to the bank with a deposit just in time to cover checks which are taking 5 days to clear the marvelously complex banking structure; he didn't want to upset us needlessly with that information, since it looks like a temporary problem. That is,

(1) we have to pay for our produce when it comes in the door, before we sell it; when the ICC establishes credit at the Chicago market, we'll no longer have to do this.

(2) we have a large dry-good stock (rolled oats, sugar) which will be depleted within a month. In other words, one view of our problem is this: we can't pay Elaine's salary in rolled oats. (Editor/s note: any ideas that we have an excessively large inventory are false; Elaine knows what she is doing, and she is NOT messing around building an empire of dry goods in the back corner of the warehouse. . . . .)

We then settled the money requests:

MOTION that CH guarantees any personal loans made to Glenn up to $400 for completion of the film, due date to be worked out with the loaners. Carried.

MOTION that we pay Elaine a salary which would give her $80 take-home pay. Carried.

MOTION that we defer payment of 1% of our gross to the Madison Sustaining Fund was extensively debated and then withdrawn for want of a second.

Motion that CM keep doing what wo're doing, until next month when we reorganize our finances sufficiently to cover expenses. Clearly passed.

THANKS TO BOB AND NANCY AND CHARLEY FOR ALL THEIR WORK ON THE FINANCIAL SITUATION.

It was a good meeting. People worked together in trying to deal with our responsibilities to our membership and to the wider community. A lot of trust and laughter and energy and effort and love.

* * * * * * *

Vegetable Nut Loaf from Lynn

1 C diced carrots
1 C diced celery
1/2 C chopped onion
1/3 C butter, margarine or oil
1/4 C unsifted whole wheat flour or graham flour
1 1/2 t salt
1/8 t pepper
1 1/2 C milk
1 C grated cheddar cheese
1 C chopped pecans
3/4 C wheat germ
3 eggs, slightly beaten

Saute carrots, celery and onion in butter or oil until onion is tender. Stir in flour, salt and pepper. Add milk all at once. Cook over medium heat until thickened, stirring constantly. Add cheese -- stir until melted. ~~Mix~~ Stir in nuts, wheat germ, and eggs. Pour into greased loaf pan (9x5x3 inches). Bake at 350° for 50 minutes or until firm. Let stand in pan for ten minutes before serving. Serve plain(or with cheese sauce: make a basic white sauce (melt shortening in a pan, add flour, then milk) and to it add a dash of cayenne pepper and shredded cheddar cheese.) (We like this reheated on the second day better.)

(Communique from member: H believes you should eat as many foods that have preservatives in them as you can. That way you'll live a long time because your body will be all preserved.)

Is Your Food Rotting, Too?

In the past few weeks some of our produce has been spoiling within a few days -- food that we felt should not spoil that fast -- oranges, potatoes, stale bread, bagels. We are wondering if the people at the Chicago markets, etc. are selling us old produce - if so, what can we do? We do take normal spoilage into account - cut mold off bread, etc., but our bread is often stale when we get it -- we freeze it now. Are we getting old bagels? It seems strange to us that food like oranges and especially potatoes should rot so fast - are we an isolated case? Respond to us in Chew On and maybe you should write little (or big) notes on your order sheets. We need feedback because if this experience is common among a lot of people something should be done.

--from split pea brains

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CO-OP BUSINESS

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COMMENT ON MY COMMENT ON THE LAST MEETING, BY GREG

Having taken part in the general membership meeting which drew up the Common Market by-laws, I offer this interpretation of what happened at that meeting. This is a different interpretation from the one given by Kathy in the last Chew On.

Most of us at the general membership meetings (and especially at an important one concerning the formal decision-making power of the Common Market), are concerned about the lack of general participation. This problem must be attacked if CM is to function as a genuine coo erative. But the fact that this problem exists in no way lessens the legitimacy of the adopted by-laws. An attempt was made to communicate the importance of this meeting with the general membership. This was done by passing out the agenda with the food lists before the general membership meeting in December when the by-laws were first to be considered. Because of the trucking federation hassle, consideration of the by-laws was put off until the January meeting. This information was available through Chew On. Still, the meeting in January was reluctant to assign itself the task of deciding on the by-laws, because only 27 members were present. With this in mind a motion to make the by-laws binding by our vote was defeated 9 to 11. A motion to make recommendations of by-laws to some larger parliament (various referendum proposals were discussed) was passed. However, we saw that this motion was impractical. We then reconsidered the motion that there should be a binding vote which passed decisively by a vote of 21 to 4.

It is on the basis of this motion, passed 21 to 4, that the present by-laws are now in force. Of course it is true that it was passed on the basis of practicality rather than the idea that we represented a democratic corss-section of CM membership. But the legitimacy of our collective decision cannot be discussed without considering the amendement article in the by-laws. They couldn't be more radical or practical. Amendements can be made by a simple majority vote at any regular or special general membership meeting or in a referendum, with the single qualification that members of the CM are informedahead of time by signs in the warehouse and by articles in Chew On. In this light the by-laws in no way represent a fait accompli. The decision-making apparatus established in the by-laws is in full accord with the ideal of a cooperative; i.e., democratic workers' control over the entire operation of CM. In fact, the progressive, nature of the by-laws makes it all the more important that the general membership attend the montly meetings. We have created a mechanism of decision making which not only allows maximum flexibility, but also demands a genuine participation by the membership.

All of which means that the members of CM are welcomed and requested to go over the by-laws. Rather than feel these by-laws are permanent, discuss and criticize within them within your group. Put up a sign in the warehouse and get an article in Chew On with your additions, subtractions, and alterations of the by-laws. They will be considered at the next general membership meeting. The Common Market is nothing if it is not ours.

* * * * * * * *

Any nominations for the Board, [illegible] should be sent to the warehouse.

COMMON MARKET
WAREHOUSE
1340 E. Washington Dickenson

CAPITAL E. Washington

STOP IN AND HELP AT THE WAREHOUSE, 1340 EAST WASHINGTON AVENUE Phone 255-

People to let you into the warehouse: Pete Carruthers or his landlady:
1219 Spaight Street, 256-7868
Linda Jo 257-7010, Elaine 257-6131

CURRENT SCHEDULE
Monday: West group orders due at warehouse at NOON.
Tuesday: East group orders due at warehouse at NOON. Stock warehouse.
Wednesday: Pick-up times for West side groups: 2:00-8:30
Thursday: West Pick-up times 1:30-7:30, Surplus Sale 7:30-8:30
Friday: Stock warehouse.
Saturday: East pick-up times 10:--1/4:30
Sunday: West pick up times 10:00-1:30. Surplus sale 2:30-4:30. Clean up, Inventory

COMMON MARKET COORDINATOR: Elaine 257-6131
COMMON MARKET BOOK KEEPER: Charley 256-5135

COMMON MARKET POLICY: NO WORK, NO FOOD. If you don't show up for your listed work time, your group cannot order the following week.

COMMON MARKET POLICY: Membership of $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

COMMITTEE CHAIRMEN:

Work Committee	Phyllis Daly 241-0786
Finance	Bob Pierson 233-6316
Communications	Pam Albert 836-5668
Community Contact	Betty Sanders 255-4083
Phoning	Shelley Franson 251-9528
Food	Marianne 244-2093
Transporation	Randy Korda 256-7380
	Steve 238-5015
Trucking	Pete 256-7868

WHO TO CAL:

If you are leaving town -- Pam 836-5668
If you want to join a group -- Pam 836-5668
To change a work time -- call the warehouse A WEEK AHEAD or else get your own replacement
To change a pick-up time--call the warehouse or come over and change it

CHIP IN WITH THE COMMUNITY CHIP. If you want to support other alternative institutions in Madison, add 1% to your food order via the "ol 1% chip" [illegible] the price sheet. In addition, Common Market donates 1% of its gross income to the Madison Containing Fund.

IF YOU HAVE SOMETHING TO PUT IN CHEW ON, OR IF YOU CAN HELP PUT CHEW ON TOGETHER: Call Kathy 257-4192, or bring your information to the next General Meeting. Deadline for the newsletter is Monday night, March 13.

NOTICES

THE WORK COMMITTEE needs work coordinators to supervise work shifts at the warehouse. You'll work about once every 3 weeks and your work counts as a work job for your group. It's an important job and more people need to learn it and do it! Call Phyllis, 241-0786 if you think you can commit yourself for a 4-month period. The committee also needs a core of people to do the committee work, separate from the coordinator task. Call Phyllis.

We are lloking for a used cash regiseter -- cheap -- for use in the warehouse. Any suggestions? Gifts??? Call Charley at 255-5755 or 256-5135.

**** UNIQUE MEMBERSHIP DRIVE ****

Limited to existing members that have been with us for more than one month and haven't yet paid the $1.50 membership fee "PAY UP, or we'll tell John Mitchell." says one furious member of our finance committee. One estimate is that two-thirds of the people who get food from theCommon Market have not paid their memberships.

We need a complete set of Chew On's Nos. 1 thru 11, for the warehouse. Also any other communiques, handouts distributed from the warehouse during the past year. Call Kathy, 257-4192.

WE NEED someone to coordinate our mimeographer and typing pools. A few of us spend hours chasing around town with stencils to be cut and run off. Could you compile the lists of volunteers and do the phone-calling? Call Elaine, 255-5755.

Tomatoes and pears look a little green when they arrive at your house from the warehouse? Let them sit on a counter for a few days, not in the sun, and they'll ripen beautifully.

A magnificent decentralized cashier schedule has been sent in the mail to everyone who said they want to cashier. If it works, things will be absolutely lovely (and Linda Jo will be able to get some school work done.) WE CAN STILL USE MORE CASHIERS!!! If you're interested, call Linda Jo, 257-7010. IF YOU RECEIVED THE NEW SCHEDULE in the mail, READ IT or the scheme will never work.

In mid-January Bill Brown of channel 3 news called the warehouse and asked if they could come out and do a news interview that day. It was too short notice, so we declined and requested a later date. On Monday, Feb. 7, Mikele Sanders-White of Channel 3 TV came to the warehouse to make arrangements to do a brief interview about us the next morning on channel 3 news. On Tuesday she came back with profuse apologies that she had not been allowed to have a camera crew and that the interview would have to be canceled. She mentioned that someone in the TV hierarchy did not want Common Market on television. On Wednesday, Feb. 9, Mikele Sanders-White was fired by channel 3. During the week of Feb. 14 we got another call from channel 3 (larry Wislon) about an interview, and then xx last weekend he asked for a short segment for his "Young America" part of the news. At this point, we decided since a good many of us in the co-op are not young and we felt that would be a misrepresentation of what we are.

PROPOSED BY-LAW CHANGES

Article III (f): (Do we need a statement of policy concerning the powers of elected representatives to other organizations? e.g. Sustaining Bond, IOU?)

Article VI, c, 5: All clerical work concerning a referendum, e.g., preparing ballots, certifying votes per group, counting votes, will be the responsibility of those requesting the referendum.

Article VI, b: [illegible] in advance when possible.

PRICE COMPARISONS
Week of February 7-14, 1972

Item	Quantity	Common Market	Eagle	Kohl
small onions	1 pound	.06	.19	.16
white potatoes	"	.05	.05	.15
spinach	"	.18	.75	.47
tomatoes	"	.31	.39	.49
broccoli	medium bunch	.37	.41	.49
carrots	1 pound	.13	.23	.23
cauliflower	medium head	.28	.79	.59
green pepper	1	.07	.20	.15
iceberg lettuce	medium head	.28	.38	.39
mushrooms	1 pound	.77	.97	.89
scallions	1 bunch	.09	.15	.15
bananas	1 pound	.09	.11	.12
delicious apples	1	.07	.17	.13
grapefruit	1	.13	.23	.20
pears	1	.07	.12	.10
aged cheddar cheese	1 pound	.94	1.12	?
longhorn colby	"	.72	.96	1.01
swiss cheese	"	.75	1.13	?
Sour cream	6 oz.	.31	.37	.37
cottage cheese	1 pound	.33	.38	.41
cream cheese	8 oz.	.31	.34	.35
quartered butter	1 pound	.78	.84	?
yogart	1 carton	.21	.29	.29
ground chuck	1 pound	.70	.99	.99
a extra-large eggs	1 dozen	.42	.40	.51
homogenized milk	½ gal.	.39	.46	.48
chocolate milk	1 qt.	.32	.35	.36
orange juice	1 quart	.34	.43	.45
whole what flour	5 pounds	.44	.70	.73
white sugar	10 pounds	1.39	1.38	1.37
brown sugar	2 pounds	.39	.42	.42
raisins	2 pounds	.63	?	.78
almond meats	1 pound	.99	1.80*	2.22*
walnut meats	"	.94	1.17*	1.19
peanut oil	24 oz.	.74	.74	.79

*estimated

* *

N U T R I T I O N

* *

IMPORTANT COMMUNIQUE FROM FOOD COMMITTEE

Dear Farmers and Common Market Members,

There will be a meeting for farmers who want to grow for Common Market Food Buying Co-op on Sunday, February 27 at 2:00 p.m. It will be at Wil-mar Neighborhood Center, 953 Jenifer Street (use side entrance).

At our last meeting with farmers on January 16, we discussed what kinds of crops would be grown, what items Common Market has bought from farmers and what we'd like to have grown that we've not yet bought locally. It was learned that some farmers would grow specific items for us. There was also discussion about organic growing and was decided that at the next meeting, farmers and Common Market would arrive at a standard for "organic." Many farmers wanted the names of farmers intending to grow for us in order to get together to work out such things as transportation, storage, etc. Along with this letter, we are sending that list.

At the up-coming meeting we plan to make some decisions about buying. First we intend to work out with farmers what and how much of each item we can buy. A number of farmers have asked if we could estimate the amounts of individual items we could buy over a season. To comply, we will have prepared at this meeting a list of items we wish to buy locally, and the projected average weekly amounts we'll be able to take this summer. In order to make this information uselful and fair, we'll then decide for each crop which farmers we'll buy from. We will commit ourselves to buying those items exclusively from those farmers unless we need more than they can supply.

We also hope that the farmers will be able to get together among themselves to decide who will grow which crop and how they can best cooperate in trucking and in selling at the farmer's market.

Since supporting local growers is one of our major aims, Common Market members are urged to attend and help deal with the problems involved.

Questions, call Elaine 255-5755 - Common Market warehouse.

ORGANIC MEAT

The people who got together and bought beef from the Moyers all think we did very well for our money. It was 95¢/pound, but well-trimmed, no water added, and delicious according to those who've tried it. They have more meat to sell. If you want more information about obtaining it--or if you'd like to see the co-op sell it--call Sheila at 836-6101.

People have asked if we're sure the meat is organic. We're not. Maybe some of the people interested in buying it would like to visit Moyer's farm and learn exactly how they function.

GREENS ON OUR PRICE LIST (BY SUZZIA)

Nutritionally, these are about the best buy you can find. They are full of vitamins and minerals. Any of them--parsley, collards, mustard greens, spinach, beet tops, turnip tops, and the lettuces--can be added to salads and soups.

Collards
These are leafy and taste like broccoli. Wash, slice them into small pieces (you can remove the stronger flavored stems and save for soup if you prefer). Steam in a covered pot, with just enough moisture to prevent burning, for about five minutes. Steam no longer then necessary. Good with cheese, Hollandaise, or white sauce.

Turnip greens
These are cooked about the same way. To season, add either one tablespoon water, one teaspoon sugar, three tablespoons vinegar, dash salt or salad dressing and chopped onions or chives before serving.

Mustard greens
These are a good addition to salad. They can be cooked in a small amount of bacon drippings--about 4-6 minutes. Salt and pepper to taste. Crumble in bacon before serving.

The Noodles Florentine on this week's price list--noodle pudding made with cheese and chopped vegetables and thin egg-y pancakes topped with a green vegetable and a cheese sauce--are dishes my children enjoy. Also, assorted raw vegetables, including lettuce leaves, served with a curry dip made of blended cottage cheese, milk, salt and curry powder went over well.

SOUPE AU PISTOU - 8 SERVINGS (BY MARIANNE HOBBINS)

2 quarts boiling water
1 cup dried pea beans
1 bunch leeks, chopped
2 medium potatoes, sliced
1 cup celery, sliced
2 medium carrots, sliced
3 teaspoons salt
¼ teaspoon pepper
1 package (10 oz) frozen green beans, or fresh
½ cup broken spaghetti
2 large cloves garlic, crushed
1 tablespoon basil, crushed leaf
½ cup parmesan cheese
1/3 cup tomato paste
¼ cup olive oil

1)Pour boiling water over beans in kettle, let stand one hour.
2)Heat to boiling, reduce heat, cover. Simmer 15 minutes. Add leeks, potatoes, celery, carrots, salt and pepper. Simmer 30 minutes. Add green beans and spaghetti; simmer 15 minutes.
3)While soup cooks, prepare pistou by mixing garlic and basil in small bowl; stir in cheese and tomato paste until well blended; add olive oil a little at a time, stirring constantly to form a smooth paste.
4)At serving time, thin pistou with ½ cup broth from kettle, then stir into soup until well blended. Ladle into bowls; serve with additional grated cheese if you wish.

PROCESSED CHEESES (BY JUDY M. ORT)

The following information is taken from the Joy of Cooking, by Rombauer and Becker, published by the Bobbs-Merrill Co., Inc., 1964. Page 512.

"ABOUT PROCESSED CHEESES:

We can only echo Clifton Fadiman when he declares that processed cheeses represent the triumph of technology over conscience.

Processed cheeses are pasteurized blends of green new cheeses, one or more aged cheeses, emulsifiers and water - which may run from 1% to 40% higher than in natural cheeses. If sold as so-called 'cheese-food', they may legally contain up to 44% water or milk; if labelled 'cheese spread', up to 60% water, gums and gelatins. In fact, some 'cheese-spreads' have no cheese in them at all, but are based on cheese-curds.

Processed cheeses are a convenience to a desensitized housewife--to say nothing of a profit-minded manufacturer. They have remarkable keeping qualities as they stand up sturdily to almost indefinite refrigeration. But here their interest ends. If you are willing to condone the gummy texture and the insipid taste of processed cheeses, you are still advised to read the list of ingredients on the package. Otherwise, you may find yourself paying an exorbitant price for some highly synthetic and commonplace materials."

If the above information isn't enough to discourage you from using processed cheeses, a guide at a Madison cheese factory informed me that they sell their scraps of inferior cheese and mold to a prominent process cheese company in Chicago. The sight of a pile of scrapped cheese mold has made me hesitant to eat any dish with cheese of questionable origin.

It is interesting to note that in Amerika's Dairyland, recipients of the Commodities Program receive processed cheese. (It does have a more solid texture than the average processed cheese, however, and may be of better quality.)

BEEFED-UP MEAT LOAF

Beat: one egg
Add: 1½ lbs. ground beef
1 cup tomato juice
1/3 cup soy grits
1 tablespoon brewers yeast or torula yeast
2 tablespoons wheat germ
½ cup non-instant dry powdered skim milk
½ cup chopped onion
1 teaspoon salt
½ teaspoon pepper

Press lightly into a 4x8x3 loaf pan. Bake 400° for one to 1½ hour.

Marianne Hobbins

The following article is taken from Workers Power, no. 45, Nov. 12-25, 1971.

"FOOD TECHNOLOGY: LET THE BUYER BEWARE! by Sara White

A walk down the aisles of any supermarket will tell you that it's getting harder and harder to find food that hasn't been doctored-up, made "more convenient to prepare," or totally invented by the food technology industry. Beyond that, a good way to become afraid to eat anything you didn't grow yourself is to read Food Technology magazine.

Of course, you probably won't ever get a chance to. Food Technology is written by and for the food industry. It's so frank and honest it's almost literally nauseating.

Take the ads: a two-page spread of delicious-looking cakes, pies, pastries, cheeses, breads. And the information below tells you the company makes such good cheap substitutes for eggs, butter, milk and flavors that your customer will never guess.

A photograph of a glass of water is labelled 'Tomato Juice.' Below, it says, 'Tomato juice without tomatoes? There's no limit to the possible uses of specialty synthetic flavors in substitute and natural foods.'

The articles discuss all sorts of processing devices, artificial flavors, emulsifiers, preservative, binding agents, colors, etc. Have they all been carefully tested to see if they cause cancer? What do you think?

But the editorial board of this house organ must think even they have gone a little too far in one area. In recent years, the American baby food industry has been advertising and selling baby foods and baby milk formula all over the world, especially in underdeveloped countries. Food Technology has recently published an article, titled 'Commerciogenic malnutrition?' (issue of February, 1971, p. 55), which reveals some of the tragic effects of this advertising campaign.

To begin with, the American-made baby milks are very expensive. The article states that in East Africa, 'it would have cost a laborer one-third of his salary to be able to use one of these milks in an adequate quantity to feed his three-month old baby.'

Moreover, says Food Technology, the possibility of producing an uncontaminated bottle of milk is almost zero 'when a mother may have only one feeding bottle and nipple, no storage space (let alone electricity or a refrigerator), water from a nearby pond or stream, and because of minimal education, difficulty in following advice or preparing foods properly. Under these circumstances. . .doses of milk are administered with large quantities of bacteria--the result is starvation and diarrhea, too often leading to death. . .'

By contrast, a recent study done in Guatemala on purely breast-fed babies showed that they had very few cases of diarrhea. The reason was thought to be that human breast milk encourages a 'good' kind of bacteria to live in the babies' intestines instead of the adult kind of bacteria, which is normal for adults, but which often causes diarrhea in babies. (L.J. Mata, Juan J. Urrutia, 'Intestinal Colonization of Breastfed Children in a Rural Area of Low Socio-economic Level,' Annals of New York Academy of Science, vol. 176, pp. 93-110, Jan. 7, 1971.)

CONTINUED

(Food Technology, CONTINUED)

Moreover, for most children in the 'underdeveloped world,' the only time in their entire lives that they are well fed is while they are at their mothers' breasts. The expensive, commercial substitutes are far less nutritious and offer no protection against disease even if they are not contaminated.

The article in Food Technology goes on to state that the advertising they used emphasized status and convenience, and that the parents are very vulnerable to these pitches. After all, who needs convenience more than someone whose kitchen surrounds a fire on a dirt floor? And who wants status more?

The same kind of advertising also has a strong effect on poor and third world and working people in the U.S. The people who breast feed their babies and make baby food in a blender are usually the ones who have the time to do it and the education to know it's a good thing to do, and who don't need the status of being 'modern.'

The article suggests, rather mildly, that the advertising may do more harm than good and that it may be time the tropical baby nutritionist sat down with the commercial baby food industry and came up with something both healthful and profitable. We don't have much hope for that approach.

Time and again, rapacious corporations--food producers, drug companies, auto manufacturers, or whatever--have made it clear that, so far as they are concerned, health and safety come in a very poor second to profits."

(Sara White is a physiologist in training at the University of California.)

.....

Patlican Otutmasi (Eggplant with Meat) from Turkey

1 lg clove garlic, minced
1 med union, chopped
1 T olive oil
1/2 lb. ground beef ~~&~~ or lamb
1/2 t salt
1/4 t black pepper
1/8 t ~~xxxxxxx~~ allspice
shake of cayenne
1 t lemon juice
1 T dry parseley, or 1/4 C fresh ~~&~~ chopped
1 med tomator, chopped
1 1/2 lb. eggplant
1/4 C water
~~&~~ sprinkle with any or all: chopped parsley, chopped green pepper, parmesan ~~&~~ cheese

Fry onion and garlic in oil until clear. Add ground beef and cook on moderate heat for 10 minutes. Stir in seasonings and tomato; simmer until ~~&~~ most of liquid evaporates and mixture becomes dry and oily. Peel eggplant, slice in cirular pieces 3/8 inch thick. Rinse thoughly in water, squeeze them gently by hand, and dry with paper towels. Fry in hot oil (3-4 T) until lightly brown ed. Remove carefully from oil and place in bottom of shallow baking dish. Spread the meat mixture evenly over the eggplant. Pour water over meat, cover lightly and bake at 350° for 30 minutes. Serve hot with a good plain yogurt and/or parmesan cheese. Try it also with the wheat salad elsewhere in this Chew On. ~~xxx~~ (Note: ~~xxxxxx~~ you can get ingredients for this recipe from Common Market now that we have meat)

* *

THE COMMUNITY

* *

For all Shaklee products call Herb at 635-2552. All organic cleaning agests, shampoo, food supplements.

)The following political statements were sent to Chew On. Their publication in no way represents an endorement by Chew On or Common Market)

I, Donald T. Thorstad, 506 Walton Place, Madison, Wisconsin would like to announce my candidacy for Alderman from the Sixth Ward. I am married and the father of five children, employed by Madison Metro and a member of Holy Cross Methodist Church. I am a member of Teamster Local 695, and the Advisory Boards of Wil-Mar Neighborhood Center and Madison Neighborhood Centers, Inc. My wife, Carol, is employed by Project Headstart.

I desire to be elected to this office primarily because I believe there has been a lack of communication between the incumbent and the majority of residents of the ward. I would like the opportunity to correct this. If elected I will hold monthly Ward Meetings or as frequently as the residents would like. I think the following objectives have priority and itend to initiate action if elected:

1. To keep Marquette School open and improve the quality of education within this school.
2. To find a permanent solution tothe traffic flow through our ward.
3. To determine through a series of ward meetings what type or types of zoning the majority of residents in the Sixth Ward want.
4. To enforce the existing zoning codes.
5. To encourage and explore the possibilities of the tenants in the ward to become property owners in our ward.

David E. Clarenbach, 18, of 119 N. Butler, has announced his candidacy for the Dane County Board of Supervisors, District 4, which encompasses Madison's Fourth Ward. He is a member of the Common Market Co-op.

Clarenbach stressed his main goals as "greater citizen participation in County Board activities by holding district meetings and distributing questionnaires." He went on to say that he would "work for a more sane usage of the county's environment by establishing a county-wide environmental control agency." Clarenbach added that "the Board must become more city-oriented where Madison would receive its fair share."

Clarenbach is a member of Madison Measure for Measure and Academic Freedoms Committee of the Wisconsin Civil Liberties Union. He is also the chairman of the James Madison Park Survey Committee and is past president of Madison Youth Council. For further information contact David Clarenbach at 251-2528

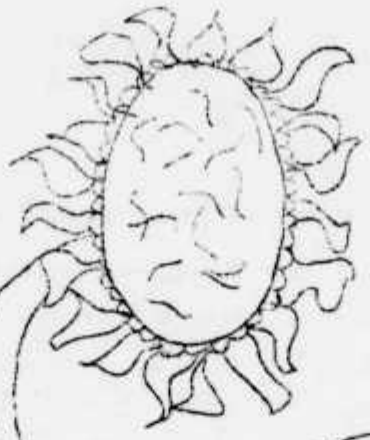
Tabbouleh

This salad requires crushed wheat, bulgur. Get it at Far Eastern Imports on University, or try Whole Earth.

Cover 2/3 C fine (vs. coarse) burghul wheat with cold water and let set 1/2 hour. Drain in a sieve lined with cheesecloth, and then squeeze the cloth until the wheat is quite dry.

Mix in a deep bowl: the wheat, 3 finely chopped tomatoes, 2/3 C finely chopped onion, 1/3 C lemon juice, 2 t salt, 1/3 C olive oil, 2/3 C finely chopped parsley, 1 t crumbled dry mint. Refrigerate a hour or so before serving. (Try this with the lentil recipe in the last Chew On.)

SUNFLOWER KITCHEN



Univ YMCA
306 N Brooks
off Univ. Ave

M-F 11-9
Sun. 5-9

MON.
curried lentils

TUE.
buckwheat rice loaf and cabbage soup

WED.
Lunch-
mushroom-broccoli-spinach casserole with sesame gravy
Dinner- JEWISH FOOD-
borscht, blintzes, apple sauce, stuffed cabbage

THUR.
Lunch-
Soybeans + friends casserole
Dinner-
PIZZA NITE

FRI.
Lunch- Millet Stew
Dinner- CHINESE FOOD-
egg drop soup, chop suey, egg foo yung, glazed fruit, almond rice balls...

SUN. (2/27)
Music Nite
MICHAEL WILTGEN
CHRIS DOUGHTY
solo folk musicians
25¢ donation

Come in anytime and work 1½ hours for your meal !

- turn over -

MUSIC NITE

Sunflower Kitchen, the natural foods coop restaurant, and Parthenogenesis, the musicians coop, are getting it together to bring you the best folk music in town every Sun. evening from 5-9 PM at the Kitchen, 306 N. Brooks St. This Sunday, Feb 27, Michael Wiltgen and Chris Doughty, solo folk musicians, will be playing. Rob Straughn and Ruth Hoover, also solo artists, will share the bill next Sunday, Mar. 5. We're asking people to donate what they can since it's almost impossible for folk people to get any paying gigs in this town. Parth musicians, always ready to play at benefits, especially deserve your support. So, if you're into a mellow evening of folk music and good food, drop by Sunflower on Sunday nites!

Banana Cake

3/4 cup honey
2 eggs
1 c. finely ground corn meal
1 tsp. baking soda
1 1/2 c ripe mashed bananas
1/2 c. safflower oil
1 c. whole wheat flour
1 tsp baking powder
1/2 tsp salt

Mix honey and oil, add eggs and beat well. Sift flour before measuring and resift with baking powder, soda, and salt. Mix these dry ingredients with corn meal. Add dry ingredients (a third at a time) with bananas alternately, mixing well after each addition. Bake at 325° for 40-60 min. in a greased 8" x 12" pan.



GRAPEVINE

Newsletter of the Common Market Food Buying Co-op March 8, 1972 No. 15

Special Issue! Special Issue! Special Issue!

ON TO OUR SECOND WAREHOUSE!!

We've done it! 1335 Gilson Street, on the southwest side of the city.

As you know, in the last month we've had to face two major crises: the warehouse and the truck are both too small. So at the last general meeting, we authorized a warehouse committee to find and rent another warehouse. They've done it. (The truck is a community problem, and will be handled through the ICC trucking coop and the Madison Sustaining Fund--with our participation and help, of course.)

We can start moving into the warehouse--3800 sq. ft. of beautiful space-- on MARCH 15; it would be nice to have it set up and ready to use by the first week of April.

We will need an enormous amount of help, cooperation, materials and money to get things going. We'll be discussing all these things at the

GENERAL MEETING, THIS SUNDAY NIGHT (MARCH 12), 7:00 at 938 JENIFER ST.

* * * * *

EVERYONE CAN HELP SET UP THE NEW WAREHOUSE. THESE ARE SOME OF THE THINGS WE HAVE TO GET DONE IN THE NEXT SEVERAL WEEKS:

1. Put up insulation (the landlord's supplying the material, we're supplying the labor)--SATURDAY AND SUNDAY, MARCH 18 and 19, from 8:00 a.m. to 8:00 p.m.
   COME AND HELP put it up!
   BRING FOOD and drink and beer for people who are working!

   THINGS WE NEED: scaffolding
   4 staple guns
   8' and 10' ladders
   (if you've got dairy cases, bring them back to the East Washington Ave. warehouse- we may have to use them for scaffolding!)

   If you have any of these things, call somebody on the Warehouse Committee: Bob (255-5830), Dwight (257-6131), or David (257-4192).

2. Construction of shelves, tables, and cooler.

3. Electrical work

4. Art work--interior design--environmental modification

5. Food for workers (when we make the shelves, etc., will probably be worked out at the General Membership Meeting on Sunday and put on the price sheet or whatever the next week).

Bring ideas you've got to the General Meeting Sunday; or leave a note for the New Warehouse Committee at the present warehouse, or attach a note to your priceshoot.

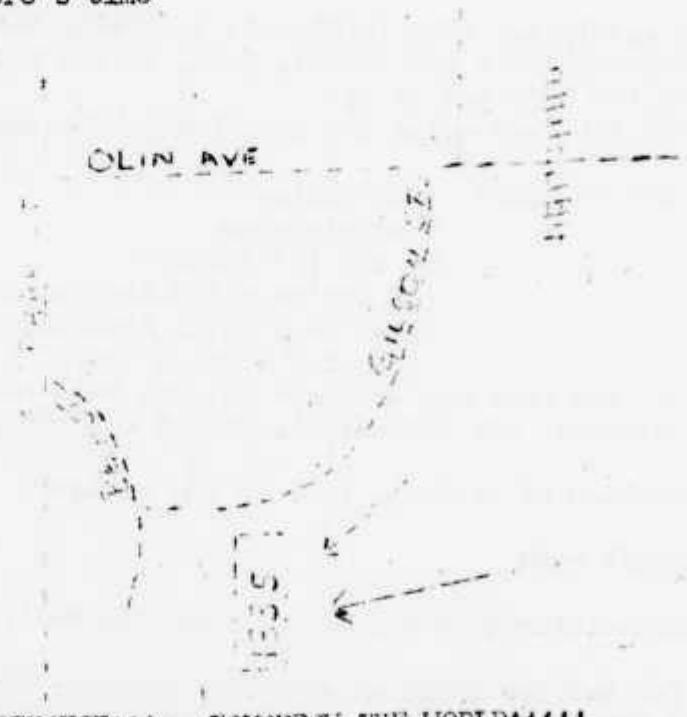
THINGS WE NEED FOR THE NEW WAREHOUSE

Can you get any of these things for free or extremely cheap? If you can, let one of these people know: Bob (255-5830), Dwight (257-6131), or David (257-4192).

3 scales (for weighing produce, etc.)
1 floor scale
12' to 16' of dairy cooler case with compressor
12' to 16' of freezer case with compressor
1 5hp (or larger) compressor and coils for cooler
2 4'x6' doors for cooler
materials for cooler: plywood, plasterboard, insulation, etc.
10 8' flourescent light fixtures
200': of 3/4" electrical conduit and assorted couplings
200 sq. ft. of fiberglass or similar material for insulating windows and skylights
100' weather stripping for loading door
materials for shelves: 2x4's, shelf boards, etc.
materials for a partition: 2x4's, plasterboard, etc.
240' of black and 240' of white #10 wire
2 desk type staplers
brooms, dust pans, and other cleaning materials

AGENDA FOR GENERAL MEMBERSHIP MEETING—SUNDAY, MARCH 12,—7:00 at 938 Jenifer St.

1. New Warehouse Committee Report
2. Other committee reports on the effects of the East-West split on Common Market operations
3. Fund raising ideas and alternatives
4. Old business--if there's time



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TODAY A WAREHOUSE!!! — TOMORROW THE WORLD!!!!!

READ ME CHEW ON

Newsletter of the Common Market Food Buying Co-op March 25, 1972 No. 16

PEOPLE'S HERO OF THE MONTH

BRIAN PETERSON

Although it is almost a year now since it happened, the legend of Brian Peterson lives on. A work crew gathered at the warehouse on a bright Saturday morning, fresh and eager. It was back in the time when we were distributing food only on Saturday and Monday, and their 4-hour work job was to set up the warehouse and begin passing out the food.

But the key broke off in the door -- and there was no way to get in. At that moment, in homes throughout th city, people were loading boxes and milk cartons into cars, and starting out to pick up their food. The work crew had to get into that warehouse.

Brian Peterson and another worker tried a broken back window. Perhaps by reaching through, unlocking the window, opening it . . . In the attempt, Brian's inner wrist was severly cut and he was rushed to the hospital for a number of stitches.

Several hours later, the work crew was busy stacking shelves and filling orders -- when the door opened and in walked BRIAN PETERSON, his badly injured arm swathed in bandages. HE HAD RETURNED FROM THE HOSPITAL TO FINISH HIS WORK JOB!! He resumed his place among his fellow workers that day, and the work got done.

And so for his dedication and his fine sense of responsibility to his fellow members, Chew On salutes BRIAN PETERSON as PEOPLE'S HERO OF THE MONTH!!! Chew On hopes that a similar sense of responsibility and personal sacrifice (albeit, with a tinge of madness) will characterize us all as we take on the additional work of another warehouse.

Brian is a doctoral student in German history at the University. His wife, Joyce, is a doctoral student in American labor history. Their children, Lars and Erik, are well known at the Mills Center, a co-op day care group, and in the Kelly baby exchange. The family is a longtime member of Common Market, as members of the Banjo food group.

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CHEW ON WITH CHEW ON . . . . page

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(drawings by Scott Pierson)

A BRIEF FINANCIAL REPORT

I asked Charles the book-keeper whether we are winning or losing. He says we are winning. Thanks, Charles.

COMMON MARKET II

The new warehouse is a reality. Located on the southwest side (1335 Gilson St.) it is huge, empty and waiting to house a flow of good food and people.

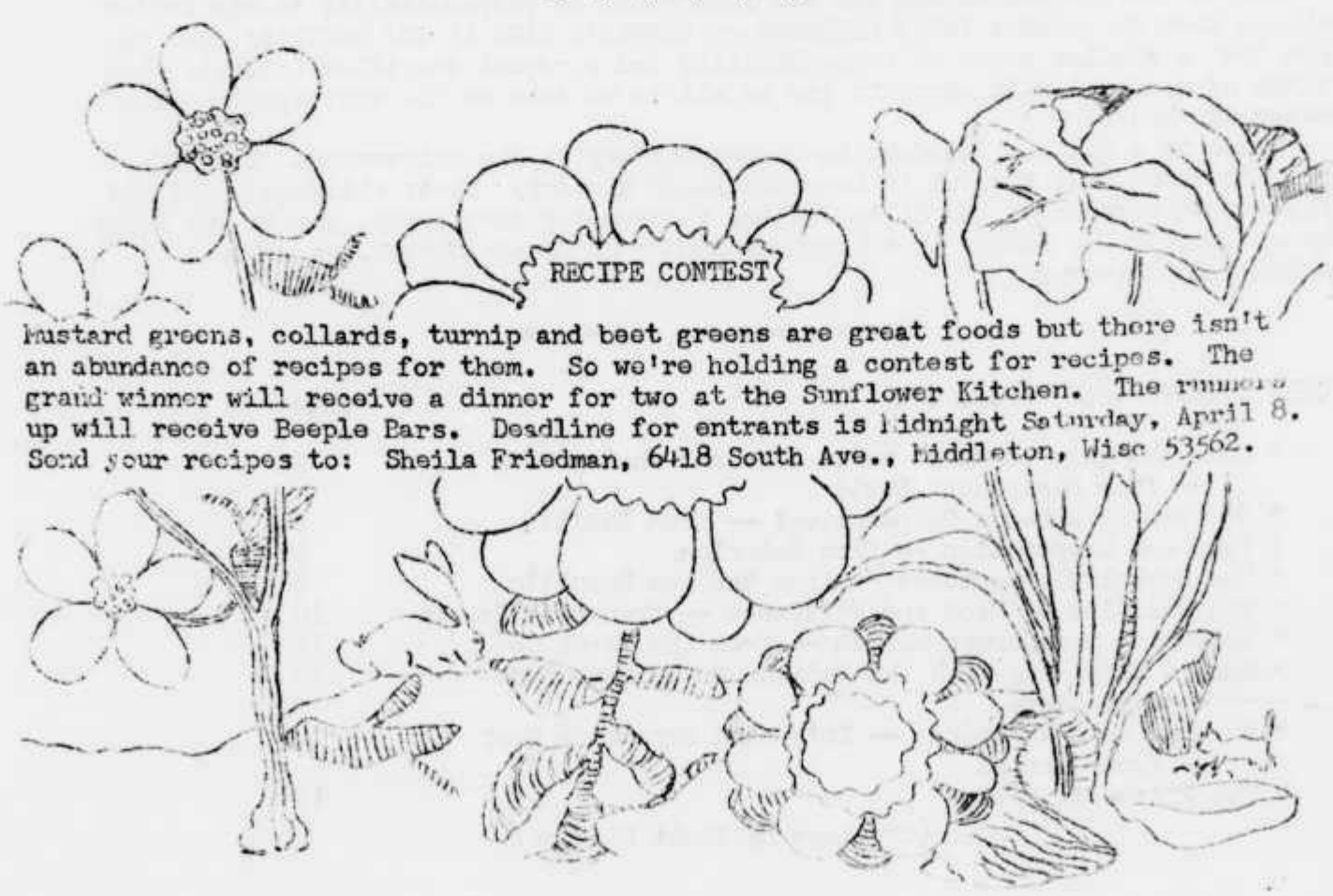
Work crews have completed the major job of insulating the ceiling. A gigantic cooler and freezer, bought from a store in Eau Claire, have been dismantled and transported home (it took the crew 24 straight hours); they are now being re-assembled (both the cooler and the work crew). And people are at work designing and building shelves.

Our present East/West division in operations will make it easy to simply transfer the Westside operations to the new warehouse -- probably the first week of April. And we anticipate a housewarming-potluck-festival about that time. Watch the price sheet for details.

There has been an attempt to call each group concerning the $2000 set-up cost of the new warehouse, plus our $1000 tax bill this year. The general meeting decided to ask each member of Common Market for a $2.00 voluntary contribution. If any member cannot afford the $2.00 but would like to make a small loan, $3.00 vouchers -- redeemable in food -- will be sold at the warehouse, beginning the last week of March.

It seems to me, Kathy, that as we move now to more than double our capacity to do food we need to take a careful look at where we've been, and where we're going. Our temptation is to view success in very traditional terms -- the bigger the better. But what we're about is much more than just moving food. How we do our food thing is quite as important as whether people get fed cheap as a result. Consider, then, the following articles and statements --selected for this special expansion issue of Chew On. Replys and comments are welcomed for the next Chew On.

* * * * * *



Mustard greens, collards, turnip and beet greens are great foods but there isn't an abundance of recipes for them. So we're holding a contest for recipes. The grand winner will receive a dinner for two at the Sunflower Kitchen. The runners up will receive Beeple Bars. Deadline for entrants is Midnight Saturday, April 8. Send your recipes to: Sheila Friedman, 6418 South Ave., Middleton, Wisc 53562.

(In January, Elaine and David were asked to talk to a political science class about Common Market as a political system. The following are their notes from that session. The response was interesting and surprisingly (?) hostile. One question was, "If you're so anti-competition, why have you lowered your prices to undercut other stores?" Elaine was asked to state the ideals of CM at the time it originated and how the realities of food distribution mitigated the ideals. David did a more theoretical view of our operations.)

From Elaine

I. Beginnings of Common Market

1. To provide an alternative system of food-getting -- that this system would be based on the principles of cooperation as opposed to existing profit-oriented system.
Characteristics of this system--participation in work and decision-making by all, cheaper and higher quality food and more enjoyable way of obtaining it.

2. That this system would be structured so as to involve many types of people--not only students and from the entire Madison community. Food-buying was set up to be done in neighborhood buying groups with location of central warehouse chosen on East Washington Ave. away from highly concentrated areas of students.

First weeks of operation everyone involved informally carried out the planning and work necessary to get the produce from the Water St. market in Chicago and rest of food from local suppliers--all to the warehouse and from there to their homes. First formal decision-making occurred at a general meeting attended by almost everyone in the co-op. Decisions were made about how to get the work done more smoothly, what kind of adding machine to buy, possibilities for new food items and new suppliers. Exchange of ideas about what we were, where we were at and where we were headed.

Later weeks, as co-op grew and attracted people w o liked the idea of cheap food but didn't want to become that involved or ev en those who were committed to the philosophy of cooperatives but involved in other areas besdies food-getting, there became a need to institute some changes. These changes inovled and continued to invoke two main issues:

1. participation of members
2. avoiding bureaucracy.

II. Changes and Institutions

A. Earliest change--initiating committees to divide up areas of co-op work, e.g., food, finance, work, communications. Beginning emphasis--everyone on at least one committee later changed to encourage representatives from each buying group on a committee. Ultimate decision-making of policy still maintained in general meetings in which everyone was encouraged to participate.

B. Relationship with other food co-ops in Madison--avoiding buraucracy
Vision of a trucking association composed of coops instead of an outside business to transport food together--going out to farmers, cheese factories, etc. to eliminate profit-making middlemen.
Problem--some people objected to creating an unnecessary bureaucracy which they feared would lead to a few people controlling the food buying and transporting operations of all the coops. Trucking association finally formed.

C. Issue of participation again raised--no work no food rule
In mid-summer with about 1,000 members, work and decision-making falling on shoulders of small number of people. In general meeting decided that if groups didn't put in a minimum amount of work (determined by number of adult members in that group) the would not order food. Quickly became known as no work-no food rule.

D. Election of coordinator
Not enough involved people to get work done; inefficiency causing financial loss and alienation of people who became frustrated with the hassles of food-getting--proposal made to hire one perons to tie up loose ends, coordinate activities of the warehouse and work of the committees; manage inventory,
Intense debates with such objections:

a. If we are a cooperative, the work and decision-making has got to be shared equally by all members with on one "manager" having greater authority or responsibility

b. We shouldn't be paying a few people to do what is the obligation of all members

c. The presence of such a paid person cause diminished desire to participate

Arguments for:

a. If we look at CM as part of a whole society composed of cooperatives covering every aspect of our lives, then all people could not be involved fully in each. Therefore it is in the cooperative ideal to shift responsibilities to some extent.

B. Desirable to relieve people of having to make a living at something they don't like in the profit-oriented world.

Coordinator was elected, stressing that this person would be a "people's employee" not having any greater authority and that decision-making would remain firmly in the collective bodies of committees and general meetings.

E. Recent months general meetings themselves have been questioned as to their democratic nature.
Several big issues like buying a $3000 truck, forming the trucking association, and voting to give 1% of the gross income to the Madison systaining fund were made by 35-50 out of over 2,000 people and the margin of passing in each case being one or two. Was this democratic and fair? Was there a better way of involving more members in the decision-making? Ideas like a. Board of Directors, b. mandatory attendance at general meetings, c. provision for referendums were brought up.
Provision for referendum only one considered:

Pros--greater opportunity for each member to vote on issue involving more people

Cons--no discussion of an issue necessary, therefore little stimulation to think before giving a yes or no vote.

Result (incorporated into by-laws) was provision for referendum by majority vote at general meetings, but important was the decision to have referendum voting done by group rather than individual since basic unit of the coops was the buying group and that the possibility of discussing an issue at group level before voting would be greater and encouraged.

From David

Elaine: CM as a concrete attempt to build an institution based on participation, cooperation, non-hierarchical values--within a competitive capitalist individualist soicety.
the difficulties, the problems, but also the impressive successes.
now look at it briefly from a more theoretical perspective.

CM also as vechicle for social change
1. the very existence of an institution based on different principles poses challenge to the larger system
-shows that things can be done differently
-puts the prevaling system on the defensive
-forces that system to justify itself, prove it is a better, more humane way of providing for peoples' basic needs
-in long run (not tomorrow), we think that can't be done

2. CM as a means, a process of social change

a. theoretical analysis can show that students, blue collar workers, and technicians (from engineers to teachers_ have common interests-- which are potentially revolutionary--in opposition to the elites which presently dominate our society
- one problem from this perspective--how get these social groups working together?
- CM is one of very few organizations in Madison composed precisely of these groups

it brings them together--they work together (packaging food, working on committees, handing out food on pick-up days) to fulfill a common need

social barriers are broken down, distrust lessened, sense of solidarity developed

thus there can develop a tendency toward shared atttitudes and perspective on society--shared ideas of what a better society could be like

-so CM brings together diverse social groups who have common interests in a different sort of society (but who may not realize it); but it also--

b. helps change people: the way they relate to each other, the way they think about fulfilling their basic needs (food, shelter, clothing, etc.)

we've all been taught to think and relate to others in terms of competition, of fulfilling our needs individually (go to grocery store alone--rather than working together in roups to get better food, more cheaply, and sharing and enjoying that collective experience)
--these attitudes and ways of relating are deeply engrained in all of us (e.g., Jardine headline--a quate from John Jardine, "What you are is who you beat")

--it's difficult to think and act in terms of cooperation (vs. competition), of working collectively (rather than individually) to fulfill basic needs.

--we get little encouragement to do things cooperatively and collectively from our upbringing, our education, the values stressed in advertising and establishment thinking
which is one reason why CM has some of the difficulties it has
but--our tendency to organize things in a hierarchical, bureaucratic way, to act and relate to others competitively rather than cooperatively--these tendencies are not inborn, products of some unchanging human nature, nor are they necessarily products of industrial society

they are products of the particular kind of society (competitive capitalist) we live in--which must maintain and cultivate these values and attitudes in us if it wants to perserve itself and its power structure
thus organizations, coops, such as CM, help us, through our working together, to change our habits, attitudes, values, assumptions --the way we think about things, the way we relate to each other.

i.e., CM and similar institutions are not really fully developed alternatives to the present system, completed blueprints of how things could be done in a different sort of society:

rather--or in addition--they are a part of the far larger transition to radically different society, which will be built on the principles of equality, participation, and brotherhood

CM thus as both end and means
example and learning process
at the same time, both distorted by the larger society in which it is embedded--and a force burrowing from within that society to transform it

* * * * * * *

Is Common Market a Cooperative?
from Sheila

A serious reading of the statements in Chew On is your first step towards being a member of and not just a user of this cooperative.

I've come to the conclusion that common market is more like a privately owned business than a cooperative.

My reason is this: in a private business people provide a service for others who buy that service. The buyer does nothing but take his goods and pay his money.

Common Market is almost the same.

It's true that members do their work jobs a few hours each month. But almost all the members leave the headaches to someone else. Very few participate in the working committees. Very few attend the general, policy making meetings. In my view, the mechanical activity of doing an assigned work job does not help create a cooperative. What creates a cooperative is a high degree of involvement by people benefitting from it.

Clearly, not everyone has the time, energy, or attention to make involvement in the gathering of food one of our major activities. For one thing, our culture has accostumed us to letting others do that job for us. So we're committed ourselves to other tasks.

But if Common Market is to be a meaningful alternative, then a high degree of involvement by its members is crucial.

Many problems and uncertainties confront this organization.

First of all: expansion. Many details remain to be worked out. Many jobs must be done. We still need to figure out how to pay the initial costs of expansion. Perhaps some members have the enthusiasm and/or knowhow to become involved in this effort.

Second: responsibility for the quality of the products we're willing to carry. More members with this concern need to participate in or make suggestions to the food committee. Also the nutrition committee needs a leader or its not going to exist.

Third: the ongoing work: Finance and other statistical work, chasiering, work-shift supervision, work committee coordin tion, phoning, typing and mimeographing.

Does one of these categories suit your abilities and enthusiasms? then YOU NEED TO TAKE THE INITIATIVE to find yourself a job suitable to you and TAKE THE RESPONSIBILITY TO SEE THAT YOU FULFILL YOUR WORK IN A WAY THAT IS SIGNIFICANTLY HELPFUL TO THE COOP.

Only if enough members do this will Common Market become a real cooperative.

* * * * * * * * * * *

FRUIT MILKS

If you don't dig plain milk, try these marvelous fruit milks -- taste good, and good for you too . . . .

In a blender (or use an electric mixer) whip up
1 cup milk plus any of the following:

1/4 C chopped fresh strawberries + sweetener (sugar or honey)

1 apple cut up, + sweetener, dash cinnamon, drop vanilla

1 pear cut up + sweentener + dash nutmeg

1 banana + bit sweetener + dash cinnamon or nutmeg

If you find any other combinations that are good (melon milk?) let Chow in know. Good luck.

SIZE AND COOPERATION

During the development of Common Market, we have often run into problems caused by our rapid growth--our warehouse and facilities being unable to handle the food needs of so many people, our political structure being unable to involve and adequately represent such a large and diverse membership. Usually (the most recent instance, I am glad to say, was largely an exception), these situations are met with moans, groans, and yearnings for the "good old days" when we were smaller and everything was rosey. The ideas that there is some magic "optimum" group size, which when exceeded diminishes the good qualities of the coop, or simply that "largeness" and cooperation are antithetical, that largeness destroys cooperation, are frequently brought up.

These ideas and attitudes, I think, are not compatible with long-term goals of using cooperation to transform the fabric of American society, and even the world. If cooperation is to change peoples' ways of living, to build a culture where everyone's life is more satisfying, working together for the common good, loving each other, then we must think big. We should not look at problems of growth glumly or with despair, but as a joyful challenge to be met creatively and energetically. That we are growing is a measure of success, a cause for rejoicing--we are growing because more people are participating in cooperative food distribution and rejecting the competitive, private enterprise food distributors. People are voting with their mouths.

Heinrich Albert, Coop Member

(The following is included less for the conclusions it draws than for the issues it raises.)

"Democratic, Up to a Point: Cooperatives That Work"
by Peter Barnes (reprinted from the New Republic, January 1972)

The board of directors of Safeway has on it J.G. Boswell II, one of California's biggest growers, two bank chairmen and a host of others concerned with maximizing profit and promoting large-scale agriculture. The unpaid directors of the Consumers Cooperative of Berkeley include a teacher, a nutritionist, a lawyer, a flooring contractor whose concern is to serve the consumers who elect them. This difference in leadership objectives makes a difference in the way stores are run.

The first thing that strikes a shopper entering a Co-op supermarket is a feeling that the store is on his side. Posters and displays help him select the best nutritional and dollar values, not lure him into impulse buying. Charts along each aisle list the per unit prices of comparable products and brands; dating codes are clearly marked and explained; warnings are posted next to products deemed unworthy ("Tang may be handy when camping--we do not recommend it for regular use"). There is a free community bulletin board, a kiddie koral where mothers may leave their toddlers in good hands; and a suggestion box that gets results. If the shopper looks closely, he will notice a relatively good ethnic balance among employees (although women are underrepresented) and a price structure that is, according to a survey by the San Francisco Bay Guardian, about one percent higher than Safeway's but lower than most other chains' and grocery stores'. It is, in short, a pleasant place to shop, a place where one can be confident of quality and honest prices (if there are any "profits" at the end of the year, they are distributed to members in proportion to their patronage.)

Yet the difference between the Coop and Safeway are diminishing. Partly this is because Safeway is beginning to imitate many of the Co-op's pro-consumer

policies. It also is an inevitable consequence of the Co-op's own success. Thirty five years ago, when what is now the Consumers Cooperative of Berkeley began as a series of buying clubs and a service station, organized by Finns and a Protestant study group, there was an esprit about the common enterprise that is now lacking. The cooperative was more than a place for buying goods and saving money; it was a way for neighbors to get to know each other, as well as a movement with a sense of mission. It's pretty hard to detect much missionary zeal in a $40-million-a-year business that, with 23 stores and gas stations, wholesaling affiliates and associated services, has taken on the trappings of a local conglomerate. To the average Berkeley resident the Co-op is just another large and impersonal institution; he spends money there, but is otherwise uninvolved.

Some of the young people around Berkeley have, in consequence, established buying networks called "food conspiracies." Most of these are organized in a non-hierarchical as well as non-profit manner. Responsibilities are shared and rotated; there are no distinctions between management and employees and consumers. Each week all participants in a "conspiracy" pool their food orders, and the members whose turns are up make the rounds of wholesalers and producers, buying in bulk and eliminating as many middlemen as possible. The purchases are then distributed from a yard of garage.

The conspiracies often work well but there are inherent weaknesses: personalities clash and members move or lose interest, making many of the networks as turbulent and ephemeral as the Co-op is steady and ever-growing. And therein lies a dilemma that has haunted American cooperatives: is it possible to prosper and at the same time retain the cooperative spirit? Putting it conversely, can a cooperative which puts primacy on member participation and internal democracy achieve stability and longevity?

The Consumers Cooperative of Berkeley has been grappling with this dilemma for years. Its first concern has always been to survive as a business. To survive it was necessary to compete with chain stores, which meant getting big enough to achieve economies of scale. Getting big meant having to employ business techniques that hardly emanated from Rochdale. Thus, in 1962, the Co-op decided to purchase Sids Stores, a local five-store chain, without consulting its membership. Many members felt this was a violation of cooperative principles; the board contended it had to act quickly & quietly or the opportunity would have been lost. This year the board decided to expand into a low-income area of Oakland. Some members argued that a cooperatively oriented membership base should have been established first, else the Co-op was little different from a chain store. Co-op officials responded that it would take too long to build a membership base without an on-going store, and that opening the Oakland branch was a practical way to help blacks.

With 60,000 member families in the San Francisco area, the Berkeley Co-op has met the challenge of getting big. It has not been quite as successful in keeping a sense of togetherness. Board meetings are lively but sparsely attended. When a committee was recently created to discuss ways of getting members more involved in the Co-op, only one of the nine persons on the committee showed up for the first meeting. And when the Co-op nominating committee looked around this fall for candidates for the upcoming elections to the board, it could find only eight persons willing to serve. Since the by-laws of the Co-op require at least nine candidates when there are six vacancies to be filled, the nominating committee had to plead in the Co-op newspaper for more contenders to step forward. (Eight more eventually did.)

Several years ago, co-op leaders experimented with a Co-op Parliament and a Co-op Congress, neither of which turned out very well. Under the present organi-

zational structure each store, or cooperative center, has an elected council of members which enjoys a very limited degree of autonomy. Board members frequently pay homage to the idea of giving more power to the councils, but their preference for uniform policies invariably prevails. Lately the Co-op has switched from newspaper advertising that emphasized low prices to radio spots that stress the Co-op's institutional virtues--consumer ownership, patronage refunds, an elected board. This appears to have helped boost sales, but not the participatory urge. . .

Cooperatives, like small farms and almost every other form of independent business, have fallen victim to the mid-century dictum of expand or die--indeed, that they now must start big if they are not to go under quickly. Efforts to establish consumer cooperatives in New York, Baltimore, New Haven, San Francisco and other cities failed early in the game for lack of sufficient volume. The food conspiracies go on, but they are limited to people with considerable time and energy to expend, and to undertakings in which the required expertise and capital investments are minimal. All this may mean that small, closely knit cooperative societies are a thing of the past, that non-profit, consumer-owned (and perhaps worker-owned) enterprises must, under present conditions in America, function in ways not unlike their corporate counterparts. They can be democratic but only up to a point, and only in a representative, institutionalized way.

(The following is reprinted from the first issue of Chew On)

"The Politics of Food and Existence"
by Dick Krooth

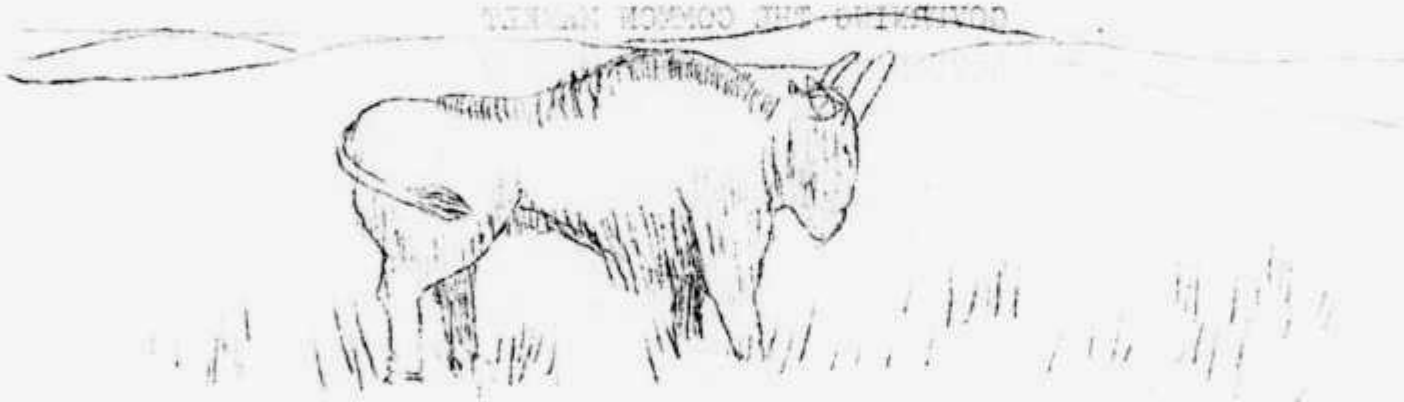
Whether we like it or not, the very food we eat to sustain ourselves comes in a political package. Some of us would like to cast off the politics involved in eating wholesome, inexpensive food. Others would like to place the issue of better-eating in a wholely political context. But whatever our viewpoints on this matter, we are all subject to a like condition vis-a-vis the monopolies in charge of the food business in the United States. And to beat these monopolies, we are required--like it or not--to take a political stance.

We are not the first people to take a stance against the monopolies in charge of the growing, transportation and processing of foodstuffs. To take one classic example from the pages of history, the British working class in the 19th century was well-aware of the need to control the monopolies undermining the quality of life. And alongside their organization of a fledging union movement there grew a wide variety of self-help movements. For instance, they formed educational institutions, savings banks, cooperatives, friendly societies, buying cooperatives. All of these parallel institutions were designed to liberate the ordinary people from the harsh conditions foisted upon them in a fast expanding industrial environment. Moreover, most of these workers' societies did take the rough edge off the capitalist system.

Still, they could not transform that system. Nor could they threaten the stability of the basic institutions created by or in the wake of the Industrial Revolution. Indeed, the workers' banks could not curtail the operations of the great joint-stock banks. The cooperative retail shops could not stop the expansion of the giant mutiple stores. And the cooperative workshops were unable to compete with the huge industrial enterprises. As a result, many of them disappeared, as in the 30's, while others became business concerns paying dividends on purchases, selling wholesale to retail outlets, and by the 70's producing goods in their own factories for sale on the marketplace. It came to pass, then, that the very cooperatives set up to liberate the working people turned thousands of workers into large scale business administrators, who did not and could not

change the basic social relations prevailing in a society beset by monopoly rule.

All this is not an attack on cooperatives. On the contrary, it is a reminder of the political role of cooperatives in any movement for basic social change. We must remember that cooperatives come and go, while the monopolies are with us until there is a basic transformation of our society. To make cooperatives more permanent, they must be tied to the working people's movement--to rank and file caucuses at the place of work. Otherwise, to paint the most unfavorable picture, a student-based cooperative would fold the first time a vacation occured. Again, the cooperative could not withstand the storm of "good years," when the rough years of a basically exploitative society are made smooth. The stability of coops, then, can only be established by rooting them to the working class. And this entails a political effort--an effort to recruit the workers in Madison to buying food cooperatively. There are a variety of ways in which this can be done, and each organizer will have to decide the precise techniques to be used. But generally speaking, an effort must be made to produce educational materials illustrating how the monopolies set themselves between farmers and consumers, exploiting both in the marketplace while turning the stuff of life into poisons for mass consumption. In sum, to better our own lives, we must also join with the great majority of the people to better their lives as well. Otherwise, cooperatives are a fleeting, short-lived effort.



THE COMMON MARKET DRY MILK

Our dry milk is "non-instant;" 1/2 to 2/3 of a cup of it is equal to a quart of fresh milk. 1 1/3 cups of "instant" dry milk is equal to one quart of fresh.

It MUST be kept in a tightly closed container, glass or plastic, or else it absorbs moisture from the air and becomes difficult to mix and bad smelling and tasting. Vitamin B_2 is lost when milk is exposed to light. 33% is lost in one hour so store and heat in dark or opaque containers.

A good way to mix it if you have a blender is to put 2 cups of cold water into the blender jar, cover and switch on. Then when the water is spinning, uncover the jar and add 1/3 (2/3 if you want doubly rich milk) cup of milk powder slowly into the center of the whirlpool. Blend just long enough to mix thoroughly.

Probably an egg beater will do a good job, too. -- from Sheila

The Common Market ought to consider how its two governing bodies, the General Meeting and the committees should relate to one another. Any number of different principles are sensible to use in deciding what is best. We are interested in one in particular: that people ought to have control over the institutions which make up their economic and social lives.

As we understand it the General Meeting is supposed to make substantive decisions whereas the committees are supposed to carry them out as they deem best. These decisions, if they are to be rational, have to be based on relevant information; hence the committees are supposed to make reports to the General Meeting which provide such information. Furthermore, since the committee members ordinarily have much more knowledge about what is going on in their particular areas, they are in a better position to see what substantive decisions need to be made; thus, they are supposed to outline issues on which the General Meeting should make a decision.

A problem with this is that what is and what is not a substantive decision is not easy to say. The matter is not wholly subjective nor impossibly vague; neither is it clear and obvious. The General Meeting and committees both need to be sensitive to this. Thus the committees must be particularly careful to lay out to the General Meeting what they think may be substantive decisions. The General Meeting as well must be careful not to force the committees to make substantive decisions.

We believe that there is a very strong tendency in all organizations for things to go in the wrong way in both respects. Committees like to have decision-making power, especially when they know they are more competent to make the decisions. General Meetings are very cumbersome; they are long and tedious; their members do not have the knowledge and familiarity which committee members do; hence they tend to let or even force committees to make the decisions. The larger the organization, the more powerful the tendencies become. The end result is that the General Meeting becomes powerless, the committees become more powerful, and the heads of committees and their permanent members become very powerful. The principle that the people should control their own institutions doesn't even work out where the people are voting members of the legitimate governing body of those institutions.

One thing the Common Market can do about this is keep small. Splitting into local co-ops as it grows seems like a good idea. However, that is not all it can do. Even when the Common Market has relatively few members, say 1,000, the problem of the General Meeting and the committees still exists. How to solve the problem, we don't know. Everyone should be aware of it and that is a start. Then, perhaps, all of us will be more inclined to make substantive decisions in the General Meeting. To do that requires that often the members who are present at the meetings will have to be educated by the members who go to the committees. The committees members should be prepared to do that and the people at the meeting should welcome it. It will do no good to tell people at the General Meeting that if they want more control that they should go to the committees. That is hardly the point. Nor will any good come out of saying that the committees have

decisions.

A particular example of the kind of thing we have been discussing was the decision of the General Meeting to empower a committee to investigate, to decide on the feasibility of, and to actually lease a new warehouse--all without any requirement to report back to the General Meeting for any final decision. The General Meeting had decided that a new warehouse was necessary. However, the meeting left the matter of how much we could spend and how much we wanted to spend to its committee, with the proviso that it consult with the Finance Committee. It seems to us that a decision on whether we are going to double our expenditure is surely a substantive one.

In sum, the General Meeting should be willing to make decisions itself. The importance of doing so should be weighed heavily even against demands that decisions need to be made at times when the meeting is not convened. Also the General Meeting should stay to hear the committee reports. The committees must provide the General Meeting with information relevant to its agenda. They must also be prepared to make regular reports at the General Meetings. To do so presupposes that there are working committees in fact as well as in name.

MARCH CO-OP

(Common Market is a member of the Madisn Sustaining Fund, an organization of alternative institutions in Madison which have joined together for purposes of fund raising and mutual support. The community chip, collected by Common Market and other co-ops, is distributed to needy organizations through the Sustaining Fund. In addition, the Sustaining Fund is taking primary responsibility for raising money for a new truck (as part of the Spring Offensive) since the truck is needed not only by Common Market but by all the people in this community who get their food from the several food co-ops. The following is written by Steve Hilgenberg, who has been representing Common Market at the Sustaining Fund meetings.)

Whats happening with the Madison Sustaining Fund -- from Steve

The Madison Sustaining Fund is struggling thru a period of transition. I see the struggle as a period of progression rather than change. MSF is a broad and loose coalition of a wide variety of groups which in turn are a sort of coalition of smaller groups and individuals. There is some force or goal or whatever that links all these things together. The force is some times very vague and maybe even obscure but it is definitely there. It seems that the desire to change, in a great many of ways, and the desire to cooperate, in a great many of ways, are basic to that force. But what the Sustaining Fund seems to do is reinforce this togetherness amidst a really wide spectrum of differences.

When I say the Sustaining Fund reinforces the togetherness what I mean is that the many different groups have a ground on which to meet despite these differences. The fact that this is happening is not a small accomplishment. It is a progression which must be appreciated in a long term sense. It took a long time for groups so inherently different to "choose" to meet together and now seek more ways to work together. But it is a slow process and it requires a great deal of patience on everyone's part to continue.

MSF (con't)

A few weeks ago, there seemed to be a consensus among the members of MSF that being a collection and funding instrument was not enough. True, this was very important and had to be done, but it seemed to be the opinion that more had to be done to coordinate efforts and to mobilize the energy of all the groups. The idea of a Spring Offensive of some sort was the outcome but the details were unclear. What has happened since is a great deal of discussion of ways and things to do and reasons for doing them. There has been some division as must be expected. I can best explain it by saying there are those who think people without an ideology are nothing and there are those who think an ideology without people is nothing. What is encouraging is the fact that these two extremes and everything in between choose to continue to seek ways to work out the differences.

The discussion continues and a connectionexists. Madison Sustaining Fund is an attempt to continue to define connections between the many groups who choose to make the effort.

MY MIND IS A WAREHOUSE -- IT'S MIND EXPANSION TOO!! --- from Charles

A number of people have been concerned with Common Market's ability/lack of ability to look at itself -- Where are we going? What are we doing? Why are we doing what we're doing? And on . . .

The mammoth co-op slides quickly in mysterious ways and there seems little time and no context out of which to examine our goals, our possibilities, our contradictions, etc.

Well, there are a few people who want to get together with more interested people to work through some of these things. We think it might be helpful to do a "Freire-method" workshop over a period of time as a way of getting at some of the questions above, as well as others that come up.

"Freire-method" refers to a non-methodology created by Paulo Freire, a radical educator** from Brazil. In his book Pedagogy of the Oppressed, Freire is concerned largely with the education of oppressed peoples as a part of their liberation struggle, in particular with those oppressed in Latin America. His ideas, however, have lots to say for others-- including us. Some persons have been recently exposed to the Freire method here in Madison--especially at the Free School Education Conference a couple weeks ago. Art Lloyd, a "Madison Muncher", who's doing a thesis (Right?, Wrong!) on Freire is interested in helping to set up the pedagogy for Common Market purposes. It should be exciting and productive, both for those who are involved and for the whole co-op.

If you're interested -- and you don't have to have heard of or read Freire's ideas to be -- call the warehouse (255-5755) or Charos the bookkeeper (257-[illegible]) to say so and we can set the date for the first get-together.

(**I don't think terms like "educator, student, teacher, etc. are in Freire's vocabulary.)

The Financial Matter

Report on Income Tax Situation

Our Income Tax Returns which were due on March 15th have been filed. We owed $729 on the Federal and $95.35 on the State. This is calculated on the basis of our bank balance, inventory at the end of the year and depreciation. Even though we are a non-profit corporation, we are still required to file income tax returns and pay corporation tax rates of 22% on the Federal and a graduated income tax on the state. If we receive tax-exempt status from the federal government, then we only file information returns and don't pay income tax. Another problem of having to file as a corporation which does not affect us for 1971, but will affect us in 1972 is that contributions allowed as a deduction on the tax return of a corporation are limited to 5% of our taxable income. This will put us in the possible position of having to pay taxes on part of the money given to Sustaining Fund. Right now our contributions to Systaining Fund are being channeled through a tax exempt organization.

Therefore, I am in the process of preparing the application for tax exempt status. However, this will not guarantee that we will receive it. If at any time we decided that we do not want to be tax exempt, we can withdraw the application. If there is someone in CM who has some expertise in preparing for tax-exempt status and who would be willing to look over the completed application before it is filed, please call 241-1969.

Nancy Tamert

* * * * * * *

(The following income statement drawn up by Charles (Mr. Money) is usually done once a year. He plans to do them quarterly for us, but did this one just to give us some idea--in print--how we're doing. What it says is that in January we were ahead $1500 at the end of the month, but that is only for January...)

THE COMMON MARKET, LTD.
Income Statement
Month Ending 31 January 1972

SALES and TOTAL Operating revenue.....		$23,522.60
MERCHANDISE COST OF SALES:		
Merchandise Inventory 1-1-72.....	$2,459.78	
Purchase.....	$21,188.72	
Less: Purchase Returns.....	0.00	
Net Purchases.....	21,188.72	
Less: Merchandise Inventory 1-31-72.....	3,745.90	
Cost of Merchandise Sold:.....		19,902.60
GROSS MARGIN on Sales Revenue.....		3,620.00
EXPENSES:		
Salaries Expense.....	616.32	
Payroll Tax Payable.....	123.34	
Purchases Service Charge.....	579.74	
Supplies Expense.....	122.69	
Telephone Expense	17.96	

Other Telephone Expense	24.49
Equipment Depreciation (approx.)	150.00
Rent Expense	167.00
Miscellaneous Expenses	5.00
Community Chip Expense	237.96
Total Expenses	$2,044.50
NET OPERATING SURPLUS	1,575.50

* *

INTERESTING PERCENTAGES

All Expenses = 56.4% of Gross Margin
Earned Surplus = 43.6% of Gross Margin

	Percentage of Gross Margin	Percentage of Total Expens
Salaries	17.1%	30.1%
Payroll Tax	3.4	6.0
Supplies	3.3	55.9
Telephone	1.2	2.1
Serv. Chg.	16.0	28.4
Deprec.	4.1	7.3
Rent	4.6	8.2
Misc.	.1	.2
Chip	6.6	11.6
	56.4%	100.0%

In other words, we're operating at 5.64%, leaving 4.36% in reserve (for the month of January only)--theoretically if the Gross Margin realistically represents the 10% upcharge taken in.

* * * * * * * *

COMMON MARKET FOOD BUYING COOPERATIVE now has two locations:

EAST SIDE: 1340 E Washington Avenue (off the parking lot)

SOUTHWEST SIDE: 1335 Gilson Street (open early in April)

IF YOU WANT TO JOIN COMMON MARKET -- call Pam 836-5668

ANY OTHER PROBLEMS? -- call the East side warehouse -- 255-5755

CHEW ON

Newsletter of the Common Market Food Buying Co-op April 29, 1972 No. 17

CHEW ON PRESENTS
a
SPECIAL PEOPLE'S CITATION
to

DWIGHT BROCKERT
ROY PENGRA
JOHN HERR
BOB JONETH
WAYNE HALLET
SCOTT PIERSON

BOB PIERSON
CAROL HERR
LINDAJO STERN
ELAINE NESTERICK
BOB SCHAM

THORSTON HORTON
NANCY HARSHBARGER
BOB PFEIFFER
AL PROCTOR
TOM GILLESPIE

for their outstanding and extraordinary efforts
on behalf of the new warehouse
and on behalf of us all.

It began with a trip to Eau Claire by Bob Joneth, Nancy Harshbarger and Wayne Hallett, who had discovered that an old Red Owl store was auctioning their equipment. They returned with title to a huge cooler and a walk-in freezer (along with a scale and cheese cutter) -- all for only $242!!!

The next Saturday morning, 6:00 a.m., the first carload started out: Dwight Brockert, Roy Pengra, John Herr, Bob Joneth, Wayne Hallett, Scott Pierson. Equipped with crowbars, saws, wrenches, torches they went to tear down and bring home the cooler and the freezer. They got to Eau Claire; the store was locked; they waited; they hassled with the manager. They finally got into the store after noon -- and the work began. Hack, rip, hack, saw, tug, pull, lift. It was heavy, dirty, hard work. They needed more help.

The second car started out in mid-afternoon: Bob Pierson, Carol Herr, Lindajo Stern, Elaine Nesterick, Bob Schamm. (If truth be known, that carload left here with items of such questionable nutritional value as potato chips to sustain them. tch tch.) By 7:00 p.m. that evening there were 11 of our people, lifting, carrying, packing the trucks with cooler slabs and compressors.

The sun was coming up the next morning when Scott Pierson stuffed the final bit of copper tubing into the very last bit of space. There were cooler and freezer parts in the truck, all the cars, people's pockets. And they brought it all home.

Then they put it all back together -- days and days of tedious work by all the original crew plus many others -- especially Thorston Horton, who understands all our wiring, straightened it all out and connected it all up. So that's how the westside warehouse got its cooler and freezer.

There was other work to do in that warehouse as well -- plan layout, insulate ceiling, build shelves. Close to 50 people helped do that huge ceiling; take a look at it. John Herr, Al Proctor, and Tom Gillespie all spent many hours at various jobs. Roy Pengra, our carpenter, built those beautiful shelves and fixed everything in sight. And Dwight and his good children made sure everything got done, big and small, doing a good bit of it themselves.

* * *

Then we had a festival to celebrate it all -- the accomplishments and the new possibilities. (Editor's note: I'd like to thank myself, Kathy, for getting the festival together.) Marianne brought colored flags to hang from the ceiling and they waved about over the heads of craftsmen and pottery and the bakesale and the children and lots of talking and laughter and looking around.

People huddled behind the cooler to watch movies shown on a bedsheet on the wall. Then Sheila's friend gathered everyone, children and big-footed adults, into a circle for folk dancing together, and it was fun.

The gigantic feast of hundreds of pots of food was laid out on the tables Roy built, and people gathered in small groups, hundreds of them, in all the many corners and clear spaces of the warehouse, to eat that good food together. To end the afternoon Glenn showed the Common Market film -- and people clapped and cheered -- what we have been and what we can become.

It was a very fine day. Thanks to everyone who helped.

* * * * * * * * * * * * * *

PLEASE NOTE - - Charles' financial statements are in the back of this Chew On. They tell us that we need more donations to pay our taxes and rent and some set-up costs on the west side warehouse. If you haven't given your $2.00, do it!!!!!!!!!

COMMON MARKET
now has two locations

EAST SIDE: 1340 [illegible] Washington Ave. (entrance off parking lot)
255-5755
People to let you into the warehouse: Pete Carruthers or his landla.
1215 Spaight, 256-7363
Linda Jo 257-7010

Current schedule:
Tuesday: EAST group orders due at warehouse at NOON.
Total orders 1:00 - 5:00
Friday: Unload truck, stock warehouse, 9:00- 9:00
Saturday: Pick-up food - 10'30--3:30
Sunday: Pick up food - 9:30-2:30
Surplus sale -- 2:30-4:30

WEST SIDE: 1335 Gilson Street (off the parking lot) 251-5754

People to let you in to the warehouse: Kathy 257-4132

Current schedule:
Monday: WEST group orders due at warehouse at NOON
Total west orders & 1:00-5:00
Tuesday: Unload truck, stock warehouse, 9:00 - 9:00
Wednesday: Pick up food 9:30 a.m.-8:30 p.m.
Thursday: Pick up food 11:30-7:30
Surplus sale 7:30-8:30

common market coordinator: Blaine 257-0131
common market bookkeeper: Charles 256- 0135

common market policy: NO WORK, NO FOOD. If you don't show up for your work time, your group cannot order the following week

common market policy: Membership fee of $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

common market policy: Each group should have one member on a committee Each committee has a report in this Chew On. Read them over, and sign up!!!!!

IF THERE ARE ANY CHANGES IN YOUR GROUP call Pam 836-5000.

CHIP IN WITH THE COMMUNITY CHIP
If you want to support other alternative institutions in Madison, add 1% to your food order via the "Vol 1% com chip" space on the price sheet. In addition, Common Market donates 1% of its gross income to the Madison Sustaining Fund.

things we need for the warehouses

Extension cords
Knives for cutting cheese
produce scales
2 wall clocks
3 new garbage cans to store grain in
a small heater for the office
staplers, scissors
Metal scoops
floor scale
hand trucks
brooms, especially big push brooms
chairs, sofas
an adding machine
rugs posters dust rags for the of.
pencils, pens, magic markers

NOTICES

People are responding nicely to the call for $2.00 donations per person. We now have about $1000.00, which will cover most of the initial set-up costs of the new distribution center. Now we need enough to cover the first couple month's rent........

BUY COMMON MARKET VOUCHERS! Make a $3.00 loan to the co-op now, redeem your voucher for $3.00 worth of food in the summer. Ask the cashier or call Bob (233-6316) or Linda Jo (257-7010) for information.

ODD JOBS TO BE DONE IN COMMON MARKET ----
WE NEED PEOPLE TO TYPE AND MIMEOGRAPH!

The most urgent and regular of these jobs is typing the price list. This is done weekly .

We need immediately one person to alternate weeks with the person now typing it. The typing can be done any time between 5:00 p.m. Tuesday and 8:00 a.m. Wednesday.

The typing jobs which occur irregularly include typing work schedules for hand-out, flyers from various committees, etc., for distribution with price lists, cheese labels. Most of these jobs take well under the normal 4 hour time block required to fulfill a work commitment for one's group - but each do count as a job, nonetheless.

Mimeographing the price list at the present time is taken care of.

General memeographing needs to be done for all the previously mentioned things to be typed.

We need desperately people to do mimeographing. This can be done any time, day or night, since we have access to several machines at different times.

Also:

PICK-UP TIME RESCHEDULING

Because every week there are groups who don't sign up for a pick up time, put down a different pick-up time on their order sheet than they're signed up for, or sign up and don't turn in an order - someone must go thru the order sheets and correct errors, cross out groups on pick-up list who didn't order and reschedule, etc. This person usually makes a new pick-up schedule. The whole job involves 2 to 3 hours of work, for the West Side must be done between Tuesday morning and Wednesday morning, and EAST SIDE between Wednesday morning and Saturday morning.

THE WORK SCHEDULE FOR THE MONTH IS GOING UP THIS WEEK. All groups are expected to sign up for their requirement for the entire month this week. Groups who do not do this will be automatically put on stand-by, plus having to fill their normal work obligations. It has become necessary to do something because the first couple weeks of work schedule are never filled.

We also need people whose schedules are such that they are available a lot of the time, who, instead of signing up for a regular shift, would volunteer for the stand-by list. Then once the person worked, it would fulfill one work slot obligation.

We need someone to design and make a street sign for the West Side warehouse. Call 251-5754 to volunteer.

We need cashiers - the best job in the place. CAll Linda Jo, 257-7010.

BICYCLE BOOGIE on May 13th, sponsored by the Sustaining Fund. See detail s in this issue of Chew On.

CONSUMERS CO-OP GARAGE now in operation, 2050 E. Johnson (the Skelly Station). Open 6:30 a.m. to 9:00 p.m. Fine gas, excellent service, dependable, honest rep airs. (Editor's note: What a great thing!!!)

You can order organic beef from Mrs. Meyer, 414-642-5180. Minimum order: ¼ (one quarter) animal.

Sheila recommends the Food for a Small Planet cook book, available at Whole [illegible]

BEEF A LITTLE FOR BETTER BEEF

Right now Senate Bill 2818 is in the Committee on Labor and Public Welfare of the Senate. This bill totally prohibits the use of the growth hormone diethylstilbesterol in animals destined for human tummies. George McGovern, Proxmire and Birch Bayh are among the sponsors. You can exercise your sleeping birthright by writing this committee in care of the U. S. Senate, Washington, and letting them knew what you think about the beef industry's use of hormones. Urge the pass age of this bill!

-- Herr

GRAINS

Grains are fine sources of minerals and B vitamins. The lentil, with its qualities of high (though incomplete) protein content and a variety of lovely minerals, is especially desirable. Don't ever soak grains and then drain off the water; you're pouring away your health. Look for the grain recipes in this Chew On.....

ROTOTILLER for rent - at Whole Earth Co-op, 256-8828. $6.00 a day or $1.00 an hour.

WANTED: a huge farm house to rent, 257-7918

Berry Bingham needs a 15' x 100' plot of land for a garden plot. 20 Sherman Terrace, Apt. 5. 244-3917 evenings.

Want to live on a farm? Little green farmhouse, 6 miles from Madison. Easy hitch hiking. Garden, sky, very quiet. Vegetarian female only. Pets and children welcome. Call Hannah, 274-1565

BRILLIAN, IMAGINATIVE, PRECOCIOUS KITTENS!!! Top physical condition, fine personalities. 3 white, 1 black long-hair. Ready for new homes in 2 weeks. Call 257-4192

WANTED: a plain (non-striped) grey kitty. Call Pam, 836-5668

We are looking for someone to rent our apartment while we are in France next year. It is a 2-bedroom, sunny first floor of a house, and is a bit dilapidated. What we would like to do is put all our junk into one bedroom. and rent it as a one-bedroom - plus - garage apartment for $120.00 a month (including utilities) You could have it with or without dog and cat. It's near the Westside Warehouse on Colby Street. Call Kathy or David, 257-4192

WIND Bookstore aims at providing the people of Wisconsin and neighboring states with Movement literature. THey carry a large stock of books and pamphlets in the following areas: Women's Liberation, Political Economy and Labor, Alternative Curricula, The Military, THird World, Internal Colonies, Police Repression, Farm and Rural, Local Organizing and Research, Children's books and Midwest Poetry. Their address is:

WIND
836 East Johnson
Madison, WI, 53703
(608) 251-5717

LENTIL SALAD

1 cup lentils
1/4 cup finely chopped parsley
1/4 cup finely chopped onion
1/2 t finely chopped garlic
3 T lemon juice
2 T olive oil
1/2 t salt
Pinch of cayenne pepper

Wash and soak lentils in 1 1/2 C soup stock for 2 hours. Simmer for 20-30 minutes, until cooked, adding water if necessary. Refrigerate. One-half hour before serving, add the rest of the ingredients and return to refrigerator, lightly covered.

WHAT IS HAPPENING WITH COMMON MARKET AND FARMERS

An important goal of common market from the beginning has been to buy as much as possible from the source -- especially if the source is a small farmer.

Last summer we put an ad in near-by small town newspapers announcing a meeting of C.M.and farmers interested in supplying us. Response was very good and by the end of the summer there was accumulated some 30 farmers who wanted to sell to us

Unfortunately, with many crops there was more supply than we could take. This resulted in our dividing up the quantities of each item bought between the farmers growing that crop, so every farmer could sell some. This was bad for the earlier farmers who later could only sell a fraction of what they sold in early summer,and was a hassle for us doing the buying.

We decided to plan early this year who we would buy from, and commit ourselves to those people. We held a meeting in mid-January to which all the farmers we knew about were given notice. Twelve farmers came and discussed with us the problems of the previous season,e.g. dividing up the market for a crop between the farmers wishing to sell us that crop, getting crops grown that we had not yet bought locally, how to decide on price, and what "organic" growing is and how to handle those crops with the non-organic in the total market. At this meeting farmers requested figures on how much of each item we could take, so that they could plan accordingly for this growing season. We agreed to work up these figures and have them ready for the next meeting in February,at which we would decide for each crop who would sell us that crop.

The February meeting was really exciting. Fourteen farmers arrived eager to exchange ideas and technical knowledge and work together to divide up the market for their crops fairly. A table of figures on crop quantities we could buy,projected to this year,was passed out, and before going through all the crops we suggested that in case of too many farmers wishing to grow a particular crop.that priority be given to small farmers who are heavily dependent upon us for a market, and to those farmers who grew for us last year.

We then went through every crop,the farmers deciding who would grow each. "Deals"were worked out ,like with two farmers who happened to be growing the same two crops and only those -- sweet corn and melons. The two went into a huddle and finally agreed upon one growing all the sweet corn for us,and the other,all the muskmelons if C.M.would agree to take cantaloupe(not raised locally)off the price list when muskmelons came in season. The food committee has since decided to do that.

The decisions that came out of the meeting were final in terms of C.M.improvement. Any further arrangement or reshuffling will be done among the growers. In case of crop failure there are several other farmers to buy from who've approached us since the meeting.

Several other things were discussed.One of these was organic growing,i.e. without chemical fertilizers and pesticides. We decided to encourage growing organically,but not by paying a higher price. More people will be attracted to eating good food if price is reasonable and they are educated in its nutritional merits. One farmer is working up a guide for what is "organic", and the responsibility for how close a crop is grown to these standards will rest with the grower of that crop.

Two other ideas were brought up. Farmers again want a farmers' market and want to make it a bigger thing than last year. Also, several farmers raised the idea of having people from the city come to their farms and help with the crops.Some C.M.people talked about organizing work crews within C.M.for this. Both these ideas need work in planning and implementing. If interested,call Elaine, 257-6131(or at warehouse).

COMMUNIQUE FROM BETTY

Recently my mother brought me her bread-maker, which she no longer used. (Basically it's a bucket with a crossbar -- to the center of the crossbar is attached a kneader below and a handle above -- and a cover. The liquids are put in first. All the flour is dumped on top, the handle is turned for 3 minutes,the cover is put on, and you go away for 2 hours while it rises. Remove from bucket, punch down,then either let rise, covered, a second time before forming into loaves or form into loaves and let rise, depending on the recipe or your inclination.) It has worked so well that I recommend one highly to others whose fingers ache, or whose wrists can't manage <u>both</u> mixing in the second 6 cups of flour and kneading for ten minutes.

I called over town and only found 2 sources:

Phillips(on S.Baltline):Dough Girl Breadmaker.$18.72 incl.tax.On hand. 3-4 - loaf size; suction feet; aluminum(I think); 1 lid.	Sears:Breadmaker Kettle.$18.[illegible] shipping. Catalog only. 4-loaf size(10 qt.).Suction feet.Aluminum;2 lids(huddle as soup kettle).

None of the restaurant suppliers that I called had them.

None of the health food stores had them, although Undertaking is looking for a supply of stainless ones (at about $25.^{00}$) or chromed ones, as they don't carry anything aluminum; and Concordance made vague sounds indicating that they were looking.

Both of these are more expensive than what I had in mind -- mine is stamped sheet metal with cast findings -- but the company that made it seems to have gone out of business.

I just checked The Last Whole Earth Catalog, and they list one --H.Roth & Son, 1577 First Ave., New York, N.Y., 10028.No.5320 Bread Mixer, $14.98, 3 gal.cap. No other information. That looks, from the illustration, more like my one. Don't know what shipping cos t would be. Catalog printed early 1971, so the price should still be good.

Betty Noel

LENTIL SOUP

Lightly brown in 3 T olive oil, 1 medium onion coarse chopped. Add 1 tomato, chopped, 2-3 garlic cloves chopped, and 2 C washed lentils. Then add 6 cups chicken broth or boullion, bring to a boil, reduce heat. Add ¼ C chopped parsley, 2 t cumin, 1 t salt, 1 T lemon juice, pepper to taste. Simmer partly covered 1 to 1½ hours. If you have a blender, use it to make a creamy soup. If not, mash the soup a bit with a potato masher. Serve hot, with a good plain yougert.

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CONSUMERS CO-OP GARAGE

NOW OPEN

COME ON OUT to the co-op garage, located at the Skelley Station on East Johnson Avenue (2050 E Johnson) . Open 6:30 a.m. to 9:00 p.m. Buy a tank of gas, buy a membership ($5.00). You don't have to be a member to get gas or fine quality repairs on your car; call them at 241-1402 to make an appointment for any major work, or drop by for minor repairs. A mechanic will be there from 6:30 to 3:30. Regular monthly membership meetings the first Tuesday of each month at 7:00.

* * *

RICE CASSEROLE

Saute in cooking oil until soft:
1 cup chopped celery
1 small chopped onion
add above to:
1/2 cup cottage cheese
2 cups cooked brown rice
2 beaten eggs
1 cup milk
1/2 cup chopped parsley
2 cups grated cheddar cheese
1/2 cup pumpkin or sunflower seeds
Seasonings
Pour into greased casserole and bake at 325° for 45-60 minutes. Serves 4.

This casserole is from Agnes Hole, who says "This casserole is an old favorite of ours . . ." Thanks, Agnes!

* * *

I'm looking for recipes for DRY BAKERS CHEESE. If you have any that you especially like, please send them to Kathy McElroy, 1013 Colby Street, Madison 53715. Also, any recipes you would like to share with other co-op members through Chew On. Thanks.

COMMITTEE REPORTS

It's time to think again, my friends, of cabbages and working. The committees need more members. Your group should have a representative on a committee, to share the workload. READ THE TRUTH ABOUT THE COMMITTEES - inside this Chew On.

The Food Committee

Your Food Committee, which has met every Monday night from its start, is now meeting bi-weekly unless we feel extra meetings are needed. We are continually scrutinizing the prices and quality of food presented on the price sheet to the members and making a few changes and additions as we find necessary. Some of the people on the Food Committee are very conscious of attempting to provide the highest possible nutrition per dollar and others who aren't "into nutrition" so much favor offering certain other items that actually have proved very popular with you members. If you survey the price sheet with this in mind, you'll notice there are some luxury items that economically are not the best nutritional buys. We recognize that the Common Market serves a large number of people with quite a wide variety of tastes, so when it comes time for us to add new items, our judgments are based on varied and sometimes controversial philosophies. In this respect, we on the Food Committee find ourselves quite representative of the membership.

With our new acquisition of another larger warehouse, the space question we've always had to deal with is somewhat eased and we feel we can now add more items. We can't possibly arrange it so no member ever has to stop at the usual grocery store occasionally for a few items. So, with this in mind, we'd like your opinion on what is a suggested list of possible additions. Some are nutritionally sound--some are popular only--and some are of ecological question.

	FOR	AGAINST		FOR	AGAINST
Bran			Coffee - regular		
Bulgar			Coffee - instant		
*Torula yeast			Paper products:		
Maple syrup			Kleenex		
Molasses			Towels		
Apricots - dried			Napkins		
Prunes - dried			Toilet paper		
Vinegar					
Catsup			Additional suggestions:		
Mustard					
Vanilla - pure					
Macaroni					
Spaghetti					

As sources of really good meat at reasonable prices become available, we hope to expand this category of the price sheet, avoiding those sources that inject stibestrol into their animals.

Canned goods generally seem to be no bargain for us to handle, we have discovered through investigation.

*Torula yeast is a "super" brewers yeast, very high in protein, and comes packaged for 81¢/pound. It is not for making bread rise, but rather is a supplementary food known for its high nutritional value, i.e. two tablespoons stirred into juice or milk will supply more than all the vitamin B_1, B_2, and niacin you need in a day. The flavor takes a little getting used to for some, however. It can also be added to recipes. It is an excellent example of stretching one's food dollar nutritionally.

If you'd like to be a decision maker on the Food Committee, join us at our bi-weekly Monday night meetings at 7:30 at the Gilson Street warehouse. Note current price sheet for changes in meeting place or date. May 8th will be the next one.

Marianne Hobbins, 244-2093

The Work Committee

The Work Committee is concerned with the efficient and pleasant flow of all normal physical work inside the warehouse, with the exception of cashiering. Thus, the committee:

-makes sure there are enough workers for each shift;
-provides a coordinator to guide each shift;
-keeps records of the number of times per month each group is represented on work shift;
-communicates with groups that do not provide as many workers as the General Membership has voted a group their size should;
-provides work sign-up sheets, monthly work schedules and papers of info;
-makes sure there are enough supplies for all shifts and operations;
-trains new coordinators to replace present ones as they flee town or resume normal lives;
-tries to anticipate the effects of changes in Common Market structure, conditions, or policy;
-keeps the General Membership informed of the working state of affairs;
-makes recommendations concerning changes in Common Market policy;
-does the paperwork and phoning to support all of this.

Since the opening of the West Side warehouse, there have been two Work Committees. The present chairmen are Herb Levy (251-6096) for the West Side, and Buck Trawicky (255-1884) for the East Side. Meetings either side are generally held once a month.

The coordinators comprise the Work Committee. In addition to coordinating shifts, a portion of these coordinators divide up among themselves the background work necessary for the smooth and unobtrusive functioning of the regular warehouse operations. This presently involves a good deal of time on the part of a few people, but from the beginning of the May work month, most procedures should be so refined that no one will have to do very much after-hours work at all to ensure that the whole system moves fairly and faultlessly.

This background work is useful, but supportive and invisible. The work of the coordinators, though, is very visible and extremely important. There are nine workshifts every week at the warehouse. For each shift, there are various jobs that must be done completely and well. All of this work is done by members of the Common Market. Because there are many members and many groups, very few of any shifts workers have ever done that particular job before. Therefore, there must be someone on each shift who, in addition to working like everyone else, also knows what has to be done, how to do it well, and how to show the others what to do, without either wasting time or anyone. This is the coordinator's role.

Despite its importance, there is no special difficulty in coordinating. A coordinator can show anyone how to coordinate a particular shift in one, or at most two, work shifts. The coordinators principle virtue is that they are accountable: they agree to appear regularly for a particular 4-hour workshift, usually twice a month. They usually serve as coordinators for from two months to a semester.

Though this work is quite unglamorous, it is also enjoyable and interesting. Learning how the Common Market functions and what lies back of getting daily bread is a useful experience. Working with others in this sort of enterprise is very pleasant. And it's an intriguing problem, trying to get a great deal of work done without letting it become a burdensome chore.

Coordinators are needed. If there be 18 East and 18 West Side coordinators, no one works more than twice a month. As of Sunday, 23 April, there are only 15 on the East Side. Several present coordinators are leaving in Mid-May, and many will be gone for the summer. And if the East and West Sides decide to begin double shifts, with pick-up times four times a week, the Common Market will need twice as many coordinators.

Each shift coordinated counts as one work job for the coordinator's group.

Anyone interested and wishing to coordinate should accost the coordinator of the next shift he works, or call either Herb Levy (251-6096), West Side, or Buck Trawicky (255-1884), East Side.

The Transportation Committee

The job of the Transportation Committee is to make food deliveries to the warehouse from certain local suppliers. These are loads which are too small to tie up a truck but will fit nicely into a van, station wagon, or even a car. What better way to start the day than with a leisurely drive around town accompanied by freshly baked bread or smoked sausages! If you own a van or station wagon, and you dig travel and adventure, look over our fascinating selection of assignments. We have pick-ups nearly every day of the week (mornings mostly), and we can use help for most of them. Most committee members make a delivery once a month which counts as a regular work period. If you're interested, call Randy at 256-7380.

The Finance Committee

The Finance Committee meets at least once a month to act on questions refered to it by the General Membership and on issues clearly within our authority. Larger questions originating in the Finance Committee are refered to the General Membership with our recommendations. We routinely review the money situation with our bookkeeper and consider equipment purchases, hiring, and fund raising. The Finance Committee also recruits and trains cashiers for work at the warehouses. Recently, we have had to think of ways to raise money for the extra expenses involved in setting up and running a second warehouse. We have had to deal with the question of local and federal taxes, including the important question of our status with the I.R.S. We are currently considering ways in which the vacant space in the West Side warehouse should be used most effectively.

Bob (233-6316)

The Community Contact Committee

The Community Contact Committee is presently functioning as an informational outlet for both new and old members of the Common Market. A membership file consisting of records of the location and membership of every neighborhood food group is maintained and kept as current as possible. The file is available for new members wishing to join a food group in their area, or for members wishing to change from one group to another that is closer and more convenient. The committee serves the informational needs of new groups joining the Common Market by providing one of its members to meet with the group to describe the total functioning procedures of the Market and its dependency of collective responsibility, and to answer any questions the new members might have.

A description of the CCC should not pass without saying what a new, vital responsibility will be. To date, committee members have been talking of and planning for the day when we could function as an effective, educational, recruitive force in the total Madison community. With the opening of the Gilson Street warehouse and the successful efforts of the ICC to solve the trucking difficulties, the time to act is <u>now</u>. The Community Contact Committee needs energetic, enthusiastic members dedicated to the ideals of cooperation, who are willing to go out into the community, sharing the good news with <u>all</u> the people. If this sounds like your kind of committee, call Pam Albert at 836-5668 between 4 - 10 p.m.

The Phone Committee

The Phone Committee has the responsiblity of calling all the groups whenever there is a need to communicate with the whole co-op that can't be met by <u>Chew-On</u>. Each member of the committee is responsible for making about 20 calls whenever the committee is asked to do calling. In the past, the whole co-op has been called only twice by the Phone Committee. In addition, the Phone committee is available when small numbers of groups need to be called.

The Phone Committee is especially suited for people with small children or people who have jobs that require their presence but not their full attention. It is an easy way for home-bound people to complete their work jobs, and their committee responsibilities. Interested people should call Carol Herr, 255-1486, evenings.

(Editor's note: During the last couple of months, Carol has made over 300 phone calls to groups, first concerning the 2.00 donation, then to tell them about the festival. The success of both those ventures was no doubt in large part due to her persistence and incredible endurance. Thanks, Carol!!!)

GUILIANA'S BROWN RICE

Cook 1 C brown rice with 2 C cold water and salt, covered and very slowly. When rice is almost cooked, add:

1/3 pound or more limburger cheese, diced very small
freshly grated parmesan cheese, to taste
chopped Landjaoger sausage (try other sausages)

Mix well, until cheese is melted and sausage is warmed.

Guiliana says that this smells awful but that you shouldn't go by the smell. Although this is a simple thing, the limburger cheese taste goes especially well with the brown rice, and the combination is a very nice discovery. Thanks, Guiliana!

* * *

The Nutrition Committee

A short article appeared recently in Good Housekeeping which stated that whole wheat flour was no more nutritious than white flour. They reasoned that although purification removes some nutrients, the "enriching process" returned all of the required nutrients. This is utter nonsense. As shown below, the large amount of nutrients lost during the refining of whole wheat flour is hardly balanced out by the amount replaced.

nutrient	%lost	% replaced
potassium	74	
magnesium	78	
linoleic acid	50	
vit. B1	90	60
vit. B2	61	
niacin	80	30
protein	22	
folic acid	79	
vit. B6	60	
Zinc	50	
pantothenic acid	69	
vit. E	100	
manganese	84	
copper	74	

This does make a significant difference, but we have been told for so long that white bread is so wholesome, that we are convinced that it is better.

This is only one example of how we are nutritionally robbed every day and certainly does not account entirely for the poor state of health in this country today, but it clearly points out a need which the Nutrition Committee must fill. First of all, we must educate ourselves by critically analysing what has been written about nutrition, then we must inform others of our learnings. Thus, the principal activities of the Nutrition Committee will be rather basic: reading and writing. Aside from this we may have a minor role in advising the Food Committee on the nutritional value of foods offered by C.M. and in trying to select more wholesome foods. Also, some people may be interested in tasting and perfecting recipes for more nutritious and delicious meals.

Thus, you don't need to know much about nutrition to be of value to the Nutrition Committee. The only requisite is an interest in learning more about nutrition for the sake of your own health and for the health of those around you.

There will be a meeting for all interested Thursday, May 4, at 7:30P.M. at 4617 Sheboygan Ave., Apt 513. If you are interested, but can't make it then, Call me.

Ken (238-6172 or 262-4581)

REPORT FROM THE INTRA-COMMUNITY COOPERATIVE

WOULDN'T YOU LIKE TO TRUCK YOURSELF? (this statement has no political overtones)

New forcings from the fervid brains of the I.C.C. and Mifflin ideologues show great promise in terms of local and even distant cooperative cooperation. Many of you have already read the notice given out with the price sheets or published in the "Trolley". The crux of the plan is that the ICC, in conjunction with the member co-ops, is offering training in trucking, billing, book-keeping buying, marketing and coordinating techniques, in exchange for a two week, or longer committment to the learning of one or another aspect of the operation.

In this way we hope to involve more people from the various co-ops in the decisions which affect the co-ops. Also there is potential for the generation of part time jobs for members of the community as the extent of the operations broaden to reach co-ops in Minneapolis, Chicago, Milqaukee, Ann Arbor, Mass., Miss., Arkansas, etc.

In Madison this would involve crews of people who would take charge of the truck on its return from Milwaukee or Chicago and carry out the deliveries to the various co-ops, thereby relieving the drivers and buyers after a long day. It might involve streamlining book-keeping or helping with the coordination of bulk ordering. It would involve learning to drive big trucks, which is well known locally to be a considerable power trip.

Not only would all this make all jobs easier to handle and perhaps more rewarding, but it might alleviate the pervasive feeling of panaroia which sometimes affects C.M.. members when they begin to appreciate the extent to which they can become dependent on others unless they take a hand in what is going on.

For more information contact Mike Yokum 256-3265 or Pete Carruthers 256-7868. Do get in touch.

News etc.: What of the Butterball, you say? Well, we got an estimate from Kayser Ford for the fixing of the brakes, which incidentally were and are in rough shape. $300-$400 if they do it. Perhaps $200-$300 if we do it. At present the truck is an expensively insured, unlicensed, non-resource. The king-pins are shot. Until these things are fixed the truck is not safe.

However the ICC is unwilling or presently unable to decide what to do with the truck. This is because the community has yet to decide about or act on the leasing or buying of a new truck. This is because it is not at all clear that we can afford a new truck. Indeed we are also as yet unsure as to what size of vehicle most suits our needs. One of the problems here involves the continuance or not of some of our cheese delivering commitments (for details don't hesitate to ask).

Towards these various ends the ICC has been investigating market facilities in Milwaukee with an eye to shortening the trip, and taking some pressure off the drivers. At present the Milwaukee market seems about the same in quality, somewhat more limited in terms of selection and less flexible with regard to shopping around. The over-all net cost is also somewhat higher. Last week we bought all our produce in Milwaukee. This week the experiment continues with one trip back to Milwaukee and the rest to Chicago.

As part of the experimentation we are also renting different sized trucks in order to figure out what it is that we need. It was decided at the ICC meeting last Friday PM to rent a semi with a refrigerated unit with which to make a single produce run to Chicago next week. We will try using the trailer for storage during the week to see whether such a technique is at all feasible. We are also investigating the possibilities of long and short term leasing of trucks as an alternative to purchasing one.

Many more details are available on request. But if you think the above is complicated, wait till you hear the details. 256-7868, line 1- for a recorded message full of details. (Report is from Peter)

SPLIT PEAS AND RICE

Heat 3 T olive (or other)oil, and lightly brown: ½ C chopped onion, 1 garlic clove chopped.

Stir in ½ C split peas, ½ C brown rice. Add 2- 2½ C broth, ¼ C chopped parsley. Boil 2 minutes. Remove from heat, cover, let sit 30 min.

Return to fire, simmer 25-30 minutes, adding water if necessary. Let sit 10-15 minutes. Serve with yogurt. (Spices make it more interesting: 1/16 t cayenne, ¼t allspice, 2 t lemon juice.)

THE SUSTAINING FUND

Common Market is represented in the Sustaining Fund, an organization of alternative service institutions in Madison by Steve Milgonberg and David Newby. If you'd like to get involved in this, call David 257-4192.

MADISON SUSTAINING FUND BALANCE SHEET
March 1 to April 24, 1972

TAKEN IN	Community Chip	934.41	
	Contributions	19.00	
	MSF Banquet	29.95	
	Take Over Benefit	8.00	TOTAL: 901.36
	Equinox Loan Rec'd	100.00	
	Bank Balance Feb.31, 1972	926.16	
Total.....		2007.52	

PAID OUT:

Allocations: BASIC

Mad Tenants Union	120.00
Broom St. Theatre	100.00
Womens: Counselling Service	140.00
Freedom House	200.00
WIND	100.00
Thurana Free School	120.00
Mad. Defense League	60.00
Peoples' Office	120.00
Runaway Program	40.00
	1000.00

Allocations, GENERAL

Take Over	26.00
Omega School	50.00
Nasa(to bring a South African speaker to Madison)	50.00
King St. Trolley	50.00
	176.00

Contingency Fund	60.00
TOTAL ALLOCATIONS	1236.00

EXPENSES

Banquet Exp.	27.35
Off Equip Exp.	5.94
Salaries Exp.	350.00
TOTAL EXPENSES	383.29

LOANS:

Equinox Festival	100.00
TOTAL PAID OUT.....	1719.29
Bank Balance April 24, 1972.....	288.23

MIRYBLE BOOGIE-MAY 13TH

On Saturday, May 13th the Madison Sustaining Fund is holding the Bicycle Boogie, an effort to raise several thousand dollars in funds badly needed by community organizations. Organized like a Walk for Development, bicyclers in the Boogie are sponsored for a certain amount per mile by friends, neighbors, fellow co-op members, and just about anyone who believes in co-ops and community service groups as an alternative to the profit stores and general lack of spirit and community feeling we would have without them. The amount each sponsor pledged is later collected for the number of miles the rider actually bicycled in the Boogie. Money raised will go to financially troubled groups within the Sustaining Fund, with special attention to the large amounts of money needed right away for such things as the trucking co-ops's new truck and the campus YMCA's sagging budget.

The Boogie is for everyone- from the oldest member of the Madison Tenant Union to the younger guys fro Thurana Free School, who are already knocking on doors looking for sponsors. This is a community effort- it needs people to succeed. Madison is full of people who believe in alternative community organization and talk about cooperation as the hope for the future in eliminating the competition

and alienation we feel from each other now. The typical Madisonian is a person who buys his food at Common Market, Mifflin Street, and Whole Earth, buys a bike at Yellow Jersey or a dress at Cooperative Threads, calls People's Office for information, uses the counseling services at the YMCA, gets his news from posters printed at RPM Printing CO-OP or from our underground papers, goes to movies at Green Lantern, and looks to the Madison Defense League for legal advise, yet he never does more than the minimum work jobs and meeting attendance!!! The Bicycle Boogie is a chance for all of us to come out and make an effort, a very much financially needed effort, for our community organizations and, just plainly, for our community of people as a whole. Each of the twenty-some organizations within the Sustaining Fund is asking its members to either ride or sponsor someone else in the Boogie. We hope that each of Common Market's food groups will have a rider (or riders) sponsored by the rest of the group. Instructions and form sheets for the Boogie are stapled on this week's food list so everyone interested can get his or her self together and start finding sponsors. And to you riders- there will be a gala celebration at the end of the route with bands and food provided by Parthenogenisis and the food co-ops. Just some of the groups playing: Live Bait, Sal Sax, Milk and Cookies String Band, and Tuschy Brothers: Jug Band. It looks as if its going to be a hell of alot of fun. So get that bike greased up and go out and get those sponsors. We need you!

Anyone who has any questions, or any group that might be interested in sponsoring a long distance rider from the Madison Bike Racing Club should contact me at 251-7758. Extra forms can be picked up at Yellow Jersey, Sunflower Kitchen or the Madison Book Co-op.

Jackie Huber
Co-coordinator, Bicycle Boogie

COMMON MARKET FINANCIAL STATEMENTS

Charles has done it again: 3 clear, reasonable presentations of how we're doing. According to my reading of them, this is what they say: in the short run, we are losing, i.e., the $1,000 surpluses in February and March are being used to pay for our food when it arrives at the door (rather than after it is sold), and we are therefore really without money in the bank. And we do owe $1500 in loans which are coming due soon. In the long-run if we keep generating those lovely surpluses, we will win., i.e. we will be able to pay back loans, pre-pay on our produce orders, and pay operating expenses on the west warehouse. But, as Keynes reminds us, in the long run we are all dead. So, WE NEED MONEY NOW!!! Suggested donations- $2.00 per member. Or buy a voucher for $3. per member and lose it. Thanks for the reports, Charles. (256-5135)

THE COMMON MARKET, Ltd.
INCOME STATEMENT
MONTH ENDING FEBRUARY 29, 1972

Sales and Total Operating Revenue			31840.12
Merchandise Cost of Sales:			
Merch. Inventory 2/1/72		3745.90	
Purchases	27732.34		
Net Purchases Less Purchase Return	- 14.53		
		27717.71	
Cost of Merch. available for Sale		31463.61	
Less Merch Inventory 2/29/72		2518.49	
Cost of Merchandise sold			28945.12
GROSS MARGIN ON SALES			2895.00
EXPENSES			
Salaries Expense	556.74		
FICA Share Payable	60.98		
Purchases Service Charge	512.53		
Supplies on Hand	177.69		
Telephone Expense	28.55		
Equipment Depreciation	7.00		
Rents	172.00		
Misc. Expenses	48.24		
Community Chip	300.29		
Total Expenses.....			1864.02
New Operating Surplus.....			1030.98

The Common Market, Ltd.
Income Statement
5-Week Month Ending 4/3/72

Sales + Total Operating Revenue			43363.30
Merchandise Cost of Sales:			
Merchandise Inventory 3/1/72	2518.49		
Purchases	39582.58		
Cost of Merch. Available for sale		42101.07	
Less: Merch. Inventory 4/3/72		2639.87	
Cost of Merchandise sold			39461.20
Gross Margin on Sales			3902.10
Expenses			
Salaries	654.90		
F.I.C.A. Share Paid	34.05		
*Purchases Service Charge	910.66		
Supplies Expense	292.63		
Telephone Expense	35.43		
Equipment Depreciation	7.00		
Rents	167.00		
Community Chip Expense	400.00		
Miscellaneous and Petty Cash	164.29		
Theft	35.00		
Total Expenses			2700.96
Net Operating Surplus			1201.14

* Purchase Service Charge seems high this month and will continue to appear so since included in this figure is a service charge for groceries purchased from Eagle Heights Consumers' Union. The charge was previously included under Purchases.

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

Income Statement
Special Fund - New Warehouse + Taxes
14 March thru 16 April

Revenue from Contributions			993.46
Expenses			
State Corporate Taxes	95.36		
Federal Corporate Taxes	729.00		
Equipment and Labor	1192.20		
Travel Expenses, etc.	137.22		
Rent for first month	400.00		
Total Expended		2553.78	
Net Loss, 4/16/72		- 1560.32	

Note: In order to compensate for the predicted loss, Common Market has secured $1400.00 worth of short-term notes and is selling vouchers payable in food at a specific future time. The first note is payable 15 May 1972, the second 15 June 1972, the third 1 July 1972. In order to meet these payments we need more contributions.

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Special General Membership Meeting February 27, 1972

Charles the bookkeeper gave the January financial statement (published in the last Chronicle)

The [illegible] issue -- the reason the special meeting was called — was the crisis in [illegible] and cooler space. Decisions needed to be made that night.

I. [illegible]. With the rate of growth in the produce orders during January and February we were past the point where the 14 foot trucks we have can handle our trucking needs. We either need to buy a larger truck (which would require

continued .....

a major capital outlay by the members of the ICC and a real commitment to truck together) or stop the growth of the Common Market.

MOTION that as of April 10th the Common Market membership fee will be $3.00 per person. failed (The purpose of the motion was in part to get people to pay up their memberships now; in part, to raise revenue.)

MOTION to freeze membership at the present level, pending resolution of the present problems. failed.

After considering various alternatives open to us in using the trucks we have (eg. eliminating bulky items from the price sheet, making more runs to Chicago in the 14' trucks), there seemed to be a consensus that:

1) what we need are 1 larger and 1 smaller truck;
2) trucking is a community problem — its a problem of eating — and that the whole community should raise money for a new truck via the Sustaining Fund.

It was the "sense of the body" that our representatives to the ICC keep representing us with the idea that CM supports buying a new, larger truck, and will raise a major portion of the money for it.

MOTION that our commitment re the truck issue will be to help raise money, and give our truck as a down payment. passed. (Editors note: people differ in their recollection of this decision; this is what my notes say.)

II. WAREHOUSE SPACE

MOTION. It is the purpose and spirit of CM to expand co-operative food distribution. At this point, we should find another warehouse, in addition to the one we're in. That distribution center will be part of Common Market. passed.

MOTION that a warehouse committee be selected to locate, rent and set-up a new warehouse. passed.

MOTION that we define here financial and location guidelines for the warehouse committee. passed. Amendment: that the committee recommend alternatives at the next general meeting, and that this body decide. failed.

While a number of guidelines were considered, 2 were settled on:

1) location - preferable a low-income area
2) get a place that we can initially fund and pay 2 months operation expenses on. determine this in consultation with the finance committee.

People then volunteered to be on the warehouse committee and the meeting adjourned.

Report on the Regular General Meeting March 12, 1972

Report from the Warehouse Committee:

Bob Pierson reported that from the few alternatives available the committee choose the best: 4000 sq ft of space at 1335 Gilson Street. We're looking for another tenant to share the space with us.

Estimated cost of set up and 2 months rent: $2000. And so we talked about raising money.

- What about raising the percent markup on food, eg. to 12%?
  We would have on-going income for future major expenditures as a result. But this is regressive - it raises our prices for everyone, regardless of their ability to pay. We should try to get money from people with ability to give.

- We clearly don't have enough income at present to cover operating costs of new warehouse. But initial set-up cost ($2000) covers 2 months rent. By then, the warehouse should be able to finance itself from our gross.

- What about selling bonds for perhaps 2 years? i.e. long-term loans?
  This is not recommended by the finance committee because it is more desirable to ask for donations directly first.

- What about expanding the food we carry so that we capture a greater percent of our members' grocery payments - we then have better service and more income.

MOTION: directive to food committee that they look into feasibility and expand into canned goods, paper goods and any other items they think desirable.

At this point Joe suggested that the committee bring back any decision here before implementing it. It is better for substantive decisions (continued ..)

to be made by the wider body. This is not questioning the committee's efficiency and competency. But as committees seize decisions, these bodies (general meetings) become less important.

MOTION: directive to committee to look into additional items. passed
MOTION: directive to go ahead and add items to the price list. passed

Steve suggested that we visit each group to talk about the need for money and ask them to donate, with the premise that group is the central unit of Common Market and some valuable education can happen this way. The money request would include $1000 for taxes, due this week.

MOTION: That we make an assessment, to be determined. Future members would pay this plus their membership fee. failed.
Debate: may be the most efficient way of raising money, but gives no choice and some people mey not be able to pay.

MOTION: telephone committee will call each group before its pick-up time this week, beginning with the East Side, informing them of the meeting and the need for money, and asking them to bring donations, with someone in the warehouse to collect it. Re-contact groups who don't give then. passed.

MOTION: that a suggested minimum voluntary contribution of $2.00 be requested, in addition to a system of vouchers. passed.

Vouchers:
MOTION: face value vouchers be sold, redeemable in food from June 1 to October 1. A fixed amount be sold, coming due at staggered dates. Finance Committee will make decisions re: printing, number, dates due. passed.
David liked the idea because he'll get a piece of paper for his money.

These money schemes will go into effect immediately. Meeting adjourned.

Minutes of the General Meeting April 9th, 1972

Announcements
-opening of the auto coop on April 24th. Hired Heinrich as full-time mechanic. Looking for 2 people to pump gas. Located at Skelly Station where E. Johnson splits off Packers Avenue.
-need for new east side work committee chairmen because present ones are leaving for summer.

I. The Truck
A. Discussion of possibility of buying on the Milwaukee produce market. [illegible] freshness of produce, pricing, pros & cons of licences & [illegible] in-state or cross-state traveling.

[illegible] to truck cooperatively with all the coops [illegible]. Passed.

[illegible] the food committee to examine the Milwaukee market and talk to [illegible]. Friendly Amendment: that the decision will be made (of [illegible] to switch markets) with the ICC.
[illegible] Amendment: that the decision will be made within a two-week time unit. [illegible]

MOTION: to instruct the representatives to the ICC to recommend to the ICC to reconsider leasing the butterball on the strength of a compute physical check-up. Amendment: to offer more cooperation to the ICC. passed.

MOTION: to instruct the representatives to the ICC to try and work out some kind of manpower set up between the ICC and each coop. passed.

MOTION: to instruct the finance committee to investigate the use of the extra space in the west side warehouse and bring back recommendations to the next general membership meeting. passed. (Point of information: rent is 11 cents a square foot per month plus 4 cents a month for utilities.)

II. A discussion was brought up between a representative of the king st. trolley about using their adding machine in return for space on the price list for their publication. Some people suggested an entire extra sheet with a list of publications. MOTION: that a seperate area on the price list be designated for publications and that all the work involved be done by the people on the publication. passed. (We think the sense of this discussion was that the general meeting will decide concerning each publication.) Meeting adjourned..

to be made by the wider body. This is not questioning the committee's efficiency and competency. But as committees seize decisions, these bodies (general meetings) become less important.

MOTION: directive to committee to look into additional items. passed
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A. Discussion of possibility of buying on the Milwaukee produce market. Questions about freshness of produce, pricing, pros & cons of licences & insurance in terms of in-state or cross-state traveling.

MOTION: [illegible] to truck cooperatively with all the coops [illegible]. passed.

MOTION: to request the food committee to examine the Milwaukee market and talk to the truck coops. Friendly Amendment: that the decision will be made (of whether to switch markets) with the ICC.
Friendly Amendment: that the decision will be made within a two-week time unit. passed.

MOTION: to instruct the representatives to the ICC to recommend to the ICC to reconsider leasing the Butterball on the strength of a compute physical check-up. Amendment: to offer more cooperation to the ICC. passed.

MOTION: to instruct the representatives to the ICC to try and work out some kind of manpower set up between the ICC and each coop. passed.

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CHEW ON

Newsletter of the Common Market Food Buying Co-operative June 7, 1972 No. 18

*Report on the Common Market General Membership Meeting, May 14, 1972

The Financial Matter

Charles gave the April financial report -- which said that at the end of the month we were ahead $400. However, we still have about $2000 out in large loans (for the set-up of the new warehouse and taxes), the first of which is due May 15th.

And so once again, and at great length, we talked about how a co-op should raise money. And we made some decisions:

--The ICC (of our cooperative trucking association) does get credit from some of the sellers at the Chicago Market. The meeting instructed Tim, one of the drivers, to see if that could be passed on to us, so we wouldn't have to pay for that produce on the day it arrived.

--we'll try to pass the outstanding loans among the wealthier members of the co-op. (Please call Charlie at 251-5754 Mondays if you could take over a $400 or $500 loan for a period of 3 to 6 months.)

The rest of the discussion concerned mandatory membership fees and voucher purchases. We need a larger fund of capital, both to pay back loans and to finance meat purchases in order to supply meat to our members. Charlie lectured us that we should not be afraid of raising and holding and using capital -- that what is important about capital is who owns it, who controls it and who benefits from it.

Regarding the vouchers (the $3.00 loans redeemable in food beginning in July): people argued that voucher sales have been treated with a certain disrespect, and the fact that only 40 have been sold so far reflects that. Whatever is the reason (I don't think the above is it) it is strange that only 40 out of 1600 people have offered to make this small interest-free loan to Common Market. (WE NEED THE MONEY! It is only a LOAN. Why don't people buy the vouchers? They are available from the cashier; buy them when you pick up your food.) Making people buy vouchers was proposed -- and strongly opposed by those who argued that many people have already been hit 3 times: membership fees, donations, vouchers. Now we would be asking them to pay again . . .

One thing people agreed on was making people pay up their $1.50 membership fee. Payment has always been voluntary, and an estimated 1/3 of our membership has not paid. So:

--MOTION to enforce the mandatory payment of membership fees -- no money, no food. There will be a 3 to 4 week period before this is enforced. A work group will be formed to do the work, and the work will count as a work-job. Passed.

We will discuss yearly membership fees at the next meeting -- this requires a by-law change.

--MOTION that should sufficient revenue to cover loans not be raised by June 1, i.e. $1000, in 3 weeks hence notices should go on the price sheet that at the next pick-up-time 1 voucher per work job will be attached to each group's price sheet and the person picking up the group's food will be required to purchase the vouchers at $3.00 each, redeemable for food at full value between October 1 to December 1, 1972. We will exempt people who already bought vouchers or made contributions or loans, and will permit redemption of vouchers for money through the mail. After vocal opposition, this was passed.

--MOTION to table the rest of the money ideas (include freight charge in cost of produce, sell more meat, have a contribution drive, sell yearly memberships, raise mark-up to 15% for a short period) until 2 meetings hence. Passed.

Report on the truck meeting

It was decided to fix the butter truck purchased by Common Market. It needs new brakes and king pins. Common Market will pay only for parts. The rest will be paid by assessing groups who use trucks by the % of what we each buy. It is estimated that Common Market will pay 60% of the bill.

Question: What about the ICC repair fund? It has a $50 weekly repair cushion, which has been more than used up each week, i.e. the fund is gone. What about the B team idea (to relieve the burden on the few salaried people)? Only 6 people came to the meeting, and only 1 person could really be of help.

--MOTION that the butter truck be leased to the ICC for the remainder of this quarter i.e. to June 30 at $1.00 for the period, and that the ICC assume cost of insurance, at a pro-rated rate, as well as assume maintenance cost on the truck. Passed.

Part-time Coordinator

Elaine explained that we now need to hire someone else 1/2 time, to help coordinate the activities at our 2 warehouses; and that soon, as both warehouses begin to operate all week, that person will need to work full time.

It was soon clear that we simply have no agreed upon criteria concerning how our cooperative should select from among us those few people who should be salaried, versus those who put in great amounts of time with the co-op, yet have to work at distasteful jobs to support themselves. So there ensued, as a result, a very painful and awkward discussion -- culminating in a decision at the May 25th meeting.

One person, who has worked with Common Market for a long time, and in responsible positions, was present and indicated her great interest in the job. Another person, equally qualified in terms of involvement in Common Market then indicated his interest. How to decide? After some agonizing, someone mentioned that there had been no agenda published prior to the meeting, and that others might have been present if they had known a job would be available. So there was a -- (TIC) that there would be a special membership meeting called for May 2[illegible], and members of Common Market would be informed of the need for another coordinator prior to that meeting via the price sheet, and invited to apply at the meeting.

The No work- o food rule

Representatives from a co-op who had not received its food one week, because their representative hadn't worked, and had not been called to tell them they wouldn't get it, made a

-- (TIC) that there be a time lag concerning the penalty of 1 week (presumably to permit anyone so penalized to make alterative arrangements for securing food). After some discussion, it was defeated.

-- otion: that Common Market will insure every group is contacted before they come to pick up food on a week they are being penalized for not working. Each group being penalized is supposed to be called the day of totaling the orders. If they are not contacted by 5:00 of that day, then their order will not be pulled until the next week. In addition, however, every group has to make up work time missed -- they remain responsible for all work-jobs each month. Passed.

Space rental at the west warehouse

The Finance Committee handles this. Contact Bob, 233-6316. It was agreed to rent a small amount of space to the Lyne Table for storage.

Phone Committee

ork on the phone committee will count as a work job.

Report on the Special Common Market Membership Meeting, May 25, 1972

Talk for Development money

e are going to receive the $1000 from CFD originally promised us for expansion. This satisfies the requirements of the motion at the May 18th meeting concerning compulsory voucher sales.

What about including older people in Common Market?

This broke down to 2 separate issues:

1) Is CM willing to accomodate the probable needs of the older people in the large senior citizen's home on Olin Avenue? The agency that buses people from there to stores in town has asked about involving the people in Common Market if they wish -- but this would involve some special arrangements, eg. arranging that pick-up times be at the same time, for the various groups that form there. We agreed to work out whatever needed -- the principle being that while we view ourselves as trying to do considerably more than just deliver cheap food, cheap food is in fact a very important service we could provide for older people with small incomes. (Anyone interested in working on this, contact the warehouse.)

2) Should CM make special provision for older people isolated in neighborhoods of younger people, i.e. excuse them from membership fees or work jobs? It was felt that these people should be integrated into on-going groups, with the groups assuming responsibility among themselves for payment of fees, doing work jobs if necessary, providing transportation, etc. (It was observed that many of our groups live their own quiet orderly lives, without making any difference to the neighborhood in which they exist -- and that all groups should be encouraged to share the benefits of Common Market with the older people in their areas, involving these people in their groups as normally as is possible.)

Electing another coordinator

We tried again. Elaine defined the job in some detail. Two people were present who were interested; another arrived later. They briefly described their views of the job, and why they felt they were qualified.

Once again, the problem: how to decide?

Heinrich suggested:
1.) consider need -- but both were unemployed and needed thte job
2) decide among yourselves -- impossible to do when both really want the job
Harry suggested, if all are equal draw a name out of a hat. But people present had definite preferences, concerning who could do the job best in terms of how they would like to see Common Market operating.

After a great deal of discussion we decided
-- MOTION: we will vote on the applicants. passed
-- MOTION: we will use paper ballots. passed

The fact that the meeting was simply at a mass loss as to how we should be making this decision is reflected in the following sequence, where we defeated all 3 of the voting alternatives before us.
-- MOTION (1): that we select the person by majority vote. Take a ballot of all candidates -- if no one gets more than 1/2, have a run-off between the top 2. 15 for, 16 against. failed.
-- MOTION (2): select person via successive ballots, dropping off the candidate with the least votes until we have a majority. 15 for, 15 against. failed.
-- MOTION (3): select a person via a plurality, i.e. the one with the highest number of votes on the first ballot. 15 for, 16 against. failed.
-- MOTION: that we revote on motion (1). Passed, 21 for, 9 against.

The vote was then taken, and Linda Jo Stern was selected our 2nd coordinator.

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Next Common Market membership meeting

Sunday, June 11th

7:00 p.m.

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ATTENTION CASHIERS:APRESENT AND POTENTIAL

The cashiering schedule really needs people to work. The shifts range anywhere from 2 - 3½ hours and the job only requires that you work one shift every 4 weeks although if you can do more it'd be very much appreciated. (Cashiering counts as a work job).

There will be a cashier training session on Wednesday night (June 14th) at 7 PM at the east side warehouse for people working the Saturday and Sunday shifts. There will be another training session of Friday night (June 16th) at 7 PM at the west side warehouse for people working the Wednesday and Thursday shifts. Every cashier should come, new and old. We will be starting a new deposit schedule so everybody should learn how to make bank deposits.

We especially need people on the following shifts:

3 people on Wednesday	2:00 - 4:30
2 people on Thursday	1:30 - 4:30
4 people on Thursday	10AM - 1:30
2-4 people on Saturday	7:00 - 9:00
1 person on Sunday	12:00 - 2:30

And as many on-call and substitute people as possible.

* * * * * * * * *

ATTENTION: SOUTH SIDE RESIDENTS OF COMMON MARKET --

Next Sunday night, June 11th, there will be a community picnic for south side people, put on by the churches of the area -- Penn Park shelter, at the end of S. Fisher Street. Bring a pot of something -- there will be hot dogs there. Square dancing after the picnic -- but also our monthly meeting back at the warehouse. Come meet your neighbors, do a little hustling for Common Market . . . . Pot luck begins at 5:00 p.m.

********************N O T I C E S********************

BUY COMMON MARKET VOUCHERS! Make a $3.00 loan to the co-op now, redeem your voucher for $3.00 worth of food in the summer. Ask the cashier or call Bob (233-7315) for information

We need desperately people to do mimeographing. This can be done any time, day or night, since we have access to several machines at different times

We need someone to design and make a street sign for the West Side warehouse. Call 251-5754 to volunteer.

CONSUMERS CO-OP GARAGE now in operation, 2050 E. Johnson (the Skelly Station). Open 7:30 am to 9:00 pm. Fine gas, excellent service, dependable, honest repairs.

Are you interested in attending Sustaining Fund meetings as a representative from Common Market? We need some people to do that. Call David, 257-4192

We need someone to investigate sources of recycled paper to use for our price sheets, etc. Call the warehouse, 251-5754 if you can do it

Now is the time when groups are in a rather chaotic state, with their student members leaving or shifting around. BE SURE TO NOTIFY PAM, 836-5563, if your group is DISSOLVED, or if you now have room for more people.

An excellent cookbook, "Food for a Small Planet", available from Whole Earth on East Johnson Street. Learn how to cook things that are good for you.

INFORMATION SHEETS for new members will be available at the warehouse this week -- folded yellow sheets

There will be a FARMERS MARKET again this summer, and we need people to work on it. Call the warehouse, 251-5754, to volunteer.

When you pick up your food, pick up your MILK LAST, so it doesn't sit in your car for an hour.

People are starting a cooperative restaurant which will serve international cuisine. They need cooks and a lawyer who can donate legal advice. Glen, 271-9685.

Kittens. Please give a home to a kitten. We gave a home to the mother who showed up on our doorstep last year. Tan-striped, orange-striped, grey and black. Thanks. Call Lucy or Tom, 256-6080.

Is there any computer time hidden away among the resources of our Common Market membership? I'm going to need some time -- any tiny bit will help -- later in the summer, to finish some school work. If you have some you would be willing to give away, please call Kathy, 257-4192. (Weird request, eh?)

THE NUTRITION COMMITTEE is collecting nutritious tasty recipes -- things prepared without processed foods in them. They want all kinds of things - breads, drinks, desserts, main dishes. They're going to put out a book for us. Call Beth Trachtenberg, 835-5772 evenings, or send them to 265 Orchard Drive, Oregon 53575.

Beth also asks anyone who dislikes the ground chuck, as she does, to write to the food committee and ask for another supplier.

Betty Noel, 255-6523, is a South Side Shanklee dealer -- organic soaps, etc.

What about a CANNING OIL in our west side warehouse? Bring what you have when you come to get your food. When we collect enough, we'll sell it. Contact Betty Noel, 255-6523, if you can help organize it.

We need someone to take responsibility for teaching some songs on Sunday evenings while we are waiting for our quorum to arrive. It would be nice to have some [illegible] union or organizing songs -- perhaps from the Little Red Book. We can put together song sheets, but someone to lead is [illegible]. Call Kathy, 257-4192, if you could do it.

Co-ops: Illusion or Reality

by Dick Krooth

You are taking a stroll, enjoying the beauties of Madison's smog: the Capital. Suddenmy, a car stops, two burly thugs jump out, grab you, and ... that's all you remember till you arrive at Pago, hungry and exhauted, a place you have never seen before. Banners greet you: "Work Co-operatively" "Work is wholesome" "Idleness is sloth". Armed guards surrounding you, hoe in hand, you know you are suppose to get down to business. You do.

The sun is setting. You are very tired. But all you can think about is escape. "To where?" you wonder. You have seen the Pago people watching you labor in the fields. But they too are armed and they speak a strange language. You believe they are hostile. And you give up hope for liberation by flight from your masters.

The board room is well furnished. The apartment is draped with luxurious silks and satins. The long desk is oak, polished with oils prouced by native workers nearly 10,000 miles away. The men sitting round the desk are very serious--money is the subject; not enough of it is the complaint. "The stockholders will never stand for returns so paltry this year," one board member offers. "Our co-operative venture must have a better showing next year...."

1972 or 1550? The Portuguese merchants or the British bankers? The English Catholics in Maryland or the Quakers in Pennsylvannia? The French imperialists or the United States ones? Take your pick. The principles--or lack of them--are the same.

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Co-operatives, many have named them, although there is often a separation of ownership and control from work effort. "You be the hand, I the brain." "You produce the wealth, I will take the rewards." "You devote your life, I will take the credit." This is the direction in which so-called co-operatives have often moved--not because the participants willed it, but because the institut- [illegible] required it.

[illegible] described in the first paragraph of this article was common practice in England during her earliest stages of colonization in the reign of Elizabeth. Forced labor, so-called repayment of the cost of transport to the colonies, was also a colonial method described in the second paragraph of this piece. Merchant stock companies, owners forcing others to work to produce staples for sale in European markets, provided the money bags for these "co-operative" ventures to the New World--alluded to in the third paragaph above. "Co-operatives" they were not.

In North America, for example, early merchant companies established plantations. Settlers were brought from England, kidnapped, released from prisons, thrown out for their religious beliefs and moral or immoral practices. Human hands and minds were turned into endentured servants, who were obliged to work for no pay for three to seven years in order to "work off" the debt owed the merchant companies. The tools belonged to the stockholders, the ships were their property too. The work product of these hands of stockholders equalled nothing--for the product was produced by those sweating in the sun, freezing in the cold. This product was stored in the stockholders' warehouses. It mounted in the Spring and Summer, and it was sent to England in the Fall and Winter. The profits were private--the stockholders smiled, another good year.

Periodically, the workers went free. Some married, giving birth to freemen or freewomen. The free people would never work for another in their lives--land was for the taking...from the Indians, that is. But the stockholders in the smoking rooms in England knew that new hands could be "encouraged" to take the place of the old ones; new bodies could be swept from London doorsteps; new hanging judges could condemn thousands to the colonies, banished forever from "Mother England." The process was circular, the profits went undiminished, the workers went begging, till they too completed their round of time-slavery, accomplished their liberation, and were replaced by other, newer slaves.

All this took place in the name of "co-operative ventures." And we must be clear as to who co-operated with whom. The owners in England obviously co-operated with one another: money was their commonality; profit their joint goal. And the workers, who did they co-operate with? With their oppressors, they co-operated at the end of a gun. With their pent-up fears and racial hatreds, they did not co-operate with the native Americans. With their drive for upward mobility--freedom in 3 or 7 years--they did not co-operate with each other in seeking to overthrow their oppressor's system.

The result? Direction given by the merchant stockholders, profits taken by them. Orders taken by the unfree workers, labor-power given by them.

The lesson? Co-operation cannot separate work and direction--the same people must order and direct themselves in servicing their needs.

The moral? Madison needs to eliminate its smog, the Capital, and the system that makes the Capital a Capital of the Wisconsin Association of Manufacturers, the American Bankers Association, and the mid-western Insurance Cartel.

The solution? Revolution. And in that direction, the open political posture of co-operatives. Co-operatives can never buy out the monopolies, just as nonfree workers could never replace the English merchant capitalists' system. Co-operatives can sustain the people while monopoly oppression continues, but the objective must be the overthrow of monopoly rule, not its replacement with co-ops grown strong in stockholder-like companies. Co-ops can make life a little better for a great many people, but without the politics of revolution they can never liberate the people from their real oppressors that made co-ops necessary for a good life in the first place. For some of you revolution is already the answer; for others I am a bag of wind blown cold. Think on it.

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Eggplant Parmigian
from Giuliana Pierson

This is a favorite of mine, but I don't begin it unless I have a helper.

Peel two eggplants, then slice them into long flat pieces. Dot the pieces on a dry towel to remove some water. Flour the slices on both sides, then dip them into egg batter (eggs, salt, pepper and a bit of grated parmesan cheese).

Deep fat fry the pieces in oil until golden brown on both sides. Place pieces on paper to absorb excess oil. Grate some parmesan cheese; thin-slice some mozzarella cheese and make a tomato sauce by simmering together peeled tomatoes and some tomato juice, basil leaves, salt, pepper and olive oil (Serio or Bertolli are good brands; avoid Pompei and its ilk.)

In a casserole dish alternate in layers the fried pieces of eggplant, then pieces of mozzarella and a sprinkle of grated parmesan, followed by the sauce. Build up these layers until there is no more eggplant. On top layer put just sauce and grated parmesan. Bake for 1/2 hour in slow oven. Serve.

See page 11 for two other fantastic Italian recipes from Giuliana. Chemist Chow On appreciates them!

FROM THE FOOD COMMITTEE

The Food Committee is interested in finding out what Common Market members are still buying at the super market. Before we add items listed on our last survey, we would like more information on everyone's buying habits. In this way we could add the items which are taking away the most dollars from our co-op and giving them to the big companies.

We would like for you to keep track of everything you buy in a grocery store for one week. Please return your completed list to the Food Committee.

ITEM	PRICE (if you know it)	ITEM	PRICE

"Why Did You Join the Common Market?"

"That's easy -- to save money."

"Cheap food!"

"To save money."

"Because the food was good and the prices were good."

"Because it's a good way to save money, and we were fed up with supermarkets."

"Because we thought it would be convenient. .fresher produce...cheaper in the long run."

"Convenient...all the foods are wonderful..and much more reasonable (prices)."

"I couldn't resist the cheese prices."

You will notice, because I am pointing it out to you, that none of us claim to have joined so we could enjoy the benefits of cooperative principles. Nor did we join so that we could help the community at large to grow toward a cooperative society. The primary purpose of the Common Market should be to provide the most good food to the most people at the lowest cost. People with more time than money can thus get better nutrition than they could otherwise afford. (If you work one slot every two months, add $4 per month to your coop food bill to get a more realistic idea of what you are actually paying.

The secondary purposes of the Coop -- "to educate its members and the community in cooperative principles" and "in nutrition and healthy eating habits,""to transform the nation's economic life (sic!) from a competitive, profit system to a cooperative system", "to further cooperation among cooperatives," etc. (by laws, Article II, a,d,b,h) -- are fine ideals, and as such may be more important than the primary purpose. But educating people is not an overnight process as the Common Market student members, or anyone with a child that isn't yet housebroken, should particularly realize. In order to educate people, you must keep them interested. The common interest of the Common Market is food. Good food. Cheap food. Unless this interest is served, there will be no mass of people to educate.

We realize that the spirit of the Coop is sustained in large part by the work of a small, hard core of people dedicated to all the cooperative principles, as they keep explaining in Chew On. This makes many people, who are doing their share, feel uncomfortable that they are not doing more: but these core people chose to view the coop as a way of life. The rest of us have other things

of importance to think about too: work; raising children; paying the rent or mortgage; fulfilling commitments to family, to church, to the way of life we have chosen; even engaging in a non-socially-functional hobby on occasion The coop is only a small facet of this interacting complex called life.

from Betty Noel

The Food Committee puts this in. Whereas we don't carry whole wheat we could start.

An Exciting Interview with the Amazing
WHEATER EATER

Put yourself on top of the wheat field by reading this exclusive interview with Wheater Eater, World's No. 1 Wheat Feeder & Eater. (Hygeia speaks in all caps. Wheater responds in lower case.)

HYGEIA: WHY DO YOU EAT WHEAT, WHEATER?

Wheater: It offers me an inexpensive long term storage food relatively high in nutritional value.

WHAT KIND OF WHEAT DO YOU USE?

I use hard red winter wheat for its high nutrient content as opposed to soft spring wheat.

HOW DO YOU USE YOUR WHEAT, WHEATER?

For getting the most nutrients from my food I strive to cook/grind as little as possible. When I do grind my wheat I use a Deseret grinder.* It's adjustable to make a coarse grind ("cracked" wheat) or fine grind (flour). I like it better than the Corona cause it's cheaper and only one grinding is necessary to make flour. I grind no more than can be used up in one or two days, since whole wheat flour is countless times more perishable than whole kernels. Here are the ways I use wheat:

Plain. If I haven't soaked/sprouted any wheat I sometimes eat a few spoonfuls of whole raw kernels. Or I will cook the kernels (sometimes called berries) like rice: I put wheat in pot, add cold water, stir, dump out water -- that's to wash it. Then I add water to cover wheat and bring to a boil. Then simmer about 20 min. depending on how tough or tender I want it. If I want to dry like rice I use less water.

Soaked. I eat the whole kernel, raw or cooked, after it has soaked in water for about 12 hours.

Sprouted. This is the way I eat most of my wheat. I use one-quart wide-mouth mason jars. I cover the top with a piece of fiberglass window screen (building supply stores) cut to size, held on by the screw-on rim. Or a piece of nylon stocking held on by a rubber band. I fill the jar about a third full of wheat, affix top, and then pour in water and swish seeds around to wash them. Then I drain off the wash water and fill the jar with fresh water. I soak the wheat for about 12 hours, then I pour off the soak water and drink it or use it to cook with. I pour in fresh water to rinse, then invert the jar and let the wheat drain a few minutes. Then I place the sprout jar on its side and let Nature do her thing. I rinse the wheat two or three times a day for about two days. Then eat - feed the wheat, either raw or after simmering a few minutes. I pefer raw sprouted wheat when the sprouts are about half as long as the berries. It tastes funny raw if sprouted longer but may still be palatable cooked.

Wheat grass. If the soaked or sprouted wheat is placed one layer thick on some moist dirt, on the ground or in a container (I use a cut down bleach jar) it will grow into wheat grass. Keep the paper moist, remove it after a few days and water the grass directly. When it's a few inches tall I cut it and eat it straight or in a salad. After a few days you can make a second cutting. Then turn the dirt over and plant again. (For more information send a dollar to Ann Wigmore, 25 Exter St., Boston 0211?. Tell her you are interested in sprouting and wheat grass).

Cracked. Can be eaten raw or cooked. I don't use it much.

Cooked Breakfast Cereal. I hardly ever make it either since I get better nutrition from whoe, sprouted wheat. But if you like Cream of Wheat etc, you can make your own inexpensively from whole wheat. Toast flour in a pan on the burner or in the oven then put it in a pot, add water and cook slowly. Use low heat and stir often. The less water you use the thicker the cereal.

Raw cereal. I eat the flour raw and dry, straight from the grinder. I've read that cereals are most readily digested when dry because starch is not water soluable. Familia (uncooked Swiss cereal). Nuts, fruit (dry/fresh) and honey are added to the flour.

"Popped," toasted. I roast (toast? roast?) the wheat in a frying pan (without oil) on the burner until it is tender. Some kernels will pop' (they don't expand as much as pop corn though). It just takes a few minutes. The roasted wheat can be eaten as is (crunchy) or cooked in water (chewy).

Chapatis. They are like tortillas except made with wheat instead of corn and common to India instead of Mexico. The Healthy Hunzas eat them. I make them occasionally as a treat. All I use is flour and water. I add enough water to moisten the flour but not so much that the dough sticks to the bowl. I mix and kneed with my hands for about 5-10 min. and then let the dough sit about ½ hour while the glutten develops. Then I take a golf ball size piece of dough and roll it out thin between two sheets of plastic (from supermarket bags). I sprinkle some flour under the dough and on top of it so it won't stick. I use a jar for a rolling pin. I peel off the plastic and carefully place the chapati on a very hot pan. No oil. If there is a sticking problem I sprinkle a little flour on the pan. In about 2 min. I turn the chapati over and cook another 2 min. Sometimes I cook it longer to make it crisp.

*about $10 Job from Deseret Supply Company, 410 N. 5th St., Redlands, Calif. 92373

Reprinted from Yonu Life in the Green Revolution, page 18, Grants Pass, Oregon.

GARBAGE IS A WASTE

Each one of us produces 5 pounds of garbage per day! It costs us $2.8 BILLION to get rid of it! "The garbage we will generate between now and 1980 would build a 4-lane highway 10 feet thick from here to the moon," plus** And the population of the world is expected to double in the next 30 years, if it continues at its present rate.

We in the United States are only 6% of the world's population, but we use 50-75% of the world's resources, many of which cannot be replaced. We are facing a solid waste crisis--fewer and fewer places left to put our garbage. Can we go on being so extravagant--using up our natural resources and creating a garbage heap?

Here are some of the things we can to TODAY to help:

*Buy beverages in returnable bottles only
*Support county legislation to ban non-returnables from entering the county
*All bottles (catsup, salad dressing, etc.) and glass can be recycled. Seperated by color and bring to a recycling center.
*Aluminum cans, pie plates, TV trays and tin cans can be recycled.
*Reuse aluminum foil as often as possible
*Avoid individually packaged items
*Choose products packaged in recyclable glass, rather than plastic.
*Don't buy overpackaged articles -- cosmetics are double and triple packaged.
*Buy fruits and vegetables that are not pre-packaged.
*Use fresh vegetables instead of canned or frozen--they taste better and save lots of garbage.
*Use stain-resistant no-iron napkins instead of paper ones.
*Use fabric handkerchiefs instead of facial tissues. If you must use tissues, use white.
*Reuse your paper bags. Take them back to the store and put your purchases in your bags.
*Use a mesh shopping bag, ala the Europeans, whenever possible.
*Use wax paper as much as possible, and freezer paper rather than aluminum foil.
*Return unneeded hangars to the dry cleaners for reuse.
*Reuse plastic food containers as long as they last, instead of throwing them away after each purchase.
*Use paper food products, such as plates and cups, as sparingly as possible.
*Be imaginative with gift wrappings. Use newspaper, reuse wrappings, or invent ones from fabric ends, or leftover wallpaper, etc.
*Use last year's greeting cards for gift cards on packages
*Tear off the backs of greeting cards and use for shopping lists and telephone pad pads.
*Use both sides of a piece of paper.
*Buy recycled stationery and paper (for information on sources call LIEC)
*Convince your church, school, office, town, to use recycled paper.
*Separate newspapers and see that they get recycled (ed. tie them up and set them out with your garbage.)
*Return junk mail and ask to be taken off the mailing list
*Recycle your magazines by having others read them in hospitals, doctor's waiting rooms, jails, etc.
*Recycle clothes to the thrift shop or to the many charitable institutions. Do not put into garbage. Furniture and appliances too.
*Don't litter
*Use everything to its maximum.

**"What Every Woman Should Know and Do About Pollution" -- By B. A. Ottinger, T.I. Press 1970

A HOUSEHOLD THAT PRACTICS THESE SAVINGS CAN CUT DOWN ON ITS REFUSE CLOSE TO 50%

(Editor's note: While I think it is important to educate ourselves as to what each of us can do to protect what is left of our environment -- and the above piece is an excellent source of that kind of education -- I think that another kind of education is equally important. That is, education concerning the source of this massive environmental problem -- that is results from an economic system concerned with the quantity of individual possessions rather than the quality of our collective life, and economic system which produces for the profit of a few, at the expense of the lakes and waters and land of this county which should belong to us all. "Consumer sovereignty" is a myth; we have little choice but to use what industrialists decide to provide. Thus we have flimsy paper bags, difficult to reuse often, constantly created at the expense of what forest remains in this country. So do what you can -- reuse, recycle, conserve, boycott especially damaging products. But never forget that it is not you who is the real enemy.)

It may be too late for this year's garden but it's the best way to treat the earth and you can use it next spring.

BROWN GOLD

What is compost?
A fertilizing mixture for the garden, made from decomposed organic materials.
Why do I need one?
It is the best kind of fertilizer there is.
It is a way of returning nature's nutrients to the earth, as they were meant to be.
There will be little phosphate in it to work its way down into our water and pollute it.
It cuts down on the amount of garbage you produce.
It doesn't cost anything.
How do I make one?
Anything organic, that was once living, goes onto the pile, such as:

grass cuttings	egg shells
leaves	leftover fruits & vegetables & their peelings
weeds	
hedge clippings	
sawdust	coffee grounds
wood chips	tea leaves
ashes	fish bones

EXCEPT:
meat, animal fat or bones. Then it will not attract animals or rats or have any odor.
Add a few earthworms. They speed up decay
Add a few handsful of lime, cover with a layer of manure then a layer of soil, and soak well with water.
Turn it over regularly -- about once a week.
Put branches or charcoal on the bottom for drainage.
Will there be any disagreeable odors?
NO! NO! NO!
Where would I put it?
You can simply make a pile in an out-of-the way place.
You can dig a hole and put it in that.
You can make a bin out of any material you wish.
You can use a garbage can with the bottom rusted out.
etc. etc. etc.
How do I know when it is ready to use as fertilizer?
It should decompose thoroughly in anywhere from 3 to 12 months.
When the grass clippings are broken up and have a rich dark color, it is ready to use.
It can always be used as a mulch before it is completely decomposed.

A SIMPLE RECIPE

Plan the location of your compost heap at the edge of your property in a shady area of about 6 foot width and any convenient length. A plot 3' by 6' is recommended as a manageable size, with an open fencing such as chicken wire around it. Lay a base 4" - 6" in height of grass clippings, spent annuals, clipped perennials and chopped twigs for drainage.

If stable manure mixed with salt hay or straw is available, the compost heap can tolerate up to 30% volume of the manure, which should be added in a layering fashion. The other ingredient is leaves from your own property which have been chopped up. This can be done with a rotary mower.

(more)

In order to accelerate the decomposition process, the "heap" may be tossed with a pitchfork occasionally for aeration. A properly constructed compost heap can leave the work to be done by the bacteria during the winter, in preparation for spring gardening.

DON'T LOOK AT THE AUTUMN LEAVES AS A NUISNACE, TO BE RAKED UP, STUFFED INTO PLASTIC BAGS AND CARTED OFF TO THE LOCAL INCINERATOR. Instead, recycle this natural resource to revive the garden, replenish the soil and eliminate the use of chemical fertilizers.

A leaf and manure compost heap is 100% organic and will release its nutrients slowly, as required by the plants. Chemical fertilizers are highly water soluble and leach into the surface waters and ground water, carrying with them a vast amount of nitrate.

Composting of leaves with the other indredients is practically free for the home-owner, and reduces the load on the municipal incinerator, and lessens the threat of one of the contaminants of the water supply.

* * * * * *

COUNTRY PIZZA
from Giuliana

This is my modification of the more classical quiche lorraine. My mother made a similar dish but the crust was too complicated so I asked my friend Vittoria from Bologna for her pie crust recipe. Country pizza can be a main dish for a light dinner and is a nice thing to take on a picnic -- hot or cold.

To make the crust combine:

2 Cups unbleached flour
1/4 lb butter or margarine (cut in small pieces)
dash of salt.

Add a little warm water, enough to make a loose dry dough mass when mixed. Mix just a little. Shape into a ball and set aside while you prepare filling.

Filling:

bon bree cheese, or other mild cheese, about 1/2 lb.
summer sausage, landjager, or cooked ham, about 1/3 lb.
5 eggs
parmesan cheese, grated, about 1/4 cup
1 cup milk
1 cup cream
1 lb. spinach

Beat the eggs lightly together ~~it~~ with a pinch of salt and pepper, then mix in the parmesan and the cream and milk. Steam the spinach, then sautee briefly in butter. Chop up spinach and put with egg mixture.

Roll out crust dough so that its big enough for your pie pan and then fit it into the pan. The crust should be about twice as thick as is usual for American ~~pizza~~ pies. Cut cheese and meat into small cubes and arrange on crust. Pour in egg-spinach mixture. Bake in slow oven (275°) until crust is golden brown and filling is set. It takes about an hour to bake.

(Editor's note: we had this at a picnic and it is just great!!!)

* * * * *

DOES ANYONE OUT THERE KNOW HOW TO GROUP JERUSALEM ARTICHOKES????? If you do, and wouldn't mind sharing the information, please drop it off at the warehouse for the next Chew On. Thanks.

* * * * *

STUFFED ARTICHOKES
another recipe from Giuliana

Cut off the stems of the artichokes (save) and the sharp points of the leaves. Take away the outer tough leaves and wash the artichokes. Make the filling, mixing: 1-2 cups crumbled french bread

one egg
2 T grated parmesan cheese
the stems of the artichokes cut in small cubes
a touch of fresh basil and parsley cut up fine
a few small cubes of any mild cheese
some summer sausage cut in small cubes
some water if necessary, enough to hold the mix together

Fill the centers of the artichokes with the mixture, put them into a pan with a little olive oil, water and some scallions, and then cook them covered over a low heat for an hour or more until the leaves are tender.

The following article is from the April 1972 issue of the New American Movement (NAM) newspaper. (NAM is a recently-founded broad based socialist organization). While it is written from the perspective of a particular group's organizing problems, both the editor's introduction and the article raise a number of questions and issues which Common Market as a whole, I think, has tended to avoid. How about a continuing discussion of these issues in Chew-On, during work jobs, within local food groups? (David)

FOOD COOPS & SOCIALIST AGITATION

The following NAM chapter report raises important questions concerning specifically the value of our work in coops and, more generally, the potential of working in alternative institutions with the goal of raising socialist issues and consciousness. The report does not raise two key questions which we feel particularly relevant to groups working in the area of production and/or distribution of food. First, how can the power of agribusiness and the supermarkets over food quality and prices be challenged? Can this be done through simple expansion of the coop movement? And second, can food coops challenge the sexual division of labor within the family? Specifically, can and do food coops define women as other than consumers and men as other than providers? We are interested in further explorations of these and the questions raised in the chapter report. (NAM Editor's Introduction)

Several members of the West Side Chapter of NAM (New York City) have been active in a large food coop, in order to explore some of the political possibilities of this coop in particular and of food coops in general. The questions we face in trying to do socialist political work in the food coops are several. This report represents our first thoughts on these questions:

1) Are food coops, by nature, socialist? Is there something inherently progressive about cooperativism?

The notion that food coops are inherently progressive is often raised by those who see counter-community as an intermediate goal to be struggled for. These people argue that food coops spread the idea that collective effort works, that community established through coops encourages socially progressive values, promotes barter economics and generally provides an avenue of escape from part of the dog-eat-dog world of capitalist relstions. They see the food coop as a step in the creation of an alternative economy.

We do not share this view. It seems to us that the primary bond between coop members is simply the search for cheaper food. Further, our experience has been that the actual management of the food coop is not collectively shared, but rather monopolized by people who enjoy the work. The hard work of a few devotees attracts a large number of people who, contributing a little work and shouldering less responsibility, obtain substantially cheaper food.

A study of the history of the coop movement in this country might help us to avoid obvious pitfalls. The Consumer cooperatives (the Twin Pines movement), which operates food stores, credit unions, furniture stores and apartment houses throughout the country, is a perfect example of the transformation of a coop into a bureaucratized consumer service. Of course, not all coops must develop this way, but it does seem to indicate that some conscious and overt political work may be needed if coops are to be useful for OUR purposes.

In any case, the operating assumption of the NAM members in the food coop is that the coop presents simply an opportunity to raise political issues and to broaden our struggle for socialism ONLY as WE raise issues and broaden the struggle. We are working on the theory that the coop is a neutral activity. In and of itself, we think, it is not enough.

2) What kinds of people are and can be involved in food coops?

The coop we are in (the Broadway Local Food Association) is over a year old. Over 250 families belong and the coop does about $2000 per week in trade. It operates out of an abandoned storefront on the west side of Manhattan. This coop is older, has more members and does a larger volume of business than most of those we've investigated.

The 250 families are divided into ten blocs which vary in size from fifteen to thirty member families. Generally the coop includes two dominant social groups. There is a large minority of young people who stand in various relationships to the means of production? worker, professional, entrepreneur. They are long-haired, recently out of college or graduate school. They are not settled down yet, often express overt left and socialist sympathies, and are almost all white.

The majority of the coop members are also white, but they are predominantly middle and upper class. They are older, more settled, have families, careers, etc. They have liberal, sometimes socialist, attitudes as well. Although few are active in electoral or left politics, many ARE active in community work: PTA, school board, planning board, neighborhood councils, health councils, etc.

Our bloc of the coop is a little different, as the area in which we work has a heavy population of older Irish and Italian people. Again, there is a large minority of young freaks and we have recruited only three Third World families into the coop. The majority of the members are working class Irish and Italians, and a few retired people - all long-time residents of the area. The Failure of our bloc (and of the rest of the coop) to recruit black and Latin peoples is the subject of much discussion, and is only partially explained by the practice of holding meetings in English.

The time and energy requirements of the food coop make it virtually impossible for working people other than housewives and retired people to be active. Those who work during the day can't help with the food distribution, and those who work at night can't attend the meetings. One of the mainstays of the coop SHOULD be retired people. They need the service and they have the time to be active. Our bloc has just begun to attract them in significant numbers. We are at present exploring this area with two of the local senior citizens clubs, because it seems to us that recruitment of these people to the coop could significantly broaden its base - and eventually broaden the base of NAM.

3) Can the people in the food coops be organized into broader and more "political" kinds of activities? How? We have initiated a range of activities staffed by NAM members recruited from the food coop. These include a weekly newsletter for coop members which attempts to raise questions about socialism; preliminary organizing for a People's Price Control Panel and a tax campaign; and research on local health needs and health insurance coverage for working and poor people in the city.

Young people have been the most eager to participate in these projects, and the People's Price Control Panel seems to be generating the most interest. But exactly how to raise socialist demands within it is still not clear to us.

4) Can food coops be used as a recruiting base for NAM? Will doing so broaden the social base of NAM or will it solidify it? We feel that broadening NAM's social base cannot be done through the food coop as presently constituted. Unless the base of the coop itself is broadened to include more working and Third World people, the coop will not be the arena in which NAM transcends its social origins. We ourselves don't know if this coop broadening is possible. On the other hand, the coop does seem to be a good ground for solidifying the social base of NAM. That is, we've been able to recruit young people and professionals through the coop.

We are, of course, in need of guidance on all the questions raised in this report and would like to hear from you and especially to hear reports on similar experiences that people have had. If you are interested in a more detailed account of the coop mechanisms, write to us. We have prepared a pamphlet which explains most of the working parts, and although it is keyed to New York City, it may be handy in other high population density communities.

Dan Millstone
West Side Chapter NAM
Planetarium Station PO Box 452
New York, NY 10024

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there is an important strike at gardner's baking company. the union there is striking for some basic matters of equity (same work, same pay; fair wages) and worker's control (workers' control of the health and pension plans). the company is trying hard to break the strike. you can help by refusing to buy gardner's products and hellemans products (they own gardners):

breads			cakes
softwist	plantation	old time	gardners
stop & go	aunt mary's	gordy's	plantation
farm house	sunset gold		dutch oven

beer
old style
special export

see the June 1 issue of the King Street Trolley for details

EAST SIDE: 1340 E Washington Ave. (entrance off the parking lot)
255-5755

Current schedule:

Tuesday: EAST group orders due at warehouse at NOON Total orders 1:00-5:00
Friday: Unload truck, stock warehouse, 9:00 - 9:00
Saturday: Pick-up food - 10:30 - 8:30
Sunday: Pick-up food - 9:30 - 2:30
Surplus sale - 2:30 - 4:30

WEST SIDE: 1335 Gilson Street (off the parking lot), 251-5754

Current schedule:

Monday: WEST group orders due at warehouse at NOON
Total West Side orders: 1:00 - 5:00
Tuesday: Unload truck, stock warehouse, 9:00 - 9:00
Wednesday: Pick up food, 11:00 am - 8:30 pm
Thursday: Pick up food, 10:00 - 7:30
Surplus sale, 7:30 - 8:30

COMMON MARKET COORDINATORS: Elaine, Linda Jo - WEST WAREHOUSE M-Th 251-5754
and EAST WAREHOUSE F-Sun 255-5755

COMMON MARKET BOOK-KEEPER: Charley 256-5135

COMMON MARKET POLICY: NO WORK, NO FOOD. If you don't show up for your work time, your group cannot order the following week.

COMMON MARKET POLICY: Membership of $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

COMMON MARKET POLICY: Each group should have one member on a committee. Each committee has a report in the last Chew On. Read them over, and sign up!!!

IF THERE ARE ANY CHANGES IN YOUR GROUP, call Pam, 836-5668.

CHIP IN WITH THE COMMUNITY CHIP.
If you want to support other alternative intitutions in Madison, add 1% to your food order via the "Vol 1% chip" space on the price sheet. In addition, Common Market donates 1% of its gross income to the Madison Sustaining Fund.

COMMITTEES:

Food - Marianne 244-2093
Work -
East - Herb 251-6095
West - Buck 255-1384
Transportation - Steve 238-5015
Finance - Bob 233-6315
Community Contact - Paru 836-5668 (before 10:00 pm)
Phone - Carol 255-1486
Nutrition - Ken 238-6172 or 262-4581

CHEW ON with Chew On
Any articles, notices, etc. should be sent to Kathy, 1013 Colby St. (257-4192) or dropped off at a warehouse. Look for a Chew On about once a month.

THINGS WE NEED FOR THE WAREHOUSES

Extension cords
Knives for cutting cheese
Produce scales
2 wall clocks
5 new or clean garbage cans to store grain in
A small heater for the office
Staplers, scissors
A toaster-oven for Charlie's bagels
Metal scoops
Floor scale
Hand trucks
Brooms, especially big push brooms
Mop bucket
Chairs, sofas
An adding machine
Rugs, posters, dust rags for the office
Pencils, pens, magic markers

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SUPPORT THE STRIKE!

BOYCOTT GANDY'S DAIRY PRODUCTS

A Common Market Credit Union

A credit union is the means through which the people of Madison can gain and exercise control of the money resources they own, like a people's bank. It is controlled by its members, the people who deposit and borrow money. Credit unions are chartered ty the state, can accept share accounts (deposits), make loans to members, have limited ability to make grants, can issue money orders, "third party checks", credit cards, and must place their money in banks, municipal bonds ofinvestments approved by the state credit union supervisor. A credit union must be based on the "common bond" of an occupational or associational group, geographic territory in a well defined neighborhood, or members of a coop.

Money is now deposited in Madison and other banks around the state and country where it is invested in our military and industrial monopolies and real estate, dribbling down to low-income and student persons at the convenience of those in control of the banks. As individuals and as members of a community struggling to establish coop stores, marketing, housing, restaurants, services and all other things a community needs to function, we need the use of our own money and that of any friends willing to let us use theirs. A credit union can make the loans for expansion, new projects, buying houses, and individual needs that don't come easy from commercial banks and savings institutions. A credit union is run on the principle of one member one vote; not one dollar one vote.

Common Market can be the "common bond" around which a credit union can form. Then any person who is or becomes a member of CM is eligible to join the credit union. A membership fee of one dollar and an initial deposit of five dollars is proposed. The membership fee is needed to pay for operating expenses the first six monthes, until money starts coming back from loans. The responsibility and administration of the credit union would be independent in the Board of Directors, committees and members of the credit union, while most likely renting space in Cammon Market facilities..

The board will have seven members, elected to terms of one, two and three years, and coordinates memberships, designates depository banks annually, and sets the rates for dividends and loans. There is a trade-off between high dividends and low interest rates on loans, all operating expenses have to come out of the difference between the two.

The credit committee will consist of three members who cannot be on the Board, and considers each loan application. Their decision can be appealed to the Board of Directors. This committee will set up the priorities to limited loan funds between different groups, and between groups and individuals, exercising those priorities case by case. It will also establish criteris for

loans, the most obvious being a demonstrated ability to pay auch as an income sufficient to meet payments. We can rely on the realization that this money is being used for the benefit of the community and members of the credit union, along with community pressure to ensure payment of loans. Hopefully this will be enough.

The examining committee acts as a watchdog on the operations of the credit union, checking the books and share accounts periodically.

The people serving on these committees must represent the full cross-section of the community, and further must be people interested in the credit union and willing to devote time to make it work.

Finally, money in the credit union is insured by a non-profit corporation of the state for up to $20,000/account. Officers and people who handle money are bonded, specifically for embezzlement and mismanagement. Members can't be burned.

The credit union could open for business this summer. There will be a Committee of Committees meeting on Sunday, June 4about 4 PM, and a general meeting the following Sunday where the credit union will be discussed. If approved, we could have a charter meeting late this month to organize and apply to the state for a charter. Here the state credit union league will send a representative to assist in filling out the charter and later in setting up the books, estimating expenses, and training officers and committee members in their duties. The state takes about a month to consider a charter application. The head of the credit union division has expressed approval for the idea of a credit union within Common Market so there's every reason to expect the application would be approved. For more information or just to talk about the credit union call me at 238-3441.

Doug Lommel
Summit Ave. Coop

CHEW ON

Newsletter of the Common Market Food Buying Cooperative July 17, 1972 No. 19

PEOPLE'S HERO OF THE MONTH

NORA VIGORITO

It happened just after we moved into the Gilson Street warehouse. There was no inside mailbox -- so a large cardboard box was attached to the outside of the door, and people put their orders in it. But then oneday it rained -- and rained and RAINED -- RIGHT INTO THE BOX OF ORDERS. And in the bottom of that box, the orders were absolutely soaked, a gooey wad of papers, the ink on most of them barely legible.

NORA came into Common Market that day expecting to do the weekly job for which she had volunteered -- supervising the totalling up of all group orders. It is in the best of times a tedious, exhausting, time-consuming job -- and Nora always did much of it herself. But it usually was a reasonable job; she could finish by dinnertime if she kept at it. On this rainy day, it was a nightmare!

When Nora walked into the warehouse there were wet orders dripping and drying everywhere -- hanging from the shelves, laying on the tables, draped over everything in sight. And their little inky numbers were busy oozing all over the pages. What a mess!

Nora rallied her work crew and they began -- gingerly, gently they lined up the fragile decomposing wet orders, and tried to total them. The ink was smeared, the light was bad, but they kept at it -- carefully deciphering and reconstructing orders. The hours went by, people finished their work obligation and left -- but Nora kept on. And on and on.

At dinnertime all orders were totalled but 3 -- which Nora finally had to judge completely indecipherable, including the group names on the top. So she spent yet <u>another</u> several hours checking off the groups who did submit legible orders and calling all groups not accounted for -- and there were many -- to request duplicates for those 3 illegible orders.

It was well into the evening when Nora finally left the warehouse that day, many hours after she had arrived. She had stayed as long as it took to do a hard job right. And so Chew On salutes NORA VIGORITO as PEOPLE'S HERO OF THE MONTH -- for because of her extraordinary efforts no group had to go without food that week. And she does indeed serve as an example to us all!

Nora and her family are long time members of the Monona Shores food group. Her friends report that she leads an active busy life with her 5 children -- Mark, Melanie, Jill, Lisa and Nanny -- and her husband Tom. She likes to weave, and like to read when she has time. The Vigoritos have a horse, and Nora spends much time transporting and watching over her children's classmates while they enjoy the thrill of horseback riding as only young children can. Tom is a physician studying at University Hospitals, and has been working with the Blue Bus free medical clinic.

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STRIKE LIASON

It didn't occur to us at the last meeting, but as a result of our decision to donate surplus food to unions on strike and offer food to strikers at our wholesale prices, we're going to need some people to work on strike liason. We'll have to get a committee authorized at the next meeting; but in the meantime, if you're interested in working on this, call David at 257-4192.

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This month Chew On
features
CHICKEN LIVERS

watch for the lovely liver recipes
in these pages

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ON THE INSIDE: the usual business; communiques and recipes; a critique of the credit union; a Madison Sustaining Food report; other goodies

NOTICES

READ THE PRICE SHEETS!! Much information for members is now being communicated via notices on the price sheets.

BUY COMMON MARKET VOUCHERS! Make a $3.00 loan to the co-op now, redeem your voucher for $3.00 worth of food in the summer. Ask the cashier or call Bob (233-6316) for information.

We need desperately people to do mimeographing. This can be done any time, day or night, since we have access to several machines at different times.

CONSUMERS CO-OP GARAGE now in operation, 2050 E. Johnson (the Skelly station). Open 6:30 am to 9:00 pm. Fine gas, excellent service, dependable, honest repairs.

Are you interested in attending Sustaining Fund meetings as a representative from Common Market? We need some people to do that. Call David, 257-4192.

We need someone to investigate sources of recycled paper to use for our price sheets, etc. Call the warehouse, 251-5754 if you can do it.

Now is the time when groups are in a rather chaotic state, with their student members leaving or shifting around. BE SURE TO NOTIFY PAM, 836-5668, if your group is DISSOLVED, or if you now have room for more people.

An excellent cookbook, "Diet for a Small Planet," available from Whole Earth on East Johnson Street. Learn how to cook things that are good for you.

INFORMATION SHEETS for new members are available at the warehouses -- folded yellow sheets.

There will be a FARMERS MARKET again this summer, and we need people to work on it. Call the warehouse, 251-5754, to volunteer.

The Common Market film is completed, and it is an excellent job -- imaginative, funny, informative. It will be great to show to people who may want to join CM or start a food co-op of their own. Glen needs distribution ideas -- who'd like to see it, who'd like to buy a print (15 min. sound film --$35-$40). Call him at 1-527-2060.

HELP!! CASHIER!! HELP!!

We need cashiers for:

1 or 2 for Saturday, 10-12:30
2 for Saturday, 3-5
2 for Saturday, 7-9
2 for Sunday, 2:30-5

Cashiering counts as a work job for your group. It's a nice easy sitting down job. Call Linda Jo at 251-5754 (Monday) or at home 845-9429.

We need someone to take responsibility for teaching some songs on Sunday evenings while we are waiting for our quorum to arrive. It would be nice to know some early union or organizing songs -- perhaps from the IWW Little Red Book. We can put together song sheets, get someone to bring a guitar. Call Kathy, 257-4192, if you can do it.

About soy powder (which can be used like soy flour). From Joy of Cooking -- p.500, "This flour is very high in protein...because of the fat, it is not mixed with the dry ingredients, but is creamed with the shortening or blended with the liquids. It is usually substituted 2 tablespoons of soy flour plus 7/8 cup of all-purpose flour for one cup of all-purpose flour. But it may constitute, if you like the flavor, up to 20% of the weight of the flour in the recipe. Soy flour causes heavy browning of the crust, so reduce baking temperatures about 25°." Adelle Davis uses it in much higher proportions.

Sunflower Kitchen Co-op at Univ. YMCA 306 N. Brooks St. is now open every day of the week -- from 10 am to 3 pm for breakfast and lunch Mon-Fri. and from 5 to 7 pm Wed. thru Sun. for dinner. Stop on by for a salad, stuffed peppers, fruit blintzes, omelettes, super soup, and so forth -- 306 N. Brooks Street.

I need a home: just lost the 100 acre farm which has been home for 2 years. I'm sad and distressed and in need of a new place to sink roots by Sept. I'm into the outdoors, camping, biking and gardening. I also take time to get off on music, yoga and meditation. If you have a farm with room for one more and want to explore the idea, please call. Home: 1-767-2438 (collect if you want) or friends in town 256-7868. Much thanks, Peace -- Ed Alpern

Shaklee Dealer -- South Side -- Betty Noel -- 255-6523
Tip of the Month -- One of the Shaklee users says that Basic H will clear up poison ivy. Just cover the affected area with full strength Basic H (it can't hurt you) -- the itch stops, blisters dry up in 3 da

Our weird white kitty Snowflake needs a home for one year while we are gone. She is reasonable enough, and keeps [illegible] to herself except when demanding milk. She rewards her keepers with a litter of marvelous kittens every 6 months, and having little sets of kitties in your house is more interesting than you can ever imagine. Please give her a home. Kathy, 257-4192.

GARAGE SALE! Everyone please dig out a couple of rummage-sale type items for our garage sale and send or bring them to either warehouse when your group comes to pick up your food. If everyone comes through, we'll have enough for a great sale, and can get off everybody's back about donations for a while! Thanks, Betty Noel - 255-6523.
P.S. If you have a lot of stuff and no transport, call and we'll work something out.

PROPOSED REWORDING OF CM BY-LAWS

Article IV - Memberships -- a) Any person may become a member of Common Market Ltd. by joining or forming an ordering group.
b) The payment of $1.50 non-refundable membership fee by all members 18 years or older is due within a month after a person has become a member.
(The above suggested changes are needed to comply with the needs of the Credit Union, and were authorized by the general meeting.)

FINANCE COMMITTEE REPORT

- Voted to give $10 to Kathy to help her pay for fixing her broken overworked typewriter.

- CM owes one $400 and one $500 loan. F.C. believes we should pay back one of these when it falls due and refinance the other when it falls due. The second loan should then be payed back when it falls due.

- F.C. believes we should reduce inventory at year's end so as to reduce the tax bill. Perhaps switch staples to canned goods list in early December or late November.

- Has been asked to work on a long-term budget for Common Market, including probable and desirable expenditures and alternative sources of income. They do other fun things as well. Call Bob, 233-6316.

THE FOOD COMMITTEE

- Wants reactions and suggestions concerning the case-order price list. Is there anything on the list you feel we shouldn't carry? What else should be on the list? (Include brand name and size if possible.) The list will come out periodically, probably every couple of months. The price listed is WHOLESALE to us -- indicating that at least on these brands, and from this supplier, stores charge practically no mark-up. Bring comments to the warehouses, or call Dwight, 257-6131.

COMMUNITY CONTACT COMMITTEE

- Is planning now for an extensive community contact campaign on the South Side of Madison, and can always use interested volunteers. They also are developing a strategy for the wide use and distribution of the Common Market film. Call Pam, 836-5668 if you can help.

THE NUTRITION COMMITTEE

- is collecting nutritious tasty recipes -- things prepared without processed foods in them. They want all kinds of things -- breads, drink desserts, main dishes. They're going to put out a book for us. Call Beth Trachtenberg, 835-5672 evenings, or send to 266 Orchard Drive,

A HEALTHY LOOK AT MARGARINE

One's daily need for oil is one to two tablespoons. The more solid fats eaten, the more linoleic acid is needed to handle it. Linoleic acid is found in all vegetable oils, safflower oil being a particularly high source. The solid fats, margarine, hydrogenated peanut butter, lard, meat fats and stuff like "crisco," contain little or none and do have a cumlative bad effect on the body. Heart disease and hardening of the arteries are problems to be avoided by proper diet. There is nothing wrong with natural saturated (solid) fats as long as the cells are supplied with nutrients to utilize them so they do not clog the walls of the cardio-vascular system. Margarine is not all that naturally good for you. The cheapest is made from lard, saturated, solid, and hydrogenated. The medium priced and most are made from a mixture of soy and cottonseed oils. The cotton seeds are coated with pesticides and who needs them. Then the 100% corn oil expensive margarine gives you a product supposedly superior, recommended to heartattack survivors who are to reduce their cholestrol intake. Again this product has the disadvantage of being highly refined. All margarines contain preservatives of doubtful health benefit and resemble a plastic product more than a natural food. Each pound is lovingly fortified with 15,000 units of vitamin A, if that makes you feel any better. To get the 5,000 units of vitamin A needed daily one might be better off consuming one carrot each day.

It seems safer to avoid all solid fats and use oils whenever possible. Safflower, sunflower, sasame, and soy have more linoleic acid than corn, peantu, and cottonseed oils and much more than olive oil. Besides linoleic acid, the other two essential fatty acids are linolenic and arachidonic to be found in abundance in soy and peanut oils respectively. As a tasty and more natural alternative to margarine, use the following "modified butter" for spreading on vegetables etc.: ½ butter and ½ blend of oils (made up of safflower, soy, and peanut oils). Put, for instance, ½ lb. soft butter (1 cup) and 1 cup of oils in a blender for a few minutes until thoroughly mixed. Put in a dish and keep refrigerated. It softens a lot if left out. This "modified butter" is half as saturated and half as salty as butter but still has a nice butter flavor. It has no preservatives and is high in all those nutrients mentioned earlier which are so necessary to handle any solid fats one gets daily. The good natural oils are also far superior to health for salads than are the bottled salad dressings. Nuts and unhydrogenated nut butters are also dependable sources of these essential fatty acids.

Marianne Hobbins

OFFICIALS AID IN TOMATO PRICE-QUALITY GOUGE

By Jack Anderson (Reprinted from the Capital Times)

Florida tomato growers have been scheming behind closed doors, under the auspices of the Agriculture Department, to keep vine-ripened Mexican tomatoes out of U.S. supermarkets.

Instead of the juicy red tomatoes from Mexico, the growers want to push off on the housewives low-grade domestic tomatoes that are so green they have to be gassed with ethylene to make them look palatable.

These "gassed greens," as they're called, actually cost more than the ripened Mexican tomatoes. The Agriculture Department is conspiring with the tomato growers, therefore, to restrict Mexican imports.

Fact-finding committees have been established to study the problem. The hitch is that the Agriculture Department has appointed tomato growers as the fact-finders.

The press and public have been barred from these fact-finding sessions. We have obtained the transcript, however, of a typical discussion.

"Well,"drawled one Florida tomato tycoon, "the thing we're looking at, we're trying to help the Florida growers in eliminating our competition . . . We're mainly eliminating it out of Mexico."

Agreed another tomato man: "We're not here to satisfy them. We're here to satisfy ourselves and get a little more money."

"They (the Mexicans) want to keep going," growled a third grower. "We're going to have to keep cutting them out."

Meanwhile,the Agriculture Department has reached a " recommended decision" to restrict tomato imports from Mexico.

As Agriculture spokesman assured us that the "recommendation decision" was based on thousands of pages of testimony and exhibits. Competent sources say, however, that the department had hoped to appease the tomato growers at the expense of the tomato eaters.

Senate Consumer Chairman Frank Moss (D-Utah) will conduct an investigation. In a confidential memo to his staff, he claimed it's commonplace for "Agriculture to ignore the interest of consumers in order to serve its agri-business clients, but this situation seems to be

THE COMMUNITY MAY CARE PROBLEM

Alot of people with children have difficulty getting to the warehouse to do work-jobs. They either have to pay for babysitters or work in the evenings. Evening work slots are usually the first to fill up and there often aren't enough people to fill daytime slots.

Some people from GROK food group (East side) are willing to babysit as a whole work job. Paula Montgomery from Bottomless Pit group (also East side) is willing to babysit on 1st Sunday of the month during the 9-1 shift. If more people would volunteer to babysit for workers' kids on Sunday, perhaps that day could be set aside for work jobs for people who have this problem.

What do you think of this sort of idea? Who would be willing to do baby-sitting as a work job? If you could babysit or if you would benefit alot by having some kind of day care available during your work job, leave a note in work book at either warehouse.

CHICKEN LIVERS AND EGGPLANT PARMESAN

Slice eggplant and place on botton of greased baking dish. Dribble or brush with a bit of oil if you wish. Sprinkle over this a teaspoon's worth of dry chicken broth. Then cover with sliced mushrooms and chicken livers. Include other veggies if you wish...adding them a bit later if they cook very quickly (e.g. add tomatoes later, add green beans or peppers early). A pinch of salt and pepper, perhaps oregano or your favorite spice letch, and sprinkle with parmesan cheese. Cover tightly and bake at medium temperature until the livers are done and the tastes have gotten themselves together.

This is especially good served with a Bermuda onion slice and tomatoe salad marinated in oil and vinegar for several hours before serving.

from Susan Silva

youscreamiscreamwecallscreamfor
ICE CREAM

In the old days when ice cream was made of whole eggs, milk and sugar and then laboriously cranked in the home freezer by hand, a serving of ice cream was an occasional family treat which didn't do much harm.

Today, in this mass-producing synthetic age, it is quite another matter. Nowadays, there is a very good possibility that you're treating your family to another poison if you buy a cheaper product.

Ice cream manufacturers are not required by law to list the additives used in making of ice cream. Chemical additives are much less expensive than the real thing so that the manufacturers usually take the path of least resistance to higher profits. Consequently, the majority of cheaper prepacked ice creams are synthetic from start to finish. Laboratory analyses have shown the following "ingredients" to be prevalent in commercial ice creams:

BENZYL ACETATE- used to give ice cream its strawberry flavor. It is used as a nitrate solvent.

AMYL ACETATE- used to give ice cream a banana flavor. It is used commercially as an oil paint solvent.

DIETHYL GLUCOL- a cheap chemical that is used as an emulsifier to substitute for eggs. It is identically the same chemical used in anti-freeze and in paint remover.

ALDEHYDE C17- used to flavor cherry icecream. This is an inflammable liquid which is used in aniline dyes, plastics and rubber.

ETHYL ACETATE- used to give ice cream a pineapple flavor. It is used as a cleaner for leather and textiles. Its vapors are a cause of chronic lung, heart and especially liver damage to those employed in these two industries.

BUTYRALHEYDE- used to give ice cream nut-like flavors. It is one of the common ingredients of rubber cement.

PIPEROHAL- extensively used as a substitute for vanilla. This is widely utilized by exterminators as a chemical to kill lice..

The next time you're tempted by a luscious-looking sundae think of it as a mixture of anti-freeze, oil paint, paint remover, nitrate solvent, leather cleaner and lice killer: you may not find it quite so appetizing.

YOUR BEST BET FOR A PALATABLE SAFE ICE CREAM IS TO:

1. Make it yourself with natural ingredients. (Most ice cream recipes call for an excessive amount of sugar. Cut the sugar approximately in half ro a more tasty and healthful icecream, or sbustitute an even smaller amount of raw, untreated honey.)

2. Buy it in your local health food store where it is usually made with safe ingredients, such as honey and unprocessed fruit, and without artificial flavors, colorings, synthetics or white sugar.

3. You might compromise by buying a more expensive, better quality brand in which chemicals and synthetics are kept at a minimum. A rule of thumb is never to buy ice cream labeled "artificially flavored" or "artificially colored" and to avoid so called ice cream "bargains"

by Jack Soltanoff
(reprinted from Ramparts, July, 1972)

OLD FASHIONED LEMONADE

1. Squeeze (after scrubbing) 7 or 8 lemons making 1 1/2 cups lemon juice
2. Put skins in a saucepan together with 1 cup honey and 2 cups water
3. Simmer 5 min covered. Cool, discard skins.
4. To syrup, add lemon juice, 2 quarts water and more honey if needed.
5. Serve with ice and thin lemon slices.

Marianne Hobbins

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The state of the Common Market Credit Union

The credit union met June 25 with 12 persons and a representative from the state Credit Union League to formally apply for a charter. The application will go through the office of William Hughes, Credit Union Commissioner, and Donald Schaffer of the share insurance corporation responsible for guaranteeing deposits. This process should take about one month.

At that time two things will be needed, members and a work force to put the credit union into operation. The initial setting up expenses will be paid by the dollar membership fees. While we receive the first three months supplies in a loan from the league, payable in a year or more, money for rent, furniture, an adding machine and telephones is necessary from the start. And an understatement — we'll need deposits to get into business and start making loans.

The work force breaks down into four parts. The Board of Directors has seven members. It meets at least once a month, exercising power over the admission of new members, loan and dividend rates, establishing guidelines for loans and handling appeals from specific loan decisions made by the Credit Committee The Board will determine the rate of growth of the credit union, and will decide on priorities among different types of loans, eg. community vs. personal loans.

The credit committee has three members, meets about once a week and examines each loan application. It thus requires a greater commitment of time than the Board. This committee will have to draw up criteria for granting loans; theirs is the responsibility of assessing the need for a loan and the probability of a loan's repayment. This involves both a person's ability and desire to repay. Another understatement — this will be a difficult and often not very enjoyable task. The survival of the Credit Union depends on it.

Third are the other committees. Examining is a standing committee with three members who will be responsible for checking the books and accounts four times a year. Under the new law this function may now be filled by a "competent and qualified . . . auditor" appointed by the Board. An education committee, which wouldn't exclude members of the board or other committees will be invalved in communicating the business and any articles of interest to members and non-members through any feasible means, while other committees may beestablished by the Board.

Volunteers will undoubtedly be needed to handle office hours and possibly totalling accounts and receipts. Common Market has forty hours of pick-ups per week, and we may be open a few hours on Mon, Tues and Fri in addition. Here the number of volunteers is limited by the requirement that all persons handling money be bonded, the more people, the higher the bond costs.

Unless someone else is chosen, I expect to work as the credit union's manager. This involves the technical work of handling the books, keeping track of assets (loans) and share deposits, formulating a budget, and keeping expenses within an allocated percentage of income. This combines with the role of the Treasurer, and many times the same person performs in both roles.

A second function will be finding new members, expanding shares and loans. I would be handling much of the office hours and coordinating volunteers on both office hours and totalling. The credit union won't be able to pay salaries initially. A general rule is to allocate between 20 - 25% of income for salaries, so they will depend on the growth and success of the credit union.

At present between five and seven people have expressed interest in positions other than volunteers. Especially needed are the three persons for the credit committee. If you're interested call me at 230-3441. With approval of the charter as a positive indication from the commissioner we will meet around the end of July.

Doug Lonsal.

SHOULD THE COMMON MARKET HAVE A CREDIT UNION?

A credit union is a highly regulated finance corporation primarily for the purpose of making small personal loans. These are loans generally for the purchase of things like televisions, cars, household appliances, etc. A credit union loans only to its members. Membership is defined in terms of membership in a parent organization such as a church, a labor union, a university, or a common employer (e.g. Pay-O-Mac). The vast majority of credit unions are employee credit unions. The point of basing a credit union on a parent organization is to select out a population which is likely to be willing and able to pay back its loan, and which has enough surplus to deposit money for savings. Employees of an established corporation are a good example of this. Furthermore payroll deduction greatly facilitates replayment of loans as well as savings.

I feel that the Common Market should not have a credit union based upon it. I do not consider a credit union a cooperative, or perspective on their society. Some People call a credit union a "finance cooperative." People pool their small savings to get a little better return on them at a lower risk than is usually available to small investors. Also they provide loans to one another generally at the going interest rate in the rest of the state (currently 12%, next year 10%). In fact, it is the success of loan-making at interest which makes it possible to pay dividends to members at a slightly higher rate than banks or savings and loan companies (approximately ½-3/4% greater). There is, in a sense, some cooperation involved. In the same sense, there is cooperation involved in a bank or a savings and loan company . People use each other's money. One difference is that the credit union is non-profit. It is not for the private profit of its owners. However, because a credit union is non-profit does not mean it is a cooperative. The University of Wisconsin and the Rockefeller Foundation are non-profit organizations also. They are not cooperatives.

Unlike the Common Market, there is very little cooperation involved. The vast majority of members of credit unions "cooperate" only in making deposits(for which they get a financial return). A credit union is run day-to-day by its professional staff and its employees, if it has any, not by its members. The Common Market is a cooperative in the true sense that its members share in the day-to-day running of the organization. We learn how our institution works by operating it ourselves. We can make educated decisions based on our participation. We cooperate with one another by working with one another, not by depositing money and earning interest on it.

The non-cooperative nature of a credit union is most clear when we consider loaning money. It can only loan to members who can pay back. Not every member of the credit union, let alone every member of the Common Market, could get loans. The poorer members of the Common Market could not get loans! The state of Wisconsin requires that a credit union be a solvent operation. That means that the credit union must be careful to make loans to people who will pay them back. If there are 10% of loans which are behind in payments the credit union is in trouble. If 2% of the loans are not paid back, there is serious trouble. Thus, loans must be made with great attention to a persons's financial resources. The Common Market is the kind of cooperative where the people benefit each other by working together. There are restrictions based on others' ability to pay interest, nor are the benefits proportionate to the money one has on which to earn interest.

A credit union must make an effort to collect its loans. This introduces relationships between members of the Common Market which I, for one, don't think should exist. Some of us must be loan collectors to others of us. This can become oppressive. It can and does involve going to court to collect. It also involves using professional collection agencies and making repossessions.

WHAT'S HAPPENING AT THE MADISON SUSTAINING FUND???

First of all, there are new members and new perspective members. The Women's Health Collective, the University Y, the Irish Club and the Near East Side Medical Center have either applied for membership or are presently considering it. The Wisconsin Alliance applied for membership a couple of months ago but there was opposition from a few Madison Sustaining Fund representatives because in addition to offering educational, community and service projects it is overtly political, running candidates in local elections. While all MSF member groups have their own "politics," the SF has til now not included political groups as such. After prolonged debate, during which many reps argued that MSF must become more political, in the larger sense, and relate to more than just the counter-culture and service aspects of the community, it was decided to accept the Alliance as a provisional member. The issue will be reviewed in the fall to see if the temporary relationship has been working well. So far, it seems to be working quite well.

In May, we reviewed the need to staff and their responsibilities (these are three part-time staff workers- Bill Morris, Candy Weber, and Bruce Barbee--til his resignation this month). The need for staff was re-affirmed. Their responsibilities were more clearly defined as (1)collecting of the Community Chip, increasing the number of collection places and keeping the books; (2)coordinating background work and following up on volunteer committee work; (3) seeing that what is necessary forMSF projects be delineated and divided up among the SF reps and organizations; other tasks assigned by representatives to MSF.

One extremely successful recent project (which should have had alot more CC participation, however) was the Bicycle Boogie. Energetically coordinated by Jackie Huber, it raised around $10 dollars for the community. That money has been put into an account for special projects (not to be used for regular allocations).

Most likely, some of that money will be used to cover expenses of organizing a "counter-community chest" campaign this fall. The idea of running a community-wide fund raising campaign is linked, in part, to various needs for larger sums of money (for another truck for food co-ops, legal defense, etc.), in part to the experience of the University Y, which has had its funds cut off by United Way. There is a good chance that a number of neighborhood centers, for example, will find themselves similarly without funds--the Sustaining Fund could support these groups which are losing their establishment backing because of their politics if it could organize a community-wide campaign. A committee is presently developing tentative plans for such a campaign and trying to get a payroll check-off forState and University employees. In connection with this, efforts have been intensified to secure tax-exempt status for MSF.

As a result of some intense discussion at a May meeting, a "Criticism and Self-Criticism Committee" was formed to deal with the issues of how MSF representatives related to each other and to the SF, how MSF should relate to member organizations and, part icularly how to deal with criticism of groups, how they operate, the quality of services they provide, etc. The Committee's recommendations, which are still being discussed, are: (1)MSF should enforce its membership criterion that policy making in member groups should be open to the people (groups are presently being asked to submit reports on how they are-or aren't-open); (2)all member groups should submit quarterly financial statements; (3) MSF has the responsibility to advise member groups on good "business" practices (the issue in these first three recommendations is that the "community," to the degree that it is organized in the SF, has the right to ask questions about how our community organizations are run, about how they serve the community); (4)it is the responsibility of representatives to MSF to report back to their groups and get the sense of their groups on major MSF issues; and (5) perhaps most importantly, MSF has the responsibility to raise political consciousness in the community.

Here are some examples of recent special allocations made by MSF:

We The People and Wisconsin Alliance for strike support for the Gardner's workers.....$100

Loans to MULO (Memorial Union Labor Organization) and RHSLO (Residence Halls Labor Organization) strike funds....$500. paid back.

Travel money for speakers at the Labor Revolt Teach-In.....$200.
Wisconsin Alliance for publicity on the Farm Brigades program.....about $60.
People's Office and Take-Over for moving expenses.....about $50.
WIND (Wisconsin Independent News Dept.) for expanding distribution

services.....about $50.

Allocations made at the July 9th meeting (this is not an official LSF financial statement- one should be available next month):

Regular Allocations

People's Office	$60
Madison Tenants Union	$120.
Thurana Free School	$60.
Freedom House Free School	$100.
WMMD	$50
Staff Salaries	$200.

Special Allocations

Freedom House (to compensate for drop in tuition income)	$100.
Thurana Free School (allocation missed last month)	$ 60.
Near East Side Medical Center (medical supplies)	$275.
Wintergreen Free School (for past debts and summer program	$125.
Take Over (for next issue, to compensate for drop in ad revenue	70.
	$630.

Income and Community Chip donations from about June 1 to July 9: $1250 (including return of $250 loan to MMSLO).

LSF meetings are held at 2p.m. on the first and third Sundays of each month in the basement of St. Francis House (except this month-next mtg is July 23rd). The meetings are open to members of the community. If you would like to work on the proposed counter-community chest campaign or other LSF projects or if you are interested in representing CL at LSF meetings, call David(257-4192) Steve (255-1075) or Joe (257-1796). If you would like to help collect the Community Chip at campus film (you see the film free), call Cathy Lair(256-4184)

David

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WAREHOUSE MANUAL:

There is now a manual for the Eastside warehouse available for anyone to read. This manual contains a description of all the work done at the warehouse by day and shift with procedural instructions, job descriptions and information regarding functional materials. A manual for the West-side is in the making.

The manual was composed with the following purposes in mind:

1 - To facilitate training of work coordinators, i.e, people from the work committee who take responsibility for one shift of work once every two weeks. Each coordinator before being trained reads the appropriate sections of the manual. He/She is then trained by an experienced coordinator on one or two shifts, then takes over him/her-self.

2 - To make available at all times in the warehouse knowledge that presently only a few people possess. A copy of the manual is kept in the warehouse for easy reference to eliminate confusion, misunderstanding and resulting mistakes thereby changing the efficiency of operations and saving dependency and wear and tear on one or two people.

3 - To make available to all Common Market members the details of work organization and operations of a big part of C.M., to further understanding of the co-ops functions and hopefully further participation of more members.

4 - To assist other groups and co-ops getting started by drawing an example of how one co-op successfully organizes its workload and workers.

If there is any interest, we will post a sign-up sheet for anyone who wishes to check out a manual, read it and return it. Ask or call Elaine at one of the warehouses.

REPORT OF THE COMMON MARKET GENERAL MEMBERSHIP MEETING June 11, 1972

The Food

Harry spoke to the criticism of the ground beef in the last Chow On; because it is ground shank it does have some gristle—BUT it is 10¢ less a pound than it would cost from any other supplier. We could use the Paoli market, but only at a higher price. Also, no one else is willing to package the meat for us—we would have to do it ourselves.

The bread: people again complained about our bread, that doesn't have preservatives, quickly becoming [illegible] (who has always had difficulty with the principle that organic is better even it if tastes worse), with a smile on his face, asked whether we might check into exactly how much damage preservatives do....maybe we could reconsider their use...People laughed.

People seemed to think that the problem is the bread is bagged before it is cool—and that it should be left out for a while when you take it home. When people commented that then it would be dry and hard, John Smith observed that "you can eat hard bread, but not moldy bread" So much for the bread.

Gilman Street Gallery requested rental space for unfinished furniture. Passed.

The Credit Union

Common Market probably can get chartered by the State, because of the diversity and size of the membership. Anyone who is a member of CM will be eligible to join the credit union. Office space will be inside the Gilson St. warehouse.

What about control of the decisions? Any decision of the Board of Directors can be reversed by a 2/3 vote of the membership. The issue is—Common Market is creating the Credit Union, through the efforts of Doug. Should we do it?
(See the opposition article from Joe elsewhere in Chow On.)

Motion that CM create a credit union, appoint Doug Lorrel and the finance committee to work out details of establishing the credit union, including by-law difficulties, and hold a charter meeting in two weeks. Passed.

ICC REPORT (the truck)

Three weeks ago the ICC decided to fix the butter truck, and temporarily truck with two trucks. Two weeks ago Mifflin Street decided to withdraw from the ICC and do their own trucking, as of the 2nd week in July. They will continue to do some trucking for us and other co-ops. The rest of the trucking will be in the ICC, via the butter truck.

Why did Mifflin pull out? To the extent people present felt they could represent Mifflin's position, they indicated that Mifflin (1) did not like ICC, which they saw as a separate entity, an additional level of bureaucracy in the community; (2)prefers smaller, more autonomous operations.

MOTION-that CM set up a trucking organization, that we operate the butter truck ourselves, do the trucking at cost, that people trucking with us will hold receipts and collect dividends. Failed- no second. Harry argued that the advantage of this vs. the existing ICC is that it more accurately reflects the power situation. Opposition centered around the fact that there is a trucking association that already exists.

MOTION that CM affirm the importance and relevance of ICC to the community, and sell for a nominal sum the truck to the ICC, so the problems of trucking will become the problem s of us all. Two amendments were offered and incorporated into that motion: (1)not that we go ahead and sell or give the truck, but affirm that we want to truck with the community, and are willing to do what the community wants and needs. (2)our representatives will make sure operations of the ICC are legal.

ALTERNATIVE MOTION that we give a vote of confidence to the present ICC, that we lease the truck for CM for another 3 month period, beginning July 11, subject to same provisions as before, i.e. they take care of repairs, maintenance and insurance, and that there be a CM referendum on the issue of giving the truck to the ICC. Defeated.

The original motion, as amended, was then passed 14 for, 6 against. It was also the sense of the meeting that we instruct the ICC representatives to try to get out of town groups involved in decision making, perhaps by changing the structure of the ICC meetings.

MOTION that there be a $1.50 lifetime membership fee, and $1.00 dues, payable on Feb. 1 for food-buying members to continue their membership. MOTION TO TABLE until the next meeting, with publicity on price sheets and Chow On, including in the publicity that we want the $ for taxes and expansion. Passed.

News of Foods:

Dwight presented a proposal concerning purchase of cases of food and dry goods; he offered to do this and invited people to help him put out a price list, say once a month, to order by case amounts things not now on price sheet. This is a way to get into other items without tying up alot of money in inventory. Things will come in a 1 truck load to the Gilson St. warehouse, and people will have to come and pick up their order here on 1 day, probably a Saturday. MOTION to empower food committee to do this. Passed.

Term of Coordinator.

Proposal: that coordinator be hired for set amount of time, perhaps 1 year, and select and train someone to replace themselves before they leave. This would spread the involvement around. Opposition: this would take hiring power away from the general meetings and obligates coordinators to yearly terms. Heinrich felt that community employees should have tenure, and people should view their positions as permanent. Other s argued that tenure in a job results in "managers", and their voices hold much more weight than others—and since there are others who would like to hold this kind of job, it might be desirable to rotate the jobs.

This was a lengthy discussion with no resolution of the issue. Let Chow On know if you have any other thoughts on it.

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Chicken Livers and Soy Sauce

Slice 8 chicken livers in half, and marinate 20 minutes in the following sauce: 3 T soy sauce, 1/8 t ground ginger, ~~1/8~~ 1/8 t garlic powder. Thinly slice 1 green pepper and 8 mushrooms.

Drain livers, keep sauce, and roll each in cornstarch and set aside. In 2 T oil + 1 T butter cook and stir 2 T slivered almonds, the pepper and the mushrooms until cooked but crisp - about 3 minutes. Remove from oil with slotted spoon or fork.

Add 1 T oil to the skillet and brown chicken livers, turning often to keep them from sticking. Return vegetables ~~f~~ to the skillet, stir to warm. Serve on rice. — from Susan

THE COMMON MARKET DRY MILK

Our milk is non-instant; 1/2 to 2/3 of a cup of it is equal to a quart of fresh milk. 1 1/3 cups of instant dry milk is equal to one quart of fresh. Our milk MUST be kept in a tightly closed container, glass or plastic, or else it absorbs moisture from the air and becomes difficult to mix and bad smelling and tasting. Vitamin B_2 is lost when milk is exposed to light. 33% is lost in one hour so store and heat in dark or opaque containers.

A good way to mix the milk if you have a blender is to put 2 cups of cold water into the blender jar, cover and switch on. Then when the water is spinning, uncover the jar and add 1/3 (2/3 cup if you want doubly rich milk) cup of milk powder slowly into the center of the whirlpool. Blend just long enough to mix thoroughly. Probably an egg beater will do a good job, too. — from Sheila

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THE VERY BEST TOMATO SOUP IN THE WHOLE WORLD AND PERHAPS IN THE WHOLE UNIVERSE

Heat 3 to 4 T olive oil (or other vegetable oil) in a medium-size pan. When it is hot, add: 1 medium onion, finely chopped and 1/4 C chopped green pepper. ~~Stir~~ Stir and cook over high heat until the onion is transparent -- it will take a couple minutes. Then add: 6 large or 9-10 small ripe tomatoes, coarsely chopped; 1/2 C finely chopped fresh parsley (or 2 T dried parsley); 2 to 3 T lemon juice; 2 T tomato paste; 1 t oregano, 1 t basil, 1/4 t garlic powder, 1/2 to 1 t black pepper, 2 t sugar, 3 beef bouillion cubes, 2 C water. Stir well, bring to a boil, reduce heat to low, and simmer partly covered for 20 to 30 minutes.

Then add 1/2 C rice, or 1/4 C rice and 1/4 C bulghur wheat, and simmer until done -- another 30 to 50 minutes. Taste to be sure rice is cooked.

Finally add 3 to 4 T grated parmesan cheese or 1/2 to 2/3 C grated cheddar or mozzarella cheese. Heat until cheese is melted - add additional salt if needed. Be sure to serve this with a spoonful of plain yogurt in the center of each bowlful!!!!!

COMMUNIQUE FROM BARBARA

Dear Chew-On:
Reading your Garbage is a Waste article last week really blew my mind: First comes a long (and perfectly good -- the suggestions are fine) list of things for "environmentally responsible" people to do. O.K. Great. Then comes the clincher. It's from "What Every Woman Should Know about Pollution."

GOOD GRIEF!

This is how to kill the environmental movement in one quick karate chop. Just add all the extra work onto the American housewife's daily ration and let her cope. The whole nature of environmental awareness is to substitute human energy for other kinds, like electric and chemical energy. Fine. But if the very people who should be most aware of these problems insist that human energy means female energy (since most of the extra work is kind of tedious, and generally fits into the category of housework) even women who are aware are going to revolt. We are gradually sifting through this problem at our house. Have any of the other sisters any wisdom, or experience or advice they could share on it.

Barbara

CO-OP LECTURES

Some people in Madison (Pam from Common Market) are involved in a co-op training and education program this summer, which includes two lectures each week. It's a good chance to educate ourselves, and the lectures are open to anyone. Coming up:

- Kibbutz in Israel
- Rochdale Pioneers
- Utopian Philosophers
- Souther Co-operatives (in Georgia)
- The Commune System in Georgia
- Co-ops in Europe

Call Muriel at 257-3023 or 262-3644 to find out dates, times, places.

CO-OP READING

If you have a bit of quiet time this summer, consider the following brief bibliography. And if you read other things that you feel should be shared with/known about by us all, pass the title and source (and a brief summary) along to Chew On.

R.E. Wakeley, "Sociological Research on Farmers' Organizations and Agricultural Cooperatives," Rural Soc. V. 22, 1954.

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Dov Weintraub, "Rural Cooperation, Local Government and Social Structure: A Comparative Study of Village Organization in Different Types of Community in Israel," reprint from P.M.Worsley, Two Blades of Grass, Manchester Univ. Press.

Voorhis, McLanahan and Leekley, "How to Organize a Co-op," The Co-operative League of the USA, no date (27p.).

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Cooperative League of the USA (CLUSA), "Drafting Legal Organization Papers," mimeo, no date, 10 pp.

Farmer Cooperative Service, "How to Start a Cooperative," Educational Circular 18, U.S. Dept. of Agriculture, April. 1965.

Radical Education Project, "Where It's At," Ann Arbor, Mich. (Order from New England Free Press, 245 Roxbury St., Boston, Mass.).

Emory S. Bogardus, Problems of Cooperation, CLUSA, Chicago, 1960.

John Zippert, "Some Ideas for Community Organizers," Southern Cooperative Development Program, PO Box 3005, Lafayette, Louisiana, 1969 (available thru CLUSA)

Don Newey, "How Boston Does It," CLUSA, mimeo, no date (10p.)(on buying clubs).

Bibliographies and Order-Lists

Roy, Cooperatives: Today and Tomorrow, all chapter Bibliographies.

International Cooperative Training Center, "Bibliography on Cooperatives," Madison, Wis., June, 1964 (with a 1966 "Supplement").

CLUSA Order Lists: "Pamphlets," "Books," "Leaflets."

Farmer Cooperative Service, A Bibliography of Dissertations and Theses on Cooperatives, Walter Furbay and Wendall McMillan (eds.), U.S. Dept. of Agriculture, Washington, D.C., Oct. 1965 (79p.).

Radical Education Project, "R.E.P. Literature List," Box 625, Ann Arbor, Michigan, 48107; or New England Free Press, 245 Roxbury, Boston, Mass.

CLUSA Order List entitled "Mail Order Form for publications useful in organizing and operating low-income area cooperatives".

HAVE YOU HEARD of the Near East Side Community Health Center?

A Community Health Center (at 305 S. Dickinson 255-0704) has just been formed by mostly residents of the 6th and 2nd wards.

The Center is dedicated to comprehensive, quality, free health care. Most of the people are volunteer workers, including doctors, nurses and lab technicians.

WE BELIEVE that free and decent health care is everyone's human right; that health care is a daily occurrence; that diseases should be prevented before they have to be treated; and that health is something we can all learn much more about, it is not only the right of doctors to have such knowledge. We believe that everyone should always be educated about how their bodies function, what is wrong when they are not functioning, and how to restore and maintain good health again. Lastly, we believe that everyone in the community is potentially capable of helping us deliver quality health care.

WHAT WE ARE PRESENTLY DOING

We are a Health Center which means we provide medical services through clinics and educational programs dealing with daily health care.

Members of the clinic shape its direction by participating in general meetings, working on the committees which are setting up the programs, and volunteering time to assist in the operation of clinics.

General health clinics have been conducted at least once a week from 9 a.m.-1 p.m. and 1p.m.-5 p.m. on alternating Saturdays. We plan to have clinics on Saturdays and at least one evening during the week. We will also be setting up classes on nutrition, first aid, infant care and counseling. All classes will be conducted in response to the needs expressed by the people attending them, i.e., whatever people want to learn about maintaining good health is what we will try to teach. All this will begin happening on a regular basis in July & August. We'll contact you as programs begin.

WHAT WE HOPE TO DO

In general we hope that our future directions will come from the community. As a community-based group we will try to answer the needs of the community as best we can. We want to be able to hold more clinics, become a walk-in counseling service, be a place for local groups like the senior citizens to meet, and be a group of people that other people can come to whenever they want help with health problems. We hope to be able to provide good referrals and follow-up service and advise about monetary problems encountered in medical situations.

HOW YOU CAN PARTICIPATE

You can participate by coming to the clinics as a patient, donating time, money, and supplies to assist in running the clinics, serving as a member of one of the committees which shape the direction of the center, distributing our information to your friends and neighbors, and keeping us informed about your needs and feelings about the Center's services.

WE NEED THE COMMUNITY'S SUPPORT!

WIND BOOKSTORE



Mother Earth News • Local Poetry
Women: A Journal • Take-Over!
CREEM Magazine • & much much more
Come in & look around!
We distribute Statewide.
836 E. Johnson 251 5717

We're tired of the same old rice and vegetables so we decided to put together a

COMMUNITY COOKBOOK

We are soliciting recipes from everybody. If you would like to see your recipes published call Sue and/or Mary at 251 5717 or 255 8759.

EAST SIDE: 1340 E. Washington Ave. (entrance off the parking lot) 255-5755

Current Schedule:
Tuesday: EAST group orders due at warehouse at NOON. Total orders 1-5PM
Friday: Unload truck, stock warehouse 9AM to 9PM
Saturday: Pick up food 10:30-0:30
Sunday: Pick up food 9:30-2:30
Surplus Sale 2:30-4:30

WEST SIDE: 1335 Gilson Street (off the parking lot) 251-5754

Current Schedule:
Monday: WEST group orders due at warehouse at NOON. Total orders 1-5PM
Tuesday: Unload truck, stock warehouse 9AM-9PM.
Wednesday: Pick up food 11AM-0:30PM
Thursday: Pick up food 1:30-7:30
Surplus Sale 7:30-0:30.

COMMON MARKET COORDINATORS: Elaine, Linda Jo- West Warehouse M-Th 251-5754
East Warehouse F-Sun 255-5755

COMMON MARKET BOOK KEEPER: Charley 256-5135

COMMON MARKET POLICY: NO WORK, NO FOOD. If you don't show up for your work time, your group cannot order the following week. AND you have to make up the work you missed.

COMMON MARKET POLICY: Membership of $1.50 after one month's trial for everyone over 18. Cooperate. Don't exploit us.

COMMON MARKET POLICY: Each group should have one member on a committee. Call the chairmen about meeting time and what's happening.

IF THERE ARE ANY CHANGES IN YOUR GROUP, call Pam, 836-5668.

CHIP IN WITH THE COMMUNITY CHIP.
If you want to support other alternative institutions in Madison, add 1% to your food order via the "Val 1% chip" space on the price sheet. In addition, CM donates 1% of its gross income to the Madison Sustaining Fund.

COMMITTEES:

Food- Marianne 244-2093
Work- West- Herb 251-6096
East- Buck 257-5530
Transportation- Steve- 238-5015
Finance- Bob-233- 6316
Community Contact- Pam-836-5668 (before 10:PM)
Phone- Carol- 2551486
Nutrition- Ken-238-6172 or 262-4581

CHEW ON with Chow On: Any articles, notices, etc. should be sent to Kathy, 1013 Colby St. (257-4192) or dropped off at a warehouse. Look for Chow On about once a month.

THINGS WE NEED FOR THE WAREHOUSES

Extension cords
Knives for cutting cheese
Produce scales
2 wall clocks
5 new or clean garbage cans to store grain in
A small heater for the office
Staplers, scissors
A toaster-oven for Charlie's bagels
Metal Scoops
Floor scale
Hand trucks
Brooms, especially big push ones
Mop bucket
Chairs, sofas
An adding machine
Rugs, posters, dust rags for office
Pencils, pens, magic markers.

****

SUPPORT THE STRIKE

BOYCOTT GARDNER'S BAKERY PRODUCTS

CHEW ON

Newsletter of the Common Market September 20, 1972 No. 20

PEOPLE'S HERO OF THE MONTH

Kathy and David Newby are our heros this month. In one big vote of appreciation, we sum up their continuous heroism in putting out CHEW ON during the past eight months. We have suggested that Kathy submit the collected CHEW ON's as her Ph.D. thesis, but she tells us that it would be too relevant, and therefore unacceptable. Such is the life of a model worker. Both David and Kathy have left Madison to do research for their degrees. May they continue as model workers wherever they are!

+ + + +

Chew On Goes Collective

CHEW ON is now being produced by the March Co-op collectively. This is part of our work job for Common Market. In fact, it probably will be our whole job as it is very time consuming. This month things are pretty rough. After some practice we hope to become better at performing a complex collective endeavor. Please bear with us, patient fellow cooperators.

If other member groups are interested in taking over our function, they should get in contact with us. It is best, perhaps, for one group to keep doing the job for a while since the ropes are hard to learn. Any opinions, suggestions, etc., should be either put in the CHEW ON Box (yet to be created) in each warehouse or given to a member of March Co-op (see the end of this CHEW ON for who we are).
- New Policy: to insure accurate transcription, authors should proof their own ariticles after we have typed them on the stencil!

******

RESULTS OF THE LETTUCE BOYCOTT VOTE ARE IN!

22 - yes, let us continue to buy lettuce

56 - No, don't buy any lettuce

310 - Buy lettuce only from local farmers

= = = =

MADISON SUSTAINING FUND NEEDS WORKERS for the COMMUNITY CACHE (See article, page 18). Will you do it? Contact Joe or Linda Deane at 257-1796.

cccccc

OFFICE HOURS - OFFICE HOURS - OFFICE HOURS

If you want to speak to Elaine Nesterick, Linda Jo Stern or Charley Taylor, call during these hours. Someone will be there.

WEST SIDE: Mon.-Thurs. 9am-5pm, Fri. 9am-12

EAST SIDE: Fri. and Sat. 9am-12

Please don't call the staff members at all hours, day and night, unless absolutely necessary. If you have questions that can be answered by a committee member, please call him/her. See following committee descriptions.

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ON THE INSIDE: committee descriptions, 6-month Financial Report, Minutes of August & Sept. General Meetings, Sustaining Fund Report, notices, recipes, etc.

THE COMMUNITY CONTACT COMMITTEE is presently working on expanding Common Market membership in the south side area of Madison. Of special concern to the Committee is the area's elderly residents; to date efforts have resulted in the near completion of multiple group formation at the Olin Avenue housing project for elderly people. The Committee has also contacted various neighborhood centers, ward aldermen and area churches in an attempt to secure their help in the education of neighborhood residents in the values of cooperation, and the high quality, low cost food buying results of collective power. The Committee's responsibility is large; we need people with creative ideas and a willingness to contribute effectively. Those interested in joining the Community Contact Committee call Pam at 836-5668, evenings between 5pm-10pm, or early mornings.

THE NUTRITION COMMITTEE hopes to achieve three goals during the coming year(s):

1. Write an article concerning a particular aspect of nutrition for each monthly CHEW ON. Examples of topics expected to be covered are a) excessive use of sugar and ill effects of such use, b) importance of oils, c) reasons for preferring whole wheat flour over white flour, d) non-meat sources of protein.
2. Compile recipes for more nutritious (by the standards set above) and delicious foods.
3. Organize all articles and some recipes into a booklet to be given (or sold) to each person joining Common Market.

If you are interested in taking part in any of this, please call Ken (238-6172) or Beth (835-5228).

THE FOOD COMMITTEE meets every other Monday evening at 7:30 pm alternating East and West warehouses as the meeting place. We make decisions on all foods carried, make necessary changes and additions to the price sheet, investigate food sources, etc., sometimes having tasting meetings to guide our decisions. We'd enjoy having other people join this very interesting committee so relevant to the Common Market. As a reminder, each buying group has the obligation of providing one of the committees with a member. Perhaps you'd like to be on the Food Committee. If so, come to our next meeting on Monday, October 2nd, 7:30pm, West side warehouse, 1335 Gilson St.

THE TRANSPORTATION COMMITTEE is responsible for local food pick-ups and for inter-warehouse transfers of undistributed food. At present, the local pick-ups are: bread from Women's Exchange and Nature's bakeries on Wed., Thurs. and Sat.; processed meat from Bavarian Sausage Kitchen on Wed. and Sat.; and Hawthorn Mellody yoghurt from the McFarland Dairy on Wed. Inter-warehouse transfers are made on Tues. and Fri. mornings. The Committee consists of the coordinator, who arranges the pick-up schedule, and the members who do the pick-ups in their own cars, trucks or station wagons. Members receive one work credit for each pick-up. In addition, the Transportation Committee supplies a representative to the Intra-Community Cooperative trucking federation.

The Transportation Committee always can use more members to increase the size of the pool of available people to do pick-ups. Every group should have at least one member on the Committee, to do a regular pick-up or at least be available for calling on an emergency basis. Groups who don't yet have a member on the Transportation Committee are requested to call the coordinator, Martha Fiske, at 767-2550 evenings, or 262-3632 during the day. Especially needed are people with large cars or trucks to do the inter-warehouse transfer on Friday mornings.

THE FINANCE COMMITTEE discusses many important decisions. However our membership has been decreasing and we would like to see more people involved in the meetings. If you are interested watch for the notices of the meetings on the weekly price sheets and come add your wisdom to our discussions. We meet at least once a month to act on questions referred to it by the General Membership and on issues clearly within our authority. Larger questions originating in the Finance Committee are referred to the General Meeting with our recommendations. We routinely review the money situation with our bookkeeper and consider [illegible] pricing and fund raising.

The Committee also recruits and trains cashiers for work at the warehouses. Recently, we have had to think of ways to raise money for the extra expenses involved in setting up and running a second warehouse. We have had to deal with the question of local and federal taxes, including the important question of our status with the IRS. We really need new members with financial and economic expertise to come to meetings, since we have to get a better idea of where we're going.

Bob (233-6316)

THE WORK COMMITTEE is concerned with the efficient and pleasant flow of all normal physical work inside the warehouse, with the exception of cashiering. Thus, the committee:

- makes sure there are enough workers for each shift;
- provides a coordinator to guide each shift;
- keeps records of the number of time per month each group is represented on work shifts;
- communicates with groups that do not provide as many workers as the General Membership has voted a group their size should;
- makes sure there are enough supplies for all shifts and operations;
- trains new coordinators to replace present ones as they flee town or resume normal lives;
- tries to anticipate the effects of changes in CM structure, conditions, or policy;
- keeps the General Membership informed of the working state of affairs;
- makes recommendations concerning changes in CM policy;
- holds monthly (alcoholic) get togethers of coordinators, their families, and pets;
- does the paperwork and phoning to support all of this.

The present Work Committee chairman is Buck Trawicky. He has no phone (or house) but can sometimes be reached at 256-7868.

The coordinators comprise the Work Committee. In addition to coordinating shifts, a portion of these coordinators divide up among themselves the background work necessary for the smooth and unobtrusive functioning of the regular warehouse operations. This presently involves a good deal of time on the part of a few people because there are usually between 6 and 8 work slots left unfilled each week and so groups must be called 5 to 7 days in advance to plea for workers. This is annoying to all concerned.

This background work is useful, but supportive and invisible. The work of the coordinators, though, is very visible and extremely important. There are nine workshifts every week at the warehouse. For each shift, there are various jobs that must be done completely and well. All of this work is done by members of the CM. Because there are many members and many groups, very few of any shift's workers have ever done what particular job before. Therefore, there must be someone on each shift who, in addition to working like everyone else, also knows what has to be done, how to do it well, and how to show the others what to do, without self-importance or shyness.

Despite its importance, there is no special difficulty in coordinating. A coordinator can show anyone how to coordinate a particular shift in one, or at most two, work shifts. The coordinators' principal virtue is that they are accountable: they agree to appear regularly for a particular 4-hour workshift, usually twice a month. They usually serve as coordinators for from two to six months.

Though this work is quite unglamorous, it is also enjoyable and interesting. Learning how the Common Market functions and what lies back of getting daily bread is a useful experience. Working with others in this sort of enterprise is very pleasant. And it's an intriguing problem, trying to get a great deal of work done without letting it become a burdensome chore.

Coordinators are needed. If there be 18 East and 18 West side coordinators, no one works more than twice a month. There are presently 14 Eastside and 15 Westside coordinators. Each shift coordinated counts as one work job for the coordinator's group.

Anyone interested and wishing to coordinate should accost the coordinator of the next shift he work, or call Buck Trawicky (c/o 256-7868).

MORE COMMITTEE see page 7.

THE COMMON MARKET, LTD.
INCOME STATEMENT
Half-Year Ending 30 June 1972

SALES		
(Total Operating Revenue)		$204,360
merchandise cost of sales:		
Merchandise Inventory, 1 January 1972	$ 2,478	
Purchases	187,960	
Cost of Merchandise Available for Sale	190,438	
Less: Merchandise Inventory, 30 June 1972	4,021	
Cost of Merchandise Sold		186,417
GROSS MARGIN ON SALES		$ 17,943
EXPENSES		
Salaries	$3,788	
Payroll Tax	188	
Depreciation--Equipment	244	
Service Charge on Purchases	3,866	
Supplies	1,002	
Insurance (Truck)	143	
Telephone	316	
Rents	2,349	
Utilities	265	
*Income Taxes	824	
Expansion	537	
Madison Sustaining Fund	1,945	
Bad Debts (Theft)	139	
Miscellaneous	1,161	
Total Expenses		16,767
NET OPERATING SURPLUS		$ 1,176

THE COMMON MARKET, LTD.
STATEMENT OF RETAINED EARNINGS
30 June 1972

Retained Earnings, 1 January 1972	$3,334
Add: Net Income, 30 June 1972	1,176
Retained Earnings, 30 June 1972	$4,510

THE COMMON MARKET, LTD.
BALANCE SHEET
30 June 1972

ASSETS

Current:		
Cash	$2,971	
Accounts Receivable	656	
Merchandise Inventory	4,021	
Supplies on Hand	221	
Total Current Assets		$7,869
Fixed:		
Property & Equipment	$1,480	
Less: Accumulated Depreciation	244	
Total Fixed Assets		1,236
TOTAL ASSETS		$9,105

(BALANCE SHEET CONTINUED ON NEXT PAGE)

BALANCE SHEET CONTINUED

EQUITIES

Current Liabilities		
Accounts Payable	$ 317	
Notes Payable	1,300	
Estimated Income Tax Liability	259	
Total Current Liabilities		$1,876
Members' Equity:		
Membership Fees Earned . . .	1,502	
Contributions Earned	1,297	
Retained Earnings	4,510	
Total Members' Equity		7,309
TOTAL EQUITIES		$9,510

SMASHING THE ENIGMA OF FINANCIAL STATEMENTS

In an effort to let everyone in on what the bookkeeper knows, it may be necessary to explain how to "read" financial statements. The three statements presented above are in classical accounting fashion. They're pretty standard, and generally far easier to understand than those drawn up as in-come and out-go "simplified" statements. The three go together. You can only tell so much from an income statement and only so much from a balance sheet. Particularly these two can tell you everything you might want to know about the financial situation of Common Market. Obviously, a comparison between one period and previous periods tells even more.

The INCOME STATEMENT reports the results of operations through a system of presenting the data concerning revenues (incomes), expenses (out-gos), taxes, and income distributions (distributed after all expenses. It is helpful in planning and controlling such operations and allows the general membership to see how well operations are being performed. The BALANCE SHEET, on the other hand, expresses the situation in terms of assets held by CM, and claims (equities) against CM. A comparison between two different accounting periods will reflect the change during the time period. Current assets, such as cash and short-term receivables, represent the immediate purchasing power of DM, while the remainder, the fixed assets, are commitments expressed monetarily which are held until they expire (e.g., all property and equipment) It is important to note, particularly I think in the case of Common Market, that accountants--as a rule--always take much more into consideration than numbers on classified financial statements. They may be termed assets or equities depending upon their nature: the goodwill of members, the loyalty and efficiency of the employees and workers, and quality of management. It's my feeling that presently Common Market is doing well along these lines but is slowly, perhaps because of the expansion process, losing loyalty and efficiency of workers.

Normally financial statements such as those above are presented yearly, the monthly statement of situation being the trial balance. This six-month statement was prepared for the sake of providing the Commissioner of Credit Unions with a picture of our financial status.

Looking at the Income Statement, each column (there are three), represents a different computation of figures to be added or subtracted together. From SALES is subtracted the Cost of Merchandise Sold which yields the GROSS MARGIN. From the Gross Margin is subtracted Total Expenses which yields the Net Operating Surplus for this specific accounting period. The middle column expresses the formula for arriving at that "Cost of Merchandise Sold." Adding the inventory of merchandise at the beginning of the period to everything that was purchased (by CM, not members) shows how much was available during these six months to be sold. Obviously it was not all sold; what was not remains on inventory. Therefore subtracting the ending inventory from what's available for sale, provides us with a figure of how much was actually sold to members. All expenses, which are listed in the far-left column, are totalled and subtracted from the Gross Margin, providing the Net Operating Surplus. If this were the

end of the year, we would be paying taxes on this last figure, probably 22% of $1,176.

The Statement of Retained Earnings expresses the worth of Common Market. An income statement at the end of 1971, such as the one presented above, reflected a surplus (the last figure on the income statement) of $3,334. The books were then closed and a new accounting period began. At the end of six months, CM had accumulated a surplus of $1,176. This combined with the $3,334 tells how much money CM has earned over and above expenses.

Going on to the Balance Sheet,;you will notice that the retained earnings for June 30, 1972 are called "Members' Equity" and are figured as claims against Common Market since they actually belong to the members, as do contributions and membership fees paid. Accounting is based on the theory that what comes in must go out and that if there is a difference it is either loss or suplus. If CM buys food, cash goes out. When someone buys food, as far as Common Market is concerned, the value of the commodities is lost, but receives cash in return. So it is with simply sales and the same is true of assets and equities altogether. All liabilities against CM plus CM's earnings must equal all current and fixed assets. The balance sheet presents this theory in numbers. It tells how much cash there is in the bank (although the next day, July 1, that figure will change), how much inventory is on hand and how much we owe and how much they owe us. It tells how much equipment we have and how much it has depreciated.

The statements tell a lot. The Income Statement says we have been gradually using up our surplus of last spring to pay for the expenses of expansion. Last spring we were building up surpluses of $1,000 per month while on June 30, for the whole six months, we have only $1,176 in income. I believe the situation is critical and calls for an immediate control of expenses, already underway. Because Common Market operates on a 10% markup basis to cover all expenses, it is pretty remarkable that we could accomplish such an expansion without securing long-term loans. In the expansion process, you will note on the Income Statement that we spent $537 in expenses, and from the Balance Sheet, increased our fixed assets (shelving, freezer, cooler, etc.) by about $1,200. The drive for contributions last spring raised $1,297 which was to cover costs of expansion (over $1,700), taxes (over $800), and the first month's rent of the west-side warehouse ($400), or a total of almost $3,000. The remainder came from $1,300 in short-term notes ($400 of which by this time has been repaid) and the accumulated income. The costs of rent, utilities, salaries and inventory increased in the expansion process and these expenses remain fixed at a much higher rate than when we lived on E. Washington alone. The summer made for more problems. Particularly in August, order went far below the average, decreasing the amount of the gross margin on sales revenue, thereby of course reducing the amount available to pay ongoing expenses (the rent didn't go down in August).

As immediate solutions to our critical situation I recommend (1) a sharp reduction in the amount of inventory (already being accomplished), (2) elimination of credit to members who fail to bring enough money to pay for order, (3) control on unnecessary expenses, (4) delay in payments to larger suppliers, not small farmers, (5) secure one or two more short-term notes (we presently have $900 in notes payable. In the long run, I suggest, if we are to operate on our present low markup philosophy, only an increase in membership and a larger selection of commodities on the price list will make Common Market totally solvent and dependent upon only the gross margin on sales. The vastly increased sales in September and October may be enough to remedy our situation, but I feel that means of increasing membership and available commodities must be examined and carried out for the on-going of CM.

It must be noted that CM operates on a very tight markup. Presently the 10% is not paying for all expenses. Because CM is not in the business to accumulate capital for the sake of larger and larger returns on investment, we should keep in mind that when extraordinary expenses arise, we cannot meet them with our accumulated income.

We presently meet them with special fundraising drives which are sometimes successful and with membership fees and loans. This keeps the markup on commodities at as low a rate as possible. If after a couple months, the situation presented in the financial statements doesn't get appreciably better, I would suggest a method of increasing revenue on a standard basis, such as raising the markup. A decision at the last CM general meeting to include the cost of "freight-in" in the cost of commodities will increase our revenus by about $600 per month. This means that members will be paying their 10% for all other expenses other than service charges and that, as in standard accounting practice, the cost of bringing the commodities to the warehouse will be included in the wholesale cost of the items. This will move "Purchases Service Charges" up from EXPENSES to MERCHANDISE COST OF SALES on the income statement.

* * * *

(continued from Committees, p. 3)

THE PHONE COMMITTEE has the responsibility of calling all the groups whenever there is a need to communicate with the whole co-op that can't be met by CHEW ON. Each member of the Committee is responsible for making about 20 calls whenever the Committee is asked to do calling. In the past, the whole co-op has been called only twice by the Phone Committee. In addition, the Phone Committee is available when small numbers of groups need to be called.

The Phone Committee is especially suited for people with small hildren or people who have jobs that require their presence but not their full attention. It is an easy way for home-bound people to complete their work jobs, and their committee responsibilities. Interested people should call Carol Herr, 255-1486, evenings.

DELICIOUS GRATED ZUCCHINI WITH CREAM

Remove stems, wash & grate zucchini. For each 2 cups stir in 1 teaspoon salt. Allow to stand 3-4 minutes then gently squeeze out moisture (which may be saved for soup) meantime saute some chopped scallions in butter, add zucchini and cook for a few minutes. Then add whipping cream--amount depends on size of squash and your taste--and cook a few more minutes. Add some freshly ground pepper. FINIS

Yvonne

# # # #

The Community Co-op Garage, 2050 E. Johnson St., tells us that "Jack Hoist" has his ups and downs, but he is an active co-op member At $1/hour for his use, he is at the service of those doing their own auto repair work.

Garage facilities are available on evenings, Saturday afternoon and Sundays. In addition to the hoist, you can use ;(with advice in some cases) the battery charger, floor jacks and stands, tire change wheel balancer, solvent sink, impact wrench, creeper and lube dispenser. BUT PLEASE DON'T START MORE THAN YOU CAN FINISH. People on duty won't clean up after you or stay up all night while you tinker.

At the last Co-op Garage membership meeting it was decided to donate 2% per month (approximately 3 hours) of mechanical labor to community service groups who are in need.

Minutes
COMMON MARKET MEMBERSHIP MEETING
September 10, 1972

Finance Committee Report

Charley presented the six month financial statement and made the following recommendations to control the drain on our accumulated surplus:

1) reduce inventory
2) eliminate credit to members who fail to bring enough money to pay for order
3) control unnecessary expenses
4) delay payments to larger suppliers, not small farmers
5) secure one or two more short term notes.

Other recommendations included:

1) include 10% markup on theprice sheet
2) payment of membership fee upon submission of first food order
3) closer watch on disposal of spoiled food.

Regarding taxes Charley suggested:

1) give away suplus
2) pay the taxes (22% on accumulated surplus)
3) put surplus into capital investments (then we would pay only 10% in taxes)
4) rebate to members

In essence during the first 3 months of the year CM was accumulated about $1,000 per month surplus and during the second 3 months has been using this same surplus. This calls for control measures. Part of the loss of surplus came from decreased sales during the sumer.

The major recommendation considered was whether to include the 10% markup in the price on the price sheet. Charley felt it would save time, paperwork a d eliminate cashier error. There were objections that this made operating costs less visible to CM members.

IT WAS MOVED and seconded:

To include the 10% markup in the price on the price sheet.

AMENDMENT NOT ACCEPTED to make it for a trial period of 2 months

AMENDMENT ACCEPTED to put an explanation on the price sheet.

(Continued on next page)

COOPERATIVE ACTION--A FREIREAN APPROACH

If the contradictions have got you down--between the communal, cooperative ideal and the individualistic, competitive reality; between the search for personal, social liberation and the pervasiveness of oppressive consciousness and structures; between the search for relationship and the presence of distrust, distance, selfishness; between meaningful, creative work (study, etc.) vs. "putting in your time"--if these and/or other contradictions related to your participation in the Common Market or other coops are your concern, then don't just stand there, do something! Join with others to help analyze and change these situations, using the methods of Paulo Freire (Pedagogy of the Oppressed). If you are interested or want more information, call Charley Brown ([illegible]) or Arthur Lloyd ([illegible]).

SUBSTITUTE MOTION:

To include the 10% markup in the price on the price sheet for a one month trial period and that there be an explanation on the price sheet.

PASSED.

Work Committee

Coordinators are needed for work shifts.

It was unclear whether previous policy set participation as cashier, coordinator (work committee), phone committee and transportation committee as one work job per month, or one work job everytime work was done on that committee.

To eliminate excessive calling of groups to get sufficient workers Buck suggested

1) have groups sign up at beginning of month and if they don't then they are called

2) cover the bottom of the work chart to funnel sign-ups to the beginning of the month necessitating fewer calls to fill empty shifts.

Hencefoth, on Tuesday and Friday mornings breakfast will be served to workers.

There was considerable discussion about eliminating pick-up times because 1) people don't regard them very well, 2) people put down wrong pick-up times on their sheets and 3) people call the warehouse wanting to know when they are supposed to pick up.

In general it was decided that this was not a good idea because even more bunching would occur and people should be more responsible regarding their pick up times.

As a final recommendation: New groups should begin work jobs upon joining CM and they should also pay membership fee returnable within one month.

Community Contact Committee

Pam Albert has met with the Madison Housing Authority social worker and a representative from Richmond Hill apartments. Next week the CM movie will be shown to residents. There will be some problems with work jobs since some elderly people can't stand up for long periods. Also there is a need for transportation of people to and from the warehouse and of groceries.

(Continued on next page)

TWO SHAKLEE HINTS THIS MONTH:

1. Another dealer called to tell me that one of her people had used Basic I in strong solution (2 oz. per gallon of water) to clean her oven. Considering the state of my oven, I poured a little I on straight and added just a splash of water to spread it around. I let it sit for a while, and the glop scraped off easily. Especially nice as there are no left-over fumes to worry about, no rubber gloves needed, no smell--and I suspect that a light film of I left on the surface will make it easier to clean next time.

2. For washing windows: 2 drops of Basic H to a quart of water. DO NOT USE HOPE H! We just washed a summer's grime off 5 good-sized windows, no [illegible], and no streaks.

Betty Neal, 255-6523

SMILE may help to do this. Pam will work out details.

Food Committee

Harry reported there will be a case goods order every 4-6 weeks. The next one will be September 25th and 26th. Harry recommended and it was agreed that if a group does not pick up its case goods order it cannot order food the following week.

Madison Sustaining Fund (MSF)

Joe Deane reported that three new groups are applying for MSF membership (Blue Bus, Community Co-op Garage and Madison Community Cooperatives).

Tax exemption remains a problem. What was earlier anticipated as a problem (giving to political groups) is not, but giving to business-like enterprises, whether cooperative or not is not allowable if MSF wants tax exempt status. This remains to be worked out.

The Community Cache will begin in October. This is a fund-raising project of MSF similar to community chest campaigns. Regular pledges will be solicited, primarily among University employees and students. Common Market members were asked to help with collections. Examples of groups which could get funds are the Near East Side Community Health Center, University Y and the ICC.

Charley reported that he did not send in our 1%-of-sales to MSF during August because of our financial situation (we didn't have the money in the bank). He expects that after things pick up in September he will be able to make up the missing month. CM normally gives about $300 to MSF.

It was asked how the MSF would feel if CM made up the difference between the voluntary chip and the normal 1% instead of both the 1% and the voluntary chip. Joe thought that if we feel the community needs money the more we can give the better.

Miscellaneous Business

Harry expects to have a trial computerized order form for about 75 items for the East side in about three weeks. If this works he will work on computerizing the entire form both for East and West.

IT WAS MOVED and seconded:

> To authorize John to pay up to $50 for a used scales he has found and to buy one new scales.

PASSED.

(continued on next page)

WANTED--COOPERATIVE CONTRACTORS

We are a group who have been building new houses in a cooperative way. Up until now we've been subcontracting the entire carpentry labor. However, in order to eliminate the wide profit margin taken by realtors and general contractors it is essential that we get together with experienced people in the "trades"; plumbers, electricians, dry wallers, etc. Please contact Vince at 849-4740 or Tim at 835-5833.

* * * * * * * * * * * * *

Is there a "sober" couple who might be interested in subletting my apartment for a month: 3 rooms plus kitchen and bathroom in Vilas neighborhood for around $75. (I would be apreciative if you could fee my cat but if you couldn't she has friends she could stay with.) Please call 241-0764.

It was decided not to buy a vacuum cleaner.

Community Chip

IT WAS MOVED and seconded:

that the CM's 1%-of-sales contribution to MSF be made up in part from the voluntary chip.

DISCUSSION:

It was objected that this would mean people were paying the voluntary chip into the general CM fund and not to MSF.

Charley stated that if we wish to assist striking workers and welfare people out of our 10% markup, with our precarious financial position there are not sufficient funds to do the 1% chip.

MOTION WITHDRAWN.

SUBSTITUTE MOTION:

That the CM contribution to MSF be reduced to a percentage of our surplus, not total sales.

DISCUSSION:

In favor of the motion people said that we must consider our own maintenance needs and the fact that our surplus is not quite sufficient to cover this. Our financial situation may not improve with fall and winter because of anticipated fuel costs for the warehouses.

This motion was dropped in the discussion.

IT WAS MOVED and seconded:

To collect the community chip as an individual voluntary effort because 1) it is not right to force individuals to give to a group which they may not support and 2) we are not in a good financial position to contribute the 1%-of-sales.

DISCUSSION:

There was serious objection to the view of a collective, group decision in a cooperative as Common Market "forcing" individuals to do things against their will. The purpose of the Common Market is to make collective decisions.

(Continued on next page)

THE WORLD'S MOST INCREDIBLY BEAUTIFUL STRAWBERRY JAM
(Easy, too)

4 cups strawberries (small, not too ripe)
5 cups cane sugar

DO NOT mash berries.
DO NOT double recipe.
DO NOT stir.
} very important

Clean berries, put in stainless steel pan. Pour sugar over berries, put over slow heat. When the juice starts to show, shake gently; raise heat slowly; when it gets up to a good, rolling boil, boil HARD for 15 minutes. After the 15 minutes, remove from heat, shake, "touch" with stainless steel spoon to get all fuzz off (save for pancakes). Cover with a clean cloth, let sit overnight. Next morning, put in small clean, dry jars, paraffin, put away in cool, dark, dry place.

Betty Noel

This may be too late for this year's crop, but save the recipe!

It was pointed out that the MSF is an important community-wide organization and CM would be setting a bad precedent in moving the trend away from giving the 1% community chip.

Some people felt that CM members were part of a wider community than the MSF and that by committing 1% of sale to MSF, we were not able to help that wider community such as strikers or welfare people. Others felt that MSF gave money to a broad range of community groups representing as wide a community as the Common Market.

There was dissatisfaction over the fact that the original vote to give the 1% of sales was only 14 to 13, and that perhaps this was not a sufficient show of support. Some people felt that the voluntary chip worked well (CM's voluntary chip amounts to about 2/3's of 1% of sales). Others stated that institutions, in addition to individuals, have a responsibility to the community.

MOTION DEFEATED (approximately 2/3's to 1/3)

Truck and the Intra-Community Cooperative

Peter Carruthers asked CM to begin to consider trucking needs. The Butterball is being used at maximum capacity, five a week. Leasing and renting trucks is prohibitive and a used truck would be a gamble.

There was considerable hostile questioning of the ICC's fiscal policies and whether the CM should continue participating. Presently CM has 80% of the payload. We rent the truck to ICC for $1 until the end of September. It was suggested that a trailer hitch be put on the Butterball but this would present too much hassle in loading and unloading.

CM will ask the ICC to present a financial report to be printed in CHEW ON.

Peter explained that a new truck fund has been set up by charing 25¢ per case on produce from Chicago. This means Eagle Heights, Mifflin Street and CM are the only groups paying. A new truck may cost anywhere from $10,000 to $15,000 meaning about $400 per month payments. Since the current per case surcharge is generating at least that amount each month, members felt that ICC should go ahead and buy a new truck.

Charley pointed out that our 10% markup is not sufficient to cover the 25¢ per case surcharge.

IT WAS MOVED:

Trucking costs be part of the wholesale cost of produce.

(Continued on next page)

SPROUTY MEAT LOAF

(This is another recipe linking up sprouts and Common Market meat.)

To 1 lb. ground beef without soy protein: Add salt, pepper and herbs. Add, literally, a handful of sour cream (3+ tablespoons), a handful of parboiled bean sprouts, ½ cup rice (uncooked) and enough oats to bind the whole. Shape into loaf, cover with ketchup and bake at 350° for 30+ minutes.

Ronnie

SUBSTITUTE AMENDMENT:

All freight costs be included as the wholesale price of food listed on the price sheet.

DISCUSSION:

Again there was disagreement on the advantages and disadvantages of including anything other than food price, and the invisibility of other costs. Including in the markup may obscure real costs and take away from the consumer the choice of whether to buy locally or from a place where transportation is essential.

MOTION PASSED.

An explanation of trucking costs will be printed in CHEW ON.

Day Care

Betsy reminded the group that many people have to pay babysitters to do their work jobs. It was agreed that we should urge food groups to arrange cooperative babysitting among their members but we could also arrange to have care for some work shifts through Children's House and Richmond Hill residents. It was generally felt that babysitting should not be a work job.

Work Policies

IT WAS MOVED and seconded:

1. New groups will begin their work requirements immediately and 2) membership fees shall be paid upon submission of first food order and may be refunded up to one month.

MOTION PASSED.

Duties of Staff

Now that CM has grown we need to decide whether to make Linda Jo's part-time job a full-time one, and to establish office hours. Too many people call at odd hours making Elaine's work day too long. We need to discourage people from calling the warehouse just to find out when their pick-up timeis or to have themselves signed up for pick-up times.

Office hours will be generally from 9-5.

Miscellaneous Motions and Decisions

Joe & Linda Deane will get the agenda for the October meeting mimeographed and attached to the price sheet before the meeting.

(Continued on next page)

BULGHUR

(This is a recipe from a Mediterranean Cookery cookbook, Doubleday c. 1965, which I copied out many years ago.)

Saute 1 medium onion in 3T olive (!) oil. Cool, then add 2½ cups beef or chicken broth. Bring to a boil, add 1 t salt and 1 cup bulghur. Simmer, covered for 15-25 minutes.

If you cool it, it's marvelous for lunch.

Ronnie

We will have a rotating chairperson who will be elected at the previous meeting and be responsible for compiling the agenda for the meeting he/she will chair.

IT WAS MOVED and seconded:

> WHEREAS Common Market presently offers its members cashews from the white separatist and Portuguese colony of Mozambique and from the militarily dictated country of Brazil, as well as from India,
> In the best interests of those persons struggling for their liberation in Mozambique and Brazil and in solidarity with them,
>
> BE IT RESOLVED, that Common Market refuse to purchase products of Mozambique and Brazil. And that Common Market search out suppliers of cashews that import from Tanzania, a black-controlled African country whose major product is cashews. And that Common Market inform its supplier by letter of the reason for refusing such products.

MOTION PASSED.

IT WAS MOVED and seconded:

> That we instruct our representative to the ICC to recommend to that group that concerned groups place the truck fund money in a separate account with the Madison Sustaining Fund.

DISCUSSION:

Some felt that this was a trucking matter to be pursued by the ICC, not MSF. Others felt that it would be furthering community cooperation and awareness that the truck is a community problem and need by placing it with MSF.

MOTION PASSED.

Doug Lommel will be chairman for the October meeting.

* * * *

CHICKEN LIVERS AND BEAN SPROUTS
A Cooperative Culinary Creation

1. First follow Bean Sprout Salad in past Chew On. (Parboil 1 lb. bean sprouts 3-5 minutes till tender. Drain and rinse. Toast 1 T sesame seeds in hot frying pan till golden brown or till they start jumping. Mix in with 2 chopped green onions, 1 crushed clove garlic, sesame seeds, 1 T chopped pimento, 3 T soy sauce. Pour over bean sprouts, add 2 T salad oil, salt and pepper, 1 T vinegar. Toss, chill.)

*This can be varied immensely in terms of my recipe (I omit the pimento and sesame seeds.)

2. Divide bean sprout salad in half. Store ½.

3. Saute chicken livers in butter or safflower oil along with 1 chopped onion, 1 green pepper sliced in small pieces, a large handful of sliced mushrooms, salt, pepper and crushed herbs. When chicken livers begin to bleed, add as much of the bean sprout salad as desired (¼ to ½ above recipe). Simmer 5 minutes or so. (A little white wine is optional) and serve (on rice—optional) with remaining bean sprouts as salad.

Ronnie

General Membership Meeting --12 August. Wilmar

19 members occupied themselves with general discussion for 45 minutes until one more person showed up to make a quorum (Common Market has about 1700 members).

1. Case Goods.

The first topic was the suggestion that the procedure for distributing case goods be expanded and made more convenient. Presently case goods are made available for sale about once each 4 to 6 weeks, in case amounts, at the West Side warehouse, by previous group order. It was suggested that CM sell case goods:

- by the piece rather than by the case
- weekly rather than monthly
- at the East Side And the West Side warehouses.

From the discussion, there emerged the arguments for this move that: 1) CM would then be more like a grocery store in its services; and 2) this would thereby increase CM's appeal to working people.

The principal arguments against this move were: 1) by encouraging groups to buy case goods in quantity and then split these up amongst themselves, united action would be stimulated between and within groups. This is a desirable result, one seldom nurtured. 2) The amount of extra workers needed to distribute these goods at regular pick-up times each week would be considerable.* Great difficulty is commonly experienced by the work committee in getting an even a comfortable squeaking minimum of workers for the regular shifts (about 5 to 10 hours of phoning per week). This proposed change to weekly distribution of individual case goods would doubtless be more convenient for a lot of people, but it would be a great inconvenience to, or imposition on, a few.

Voting. It was proposed and passed that the desideratum is that CM sell individual items (preferably at both warehouses, weekly but for the time being the distribution of case goods would continue as heretofore, periodically, in bulk only, and at the West Side. And the work committe would integrate the distribution of these case goods into the monthly work schedule, and when the present system finally runs smoothly, CM will reconsider expanding this service.

Scales. We need more scales. The food packaging shifts are limited in the amount of work they can do due largely to the shortage of scales rather than a paucity of workers. All our scales have been donated to us. Elaine and others are constantly on the lookout for other sources of scales but none has been forthcoming. It was proposed that CM investigate the desirability of buying some inexpensive but serviceable scales, some capable of weighing produce in 5 to 10-pound amounts, others to weigh one or two pound sacks of grains or cheese. Dietrich Uhlenbrolk agreed to survey catalogs for types and prices of available scales and report back at the September general meeting.

* Between 40 to 80 workers per month. If one extra worker were needed at each of the five pick-up shifts at both East and West Side warehouses, ten workers would be needed per week, or 40 per month. Two extra workers per shift would total out to 80.

(Continued on next page)

GARAGE SALE!

Everyone please dig out a couple of rummage sale type items for our garage sale and send or bring them to either warehouse when your group comes to pick up your food. If everyone comes through, we'll have enough for a great sale, and can get off everybody's back about donations for a while! Thanks, Bobby Hoel, 295-6523.

P.S. If you have a lot of stuff and no transport, call and we'll work something out.

Strike Liaison. At the June and July general meetings it was decided that C would as a matter of policy make available to strikers food left over after the weekly surplus sales. This would be sold at base cost, without the 10% markup.

However, this operation can't run itself, and so a Strike Liaison Committee is needed right away, working in conjunction with the Community Contact Committee, will handle this. All interested in working on Strike Liaison should call Dwight at 257-1331. The committee will act thusly:

Find out who is striking and why. The Madison Federation of Labor is a good contact point: they can tell us who's striking and we can tell them what we're able to do.

Contact strikers: if they need our food we can explain the procedures of either buying available surplus food without the 10% markup, or of planning a temporary or permanent buying group and acting as regular C members.

Go through surplus after each week's surplus sales and arrange it for distribution.

Arrange with strikers for pick-up and distribution.

Food Committee: Price Sheet Changes. The Food Committee recommended that the markup levied in Chicago be included in the base wholesale price listed for each item on the price sheet. This was approved.

The wholesale price hitherto listed on the price sheet has represented the price of foods in the order books of wholesalers, but not the actual price in Chicago. The wholesalers commonly levy an "overcharge" of between 1%-3% or so on all orders, supposedly to defray warehouse and labor costs. C has been paying this out of the 10% markup, as well as our own overhead, all transportation costs, salaries, etc. Result: breaking even is very difficult.

By making the base price on the price sheets reflect the actual cost to C, two ends would be served: the members would be more accurately apprised of the real cost of getting food at the source; and C would be freed of a financial burden that the 10% markup was not intended to and is only with difficulty capable of absorbing.

So, from now on, all prices on the price sheet will include the wholesaler's overcharge, and will represent the actual wholesale cost of food.

Finance Committee and Others:

Price Sheet Change. The Finance Committee recommended including the 10% markup in the listed prices on the price sheet, arguing that this would eliminate some (costly) cashiers' errors of calculation (forgetting to add the 10% or adding 1 instead of 10%).

The opposing arguments held that we should clearly distinguish, as an educational policy, between the actual cost of the food at the source and our operating expenses as represented by the markup. Furthermore, 10% is an extremely easy calculation to make and we do well to be aware of how much we actually contribute to C operations.

The whole matter was discussed diffusely, but left unresolved.

Financial Report. See the statement of financial standings. Briefly, commenting on and interpreting the half-yearly January - June 1972 Financial Report, summed it up thus: our position is clear. We had a healthy net worth of surplus money before we embarked on the last ride, but the expansion costs, as well as our new expenses, have reduced our billance to almost nothing. Moreover, membership and orders declined over the summer, and so less money than normal has been coming in. Our situation is bearable, but not easy.

Various recommendations for dealing with the money shortage were: (1) Waste nothing. Workers commonly throw out large quantities of produce that are often in the main quite edible. This recommendation is quite an expense in a month's time. The same remarks apply to the food packaging shifts, and to excessive pickiness on the part of people getting their food. (2) Generate greater volume of sales by increasing membership and by increasing the types of items sold, thus increasing the money from the 10% markup. (3) Reduce money given to sustaining fund.

(Continued on next page)

Sustaining Fund and Community Action Programs. Sustaining Fund is a community organization representing the various coops and community transformation activities in Madison. Its purpose is to support financially the activities of worthwhile organizations and groups that either in practice or in emergencies are not self-supporting, yet which are valuable to the community (e.g. Sunflower Kitchen). Common Market was given $300 by SF to help pay for expanding to the West-Side warehouse. Sustaining Fund's money comes from its member organizations: each contributes 1% of its sales to SF.

Common Market's policy has been to contribute, automatically, 1% of its sales to SF, as well as all voluntary contributions from individual groups. The 1% comes out of the 10% markup. CM provides about 40% of SF's total income.

It was suggested that CM in the future review its policy and contribute a total of 1% of its sales, this sum to be comprised of the voluntary contributions of individual groups with CM paying, out of the 10% markup the 10% Chip for those groups that don't choose to pay it themselves.

This suggestion gave birth to constellations of argument and discussion. Some of the points raised were:

**CM should devote more attention and money to protective maintenance of its equipment (the coolers, for instance) instead of dealing with deterioration only in the moment of crisis. And if this entails giving less money to SF, or to CM's own community projects (such as Strike Liason and selling to Food Stamp holders), this is still justifiable because our first obligation is to stay afloat and solvent, and in our present position any large expense could cripple us.

**CM has a purpose past providing cheap good food to its members. It has the potential and the purpose of acting as a political force in the community. It is always, when a situation gets tight, the voluntary external activities that are scuttled. Supporting the Sustaining Fund and strikers, and people on welfare or Social Security are political acts and we should give them high priority in our considerations. We are aligning ourselves with persons and groups and causes that we regard as allies, and we should not lightly withdraw this support.

However, no resolution was fully agreeable and it was resolved that this whole matter would be discussed at the next meeting of the Sustaining Fund, and then brought up again at the next general meeting in September.

We then adjourned, stacked our chairs and stumbled home.

S.F. EXPANDS: BEGINS CACHE CAMPAIGN

This fall the Madison Sustaining Fund will initiate a campaign to raise money through a mechanism known as the Community Cache. The Cache campaign will consist of two parts. One part will be an organizing effort directed primarily within the University community in departments and offices. It will attempt to get people to pledge a small sum on a monthly basis to the MSF. Where possible we will attempt to do this also in the local government offices as well. The second part will be an attempt to reach people who cannot be reached inthis way for a special one-time contribution. The Cache Campaign is not a replacement for the Chip, but rather an alternative and new mechanism for raising money.

Connected to the Cache Campaign will be an attempt to move the allocation of funds from a monthly basis to more long range planning for the use of funds. A budget committee is being established and groups and organizations needing funds are being asked to submit budgets to the committee. The budgets will be reviewed and recommendations made to the MSF for revision and approval. This figure will represent a goal that the MSF will try to reach during the campaign. Nee-Service categories, such as education, housing, labor, sexual liberation, food, etc., have been established; groups will be placed in the appropriate categories and the budget committee will attempt to establish priorities for the allocation of funds based on need of the community as a whole.

This is perhaps the most important aspect of the work of the MSF this Fall for it represents an attempt by the community for the first time to rationally allocate its resources, and an attempt to see that our needs are continuing on a long term basis.

None of this, however, diminishes the importance of the Chip. Since the MSF is being considered as mainly a secondary mechanism for collecting funds. All monies received by the MSF will be only considered as income and will be totaled and allocated as one lump sum. While the Cache Campaign will occupy much time and energy it is hoped to expand the Chip as well and to develop that into a more effective fund raising mechanism. One small step towards that has been taken at a recent meeting when it was decided to increase the allocation to the Madison Defense League with the understanding that part of the increase would go into the Bail Fund administered by MDR and the MDR would stop taking moneythcollected by the Bail Fund cans in various stores. Bail Fund cans are being taken down except for a few left temporarily in places not yet collecting for the MSF.

While there is probably some overlap between the people reached through the various mechanisms - Cache, Chip, Movies, etc. - it is felt that by broadening the ways in which people can give and by making it easier we will reach a larger audience.

As the Fall progresses and we gain some idea as to what the specifics of budgeting, income and needs are, this information will be published and made available to the community for discussion and feedback. People interested in working on the Campaign should contact Joe and Linda Deane, who have been hired to coordinate the campaign.

MADISON SUSTAINING FUND ALLOCATIONS--JULY AND AUGUST 1972

JULY		
Balance brought forward	$ 117.71	
Collections	1,025.51	
Total		$1,143.22
Allocations		
People's Office	60.00	
Madison Tenant Union	120.00	
Thurana Free School	120.00	
Near EastSide Comm. Health Center	275.00	
Freedom House	200.00	
Wintergreen Free School	125.00	
Wis. Independent News Dept.	50.00	
Take Over	70.00	
Gardner's strike support	50.00	
Total	$1,070.00	
Salaries	150.00	
Total Expenditures		1,220.00
Balance in Bank		(76.78)

AUGUST

Balance brought forward	$ (76.78)	
Collections	1,487.97	
Total		$1,411.19
Allocations		
People's Office	100.00	
Madison Defense League	100.00	
Wis. Independent News Dept.	50.00	
Freedom House	350.00	
Thurana Free School	60.00	
Blue Bus	100.00	
Co-op Fair publicity	10.00	
Co-op Fair food loan	50.00	
Lettuce Boycott loan	20.00	
Co-op Threads loan	100.00	
RPM printing loan	250.00	
Loan repayment	50.00	
	1,240.00	
Expenses		
Salaries	150.00	
Office expenses	3.12	
Total	153.12	
Total Expenditures		1,393.12
Balance in Bank		$ 18.07

MARCH CO-OP

Ed & Inga Berg 255-8554
Phyllis & Dick Daly 241-0786
Al & Judy DelaRosa 251-0705
Joe & Linda Deane 257-1796
Yvonne & John Gurney 257-4993
Bill & Martha Kilgour 255-4947
Tony Mavronicolas 256-3640
Carol Dukess

CHEW ON

Publication of the Common Market Special Issue, October 4, 1972

AGENDA FOR GENERAL MEETING

Sunday, October 8th, 7:30 PM

Wil-Mar Neighborhood Center
953 Jenifer St.

I. Approval of September 10th minutes

II. Referendum Rules

III. Growth of Common Market - reorganization

IV. Advertising in CHEW ON and price sheet

V. Whether to carry United Farm Workers Lettuce

VI. Using recycled paper

SPECIAL REPORT ON THE INTRA-COMMUNITY COOPERATIVE (ICC)

Announcement: A Community Co-op Conference is being planned for November 16-19th. The idea for the conference grew out of the Co-op Fair. For more information call the MADISON COMMUNITY CO-OP OFFICE 251-2667

Common Market needs a new representative to the Madison Sustaining Fund.

TRUCKING AND RELATED ISSUES

P. Carruthers

On the advice of the Common Market's Finance Ministry and on the strength of a motion passed at the last membership meeting, the membership has decided to incorporate the price of trucking into the basic price of the food that we are buying. Previously, and as originally conceived, the trucking cost was drawn from the 10% mark-up, or in other words, the price for food was the price at the source plus 10%. It is now price at the source, plus price for transportation to our dock, plus 10%, this latter to include expenses of running and organizing ordering, warehousing, processing, and distribution.

While using solely the East Side warehouse our expenses made it possible to accumulate a substantial surplus. The acquisition of the Gilson Street warehouse and subsequent operations have made it necessary to cut heavily into this surplus (see Half Year Income Statement - June 30, 1972, as discussed at July membership meeting). Until the last meeting no move had been taken to counteract this trend through price raises on the belief that membership growth would soon take up the slack caused by our increase in space and the annual summer de-enrollment.

Common Market has been somewhat recalcitrant about expansion of membership for several reasons however. One of these has had to do with the complexities of the trucking problem. Until recently, no decision had been reached concerning improved trucking service. However, a combination of last spring's stressing of our hauling capabilities, Mifflin's withdrawal of the Mifflin-controlled community truck from the community trucking pool (ICC), and the continuing expenses needed to keep the 'Butterball' Rolling ($820.00 this spring and summer, plus $30.00 for exhaust system - Sept. 18, 1972 - and some presently unresolved electrical problems) has again made it clear that a larger and more reliable facility is necessary. Plans are now going ahead for such a purchase.

The increased ability to haul food from nearby and distant points will make it possible to serve the community in a much less hassled way. When the number of people served by the Gilson Street operation is sufficient to carry the rent and expenses by itself we should then be able to return to our original policy of cost at source, plus 10%. The present policy will remain in effect until such time as the members decide that the organization is financially sound enough to change back. The membership is therefore urged to keep in close touch with membership meetings and the issues being considered. It is our money and our co-operative and there is no reason why the making of decisions such as the above should be in the hands of the minority of members who happen to go to meetings.

The Intra-Community Co-operative (I.C.C.), is a loosely organized community-based transportation collective consisting of representatives from Eagle Heights, Sunflower Kitchen, Green Lantern, Nature's Bakery, Quercus Alba Bakery, Ovens of Brittany, Common Market, Whole Earth, and until recently, the Mifflin Street Co-op. It's prime function lies in picking up food from primary and near-primary sources and delivering it to the member organizations. It is not a typical transportation intermediary in that it does not charge the usual mandatory (i.e. legally required minimum up-charge) 6% increase in price, but rather charges only the amount needed to cover transportation expenses plus salaries, plus, as is now the case, a community-wide levy to collect money for a new vehicle. A condensed financial statement accompanies this information sheet.

Ideally it does not exist in its own right except insofar as the representatives make the needs and desires of their co-ops known so that courses of action can be plotted which hopefully maximize the use of the limited large-scale transportation potential in Madison. Unanimity is sought from those members who do participate but because of the great amount of distrust among co-ops in town it is occasionally not achieved. Matters which cannot be agreed upon are usually put aside to be interminably brought up until some greater agreement is reached or they are dropped altogether. Such an issue has been the truck question (see above) which has been raised and lowered frequently, dropped

a few times, and has now been ressurrected and resolved, at least partially. When directions have been decided on by the members, these are put into action by the three drivers Bob Golden, Tim Kobernick, and Liz Vowles (the latter two are also members of Common Market). Their close association with the buying, trucking and delivering puts them in a good position to suggest changes. They do not however, make decisions on their own.

As mentioned, the coordination of the needs of diverse co-ops all organized to serve different purposes but involving the same or overlapping groups within the community is not easy. Some of the reasons why such attempts are deemed worthwhile are:

1. the needs of the individual co-ops (C.M. may be an exception) are seldom great enough to warrant the purchase and maintenance of their own transportation services and the use of commercial delivery only raises the prices and involves true middlemen.

2. the licensing and insuring of a large number of trucking vehicles is much more expensive than doing it for only one or two trucks. The extra expense would hardly be warranted if the vehicles so licensed and insured were not being used to their maximum.

3. since the sources of food in many cases are similar, if not the same, it seems unwarranted to send several vehicles to the same destination during the course of a week, particularly if those trucks are not being filled.

4. since the cooperatives are operating in a supposedly co-operative milieu it would seem that there should be positive value in attempting to truck together. This is one of the prime assumptions upon which the I.C.C. is founded.

5. the community trucks are licensed as 'Private Carriers' rather than 'Common Carriers'. The difference in licensing is the difference between $2500.00 (Common) and around $100.00. It is illegal for Private Carriers to carry goods invoiced to any distributor other than the owner or lessor of the vehicle. It would thus be illegal for the Mifflin truck (ownership papers in the name of the Mifflin Co-op) to transport across state lines goods invoiced to Eagle Heights or Common Market. This is how it was done in pre-I.C.C. times, and the method caused much sweat for the drivers. The I.C.C., on the other hand buys the food with checks and credit in its own name and returns it to Madison to be distributed to those organizations that make up the I.C.C. It is thus not an organization separate from those that it serves but rather collective extension of all the groups. Aha, you say, logical on paper perhaps, but how is it in practice? (See below).

6. In theory at least, the process of trucking collectively is cheaper than would be the case if each group were to do it separately both for the reasons mentioned above and also because maintenance, repair, salaries, and the collection of depreciation is distributed over a wider resource base. If each co-op already owned its own vehicle and used as drivers, members of their group already salaried for other duties, thenthe above would not necessarily be the case. Thus Mifflin, claiming as it does control over the truck in question, and having on its payroll several people not only capable of driving, but buying as well, was able to claim that the charges levied by the I.C.C. were in excess of the amount that they could afford to pay for the transportation of their goods.

With regard to No. 5, the effective operation of the whole process in practice is only as good as is the participation of the member co-ops. As is the case with many co-operatives, some members seem willing to abdicate their responsibilities in order to avoid the inevitable hassles arising out of any group interaction. When this happens, those participating members will naturally take up the slack by assuming the responsibility. This is usually

interpreted as power-tripping but may merely be a willingness to get a relatively unpleasant task completed.

Financial Statements: A rap on the understanding of financial reports in included in the last CHEW ON. The following data was that compiled for the purposes of presenting our financial situation to the U.W. Credit Union. In addition is a summary statement which shows how the rate per mile is calculated. It clearly shows the difference in cost to Common Market members that the addition of the surcharge makes as far as trucking is concerned. It is also clear that the more miles per week driven, the less will be the cost per mile. This may well be an argument for the exploration of some long distance hauling of certain commodities to such places as Minneapolis and Ann Arbor. But before grandiose schemes are set in motion it would be well to solve our problems here in Madison.

Any questions about this report can be directed to the Common Market representative at 256-7868. Much of this will be discussed at the membership meeting on Sunday, October 8, 1972.

Intra-Community Co-op
Condensed Financial Statement
- including surcharge and a calculation of price per mile per week.

Note that truck repairs, reported as $820.60 on Income Statement, have been ammortized over 52 weeks. Thus "truck expenses" become $788.02 for two months rather than $1,601.52.

Expenses:	/2 months	/week
Salaries	1,093.03	136.63
Payroll Tax	56.79	7.10
Truck Expenses	788.02	98.41
License	67.75	8.44
Insurance	142.50	17.81
Depreciation	10.70	1.35
Other	123.75	15.47

Total $285.21

Surcharge (approx. $100.00/wk.) $100.00

Total with Surcharge $385.21

Cost per mile calculated by dividing total mileage (1100-1200 miles/week) into total expenses per week. Thus

Cost per mile without surhcage is 285.21 ÷ 1200 = $.237

Cost per mile with surcharge is 385.21 ÷ 1200 = $.32

Intra-Community Co-operative

Statement of Retained Earnings
September 2, 1972

Retained Earnings, 30 June, 1972	$1,148.04
Add: Net Income, 2 September, 1972	404.96
Retained Earnings, 2 September, 1972	1,553,00

Intra-Community Co-operative

Balance Sheet

ASSETS

Current:		
Cash	$ 218.00	
Accounts Receivable	00.00	
Inventory	1,613.00	
Supplies Inventory	5.00	
Total Current Assets		$1,836.00
Fixed:		
Equipment	$ 194.00	
Less: Accumulated Depreciation	11.00	
Total Fixed Assets		183.00
TOTAL ASSETS		$2,019.00

LIABILITIES

Current:		
Accounts Payable	$136.00	
Estimated Income Tax	350.00	
Total Current Liabilities		$ 486.00
Equities:		
Fixed Earnings	$1,553.00	
Total Earnings		1,553,00
TOTAL EQUITIES		$2,019,00

The Intra-Community Co-operative
INCOME STATEMENT
July 1, 1972-September 1, 1972

Operating Revenue:		
Sales	$50,445.00	
Service Charge	3,501.00	
Total Operating Revenue		$53,946.00
Merchandise Cost of Sales:		
Inventory, 1 July, 1972	$ 1,602.00	
Purchases	50,456.00	
Cost of Merchandise for Sale	52,058.00	
Less: Inventory 1, Sept. 1972	1,613.00	
Cost of Merchandise Sold		50,445.00
GROSS MARGIN ON SALES		$ 3,501.00

Expenses:		
Salaries		$1,093.03
Payroll Tax		56.79
Truck Expenses		
Repair	820.66	
Oil & Filers	42.98	
Gas	544.74	
Tolls	68.00	
Food	91.20	
Rental	33.94	
		1,601.52
License		67.75
Supplies	33.48	
Telephone	29.91	
Moving Expense	54.81	
Miscellaneous	5.54	
		123.75
Depreciation		10.70
Insurance		142.50
Total Expenses		$3,096.04
INCOME FOR PERIOD		$ 404.96

PLEASE NOTE:

IN ORDER TO CONSERVE PAPER THIS PAGE (PAGE SIX) HAS BEEN MINED'D ON THE REVERSE OF PAGE ONE.

THEREFORE, PLEASE BEGIN

READING, THINKING, LEARNING, AND INWARDLY DIGESTING "CHEW ON" WITH PAGE 2 AND RETURNING HERE AFTER THE LAST BITE OF PAGE 5!

11:30 - Thurs.

CHEW ON

Newsletter of the Common Market October 31, 1972

PAPER RECYCLING

As an experiment attempting to save the $112.00 Chew-On paper cost us each month, we are planning to print on one-sided paper salvaged from the stream of waste from the UW English Department. More of this is needed--if you work for the University or an office in town which generates large quantities of such half used paper contact Barry Pegg (233-9411).

* * * * * * * *

AGENDA FOR NOVEMBER 5 COMMON MARKET GENERAL MEETING - 7:30 p.m.
952 Jennifer 12

1. Proposed bylaw changes (see last page).
2. Report of October 22 Special Meeting called to talk about restructuring CM.
3. Elect a new board of directors.
4. Decide how to hire another coordinator to replace Linda Jo.

* * * * * * * *

JOIN

CM COMMITTEE CONTACTS
Community - Pam, 836-5668, eves.
Nutrition - Ken, 238-6172, or
Beth, 835-5220
Transportation - Martha Fisk,
767-2550 eves.
Finance - Bob, 233-6136
Work - Buck, 256-7868
Phone - Carol, 255-1486
Chew-On - Yvonne, 257-4993

* * * * * * * *

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1 Minutes from October 8 General Meeting
6 Report of October 22 Special Meeting
(Ideas for the future of CM)
3 Dear Chew-On
1 Agenda for November 5 General Meeting
5 Patty's Vegetable Casserole Receipe

(Please put letters articles, etc. for the next issue in the Chew-On mail boxes at both warehouses.)

* * * * * * * *

MINUTES FROM THE LAST GENERAL MEETING OF THE COMMON MARKET, Oct. 8 (by Buck Trawicky, edited by Phyllis Daly and Yvonne Gurney)

(1) Medical Aid to Indochina. By 7:15 there were (holy of Holies!) more than 20 people and we could begin our august deliberations. Three CM members working with the Medical Aid for Indochina program requested and received approval to show us a video rendering on widespread, indiscriminate and civilian directed violence by the American military and the consequent need for American support of Vietnamese medical aid activities. The film was grisly and disturbing - it made the rest of the evening seem a little mundane.
(2) Improvements. Judy Nelson (231-2265) and Sally Mullane (233-1657) from Pencil Pushers discussed procedural ambiguities (e.g. check policy, coming late for pick-up time, getting food without a food sheet) and suggested an information sheet describing all of the steps in getting food from the member's

perspective - from filling out the food list to picking it up, as well as definite CM policy statements. Judy and Sally also suggested that if CM intends to expand its membership, especially among non-students, that a survey be conducted to determine what features of CM are desirable, what are noxious and what sould be our emphasis if we want to encourage the fully matured, firmly settled and respectably employed to join. Judy is preparing this survey.

Also discussed was the quality of produce, the fact wives do much of the work, the possibility of becoming a coop store and the number of Nixon supporters on the afternoon work shifts (????).

(3) Community Union . Informational. Presently meeting (every Sunday and 11 a.m. in the Union Board Room or elsewhere as noted on Notice Board) are members of CM and other organizations concerned with the feasibility of a Community Council or Union leading to community rather than collective control of the various cooperatives, collectives and public service, sorta-profit organizations. Discussion is still too green for any serious proposals, but some considerations are: political impotence because of small numbers, economic leverage and influence, politically apatehtic or inactive membership, limited participation because of time, and the danger of becoming small businesses. Community Council with ownership of co-ops and collectives could improve this situation. Ten to 15 people are discussing these problems. Come or call Heinrich (836-5665).

(4) Sustaining Fund Representative. Joe Dean, ex-CM representative to SF is now an employee of SF. Thus a conflict of interest and the need for someone else to speak for CM. Charley Taylor, bookkeeper extroidinaire, finance minister, noble resister of temptation to abscond, said he'd enjoy going to the meetings. Anyone else who's so moved can freely attend, speak and vote.

(5) Surplus. It was proposed, voted on and apssed that all usable food surplus during the half-week of November 16-19 be donated to Building coop communities.

(6) Linda Jo Stern. Paid co-coordinator announced her forthcoming resignation as of Nov. 8 (approximately). If CM retains its present structure someone else will have to do Linda Jo's job. Anyone interested should talk with Linda Jo or Elaine.

(7) It was decided to bring a file of past CM meetings' minutes to each general meeting to help settle disputes.

(8) $1.50 Membership - By Law Change. Passed unaimously. The $1.50 membership is to be paid immediately upon joining rather than after a one month trial. This $1.50 is refundable within one month.

(9) Benefit Supper for CM. Proposed by the Z-Collective for early December. It passed that they would cook but CM will provide manpower, planning, publicity, clean-up, and finance. Hattiet Hirsch (251-4331) is the temporary co-ordinator and will call a meeting when she gets enough calls.

(10) Proposed Amplification of By-Laws on Referenda. (reprinted in full on the last page of this Chew On) Approved as representing the sense of the meeting, but deferred to the November meeting for ratification as changes in the By-Laws.

(11) Growth and Structure of CM. Questions raised were: Is CM either too large of the wrong shape? A new, larger warehouse on the east side? No east side warehouse but distributions to neighborhood centers with the west side warehouse for storage and packaging? A co-op store? Two or more smaller co-ops? More Paid people? Divide up the work by groups with groups responsible for specific work jobs? Restrict membership? Further discussion postponed to a Special Meeting on October 22, 7:30 at Wilmar. (see minutes)

(12) Advertising in Chew-On Policy. Numerous requests prompted this discussion. Passed: (a) Political ads in conformity with CM's purposes as expressed in the By-Laws be accepted in Chew-On subject to the editor's discretion. (b) Advertisers pay for paper and supplies. (c) Also, commercial non-profit and commercial profit making ventures are permitted to advertise in Chew-On subject to the editor's discretion. (d) Medical Aid for Indochina be stapled to the next price list.

(13) Ancillary Matters. Suggested that the By-Laws be distributed to all members and that a history of CM be written.
(14) Lettuce. Passed that CM buy genuine United Farm Workers lettuce.
(15). Recycled Paper. This, often with writing on one side, will be used henceforth as available for the Chew-On.

We adjourned, commenting on how much we'd done with how little acrimony.



MORE RED THAN EXPERT

The Common Market is, one assumes, different from your ordinary everyday cooperative of our adolescence in that it is more a conspiracy than an exercise in the American free enterprise competitive system.

Among its more apparent characteristics vis-a-vis other conspiracies around the country is its amateurism: people doing things cooperatively rather than competitively. (The word amateur derives from the word for lover.)

If a larger Big Brother system controlling its existence makes certain demands of it, such as, say, keeping accounts in a certain way, then by all means the Common Market is staffed with a bookkeeper, preferably a college student in accountancy who is a member of the conspiracy. If such a person is not available, then someone in the community is recruited who is of like mind as the conspirators. If even this person is not available, then several of the members undertake to learn to keep the books. As we are a nation of bookkeepers, a fact which the IRS means to ensure, such a task should not be difficult.

The leadership of the conspiracy is never in the position of being irrevocably in the grip of experts so that the direction of the conspiracy is tied inexorably to expertise and challenges difficult to arouse. Our society is so dependent on lawyers that even the most ignorant conspirator recognizes the value of self-sufficiency in his strategies for community survival.

Finally, all choices in decision making, since no conspiracy is hell-bent on perpetuating itself as a corporate institution in the mold of IBM, G.E. or G.M. and the like, are ultimately reducable to the choice of either "red" or "expert."

Joshua Horn reminds us in Away With All Pests, his personal chronicle of his experiences as a doctor in revolutionary China over 15 years, that if Mao had to wait for the physicians and doctors to voluntarily move out of their city-based offices to deliver health care to the peasants in the countryside, the people would still be disease ridden, the marriage between traditional and western medicine would not have taken place (if the experts had their way, acupuncture would not have survived as a valid medical practice), venereal disease and prostitution would be as commonplace as the flies used to be in every Chinese marketplace.

All decisions, whether in medicine, business, science, or what have you, are ultimately decided on the basis of what will best further the cause of socialism. Thus, the selection of "red" over "expert" every time. One assumes this basic characteristic of the conspiracy in America, which does not attempt to emulate the corporate tracking of the conglomerates.

The world-wide cooperative movement, the business as usual operation of our adolescence, is the same movement which boastfully thrives in any system of government, whether fascistic, democratic, socialistic, etc. The Common Market, like any worthy conspiracy, adds a dimension which allows its members existentially, actually in reality, to dissent from a system of governance sustained by more pervasive systems outside ourselves and inside our heads that are tolerant of injustice and human indecencies.

(continued on next page)

Just as our economics and eating habits are changed by participation in the Common Market, so should our politics so sthat we will never again be guilty of the liberal lapses which allowed black and white slavery, opium wars, arms selling, missionaryism, imperialism and other jolly treats brought to you by your friendly Henry Steele Commager and Arthur Schlesinger, Jr. CAIUS

HAS YOUR GROUP VOTED YET?  ???

PROPOSED AMPLIFICATION OF REFERENDUM PROCEDURE
(To be voted on at the Nov. meeting

1) A petition will be circulated and/or posted with a proposal worded exactly as it will be if the petition receives enough support to qualify as a referendum proposal. Beneaththis proposal will be the statement: "The following are signatures of CM members who do not necessarily support (or oppose) this proposal, but do wish it presented to the General Membership as a referendum".
2) For this petition to become a referendum proposal 25 members of th. CM must sign it and give their group's name. There is no limit on tim. a petition may circulate for signature except that 25 of the signers must still be CM members at such time the petition becomes a referendur proposal.
3) After 25 valid signatures Chew-On and/or price sheets will announce upcoming referendum and contain the petition printed in full plus these statements:
   1) "25 CM members not necessarily supporting (nor opposing) this proposal, regard it as worthy of consideration in referendum by the general membership." or if appropriate "it was approved and passed at the general meeting date that this proposal is worthy of consideration in referendum by the general membership" and
   2) "It is the policy of CM to neutrally print and publicize all referendum proposals irregardless of anyone's opinions as to value or validity."
4) In the same Chew-On and/or price sheet directly following or preceding the proposal and 2 statements listed above, there shall be an announcement that the subject of the referendum will be the major topic of the next General Meeting or of a Special Meeting, called in accordance with the By-Laws. It shall also be stated in the publicly available Agenda for this meeting, that the referendum proposal will be a major topic. Thus, full and open discussion of the issues with ample opportunity to advance arguments, publicly correct misinformation and propose alternatives is assured.
5) The General Meeting or Special Meeting cannot halt or impede a referendum's due course.
6) As soon as convenient after the meeting at which the referendum proposal is discussed the referendum will be passed out to the membership. The proposal will be printed exactly as it was on the original petition. On the same sheet will be the statements of (3.1) above regarding its (neutral) as a referendum by 25 CM members or quorum of a General Meeting. Following these on the same page will be the ballot. Voting will be done on this ballot.
7) Voting will be done by groups, each group having the same number of votes as the number of jobs it is required to do each 4 week work month (1-6 members over 18, 2 votes; 7-10, 3 votes, 11 or more, 4 votes. A group shall be eligible for more votes equal to the number of work jobs it does each 4 week work month, if this work responsibility be formally agreed upon beforehand with the Work Committee.
8) On the page or sheet containing the referendum proposal, the statement regarding its (neutral) support by 25 members, and the ballot, there shall be nothing else but instructions for filling out the ballot, and quotations from CM official records (in particular the minutes of General or Special Meetings). Thus direct misinformation in the proposal can be countered without altering the petitions's original wording, while preventing any argument or debate from being included on the ballot proposal itself.
9) Common Market will provide the sullies and access to duplicating machines necessary for producing this referendum in numbers at least equal to the number of buying groups and preferably at the number of member households. Labor and responsibility for typing, duplicating, and insuring distribution of referendum proposal, ballot and pro statement shall be those supporting the referendum, as shall that for the con statement be that of those opposed. A referendum need not (though it can) be distributed if its original proponents

 PROPOSED AMPLIFICATION OF REFERENDUM continued

withdraw their support subsequent to the collection of the 25 valid signatures.
10) The ballots and statements shall be attached to the price sheets of the week of the referendum and be available at all pickup times, and during the week whenever warehouse is open.
11) How a buying group chooses to cast its vote shall be the business group no necessity for unit voting. Ballots shall be returned with the group's master food sheet, put in the CM mailbox, mailed in to either warehouse, or brought in when the group comes to pick up food. They shall be returned within a reasonable time or be considered invalid.
12) The ballots shall be counted by or in the presence of any interested parties, preferably by representatives of the pro and con factions with an officially neutral party present.
13) The referendum will be passed by a simple majority of votes cast. Results of the voting shall be announced as soon as possible on the rice sheet and in Chew-On. Results of the vote will be binding not dvisory, exactly as is a motion passed at a general meeting.

) There may be any number of simultaneous referenda. These may be pics at the same General or Special meeting.

(submitted by Buck Trawicky & edited slightly by
Phyllis Daly & Yvonne Gurney)

PATTY'S RECEIPE FOR VEGETABLE CASSEROLE

Boil 4 cups of cut up celery for 8 minutes in Chicken Broth.
Drain and place in buttered casserole dish with
alternate layers of:

sliced water chesnuts
mushrooms
beansprouts
(vary amounts to your liking)

Cover with 1 can undiluted cream soup or homemade cream sauce.
Sprinkle top with buttered bread crumbs and bake 40 mins. at 350.
YUM! YUM!

PRICE COMPARISON CHART

[see key below]

	K	A&P	C	S	C&P	L	MIG	MEI	CM
Cabbage 1b.	.15	.12	14½	13	2/29	.09	.15	.15	20 ea.
10lb.white potatoes	.89	.89	.69	.69	.49	.69	.69	.59	.50
Carrots 1b.	2/39	.25	2/39	2/39	2/39	.17	2/29	2/29	.10
Celery	.39	.39	.33	.39	.39	.29	.39	.35	.25
Yellow onions 3lb.	.55	.59	.59	.55	.39	.55	.39	.39	.30
Tomatoes 1b.	.49	.29	.19	.29	.49	.39	.39	.29	.13
Oranges	12/79	12/49	12/89	10/89	12/69	12/49	12/69	5/69	6¢ ea.
Grapefruit	2/39	8/99	6/89	4/59	5/59	12¢ea	5/59	5/59	16¢ ea.
McIntosh Apples 3lb.	.39	4/59	.49	.49	4/49	4/49	4/49	.39	3¢ ea.
Bananas 1b.	.12	.14	2/29	2/29	2/29	.13	.19	2/35	.10
Hamburger	.75	.73	.68	.75	.71	.75	.77	.75	.73
Beef Liver	.79	.69	.75	.79	.79	.69	.69	.69	.72

K Kohls
A&P A&P
C Copps
S Sentry
CP C&P
L Lake Edge Thrift Market
MIG Middleton IGA
MEI Middleton East IGA
CM Common Market



THE SPECILA MEETING OF OCT 22

IDEAS FOR THE FUTURE OF COMMON MARKET

ACCURATE MINUTES WEREN't taken, but the important points raised were these;

Centralize, get rid of the East side warehouse. It sits empty many days of the week.

Turn Common Market into a store, hire paid managers and eliminate volunteer warehouse work. This would make possible a larger inventory and people could buy their food more days of the week. Prices would probably go up.

Warehousing operation, whereby one warehousing co-op would buy in large quantities and would stock items to be sold to other co-ops. Because things would be bought in volume prices of many items would be lower. Also the other food co-ops would not have to tie up so much capitol in inventory. An operation like this would facilitate buying and selling with other similiar co-ops that are farther away,(there are co-ops in Minneapolis and Ann Arbor), in which case larger purchases are necessary to make the trip worth while.

More paid workers, Added funds to pay full time people could be obtained by charging a monthly service charge, around four dollars per group,, and a small one to two percent mark up. This would provide CM with an assured income. Paid workers are more efficient. There are people who have other commitments and responsibilities and would rather not work in the warehouse. These people would pay around fifty cents a week to be freeof their work requirements. People who need part time work could do these jobs.

It was suggested that CM buy machines such as one that can bag flour. Less volunteer work would need to be done.

Efforts are being made now to create more night time work hours and pick up times. On the west side orders are now due at noon on sunday, making one more day available for night time hours.

Keep CM like it is now, but have one group of people responsible for each day of the week. Each group would have specific to get done and there would be a co-ordinator for each day.

Objections to the idea of centralizing CM to one location are, those without cars would be out of luck and there would be no contact on the neighborhood level.

The other side of the coin, then, is to do the majority of the work in the neighborhoods. People from each group would come to the warehouse and load what they have previously ordered onto the bus (van) which they'll take for three hours and distribute the food, then return the truck with whatever they may have left over. The next group would take the truck to their distribution point and so forth.

Many people feel that it is possible to combine the major ideas. Some can form neighborhood groups, some can pay others to do the warehouse work for them, and continue operating as we are now.

There seems to be specific directions that these ideas point to. Do we want more paid workers or do we want to keep the volunteer system? Should most of the work go on in the warehouse (everybody comes to the warehouse) or do we want to take the responsibilities for the work in our own neighborhoods,(the warehouse goes to the people)? Can we combine these ideas into a working system? What do you think the direction of CM should be? It would help in the decision making at general meetings if it was known how the vocal members feel. Please drop off your response at either warehouse or mail it to me, Maggie Jones, 508 S. Baldwin St. Madison, 53703

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The other side of the coin, then, is to do the majority of the work in the neighborhoods. People from each group would come to the warehouse and load what they have previously ordered onto the CM truck which they'll take for three hours and distribute the food, then return the truck with whatever they may have left over. The next group would take the truck to their distribution point and so forth.

Many people feel that it is possible to combine the major ideas. Some can form neighborhood groups, some can pay others to do the warehouse work for them, and continue operating as we her now.

There seems to be specific directions that these ideas point to. Do we want more paid workers or do we want to keep the volunteer system? Should most of the work go on in the warehouse (everybody comes to the warehouse) or do we want to take the responsibilities for the work in our own neighborhoods,(the warehouse goes to the people)? Can we combine these ideas into a working system? what do you think the direction of CM should be? It would help in the decision making at general meetings if it was known how the vocal members feel. Please drop off your response at either warehouse or mail it to me, Maggie Jones, 508 S. Baldwin St. Madison, 53703

MADISON SUSTAINING FUND REPORT

The COMMUNITY CACHE lives !!!

The Cache drive began on October 30! Sixty collectors are circulating in different departments in the University, as well as a few other workplaces, asking people to pledge some part of their monthly income to the Community Cache. This is the most ambitious attempt to raise funds attempted by the counter community in Madison. Our goal is $50,000 for the year.

We have moved to a new stage. We are applying for tax exemption. If we get it, donors to the Cache will be able to claim a deduction on what they give now. Nearly everyone who works at the University will receive a detailed brochure telling them about NSF, the Chip and the Cache. There will be a half hour interview on "Papa Hambone" WIBA-AM, Nov. 8th. The Daily Cardinal will distribute 4,000 of our brochures.

We have had a very good response from people. Those who are unable to participate in working on the Cache have often promised to give what they can. People seem to be waiting for an opportunity to say that they have given their "fair share" to someone who reaches the part of the community which we reach. If we are successful this year, next year we will expand from the University to the City.

There is no limit to the number of people who can help in the Cache. If you are willing to participate call Madison Sustaining Fund, 257-1796, or Linda and Joe at 251-1159.

SEPTEMBER ALLOCATIONS

Balance brought forward	$18.07
Collections	1,411.75
Boogie expense	100.00
Loans repaid	195.00
	$1,724.82

Allocations

People's Office	$100.00
Madison Tenant Union	120.00
Freedom House	100.00
Madison Defense League	100.00
Thurana Free School	60.00
Wis. Independent News Dept.	50.00
Mifflin St. Co-op	100.00
	$630.00

Expenses

St. Francis room rent	$5.00
Salaries	250.00
Office supplies	5.15
Bike Boogie bands	100.00
	$360.15

TOTAL EXPENDITURES	$990.15
Balance	$734.67

OCTOBER ALLOCATIONS(incomplete)

Madison Tenant Union	$120.00
People's Office	100.00
W.I.N.D.	50.00
Freedom House	100.00
Thurana Free School	60.00
Wis. Alliance)for Gardner	147.10
We The People)leaflets	59.00
Madison Community Co-op.	100.00
Movement for Political & Economic Democracy (labor teach-in)	200.00
Health Writers	15.00
Committee for the Restoration of Civil Liberties in Phillipines	25.00
Union of Vietnamese in U.S.	25.00
Vocations for Social Change dinner	20.00
TOTAL	$1,021.10

LOAN

Take Over & W.I.N.D.	150.

Chew on

****

Newsletter of the Common Market Food Buying Cooperative, December 6, 1972 #22

****

Dear Chew On,

Since joining the Common Market I have been hearing complaints to the effect that the "op is inefficient and that the process of food gathering is too costly in terms of time. In other words, "I don't have time for doing ordering, pickups, and work jobs, let alone attending general meetings." Considering the broader objectives of membership in the Common Market, the above is poor attitude; still, the efficiency criticism cannot be lightly dismissed.

With that in mind I set about figuring out what number of total person hours the people in my group (Fat Cat) spend per month in their involvement with the Common Market. In this computation I figured every conceivable hour we would be required to spend, including making orders, picking up and distributing food, working the work jobs, attending general meetings an committee meetings, and even putting the food in the refrigerator.

When I finished, I had a grand total of 95 person hours per month, which was an outside gifure and included a few hours donated here and there when needed. 95 hours is a lot to spend food gathering. Or is it? Our group contains from six to ten households depending on the time of year. The 95 hours is total person hours, so by dividing that by 17, I found that on average, each adult must spend at most six hours per month gathering their food.

I'm willing to bet that very few supermarket shoppers spend less hours per month gathering their goodies together. And I'll also bet they drive a whole lot more and enjoy it less. Efficiency is not the reason I joined C.M., but it is no good reason not to, either.

Anyone wishing more information on how I arrived at my figures, or how Fat Cat is organized, feel free to call me.

Steve Matthews
241-0630

SPACIAL MEETING SAT. DEC. 9, 2p.m.
at Westside Warehouse

AGENDA

To consider and discuss Sustaining Fund policy of voting and mandates from member organizations--the relationship between Common Mkt. Sustaining Fund and Money!

GENERAL MEETING OF THE COMMON MKT.
SUNDAY, DEC. 10 at 7p.m.
Westside Warehouse

AGENDA

I. Report from ICC
   a. Fundraising for truck.
   b. Electing new ICC rep.
II. Finance Comm. Report
III. POssible closing last week in December.
IV. Surplus food for Delano lettuce boycot workers.
V. Considering becoming a legal coop.
VI. Proposed change of referendum rules.
VII. Liabilities of Board of Directors
VIII. Purchasing Committee



Professor Hans Schneider moved to amend recommendation 3, on page 7 of Document 156, paragraph 1, by inserting "foreign language" after the word "any" in line 2.

Dean Doremus moved a substitute amendment for Professor Schneider's amendment to insert the words "or a higher level course in the same subject" after the word "equivalent" in the same paragraph.

Dean Doremus' substitute amendment carried.

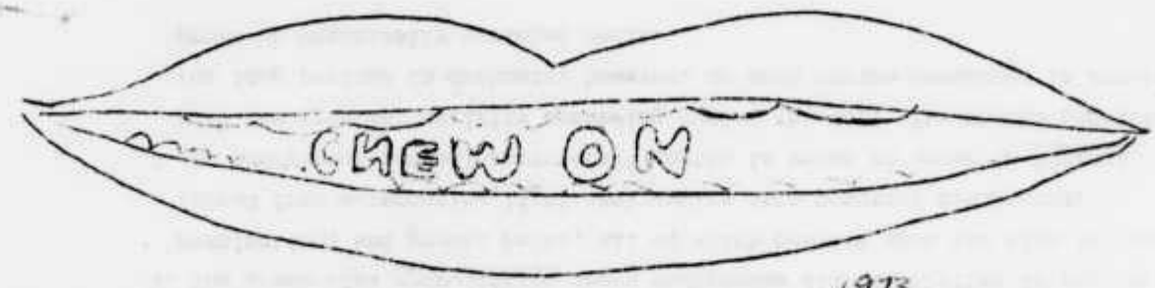
The amendment, as amended, carried.

Professor Cronon moved approval of recommendations 1 through 11 of Document 156, as amended.

The motion to approve carried.

The meeting adjourned at 5:15 p.m.

D. Douglas Dales
Assistant Secretary



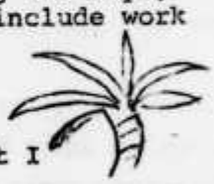
Published by Common Market January 25, 1973 No. 23

The "FATE OF THE EAST SIDE WAREHOUSE" was decided on January 14th. The approximately 40 people present resolved to have an East Side Warehouse no matter what. So---a Warehouse Finding Committee was formed to find a bigger place. At the same time a Committee will also negotiate early termination of our present lease.

The Warehouse Finding Committee met Friday, Jan. 19th. See Elaine's article for more information!!

WE WANT " F R E S H " BREAD

Because of more frequent deliveries and fresher bread for weekly pickups, the Transporation Committee urgently needs more people to make the bread runs to Women's Exchange and Nature's Own Bakeries (now within 2 blocks of each others). If you have a van or large station wagon and could spend about 1½ hours [It has been done in less time] on a Tuesday afternoon, Wednesday morning, or Friday afternoon, Call Martha Fisk at 262-3632 during the days, or at home at 1-767-2550 evenings. Fringe benefits include work credits and a magnificent aroma as you drive.



NOTE FROM PARADISE IN THE PACIFIC -- Part I

A much longer version of this essay was initially written five months ago, after I first arrived in Madison. The original was stylistically superior to this even if more strident in tone. There was, nevertheless, a lot to admire about the variety and level of activity in the cooperative movement in Madison. And, as a newcomer from Hawaii, having excused myself for having given up the endless summer with a Wisconsin winter just a few pages down on the calendar, I had set about to offer your readership some of my experiences in cooperation in an altogether different economic situation such as you find in Hawaii, without a primary and diversified agriculture.

It should be instructive would the above sentence be modified to assert "an altogether different economic situation such as the people of Hawaii, without the benefit of a primary and diversified agriculture, find themselves in." The local government, as elsewhere, is in cahoots with the Federal government in every sort of social

THE MATTER OF THE EAST SIDE WAREHOUSE

by Elaine Nesterick,
Common Market Coordinator

The last General Meeting decided to acquire a bigger and better East Side warehouse as soon as possible, contingent upon negotiations with the landlord and the finding of a suitable place. A warehouse committee was formed to seek out possible buildings and a small group of people volunteered to negotiate with the landlord. A motion to move everything into the Gilson St. warehouse for the time being, until we would find a new location for the east side, was voted down. I think these decisions were a mistake for several reasons.

Our move (last April) to a warehouse as big and expensive as the Gilson St. warehouse was predicated on the probability of increased membership which would expand our usage of the building from half-weeks to full weeks and increase sales to cover the increased overhead expenses. It was hoped that the East Side operation would expand to full weeks also. This has NOT happened and is nowhere approaching it happening. For the Gilson St. warehouse we are paying $400/mo. rent, $100/mo. fuel in cold months, approx. $100/mo. gas and electric (somewhat lower in summer) and $200/6 mo. sewage and water, not to mention upkeep expenses of florescent light tubes, etc. For the East Side warehouse we pay $162/mo. rent and approx. $30/month utility. The increased overhead costs of the Gilson St. warehouse are not being compensated by increased sales. The reason now for getting a larger East Side warehouse is to attain more shelf, storage, cooler and freezer space to be able to expand our list of food items correspondingly with what we can do on the West Side. However, we cannot take on the additional expenses of expanding facilities without taking in more income. At our present volume of sales, we cannot afford two equally-equipped set-ups to accommodate the aforementioned intentions of expansion.

It seems that instead of directing energies to scout about looking for a bigger East Side building, we should direct attention to increasing membership by 1) education and publicity, 2) increasing efficiency of some functional aspects of our present operation.

Unless we can increase income it'll be hard meeting expenses of our present two warehouses. One argument would be that the big expensive Gilson St. warehouse is the one putting the strain on matters so why not a less expensive West (South) Side warehouse along with a bigger East Side. But even with two warehouses of moderate size and price we should be prepared to spend capital to either 1) carry full inventory at both places (which we are not doing now--only what is sold at East Side is taken there--rest is stocked at West) or 2) purchase a big van or small truck to do transfers properly. We can't continue these helter-skelter

pack train transfers with cars, pick-ups, bicycles, mules (as anybody who's worked Friday afternoons KNOWS).

With all this in mind, I propose that as soon as possible (negotiations are presently under way with the landlord) we move out of the East Washington warehouse and move everything into the Gilson St. warehouse AS A TEMPORARY SITUATION until we increase membership enough to warrant a bigger East Side place, meanwhile keeping our eyes out for feasible locations. If we do not grow, we could consider a less expensive, better building with a more central location for the whole membership.

I think we should form a membership committee to both educate present members and do recruiting in the community for new members. I would also like to see more people with fresh ideas to join work and finance committees to deal with such functional problems as lengthiness of food pick-up, lack of workers, cash register errors.

In order for the cooperative food movement to be a penetrating changing force in the community we need to get to a broader sector of the community. Before we can do this we will have to smooth out some of the time-consuming, mentally and emotionally aggravating hassles without eliminating people dealing with people-- to make it more appealing to people whose time is already filled earning livings and raising families. I would suspect a big cause of member drop-out is due to excess time and energy spent picking up food. At the same time we should take more effort to educate all members of their responsibilities.(of work and participation in decision-making) which is what leads to effective community control.

PARADISE continued---

and economic ripoff which no amount of voting, referendums, precinct meetings, demonstrations or letters to the editor will abort.

In the previous writing, I did not attempt a point-for-point comparison of cooperation in Madison and Honolulu, except insofar as I found, according to my lights, lapses in a promise of service to the people.

The people. The assumption in my earlier essay was that the community served by the various Madison cooperatives had been defined, if not in so many words or other legalistic bullshit then in practice by actual service. And the end of such a definition, also assumed, was political.

In sloth rather than caritas I had attempted a positive critique by refusing to expose the shortcomings (as I saw them) in Madison. Rather, it seemed useful to illustrate the practice in Honolulu. For instance, the people's money in any form is the medium of exchange in Honolulu: checks, cash, food stamps or carrying credit on the books. Surpluses, it had been planned, were to be given to the not well off.

Now. Life on an island is like traveling with more people than a car can hold between New York and California, each passenger remaining friendly with his companions, whom he has just met, during the entire voyage. One must live in crowded conditions with all classes and races of people in Hawaii in a way that he does not have to do in Madison, or in very many other places on the Mainland, for that matter. A lack of mobility, similar to the ennui that sets in after so many walks around the decks of a ship, is shared by all in Hawaii. Here, if one does not wish to associate with Blacks and Third Worlders, he moves away. Neither does he make any attemt at organizing people outside his class or race. Yet, since there is a certain elevation of consciousness, such concern is manifested in rhetoric.

Something of a different sense went into cooperation in Honolulu. A venture in Hawaii, however, could not enjoy the turnover as has occurred at Sunflower Kitchen, say, and still survive or expect the same continuing patronage from its intended community. Because of this resistance to sudden, quick or unexpected change, quality control is more in the hands of the people rather than the other way round. (Thus my private admiration of Mifflin Street.) This is not to say that advertising and other social blackmail pressures cannot be forced on people to turn their heads around, but a politically oriented venture in cooperation with broad social concerns and no wish to moralize has no option but to plan itself out of existence when it shows failure to live up to its own promise.

In the next issue of CHEW ON, with the indulgence of its readers, I should like to continue this essay in comparitive cooperation. Space considerations are in opposition to my provlivity for verbiage, and thus the serialization of this bullshit. Yet, there might be much more, perhaps, that some people would like to know about specifics in cooperation in Hawaii, which, by the way, is not my model for all that is correct in cooperation, than has been promised or given here. Should you wish me tocontinue I would be happy to do so by a show of hands, and as I ought to get back to my bookbinding and dougnnut businesses instead of dealing in this kind of mindfucking, I would be equally happy to discontinue this and get back to my real work, should I fail to see a showing of hands.

--Al Dela Rosa

FATE OF THE EASTSIDE WAREHOUSE
(or, Minutes of Jan. 14th meeting)

Over 40 members attended. Monte Johnson was chosen chairperson. Two basic topics were "What to do about the Eastside Warehouse" and "What to do about Trucking."

THE WAREHOUSE SITUATION

Monte listed 6 possible choises: 1) stay in the present warehouse for another year, 2) shift all operations over to the West side, 3) find a more suitable Eastside warehouse, 4) form a co-op store on the East side, 5) form a number of local distribution centers on the East side, with the West side warehouse serving as a packaging & storage center, 6) shift some of the Eastside members to the Westside.

Elaine & Dwight summarized the difficulties with the present Eastside warehouse: it's too small. We can neither accommodate our present volume of business, nor can we carry any more items. The 1st problem could be alleviated by using the warehouse all week, with pickups on 4 days instead of 2. But the very aggravating problem of transferring supplies from the Westside warehouse would remain, and it would still be impossible to carry any new items (we can't carry any more items of produce than we do because there is room for only so many different boxes & crates on the shelves.)

From this point on the discussion became quite animated & tangential, with many fundamental problems raised, and a number of fruitful considerations suggested. Summary follows:

Our lease is an automatically self-renewing one, and our period for legally canceling our lease is past. Legally we are committed to another year here. Mullins, who owns half of Madison, is our landlord. However, Elaine, who's had the most dealings with him, feels that he would be amenable to us breaking the lease, perhaps only if we or we could find another tenant. The legalities of breaking a lease were discussed, and Lester Pines offered the services of the National Lawyers' Guild local chapter, both in reading the lease and in negotiating with Mullins.

We need a warehouse about twice as large as the present Eastside one. Finding one would be very hard, unless we were willing to pay a higher rate (Though our financial situation was not often mentioned, it is not favorable, and additional expenses would be very hard on us.)

The option of radically changing our structure was raised, but received less consideration than it merits. Heinrich suggested that Eastside organize as a co-op store. This possibility should be more fully described by one of its proponents.

Transportation, some one suggested, is at the heart of the problem. Perhaps many of these difficulties would resolve themselves if we could transport workers & food pickers--up and supplies with little hassle. We could even all use just the West side warehouse if we had a workable system of transporting ourselves over there: a shuttle.

On the contrary, said others, there are so few active, committed or even informed people in CM that we should try to avoid hassles involving complex organization & tension, or the whole thing will break down. Few plans will work unless more than 40 or so people concern themselves with our co-op.

It was suggested that one temporary solution would be to try to quickly terminate our present lease, tomove everything over to the West side, to use the warehouse all week there, to set up a suttle system for getting carless East side groups over to the

THE FATE continued

West side, to decide what we wanted to be done on the East side, and to find a warehouse (most of these would happen simultaneously.)

The members voted all but unanimously to keep the present warehouse if we could not get another, but under no circumstances to cease (even temporarily) to have some warehouse on the East side. This vote was the center of the meeting: we committed ourselves to one ofonly 2 options: keep the present warehouse; negotiate with Mullins and find another warehouse.

Three practical measures were approved: 1) Elaine and the law students in CM and the National Lawyers' Guild would examine the lease, and talk with Mullins about getting out of the lease, 2) a Warehouse Finding Committee of interested members would start hunting for a new location; 3) efforts would be made to transform operations at the warehouse to make things more efficient and ourselves more happy. A referendum would be put on the next price sheet asking whether 1) Eastside members would rather have more shifts of food pick-ups and packaging each week, or 2) whether groups with cars would be willing to start working & picking up on the West side.

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DOIN' THE CHEW-ON

CHEW-ON needs a new home full of love and creativity.

The March Co-op would like to get back to work at the warehouse. Doing CHEW-ON is a good job for an interested group & fulfills your monthly work obligation. Call Linda at 251-1159.

CHILD-SIZED CHAIRS

Both Thrana and Wintergreen free schools need child-sized chairs. If you can help call 257-0922.

VITAL STATISTICS

Committees:

Transportation -Martha Fisk
1-767-2550

Food - Ruth Bregar 256-5105

Finance - John Learned 238-2792

Work: East-Buck Trawicky 256-7858
West-Dave Hueman 238-2162

Coordinators: Elaine 251-5754
West- Maggie Jones
East-Betsy Matlack

THE CENTER FOR CONFLICT RESOLUTION WISHES TO ANNOUNCE- - - -

a series of rap sessions focused on the theme "Visions of a New Society." They will look at some basic components of modern living-health care, education, social control, lifestyles & economic policies & then examine the viable alternatives which presently exist. Resource people have been selected to present their own perspectives but the value of the raps depends on the individuals who come. The meetings will be held at 2002 Monroe St. & everyone is welcome. The times and what the sessions are are listed on

PAGE 6

TRUCKIN' ON
(Or, more minutes from Jan. 14th)

Tim (from I.C.C.) summarized the background of our recent hassles in getting supplies trucked. Our present truck, Butterball, is in bad shape, though repairable enough to keep limping on. We (the Madison community) have a new truck coming, but its arrival is being delayed by dock strikes etc. Renting trucks when the Butterball isn't running is economically unsound and politically distasteful to the drivers of the I.C.C. which does trucking for various Madison co-ops, including CM. There have been various misjudgements & failures in communication among the various participaants in the trucking situation perhaps mainly through inadequate or infrequent work-together period.

One suggestion was for CM to start doing its own trucking, with rented vehicles. John Smith said it would cost about 28¢ per mile to truck from Milwaukee. This may be more inexpensive than I.C.C. Though there could be no salaried drivers at such a rate: everything would have to be done by volunteers.

John, a professional truck driver, offered to teach his skills.

Tim explained hassles in furnishing a full and intelligible fiancial statement (lack of time, problems of keeping no records). Chris offered to publish one soon.

There was much bitter personal opposing camps-type talk off and on. Someone pointed out our lack of brother/sister-liness, and we got calmer. Time said that the I.C.C. drivers wanted to know whether CM wants its food "at all costs", including paying the financial & political price of renting a truck. The concensus was that we do.

The question of whether it's cheaper to truck to Chicago or Milwaukee was raised. A test had been done that showed Chgo. was cheaper, but it was decided to compare again. Milwaukee is nearer and less tiring to drive to. Perhaps produce is no more expensive than Chicago.

The matter was raised but not settled regarding what I.C.C. status should be (independent organization or a meta-organization of a number ofco-ops trucking in common), and what should be CM/s relation with the I.C.C. As a temporary working compromise it was agreed that I.C.C. would truck so long as Butterball is running, and that CM would truck for itself, in a rented truck, whenever Butterball is ill.

CCR'S RAP SESSIONS

Jan. 24, 8 PM, Wednesday

"New Approaches to Services & Care"
Steve Steiner, NOAH'S ARK
Nancy Gottlieb, Near East Side Community Health Center

Jan. 31, 8 PM, Wednesday

"Co-ops & Cooperation"
James Graaskamp, U.W. Sch. of Business
Mike Gelfan, Mad. Sustaining Fund

Feb. 7, 8 PM, Wednesday

"Schools or De-schooling--the Meaning of Education"
Art Lloyd, St. Francis House
Omar Kussow, Madison Public Schools

Feb. 14, 8 PM, Wednesday

"Police, Do We Really Need Them"
Ralph Hanson, U.W. Protection & Security
Gary Christopherson, Problem Solving, Inc.

Feb. 21, 8 PM, Wednesday

"Are Multi-National Corporations the 'Ugly American'?
Stu Schmitt, U.W. Industrial Relations Inst.
Carolyn Baylies, Madison Area Comte. on So. Africa
Al Gedicks, Committee for Action on Latin America

THE COMMON MARKET GOURMET

Greetings! To say I was volunteered for writing this article would be putting it politely (actually I was browbeaten into it). Before I concern myself with collecting and contributing recipes, I decided my first task was to those members in the pre-, post- or hard core stage of the Madison "munch" otherwise known as London flue, including yours truly. For if you are horizontally inclined these days, a vertical grocery list is hardly appealing, as evidenced by a slight decline in CM buying statistics. So I checked out CM to see what they had to offer and came up with the following suggestions. All you have to do is simply check the necessary items on the grocery list depending upon which condition you're in. Now, if you're in the "D" condition, CM has an excellent supply of nuts and nut meats, in addition to eggs, meat, any of the grains, bran flakes, granola, whole wheat, bulgur and rice. For a quick "settled in" feeling be sure to consume at least one jar of peanut butter per day. You can get the chunky style Deaf Smith brand of if you prefer the smooth variety, Holsum or Billy Boy. However, if you're in the "C" condition, we urge you to avoid the "D" list and get figs, prunes (sorry, CM still doesn't have them), soups (see below), liquids, juices, raisins and cottage cheese. Now if you are neither "C" nor "D" but have just made it to equilibrium, then purchase an equal amount from list "C" and "D" and stick to your BGAT diet (that's short for bouillon, ginger ale and tea). If you're sick of the BGAT diet, then you're on your way to recovery.

Now that our sick friends are taken care of, we can commence to offering some recipes on soups for the cold winter days coming up. Of course, there is a slight problem on what to offer for soup recipes since some like hearty soups, others like delicate flavored ones and then too, there's always the calorie conscious oriented people. But as Abe Lincoln once said, you "can't please all of the people all the time." so we won't try. Instead, three delicious recipes were chosen: one for a hearty soup, one delicately flavored and one for the calorie minded.

CREAM OF MUSHROOM SOUP

1 lb. fresh mushrooms
2 cups chicken stock or chicken bouillon
3 tb. butter
3 tbs. flour
1 cup milk
½ pint cream

Chop mushrooms. Put half the mushrooms in a blender with half the chicken stock and blend. Put remainder of mushrooms and stock in blender and blend. (Or, use finest blade of the meat grinder and then add the ground mishrooms to the chicken stock.)

Simmer in a covered pan for 30 minutes.

Melt butter, add flour, and stir until smooth. Add milk, cream and then add to the mushrooms. Season with salt and pepper to tast. For a slightly thicker consistency, simmer uncovered for 15-20 minutes before serving.

VEGETABLE SOUP

1 cup chopped cabbage
1 cup tomato juice
2 tbs. onion, chopped
dash of dill weed (optional)
1 cup diced celery (with leaves)
1 cup water
1 cup beef stock (or bouillon or G. Washington Seasoning broth)

Combine all ingredients and simmer over low heat in covered pot for one hour. Refrigerate overnight to allow flavor to blend. Hearty and low in calories. Season with salt and pepper to taste.

LEEK AND POTATO SOUP

3-4 cups peeled potatoes, diced
3 cups thinly sliced leeks
2 quarts water
1 tbs. salt

Simmer the vegetables, water and salt together, partially covered, for 40-50 minutes until vegetables are tender.

Mash the vegetables in the soup with a fork or pass the soup through a food mill or just use a blender. Correct seasoning.

For enrichment:

1/3 cup of cream or 2-3 tbs. butter

3 tbs. parsley or chives

Before serving, remove soup from heat and add cream (or butter) and herbs.

The CM Gourmet is coordinating the effort to collect and publish recipes monthly in CHEW-ON, and will ultimately put the recipes in booklet form if members so desire.

-Let us know what foods you do not know how to prepare but would like recipes for and in subsequent issues we will ask for recipe contributions.

-Share with us any of your favorite recipes for which most of the ingredients can be purchased at CM. Be sure to include your name, phone and source of recipe.

-If you have any other suggestions or ideas, share them with us.

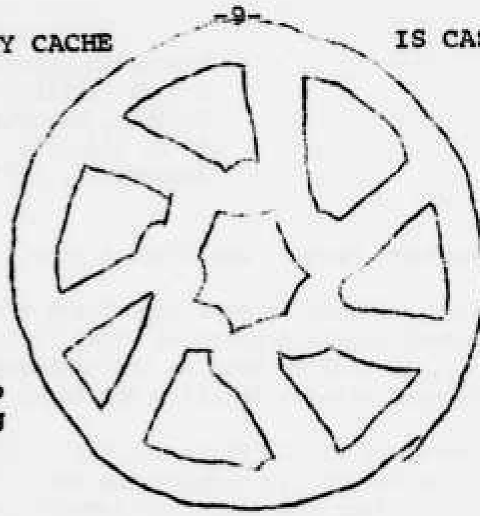
-We have had requests for a granola cookie recipe. If you have one, please send it to us.

-Mail contributions to: COMMON MARKET GOURMET
2118 Regent Street
Madison, WI 53705

NUTRITION COMMITTEE MEETING:

for further information, call
Ken, 238-6172 or Beth, 835-5228

THE COMMUNITY CACHE IS CASH FOR THE COMMUNITY



Pam Albert & Doug Lommel are new CM representatives to Madison Sustaining Fund.

Where Does the Community Chip Go/ See below:

MSF distributed $10,582.80 last year. It went to

Blue Bus	$100
Broom Street Theatre	$200
Consumer's League	$276
Draft Counseling	75
Freedom House	$1,450
Karl Armstrong Defense Comte.	$100
Lettuce Boycott]	50
Madison Community Co-op	$110
Madison Area Comte. on So. Africa	50
Madison Defense League	$520
Madison Tenant Union	$1,190
Movement for Political & Economic Democracy	$100
Near East Side Community Health Center	$485
People's Office	$1,570
Camp McCoy 3 Defense	$100
Gardner's strike support	50
Sunflower Kitchen	50
Take Over	$220
Thurana Free School	$790
We The People	$258
Wintergreen Free Sch.	$225
Wisconsin Alliance	$322
W.I.N.D.	$850
Women's Counseling	$420
People's Bookstore-Racine	50
Runaway Program	$ 80
Omega School	50
RHSLO strike fund	$200
Red Caboose Day Care	30
King Street Trolley	50
Comte. for the Restoration of Civil Rights in the Phillipines	25
Union of Vietnamese in U.S.	25
Health Writers	75
Ollie Steinberg Defense Committee	$100
People;s Video	$150
Vocations for Social Change benefit	10.80

LOANS

Take Over	$105
RPM Printing Co-op	250
Equinox Festival	100
Co-op Threads	100
King Street Trolley	70
Take Over & W.I.N.D.	150
Sunflower Kitchen	50
Lettuce Boycott	20

- -

MSF need for 1973 is $50,000 Ask someone you work with to pledge or donate, or pledge yourself.

$___ each mo th for ___ months for a total contribution of $____.

SEND TO: MSF, p.o. box 1187, Madison, WI 53701

Wisconsin High School Student Union
216 N. Hamilton Street
Madison, Wisconsin 53703
(608) 256-5719
January 15, 1973

Dear Student Council President, Members and Student Body,

You and any interested students in your school are invited to attend the Wisconsin High School Student Rights Conference which is to be held on the weekend of February 9 - 11. It will be held in the Lutheran Student Center, on the corners of Farwell and Kenwood streets in Milwaukee (near the UW-Milw. campus).

The conference is sponsored by the Wisconsin High School Student Union (WHSSU). The WHSSU is an organization working to support the constitutional rights of public school students and to increase their involvement in the decision-making processes in their schools.

The highlight of the conference will be the film High School which is to be shown Friday night. This feature length film, made in 1968, is a documentary of daily life in a typical high school. Upon release of the film, the Philadelphia school board threatened the film maker with suit because of alledged inaccuracies in the film. The case was never won by the school board. Also, at the conference will be shown a slide show on the Vietnam war made by Jane Fonda on her recent visit there.

Several workshops will be held throughout the conference. As listed on the enclosed agenda, these will include; sexism in education, racism in education, student constitutional rights, how to set up an underground newspaper, and one on high school issues such as open campus, suspensions, grading, etc. Literature tables will also be set up at the conference, where people will be able to purchase a variety of books and pamphlets on educational reform.

The cost of the conference will be $1.50 plus the cost of food for the weekend (the UW-Milw. cafeteria is right across the street). People should bring a sleeping bag and chaperones will be present. Anyone needing help with transportation should contact us at the above address and phone, or for those of you in the Fox River Valley contact the Coalition for Educational Reform in the Valley, 641 E. Pacific Street, Appleton, (414) 734-1062.

You will find a copy of the agenda enclosed with this letter. Also find a copy of the legal analysis of open campus done by the Wisconsin Department of Public Instruction (the big wigs) which concludes that it is not only legal, but may be, at times, the duty of school boards to implement open campus. This is one example of how the WHSSU is trying to help high school students.

We would appreciate it if this letter could be read to the entire student council, and if you could notify friends and the whole student body if possible. If anyone is interested in attending the conference please have them fill out the form and mail it to us immediately. If people are interested in learning more about our work, or would like to receive our monthly newsletter, have them mail in the form, also.

Thanks very much for your time.

Sincerely yours,

Alan Nichols



Published by Common Market March 6, 1973 No. 24

The I.C.C.:
See Agenda for Sunday,
& Elaine's article on p. 2

COMMON MARKET GENERAL MEETING SUNDAY, MARCH 11, 1973

7 PM, WEST SIDE WAREHOUSE
1335 Gilson St.

Important Agenda!!!!

ANNOUNCEMENTS

CONSIDERATION OF A PETITION FOR REFERENDUM ON AN AUDIT

CONSIDERATION OF A SECOND PETITION FOR RECONSIDERATION OF REFERENDUM ON I.C.C.:

Be it resolved: Common Market reconsider the referendum question "that the Common Market pull out of the I.C.C. and begin its own trucking." The arguments offered in support of that referendum contained many crucial statements which were factually false and misleading. We feel that the referendum should be reconsidered on the basis of an accurate statement of facts.

* * * * *

Therewas no February meeting for lack of a quorum.

THE COMMUNICATIONS COMMITTEE: A COMMUNICATION

To be more than just a source of wholesome, cheap food, a continuing effort contacting people must be built into the structure of Common Market. Most members have no personal contact with CM only through buying food here. Joining the co-op is becoming a process of working with a map and group list to join a food group. News of Common Market spreads by word of mouth; as CM is centered on the University community, only a conscious effort would bridge the gap in our associations with working class people. Spreading the values behind our opposition to the capitalist system of food gathering and overall production deserves our attention.

If only a few people try to fill all these functions they will quickly get burned out. Twenty people could have dinner with a lot of people, show the actually good movie we have to groups, handle the phone calls requesting information which sometimes total over 100/wk. and get the issues out for important decisions. This could be a committee assignment counting for workjobs with occasional meetings to coordinate our efforts, but after we set it up people's time would be spent meeting with people, talking about the larger issues involved with CM and handling a share of the phone calls from new members concerning food pickup and workjob procedures. If you have ideas or interest call Doug Lommel at 257 6646.

FACTS ON THE I.C.C.
by Elaine

Because of much false information and many misleading statements in the paper in support of the referendum which stated, "Be it resolved that the Common Market pull out of the I.C.C. and begin doing its own trucking.", it is the purpose of this paper to correct that information and to inform our members of the slanted nature of the allegations in that severe attack on the I.C.C.

The Intra-Community Co-operative (I.C.C.) was formed in the fall of 1971 by the Madison food co-ops as a trucking and wholesaling operation, to be run collectively to benefit these food co-ops by sharing resources, spreading out expenses and moving toward more community control over food purchase and transport. The employees of the I.C.C. presently consist of three people who act as buyers of produce, drivers, billers and bookkeeper. The policy decisions of the organization are made at scheduled meetings by representatives of all the participating food co-ops. Common Market has one official representative elected by the CM general meeting. There are always more than one representative at every meeting and have been up to 7 or 8 representatives at some and 4 or 5 representatives at many.

Concerning the Trucking Charges

As alleged in the pro-statement to the referendum, it is false that there is no basis for setting the trucking fee, that CM has no control over it and that it changes at the whim of the drivers. The I.C.C. service charge has always been based upon amount of money needed to operate with expenses being determined by the meetings of the general body (co-op representatives). Increases and decreases in amount and changes in the method of figuring the fee have occurred as follows:

Before the formation of the I.C.C. when CM was trucking with Mifflin St. in their truck, expenses as determined by Mifflin St. were those of truck operation (gas, oil, some maintenance) and a small amount toward the salary of their driver who was getting another small amount out of their store sales mark-up as part of their staff. At this time the driving and buying was alternated in two trips to Chicago per week with another driver who was doing the other run for all the co-ops including CM and Mifflin St. (At that time CM was operative only two days/wk.) Also, there were no provisions out of the truck charge made for sizeable repairs or a different truck once that one wore out or became inadequate. Trucking charges were not calculated on a percentage basis but in equivalent would have ranged from 3-5% of goods trucked.

Upon formation of the I.C.C., the participating co-ops decided to pay one driver and buyer who began doing all the driving (two runs to Chicago, one locally for cheese). His salary was affixed at $60/wk. CM was steadily growing necessitating, by late November, dividing up our produce purchased between the two runs to Chicago. During this time the I.C.C. general body decided that the trucking charge be calculated by taking 25¢/mile divided by a co-op's proportion of cost of total payload for each co-op having goods hauled. This amount brought in enough money to cover truck operational expenses, maintenance, drivers' salary with a $50/wk. cushion for unanticipated emergencies. This method persisted until August, 1972. The amount of which in equivalent percentage would have ranged from 4-7%.

Over this time period additional runs were taken in--to New Berlin for Associated Grocers goods, a separate run to Chicago for drygoods. Two more drivers were hired at $30/wk. each to take care of the extra runs and share the maintenance work, billing and bookkeeping--cumulatively more than 3 fulltime jobs. An office was set up in the back of the Westside CM warehouse and cooler space rented (both rentals of which, by the way, were fixed at our standard rate).

Then around June 1st Mifflin St. announced at a meeting of the I.C.C. that they were seriously considering withdrawing from the organization. Reasons were complex but the major reason as interpreted by most people was ideological--fear of unlimited growth of a bureaucratic superstructure governing the purchasing & trucking for all the co-ops. [The paragraph of the pro-statement concerning Mifflin St.'s withdrawal was chronologically incorrect, misleading you to believe that increased trucking charge (which didn't occur

until December) and I.C.C.'s refusal or inability to provide service (which happened only once in January, 1973 for explainable reasons) were conditions spurring the withdrawal of Mifflin St.] They were not.!

Mifflin St. gave I.C.C. one month to adjust to their leaving with their truck. The CM truck (purchased the previous November) has not been used much because of its state of disrepair and the availability of Mifflin St.'s truck which could do most runs. The entire month of June was spent getting the little used CM Butterball in operable order. Repairs included $200 for springs, $130 for tires $400 for brakes, $460 for front end alignment and new king pins and $20-30 for taillights. Some of the work was done by community people, the rest by Kayser Ford & Commercial Carriers International. These were all expenses approved by the I.C.C. general body including the initial decision to get the truck in condition suitable for driving. Money came from accumulated funds of the I.C.C. and a portion from CM.

In August, 1972 the method of figuring trucking charge was changed to a proportional charge of value of goods hauled for each co-op based upon the need of $300/wk. for I.C.C. operational expenses Over a number of weeks the percentage figure for each co-op was observed to stabilize at 6% so was changed to a flat 6% fee.

The changes in method of computing the trucking charge did not occur for reasons of capriciously increasing the rate but were experimentations to develop the most fair most convenient and least ambiguous method as the I.C.C. was evolving into some semblance of bookkeeping system.

In late August a surcharge of 25¢/case of produce hauled was enacted by the I.C.C. general body for purposes of accumulating a find for purchase of a new truck as it clearly appeared that the size and condition of the present truck would soon be inadequate to accommodate the increasing volume and number of miles traveled due mostly to growth of CM.

At an I.C.C. meeting in December after the decision to buy the $18,000 22' International (decision later explained) a co-op representative suggested a spreading out of the surchage over all goods hauled. Suggestion was discussed and decided to fix charge at 4% and that amount would go directly into a fund out of which payments on the new truck would be made. The amount was figured on the basis of accumulating $450-800/mo. at present volume of the goods being hauled--at which rate would pay off the truck in two years. Rationale for such a decision was based mostly on wanting the debt cleared as fast as possible. This was in effect for 6 weeks until a following meeting changed it on the basis that 4% in addition to regular 6% was too great a burden for the co-ops to bear and that paying off an $18,000 truck in two years for this size organization was unreasonable. The issue was discussed fully and was unanimously decided to spread out the payments on the truck over a four year period. The percentage was to be figured by the I.C.C. bookkeeper based on value of goods hauled per month. The following week saw the total trucking charge lowered to 6% --2% to go directly into a separate fund for the new truck payments.

Over the 6 -week period of the 10% trucking charge only 6% of it was figured into CM prices. The 4% for new truck payments came out of our 10% mark-up.

<u>On the Purchase and Operation of the New Truck</u>

To this matter, the pro-statement of the referendum contains these false statements:

1. Truck was ordered without consultation and support of CM members.
2. Truck was purchased to principally benefit out-of-town co-ops.
3. Madison is to be restricted to one run a week/instead of the present two and three runs on from Chicago alternate weeks
4. I.C.C. expects the local groups to make all of the local runs.

Serious talk about purchasing a new truck was initiated about mid-summer of 1972. The main reason for such a consideration was that the size and condition of the present vehicle would be soon not

continued on page 7

CASHIER TRAINING	CASHIER TRAINING	CASHIER TRAINING	CASHIER TRAIN
Monday, March 5	2 pm, EAST	Sunday, March 18	7:30 PM EAST
Monday, March 12	7:30 PM EAST	Monday, March 19,	7:30 PM WEST
Tuesday, March 13	2 PM WEST	Monday, March 26	7:30 PM WEST
Friday, March 16	10 AM EAST		

Cashiers are needed especially for the WESTSIDE

EAST call Barb Siegle 255-4971

WEST call Kathy Schachter 836-4398

?????????????

NOTES FROM THE EAST SIDE

In the General meeting of January, CM discussed the problem of our EASTSIDE warehouse. Because of the variety and quantity of goods which CM distributes, the warehouse gets quite crowded when it is filled for pick up. People at the meeting recognized this and voted to investigate getting a larger warehouse on the Eastside. A proposal to consolidate the East and West side (at the west side) for an interim period was rejected. Investigations have been made. Our landlord, for various reasons having to do with money he will have to spend to bring the warehouse up to health and fire regulations, is perfectly willing to let us move out whenever we can provide a new tenant. However, no new site has been found which is within our financial means. We are still looking. The present warehouse is relatively inexpensive as those things go. The CM staff feels that the size problem in our current warehouse can probably be overcome if we get more people and spread the pick-up times over more days. The main need is to get more people into CM. The staff still believes that a temporary consolidation has much to recommend it. At any rate a more expensive East side warehouse seems beyond our income at present.

NEWS ABOUT NUTRITION

by Roy U. Schenk

At a recent conference on aging on the West Coast, I acquired what I think are some quite interesting insights into nutrition and health.

The importance of adequate exercise, avoiding obesity, and avoiding cigarette smoke are already well known.

DANGERS OF TABLE SUGAR-- One of the things I thought was of great significance was the increasing evidence that table sugar (or sucrose) consumption is more closely related to heart problems than are cholesterol, saturated fat or total calories. In fact, a person consuming two pounds of table sugar a week has been found to have 6 times as great a chance of a coronary as a person consuming one pound per week; and a person consuming three pounds has 20 times as great a risk.

Sucrose is the sugar in the sugar-coating on cereals, most pancake syrups, and the syrup of canned fruits as well as the table sugar we buy in the store; and is present in substantial amounts in honey.

It has also been found that sucrose greatly increases the body's uptake of iron. Some workers evidently think that the increased iron intake overloads the body with iron, and that this in turn causes changes making coronaries more likely.

A positive value of this discovery is that a woman after menstration or any other person needing an intake of iron can improve the body's generally poor uptake of iron by taking it together with table sugar.

Cooked starch (e.g. flour), corn sugar and corn syrup do not cause the same coronary threat as does table sugar. They do, of ourse, favor obesity and dental cavities

MINERALS--A possible threat which I am doing additional study into concerns the potential danger of chronic nickel poisoning. Nickel is the catalyst used to convert vegetable oils into the solid fats used in margerines and solid vegetable shortenings. I will try to give a further report on this when I have more complete information. Nickel incidentally is an essential mineral; but in extremely minute amounts; and probably is never deficient in our diets.

Cadmium (like mercury and lead) is another mineral element that is frequently present in toxic amounts in an industrial society like ours, particularly when zinc is deficient.

The minerals most likely to be deficient in American diets appear to be zinc and chromium. A dietary supplement of 20 mg. of zinc sulfate and 0.1 mg. of chromium chloride are evidently sufficient to assure adequacy of these mineral elements. Zinc is particularly deficient in soybeans, so vegetarian diets are unfortunately more apt to be deficient.

An interesting recent development for determining a person's mineral nutrient status is atomic absorption analysis of hair. Evidently this is a very simple method although the instrument is rather expensive. I believe the test should be incorporated into our community controlled medical clinics as soon as possible.

VITAMINS--Vitamin C, it is increasingly evident, is important for good health in amounts far greaterthan the medical profession presently recognizes. (Doctors can't make money off of us if we stay health.) A gram (1,000 mg.) per day is probably a minimum amount for most people, and 2 or more grams is probably more nearly optimal A gram or more per hour at the first signs of a cold is reported to be able to stop it dead. There are interesting suggestions accumulating that adequate Vitamin C decreases insulin need for diabetics, may inactivate polio virus, possibly may block some cancers, and reduce susceptibility to, or bad effects of, many other diseases.

The evidence for the need of a high level of Vitamin E is significant (In spite of the Consumer Reports attack. CR also evidently attacked Vitamin C several years ago.) Heart and vascular disease, hemorrhoids, and a number of other diseases may be prevented or diminished. The optimum intake of Vitamin E is not yet clear, but it seems to be at least several hundred international units per day.

In addition, stress--physiological, medical, psychological or whatever--appears to substantially increase the body's needs for zinc and Vitamins C & E.

It is increasingly clear that there is a wide range of requirements for different nutrients (e.g. vitamins, minerals, amino acids) by different individuals; and even by the same individual at different times (e.g. stress increases almost all nutritional needs). Thus each person must find their own optimal nutritional levels. I don't know that we have any well worked out ways to do this though, except for the mineral analysis of hair mentioned earlier.

The need for generous amounts of protein is another well known nutritional need. The use of soybeans or soybean flour or grits is one of the best and least expensive ways to meet this need. The soybean is well-balanced in the essential amino acids. Amino acids are the building blocks for proteins, and the human body cannot synthesize the essential amino acids, but must absorb them ready made in the foods we eat.

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I have done some checking, and I believe we should be able to package a pound (454 grams) of Vitamin C to sell at the CM for $5.00. This compares with a price of $10 to $100 per pound when purchased from most other sources. This is a granular product, and one/fourth teaspoonful weighs approximately 1 gram. It is very soluble in water and fruit juices and tastes acidy.

This is "natural Vitamin C" like almost all Vitamin C sold in the U.S. "Natural Vitamin C" means l-ascorbic acid, synthesized probably from glucose or corn sugar.

contined bottom of page 6

COMMON MARKET GOURMET

Greetings! I haven't quite had time to capture the flavor of February, when lo and behold, I am informed this is a short issue and we'll be back again in two weeks. The feeling I have is one I get when in late afternoon, I put the house key in the door and momentarily can't remember if I'm locking the door to go out, or unlocking the door to return home. Anyway, it's supper time again and facing me is a pound of ground chuck. About a month ago, I thought I should get a cookbook on "365 Ways to Fix Ground Chuck". However, as food prices began a sharp rise, I began to discover how clever one can get putting together concoctions one never dreamed of before and by the end of the week, I felt competent to compile my own version of "365 ways to fix meatloaf, stroganoff, meatballs, etc." As prices continued to soar, my stomach had the distinct feeling that we had passed the "one million" hamburger mark a long time ago and we finally resigned ourselves to the idea that ground chuck was quickly becoming a luxury. So with these happy thoughts in mind, we decided to focus our culinary talents on 365 ways to serve peanut butter and/or bread. The following recipe will start you on 365 ways to....

BANANA BREAD

1. Preheat oven to 350.
2. Sift into a mixing bowl:
   1 c whole wheat flour
   ½ c soy flour
   1/3 c powdered milk, non-instant
   1 t salt
   2 T baking powder
3. Add and mix until covered with flour:
   1 c broken nuts
4. Add:
   1 c mashed bananas
   3 T vegetable oil
   1/3 c honey, unheated
   ½ c wheat germ
   grated rind of ½ lemon
5. Stir no more than 40 strokes
6. Pour batter into greased pan
7. Bake at 350 for 45 minutes

---Leslie Huang
(modified from Let's Cook It Right, A. Davis)

CM Gourmet has been asked to solicit recipes for sweet-sour cabbage soup that tastes like Ella's. Anyone have one? Send any questions and contributions to:

COMMON MARKET GOURMET
2118 Regent Street
Madison, Wis. 53705

CM Gourmet does not edit or alter any recipes submitted.

- 8 -8-8-8-8-8-8-8-8-8-8-8-8-

Nutrition News continued:

I would like to learn if there is interest by CM members in purchasing pound containers of Vitamin C at $5 per pound. We could probably also get together a zinc-chromium mineral supplement if there is any interest in this. This would probably be a liquid in a medicine dropper bottle at a cost of 1¢/day or less.

Facts on the I.C.C. continued:

able to meet the needs of the increasing volume of food taken by the Madison Community. Leasing and renting were throughly researched followed by checking into various companies for purchasing of a new one. It was deemed more economically and politically advantageous in the long run to purchase--contingent upon our being able to take out a loan. The matter was brought to a CM general membership meeting on September 10th by our tracking representative. As stated in the minutes of the meeting printed in issue 20 of the CHEW-ON, this body gave CM representatives the go-ahead to support I.C.C.'s purchase of a new truck in that price range of $10-15,000. Subsequent research and consultation brought about a positive loan source and the decision to buy the 22 foot International straight truck with tag axle.

The truck was not purchased with the intention of principally benefitting the out-of-town co-ops but to accommodate over a longer term period the needs of the Madison co-ops. The out-of-town co-ops were considered in plans to best use the truck to fullest capacity to and from any pick-up point and to cooperate with these co-ops insofar as was mutually beneficial. The out-of-town co-ops have consistently paid the same hauling fee as everyone else.

At a recent I.C.C. meeting one of the drivers threw out a few suggestions, two of which were mis-interpreted in the pro-statement of the referendum. It was suggested that Madison's produce, if it can be carried in one run, be done once a week for reasons of filling the truck on a run and freeing it for other runs when needed. This suggestion was objected to by a CM representative because in order to execute distribution with no alteration in freshness of produce, both warehouses would need to operate simultaneously. This would result in left-over perishables which would have to be dispensed with before the following week. Subject has dropped for time being. The other allegation that I.C.C. expects the Madison co-ops to do their own local trucking was also misconstrued. The suggestion was that the I.C.C. collectivize the cheese-buying, an I.C.C. buyer teaming up with a co-op buyer and dividing up the work. The intention was to involve co-op representatives in the cheese-buying and also to lower the rate in the runs for cheese, an already expensive item.

Financial Condition of CM

Totally unsubstantiated is the claim that sales decreased because members defected due to price increases. One of the big reasons for extreme drop in sales over December and part of January was the long Christmas vacation very unfortunately occurring at the same time we were struggling to reduce bank surplus and warehouse inventory to avoid paying much income tax, last year amounting to $800. Sales decreased 40% (while overhead expenses remained the same) really financially crippling us in January. Sales are now about 10% below a two-week peak occurring in November. Causes of levelled growth have only been speculated.

As was initially stated, this statement is intended to correct misinformation and false impressions on this very important issue. It is not a statement against the referendum. Before knowing results of last referendum I, the rest of CM staff and other concerned members strongly suggest in fairness to everyone that the same referendum be put out again for a vote by all members, this time in light of an accurate statement of facts from both sides and a clearer picture of the nature of the whole issue. We urge you to come this Sunday to the general meeting (March 11, at 7 PM at 1335 Gilson St.) to familiarize yourselves with the issues.

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Old Pro +
Old Con

CHEW ON



Published by Common Market, Ltd. April 1, 1973 No. 25

Special Issue
re I.C.C. Referendum
Ballot on second I.C.C. referendum

This issue contains the Minutes of CM general meeting, March 11, and the unabridged texts of al' arguments, rebuttals and committee reports presented to CHEW-ON by the newly-formed Referendum Committee.

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1. Statement of the Referendum Committee (formed at the 3/11 general meeting to process fairly this second I.C.C. referendum) p. 1
2. THE BALLOT Reverse side of this page.
3. Minutes of general meeting, March 11 (at which CM agreed to retake the I.C.C. referendum) p. 2
4. Pro statement: being the arguments to withdraw from the I.C.C. presented for the second I.C.C. referendum p. 4
5. Con statement: being the arguments to stay in the I.C.C. presented for the second I.C.C. referendum p. 8
6. Statement by the I.C.C. p. 11
7. Statement by the Finance Committee p. 13
8. Statement by the Work Committee (on the amount of work involved in trucking) p. 16
9. Statement by members of the Work Committee p. 17
10. "Save The Goose" -Rebuttal by Pro-withdrawl from ICC p. 18
11. Financial Statement of Common Market, Ltd. p. 23

APPENDIX: contains texts of statements pertaining to the first I.C.C. referendum of Feb. 28-Mar.4

1. Original pro statement (accompanying first referendum) p. 1
2. Original con statement (accompanying first referendum) p. 3
3. "Facts on the I.C.C." statement by Elaine Nesterick on the original pro statement (reprinted from last CHEW-ON, March 6, No. 24) p. 3

* * *

THIS IS THE SECOND REFERENDUM ON THE ISSUE OF staying with the I.C.C. or withdrawing and doing our own trucking.

A number of people requested that a second referendum be held because they felt: the first referendum was confusing and contradictory in the facts presented in support of each side of the argument, the initial statements were unsigned and did not contain telephone numbers of those who prepared the statements so questions could be answered, the time limit on balloting was so short that not every member of each group was able to get enough information to vote and there was not proper supervision and accounting for certifying ballots.

Therefore, at the last general meeting a motion was made and carried, with the approval of both the pro and con saides, that a second referendum be held to more clearly determine the will of Common Market members.

The past three weeks the Referendum Committee has been collecting statements from both sides of the referendum, Pro and Con, and supplementary reports from various Common Market committees and from the I.C.C. These statements were exchanged between parties and an opportunity to rebut given. All of this material was turned over to the CHEW-ON committee who stencilled, printed, and collated it into this booklet.

John Bird 238-8004
[illegible] 2385

BALLOT

Balloting Procedure

Only paid up members will be eligible to vote. Check the membership files next to the cash register to see if your membership fee is paid. Each member should sign the ballot and indicate their vote. You will have until Thursday, May 3, 9 PM to cast your ballots. This should allow ample time to read the material and decide. There will be ballot boxes at each warehouse. The results will be announced at the May general meeting, Sunday, May 6th at the Westside warehouse. No results will be relased before this meeting.

REFERENDUM

BE IT RESOLVED THAT THE COMMON MARKET PULL OUT OF THE I.C.C. AND BEGIN DOING ITS OWN TRUCKING

GROUP NAME (Turn in one master ballot): _____

Number of work slots:_____

		VOTE	
MEMBER NAME	MEMBER SIGNATURE	YES	NO
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25.			

We ask you to make comments below:

Minutes of the Common Market General Meeting, March 11, 1973 at the Westside Warehouse

The meeting commenced at 7:20 PM with over 60 people present. Bill Hammett announced that he could get fresh whole bay leaves from California if CM members wanted them.

1) PETITION FOR AN AUDIT.

The following petition for a referendum has been signed by at least 25 CM members in good standing: Resolved that there be an immediate audit of the books of Common Market Ltd. by a C.P.A. firm. Said audit to cover period from Jan '72 to present, i.e. time audit is completed.

Discussion: Harry Travis who drafted the petition, was asked to explain his reasons for desiring this. He said there had been no financial statement since June, and he and others wanted to know CM's financial position, what money has been spent for and where it's coming from. John Learned, chairperson of the Finance Committee, said that rumors had reached him that someone was saying Charley Taylor, our bookkeeper, was guilty of embezzling, and that he was angry at this and wanted the matter aired. Harry replied that this was not the reason for the petition; he and the signers of the petition just wanted the information. Helen Raizen and Greg objected to the necessity of going outside CM to get an auditor; couldn't we find CM members willing and qualified to do it? All agreed that this would be desirable. Joanne Miller stated that a usable evaluation was needed maintaining that last year's was difficult to comprehend. Learned pointed out that CPA's statements are usually that way, too. He then described what's involved in an up-to-the-minute financial report: a complete inventory; a total of all outstanding bills; the calculation of current overhead, taxes due, and money in the bank; valuation of all equipment, fixtures, property. Moreover, CM would be operating all the while such an audit was going on. Secondly, the interpretation of such an audit would not be easy and obvious. CM sales fluctuate in resonance with semester breaks and vacations. Also, Madison banks have recently introduced a new accouting system that processes checks considerably faster. This has resulted, of late, in some of our checks bouncing. To sum up the financial situation, Learned said that on one hand our situation is very bad: we have little money on hand. On the other hand, our indebtedness is only $1,900, which, for a non-profit organization doing half a million dollars in sales each year, is not very much. Elaine disageeed, maintaining that we're actually in bad shape, that last year we spent a good deal of money we didn't have. Dwight Brockert made two points: that a complete inventory is made each week as a matter of course; that our indebtedness should be almost zero; we're a co-op, with the bulk of our labor costing nothing, and with most of our equipment acquired cheap or free. In response to his question, Learned said that the $1,900 was the total owed to individuals who had made loans to CM.

At this point Charley arrived, handed out copies of a financial statement and explained and discussed it. The whole financial statement is explained in the Finance Committee statement. The salient points raised by members at the meeting included: 1) our $1,900 indebtedness, and any cash we have in the bank, would not appear in this income statement, buy rather on an operations statement, which will have to be drawn up soon for income tax purposes. 2) The money we've paid I.C.C. as a surcharge towards paying for the new truck ($2,400 from Aug.-Nov.) is included under the entry "Service Charge on Purchases," for the second half year. 3) The amount of sales remained constant for the second 6 month periods, in spite of more items being added to the price sheets, but our operating expenses doubled in the second half year. Memberships did not increase at all. 4) Some of the money we've paid for hearing the Westside is owed back to us, as we've been charged for heating an extra 3,400 sq. ft. that we don't rent but that's on our meter.

Regarding an audit, John Learned, speaking for the Finance Committee, recommended not hiring a CPA, (as this would cost about $300) but rather getting a competent non-CPA, preferably from with CM. This person should not be a member of the Finance Committee. John Bird

stated that a member of his group is a CPA who would probably be willing to do this for CM, free, but he'd be busy until after tax time (April 15).

It was proposed: that CM have an audit by qualified people, if possible by volunteers from within CM, on an annual basis, with this year's to begin within a reasonable time. This motion carried with a substantial majority.

To implement this motion it was proposed that: An Audit Committee be formed, separate in membership from the Finance Committee, with at least one member a professional accountant or other qualified person; this committee to consist of at least three people, and to be a standing committee. This motion carried easily. John Bird agreed to be on this committee, and his fellow group member. George Long, (who's a CPA) would probably join as well.

2) ON THE REFERENDUM TO WITHDRAW FROM ICC.

The referendum proposal was read, and discussion commenced on doing the same referendum over again. Reasons advanced for doing this were: the voting figures were: Westside: for 431 against 175 Eastside: for 254 against 149 , with about 40 groups on the East side returning their ballots empty, but expressing dissatisfaction with the manner in which the refendum was conducted. About half the groups, total, did not vote. There was no specified time for handing in votes. It was very hard to reconcile statements made by the pro and con sides, with much bias and contradictory statements made here and there. There was little opportunity to get information, no one signed their statements, and the whole thing happened too fast. Factionalism was suspected. The Finance Committee remarked that we should also get advice on the legal implications of withdrawing from the I.C.C., especially regarding any committments made for the new truck.

The following motion was proposed: 1) That there be two statements, pro and con, and that these be signed, with phone numbers, 2) That each side read the other's statements and have a chance to write a rebuttal, 3) that the financial and legal implications be summarized by the Finance Committee, that other committees make statements if appropriate, and that an I.C.C. statement be included;4) that there be a 4-week period for votes to be cast; 5) that there be an independent referendum committee to oversee the process of this referendum; 6) that there be an explanation of why this referendum is being done again. This carried by a wide majority.

It was proposed, as two further amendments 1) that the staff (those receiving salaries) remain neutral except for what they wrote and signed, with all their verbal statements expressed and understood as opinion. This was unclear, and was voted down heavily. 2) That there be a date of implementation if the referendum passed. This was carried.

It was further proposed that this referendum not be implemented until the results of the re-vote are in. Carried by an avalanche.

Another proposal was that referendum procedures be on the agenda of the next meeting, though any changes in referendum procedure would have no affect on this present referendum. This was carried.

3) THE FINANCE COMMITTEE REPORT AND RECOMMENDATIONS

John Learned spoke on how to get out of our present financial hole. The only really effective way to improve our financial situation is not to harp on cutting expenses; these are for the most part, fixed, and though some can be reduced the savings would hardly amount to $7,000. Rather, we must increase our income. Two ways exist to do this: 1) have more items on the food sheets. This can't be done on the East side, for we don't have sufficient space there to handle any new items. 2) Increase the membership. A standing, active committee is needed to do this. All CM members, as well, should encourage friends and strangers to join. We should, especially, make ourselves known to population segments besides students. Charley stressed that we should not be expending most of our energies on saving money but rather on earning money, and using the surplus. He also stressed

advertising of various sorts (which we've done hardly at all--people have just heard about us) and introducing new items.

It was then proposed that we get out of the Eastside warehouse, move all operations over, temporarily, to the Westside warehouse, with provision for a car pool to transport Eastside members over to the warehouse. It was objected that, as this was not on the agenda for this meeting, and as it directly affected everyone on the Eastside, that this matter should be the subject of a general meeting to be held in two weeks, on the Eastside and that this should be publicized heavily. Elaine said that Mullins, our Eastside landlord, would soon talk with her and others about moving out and that leaving would probably be no hassle. The Warehouse Committee formed last January, had met once, and two members were actively engaged in seeking a new warehouse, with some possibilities in view.

It was motioned and carried that those responsible for the food list be empowered to expand the number of items listed as they see fit, and that provision be made for setting up a car pool, so that East side people could buy on the West side if they wished.

4) KARL ARMSTRONG

Finally, Z Collective proposed that the Armstrong family be offered free honorary membership in CM, that they be able to buy food at wholesale cost, without the 10% markup, and that other CM members be encouraged to do their work jobs as an act of friendliness. This motion was carried.

Secondly, it was proposed that we suggest to Madison Sustaining Fund that all or part of the 1% community chip which CM contributes to MSF be given to the Karl Armstrong Fund for bail or defense. This was carried.

* * *

STATEMENT IN SUPPORT OF REFERENDUM (PRO)

For the second time in as many months we are asking CM members to decide for themselves an issue of fundamental importance. Unfortunately the issue is the same one as last time. We are asking that the membership decide on a course of action which has been consistently pre-empted and opposed by the paid staff and their supporters, who currently run the organization.

By a 700-300 vote (of which the staff has yet to notify the membership, in spite of the opportunity afforded by the price sheets and the last issue of CHEW-ON) CM members favored in the last referendum a course of action which would return major responsibility for hauling CM food back to CM itself, rather than paying ICC to do the job. The reasons we gave can be summarized: 1. ICC has not done the job well. 2. ICC has cost CM more than CM can afford and more than many CM members are willing to pay. 3. Trucking with ICC has resulted in a loss of control of CM by the CM membership to an elite that is common to both organizations and unaccountable to the membership of CM. 4. Not only has control been lost, but so has credibility, credit rating, financial strength, and potential for growth and expansion to a larger Madison community. 5. Most importantly, there is no reason for CM not to haul its own produce and dry goods, since that operation is wholly consistent with CM principles and advantageous to CM members and CM growth.

The previous referendum and perhaps the presentation of petition for a referendum calling for an audit of CM books have brought to the surface some statements which ICC proponents maintain are really the "facts" of the matter. These are the statements by Elaine Nesterick in the last CHEW-ON (See Appendix this issue.), statements made at the last general meeting, and a set of replies given to at least one caller to the CM office who requested more information on the referendum and was counselled by a CM staff member on alleged falsehoods in the pro statement. (The objection by some that the issue of trucking had not been aired also led us to locate minutes of last June's meeting where a motion that there be such a referendum was defeated by the 20-30 members present. We also found in the CHEW-ON reporting on the Jan.'73 minutes that a motion stipulating that CM do its own trucking "when Butterball is sick" passed. (Despite Butterball's disrepair, CM staff has never carried through.)

First, we brought to the membership's attention the fact that CM is financially very sick. Ms. Nesterick disputed our evidence, quibbling that sales were down only 10% from a November peak. She charges that our 25% decline figure is unsupported; even though she handles the total order every week she offers no figures to support her own pussyfooting. (Our figures were and are based on answers given to questions about weekly sales which we began asking early last fall. Then we were assured that CM was doing well and growing.) To show the disappointing sales figure for what it is, we point out the Finance Committee chairperson's statement at the last general meeting that sales are at the same level as a year ago May. Even after an expansion of the price sheet to include more items, even after overall inflation, even after the effective upcharge was increased by passing trucking charges directly on to CM members. Even after all that, sales have not increased. Greater variety of ever more expensive goods with no weekly sales growth means that fewer people are joining and staying in CM than are dropping out. It also means that CM lost over $7500 during the last half of 1972. We have seen no evidence that loss has been recouped, no figures to show that the first quarter of 1973 will be any better. We can't apply for a subsidy, and increasing prices to cover the loss can only result in fewer members buying less and less food.

Another characteristic of this stagnation has been bloated expenses, some of which have been passed on in higher prices; others account for the deficit. Weekly sales are the same as a year ago, but salaries are up 31%, and service charges on purchases (trucking costs) are up 105% (using first half of 1972 as base period; last half as comparison). In Ms. Nesterick's lengthy chronology of ICC rate changes, there is never once recorded a rate which is as low as that enjoyed during 1971 operation before the ICC was formed. She tries to make a 6% charge look like 4% by claiming 2% for the truck fund, but the fact stands as stated in our last statement that when CM trucked with Mifflin St. Co-op a rate which averaged 4% or less not only covered expenses and contributions to a new-truck fund, but also provided for partial payment of the truck then in use. While a rate of 6% or 7% is said to be the maximum to be charged by ICC, with 2% to pay the mortgage, that rate does not seem to include depreciation (replacement) which would add presumably another 2%.

> We would like to apologize to anyone, Mifflin St. Co-op especially, if our last statement seemed to imply that Mifflin withdrew from ICC because of the 10% trucking charge. We never believed that to be the case, and never would have tried to give that impression when the real reasons were related to an already too high 6%, and more crucially to a sense of non-control in ICC operations which directly affected their own co-op.

(Other ICC customers who have turned at least in part to other transport are Outpost of Milwaukee, and a local producer of guerilla cookies and granola.)

Without apparent regret, Ms. Nesterick refers repeatedly to CM representation to the ICC. It seems to us that rather than assuring the membership that she and a few friends (including 2 other pro-ICC paid CM staff) have attended all ICC meetings, efforts should have been made to make the whole process more open and more responsive and responsible. A decision by a majority of not more than 35 people at a general meeting to endorse a $10,000-$15,000 truck was made without consulting a financial statement to see if it was affordable, and without consulting the membership to see if they wanted it and were willing to pay for it. On the last point, only $500 of sponsorship promises resulted from ICC's solicitation of all CM members. And only 12 people, not even a quorum (3 CM staff, 1 ICC staff, 1 CM ex-staff--all paid employees--included) attended the special meeting called to discuss how CM would pay "its share" of a truck which now cost $18,000. A CM staff which was unwilling to act on the last referendum was willing, however, to attend ICC meetings (the last one of March 18 was secret, as reported to a CM work co-ordinator) and make the truck-financing decisions for a membership that had never been consulted about the purchase and which of course had no interest in its finance. If CM has had true elected representatives to ICC meetings, where are the records of those elections, reports to CM

members, records of ICC meetings? Just who are these "elected" representatives?

To show further the lack of credibility and planning of the ICC we can report that an ICC officer in replying to our evidence that the ICC had misled questioners about insurance costs produced last year's policy and then claimed that our $1,200 figure was for a policy which would insure the new truck. We rechecked our sources; $1200 is the premium plus interest cost of liability-property damage--medical payment policy beginning on 1/3/73, coverage insuring a 1965 Ford, the Butterball. On 2/14/73 the policy was amended to include instead a truck ICC is leasing (same size as Butterball). Additional collision coverage ($250 deductible) costing $424 annually was added at that time. The total annual cost then is over $1,600. Furthermore, one of ICC's drivers is not protected by the policy.

A call to the agency (Durand Insurance) handling the current policy yielded an estimate of $2,500 estimated cost for identical coverage on the new truck. While that figure is $500 less than our previous estimate it is still more than double the cost claimed by an ICC official saying "Foul", all the while waving last year's policy.

We have waited for some report to the general membership of the fact that Elaine Nesterick on 12/16/72 sold the CM truck and cargo box (Butterball) for a total of $20, a sale for which no authorization can be found in the minutes of general meetings. The last reference to ownership we were able to find (June 11, 1972) passed a motion to continue leasing the truck to ICC at $1 quarterly. Where did Ms. Nesterick find an authorization to sell for $20 a truck that CM had purchased just a year earlier for $3,200? Can that sale and the secrecy until now surrounding it be justified? And what of the advertisement in Madison newspapers offering the box for sale with the phone number listed that of an ICC officer? At a time when ICC didn't even own the box?

Although the original statement against this referendum ended with the question of what ICC would do with the new truck if CM dropped out, ICC has accepted delivery of the truck since the last referendum and with full knowledge that this one is pending. By Wis. Statute (Wis. Admin. Code, Chap. MVD, 24, 04, sub3, sub E) delivery on the delayed truck need not have been accepted and ICC was legally entitled to a full refund. We wonder whether ICC and its supporters withheld from the Feb. membership meeting any knowledge of imminent delivery of the truck after months of delay and whether we are about to hear a "you must support us--we did it for you" plea. The facts of the matter are legally specified; the contract between Verona I.H. and ICC was breakable when the truck became 15 days overdue. (The same statute specifies that a contract for purchase of a new motor vehicle, to be legal, must contain a delivery date.) So we stand by information presented to us by ICC representatives earlier that limited service to Madison was at least considered. "Out-of-town co-ops were also considered" yet neither of us were ever consulted. We believe that ICC's chief beneficiaries are neither out-of-town co-ops nor Madison co-ops, but the ICC itself.

We have no reason to retract our charges that ICC has refused to service the needs of CM, it largest member. (70+% of ICC business). Ms.Nesterick lamely admits that CM had to pay "some" of ICC's truck repair costs (in addition to its proportional contribution through ICC). She says that the January incident in which ICC drivers refused to drive was the only one of its kind. More of the truth is that one ICC driver, apparently speaking for all, expressed the drivers' desire that their preference not to drive at all until the new truck arrived should take precedence over the desire of CM members and other co-ops to get their food. Just before Mifflin dropped out of ICC, an ICC officer said he refused to drive either the Mifflin truck or CM's even if they were restored to first-class operating condition.

On the matter of CM getting its goods, produce at least, from Milwaukee, instead of Chicago, thereby saving time, depreciation, and money (and polluting less air), we have a signed letter supporting our original contention that after one CM member took the time to set up the trial, that trial was nor given a fair chance and beneficial possibilities were ignored. It reads:

Gentlemen:
We hereby affirm our previous verbal assurance that our prices for produce are competitive with Chicago market prices for the same grade and quality of produce. Orders for what you call "exotic" produce will be filled (if seasonably available) when the order is placed fourteen (14) to twenty-four (24) hours in advance. Advance ordering will permit assembly of the complete order for quick pick-up.

Respectfully,
Kurt Van Engel,
President (Anderson, VanEngel, & Zingale, Inc.)

We also have verbal assurances of full refunds for spoiled merchandise received.

Our proposal is for Common Market to begin doing its own trucking and drop out of the ICC for the reasons given above and those stated in the first referendum on this issue. We are calling for CM tohire its own part-time driver and rent a truck until the Butterball can be repaied. (We are assuming that the ICC will return that truck to CM) Several persons have expressed interest in the job and we expect that all candidates will receive fair consideration. We also have a commitment from a CM member and experienced driver to train any driver CM might employ. We estimate the cost of repairs at $1,000 (in large part to replace a blown engine). We expect that the ICC will return to CM the portion of the truck-fund which CM has contributed, if not immediately, then over a period of time. Therefore we estimate expenses of CM doing its own trucking as follows: (Figures do not include single, part-time driver [estimated 10¢ mile]; considerable potent al cost is averted by using CM workers as helpers)

License	$ 271
Insurance	1,000
Interest	75
Depreciation	450
Repairs	450
Misc.	100
Gasoline (@33¢ gal.)	1,350
Oil	50
Lubrication	20
Tires	600
Filters	30
Total	$4,125

These figures are based on the assumption that the truck will be driven 30,000 miles annually, whichwould include 2 weekly Milwaukee trips, one bi-weekly trip to Chicago for dry goods, one bi-weekly cheese run. The average cost per mile is 14¢. Should it be possible to cut out the Chicago trip, the per-mile cost will rise, but overall costs will decline.

We are calling for CM to drop out of the ICC and begin doing its own trucking within one week of the time the results of the referendum are known. It is not the intention of this action to take other business from the ICC; insofar as it will be legal and mutually beneficial, CM would pick-up goods for other co-ops who requested it. They would be charged pro-rata no more than the per-mile cost of driving and operating the truck. We think that changeover should be rapid and assume that since the ICC knows of this referendum, they will not be stuck with goods purchased for Common Market.

Wayne Hallett 222-5152
Rt. 3, Madison

Harry Travis 231-1280
506 Farley Ave. #4

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CON STATEMENT TO THE REFERENDUM

We believe that Common Market should continue to support the Intra-Community Cooperative and that the present referendum should be voted down. We believe so for the following reasons:

1) The ICC, in spite of its problems, many of which are inherent in the whole trucking problem of this community and in the nature of managing and operating an organization which is a cooperative of cooperatives, has been and is a viable, reliable service organization meeting the food transporting needs of this community. It is an operating trucking organization, and to pull out of it and set up another one, ignoring the real problems, would accomplish nothing better.

2) The expenses of trucking are being shared by the co-ops of Madison, CM among them. The expenses of trucking for all co-ops together, shared proportionately by these co-ops, are less than they would be if each co-op were to truck separately. This is to our advantage and to the advantage of the smaller co-ops, which cannot at all afford to do their own trucking.

3) CM, as the biggest user of the ICC (60% of the value of goods trucked is ours) has contributed about $3,200 of the $4,000 collected through ICC surcharges and regular service charges into a fund for purchase of the new truck. NOTE: Percentage for our part is larger than 60% because initially the surcharge was only on produce, of which about 80% total hauled is ours. It would be unwise financially to withdraw from the ICC and lose this investment.

4) There's a moral consideration. As the largest member of the ICC, CM was a major reason for the ICC representatives' decision to purchase a larger truck. CM supported this decision at General Meetings and through our representatives to ICC meetings. CM has an obligation to be part of the purchase and operation of this new truck.

5) Once ICC is set up with good equipment and acquires enough capital for inventory they will have the capacity to buy in larger volume (for purposes of getting food at lower cost and operating the truck at maximum capacity to be most efficient economically), and to get more food directly from its sources rather than intermediary distributors, like Foods for Life, Chicago Water St. Market, Health Food Jobbers, Fearn-Soya, etc. The co-ops and sympathetic small businesses in this city, along with those in other communities, by setting up a system of exchange and by pooling their buying power, have greater potential for buying cheaper and more importantly, for penetrating the existing control of the present food producing and distributing system.

The ICC as a trucking co-op in the practical sense has proved to be a reliable service organization in spite of continual adverse circumstances. We have for 1½ years received produce, dry goods (grains, flours, noodles, oils, peanut butter, etc.), cheese, cider, dry milk and canned goods through the ICC. The scheduling of the runs for the last year has been: produce twice a week from Chicago, dry goods from Chicago every other week, cheese from factories in southwest Wisconsin every other week, canned goods and yogurt from a wholesaler in New Berlin every week, along with cider, dry milk and bon bree cheese from near Oconomowoc. Several runs have been made to Minneapolis for flours, rolled oats, other seeds and beans. If something was not on the shelves or in the coolers it is not because the ICC didn't deliver. The truck (Butterball) (or a rented truck when Butterball was sick) has been on the road 4-5 days of every week, and in spite of repeated breakdowns, we have received the goods ordered each time (with the exception of one produce run in January for which there had been no operating truck and an accumulation of other adverse circumstances, so CM and two other co-ops got together and rented a truck to pick up the produce.) The ICC has many times rented trucks when Butterball wasn't working; drivers have had to repeat runs with a second truck because Butterball had broken down on the initial run; they've had to unload the truck themselves on numerous occasions at 11 pm, midnight, 2 or 3 am, because of mishaps along the way, resulting in delayed arrival. Besides CM, ICC buys food for Eagle Heights, Sunflower Kitchen, Green Lantern, Oregon Bakery (producer of guerilla

cookies and granola), Whole Earth, and on occasion Women's Exchange Bakery. ICC delivers to all of these places and have continually been met with little cooperation in helping to unload. The drivers (and unpaid people who have ridden along to help) have continually experienced exploitation, alienation from us who eat the food they work to procure and deliver. We are fast to jump on them for alleged failings of inefficiency, unreliability, non-professionalism, but very slow to concern ourselves with exploitation of their labor and spirit.

At many ICC meetings was discussed this situation of lack of participation. Out of these discussions was conceived the B-team idea, i.e., to get together a group of people who would serve as buyers, loaders, unloaders, etc. and alternate with each other in working with the paid drivers to participate in the trucking. Fliers were attached to price sheets and notices in the price sheet itself explaining the idea and the situation and giving phone numbers and meeting dates to implement the scheme. Out of this came two people--one, Tim Kobernik, who is now employed as a driver and another who went on to do other things. Other things have and can be tried, but the point is that by pulling out of the ICC and getting a few of CM's people to duplicate the same work, we are not facing one of the root problems that exists in the ICC, as well as in Common Market, that of a few people carrying a lot of responsibility, instead of many people sharing responsibility.

Many of the discussions which went on before the formation of the ICC centered around expense and legality. It is the case that the smaller co-ops do not have the need nor the resources to purchase and maintain their own transportation service. Even if two or three of the co-ops did, the licensing and insuring would be more expensive than doing it for one truck. The expense would hardly be warranted if the vehicles so licensed and insured were not being used to maximum capacity. Furthermore, in many cases, the sources of food for the co-ops are the same and it doesn't make sense to send several vehicles to the same destination during the course of a week, particularly if those trucks are not being filled.

The ICC truck has been licensed as a "Private Carrier", rather than a "common carrier." The difference in licensing is the difference between $2,500 for a Common Carrier and around $100 for "Private." It is illegal for Private Carriers to carry goods invoiced to any other than the owner or lessor of the vehicle. This is how it was done in pre-ICC times, with the Mifflin Truck transporting goods invoiced to Eagle Heights or the Common Market. The ICC on the other hand has acted as a wholesaler in buying the food with checks and credit in its own name and in turn re-sells it to the organizations which are members of the ICC. If Common Market began doing its own trucking (assuming a resulting dissolution of the ICC), we would again be faced with the problem of the legal restriction of a Private Carriers license (with a further assumption that the other co-ops would want to truck with us and that the pro-referenders are even considering the other co-ops in their trucking scheme). Common Market has, since very early days, been concerned about those two aspects: 1) trucking with the whole community and 2) operating the trucking legally.

CM has an investment in the ICC. In August of '72 the ICC general body initiated a surcharge of 25¢/case on all the produce hauled. This was changed in December to an overall percentage of all goods hauled, so that co-ops not receiving produce would pay their fair share through service charges into the fund for purchase of the new truck. Refer to the statement "Facts on the ICC" (Appendix) for detailed explanation. $4,000 has been accumulated in this account which will be applied along with money from other sources to the payment for the new vehicle. Common Market would lose their part of this investment (about $3,200) upon withdrawal. Common Market has also sold for a nominal sum of $20 the Butterball to the ICC (decision detailed in following paragraphs) which is now the asset (?) of the collection of all the co-ops. CM has also contributed through the service charges to the salaries of the individuals employed who have gained knowledge and skills of buying food and operating a community trucking service. The experience of dealing with those jobs and

probably more important, the experience of dealing with the problems and needs of cooperatives of people should not be cast off but utilized as a value to the growth and advancement of the co-op movement.

Common Market General Meetings have continually reaffirmed CM's support of the organization of the ICC. CM representatives have acted on the basis of that support and carried out the directives of those meetings. It is true that the General Meetings were and still are attended by 20-50 people, not very representative of the 2,400 people in CM. But the problem of involving more people in the work and decision-making is one we've been grappling with since our beginning, and all of the past important decisions have been made by 20 or so people attending the meetings, including a decision a year ago last November to buy the infamous CM Butterball.

At the June 11, 1972 CM Membership meeting (refer to minutes in CHEW-ON No. 19) having then been informally trucking with the ICC for 10 months, the situation of the ICC and CM Butter truck was brought up. We have been leasing the truck to the ICC for $1 per quarter. A motion by the same person who is now doing this referendum (Harry Travis) was brought up and FAILED FOR LACK OF A SECOND: That CM set up a trucking organization, that we operate the Butter truck ourselves, do the trucking at cost, that people trucking with us hold receipts and collect dividends. Another motion was made that CM affirm the importance and relevance of the ICC to the community and sell for a nominal sum the truck to the ICC, so the problems of trucking will become the problems of us all. Two amendments were offered; 1) not that we go ahead and sell or give the truck, but that we want to truck with the community and are willing to do what the community wants and needs; 2) our representatives will make sure operations of the ICC are legal. This amended motion passed. An alternative motion to lease the truck for $1 for another 3 month period with the same provisions as before was voted down. The matter was brought to an ICC meeting that month. The co-op representatives decided to renew the lease for another quarter and to reconsider buying the truck at the end of that period. The lease was renewed again in September, and the subject no discussed against until December at which time it was decided to buy the truck from CM for the nominal sum stated in the motion. In December the truck was officialy sold to the ICC for $20.

As was pointed ou in the "Facts on the ICC" statement, the new truck was purchased with the intention of accommodating increased volume of food being hauled for the Madison community with CM's growth and increasing volume of food purchased being a major factor. Weeks of discussion took place and the decision to buy this new truck was reached with CM representative and General Meeting support. Two big loan sources were located and a plan implemented (via service charges) to pay off the loans. [Refer to "Facts on the ICC" statement.] As it stands now, ICC has a loan of $9,000 ($1,000 of which is a grant); one of $1,000; one of $600; four $500 loans; one $300 loan; $140 (from an agreement with Ted O'Dell that CM labor in packaging guerilla cookies and granola be paid into the truck fund); and so far $150 collected from the individual $5 pledges for the truck. At the rate in which money is being accumulated through the service charges into the truck fund (2% of present volume of hauled goods which amounts to $450/month), the truck loans will be completely paid off in less than 5 years. The general feeling though is that more efforts should be directed to raising more of the money from the community in the form of benefits and donations. Plans are being made to go about this.

Finally, the long-range potential for the ICC as a food transporter and wholesaler goes far beyond the limits of dealing only with the immediate problem of getting food from our present sources to the warehouse. Pulling out of an organization which enables the co-ops to choose not to deal with established wholesale places and jobbers that play a big part in determining the products we can obtaing, what prices we will pay and what kind of quality we must settle for is short-sighted. It's the kind of thing which entraps small groceries run by families not making a profit but merely earning a living by their labor; the prices which they are forced to charge their customers are high because of what they have to pay the wholeslaers and commercial carriers. With the bigger truck the ICC will be able to buy from more direct sources, buy cheaper in volume and begin to establish an inventory of some goods, so co-ops will be able to get food cheaper, with less investment in inventory.

Buck Trawicky 256-7868
Elaine Nesterick 251-5754
Linda Jo Stern 845-9429

I.C.C. POSITION PAPER

The ICC has been asked to submit a statement of its position on some of the issues raised in the current review of Common Market membership in ICC. This paper has been prepared by representatives of member co-ops of ICC, not by the drivers, and it is the position of its members, not that of the drivers, that is here represented.

In the Statement in Support of the Referendum (hereinafter referred to as the SSR) published with the referendum ballot, a number of charges were made concerning the management (or mismanagement) of ICC and the alleged resulting high prices and poor service, and the consequent advantages of CM's doing its own trucking. Most of these charges are simply false, and will be answered in this paper. Also, the financial advantages to CM and to the rest of the community of CM's remaining with the ICC will be discussed.

It is stated in the SSR that ICC drivers have refused to drive the available and operable truck, i.e. the Butterball. This is misleading and deserves clarification. The incident from which this accusation stems occurred when there was no operational truck. The Butterball had no brakes at the time, and the drivers had spent some 36 hours, straight, trying to repair it. They were understandably tired. The suggestion was made not to make the Chicago run the next day, and to consider the possibility of suspending trucking until some permanent arrangement could be made, the cost of renting a truck being prohibitive. The concern of us member co-ops was not supportive in this "emergency" situation. Our main concern, to some extent warranted, was supplying our "customers" with the goods. We should have been equally as concerned about the "emergency" condition of drivers and the equipment they had to drive.

It is also stated in the SSR that produce available at the Milwaukee market is of equal quality and price as that in the Chicago market. This is untrue, for reasons that are obvious. In the first place, most of the produce on the Milwaukee market comes from the Chicago market, and therefore reflects the original price of the produce, plus the shipping costs from Chicago to Milwaukee. For the same reason, the produce is not as fresh as that available in Chicago. There is less quantity available in Milwaukee, and consequently less variety. Also, there are fewer produce vendors there, and consequently less free flow of prices: prices are more subject to the whim of the individual vendor.

There are other advantages to the Chicago market. The ICC has established credit on the produce market there, and at the majority of the other stops they make in Chicago. In order to establish credit, one needs financial solvency and a reliable payment record of long standing. Does CM or any other co-op in Madison have this on a regular basis?

Through these many months, the drivers and buyers of ICC has established a rapport with the vendors in Chicago and elsewhere. This expertise now benefits all of us. It is not an easy thing to establish these necessary contacts, and to enjoy the benefits that go with them, i.e. credit, and the availability of high quality, reasonably priced goods. True, the quality can always be improved upon, but the ICC has always requested, even begged, for assistance in buying on the Chicago runs. We co-ops have only ourselves to blame for the lack of response in the selection of quality goods.

The SSR makes a remark to the effect that it is unlikely that the ICC is able to raise the price of an $18,000 truck. For the record: as of March 16, the ICC had raised $17,000 toward the purchase of the new International Harvester, and the balance is forthcoming. The truck has been delivered to the dealership in Verona, and awaits only the payment to be turned over to ICC.

The questions concerning the financing of the new truck have been effectively answered in the March 6 issue of CHEW-ON. The payment of the truck is now part of the operating costs (which have now stabilized at 6-7%, and which include savings toward the purchase of another truck in a few years when the present one becomes unusable) and will be shared by all co-ops--local and out-of-town--served by the ICC. All out-of-town groups have been and are currently aware of this policy.

Statements regarding the insurance of the new truck also need clarification. To begin with, it is unlikely that any insurance company would insure the Butterball in its present condition. The Butterball was a well-used truck when purchased, and its condition now, as will be attested by anyone who has worked with or near it, is completely inoperable.

In 1972, CM purchased a liability policy costing $570/yr. on the Butterball. ICC repaid this policy on a quarterly basis, except for the second quarter, when the truck was not in use. At the beginning of this year a decision had to be made whether to continue insuring the Butterball (which was then virtually inoperable) or to buy a more complete insurance policy to cover the new truck and to apply it to the Butterball until the new truck arrived, at which time it would be transferred to that truck. The price of this new policy, which included more liability insurance and medical payments, was $1,144/yr. We are currently financing this policy at $286 down, and $99.60/mo. for 9 months. It's a little more costly this way, but we don't have to pay it all at once. The coverage is specifically for the following:

liabilities: $50,000/person, and $100,000/accident,

property damage: $25,000/accident,

medical payments: $2,000/accident. (More medical coverage is provided by another policy.)

In this interim period between the expiration of the Butterball and the delivery of the new International, we are leasing a used truck from the I.H. dealer at a reduced rate of $200/mo. We bought collision insurance for this vehicle for approximately $375/yr., transferrable to the new truck, and which will be increased to a cost of $900/yr. for more complete coverage on the new truck. We have paid $106 down, and $35/mo. over an eight month period. The reason for the increased cost of the collision policy is that the new truck has a higher value. This comes to grand total of approximately $2,000, considerably less than the $3,000 suggested in the SSR.

The SSR complains that the truck will be unavilable for adequate service to the Madison: that being in greater use on longer hauls away from town, it will reduce produce deliveries from twice weekly to once. As it happens, the new truck is too large and unwieldy to make local deliveries, and furthermore, operation of it in stop and go city traffic will be damaging to the engine and transmission. Obviously, then, the new truck will have to be supplemented by another, smaller truck for local deliveries and pickup of cheese. Rather than increase costs by investing in a second truck, ICC has reached an agreement with the Mifflin Co. Co-op to exchange trucking services. ICC will truck for Mifflin to Chicago and Milwaukee, and Mifflin will use their newly rebuilt truck for local deliveries. The increased amount of produce hauled will necessitate two produce runs a week. This way, costs will remain low for all, and the work load for ICC employees will be reduced. Both ICC and Mifflin see the advantages of trucking together for increased efficiency and cooperation.'

The issue of warehousing is raised in the SSR. The ICC has been looking into warehousing and has this plan in mind. The ICC is expecting shortly a long term loan of about $10,000. (This money is currently tied up in the stock market, and will be liberated as soon as possible. A transfer of these funds from ITT to ICC will do us all good.) What the ICC has in mind is to begin renting warehouse facilities separate from CM, with cooler space, in order to begin the accumulation of inventory and in-town wholesaling. With a well-stocked warehouse in town, food co-ops will be able to receive in a day what they might have otherwise have had to wait as much as two weeks for.

Cheap warehouse facilities are available in Madison. For example, in the near future we will be able to obtain warehouse facilities at less than 6¢/sq. ft., including ;utilities, but without cooling, or, 7.2¢/sq. ft., with cooling. Maintenance is included on all leased facilities. CM is now paying 10¢/sq. ft., for warehousing without utilities and cooling maintenance.

ICC now needs to acquire the capital necessary for rental and for inventory accumulation. The repayment of these loans (long term, as with the new truck) will be included in the operating cost of these warehouse facilities. We have the capital available and the truck to deliver the goods.

One of the most disturbing statements brought out in SSR is the one concerning the lack of documented facts available to individual interests in ICC. Our meetings have always been open, most of the co-ops have been represented at all of the meetings, or notified of meeting time and place. There have also been newsletters and public communications sent to all of the co-ops from time to time. There is, quite frankly, a limit to the free flow of information (documented facts) if those on the receiving end (individuals and groups) are not interested in attending these tedious, long and extremely open meetings. This policy of open meetings shall be continued.

Common Market currently accounts for about 60% of ICC's weekly business---that is, the dollar value of goods hauled for CM amounts to 60% of the total value of goods hauled. In accordance with ICC's pricing structure (determined by the members of ICC, the individual food co-ops) CM pays 60% of ICC's weekly expenses. If CM decides to begin truckking for itself, 100% of the expenses of the trucking will fall to it. These expenses include the cost of renting or purchasing a truck. Truck leases for the type of truck required by CM run no cheaper than $100/wk. CM will have to pay all gas, oil and road tolls. CM will have to pay the cost of insurance for the truck (purchased or rented). CM will have to pay the salary of a driver to make the long, dirty, tedious and tiring runs to Chicago and Milwaukee. Trucking expenses will not be lower because a smaller quantity of goods is being hauled. Rather, the efficiency of the trucking operation will simply be less, and CM will pay more money for the same goods hauled.

In withdrawing from ICC, CM will not only be doing itself a serious financial disservice, but severely damaging the co-op movement in Madison, as well. Just as CM's 60% of trucking will increase to 100%, the 40% shared by the other co-ops in ICC will increase to 100%; they will be multiplied by a factor of 2½, in other words. Consequently, co-ops such as the Sunflower Kitchen, Green Lantern, Whole Earth, Quercus Alba Bakery (Guerilla Cookies), Nature's Bakery, and Eagle Heights Co-op will be forced to take their trucking elsewhere--to A.J. Sweet's, more than likely. The ICC is an example of what can be achieved through cooperation and concern for others, and to cripple it by an ill-advised withdrawal is to do damage to the entire community.

Edie Kjosa, Whole Earth

David Mann, Sunflower Kitchen

Michael Oberdorfer, Eagle Heights Co-op

* * *

STATEMENT OF THE FINANCE COMMITTEE

WE THINK IT UNWISE TO WITHDRAW FROM THE ICC AND THE FINANCE COMMITTEE RECOMMENDS A VOTE "NO" ON THE PROPOSED REFERENDUM. The following are our major reasons in brief; they are expanded later.

1. The ICC is <u>cheaper</u> than trucking ourselves.

2. Withdrawing will cost us money we do not have now, and implies a <u>large investment</u> in a new truck in the not too distant future if Common Market is to survive.

3. We believe that the members of Common Market are interested in the <u>long-term growth</u> of Common Market and becoming an effective alternative to profiteering supermarkets. We see ICC as the only way—within our graps--to have enlarged leverage in wholesale food purchasing.

4. We have <u>already</u> partly <u>paid</u> for ICC's new truck [$3,200]. There is NO guarantee that we would getour money back. The ICC is a cooperative of which CM is onemember, and there are outstanding <u>legal questions</u> as to our liability if ICC folded particularly if it were as a result of CM pulling out.

5. ICC seems to have been unresponsive to the desires of the CM transportation committee people; it appears that their truck maintenance has not been great [yet the butter truck was nearly worn out when purchased]; and their business procedures somewhat loose (we are no model of corporate efficiency). Yet they have reliably delivered the goods to CM.

6. We are concerned over the present strife. It is clear that the three main backers of the motion to dump ICC have an ax to grind--they have not simply presented their case, but have tried power politics, insinuation of all sorts and petty personal attacks. On the other side the staff, principally Elaine, has worked against their ideas and has engaged in equivalent counter propaganda. Honest and open disagreement is one thing, but the bitter fight between the people who have been the main source of energy for the co-op is senseless and could be our undoing. This is just what the big companies would like to see happen to cooperatives. If only for the sake of CM's survival as a viable business, we have to work out a better way to resolve these conflicts and provide solutions to business problems.

1. The financial situation of Common Market is not good. We lost about $7,500 during the last six months of 1972 for a total loss of about $6,400 during 1972. Of the expenses (total near $42,000) for the year, including salaries ($8,800), service charges, supplies ($2,400), rent ($5,700), Sustaining Fund ($4,200), etc., ICC cost us about $9,800. Almost all expenses increased by about 100% in the last six months of 1972.

ICC costs are calculated on the basis of their expenses, including salaries, which generally average around 4% of the wholesale price of purchases, plus another 2% for the new truck fund..

The only economically relevant questions are [1] what will staying with ICC cost us now and [2] what will it cost in the long run (cf.#2)? The cost as estimated in the Pro-referendum statement for trucking ourselves with the venerable butterball is deficient in two respects: [1] The costs described by the resolution-movers are low on repairs and gasoline by about $1,000, and they neglect the $5,200 (at the current CM paying rate of $2/hour takehome plus payroll taxes) for salary for an absolute more than full-time job, making an absolute minimum cost of about $10,000 per year for doing our own trucking. [2] The 1972 ICC cost of $9,800 includes $3,200 equity investment in the new truck, thus the comparable ICC cost is $6,600 for last year, rising to an estimated $8,000 this year. Why is trucking with ICC cheaper than doing it alone? Because we COOPERATE with the other cooperatives and share the expenses.

2. Probably the greatest mistake alternative institutions have made--and undoubtedly their greatest nemesis--has been their failure to adequately capitalize. Common Market did not at all capitalize, but depended upon minimal expenses and maximum sales to produce a surplus that could be used as equity for capital expenditures.

Against the recommendation of the Finance Committee, the general membership decided to expand operation of CM to the Southwest, realizing the lack of liquid and/or fixed capital available for the project. Methods such as contribution-raising, increasing membership/sales, etc., were to be used to finance the expansion. Not only was the fundraising insufficient to raise the required capital, but the increase in both fixed and variable expenses soon put Common Market far under the water. This made it difficult to put any surplus away as a capital fund...But--because we had expanded--we needed to expand even further in other directions to meet the expenses. The trucks being used were too small and costly to be used (One week, the mushrooms were packed into the glove compartment!) If we were to increase sales and to produce a larger surplus we had to increase the size & efficiency of the truck.

ICC suggested and CM agreed to the purchase of a new and larger truck. With other members and co-ops belonging to ICC--from Minneapolis to Chicago--Common Market began sharing financially in a fund for the purchase of that truck. While the expense is still too much for Common Market to handle, it is much less expensive than our buying

our own that we do not need seven days a week. While the expense seems great, if we are to look at the long-term success of Common Market, we must not concentrate so much on saving pennies here and there, but on making dollars everywhere.

If Common Market were to withdraw membership in the ICC it would have to--on its own--set up a capital fund for the purchase of a new truck, to be purchased relatively soon. The present butter truck--by standard accounting procedures--has already depreciated its expected lifetime. The movers of the resolution wish us to consider further investing another $1,000 in the old butter truck which perhaps may keep us going for awhile. It is one thing to have an old truck to bang around town in, and quite another to have one on long haul for five or six days a week, 52 weeks of the year. The Finance Committee believes that a SOUNDER INVESTMENT would be a new truck such as ICC has purchased--an investment that can be shared with others.

We can most efficiently invest in the future of Common Market on a cooperative basis--paying for capital expenditures out of a fund into which other members contribute (besides Common Market). As a matter of fact, this Committee recommends that Common Market look into sharing other resources with other groups. Almost everything purchased--from office supplies to trucks--could more economically be done by a larger and more diverse group. To make these kind of expenditures on our own is to make the mistake that businesses in the past have made by being privatist and selfish in their operations. Businesses--even in modern capitalist America--have learned to co-operate (they call it diversify and consolidate) for maximum returns. (If it seems confusing, try it at home: it would be economically reasonable, if not socially, for you and your neighbors to share use of a lawn mower or electric drill that neither of you use twenty-four hours a day.) For us to become privatist, isolationist and capital-grabbing is costly as well as anti-social, and perhaps financially disastrous for such an under-capitalized organization as Common Market.

3. There are nearly as many ideas of what Common Market should be as their are members, but we believe that a near consensus want to see growth to a size where we can not only survive in an environment populated by giant chain stores, but provide better food, cheaper food, and by our very presence, cause changes in those giants. Many feel that we should generate surplus for various other community purposes. All these, however, depend upon growth. Not the unlimited growth that takes the organization to the size of a corporate monster, but at least to a size which can make it (which is probably less than ten times our current sales of about $10,000 per week). In order to get cheaper prices one has to buy in bigger lots and nearer the original sources. A carload of grain, a semi-load of apples, etc. We can only do this with the expanded buying power that ICC is aiming for by getting co-ops from all over the area together.

4. One of the reasons we believe that the referendum-movers dislike our participation in ICC is because we share a large proportion of the expenses of ICC because we are a large proportion of its business They say we may as well be doing our own trucking, including setting up our own ICC.

Having a larger proportion of the business in ICC at least theoretically gives CM more control over the operations of ICC although our representatives have not manifested that kind of control in meetings with the other ICC members. On the contrary, the representatives from CM to ICC meetings have been considerate of the needs of other ICC members. The move to withdraw would undoubtedly be the ultimate power maneuver on the part of CM as an ICC member: it may well destroy the cooperative trucking association altogether.

The Finance and Audit Committees are now busily looking into the legal complexities: what is our liability?? of withdrawing from ICC should it bankrupt the organization. The legal inquiry takes money and time. We are getting volunteer legal help. The movers wish to withdraw within a week if the resolution passes. The Finance Committee believes that such an action without understanding the legal and financial consequences for Common Market and its members, board of directors, etc., is nothing less than foolhardy.

Moreover, though withdrawal can certainly be accomplished ultimately, it is not clear that ICC would (or could) return our equity in the new truck. Pulling out would be painful, disruptive to the cooperative effort in the community, and surely costly to us in legal fees, and probably costly in the lost investment.

5. We will not elaborate on this point. The pro and con statements both belabor the issue. We certainly do need a better method of resolving conflicts and finding adequate solutions to our business problems.

6. Neither will we further expand on this point. As a cooperative of about 3,000 members with a sales volume of 1/2 million dollars per year we must think of ways to streamline our functioning, involve more people and above all to open other ways of communication between ourselves and with ICC that will prevent this self-destructive internal conflict.

s/s/ FINANCE COMMITTEE: John Learned, Chairperson
Charley Taylor, Bookkeeper
Betty Noel, Person
Nancy Emmert, Tax Advisor

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STATEMENT BY THE WORK COMMITTEE
ON THE WORK INVOLVED IN DOING OUR OWN TRUCKING

1. A driver-buyer should be knowledgable, competent, responsible and steady. To avoid damaging a vehicle, he/she should be a trained truck driver. In addition, he/she should know where to go for different food items, what the competitors are offering (in the case of produce), and how to judge quality. Lastly, he/she should be able to load a truck well to prevent crushing, spoilage and freezing. This job requires skills that few people have; anyone learning it will have to be trained.

2. Each run requires a shot gun rider, to help with loading the truck. The shot gun rider on ICC runs is almost always a volunteer (not a second ICC driver), usually a friend from one of the Madison co-ops, including CM. (This doesn't count as a work job for CM.)

3. Presently, the number of hours involved in driving the truck is 130 per month. This breaks down as follows: produce from Chicago, 64 hours/month (8 twice-weekly runs of 8 hours); associated grocers (Chicago), 20 hours/month (4 weekly runs of 5 hours each); cheese, 1y hours/month (2 twice-monthly runs of 8 hours each); dry goods, 30 hours/month (2 twice-monthly runs of 15 hours each). If all produce runs were made to Milwaukee (eight 6-hour runs/month) instead of to Chicago, this figure would be lowered to about 114 hours of driving per month, or about 30 hours per week. This is driving time: a driver and rider would involve about 60 person-hours per week. These are minimum time figures.

4. This does not include time for unloading, maintenance, bookkeeping, and billing.

5. The derivable implications, if we choose to do all our own trucking, are that: 1) There would be the equivalent of 10 4-hour work slots to fill each week, inaddition to the 20 hours worked by a part-time driver. 2) A number of these runs last markedly more than 4 hours. 3) A part-time driver could not do all the runs in 20 hours/week; there would have to be one or several volunteer drivers to supplement him. If there were 2 volunteer drivers, each would drive either 10 or 24 hours every other week. If there were more than 2 volunteer drivers at a time, or if they were replaced frequently, the level of competence and knowledge would probably be diminished, and the quality and cost of the whole trucking operations, and the truck, would suffer. 4) It is presently difficult to fill all of the regular warehouse workslots. These trucking jobs would be harder to fill than regular work slots, because they would be long (in many cases 6 hours or longer) and less pleasant than most CM jobs of any kind. Yet the whole operation of CM hinges on our getting our food trucked to us on time, dependably.

6. One reason work slots are hard to fill is that there are almost as many work jobs as there are workers each month (almost all groups sign up for all their work jobs, either in the warehouse or over the phone. Having to find workers to ride with the driver for a total of about 30 hours each week would be very difficult, unless membership grows or the work requirements for groups are increased.

STATEMENT BY WORK COMMITTEE MEMBERS

As Common Market members, and as a committee, we abhor personal attacks made by anyone in Common Market on anyone else. Common Market can only work if people work together. Disagreements on policy and operational questions should be discussed and debated without resorting to name-calling, emotional appeal, innuendo, or personal accusations--all of which are very destructive to Common Market as an institution.

As a committee we have found the staff of Common Market very responsive to suggestions and to requests for information. We commend the staff for their hard work and sincere committment to Common Market. We know of no reason to doubt the personal integrity of any Common Market staff member.

Common Market will only succeed as long as we treat each other respectfully. This organization is for people. It behooves us all to create an atmosphere where Common Market's operations can be carried out through reasonable interactions amongst all those involved. This requires a committment from all of us.

Steve Crade 25[illegible]-1075
John Fuehr 249-3213
Jack Wilson 25[illegible]-5635
Louis Brenger 256-6635
Kintly Hintz 2[illegible]-7728
Jane Packer 241-2526
Bob Conrad 256-3368
Chuck Gregory 249-4267
Steve Klauger 257-7051
Monte Johnson 257-7051
Barb Davis 241-1325
Harriet Hirsch 251-4331
Suzy MacKenzie 221-2959
Buck Trawicky 256-[illegible]868

Barb Siegel (Cashiers Committee)
255-4971

Bob Lofton 255-1881
Carol Burr 2[illegible]5-1486
Rob Werner 233-9074
Megan Wentroth 233-9079
Frank Ford [illegible]56-6361
Karen & Steven Schoongrund-Baumann
255-0712

Lynn Helme 238-3965
Nan Chaney [illegible]3-2390
Pat Johnson 256-9343
Brock & Susan Cole 233-9166
John Koch
Betsy Bukstein 255-4153
Chris Kravik 251-6643
Lou Zeldin 2[illegible]8-5740
Doug Lummel 257-6646
Donna Kubai 255-6527
Dave Heuman 238-2162

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PRO REBUTTAL STATEMENT

"Save The Goose"

Common Market is financially insolvent (essentially bankrupt). A full year of operating losses continues at about $1,000 per month with no reversal in sight, all in spite of a 6+% price increase begun in mid-September, 1972 on all goods trucked by I.C.C. for CM. Further price increases are unrealistic.

Total operating losses of about $14,000 have dissipated all collected membership funds, $4,500 or more, 1971 profits of $3,745, 1972 first quarterprofits, the CM truck and now apparently over $1,000 of creditors' funds. Since CM is operating on creditors' funds for capital (with over $4,000 invested in inventory), the continuing $1,000 per month losses are actually being sustained by the creditors, who are currently owed over $5,000. CM will continue in operation only as long as its creditors are willing to absorb such losses. No knowledgeable creditor or investor would lend, give or grant CM any amount of money when it would only be dissipated in the continuing operation losses. Such continued operation is not only unethical but may be illegal.

This extremely critical situation makes immediate remedial changes in operating practices mandatory if CM is to continue in operation, which is most important for CM survival. Substantial operating reductions can be made by disassociation from I.C.C. and self-trucking by CM from its own sources. (Explained elsewhere.) In fact CM simply cannot afford to continue trucking with I.C.C. at costs 2 to 2½ times self trucking costs. (The ratio changes with variations in ICC rates.)

This critical CM financial situation imposes a dilemma on ICC and its supporters. Unfortunately for them, they will lose whichever way this referendum goes: if the vote is Yes, they lose CM business; if the vote is No, CM fails and is forced out of business. All the impassioned rhetoric of I.C.C. has been in vain.

At the same time, this critical CM financial condition requires a Yes vote if there is to be any hope of salvage and survival of CM. If CM is of any value and service to you, you must vote "Yes."

Why haven't youbeen informed of all this before now? The writer perceived the trend of CM operations about 10 months ago and proposed a "Save the Goose" movement to effect corrections to receptive members. However, proof of perceptions and means of communcation were difficult, so proposals and motions at meetings were rejected as advocates of the present operating loss methods were able to control meetings and communications. Long suspected facts were partially substantiated by the incomplete 1972 CM financial report issued March 11 with additional direct confirmation obtained during the last week of March. However, the seeming attitude of "What you don'tknow won't hurt you" leaves us wondering what we don't know yet.

An example of what we don't know is the just now disclosed "sale" December 16 of CM's much maligned $3,200 truck, the Butterball, by the CM coordinator to I.C.C for $20. This apprently illegal "sale" was unsuspected as the CM title to the truck has been and remains in the possession of a CM member for safekeeping. (How could the truck be "sold" without the title?) Further the "sale" was definitely in violation of the elsewhere quoted 1972 CM membership meeting passed motion amended to prohibit sale or gift of the CM truck. A sourceless passage in the "Con" statement informs us that "it was decided (by I.C.C) to buy the truck for the nominal sum stated in the motion." Such a motion cannot be found in any CM record nor in anyone's memory. The December, 1972 CM membership meeting lacked a quorum so no such action could have been taken then.

CM members: don't you think you have been had when your paid coordinator practically gave away CM's major equipment asset when she had no authority to dispose of it under any circumstances especially since CM was already in grave financial difficulty. Why was the CM truck sold December 16 when I.C.C. daily expected delivery of a new truck originally scheduled for delivery December 1, 1972? In light of the above quoted "Con" statement, don't you think I.C.C. participated in or, more likely, promoted this "sale" for its own purposes? Don't you think I.C.C. should feel the pangs of conscience and gracefully save face by returning the Butterball to CM? Wouldn't this be a true expression of the much heralded community minded cooperation by I.C.C.

to its financially sorely tried "Goose" that has laid its golden eggs for so long? If your answers are yes, don't you feel compelled to vo... "Yes?"

The proponents of this referendum sincerely believe in the original and admirably desirable concepts of CM and I.C.C. We are convinced, however, that these concepts have been buried by the imposition upon them of costly operating practices, premature costly expansions and in the case of CM, possible exploitation. Our only objective is to restore CM to those concepts which functioned so well the first year of operation to provide CM members with quality goods at lowest possible prices. To do so requires your fullest support not only in this referendum, but also full participation in work and decision-making. Referenda like this enable every one of you to partake in important decisions. Guard this right; there are some who would deprive you of it. Exercise it and vote Yes, to Save the Goose, CM.

"How would you truck?" is the question asked. Until the Butterball could be repaired or the box body mounted on a different chassis, a relatively favorable truck rental has been arranged. Competent drivers and instructor have volunteered already. Once the necessary remedial operational changes are initiated assuring loan repayment, money would be available for truck and other purposes to restore CM to the operating efficiency necessary to survive and to serve you better. Too, as a stopgap measure, produce could be purchased locally from the A.J. Sweet Co. Local sources (Mifflin St. Co-op) inform us that quality food at competitive prices is available upon demand.

Below are direct rebuttals with reference to source statement on first line. Since there is considerable repetitious coverage of subject matter among the four statements, our failure to rebut the repetions to save you space, should not be considered a concession of the points by us.

Rebuttal of Con Statement:

Paragraph 1) CM self trucking provides direct control avoiding problems encountered by I.C.C.

Paragraph 2) Smaller groups could buy from CM at lower costs.

Paragraph 3) & 4) Continuation of present policies will cause failure of CM, imminent now so investment will be lost anyway unless I.C.C. wants to refund it to CM. If CM fails, it won't be in existence to meet any possible moral obligation. How can these I.C.C. people, who at the 1972 June CM membership meeting voted down a proposal to put this issue before the membership as a referendum, now tell the membership it is morally bound to decisions they, the I.C.C. people, made?

Paragraph 5) Desirable as I.C.C.'s warehousing may be, it appears doomed as a costly noble experiment for want of a market. Evidence of this is the remainder of less than half semi-load of oranges I.C.C ordered now rotting in the CM warehouse. Such losses defeat the purpose of warehousing by forcing prices higher than present sources.

Proponents of this referendum have been much criticized for wanting to abandon I.C.C.; isn't I.C.C. proposing to do the same when it eliminates the honest reliable people with whom it has established rapport and credit, by buying directly from the source? Sauce for the gander should also be sauce for the "Goose." If I.C.C. wants to bypass middlemen, why can't CM bypass I.C.C.?

I.C.C. is pictures as a reliable service organization. Is this true? How often have you had to buy at a local market that part of your order unfilled because I.C.C. didn't deliver the goods which may not have been priced right in Chicago? By phoning ahead to Milwaukee our coordinator could assure our getting all our produce.

Re: expressions of sympathetic considerations for drivers and riders: the insistence on buying in Chicago with its attendant long fatiguing hours borders on masochistic martyrdom. It just isn't necessary! Think of the unloading problems of the larger load at I.C.C.'s warehouse after the much more tiring cross country trips.

Re: trucking operations within legal requirements: does I.C.C. observe these regulations? Does it keep a logbook? Do drivers have medical certificates? Is a driver not listedon the insurance policy permitted todrive? Who is legally liable for any accident costs beyond the $50,000/$100,000 coverages on the approximately 50,000 lb. truck when loaded? (Many owners of 4,000 to 5,000 lb. autos carry more.)

Re: Sale of the "Butterball": if it is such a questionable asset, CM will gladly refund the $20 purchase price as the body is worth $1,500. That would satisfy our contention that the "sale" was unauthorized and illegal.

Re truck loan payments: If the truck is to be used as projected, will it last the less than 5 years expected necessary to pay the loans

Re long range I.C.C. plan: Purchase of this costly larger truck and proposed warehouse rental are definitely premature for want of markets and especially since its principal local customer, CM, could cease business.'

Re occasional need for larger capacity than Butterball: A 20-year professional truck driver long ago recommended that an 80% increase in capacity could be had for just 30% cost increase simply by installing a hitch and trailer. That more economical proposal was dismissed out of hand, as being too much trouble.

I.C.C. Position Paper:

P. 11 Paragraph 3 - Pro statement distorted. At a meeting in late spring, 1972, Bob Golden repeatedly stated that he would not drive the Butterball nor the Mifflin truck regardless of the degree of safe condition they might be restored because it was "his life on the line." The other I.C.C. drivers appeared to concur. In January drivers refused to drive with long argument to justify refusal.

In January, 1973, after a 2-week shutdown during which the Butterball could have been repaired why did the obviously mechanically incompetent I.C.C. drivers attempt for 36 hours straight to repair the Butterball instead of having it repaired in a reputable garage, as was done eventually anyway? Isn't this utterly ridiculous? CM had to rent a truck to get goods for all I.C.C. members.

P. 11 Paragraph 5 - I.C.C. members appear misinformed. Milwaukee produce houses with which the writer is familiar over a period of year receive practically all of their goods directly from the grower or the grower's agent. There is a small volume of mutual trading with the Chicago market. Nine dealers provide sufficient freshness and price competition. I.C.C. admits to buying only from a few dealers in Chicago. Why?

P. 11 Paragraph 5 - Why is credit needed on goods turned over in 2 days?

P. 11 Paragraph 6 - If I.C.C. buyers possess such expertise, how could inexpert I.C.C. members help? Such expertise should always assure quality.

Re truck insurance: Isn't the public liability insurance woefully inadequate for a truck of this size? The $3,000 figure was supplied by insurance sources for adequate coverage in all respects.

P. 12 Paragraph 4 - Recent evidence confirms once a week produce delivery to Madison (fresh produce?) How much damage is being done to the engine and transmission in Chicago area traffic where stopping is the rule? How can the Mifflin truck legally make local deliveries if such deliveries by CM would be illegal?

P. 12 Paragraph 5 - The warehousing idea sounds wonderful, but where is the inventory to be sold? Presently the remainder of less than half a semi-load of oranges I.C.C. ordered is rotting in CM's West warehouse. This example shows what a costly venture warehousing could be.

P. 12 Paragraph 6 - Isn't the warehousing cost unbelieveable when CM's two warehouses, the cheapest that could be found, cost CM more than 2 to 3 times the quoted costs? Why hasn't I.C.C. been community-minded enough to let CM in on a bargain it has sought twice in the past year?

P. 12 Paragraph 7 - Does warehousing mean still higher costs to CM as indicated?

P. 13 Paragraph 1 - Have I.C.C meetings truly been open? Meeting notices have not been posted; meetings have not been held where previously scheduled; meetings have been called on such notice that some members were unable to attend; a secret meeting was held on March 18. Why?

P. 13 Paragraph 2) Insurance, except the collision deductible, is included with a rental truck, admittedly included in the rent paid. When did a 1½ hour run each way on Interstate roads and expressways to Milwaukee become a "long, dirty and tedious run"? Is a Chicago run necessary when most suppliers ship large orders freight prepaid?...

P. 13 Paragraph 3) Small co-ops could buy from CM and save. ICC could concentrate on the long hauls for which its truck is designed.

Work Committee:

Driver-buyers not necessary. Orders will be placed by coordinator by telephone permitting substitutions of better buys and knowledge of what will be received.

Why shouldn't CM members get credit for work? Why is Work Committee disparaging truck-work on the one hand and praising rare skills of ICC drivers on the other?

Why should an easy trip to Milwaukee take 6 hours while a difficult trip to Chicago take only 8? A Milwaukee trip could be done in 4 hours, 5 at most, while the time for the Chicago trip has ranged from 10 hours to 20 hours with the average 12 hours or more.

Regarding the amount of CM labor needed, it would amount to less than half an hour per member per year.

Finance Committee Statement:

Item 1 - CM financial condition and trucking costs discussed at length previously. Isn't the about 100% increase in costs in 2nd half 1972 over first half (on only 12.2% increase in sales) interesting? The actual overall increase was 50.2% but trucking costs increased 102.2% plus the Butterball. ...Facts available indicate recent ICC trucking costs are costing CM about $275 per week equalling about $14,000+ per year. A careful study using different methods of estimation indicated a cost of $14,165.84 per year. Quoted figures just are not realistic. Can a larger costlier truck be driven twice as far for less? ... Re: CM truck costs: gasoline allowance was generous; repairs need not be as exorbitantly costly as those incurred by ICC. Since our trucking needs are simpler, a half-time paid driver would suffice.

Item 2 - The chairman and a member of the early 1972 Finance Committee, Bob Pierson, and his brother, Scott, were enthusiastic supporters of a second warehouse. Another committee member did not object so presumably supported it. When were CM members asked about or did they agree to an $18,000 truck purchase? ... The idealistic goals are dear to behold, but how can an insolvent CM participate? Isn't the cart before the horse? ... Talk of CM operating its truck 5 or 6 days a week is sheer rhetoric. ICC now operates 3½ days a week. CM has no need for a new truck to be operated 2½ days a week with care.

Item 4 - Wrong. The referendum movers want to restore CM to a vialbe operation and honestly believe that CM can't afford ICC service They have no desire to destroy ICC. ... Since there are no formal legal committments, how can there be legal obligations? ... If ICC needs CM's $3,200 "investment" equity, it should be considered as a loan or written off as a donation to ICC. Why is there so much concern about this $3,200 and apparently none about the "sale" for $20 of CM's $3,200 truck? Even though written off, it still had an actual value of at least $1,600. What was its trade in value for ICC on the new truck?

Item 5 - Butterball was not nearly worn out when purchased. It had a newly rebuilt engine and reworked brakes and ran well. There have been reports of improper use and care. Could this have caused most of the troubles experienced?

Item 6 - This is example of the charges being leveled against us proponents in this item! What ax would we have to grind? What would we gain that any other CM member wouldn't gain in the salvage of CM? Our case was presented on the facts we were able to obtain. How can "power politics" be applied in a referendum? Might that charge not better be applied to the rejection by ICC proponents of a proposal to have the decision made by a referendum? Isn't ganging up with four position papers against this referendum the power politics? The pro-statement for the first referendum made allegations when absolute confirmation couldn't be obtained; are they insinuations? Personal

attacks were then not even considered. However, intensive defamatory attacks upon us as implying we are liars by denouncing our statement to CM members as nothing but a pack of lies in an attempt to obtain No votes, by the paid CM staff, provoked another pro-writer to the alleged personal attacks.

Our "ax to grind" could be that we have spent many hours and personal funds for the development and well-being of CM, looking for a truck, coolers, lights and other equipment, installing and servicing such equipment, seeking new and better sources of goods, better methods of operation to make CM a better instrument of service to its members only to see it sacrificed to an unrealistic philosopjy, however idealistically desirable that philosophy may be.

We, too, have our dreams and ideals; our are earthy rather than ethereal, functional rather than theoretical. Our way every CM member benefits; continue as now operating and everyone loses because all will be lost; even the dreams will fade away.

Vote Yes! Vote Yes! Vote Yes!

Wayne M. Hallett 222-5152

* * *

THE COMMON MARKET, LTD

Income (Operations) Statement

HALF-YEAR ENDING 31 DECEMBER 1972

Sales	$245,596	
Membership Fees	630	
Contributions	7	
Rents	190	
TOTAL OPERATING REVENUE		$246,423
MERCHANDISE COST OF SALES:		
Merchandise Inventory, July 1, 1972	4,021	
Purchases	225,360	
Cost of Merchandise Available for Sale	229,381	
Less: Merchandise Inventory Dec. 21, 1972	4,067	
Cost of Merchandise Sold		225,314
GROSS MARGIN ON SALES, FEES AND RENTS		21,109
EXPENSES:		
Salaries	$4,982	
Payroll Tax	452	
Depreciation--Store Equipment	372	
Depreciation--Capital Fund	1,036	
Service Charge on Purchases	6,896	
Supplies	1,237	
Rents	3,387	
Telephone	607	
Utilities	751	
Madison Sustaining Fund	2,344	
Service & Maintenance	399	
Expansion	45	
Miscellaneous	1,195	
Property Tax, 1972 Amortized	45	
Total Expenses		23,742
NET LOSS, Half-Year Ending 31 December 1972		$ (2,639)

Balance Sheet

31 December 1972

ASSETS

Current:			
Accounts Receivable	$ 230		
Merchandise Inventory	4,067		
Supplies Inventory	412		
Total Current Assets		$4,709	
Equipment	1,888		
Less: Accumulated Depreciation	577		
Total Equipment		1,311	
Total Assets			$ 6,020

EQUITIES

Current Liabilities:			
Bank Payable	$3,972		
Creditors Payable	3,340		
Total Accounts Payable		$7,312	
Long-Term Liaibilities:			
Notes Payable	2,105		
Total Liabilities		$9,417	
Earnings Deficit		(3,397)	
Total Equities			$ 6,020

THE COMMON MARKET, LTD.

Comparative Balance Sheets

December 21, 1971 and 1972

ASSETS	12/31/71	12/31/72	Increase Decrease*	Per Cent Change
Current Assets:				
Cash	$3,257	-0-	$3,257*	100%*
Accounts Receivable	-0-	$ 230	230	100
Merchandise Inventory	480	4,067	3,587	88.2
Supplies Inventory	-0-	412	412	100
Total Current Assets	3,737	4,709	872	18.5
Equipment (Net) . . .	197	1,311	1,114	84.9
TOTAL ASSETS	$3,934	$6,020	$2,986	49.6%
EQUITIES				
Current Liabilities:				
Accounts Payable . .	$ -0-	$7,312	$7,312	100%
Long-Term Liabilities				
Notes Payable . . .	600	2,105	1,505	71.5
Total Liabilities	600	9,417	8,817	93.7
Earnings	3,334	(3,397)	6,731*	198.1*
TOTAL EQUITIES	$3,934	$6,020	$2,986	49.6%

ELABORATION ON THE FINANCIAL STATEMENTS

Background

For the uninitiated, each column in the statements represents a different computation of figures, the total for which computation generally appears to a column at the right; the total in turn is generally added to or subtracted from another figure in the same column.

The financial story is indeed a sad one. The picture was painted last August in the mid-1972 Financial Statements reflected a drastic reduction in the amount of earnings retained by Common Market. The situation at that time was termed critical; you may remember the September Chew On Financial Statement elaboration suggested several remedies. Foremost among them was the hope that expanded sales in the fall would cure the situation. In fact September and October revenues slowed considerably the rate of loss, but an unforeseen change in the school calendar, students leaving town in November and through most of December instead of January, plunged CM into an even worse financial state by the beginning of 1973.

Very Briefly

Sales revenues have increased by about 18% from the first half of 1972 while overall expenses have risen by more than 30%. Increases in about all expenses have been at least an indirect result of the move to expand to the Southwest side. "Payroll Tax" is not what is deducted from salary, but rather the tax paid by employers as their share of Social Security and Unemployment Compensation, 5.2% and 3% respectively of payroll. "Depreciation--Store Equipment" reflects the amount of estimated decrease in value of total equipment owned by Common Market. In the balance sheet, you will notice "Accumulated Depreciation," the estimated amount of depreciation since the purchase or setting up of equipment. "Depreciation--Capital Fund" denotes the amount Common Market has paid into a fund for the purchase of the new truck--a fund with other participating coops. "Service and Maintenance" includes garbage disposal, pest control, and repair of refrigeration equipment. "Miscellaneous" includes mostly petty disbursements from the cash register, as well as mileage expenses for the coordinators, etc.

The balance sheet for 1972 must be taken into account with the Income Statement. The operations statement reflects only the period's expenses: while over $1300 worth of equipment was set up or purchased in 1972, only about $400 was written off for this period. From the balance sheet you can observe that in order for Common Market to carry on well, it must make up a liability of over $9,000. The deficit however, is about $3400. In other words, if CM were to dissolve its operations, it would still be owing [illegible] after liquidation of assets. Common Market will always operate with liabilities; it must be [illegible]

by about 50%--without sufficient capitalization, that fact represented in the 198% decrease in earnings. The increase in liabilities is generally offset by the increase in assets, the remaining loss must be balanced by intangible returns from wages Sustaining Fund, and other expenses.

Perspective

It is important to note the following:

1. Common Market is obviously undercapitalized.
2. Expansion has been carried out without sufficeint capitalizatic
3. Membership has remained relatively stable--those joining CM were met (and not at the cash register) by those leaving.
4. NO expansion of revenue-producing devices have been employed, either through publicity, extra commodities offering, etc.
5. Probably most important, there has been an overall conservative outlook on increasing the margin on revenues balanced by an overly-"Thrifty" perspective to decrease expenses (cf., below). Something that bears repeating: Capital is NOT bad because it is capital; who owns, controls, and benefits from capital must determine its social value. In fact, no progress can be made without capital.

With a three-quarter-million cash flow, then, a $3,000 deficit is hardly bankruptcy. On the other hand (oi de), ignoring or taking the situation lightly is sheer irresponsibility. What structure CM has at its disposal to cure the deficit must be utilized now.

At a recent Common Market meeting, a member of the Z Collective group spoke quite correctly of not indulging in a politics of scarcity. CM must be looking for means to expand its operations (which could include breaking up into two operations) in order to continue to provide good, cheap food as well as provide a political and social function in Madison. To solve our present economic crisis by looking where pennies can be saved(for only pennies will be found to save), will be the ruin of Common Market. Dollars are needed for both curing the deficit as well as providing the potential for further growth. Moreover, I feel that expenses are at a near minimum. We have been for over six months operating on an ascetic budget. The possibilities for increasing sales revenues, however, have hardly been tapped during that time. I see no reason why Common Market, which sees itself not only as an alternative but as a challenge to profiteering supermarkets, cannot take advantage of the critical (worse than Common Market's!) American economy.

SYNTHESIS

Thereare five steps which I see as ABSOLUTELY NECESSARY for Common Market to take NOW:

1. VAST EXPANSION OF COMMODITIES offered to members;
2. WIDESPREAD PUBLICITY (including newspapers, if funds permit)
3. Seeking out and SECURING LOANS to cover the present deficit
4. A thorough examination of the STRUCTURE of Common Market to make its operations 100% MORE EFFICIENT AND ENJOYABLE.
5. Maintaining CONSTANT CONTACT WITH GROUPS and members about operations which must include an emphasis on the VALUE OF MEMBERS' LABOR.

Subsidiary to these points, I strongly recommend a bylaw change incorporating a "yearly" rather than "lifetime" membership fee. For while we are faced now with relatively stable expenses for which increased revenues may well compensate we are also facing expansion of the Eastside warehousing facilities, capital for which does not exist--again.

Also, about ICC and the truck: Common Market should work with other ICC members to determine legal status of membership: what determines membership?, how much of the truck does CM own?, is policy determined by percentage of business, who are the directors of the corporation?, etc. It seems to me that members of CM would do well to have representation--including legally--as well as investment as part of their participation in ICC. This is obviously meant as an encouragement to further and expanded interest and participation in the trucking cooperative, with definite and detailed [illegible] Common Market specified.

--Charley Taylor
2 APRIL 1973

APPENDIX

PREVIOUS STATEMENTS about the first I.C.C. referendum.

PRO STATEMENT

Common Market (hereinafter designated CM) has suffered such a decline in the number of participating members' weekly sales and in its financial status during the past three months that its solvency and continued operation are threatened. Basis of this allegation are the last issued CM financial statement about mid-1972, statements of the coordinator, and a continuing shortage of funds as evidenced by regular "bouncing" of checks, in spite of a different pricing method that increases prices up to 11% on I.C.C. trucked goods. We consider this increase a major cause of the decline CM has experienced. Therefore, purchase and trucking of CM goods by I.C.C. is the subject of this statement.

During its first year of operation, CM, cooperating with the Mifflin Street Grocery Coop, experienced trucking costs of 3% to 5% of the cost of products trucked from Chicago using the Mifflin Street truck. Cheese, butter, eggs and some dry goods were purchased locally and delivered to CM; all other goods were picked up by CM members. After payment of expenses, including these trucking and pickup costs, out of the 10% markup, CM was able to accumulate savings of about $4200. Of this about $500 was contributed to Mifflin Street to help pay for its truck, about another $500 to a fund for a "community" truck and $3200 for CM's own truck, better known as the "Butterball", to haul CM goods.

The purchase of the CM truck spurred to completion the long talked about formation of the ICC (Intra Community Coop) to buy and truck goods for all groups, including CM and individuals participating. The CM truck was leased to ICC at the rate of $1.00 for each three months with CM paying for some repairs. For some time the Mifflin Street truck was also jointly used.

Despite the free use of the truck, charges by ICC rose to 10% of cost of goods hauled with additional costs to CM when ICC was unable or unwilling to provide service because of truck condition (resulting, in our estimation, from maintenance neglect and abuse in operation). During this time Mifflin Street withdrew from ICC to haul its goods in its own truck. The 10% trucking charge used up the 10% markup necessitating a cost of goods (100%) plus the trucking charge (10%) plus the 10% markup equals 121% of cost; before 110%. This increase occurred when supermarkets were reducing their markups in half. This combination apparently reduced CM's price advantage to cause defection in whole or part of members to whom CM had been sold as a source of quality food at lowest possible prices. In addition, CM members have been removed from the process (except as flunkies), by which the major source of their food arrives. During the past two weeks ICC has reduced the charge to 7%, (on what basis) but could increase it to 10% or 12% since CM has no control over the rate.

At times ICC (drivers) have refused to drive the trucks available even if repaired to good safe operating condition, creating emergencies and additional costs to CM, its principal customer. The climax came the first week of January of this year when they informed CM without warning on the eve of a produce run, that they would not do anymore trucking until their new truck arrived. (The new truck, originally due Dec. 1, appears to have indefinite delivery as of Feb. 18.) Meanwhile, as the ICC driver representative stated repeatedly at the Jan. CM membership meeting, they expected CM not to supply you members with the food purchased and trucked by ICC. To fill your food orders CM was forced to rent a truck and purchase in the Milwaukee produce market, both of which ICC has consistently opposed. A CM purchase Feb. 9 proved that excellent produce can be obtained in Milwaukee at Chicago prices at savings of about 60% in trucking costs, about 70% in trucking time and a possible 75% in driver costs. However, ICC's insistence on buying in Chicago has left the original proponent of Milwaukee concluding that a trial period of buying in the spring of 1972 was sabotaged by ICC with you CM members footing the bill in higher food prices. ICC has resumed trucking with other equipment from Chicago. You pay!

Pro Statement in first ICC referendum, continued:

ICC credibility has declined: Mifflin Street withdrew from ICC some months ago to haul its own goods; another group found transporting some of its goods itself more economical, a third customer was not serviced so often by ICC, he has had to resort to other means of transportation. CM, forced to pick up its own supplies the first week of February, found the acceptability of its own check severely restricted in amount by a long time supplier because ICC checks to him had "bounded" with one still outstanding.

Such a doubtful ICC financial status stretches the credulity about its ability to finance purchase of an $18,000 truck (Now increased several hundred dollars in the cost of the as yet unshipped English diesel engine by the recent 10% dollar devaluation) and to pay license and insurance costs about 2½ times those on the CM truck. Incidentally, when questioned about insurance on the two trucks, ICC answered that the insurance on the CM truck annually was about $600 and wouldn't be over $1000 on the new truck. Reliable insurance sources state the costs as just under $1200 on the CM truck and about $3000 on the new truck, which must have collision insurance to safeguard the source of credit. Does this cast suspicion on ICC estimates of operation costs?

To further safeguard the lender financing the truck, an agreement signed by all participating member of ICC guaranteeing repayment of the loan, is required. Since the known financial condition of those ICC members is none too sound, the entire group could be bankrupted, if ICC should be unable to make payment or the truck damaged severely or destroyed (except as reimbursed by insurance).

ICC ordered this new $18,000+ truck, a very large capital investment without the consultation and support of its largest group of customers, you CM members. (It has yet to be delivered.) CM becomes principally liable for loan repayment directly thru trucking charges and the above loan repayment guarantee while being offered less service, allegedly for the benefit of groups in Chicago, Milwaukee, Michigan, Minnesota, Illinois and possibly elsewhere. If these out-of-town groups are to be principally benefited by a new long-haul truck, why haven't they come forward with most of the financing? The operation should logically be out of its hub, the Chicago area, yet those groups have expressed no interest in having the brunt of the liability, and it is doubtful that they have even been approached. Note: For the contract to be binding, delivery should have been made on Dec. 1; thus the contract could be cancelled immediately without penalty.

Too, ICC is seeking cold storage warehousing which is relatively expensive, the cost of which must be met out of trucking charges. At present it is using CM storage space at no or very low cost, so far as can be learned.

ICC may argue that the new truck will benefit the community. However, plans revealed for the use of the truck appear vague and uncertain with emphasis on long trips to serve the four-state area. Madison is to be restricted to one run a week, presumably from Chicago, instead of the present two and three runs on alternate weeks. Only one run a week in a truck 55% larger in cubic capacity, the limiting factor in hauling produce, would restrict growth of the Madison area group. Any delay encountered by ICC on a long trip could make the truck unavailable for this one produce run, forcing local groups to provide their own transportation of their goods. Too, ICC expects the local groups to make all of their local runs necessitating operation of a truck by those groups.

Information is that the new truck will not be as well insulated as the CM truck. During weather extremes food quality would be better maintained on the CM truck on the much shorter trip from Milwaukee than in the new truck on the longer trip from Chicago.

In consideration of these facts, you CM members are strongly urged to vote "Yes" on this referendum to have CM withdraw from ICC, request return of the "Butterball" and cargo box, and to do its own trucking in its own truck (required anyway for local runs) to serve itself and any others wishing to participate. Careful maintenance and operation of the truck to the nearest sources of quality food, as Milwaukee, could be made at the trucking costs of 3% to 5% experienced in the first year of CM operation providing highest quality foods at lowest prices, funds for growth and sound operation. CM would have complete control of its purchases and truck, which would be available at all times to permit flexible use and growth.

Pro Statement in first ICC referendum continued:

Only if we do our own trucking is it possible for us to once again lower food prices, guarantee quality, and give CM members the opportunity and responsibility to control CM's operation. With lower prices and more representable and cooperative organization CM might regain former members (weekly sales are down 25% since Nov.).

This statement has been difficult to assembly because we have been unable to obtain documented facts; either the facts are denied quasi-tioners or they cannot be ascertained because of shoddy and indifferent bookkeeping. Only if we do our own trucking will it be possible for you to obtain the information necessary to cooperative organization

Last, we urge you to vote yes because, in addition to the reasons stated above, this referendum to the people of CM represents exactly what ICC proponents and the paid staff of ICC and CM have opposed (overtly or by silence) that is a decision made by you, all the members of Common Market.

VOTE "YES"!!!

* * *

CON STATEMENT in the first ICC referendum

The I.C.C. is an organization of many retail co-ops in Madison and some out of town co-ops, also. It was formed over a year ago with the intention of solving some of these co-ops' problems collectively. One of these problems was food purchase and transport. With the intention of working together and getting good food at reasonable prices, came no emphasis on saving money. This wasn't to be a cut-rate trucking operation. It was to be a collective where all the co-ops participated in the decisions on how it was to be run and become a self-sufficient alternative to the big supermarket enterprises. The idea was for all the co-ops to attempt to work their problems out collectively, that no one co-op would dominate the decision-making in the community. It was an attempt at sharing resources, both financial and eatable.

Some people have complained about the charges of the I.C.C. being too high. If the Common Market were to pull out of the I.C.C.C, how would it be able to provide the members with food for any lower price than the I.C.C.? In comparison with large trucking companies who can run their operations for a lesser charge--they have a highly computerized efficiency system of picking up and delivering orders; they don't run their trucks unless they are full up; and they have a constant maintenance program for their machinery. The I.C.C. has had to operate for a lot of its life with the Butterball, (the truck that Common Market purchased a year ago October) a truck whose condition to begin with was failing rather badly and has now ceased to work completely. The heavy expense of running this truck and of renting trucks when the Butterball was being fixed, has caused the rates to be higher than if we had a reliable, working ruck and maintained it in good orde

At the present time Common Market does not own nor rent nor lease a truck, and also does not have the personnel to run such an operation The cost of purchasing a vehicle and paying more staff or paying the psychiatrist for the presently over-burdened staff would far excede the price we now pay for our commodities.

The I.C.C. has just reuently (December) purchase a new truck, 22 ft. long, with a cargo capacity of 33,000 pounds from International Harvester. The reason for the large size was to carry Common Market's produce from Chicago. Common Market's rapdi growth at that time and its projected growth seemed to make the purcahse a necessity. What is the I.C.C. to do with the mammoth truck if the Common Market suddently decides to do its own trucking?

* * *

FACTS ON THE I.C.C.
by Elaine

Because of much false information and many misleading statements in the paper in support of the referendum which stated, "Be it resolved that the Common Market pull out of the I.C.C. and begin doing its own trucking.", it is the purpose of this paper to correct that information and to inform our members of the slanted nature of the allegations in that severe attack on the I.C.C.

Facts on the I.C.C. continued:

The Intra-Community Co-operative (I.C.C.) was formed in the fall of 1971 by the Madison food co-ops as a trucking and wholesaling operation, to be run collectively to benefit these food co-ops by sharing resources, spreading out expenses and moving toward more community control over food purchase and transport. The employees of the I.C.C. presently consist of three people who act as buyers of produce, drivers, billers and bookkeeper. The policy decisions of the organization are made at scheduled meetings by representatives of all the participating food co-ops. Common Market has one official representative elected by the CM general meeting. There are always more than one representative at every meeting and have been up to 7 or 8 representatives at some and 4 or 5 representatives at many.

Concerning the Trucking Charges

As alledged in the pro-statement to the referendum, it is false that there is no basis for setting the trucking fee, that CM has no control over it and that it changes at the whim of the drivers. The I.C.C. service charge has always been based upon amount of money needed to operate with expenses being determined by the meetings of the general body (co-ops representatives). Increases and decreases in amount and changes in the method of figuring the fee have occurred as follows:

Before the formation of the I.C.C. when CM was trucking with Mifflin St. in their truck, expenses as determined by Mifflin St. were those of truck operation (gas oil, some maintenance) and a small amount toward the salary of their driver who was getting anouther small amount out of their store sales mark-up as part of their staff. At this time the driving and buying was alternated in two trips to Chicago per week with another driver who was doing the other run for all the co-ops including CM and Mifflin St. (At that time CM was operative only two days/wk.) Also, their were no provisions out of the truck charge made for sizeable repairs or a different truck once that one wore out or became inadequate. Trucking charges were not calculated on a percentage basis but in equivalent would have ranged from 3-5% of goods trucked.

Upon formation of the I.C.C., the participating co-ops decided to pay one driver and buyer who began doing all the driving (two runs to Chicago, one locally for cheese). His salary was affixed at $60/wk. CM was steadily growing necessitating, by late November, dividing up our produce purchased between the two runs to Chicago. During this time the I.C.C. general body decided that the trucking charge be calculated by taking 25¢/mile divided by a co-op's proportion of cost of total payload for each co-op having goods hauled. This amount brought in enough money to cover truck operational expenses, maintenance, driver's salary with a $50/wk. cushion for unanticipated emergencies. This method persisted until August, 1972. The amount of which in equivalent percentage would have ranged from 4-7%.

Over this time period additional runs were taken in--to New Berlin for Associated Grocers goods, a separate run to Chicago for drygoods. Two more drivers were hired at $30/wk. each to take care of the extra runs and share the maintenance work, billing and bookkeeping--cumulatively more than 3 fulltime jobs. An office was set up in the back of the Westside CM warehouse and cooler space rented (both rentals of which, by the way, were fixed at our standard rate).

Then around June 1st Mifflin St. announced at a meeting of the I.C.C. that they were seriously considering withdrawing from the organization. Reasons were complex but the major reason as interpreted by most people was ideological--fear of unlimited growth of a bureaucratic superstructure governing the purchasing and trucking for all the co-ops. [The paragraph of the pro-statement concerning Mifflin St.'s withdrawal was chronologically incorrect, misleading you to believe that increased trucking charge (which didn't occur until December) and I.C.C.'s refusal or inability to provide service (which happened only once in January, 1973 for explanable reasons) were conditions spurring the withdrawal of Mifflin St.] They were not!

Mifflin St. gave I.C.C. one month to adjust to their leaving with their truck. The CM truck (purchased the previous November) had not been used much because of its state of disrepair and the availability of Mifflin St.'s truck which could do most runs. The

Facts on the I.C.C. continued:

entire month of June was spent getting the little used CM Butterball in operable order. Repairs included $200 for springs, $130 for tires, $400 for brakes, $460 for front end alignment and new king pins and $20-30 for taillights. Some of the work was done by community people, the rest by Kayser Ford &Commercial Ave. International These were all expenses approved by the I.C.C. general body including the initial decision to get the truck in condition suitable for driving. Money came from accumulated funds of the I.C.C. and a portion from CM.

In August, 1973 the method of figuring trucking charge was changed to a proportional charge of value of goods hauled for each co-op based upon the need of $300/2k. for I.C.C. operational expenses. Over a number of weeks the percentage figure for each co-op was observed to stabilize at 6% so was changed to a flat 6% fee.

The changes in method of computing the trucking charge did not occur for reasons of capriciously increasing the rate but were experimentations to develop the most fair most convenient and least ambiguous method as the I.C.C. was evolving into some semblance of bookkeeping system.

In late August a surchage of 25¢/case of produce hauled was enacted by the I.C.C. general body for purposes of accumulating a fund for purchase of a new truck as it clearly appeared that the size and condition of the present truck would soon be inadequate to accommodate the increasing volume and number of miles traveled due mostly to growth of CM.

At an I.C.C. meeting in December after the decision to buy the $18,000 22 ft. International (decision later explained) a co-op representative suggested a spreading out of the surcharge over all goods hauled. Suggestion was discussed and decided to fix charge at 4% and that amount would go directly into a fund out of which payments on the new truck would be made. The amount was figured on the basis of accumulating $750-800/mo. at present volume of goods being hauled--at which rate would pay off the truck in two years. Rationale for such a decision was based mostly on wanting the debt cleared as fast as possible. This was in effect for 6 weeks until a following meeting changed it on the basis that 4% in addition to regular 6% was too great a burden for the co-ops to bear and that paying off an $18,000 truck in two years for this size organization was unreasonable. The issue was discussed fully and was unanimously decided to spread out the payments on the truck over a four year period. The percentage was to be figured by the I.C.C. bookkeeper based on value of goods hauled per month. The following week saw the total trucking charge lowered to 6% -- 2% to go directly into a separate fund for the new truck payments.

Over the 6-week period of the 10% trucking charge only 6% of it was figured into CM prices. The 4% for new truck payments came out of our 10% mark-up.

On the Purchase and Operation of the New Truck

To this matter, the pro-statement of the referendum contains these false statements:

1. Truck was ordered without consultation and support of CM members.
2. Truck was purchased to principally benefit out-of-town co-ops.
3. Madison is to be restricted to one run a week from Chicago instead of the present two and three runs on alternate weeks.
4. I.C.C. expects the local groups to make all of the local runs.

Serious talk about purchasing a new truck was initiated about midsummer of 1972. The main reason for such a consideration was that the size and condition of the present vehicle would be soon not able to meet the needs of the increasing volume of food taken by the Madison Community. Leasing and renting were thoroughly researched followed by checking into various companies for purchasing of a new one. It was deemed more economically and politically advantageous in the long run to purchase--contingent upon our being able to take out a loan. The matter was brought to a CM general membership meeting on September 10th by our trucking representative. As stated in the minutes of the of the meeting printed in issue 20 of the CHEW-ON, this body gave CM representatives the go-ahead to support I.C.C.'s purchase of a new

Fact on the I.C.C. continued:

truck in that price range of $10-15,000. Subsequent research and consultation brought about a positive loan source and the decision to buy the 22 ft. International straight truck with tag axle.

The truck was not purchased with the intention of principally benefitting the out-of town co-ops but to accommodate over a longer term period the needs of the Madison co-ops. The out-of-town co-ops were considered in plans to best use the truck to fullest capacity to and from any pick-up point and to cooperate with these co-ops insofar as was mutually beneficial. The out-of-town co-ops have consistently paid the same hauling fee as everyone else.

At a recent I.C.C. meeting one of the drivers threw out a few suggestions, two of which were mis-interpreted in the pro-statement of the referendum. It was suggested that Madison's produce, if it can be carried in one run, be done once a week for reasons of filling the truck on a run and freeing it for other runs when needed. This suggestion was objected to by a CM representative because in order to execute distribution with no alteration in freshness of produce, both warehouses would need to operate simultaneously. This would result in left-over perishables which would have to be dispensed with before the following week. Subject has dropped for time being. The other allegation that I.C.C. expects the Madison co-ops to do their own local trucking was also misconstrued. The suggestion was that the I.C.C. collectivize the cheese-buying, an I.C.C. buyer teaming up with a co-op buyer and dividing up the work. The intention was to involve co-op representatives in the cheese-buying and also to lower the rate in the runs for cheese, an already expensive item.

Financial Condition of CM

Totally unsubstantiated is the claim that sales decreased because members defected due to price increases. One of the big reasons for extreme drop in sales over December and part of January was the long Christmas vacation very unfortunately occurring at the same time we were struggling to reduce bank surplus and warehouse inventory to avoid paying much income tax, last year amounting to $800. Sales decreased 40% (while overhead expenses remained the same) really financially crippling us in January. Sales are now about 10% below a two-week peak occurring in November. Causes of levelled growth have only been speculated.

As was initially stated, this statement is intended to correct misinformation and false impressions on this very important issue. It is not a statement against the referendum. Before knowing results of last referendum I, the rest of CM staff and other concerned members strongly suggest in fairness to everyone that the same referendum be put out again for a vote by all members, this time in light of an accurate statement of facts from both sides and a clearer picture of the nature of the whole issue. We urge you to come this Sunday to the general meeting (March 11, at 7 PM at 1335 Gilson St.) to familiarize yourselves with the issues.

* * *

SHALOM

GENERAL MEETING SUN., APRIL 8TH AT 7:00 P.M. AT 953 JENNIFER STREET.
Apr. 1-16 PRICE LIST FOR COMMON MARKET FOOD BUYING CO-OP East: 255-9755
East Surplus Sale 3-4 p.m. Sunday. Boycott Guild Brandy Products. West: 251-5724
LISTS DUE SUNDAY 12 NOON FOR WEST SIDERS (1335 Gilson St.)
LISTS DUE TUESDAY 12 NOON FOR EAST SIDERS (1340 E. Washington Ave.)
Prices include trucking charges where applicable & 10% for operational expenses.
Indicate whether east or west and fill out all information. No personal checks accepted; payment must be in cash.

GROUP NAME_____ADDRESS_____TOTAL_____
BUYER'S NAME_____PHONE_____PICK-UP TIME_____DAY_____
DATE_____VOLUNTARY CHIP?_____

VEGETABLES BY THE POUND

____	.48	Asparagus
____	.30	Brussels sprouts, #
____	.15	Carrots
____	.48	Collards
____	.46...	Leaf lettuce
____	.08	Mustard greens ½#
____	.33	Green beans
____	.42	mushrooms ½#
____	.83	Mushrooms 1#
____	.34	Onions, Bermuda 1#
____	.96	Onions, large 3#
____	.60	Onions, small 3#
____	.44	Okra
____	.26	Parsnips
____	.24	Red potatoes, 3#
____	.20	White potatoes, 3#
____	.19	Spinach
____	.39	Squash, zucchini, small
____	.20	Red tomatoes
____	.15	Yams

VEGETABLES BY THE PIECE

____	.44	Artichokes
____	.34	Avocadoes
____	.40	Beets
____	.46	Broccoli
____	.29	Cabbage
____	.29	Red cabbage
____	.49	Cauliflower
____	.18	Celery
____	.09	Cucumber
____	.38	Chinese cabbage
____	.41	Eggplant
____	.16	Escarole
____	.66	Garlic clove
____	.13	Green pepper
____	.23	Iceberg lettuce, Farmworkers
____	.79	Leeks, bunch
____	.12	Parsley
____	.15	Radishes, bunch
____	.18	Romaine
____	.26	Rutabaga
____	.08	Scallions
____	.40	Turnips

FRUIT BY THE POUND

____	.52	Apples, Delicious, 3#
____	.27	Apples, McIntosh, 3#
____	.12	Bananas
____	.14	Plantains
____	.28	Tangerines
____	.22	Pears

FRUIT BY THE PIECE

____	.18	Coconut
____	.12	Grapefruit, sm 40 count
____	.08	Lemon
____	.15	Lime
____	.63	Mango
____	.30	Orange, Valencia (4) sm 100*
____	.37	Pineapple

CLEANERS--Bottling at 1/3 cost

____	.83	Zif Liquid Cleaner, 1 qt.
____	.44	Hi-7 Shampoo, 8 oz.

*Organically grown, tree-ripened, undyed, unsprayed from Tex. $4.50 per case.

PLANTAINS: Traditional Latin American
1. Peel; slice into ½-¾" slices. Sprinkle
2. Brown a little garlic in hot olive oil.
3. Fry plantain slices until golden.
4. Remove, drain, & squash to ½ thickness.
5. Fry in same oil 'til deep golden brown.
6. Drain, salt heavily

CHEESE (APPROX. WEIGHTS)

____	.79	American (mild cheddar)
____	.70	Bleu cheese, ½#
____	.93	Bon Bree
____	.85	Brick, carnway
____	.79	Brick, Country Chalet
____	.95	Cheddar, aged
** ____	.51	Cheddar, smoked, ½#
____	.86	Cheddar, salami
____	.85	Cheese curds
____	.77	Feta cheese
____	.77	Raw goat's milk, smoked
____	.78	Limburger
____	.85	Longhorn Colby
____	.80	Mozzarella
____	.79	Muenster
____	.77	Monterey Jack
____	.80	Onion Monterey Jack
____	.61	Parmesan, ½#
____	.95	Port wine
____	.81	Provolone
____	1.03	Swiss, aged wheel
** ____	.86	Cheddar, undyed, raw milk

DAIRY PRODUCTS

____	.32	Sour cream, 8 oz.
____	.59	Sour cream, 16 oz.
____	.36	Sour half & half
____	.37	Trim Line Cott. Ch.
____	.37	Cott. ch. 1#, sm curd
____	.68	Cott. Ch. 2#, sm. curd
____	.37	Cott. Ch. 1#, lg. curd
____	.68	Cott. Ch. 2#, lg. curd
____	.39	Cott. Ch. Salad Supreme
____	.33	Cream cheese, 8 oz.
____	.29	Veg. marg., Spreadmate, qrtd.
____	.37	100% corn oil Marg., qrtd.
____	.73	Uncut Grade A butter
____	.77	Qrtd. Grade A butter
____	.61	Raw goat's milk yogurt, 12 oz.

YOGURT (HAWTHORNE MELLODY)

____	.18	Blueberry
____	.18	Orange
____	.18	Peach
____	.18	Pineapple
____	.18	Plain
____	.18	Raspberry
____	.18	Strawberry

YOGURT (GAYMONT)

____	.22	Apricot
____	.22	Black cherry
____	.22	Blueberry
____	.22	Boysenberry
____	.22	Lemon
____	.22	Lime
____	.22	Mandarin Orange
____	.22	Plain
____	.22	Raspberry

YOGURT (CONTINENTAL [illegible], full fat

____	.38	Blueberry
____	.38	Boysenberry
____	.38	French Apple
____	.38	Peach
____	.38	Pear
____	.38	Plain
____	.38	Plum
____	.38	Prune
____	.38	Raspberry
____	.38	Strawberry
____	1.19	Plain, low fat, 32 oz.

EGGS BY THE DOZEN

.51	Grade B
.59	Grade A, large
.66	Organic fertilized

MILK (DEPOSITS INCLUDED)

1.32	Gal. Homo (44¢)
.77	½ gal. Homo (33¢)
1.30	Gal. 2% (44¢)
.76	½ gal. 2% (33¢)
1.19	Gal. Skim (44¢)
.73	½ gal. Skim (33¢)
.41	Choco. milk, qt. (11¢)
.34	Half & Half, pint
.26	Buttermilk, qt.
.63	Whipping cream, pt. (11¢)
1.25	Raw unfilt. Cider, gal. (5¢)

MEATS, REFRIGERATED (APPROX. WEIGHTS)

1.43	All beef summer sausage, 1½#
.87	Landjaeger sausage, ½#
1.02	Liver sausage, 1#
1.85	Weiners, 2#
1.10	All beef ring bologna, 14 oz.
2.35	Precooked brats, 2#
1.40	Sinai 48 Kosher franks 1#
1.52	Sinai 48 Kosher salami 1#
1.67	Chicken, whole frsh fryer 3#
1.20 /lb	Corned beef brisket, flat cut 3-4# (fresh); do not multiply cost out!

MEATS FROZEN

1.00	Ground chuck, plain 1#
.92	Ground chuck w/soy, 1#
1.14	Bacon, sliced, 2#
.65	Chicken livers, 1#
1.31	Stew beef, 1#
.76	Beef liver, 1#
8.95	Booth's Ocean Perch, 12 1# pkg
12.18	Shurfine cod fillets, 12 1# pkg (to be alternated w/ sole & haddock every 2 wks)
.65	Turkey patties, 1#

NO. OF PACKAGES (PRICE PERPOUND)
(Do not multiply across! To be filled in at warehouse.)

1.27	Boneless chuck eye roast 3-4#
1.05	Aust. leg o' lamb, 7-8#
.54	Beef tongue, 3-4#

JUICES, FROZEN

.14	Lemonade, 6 oz.
.43	Orange juice, 12 oz.
.56	Grape juice, 12 oz.

GRAINS & FLOURS

.16	Rolled oats, 2#
.18	Bulgur cracked wheat, 1#
.14	Bran flakes
.46	Brown rice, long gr., 2#
.36	White rice, long gr., 2#
.48	Unbleached white flour, 5#
.52	Whole wheat flour, 5#
.53	Dry milk
.44	Whole wheat egg noodles
.13	Soya powder, low fat, 1#

LEGUMES, BEANS, SEEDS

.48	Alfalfa seeds, O. ½#
.42	Red kidney beans 1#
.30	Lentils 1#
.21	Mung beans ½#
.21	Michigan navy beans 1#
.22	Pinto red beans 1#
.55	Pumpkin seeds ½#
.22	Sesame seeds ½#
.23	Sunflower seeds, ½#
.23	Soybeans, raw cooking or
.17	Split peas 1#
.33	Red Star Rapid yeast ½#

SUGAR, HONEY, DRIED FRUITS

.98	Clear heated honey, 2#
2.25	Clear heated honey, 5#
2.40	Raw honey, tin pail, 5#
3.20	Maple syrup, 1 qt.
10.85	Maple syrup, 1 gal.
.53	Sorghum, 1#
1.53	White sugar, 10#
.42	Brown sugar, 2#
.87	Black's Strawberry Pres. 12 oz
.42	Dates, 12 oz
.81	Figs, 1# box
.55	Raisins, Sunmaid, 15 oz.
.55	Choco. chips, 1# semi-sweet
.37	Coco nut shreds
.61	Marianne's Munchy Mix 10 oz

NUTS (1# BAGS), NUT BUTTERS, OILS

.58	Almonds, whole
1.38	Almond meats
.81	Cashews, raw
1.82	Pecans, fancy pieces
.75	Pecans, whole
1.32	Pistachios, red salted
.84	Walnuts, whole
1.32	Walnut meats
.40	Peanuts, salted
.32	Peanuts, raw
.58	Mixed nuts, whole
.62	Nelsun Old Fash. P. Butter 1#
1.40	Nat. Peanut Butter 28 oz.
.83	Planters Peanut Oil, 24 oz.
1.04	Sun Safflower Oil, 32 oz.
.99	Sun Soy Oil, 32 oz.

BAKERY PRODUCTS

.45	Nature's 100% wheat 1½#
.28	Banana bread
.49	Cinnamon raisin
.28	Lemon cake
.55	Onion rye bread
.55	Carrot nut bread
.39	White bread, sliced 1#
.33	White bread, unsliced 1#
.33	Whole wheat bread sliced 1#
.33	Whole wheat bread unsliced 1#
.66	Cranoe nut bread
.33	Oatmeal bread
.33	Rye bread
.36	French bread, 1 large
.14	French bread, 1 small
.37	Daily bread, 1#
.46	Bagels, water ½ doz
.46	Bagels, egg ½ doz.
.46	Bagels, onion ½ doz.
.46	Bagels, pumper. ½ doz.
.52	Granola, regular
.66	Granola, super
.66	Granola, almond raisin
.20	Organic wheat germ
.55	Choco. chip cookies 1 doz.
.55	Peanut crunch cookies 1 doz.
.55	Raisin spice cookies 1 doz.
.61	Guerilla cookies 1 doz

*alternate w/ date bars

RECIPE FOR TURKEY PATTIES

1 lb. turkey patties

1 stalk celery, diced

1 small onion, diced

1 egg

½ cup wheat germ

½ tsp. thyme

salt & pepper to taste

Combine ingredients in a bowl. Turn into a casserole dish & bake in a 350° oven for 45 min.

NANCY EMMERT

April 9-16 PRICE LIST FOR COMMON MARKET FOOD BUYING CO-OP
BOYCOTT GUILD BRANDY PRODUCTS

East: 233-3133
West: 251-5754

*Prices include trucking charges where applicable and 10% for operational expenses.
Fill out all information. NO personal checks accepted; payment must be in cash.
GROUP NAME_____ADDRESS_____TOTAL_____
BUYER'S NAME_____PHONE_____PICKUP TIME_____DAY_____
DATE_____VOLUNTARY CHIP?_____
FOR WEST SIDE ONLY: Submit this list with your regular order for week of Apr. 9-16.
All items include tax and mark-up where applicable. All items are priced and sold by the unit except meats which come in variable-sized packages. Please have correct meat prices added to your list at time of pickup.

ORGANIC LOCAL BEEF--raised w/ no chemicals in feed & no hormonal injections

No. pkg according to range indicated	Price per lb.	Actual price (to be written in at warehouse)		Approx. price
____	$1.39	_____	Rib steak 3-4 lb	_____
_____	1.40	_____	Round steak 2-3 lb	_____
_____	1.59	_____	Sirloin steak 2½-3½ lb	_____
_____	1.70	_____	T-bone steak 2½-4 lb	_____
_____	.98	_____	Brisket 3-4 lb.	_____
_____	1.39	_____	Rolled rump roast 2-4 lb.	_____
_____	1.49	_____	Sirloin tip roast 3½-4 lb.	_____
_____	1.29	_____	Chuck roast 2½-4½ lb.	_____
_____	.89	_____	Short ribs 2-3½ lb.	_____
_____	1.29	_____	Stew meat 1-1½ lb.	_____
_____	.99	_____	Ground beef 1 lb.	_____
_____	.39	_____	Soup bones 3-4½ lb.	_____
_____	.79	_____	Liver 1-2 lb.	_____
_____	.59	_____	Heart & tongue 2 lb.	_____
ORGANIC LAMB FROM ACTIVE ACRES FARM CO-OP				
_____	1.69	_____	Loin chops approx 2 lb.	_____
MEAT FROM U.W. PROVISION				
_____	1.53	_____	U.W. steak ends, 4 oz. 5 lb. pkg	_____
_____	.98	_____	Pork cutlets, 4 oz. 5 lb. pkg.	_____
_____	1.75	_____	Ribeye, 8 oz. 5-7 lb.	_____

No.	
_____.23_____	Tomatoes, 28 oz. California Pac
_____.27_____	Tomato Puree, 28 oz. Calif. Pac
_____.29_____	Tomato juice, 46 oz. Calif. Pac
_____.22_____	Contadina tomato paste, 12 oz
_____.16_____	Whole kernel corn, 16 oz. Pennysaver
_____.16_____	Peas, 16 oz. Pennysaver
_____.14_____	Wax beans, 16 oz. Pennysaver
_____.14_____	Green beans, 16 oz. Pennysaver
_____.14_____	Whole potatoes, 16 oz. Pennysaver
_____.43_____	Lindsay large ripe olives, 15 oz.
_____.18_____	Cranberry sauce, jellied, 16 oz. Indian Trail
_____.18_____	Cranberry sauce, whole, 16 oz. Indian Trail
_____.33_____	Apricot nectar, 46 oz. California Pac
_____.22_____	Catsup, 14 oz., Taste Delight
_____.24_____	Holsum Dusseldorf mustard, 20½ oz.
_____.80_____	Hellman's Mayonnaise, 32 oz
_____.39_____	Wild rice, 5½ oz. (pre-cooked but excellent)
_____.23_____	Bite-size lasagna noodles, 16 oz., American Beauty
_____.14_____	Golden Grain macaroni & cheese, 7½ oz. (like Kraft dinner, but better
_____.39_____	Golden Grain beefy rice dinner, 7½ oz.
*_____.39_____	Golden Grain lasagne dinner, 7½ oz.
_____.66_____	Stick salami, 14 oz.
_____.41_____	Carnation light tuna in oil, 6½ oz.
6/.80_____	Herring snacks, smoked, in soybean oil (like sardines)
_____.30_____	Wyler's chicken boullion cubes, 24 count
_____.30_____	Wyler's beef boullion cubes, 24 count
_____.58_____	Breast o' Chicken white solid tuna packed in water
_____.28_____	Dishwashing detergent, liquid, 32 oz. Dobby Pink
5.15_____	Tuffy dog food, dry, 50 lb.
.22_____	Tuffy dog food, all meat can, 16 oz.
.11_____	Fairbies canned dog food, dents, 16 oz.
2.85_____	Tuffy cat food, dry, 25 lb.
*_____.39_____	Golden Grain lasagne dinner, 7½ oz.



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NOTES:

- The audit is almost complete.

- The May general meeting decided not to consolidate into one warehouse.

- Barbara Bickford is the new Westside cashier coordinator. NEW CASHIERS ARE NEEDED. Call her at 257-6088. There will be cashier training sessions the last Sunday of every month at 2 PM. The next one will be June 24.

THE LATEST FROM NATURE'S BAKERY

Nature's Bakery Co-operative needs your support. Right now we are in debt to many people and groups. We are in the process of experimenting on new products and trying to build up store-front business. We realize that the quality of our product hasn't been consistant. I think that it's due to the fact that we have very poor equipment, we also let the bakers bake according to their individual taste. We also mix everything by hand because the bakers enjoy a more personal touch to every product. We are the only whole grain bakery co-operative in Madison. We've been baking for three years at 1101 Williamson where we recently opened our storefront. We are in the process of getting a new large oven through a personal loan which we would like to pay back as soon as possible. We hope to improve the consistency of our products and also expand into a greater variety of breads and start making cookies, pies and other pastries. Our cooperative needs greater support from your co-operative in order to create a successful source of whole wheat products as an alternative to the usual white bread bakeries.

If you have suggestions, recipes or orders please write to us or drop by.

Nature's Bakery Co-operative
1101 Williamson St.
Madison, WI 53703

THERE WERE NO FOOD PICK-UPS ON TUESDAY LAST WEEK BECAUSE NO ONE WOULD WORK AT THE WAREHOUSE. MANY GROUPS WERE CALLED AND NONE WOULD WORK AND NO ONE SIGNED UP. WE CANNOT BE A FOOD CO-OP UNLESS YOU, A MEMBER, DO WORK!!!

A FEW NEW FOOD ITEMS AVAILABLE AT THE COMMON MARKET

- Nuggets of Nutrition-

With meat prices climbing exorbitantly, we at our household have become more vegetarians every week. One of the best substitutes or meat extenders I've used that my four scrutinizing teenagers accept with enthusiasm are Fearn's Soya Granules in many delicious ways. Soyburgers with melted cheese, shades of those scrumptious Sunflower Kitchen macroburgers, are a real hit at our

house. This granule form of soybeans is for you if you want economy 50% protein vegetable source of good nutrition and are one of those people like me who don't always remember to soak the whole soybeans overnight or doesn't have time to simmer them for hours early in the day. I've made a quick nutritious casserole in one-half hour, start tofinish, with this convenient form of soy beans. They require very little cooking and can even be eaten right from the bag as a cold cereal with milk. These toasted nut-like nuggets can be added to any baking recipe up to 25% adding a hearty old-fashioned texture to muffins, breads and cake that remain moist after baking. It imparts a crisp, crunchy, nuttiness to recipes like hard cookies which bake until most moisture is gone. Be sure to look for soya granules on the price sheet soon and try some. Remembers, it's 50% protein.

- Marianne's Munchy Mixture -

This recent addition to the price sheet is just delibious. Homemade by fellow members of the Common Market, Marianne's Munchy Mixture is made from organically grown dates, raisins, whole almonds, cashew pieces, sunflower seeds, sesame seeds and pumpkin seeds. It offers you a highly healthful snack easily carried in your pocket or knapsacke for outings. It's an easy sweet treat to pass around the table to your family or guests after supper for friendly munching. Little kids like it, grandmas and grandpas groove on it, college students ride around the block twice for it, and just about every age finds it to be addictive. If you're willing to take a chance on that, be sure to try some soon.

- ORGANIC FARMING & GARDENING -

Growing organically with agriserum and microlite can be a more successful in all ways according to information gleaned at a recent meeting attended by local farms in Waunakee.

Agriserum is made of nutritional organic materials that are non-toxic, pure enough to actually drink. These nutrients promote healthy soil bacteria and earth worms, which feed plants in a natural way. Plants are more disease and pest resistant, have better root systems and withstand dry weather better. Agriserum attracts earthworms and encourages them to populate abundantly. Earthworms loosen the soil resulting in a better textured soil, less run-off of nutrients and less erosion. Earthwormscastings are also extremely rich in minerals and nutrients.

Agriserum, a watery base jelly-like substance is simply applied to the seed at planting time, aiding in germination. It continues to promote healthy soil bacteria, fungi and micro-organisms thus raising the humus content.

Microlite comesfrom the good earth itself. It is a silicate, strip-mined from an old volcano in Buffalo, Kansas, containing highly available minerals so necessary to good plant growth. It carries a guaranteed analysis of 10% magnesium, 4% iron, 2% potassium, 4% calcium and 0.10% magnanese. Not only is it used on gardens and field crops, but it is directly fed to beef cattle, who benefit significantly according to tests made. One farmer at the meeting, who raises some of the organic beef supplying the Common Market, feeds his beef cattle only on soybeans, salt and microlite, and they just lap it up.

Many of the farmers attending this Waunakee meeting were those who have been caught up in the chemical fertilizer-herbicide syndrome with advertizers of such products promising greater yields They are now becoming aware of the depletion of the soil and are seeking an alternative, a more natural and less expensive and soil healthy route to good production. The slides shown of the Amish fields in Arthur, Illinois were pretty convincin to these professional farmers. When both agriserum and microlite were used, the pictures showed better plants in all ways; better roots & better stalks on corn and greater yeild than those rows grown with chemical fertilizers. The yield for oats was thirty bushels more per acre; seven bushels more per acre of hay using agriserum and microlite. Also emphasizedwas that weeds don't do as well with this natural treatment as with chemical fertilizers. It was suggested that when agriserum and microlite are used, a good crop rotation practice and the use of manures should continue.

Agriserum costs $3.75 a pint, plenty to treat seeds for a garden up to one-wuarter acre. When using microlite on gardens one--fourth pound per square foot worked well into the soil or a one-inch band over seed is suggested. Field crops require two to three hundred pounds per acre, top dressed or in row with seed. The cost is $2.50 per fifty pound bag. Both agriserum and microlite are less n quantity, for example, it comes to $1.00 per acre of corn seeds. Both may be purchased through Gerald Koster of Waunakee, Phone 846-3697.

Marianne Hobbins

BELOW ARE PROPOSED CHANGES IN THE BYLAWS ON REFERENDUMS. PLEASE CONSIDER THEM. They will be discussed and voted on at the next CM General Meeting.

1. A petition will be circulated and/or posted in both warehouses with a proposal worded exactly as it will be if the petition receives enough support to qualify as a referendum proposal. Beneath this proposal will be the statement: "The following are signatures of CM members, who do not necessarily support (or oppose) this proposal, but do wish it presented to the General Membership as a referendum."

2. For this petition to become a referendum proposal 25 members of be CM must sign it and give their group's names. There is no limit on time a petition may circulate for signatures except that 25 of the signers must still be CM members at such time the petition become a referendum proposal.

3. After 25 valid signatures CHEW-ON and/or price sheets will announce upcoming referendum and contain the petition printed in full plus these statements:

   a) "25 CM members not necessarily supporting (nor opposing) this proposal, regard it as worthy of consideration in referendum by the general members." or if appropriate "it was approved and passed at the general meeting (date) that this proposal is worthy of consideration in referendum by the general membership" and

   b) "It is the policy of CM to neutrally print and publicize all referendum proposals irregardless of anyone's opinions as to values or validity."

4. In the same CHEW-ON and/or price sheet directly following or preceding the proposal and two statements listed above, there shall be an announcement that the subject of the referendum will be the major topic of the next General Meeting or of a Special Meeting, alled in accordance with the By-Laws. It shall also be stated in the publicly available Agenda for this meeting, that the referendum proposal will be a major topic. Thus, full and open discussion of theissues with ample opportunity to advance arguments, pubicly correct misinformation and propose alternatives is assured.

5. The General Meeting or Special Meeting cannot halt or impede a referendum's due course.

6. As soon as convenient after the meeting at which the referendum proposal is discussed the referendum will be pased out to the membership. The proposal will be printed exactly as it was on the original petition. On the same sheet will be the statements of (3.a) above regarding its (neutral) as a referendum by 25 CM members or quorum of a General Meeting. Following these on the same page will be the ballot. Voting will be done on this ballot.

7. On the page or sheet containing the referendum proposal, the statement regarding its (neutral) support by 25 members, and the ballot, there shall be nothing else but instructions for filling out the ballot, and quotations from CM official records (in particular the minutes of General or Special Meetings)

8. Any relevant statements by interested groups and persons will be included in the referendum literature attached to the ballot.

9. Common Market will provide the supplies and access to duplicating machines necessary forproducing this referendum in numbers at least equal to the number of buying groups and preferably at the

number of member households. Labor and responsibility for typing, duplicating, and insuring distribution of referendum proposal, ballot and pro statement shall be those supporting the referendum, as shall that for the con statement be that of those opposed. A referendum need not (though it can) be distributed if its original proponents withdraw their support subsequent to the collection of the 25 valid signatures.

10. The ballots and statements shall be attached to the price sheets of the week of the referendum and be available at all pick-up times, and during the week whenever warehouse is open.

11. The ballots shall be counted by or in the presence of any interested parties, preferably by representatives of the pro and con factions with an officially neutral party present.

12. The referendum will be pased by a simply majority of votes cast. Results of the voting shall be announeed as soon as possible on the price sheet and in CHEW-ON. Results of the vote will be binding not advisory, exactly as is a motion passed at a general meeting.

13. There may be any number of simultaneous referenda. These may be topics at the same General or Special Meeting.

(submitted by Buck Trawicky)

SOME GREAT RECIPES from Pursley Group

Vegetable Beef Soup (Easy to prepare and delicious!)

1 good meaty beef soup bone
m 1 medium onion, diced
2 stalks celery, diced

Cover bone with water, add vegetables. Salt & pepper to taste. Cook 1 hour, add 1 can tomatoes. When close to done add 1 cup macaroni if you desire. Delicious either way!

Buttermilk Pancakes

1 c. self-rising flour (see below)
½ teas. soda
1 c. buttermilk
3 TBS sugar or honey
2 eggs
3 TBS oil

(Self-rising flour: 1 c. flour
1½ teas. baking powder
½ teas. salt

WHAT IS TO BE DONE? -- A BETTER ANALYSIS...

I. The Problem

It has been suggested, discussed and debated ad infinitum as to whether the East side warehouse should or should not be closed. The principle reason the question arises is the marginal financial situation of CM. Additional reasons for dissatisfaction with the present East side warehouse are:

A. Lack of space to expand to handle a larger variety of [illegible] items

B. Unavailability of water & sanitation facilities during ma[illegible] operating times would make it inconvenient and probably illegal (you have to go around back and up two flights of stairs to the bathroom that is often locked).

C. No ventilation other than the front door presents a severe strain on the cooler in the summer (it heats the building which requires more cooling which makes more heat...).

D. Inadequate second exit (only heavy sliding dock door usually chained) poses fire hazard and violates builing & fire code regulations.

E. Many find the present tin building aesthetically unsatisfactory -- You make your own judgement of 1340 E. Washington

F. Parking may become a problem since the lease only guarantees 3 spaces and the landlord has plans to rent the rest of the lot.

II. Options

The following are the options we have considered:

A. Stay in the present East side warehouse (ESW). This should include working out solutions to the 6 problems previously listed.

B. Find a new East side location.

C. Consolidate to the Gilson St. warehouse (GSW) (consolidation in the ESW would be absurd).

D. Consolidate in a completely new and more central warehouse. This cannot be done until the GSW lease runs out next April and implies living with present ESW until February (when that least expires). Another possibility is to get out of the ESW as soon as possible and work entirely out of the GSW until April but this is realy option C with a planned move in about a year.

III. Costs of the East side warehouse

As those who have attended general meetings know, there are several ways to calculate the costs/benefits of staying leaving the East side warehouse. We hope to set down the various ways for your careful consideration. Part of the problem is that your choice of calculation depends upon the option you want to evaluate.

A. The business (sales) volume required to sustain the ESW can be calculated by comparing the "profits" with thefixed ESW costs. The formula is:

$$V = \frac{F}{M - C}$$

where, V = sales volume/month
F = fixed costs/month
M = gross margin sales
C = variable costs on sales

F = $200/mo. rent and utilities, minimum plus perhaps the salary of one parttime employee, approximately another $200/mo, -- or $400 maximum.

M = 9.1%

C = 3.6% which includes costs of packaging, printed materials, 1% to Sustaining Fund, etc., but not some tricky costs such as increased load on coolers and freezers. The error in this estimate we judge to be ± .2%.

The extremes gotten by plugging in the numbers gives sales volumes between $7,550 maximum and $3,500 minimum per month. (The higher number comes from including the ½-time salary and figuring 3.8% variable costs, and the lower number omitting the salary and figuring 3.4% variable costs.)

The weekly gross for the ESW was just under $2,000 (a low) for the week ending may 28; it was nearer $4,000/week earlier in the year. Even at the lowest monthly sales volume of $8,600, it is well above the calculated maximum breakeven cost, under the above assumption.

B. Another way to evaluate the ESW is to examine the rates (R_E and R_G, respectively) of sales volume to fixed costs for ESW and GSW, separately:

$$R_E = \frac{V_E}{F_E} = \frac{V_W}{F_W} = R_W$$

R_E and R_W represent the dollar volume attributable to a dollar of fixed costs at ESW and GSW, respectively.

V_E = 16,000/mo.)
V_W = 29,600/mo.) for comparable periods earlier this year.

F_E = 400/mo.)
F_W = 800/mo.) including salary of the one ½-time employee at each place.

Thus, R_E = 40)
and R_W = 37) $ sales/$ fixed costs

The clear result is that the ESW is some several percent cheaper but in this analysis we do not consider the fact that some large function of the GSW space is used as warehousing for the ESW. (The GSW should charge the ESW "rent" for storage space.) Notice that eliminating the half-time employee wages from both ESW and GSW costs, makes the ESW look better yet. On the other hand one might argue that it is fariest to take the rates of all costs.

C. Yet another comparison of ESW and GSW is gotten by taking the ratio of sales to <u>all</u> costs, which introduces the common costs of running both warehouses (administrative, central costs) such as the salaries of the full-time employee, the part-time bookkeeper and other costs like telephone, taxes, equipment maintenance, etc.) These costs amount to a total of $900/month, $620 of which are salaries.

Thus,

$$R'_E = \frac{V_E}{F_E + CV_E + \frac{V_E}{V_T} F_T} = 14.2 \quad \frac{\$ \text{ sales}}{\$ \text{ costs}}$$

$$R_W = \frac{V_W}{F_W + CV_W + \frac{V_W}{V_T} F_T} = 13.7 \quad \frac{\$\text{sales}}{\$\text{costs}}$$

Where V_T = sale volume ESW + GSW ($V_E + V_W$)

and F_T = fixed common costs

If we make a further adjustment arbitrarily, of $50/month subtracted from the GSW costs and added to ESW to cover the warehousing costs to ESW of GSW, the resulting R figures

B. Finally another calculation involves the savings of closing the ESW less the lost "profits" due to lost sales from groups that don't transfer to the GSW. The first figure is F_E but may include further costs of fixing up the present ESW so that we can stay (e.g. ventilation). The number of groups that would not move to the GSW is a big unknown. In equation form the benefit B is

$$B = F_E - N_L S_G (M-C)$$

where N_L = number of lost groups

and S_G = sales per group = 150

M = net margin

C = variable costs

$S_G(M-C)$ would be the "profit" per group per month

or, 150/mo/group X .055 = 8.25/mo./group

(S_G) ($M-C$)

Thus, $B = 400 - N_L \times 8.25$

$= 8.25\ (48.5 - N_L)$ $/month

"""FOR IMPORTANT CONCLUDING PARAGRAPH SEE NEXT PAGE IN ASTERISKS"""

IV. An Alternative East Side Warehouse Evaluated

The finance committee investigated the possibility of moving the East side warehouse to the former "Divine Sales" establishment. The building is locatedon the southside of Williamson St., the 1100 block, set back about twenty yards from the street. It has about 1,400 useable square feet of space.

The building is a brick garage-type building with a metal overhead garage door with approximately 11 feet of clearance, not large enough for the ICC truck to enter. The Common Market stepvan could enter. There are unguarded windows on three walls. There is an overhead skylight. There are radiators on all four walls, taking up most of the lower wall space. Lighting is overhead incandescent. There is a new bathroom and external sink. The electricity is single phase, and not suitable for the compressor presently driving the eastside walk-in cooler. The parking is adequate for no more than five cars and that might involve having to back into Williamson We also noted that Williamson St. will be under construction during the summer, thus eliminating on-street parking during that period. Rent $200 plus.

Advantages: The building is larger, airier, and would allow for a more creative use of floor space. It is generally attractive, having some internal panelling, lots of sunlight, a clean internall. accessbiel bathroom,place for childcare, and room for other community activities possibly. It has fenced backyard thatcould be converted to a lounging and gathering area. The extra sink is important for packaging of foods & for general cleanliness. Neighborhood location is excellent.

Disadvantages: Parking space is not adequate. No loading dock Inadequate insulation, probably leading to higher heating costs. Landlord has put 1,800 in building since March -- if we insist on necessary changes for functioning and security (wire mesh on windows, insulation, 3-phase wiring) we would probably have to pay him $250/mo. plus.

Based on $200/mo. this warehouse would cost c. $.16/sq.ft./mo. We estimate that heating the building as is would run at least $50/ per month, wintertime, and might average as high as $100/mo. Thus the uninsulated building would average $300/mo. at best, or $.20/ sq.ft./mo. At worst we would expect $250 rental and $75 per month utilities or about the same in cost per sq. ft. ($.21). The present warehouse costs the same $200 incl. utilities, 1,000 sq. ft. or .20/sq. ft. If our utilit8es estimate is low then the alternative warehouse costs would be higher per sq. ft. than shown above. Also, sq. footage may not be the best cost measurement since effective or usable floor space is not equivalent to measured sq. footag

The alternative warehouse does not have walls easily used for shelving, thus decreasing potentially the usable floor space.

The Finance Committee recommends against moving to this particular site for the following reasons:

1. Parking is inadequate

2. Moving costs would strain CM finances with no hope of recouping these costs quickly.

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CONTINUED FROM p. 7, concluding paragraph:

In other words, if something like 50 groups drop out we realize no economic benefit from closing the ESW. If none drop out, we save a maximum of $400/month (which is of the order of our deficit last year). Notice, however, that if we kept the ½-time ($200/mo.) ESW employee, the benefit turns over at about 25 groups lost instead of 50 and obviously the maximum benefit is $200/month.

****

V. Conclusions, Discussion and Recommendations

The previously-stated calculations which attempted to represent the different ways of evaluating the Ease side warehouse show consistently that the operating efficiency of the ESW is close to equal to the operating efficiency of the GSW.

Although it is certainly true that Common Market could save money by cutting any fixed expenses, we have shown that the single fixed expense of operating the ESW, especially when it is separated from the salary of the parttime ESW employee, does not, as some people expected, stand out as excessively inefficient. Without knowing the number of groups that would drop out due to the closing of ESW and consolidation in GSW, we cannot calculate the short term loss or gain to CM, brought about by sucha move.

The reasons for leaving an East side location become less solid Moreover, there are further positive reasons for maintaning an East side location which include usage by a large number of eastside people and potential expansion into more of the East side community both of which it seems would be minimized by a consolidation in the GSW.

Even if the audit reveals that CM is operating at a loss, the above analysis points toward the solution to our financial problems being the increase of total volume rather than contraction and eliminating what in fact are vital fixed costs.

Thus far we have not found an East side locationg more suitable (than our present ESW.

Therefore, the Finance Committee recommends that Common Market maintain the present site at 1340 East Washington until the termination of the lease in February, 1974; that the site be improved to accomodate the maximum membership flow and maximum food items; that the site be brought up to code and lease agreements. Particular attention should be given the latter and 1) insure at least the full-time use of water & sanitation facilities 2) install, hopefully at landlord's expense, proper ventilation 3) take steps to insure the building of a proper second exit. In addition, we urge that Common Market develop an effective membership-publicity commitee and conduct a concerted membership compaign.

If the campaign is successful we then recommend consideration of moving in January of 1974, with due consideration for necessary volume to maintain another site. In other words, we urge that continued efforts be put forth to locate a better site, but thatmoving be based upon proof that sufficient volume can be generated tosupport a particular site.



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GENERAL MEETING 7 PM July 8 at Gilson St. Warehouse

AGENDA

1. Work-Finance committee report
2. Staff hiring
3. By-laws changes - on referendum procedures [See June CHEW-ON for a complete list of proposals]

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ANNOUNCEMENT!!!! Betsy is quiting Common Market effective the end of July.

Maggie is quiting effective the middle of August.

Betsy and Maggie have been fine workers! People interested in working for CM can speak to them or to Elaine and find out what will be involved.

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If you are interested in trying new Natural Foods dishes, you will want to attend the YWCA benefit Natural Foods Dinner on July 18th The dinner will be held at the First United Methodist Church, 203 Wisconsin Avenue. Serving will be from 5 to 8 PM and it is an "all-you-can-eat" affair. The meal will be prepared by men and women who attended a series of Natural Foods Cooking classes sponsored last summer by the YWCA, and all the food is being purchased through the Common Market.

We are anxious to make the dinner a success, and hope that many CM members will be able to attend. Tickets will be for sale on the price sheets prior to the week of the dinner. This will be more than a meal -- it will be a chance to rap with the chefs, meet some new people over a good menu, share your thoughts about food and even add some new recipes to your collection. Special tickets for children under 12 are available, so the whole gang can attend.

The menu will be: Italian Casserole, Fresh Garden Salad and Assorted pressings, Breads, Dessert and Herb Teas.

If you have any questions about this affair, please call Marjorie Ward at the YWCA, 257-1436.

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MADISON SUSTAINING FUND REPORT

MSF, after months of travail, finally adopted a budget. Approximately one third of its income is distributed to specific groups for the remainder of the year; one third is to be allocated every month on an ad hoc basis. The remaining third goes toward MSF expenses. MSF income has increased since the inception of the Community Cache by several hundred dollars a month. This in spite of Mifflin St. Co op pulling out of MSF and no longer collecting the Chip. It used to collect $100-150/month.

(turn to p. 4 for more report)

THE PEOPLE'S SHOPPER

SHOP THE CO-OP WAY AND SAVE!
THESE FINE PEOPLES ARE HAPPY TO SERVE YOU

The Whole Wheat Food Co-op

The WWFC Coordinating Council has approved the following statement for publication. The Council voted on the statement line-by-line, and where the vote was not unanimous the minority opinion appears in parentheses.

WHOLE WHEAT FLOUR
Ground on Our Own Millstone 12¢ lb.
(8¢)

ORANGES
6¢ ea.

MILK
39¢ ½ gal. 82¢ gal.
(What's the markup for--the pleasure of your company? 78¢)

CARROTS
15¢ lb.

(The carrots are not too crisp because the big honchos in this so-called organization don't know how to call an electrician to fix the cooler, which has not worked for six weeks now. In fact, it's like a steam pit in there. If the "co-ordinators" would come around once in awhile they might find out about these things. The oranges are shrivelled up, also the lettuce, and the carrots are like rubber. Organic or not, I wouldn't feed it to apes. Diane.)

HOME MADE YOGHURT
Delicious 75¢ qt.
(Anyone who can in good conscience sell this stuff for 75¢ should be forced to eat it.)

ACORN SQUASH
30¢ ea.
(I will not accept more than 21¢ per squash and I am giving away the bread and milk free until this group shows a little more sensitivity to the women, who do about 2/3rds of the work. That's no lie either. I am at the store 1-4 p.m. Mondays and 5-8 Thursdays--the tall woman with the reddish hair and glasses. See me for bargains. Marcia.)

SHARP CHEDDAR
80¢ lb.
(Stuff it in your ear, hippie ripoff artist! We're busting out of this pukehole!)

SUPPORT (THE BOYCOTT OF) YOUR NEIGHBORHOOD CO-OP!

People's Candy Collective

Last August, five of us pulled out of the Whole Wheat Co-op to form the Collective. Hopefully this article will try to explain what we're doing and where we go from here.

At Whole Wheat we were making sesame-seed cakes and oat balls. We enjoyed our work, but we wanted to branch out into wholesome chocolates and nut bars. This proved to be traumatic for the Co-op hierarchy, which was into macrobiotic and organic gardening, the whole elitist grocery bag. They took the position that candy is bad for the people, it ruins their teeth, spoils their appetite, etc. Finally, we split. Our purpose was to set up a candy store where the decision-making would be shared by the whole community and everyone could contribute his ideas.

First, we visited the existing candy store in the neighborhood, Yaklich's. We assured Mr. Yaklich and his son Baron that our intention was to cooperate, not compete, and we agreed not to sell cigarettes, cigars, newspapers, magazines, or adult books, which they are very much into. They are also into point spreads, and we agreed not to do that, either.

Second, we tried to get some Indian, black, and Chicano representation (of which there was none) in the Collective, but that was a problem, since there was none in the neighborhood, either, and attendance at our meetings would've meant a long ride on the buss for them.

school, where we met a lot of people who, though unfamiliar with the theory of running a collective, were very helpful and gave us a lot of new ideas. They suggested such things as licorice whips, nougat bars, sourballs, jawbreakers, bubble gum, soda pop, frozen delights, cupcakes, and Twinkies.

These are yet to be discussed, but it appears we have several alternatives: To go back to Whole Wheat, to help the grade-school community set up its own candy collective, or to serve them and their needs in order to create a broader base of support within which we can seek to familiarize them with where we are at. We invite anyone concerned to stop by the store (upstairs from the Universal Joint)

St. Paul's Episcopal Drop-In Hair Center

If you've decided to get a haircut, that's your decision, but why go to a straight barber and pay $3.50 for a lot of bad jokes? Come to St. Paul's Hair Center (in the rectory basement) where Rev. Ray and Rev. Don are waiting to see you. The price is right on and the rap is easy. Ray and Don are trained barbers, but more than that they know how hard this move can be and offer warm supportive pre- and post-trim counselling. They're people-oriented, not hair-oriented, and if you just want to come in and talk about haircuts, well, that's cool, too.

People's Meats

Most of us accept strict vegetarianism as the best way, but many find it difficult to change their eating habits. People's Meats is an interim solution. All of our meat comes from animals who were unable to care for themselves any longer. Hoping to phase out the operation, we do not advertise hours, prices, or location. We do not deliver.

People's Used Furniture

One sign of what's going on in our society is the trend toward larger and harder beds. Queen-size, king-size, wider, firmer - beds that resemble a flat plain and the sleepers ships passing in the night, not knowing one another at all. We reject that kind of sleep with our Warm Valley Bed. It is built narrow and soft and shaped like a trough, gently urging its occupants toward the middle, to spend the night in each other's arms. No matter how hard you fight it (and we all do), the Warm Valley Bed brings the two of you together into warm mutually reinforcing physical contact. The bed of commitment. Specify depth.

The Universal Joint Garage & Body Shop

The way it is at the U.J. is like the five of us, Sully, Bill, Butch, Duke and Bud, we're totally together because we stay high together and when you come in with your car, say the car is really bummed out and won't even start, before we even touch that car we're going to sit down with you and get you up there together with us.

Now, a lot of folks can't dig that. They say, "Here's my car. When can you fix it?" or some other kind of linear crap. Well, we just got to talk that person loose. Because we are not in that Fix matrix at all. We say, "We're not there yet. We're here." Or we say, "You on a wrench trip? O.K., here's a wrench!" But that's not where he's at or the car either, and on a simple planetary level they both know it. The car and him are one circuit, one continuum, and the ignition switch is right there in his head. Like we say, "The key is not the key! Tools are not the tools!"

So what we do is get very loose and very easy and very high. The afternoon goes by and the whole shop is like suspended up there in its own holding pattern, we're all sitting around listening to theleak in the air hose and digging it, and slowly that person gets to copping to that car through us. It's tremendous, a stone - you feel the energy really flowing. So we're all sitting there revving on that and then the car starts to get off on it and pretty soon that car gets going. Sometimes it starts by itself, other times we got to do some laying on of hands, but it's going. Wide open, you can feel it vibrating. So all that comes right back to us. Like the car is going rrmm rrmm rrmm and we're going rrmm-rrmm rrmm, and the next thing you know that person gets in the car and he just like takes off! Which was his Karma all this time-to go. Like he was in this place, now he's in another place, pretty soon he'll be somewhere else, and so on, but you know, it's all one road.

The Phantom Stomach Alternative Cafe'

The Stomach originated as a study group within the Whole Wheat Co-op, for people interested in vegetables as a tool in therapy. We were somewhat divided between eggplant and kohlrabi, but we got along pretty well. All of us felt that

eating vegetables helped us free ourselves from authoritarian life-systems and become more self-sufficient and honest with ourselves and more whole. Wholeness was the key. But as we pushed it farther we came to feel that vegetables were merely raising us to a higher ego-level that was rather empty and intellectual. We felt whole but we didn't feel full. It was then that we discovered "the other stomach."

The group was on a five-day fast in order to get beyond food and onto a different thought plane where we could meditate with our stomachs and find out what they wanted. One night we went up to the roof of an apartment building to cool off, and as we lay there we say a great membrane descending from the sky. The membrane shone with a pale moist light. As it came near, we saw hamburgers in it, a thousand of them, and pizza - pepperoni, sausage, anchovy-and-sausage, mushroom - along with French fries, Cokes, onion rings, Big Macs, Pronto Pups, chow mein, Reubens, malts, frosted doughnuts, buttered popcorn - everything right there within reach. We heard themendous bursts of thunder from the membrane, and then a voice said, "Eat!"

We said, "But we can't. We're fasting and besides it's not our kind of food."

And it said again, louder, "Eat!"

So we did - the stuff looked good - and to our surprise, it <u>was</u> good. It was hot and tasty and crisp, and the more we ate the more there was of it. We kept saying, "It is our thing, it is our thing!" Because we'd never felt that way before. A spreading circle of warmth from the stomach to all parts of the body. A great calorie rush.

The next night, the membrane came again. This time, we'd invited all of our friends. Hundreds of people joined in the feast. There was enough for everyone, and we became aware of a very profound physical sensation that we never got from vegies. Now we know: Around the little vegetable stomach there is a second and much greater stomach, which eggplant cannot satisfy. This second stomach is the whole body. As the voice said to us the second night, "You are not <u>what</u> you eat. You <u>are</u> eating." You only realize that if you eat the right food.

We're trying to carry out this philosophy in our cafe. We sell burgers that make people listen to themselves and understand themselves and we got a machine that turns our a single continuous French fry. The endless potato. When there are no customers in the place, we like to open the front door and let the French fry go out into the community to make contact with people. Some of them, like us, have eaten their way back to the beginning.

-Garrison Keillor, taken from the
<u>New Yorker</u>

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MSF report continued from p. 1:

Income $1,200/month (approximately)

Budgeted:	Women's Center	$25/month
	W. The People	50 "
	Truman School	30 "
	Near East Side Community Health C.	75 "
	Wisconsin Alliance	65 "
	Wis. Youth for Democratic Education	20 "
	Madison Area Committee on So. Africa	10 "
	Health Writers	35 "
	Broom St. Theatre	25 "
	RPM Printing	40 "
	Nat'l. Unemployed & Welfare Rights Org	30 "
	Women's Internat'l. League for Peace & Freedom	10 "
		$415
MSF supplies & salaries		$433
To be allocated each month		$400

Common Market Ltd.
Madison, WI.
Profit and Loss Statement
for the Period 1/1/73-5/27/73

Sales:	212,609.75		
Less: Sales returns and Allowances	8,130.10	204,479.65	
Membership Fees		430.21	
Contributions		1,058.83	
Total Operating Revenue			205,968.69
Cost of Goods Sold			
Merchandise Inventory 1/1/73		4,067.00	
Purchases		196,844.17	
Purchase Service Charges		6,437.67	
Cost of Goods Available for Sale		207,348.84	
Less: Merchandise Inventory 5/27/73		7,525.15	
Cost of Goods Sold			199,823.69
Gross Profit			6,145.00
Expenses			
Salaries		4,578.15	
Payroll Tax Expense		86.97	
Supplies		1,291.80	
Insurance		160.14	
Rent		2,771.00	
Telephone		587.26	
Utilities		1,227.05	
Madison Sustaining Fund		1,589.87	
Refrigeration Maintenance		538.46	
Trash Removal		146.76	
Pest Control		48.00	
Miscellaneous		696.01	
Total Expenses			13,721.47
Net Loss			7,546.47

Gross Profit percentage from Sales 2.3%

The above profit-loss statement for the first five months of this year indicates an operating loss of $7,546.47. This loss has to do with the fact that our gross profit-percentage (margin before expenses is 2.3% of sales instead of 9.1%, as it should be with a 10% mark-up. This means food leaving the warehouse without being paid for cash register errors, pilferage; overweighing would all account for this condition.

The work & finance committees have been seriously investigating the matter to locate and correct the sources of loss. Three main categories are being checked: cash register & order form errs, overweighing, and meat distribution. Controls have been instituted and records are being kept of the value of losses in these areas. Some of these are immediately correctable upon finding; others may require a longer-range procedural or policy change.

Remember -- we are operating in a small mark-up--10%. An accumulation of errors of overweighing an ounce in a pound of cheese or $2 under charge on a group's order (there being 300 groups and $8 or $9,000 sales each week) could cut that percentage very fast. Our membership must be made conscious of the importance of keeping errors like these to a minimum. The mentality of being generous to yourself or others when our prices are as low as we can afford to operate with could be disastrous.

no. 28



Sunday
October 14th 7 p.m. 1973
Common Market General Meeting
Wil-Mar Neighborhood House
953 Jennifer Street

embers! Why didn't you show at the last two meetings? We haven't ad a quorum in 2 months. You're forcing the power on an "elite."

Important Agenda

- New Eastside warehouse-- our present lease irevocably terminates Jan., 1974. We must find a new one or move into the Westside.

- Results and recommendations of our study on loss of money at warehouse.

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WHAT IS COMMON MARKET?

Common Market is an organization operated and controlled by its members. The bulk of the work is done by the 2,500 people who belo to the organization. Ideally, responsibility for work is spread amongst the participating members. CM pays one full-time coordinat for the whole organization and one part-time person for each ware-house to coordinate the work of its operations, plus one part-time bookkeeper. All other jobs must be done by unpaid members.

The minimum obligation of a CM member to the organization includes:
1. Belonging to an ordering group which works the following amount in x 4-hour periods:

   2 slots (8 hrs.) for 1- 6 people
   3 slots (12 hrs.) for 7-10 people
   4 slots (16 hrs.) for 11 or more people
2. Paying $1.50 lifetime membership for each individual over 18.
3. Having one member attend every general meeting, held accor-ding to the by-laws the second Sunday of each month at 7 p.m. at alternating warehouses.

All of these responsibilities, of course, can be divided among a group's members as the group sees fit.

This list is a minimum requirement worked out on the basis of present workload and General Meeting assessment of desirable and necessary level of member participation.

Common Market has suffered organizationally because of minimum obligations not being carried out. Many hours each month are spent on the phone attempting to get groups to sign up for work. The work schedule goes up the second to last week of each month. In those last two weeks of the month groups have ample time to plan, schedule and sign up for their total work requirement for the upcoming month. Before the month begins, all groups should be signed up for their total requirement.

Many members have been lax in paying their $1.50 lifetime fee.

There has been an extreme lack of member input into the various functioning committees. Below we have outlined and described the operation of all the committees including the chairperson's name and phone number to contact for further information.

Common Market General meetings have been recently so ill-attended we've had to cancel the last three due to lack of quorum (20 people). These meetings are held the second Sunday of each month at 7 p.m. at alternating warehouses and are publicized in the price list the preceding week. The major policy decisions are dealt with at these meetings, some former ones being: Decision to expand into two warehouses, Decision to contribute money to the Sustaining Fund, Decision to keep the East Side Warehouse location.

One of the issues to be considered in the upcoming October meeting is what to do about another East side location.

WE MUST HAVE MORE MEMBER PARTICIPATION IN DECISION MAKING IN COMMON MARKET. Decisions cannot continue to be postponed. The visibility and development of the organization are threatened.

Elaine Festerick, Coordinator

FINANCE COMMITTEE

The Finance Committee discusses many important decisions. However, our membership has been decreasing and we would like to see more people involved in the meetings. If you are interested watch for the notices of the meetings on the weekly price sheets and come add your wisdom to our discussions. We meet at least once a month to act on questions referred by the General Membership and on other issues clearly within our authority. Larger questions originating in the Finance Committee are referred to the General Meetings with our recommendations. We routinely review the money situation with our bookkeeper and consider equipment purchases, hiring and fund-raising.

John Learned, Chairperson

FOOD COMMITTEE

The main function of the Food Committee is to choose food for the Common Market. We try to get the best quality, low cost foods we can. Whenever it is possible, we try to get samples in order to taste the foods we are considering.

We are also concerned about the handling and storage of food, and maintaining certain health standards at the warehouses.

For those people who want to know what's happening with their food this is a good committee to be involved with. Being on the Food Committee offers you the opportunity to have something to say about the food you eat. We can use some new faces and new ideas! We meet every other Monday night at 7:30 p.m., alternating warehouses. Call for more information.

Ruth Breger, Chairperson, 256-5106

WORK COMMITTEE

The Work Committee is concerned with the efficient and pleasant flow of all normal physical work inside the warehouses with the exception of cashiering. Thus, the Committee:

- makes sure there are enough workers for each shift;
- provides a coordinator to guide each shift;
- keeps records of the number of times per month each group is represented on work shifts;
- communicates with groups that do not provide as many workers as the General Membership has voted a group their size should;
- makes sure there are enough supplies for all shifts and operations;
- trains new coordinators to replace present ones as they flee town or resume normal lives;
- tries to anticipate the effects of changes in CM structure, conditions, or policy;

- Keeps the General Membership informed of the working state of affairs
- makes recommendations concerning changes in CM policy;
- holds monthly (alcoholic) get-togethers of coordinators, their families and pets;
- does the paperwork and phoning to support all of this

Eastside, Buck Trawicky, 256-7865
Westside, HELP! WE NEED A CHAIR-PERSON!

TRANSPORTATION COMMITTEE

The Transportation Committee is responsible for picking up bread, sausage and bean sprouts from suppliers in the Madison area and delivering them to either the East or West Warehouse. The coordinator arranges for people to do these pickups and sends in one work credit for the group for each pickup done. The schedule of pickups is as follows:

Tuesday: (anytime during the day):
Yoghurt from the Meferland dairy
Sausage from the Bavarian Sausage Kitchen (on Verona Rd)
Bean sprouts from in town
(after 4:00 and before 5:30):
Bread from Women's Exchange, Nature's & Colonial bakeries

Wednesday: Between 9:00 & 10:00: Bread as on Tuesday

Thursday: After 12:30 and before 2:00: Bread as on Tuesday.

Friday: (anytime before 2:00): Sausage & bean sprouts as on Tues.
After 12:00 and before 2:00: Bread as on Tuesday

Saturday: Between 9:00 and 10:00: Bread as on Tuesday

These pickups take between ¾ and1¼ hours to do. On Tuesday, Wednesday and Thursday the food is taken to the Westside and on the other days to the Eastside but a group can get work credit for deliveries to either warehouse, regardless of which side they are from. A regular or small car can accomodate the sausage and bean sprouts, but a station wagon or van is needed for the bread and yoghurt unless you want to make more than one trip.

People are always needed to do work for this committee either on a regular or reserve basis, so if you're interested call Martha Fiske at 437-5976 in the evenings or on weekends. Remember that your group gets one whole work credit for each job done.

Martha Fiske, Coordinator, 437-5976
or 262-3632

PUBLICITY AND MEMBERSHIP

Revitalization meeting, 6 p.m. before the General Meeting, Sunday, October 14th at Wil-Mar Neighborhood Center, 953 Jenifer St.

Items to be discussed:

1. Staffing warehouse each Thursday to help sign up new members and explain CM to interested people (work slot credit).
2. Developing a small permanent exhibit about CM that can be staffed at selected events e.g. farmers markets, art fairs.
3. Maintain membership files and locator map (work slot credit) (Maybe a group would be interested in taking over entire responsibility for this as a work job.
4. Help develop pamphlets, posters, leaflets to promote CM.
5. Be available to explain CM to reporters, radio, TV, talk shows.

John Bird, Chairperson, home 238-9004
office 266-8901

4

THE REAL VILLAIN IN HEART DISEASE by C. . . Gilmore (Digested from the . . Y. Times)

*Cardiovascular disease will kill a million Americans this year--54 percent of all deaths.

*675,000 will die from heart attacks, 176,000 of them under 65. These are "premature" heart attacks; their victims are primarily men at the peak of their productivity.

These facts are will known. Not so widely appreciated, however, is the fact that we know how to stop much of the dreadful toll. "Perhaps we can't prevent heart attacks completely," says Dr. Campbell Moses. "But we could push most of them back into the 80's and 90's instead of having people struck down in the prime of life. Most people would consider that quite an improvement."

During the past two years, most of the country's principal scientific and public health agencies have reached the conclusion that premature heart disease--at least a good part of it--can be prevented.

The Problem

Heart disease comes in many forms. But the great killer--the one behind what we call heart attack--is atherosclerosis.

The beginnings of atherosclerosis, one of a family of blood-vessel diseases called arteriosclerosis, are still mysterious. When children go off mother's milk and onto cow's milk, they develop what investigators call fatty streaks--long, yellowish markings--on the inner linings of their arteries. Fatty streaks in early life are not important and usually disappear. But there is evidence that in some people fatty substances such as cholesterol are deposited in the fatty streaks, and in later life can produce damage to the arteries. Gradually, the lining of the arteries becomes heavy and irregular, and displays thick deposits called "plaques." This whole process severely restricts blood flow through the artery, and the roughened spots can break loose, cause rupture by weakening the blood-vessel's walls, or provide ideal spots for the formation of blood clots that choke off blood flow entirely. The damage takes its greatest toll when it affects the arteries of the heart--the group of three, 5-inch long, soda-straw sized blood vessels that sit atop the heart and wrap around it like a crown (hence their name: the coronaries).

The process of arterial injuries, or lesions, is slow, probably taking 20 to 40 years on the average. Most Americans have moderately severe atherosclerosis by the time they reach 50.

For many years, hardening of the arteries was thought to accompany only old age. Then, in the Korean war, came a stunning discovery: A team of doctors performing autopsies on young soldiers killed in battle found that nearly 8 out of 10, most in their late teens and early 20's, had appreciable coronary atherosclerosis. As the realization grew that the disease was not restricted to the aged, many investigators began to examine their other preconceptions about the disease. Main question: Was atherosclerosis really an inevitable process--or could it be a preventable disease?

The Disease of Affluence

Studies of the world's population have revealed a remarkable fact: The richer the country, the more likely it is to have a high rate of coronary heart disease. In the history of growing awareness that heart attack is associated with certain traits and habits characteristic of an affluent civilization, there stands out one great scientific landmark--the Framingham study.

Two and a half decades ago, more than 5,000 healthy men and women between the ages of 30 and 59 and free of any sign of heart disease were selected for the experiment in Framingham. In the 23 years since, each subject has come in for biennial examinations. During the course of the experiment, some 900 subjects have died. And from these deaths have come a series of scientific facts where only general impressions and suspicions had existed before.

The "Risk Factors"

The study's overwhelming accomplishment was the identification of a series of "risk factors." It proved that men have more and earlier heart attacks than women, and that people who have high levels of cholesterol in the blood, high blood pressure, diabetes, electrocardiogram (EKG) abnormalities or low vital capacity (the amount of air that can be expelled from the lungs), who smoke cigarettes or have parents and grandparents with heart problems are more likely to have heart attacks than those with none of these factors. And the more the factors, the higher the risk.

The study showed that a combination of risk factors increases the danger enormously. For example, men with moderately high cholesterol levels, moderately high blood pressure and certain EKG abnormalities are 23 times more likely to have a heart attack than those with none of these factors.

An important element to recognize about the Framingham study, and others since then, is that it demonstrated a clear statistical association between heart disease and a number of factors. But statistical association doesn't prove cause and effect. For example, cigarettes and heart disease are associated statistically. But one can either assume that the cigarettes cause the heart trouble, or that something that makes individuals susceptible to a heart problem also makes them more likely to smoke. Either hypothesis, in the absence of additional evidence, is equally good. The same reasoning applied to the other Framingham risk factors. The real question became: Will changing the risk factors help to prevent heart disease? Some of the answers were surprising--and not hard to establish.

1. Diabetes: Controlling diabetes does not lower the risk of heart attack. But treating diabetes does clearly lower a patient's of dying from a variety of other ailments.
2. High blood pressure: Lowering blood pressure does not reduce the heart attack risk. But it dramatically lowers the probability of death from heart failure and stroke.
3. Overweight: There never has been much argument that being thin is better than being fat, and probably gives some protection from heart disease.
4. Sex, heredity, heredity, vital capacity, abnormalities: Nothing you can do about these anyway, so no chance for reducing

COME TO THE HARVEST FOOD FESTIVAL-- FRI. SAT. SUN., SEPT. 14, 15, & 16
at the Dane County Fairgrounds Youth Building

The Food Festival program is one of food, fun and entertainment, with an educational emphasis on good food for good health. There will be food exhibits and demonstrations to see and buy from. Saturday's program will focus on the family farm, with a speech by James McHale, Secretary of Agriculture, Pennsylvania, and many old-time farm related games and contests including corn-husking, goat-milking, watermelon-eating, and an old farm implement identification contest. Saturday night from 8-11 p.m., the GOOSE ISLAND RAMBLERS will play bluegrass, old-time, and Wisconsin "house-party" music.

SATURDAY'S CALENDAR OF EVENTS 10:00 a.m.-11:00 p.m.

10-12 Films by Fritz Albert of U.W. Dept. of Agriculture
1:00 Old Farm implement I.D. Contest
Pony rides
Watermelon-eating contest
2:00 Baked goods contest (bring prepared baked goods to enter in three categories: pies, breads, and sweet breads).
3:00 SPEECH BY JAMES MCHALE, SECRETARY OF AGRICULTURE, PENNSYLVANIA, ON TOPIC, "THE FOOD ACTION CAMPAIGN: EFFORTS OF CONSUMERS, FARMERS, FARMWORKERS, AND TAX-PAYERS TO EXPOSE THE CONCENTRATION OF POWER IN THE FOOD ECONOMY"
4-6 Jane Farwell's International folk-dancing
Goat-milking demonstration
Corn-husking contest
Pony rides
6PM Hot meal served
8-11 GOOSE ISLAND RAMBLERS -- bluegrass, old-time, and Wisconsin "house-party" music.

Donations: $1 for adults, 25¢ for children over six, and $2.50 family

No extra charge for contests or band!

HARVEST FOOD FESTIVAL* *HARVEST FOOD FESTIVAL*HARVEST FOOD FESTIVAL

in saturated fats. Unsaturated fats tend to make serum cholesterol go down; they are usually liquid at room temperature and include corn, cottonseed, safflower and other vegetable oils. (An important exception is coconut oil, which, though a liquid, is one of the most saturated fats in existence. And there is a third, inbetween category, such monosaturated fats as olive and peanut oil, which neither raise nor lower cholesterol level.)

Researchers have for years suspected that diet is involved in atherosclerosis, simply because arterial plaque is made up largely of cholesterol. But the evidence was only circumstantial, and a good argument could be made that the cholesterol in the plaques was manufactured by the cells in the artery walls and had little to do with the supply circulating in the blood stream. In fact, the question of how cholesterol is deposited in the artery walls is still one of the most mysterious aspects of the problem.

The first evidence of the importance of diet came in 1913 when a Russian pathologist named Nikolai Anitschkov fed rabbits an experimental high-cholesterol, high-fat diet. The animals quickly developed severe hardening of the arteries, a condition never found naturally in proper lettuce-leaf-nibbling bunnies. Since then, researchers have shown that it is possible to induce atherosclerosis in almost any animal by a diet high in cholesterol, saturated fats, or a combination of the two. But despite numerous such experiments, heart specialists remained unconvinced. What happens in animals may not happen in man. Rabbits, for example, are normally vegetarian, and their metabolic response to substances they usually do not eat may be quite different from the human response. (to be continued)

=======The next issue of Chew On will discuss diet and present a description of cholesterol and its contribution to heart disease. Hang in.

CHEW-ON

Published by Common Market Ltd. No. 29 November, 1973

Eastside Warehouse Will Close January 30 1974

AGENDA FOR GENERAL MEETING

Sunday Nov. 11th 7:00 pm

at 1335 Gilson St.

1. **Committee Reports: FINANCE COMMITTEE**
   I. C. C. Report
2. **Madison Sustaining Fund**
3. **Instituting Annual Membership Dues**
4. **General Meeting time change: Proposed that policy meetings be held every 3 months instead of once a month.**

(Ed. Note: At the October meeting it was decided to close the East side warehouse. The Proposal presented below was delivered by Elaine Nesterick, Common Market Coordinator, at that meeting.)

Common Market is presently operating two warehouses--one, 1000 sq. ft. of space at 1340 E. Washington Ave. and the other, 4000 sq. ft. of space at 1335 Gilson St. Gilson St. is open about 4½ days per week or 44 hours (including totalling, stocking, packaging and food distribution shifts) and E. Washington Ave. about 3 days or 32 hours.

For those unfamiliar with the present operations of the two warehouses, this is the set-up and scheduling. Sunday begins the week at Gilson St. Orders are due Sunday noon and totalled in the afternoon. Shifts of four hours each on Sunday night, Monday night, and from 10-2 and 2-6 on Tuesday prepare for food pick-up by stocking packaging and receiving deliveries. On Tuesday is also done a transfer of perishables left from East side sales on Saturday. Food pick-ups begin Tuesday night and continue 10-2,2-6, and 6-10 Wednesday and from 2-6 and 6-10 Thursday. Surplus sale on Thursday night ends the week at Gilson St. Beginning the week at the East side is a Monday night totalling shift. On Tuesday night is done a transfer of bulk cheese and grains to be packaged from 6-10 that night and continued on Thursday night. Then on Friday from 10-2 is done a major transfer of perishable, frozen products, and stock items

like peanut butter, oils, etc. Friday from 2-6 finishes up the stocking and preparation for food pick-up. Food pick-ups begin 6-10 on Friday night and continue 9-1 and 1-5 on Saturday.

Thus Common Market operates 7 days a week with most activities at alternate times of the week for each warehouse. On Monday night, Tuesday night, and Thursday night shifts run concurrently at both warehouses. During the day on Monday and on Thursday morning there are no work shifts at either place. Basically Gilson St. warehouse (GSW) operates a little over 4 days a week and the East Side warehouse (ESW) about 3 days, the working being spread out to include a maximum of evening times at both warehouses--the times most convenient for most people to work and pick up food.

The issue of the East side warehouse at 1340 E. Washington arises again at this time forthe following reason. The lease on this warehouse expires January 31, 1974. We cannot stay in the building another year with its grossly inadequate facilities. The most outstanding fault is the absence of an internal bathroom or internal water source, which condition has existed since April of this year when a restaurant moved in the adjoining building. We are operating very illegally and could surely be closed down by the Health Dept. on short notice. Other drawbacks include lack of space for expanding to more food items and absence of any fire exit. In order to terminate our lease we must give the landlord notice by November 30.

Thus we are confronted with the obvious alternatives of either moving the East side operation into another Eastside building or moving everything into the Gilson St. warehouse. I am strongly proposing that we move out of the East side warehouse and consolidate everything into Gilson St. My two primary considerations behind this proposal for consolidation are:

1. the relative efficiency of running one warehouse as opposed to two when both operations could easily fit into
2. the cost of moving to a new building.

I'll deal with the last consideration first. The move to Gilson St. warehouse was made 1¼ years ago. At that time moving was a necessity although the decision to maintain two warehouses was an option. The scarcity of warehouse space at that time limited our selection with regard to our specifications. Location, parking facility, and cost were in our favor although the size of space was too much for the West side operation at that time. Everyone hoped that the Market would continue growing to enable us to run full-time operations at both warehouses. This has obviously not happened.

It cost us about $2000 to set up at Gilson St., $1000 of which was raised by member donations and the rest taken out in loans from members. We just finished paying off the last of those loans last month. The cost of set-up at Gilson St. was minimal, compared to what it could be at another time and in another building. The two biggest pieces of equipment, the walk-in cooler and walk-in freezer, were purchased at an auction for a total of $243 with compressors. The landlord provided materials for insulating the ceiling. Our expenses included hooking up the cooling equipment, doing wiring, buying and installing florescent lighting, building shelves and the packaging area. An estimated minimum of $1000 would be needed to set up in a new building for the East side, considering that we already have some equipment. We should also expect a rent increase. Since the space needed to stock more food items should be another 1000 sq. ft., the rent would likely be double the $200 per month it is now. We do not have the surplus capital to afford the cost of set-up nor the income to cover increased rent. Whether it would be worthwhile to take out loans to do it, I shall take up in discussing the other prime consideration in this proposal for consolidation which is: increased efficiency in running one warehouse rather than two.

Reasons:

1. In having one warehouse we would save the obvious expenses of rent, utilities, and telephone which are now amounting to $220/mo

2. In consolidating, much of the present duplication of work, both paid and unpaid, would be eliminated. Explanation:

Transfers of food between the two warehouses occur at least 3 times/week, sometimes 4 and 5, to total about 34 unpaid person-hours and 10 paid person-hours/week. Transfers are done for two reasons: a) Except for produce and milk, most other items are received and stored at GSW, because of the space available there to do so. This involves checking in the order with the invoice, loading it into the storage area and updating the stock as this is done. To get these items to ESW means another loading into the van, transporting, unloading, and then loading into the cooler, freezers and shelves there. b) The second reason for transfers is to use up perishables as quickly as possible. This means that instead of milk sitting at GSW from Thursday night until the following Tuesday, it is sold on Friday at ESW. The same happens with milk left from Saturday night at ESW which absolutely could not be sold if it were left for East side sales the next Friday. Thus transfers 3 times/week which doesn't include extra trips made because of items forgotten, late deliveries, etc. In addition to food items, equipment and materials such as cash register, deposit bags, deposit record book, price lists, invoices, packaging supplies, etc., must be transferred, some of them twice a week. Consolidation would mean cutting out 44 person-hours a week now put into the transfers plus eliminating the expenses of operating the van for this purpose.

In addition to the transporting of stock, there is duplication of work involved in the logistics of running work shifts at two locations. Each shift is overseen by a work coordinator. At least 16 hours of ESW shift time (4 work coordinators) could run concurrent with other shifts at GSW if we consolidate. Totalling orders could be easily combined with a stocking shift. Packaging could easily run the same time as food distribution. Another 8 hours of shifts doing solely packaging for GSW could run at the same time we were doing Eastside food distribution. For the most part one work coordinator could cover two simultaneous shifts, especially because one warehouse would make it possible to have a staff person on hand at all times. We would be eliminating the overlap in staff time now necessary because of shifts running concurrently at two locations.

3. Consolidation would enable the staff to better maintain the present procedural controls and to implement suggested new ones.

The Common Market profit-loss statement for the first five months of the year showed a $7500 loss due to sales margin being around 3% instead of around 9%. This showed that our financial condition was not resulting from volume of sales too low to cover expenses, but rather to losses before the cash register in the form of errors, pilferage, etc. Our emphasis then, economically speaking, should not be toincrease sales but to tighten up the operations to eliminate losses due to procedural inefficiencies. This is the only way the Co-op will be able to survive financially without raising the markup.

In order to maintain controls with proper administration, we've got to be using our staff time more efficiently. Instead of running back and forth between the two warehouses to pick up forgotten items and attempting to coordinate two locations at one time, we could be guiding correct procedures and working on improving them in one place. Coordinating a work shift is no longer just showing someone where the mung beans are, but among other things involves: a) administering checking of errors on cash register tapes and the collection of their value b) administering cashier check-out and book work at the end of each shift c) maintaining an accurate record of meat sales d) insuring accurate check-in of deliveries 3) keeping close records of group work f) executing accurate end of month inventories. The logistics of maintaining these controls at two warehouses involves more than the staff can do within their paid hours. Some suggested controls would be virtually impossible with the present situation. One of these suggested is a daily log recording invoice information upon receipt of a delivery. As it stands now, there are deliveries being made at one warehouse when no one is there while operations are proceeding at the other. As an example, four of these kinds of deliveries happen between hours of 8 am and 5 pm on

Thursday at ESW. No shifts occur there during these hours nor does any staff time cover it.

4. Consolidation would free over $1000 worth of inventory continually present at the East side warehouse.

Because bulk and not packaged items are transferred to East [illegible] there is always an inventory of partial sacks of grains, nuts, blocks of cheese. Also, packaged items are stocked over the amount obtained from the total sheets allowing for errors to insure the last groups getting what they ordered. Moreover, because it is easier to transport whole cases, most of the juices, meats, yogurt, butter, etc., are moved in case lots rather than individual units. All of this amounts to the $1000 of inventory during non-sale times, which is 5 days of the week. While these items are sitting, new cases are being ordered for GSW. This double inventory would be eliminated by consolidation. For example, instead of ordering two 40 lb. blocks of aged cheddar for 60 lb. to be sold at GSW, and one 40 lb. block for 15 lb. sold at East, two 40 lb. blocks could take care of the combined sales at one warehouse.

5. This leads us to another advantage of consolidation--that being higher turnover of stock. Keeping with the cheese example, out of that 120 lb. of cheese ordered for both warehouses, 45 lb. would sit for an entire week before being packaged to be sold. With one warehouse, 80 lb. would cover the 75 lb. sold with only 5 lb. left over. The same thing would apply to the overages bagged which sit on the shelves of both warehouses for a week. With one warehouse, the overage bagged from one packaging shift could be used immediately on the next food distribution shift. Food would be fresher because turnover would be greater.

This situation is even more striking when we consider those items sitting half the week at Gilson St. which are now not available to East siders. A $2600 frozen meat inventory now at GSW would turnoverfaster as it would become available to half again as many people. Consolidation would increaseour capital flow along with making more items available to more members.

6. Consolidation would improve the overall quality of food and service to Common Market members.

As examples:
- Produce and milk products left from sales at one warehouse are now transferred in an unrefrigerated van to the other warehouse twice a week. Although the practice is to load last and unload first the perisables, many times they sit an hour without refrigeration. This problem would ceasewith consolidation.
- --The problem of items forgotten from one warehouse causing unavailability at the other would be eliminated.
- --Closer tabs on overall inventory could be kept, insuring higher turnover, thereby fresher products, yet greater availability.

The Gilson St. warehouse is south-centrally located. Via the Causeway, it's about three miles from the Spaight, Jenifer, Rutledge St. area and about 3½ miles from near east Johnson St. where the highest concentration of members using the East side warehouse is. This distrance is less than that from a lot of West side ordering groups to GSW. Most Eastside groups agree that whether six blocks or three miles, a car is a necessity for picking up food from Common Market. It appears now that the planned near East side grocery co-op will be a reality come January, providing an alternative to East siders without cars.

Keeping these things in mind, I'll summarize by restating the advantagesthat consolidation would have for Common Market as a whole:

1- saving the expense of rent and utilities on one warehouse
2- eliminating duplication of work
3- enabling better administration of procedural controls
4- freeing capital now tied up in a double inventory
5- higher turnover of stock, thus fresher food
6- improvement in overall quality of food and service to all Common Market members.

THE REAL VILLAIN IN HEART DISEASE

"Part II"

[Our story so far: In the first installment we discovered certain risk factors related to heart disease which, edging out the much feared cancer, is known as the great scourge, because 54% of all deaths in America are attributed to it. The great scourge, primarily attacking men more heavily than women, leaves the minor scourge of a broken heart to others. But, on to the great gorge..

Of Trappist Monks and Priests

As animal work progressed, other investigators looked into the epidemiology of heart disease for clues to its cause. It was noticed that coronary death rates dropped precipitously in Holland and Norway during the Nazi occupation--when the normal fat and cholesterol-rich diets were drastically changed.

Eleven-year research on frugal Trappist monks, who eat plain, low-fat foods, has shown an average of only 90 heart attacks per 100,000 man-years; for Trappist priests, a bit up the dietary scale, have 290; brothers of the less austere Benedictine order have 290, also; but Benedictine priests, who eat an extremely rich diet, have a soaring 920. (The researcher also noted that brothers in both orders perform considerable manual labor; the priests lead scholarly, inactive lives.)

Are there factors other than diet, e.g., heredity, national life-styles, exercise patterns or characteristics of unknown origin, that produce the high serum cholesterol and heart-attack rates in some countries? The evidence seems to rule these out. In one experiment, Japanese men of common ancestry living in Kyushu, Hawaii, and Los Angeles, had average serum cholesterol levels of 160, 210, and 245, respectively. Heart attacks are virtually unknown to the group in Japan; the Los Angeles group was up to American levels and the Hawaii group was in-between. In both Los Angeles and Hawaii, moreover, increased levels of cholesterol in the blood and the death rate were also exactly proportional to the percentage of fact calories in the diet.

From the position that the diet-heart theory, however, was unproven, the medical establishment balked at recommendations to change American eating habits, because (1) of uncertainty that it would do any good; (2) uncertainty that changing the basic American diet would not be harmful to some people; and (3) encouraging a large scale switch of dietary habits might wreck whole segments of the food industry, e.g., meat, egg and dairy producers!

Dream Study

To settle the problem: a ten-year, $100-million national study of 100,000 people was recommended.

The National Heart Institute came up with $750,000 for a feasibility study of two large groups in the early 1960's. Half of the 1,500 men who were selected in five cities ate a diet especially prepared by food processors for the experiment. They ate ice-cream containing vegetable fat rather than butterfat; steaks were lean, tenderized cuts; cakes and pies were made with unsaturated fats and no egg yolks. The others ate an apparently identical diet, but it was closer to the typical American fare in saturated fats and cholesterol. No one knew until the experiment was over which diet he had been on. And, of course, all 1,500 men were free to live their lives without any restrictions other than those on their diets.

The purpose of the study was not to see if the so-called "prudent" diet would prevent heart attacks, but rather to see (1) if it would lower serum cholesterol in those who were on it, and (2) whether the experimental group would stick to the diet. If those two questions were answered affirmatively--and they were--then it would be possible to go ahead with a mammoth 100,000 person, five to ten year study. Unfortunately, the money was not available.

A famous study which predated the National Diet-Heart Feasibility Study began to produce results in the 1960's. Dubbed the Anti-coronary Club, more than 1,000 men between 40 and 59 volunteered to eat a diet of no more than 30% fat, rather than the usual 40 to 45. The men on the diet have had heart attacks at the rate of 470 per 100,000 man years. But the controls--men who did not eat any special diet--had attacks at the rate of 1,025, or more than twice as many.

Another study at a V.A. hospital in Los Angeles involved 850 randomly divided elderly men in two groups. One chow line got the standard food, the other got food that looked and tasted much the same but which was cooked almost entirely in polyunsaturated oils and avoided fattier foods. Principal findings: Serum cholesterol levels in the experimental group quickly fell 13% on the average and stabilized there. Thirty-one men in the group who ate the standard food died of atherosclerosis or its complications, while only 13 of those on the low-fat diet died of artery disease.

In recent years there is even some tenuous evidence that a change of diet can actually reverse the progress of atherosclerosis to some extent. A number of other studies have tended to show the beneficial results from lowering serum cholesterol. But the epidemiological evidence isn't quite as firm as it sounds. The African Masai tribespersons, for instance, live on milk and blood, a diet extremely high in saturated fat. The Samburu in Kenya eat milk and meat. Yet both tribes have extremely low levels of serum cholesterol and heart trouble is virtually unknown. Is it the outdoor life that offsets the diet or is it a hereditary ability to handle fats without increasing blood levels of cholesterol? The Japanese eat few fats and have few heart attacks, but they have high blood pressure and a high stroke rate. Both strokes and heart attacks come from atherosclerosis. How do you have one and not the other: where does diet come in?

The Personality Variable

As the great diet-heart debate moved ponderously toward a final (sic) answer, research progressed quietly in other directions. Many researchers think that the evidence linking stress to heart attacks is too strong to ignore.

The Sedentary Life and Other SUSPECTS

Does jogging do any good? There is some evidence that it may. There have been carefully kept records on London's bus drivers, who sit behind the wheel all day, and bus conductors who run up and down the stairs of London's double-deckers collecting fares for their eight-hour shifts. The drivers had 30% more heart attacks. Furthermore the conductors who did suffer heart attacks seemed to survive them better. In Minnesota railroad clerks and switchmen were kept track of, and 20% more heart attacks occurred among the less active clerks. In Maryland a theory emerged contending that people who drink hard water have fewer heart attacks than people who drink soft water. It was also discovered that people who attend church regularly were not as likely to suffer heart attacks as people who do not, who suffered twice as many more.

The Bandwagon

One by one, scientific organizations are coming around to the conclusion that the effective way to combat heart disease is to start with a better diet. The warning to the public of the Inter-society Commission for Heart Disease Resources included a sharp but in the consumption of saturated fats and cholesterol. In June, 1971 the Task Force on Arteriosclerosis of the National Heart and Lung Institute came out virtually with the same warning, a "lowering the intake of calories, cholesterol and saturated fat."

The emphasis today, however, is on youth. While a change of diet and modifying other risk factors will apparently help almost anyone, the younger the age, the more good it does. Most professionals have already banned butter from their homes, switched the kids to low-fat milk, and severely cut consumption of steaks and roast beef in favor of fish, veal and chicken.

"Managerial" Prevention

Can we stop heart attacks completely? It isn't possible nor even desirable. "A heart attack may be as good a way to die as any," says Dr. Campbell Moses. "And I would like to see the heart attack rate rise to 100% so long as it happened at age 95." But there is, after long and complex research, this much known in preventing heart attacks, at least premature heart attacks, and it is a deceptively simple prescription:

1. Have an annual physical that includes blood-pressure measurement, a blood-sugar test and a cholesterol assay. If any of the readings are high, bring them down by diet.

2. Maintain ideal weight.

3. Do not smoke.

4. Get regular exercise.

5. Eliminate stress, tension, and deadline-associated activity from your life.

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MADISON SUSTAINING FUND: TROUBLE DOWN ON THE FARM

1. At the Oct. General Meeting, Common Market voted to suspend giving 1% of its gross to MSF for the next three months. The meeting seemed to believe that Common Market ought to further clear up its debt situation before continuing to give to Sustaining Fund directly from Common Market revenues. Members who wish to give individually to the "Chip" will still be encouraged to do so. $3-400/mo. is the usual amount CM gives directly, whereas approximately $200 per month more comes from members as individuals.

A conjunction of economic events is bringing Sustaining Fund right up to the wall. The Yellow Jersey cut its chip by 30%. In addition the Jersey always has much less to give in the slack winter months. This means a drop of at least $200/mo. The MSF income from its '73 Community Cache drive gives out in these fall months; thus another $300 or so per month vanishes. All and all, perhaps $800 out of the total $1200/month MSF gets is about to cease.

The Community Cache Drive is the prime hope of MSF. Building a United Way type of collection is a long range effort. MSF did very well to raise some $5400 with the Cache in 1973, its first year. If that foundation is not to be eroded, MSF will need to hire and pay at least one full-time person for the Cache this year. With its presently crippled income, that may not be possible!

2. Common Market ought to give serious consideration to its role as an organization committed to social and political change. In this regard it should consider Sustaining Fund. By running its own affairs, Common Market does little to implement any radical social change. This is not to criticize CM for failing to do something which it ought to do. As a food cooperative, there is little radical about Common Market. As part of a wider movement, CM can have a serious place in the political world. Right now, CM involvement with Sustaining Fund is its primary, if not its only, formal commitment to a wider movement. Not that MSF is such hot shit. However, the fund has a potentially vital role in politics. It provides much wanted capital to a vaguely defined but definitely left wing set of organizations. Since the Fund tries to allocate its scarce resources on political principles, those who participate must think immediately and concretely about what very different groups which ask for assistance actually do. This is an important part of our immediate political education. Common Market has been a regular and open participant in this process, as well as the chief financial contributor to MSF.

Common Market ought to decide how seriously it values its political engagement in MSF, for the Fund is badly in need of Common Market's support right now.

----Pam Albert and Joe Deane

MINUTES
CO-OP MARKET GENERAL MEETING
October 14, 1973
Millar Center

A Quorum was present (about time). Scott Merrick accepted a unanimous draft to chair the meeting.

Opening Volleys:

Finance Committee Report

Month of July: 2500 loss
Month of Sept: 2300 profit
'72 Tax Loss: 7700
First 5 months loss for 1973: 7500
We still have a large deficit, concluded the Finance Committee.

Questions:
Q. Are controls working?
A. The general overall feeling is that they are. The cashiers control is working well, the meat control is not working well. Errors always favor the member, sometimes by a lot. Checking the cashier tapes afterwards is taking a lot of time. The new procedure (recently started) of checking the tape immediately afterwards is working well--the only person that did not want to wait had an overcharge (what irony).

Publicity Committee Report

Chairperson John Bird needs help in setting the committee. Please contact him at 238-8004 if you are interested. Work slots will be available.

Work Committee

Work co-ordinator shifts are almost filled, except for Tuesday afternoon at Central and Saturday afternoon at East. This job of work co-ordinator is very important, since keeping all co-ordinator slots filled relieves the pressure on the paid staff.

Workers have been a little lax in showing up for work. This puts an unfair burden on the others who have to do extra work. She

PLANNING REPORT

Discussion:
Motion (Elaine Esterich, seconded by Steve Klupper):
As of January 31 1974 (or sooner), to move out of the East side location and consolidate all operations at the Gilson Street warehouse.

Members expressed concern about the problem of increasing pickup times--can one warehouse handle all those people? The financial cost of consolidation, however, was claimed to be minimal--under $100. No definite answer was given to the question of what amount of trade would be lost if consolidation were to take place. It was either approved or predicted (the minutes are unclear at this point) that the Gilson St. warehouse be expanded.

John Bird called for the question, seconded by Steve Klupper. Everybody voted for (i.e., in favor of) the motion, save 1.

[the person typing up these minutes would like to disclaim any responsibility for the accuracy of the results. Any lack of resemblance between the events depicted in these minutes and any actual persons, places or events relevant to the October 14 may be charged to the person who wrote down these wretched scraps of scrivening that I am presently transcribing. I take this opportunity to warn you, because things start to get hairy right about here.]

Next ensued a discussion of the market's relationship vis-a-vis Madison Sustaining Fund.

Motion (John Baird, seconded by Dwight): As of November 1, 1973, the 1% standard payment to Madison Sustaining Fund be suspended in the light of the Market's current financial condition, and that CM intensely publicize the voluntary chip instead.

Amendment: to change to 10% of profit
Amendment withdrawn.

Discussion:

Amendment on motion of Len Calder: To suspend for 3 months effective November 1st, with a recommendation from the Finance Committee to continue or not. Friendly amendment: to emphasize the commitment to MSF, that no renewal of support be made without general approval.
After heavy discussion, this amendment was approved (16 ayes, 9 nays).

Amendment on motion of Joe Deane, seconded by Dick: Let's not suspend until the end of the year, at which time the Finance Committee should reconsider the whole idea. The amendment failed, 12 ayes, 17 nays. The motion as a whole passed.

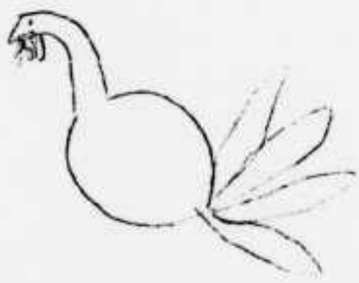
Motion (Joe Deane): Moved to reconsider, with the purpose of voting down the amendment and presenting the entire question to the general membership for consideration. Motion failed, 9 ayes, 20 nays.

Motion (Carol): to total inventory shrinkage up, and then add the total to the cost of goods sold. This eminently reasonable and purely procedural motion failed, due to the lack of a quorum.

Members Respond

SUGGESTIONS OR COMPLAINTS YOU HAVE FOR THE COMMITTEES OR FOR COMMON MARKET AS A WHOLE--
write them down, tear off this page and hand it in with your orde forms.

ESPECIALLY FOR EASTSIDERS -- YOUR REFLECTIONS ON DROPPING THE EAST SIDE WAREHOUSE ARE ESPECIALLY IMPORTANT. ARE YOU WILLING TO CHANGE TO THE WEST SIDE? IF NOT, WHY NOT? WHAT PROBLEMS DO YOU FORSEE WHICH COMMON MARKET CAN WORK ON NOW?



Fresh, unfrozen Kelly turkeys are available beginning this week on the Westside case orders. Get your case goods order form at the West side warehouse.

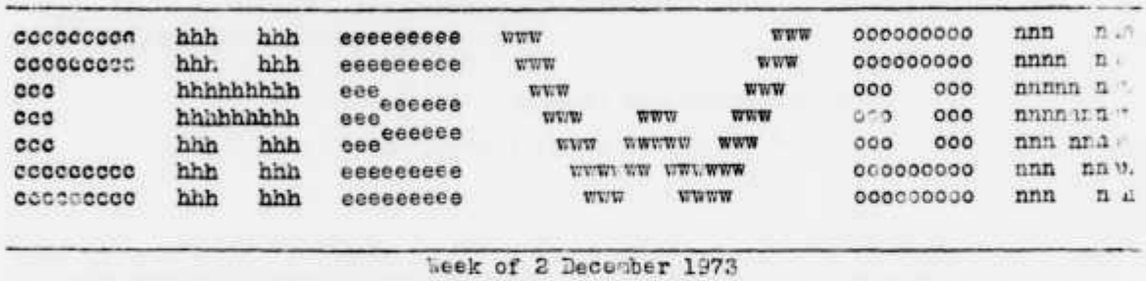
Also, 6-10 lb. chickens [WHOPPERS] can be case ordered this week and next week they will be available on the weekly price sheet.

No. 30

In this issue of CHEW ON we discuss, among other things Kefir, which probably comes from the Turkish word meaning "a good feeling." What is Kefir? See inside and find out. At any rate, we hope you get a good feeling reading CHEW ON and feel moved to contribute to the general good feeling of all members of Common Market with your in-put through your labor, organizing or other actions.

Alderman Michael Sack voices a concern and submits a resolution . . . there is a proposed change in the by-laws , which if it is passed without large scale participation of the membership should evince the genuine level of disinterest in community in this community . . . there's a bread recipe which, if you're not into bread made entirely of whole wheat flour, might appeal to you (and when you break bread with friends, you're entitled to dispense the word) . . . there's a price comparison of foods sold in Madison stores . . . and a very interesting survey on people who drop out of Common Market.

And much, much more.



week of 2 December 1973

PROPOSAL TO CHANGE MEMBERSHIP DUES

Pursuant to Article VIII, wherein the by-laws may be amended by a majority vote of the members present at a regular or special meeting, or via a referendum if a proposal is submitted to amend Article IVb with respect to membership fees from the present $1.50 lifetime membership fee by all persons over 18 to $1.00 annual fee by all persons over 18.

The vote on this important amendment is due at the membership meeting scheduled for Sunday, 9 December 1973. Make it easier to a member, not harder.

LETTER FROM ALDERMAN SACK

As a member of a Common Market group and a City Council representative for the 13th District (in which the Gilson Street warehouse is located), I read with interest the latest "chew on" summary of the proposal to consolidate operations in the Gilson Street location.

While I can see the compelling economic advantage to shifting all operations to Gilson Street, I do have reservations regarding the increased activity that most likely will result. Specifically, residents of nearby Cedar Street have complained to me about the heavy traffic volumes brought about by Common Market operations at the existing activity levels. With increased traffic volumes the situation most likely will worsen.

Because of this situation, I would request that if and when the Common Market operations are consolidated at Gilson Street, you would strongly urge all people coming to the warehouse to enter either from Olin Avenue to Gilson or Bold Street to Gilson and exit the same way. This would create for good relationships with the residents of Cedar Street.

I would appreciate it if you would get back to me with your suggestions.

Sincerely,

Michael Sack
Alderman, Thirteenth District

Editor's Note: Members who live on the East side of town and are not familiar with this other location, and who intend to remain in Common Market, should make a trial walk, bicycle ride, (if gas permits) drive to the new location to get to know this travel route.

COMMON MARKET DROPOUTS: A SURVEY

Some members of groups which have quite Common Market were recently polled. The question asked was "What was the principal reason for your leaving Common Market?" Responses follow:

		Percent.
1.	Other members of our group moved away.	55
2.	Common Market is inconvenient (too much work, pick-ups are too long, etc.).	21
3.	The quality of the food is not always good, and the selection is too limited	10
4.	There is not enough cooperation within our group	7
5.	We never ordered enough to make it worthwhile in time and effort	3
6.	Common Market is inefficiently organized (does not use techniques and practices to reduce work loads.	3
7.	Common Market runs out of too many items and thus orders are only partially filled.	1

It is apparent that Common Market's problems lie in the nature of the Madison community. As a large proportion of CM members are students, tranciency will always mean the instability of many groups. Perhaps, on this point, CM might attempt to recruit among non-students, and certainly among blue collar groups. Moreover, it should, perhaps, improve its services by matching up people and groups through the use of a card index system.

The time factor should also be examined. Many of the persons interviewed complained that the work shifts were too long. That pick-up schedules were too rigid for those with nine-to-five jobs. Suggested were more weekend slots.

Even thornier, given CM's working and purchasing methods, is the problem of food quality. One ancillary inference is the effect of interpersonal relationships on the entire group dynamic in both micro- and macrocosm. Many persons have not discerned the principles of cooperation from membership in Common Market. One frequent complaint is that one member of a group did all the work while the rest reaped the benefits. A model for cooperation might be provided to assist groups to work out their internal relationships on the smaller scale by endowing the operations and purchasing methods of Common Market, on the larger scale, with openness, less rigidity, the full use of its potential as an educative force in the community with respect to the dynamics of cooperative activity, and energy (of the muscular kind) conservation. Perhaps the use of dead space and time might be converted to other purposes besides the exchange of food and money--a strictly commercial relationship. Faced with the irony of the problem of survival in a glut society, i.e., how to make it in a land of plenty, our communities should be more than reflections or mirror images of the capitalism which captivates us all. As constipation is the first manifestation of capitalism, the dead spaces and uptightness and intestinal congestion, organizationally speaking, might have come upon us as the result of our own exploitation, or participation in it, in the market place we seek to control. A system which invites us to say fuck you to another system should not be allowed to fuck us in return.

BOOKS YOU MIGHT WANT TO VISIT . . . but don't be thinking of food all the time.

Cultivating Intestinal Flora for Better Health, by Vincent Licata.
Cooking With Wholegrains by Mildred Ellen Orton
Mushroom Cookery by Rosetta Reitz
International Vegetarian Cookery by Sonya Richmond
Yoga Natural Foods Cookbook by Richard Hittleman
Complete Guide Guide to Home Canning, Preserving and Freezing, United States Department of Agriculture (from Dover Books)
The Yogi Cookbook by Yogi Vithaldas & Susan Roberts
The Illustrated Herbal Handbook by Adelma Grenier Simmons
Science in the Kitchen by Ella Eaton Kellogg (one of the original Battle Creek Kelloggs, a vegetarian, who published this book in 1892)
Sourdough Jack's Cookery by Sourdough Jack
The Roots of Health by Leon Petulengro
Diet for a Small Planet by Frances Moore Lappe

HONEY-WHITE FLOUR-WHOLE WHEAT BREAD. (For those who don't like wholegrain breads, the following recipe is a happy compromise, among many others.)

By John Stern

4-1/2 packages active dry yeast
8 cups unbleached white flour
8 cups hard winter whole wheat flour
5 cups of warm water
pinch of salt
2 cups of unfiltered, uncooked, raw honey
1/2 cup of polyunsaturated vegetable oil

Dissolve yeast in 5 cups of warm water; add oil, salt, honey, half the white flour and half the whole wheat flour. Then mix 100 times with a wooden spoon or eight minutes with a hand beater (if you use an electric mixer, you lose), after which you add the rest of the white flour and whole wheat flour.

Flour table, oil hands well, and knead 15-20 minutes vigorously to develop the gluten. Add additional sprinklings of white/whole wheat flours as needed. Oil bowl, turn dough over, let rise for one hour in oiled bowl under damp cloth. Punch down, allow to rise again, and after the second resurrection, knead, form loaves as you were taught in your home ec class, put into bread pans (previously greased with vegetable oil) and allow to rise a third time.

Bake in a moderate oven, say 350°, for 45 minutes (depending on how you split up the dough--or until the bottoms of the loaves sound hollow when tapped with a flicking finger).

See also:

The Tassajara Bread Book by Edward Espe Brown
The Natural Foods Cookbook by Beatrice Trum Hunter
El Molino Best Tested Recipes by El Molino Mills, Alhambra, California

JAPANESE PROTEST U.S. PRESENCE IN YAKUSUKA

An estimated 30,000 people demonstrated outside the U.S. Naval base at Yakusuka, south of Tokyo, on 7 October to protest the decision of the U.S. to use the base as the home port for the aircraft carrier Midway.

A 14-year-old boy who allegedly attempted to burn down his school because he did not like it there has been ordered to be detained for life by York Crown Court in England.

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Excise taxes burden the poor. Yet they produce 61.82% of Hawaii's tax revenues. Corporate income taxes, on the other hand, produce 3.01% of tax revenues.

Does Hawaii have a problem with welfare for the Poor? Or is it really a problem of welfare for the rich? Don't tour: stay home: the poor don't need you.

****

Whoever set fire to the Upright Coffin in St. Paul's Church, the University Catholic Center, will have no place to confess his deed if he continues with his pyromaniacal pyrotechnics.

****

ATTITUDES OF THE POOR TOWARDS WORK

Aspire for a better job	65%	Would move to another city for a good job	[illegible]
Would take training with a pay cut to get a better job	55%	Would work two jobs	63%

From material presented at a meeting of the American Sociological Association by David Elesh of the University of Wisconsin Institute for Research on Poverty.

No local underground and upperground paper in Madison reported this study. The community use of the university's energies, research capabilities, expertise, and information is neglected or nonexistent, because it doesn't fit our politics. The myth of the "lazy poor" denies that low income people are strongly motivated. So why does Common Market vigorously organize blue collar low income people as well as middle class white students? To advance our sense of community.

WHAT IS KEFIR?

In olden days, before the coming of any kind of refrigeration, it was difficult indeed to keep any kind of perishable foods for long periods of time, especially in year-round high temperature climates. It is believed that salt became the important condiment that it is because it was used to preserve meat. Milk is another food which begins to spoil almost at once if it is not refrigerated.

So it is understandable that, in localities where milk was highly [illegible] of as food, ways were found to preserve it so that it could be eaten for a [illegible] or so without spoiling. Some of these methods have resulted in some of our [illegible] health-giving foods.

Kefir is one of these. It is the form of soured milk used in countries in and near the Caucasus Mountains in Eastern Europe. Peoples living in this area kept their methods of preparation secret for they believed that if the world at large knew of this near miraculous food it might lose its power. They called it "The Grain of the Prophet" so greatly did they revere it. The word Kefir probably comes from a Turkish word Keif, which means "a good feeling." And Kefir produces a good feeling in the person who eats it.

Although Kefir was mentioned in the 13th century by Marco Polo, it was neglected by the world in general until 1788. It was again brought into [illegible] Western Europe in 1811 and described as a treatment for tuberculosis.

Today we think of soured milk mostly as health-giving food for the digestive and eliminative tract. Kefir differs from yogurt in that it is prepared by using dried "grains" of the soured milk. Caucasians used to sour their milk in leather bags or pouches. Remnants of the soured milk remained on the inside of the bags from the constant fermentation of the milk. These could be collected and dried.

So one always had at hand the makings of Kefir. All he needed was some

DON'T FORGET MEMBERSHIP MEETING SUNDAY 9 DECEMBER 1973

milk plus a handful or so of Kefir grains. In summer the temperature was just right to start the helpful bacteria growing in the milk after Kefir grains were added. And soon you had a pleasantly flavored sour food, somewhat like our yogurt.

According to biologists, the following are formed when Kefir is produced by fermentation: alcohol, carbonic acid, lactic acid, genialbumose, albumen and peptones. Three-day old Kefir contains more alcohol than one-day old Kefir. European research determined that Kefir is helpful in reordering diarrhea, too much or too little digestive juices, constipation, and various disorders of the colon. Early physicians also used Kefir for such diverse conditions as inflammation of the stomach and intestines, chronic pneumonia, kidney troubles, rheumatism, hemorrhoids and so forth.

So, if you have any or all of the above, you will be gratified to learn that Kefir grains are available in America. You can make your own Kefir using the grains as you would when making yogurt, using a yogurt culture. Thanks.

If you should visit any Third World countries on your Christmas vacation rather than going along with ITT's international aim of making these countries and their peoples into a human zoo with you gaping admiringly at their quaint customs and practices (ITT owns Sheraton Hotels and Twinkies and other fine models of capitalism), look up the radical organizers, cash in your tourist chit, and help out the local people who are helping local people get out from under the oppressive heel by finding out what the issues are and then heading home to tell the folks there about what is coming down. Besides Third World Nations in Hawaii, Puerto Rico, the Virgin Islands and Mexico and South America that middle Americans like to do their zoo visiting, there is the American Indian Nation. In Hawaii and Mexico, where surfers and scuba divers go to assist in the exploitation, the counter culture is more oppressive than the Twinkies makers, because besides rubbing elbows they also rub asses. Most people in these places have never been on the other side of their own towns, and world-traveling Americans sure can lord it over these peasants, infidels, savages, barbarians, aborigines, and all those other adjectives and nouns our history books teach us to call them. Action is heavy in Culebra, P.R.; in the Carolines in the Pacific; Guam; in the Philippines; and Okinawa, among other far-away and -out places.

Good reading on the superjet winging you into the Third World human zoo: The Enemy by Felix Greene: What every American Should Know About Imperialism.

ANOTHER VOICE unlikely expressions

The proposed amendment requiring annual fees and doing away with the one-time lifetime fee is, like the move to eliminate the east side facility without replacing it---or at least before replacing it, appears to be a correct move to make it more difficult to be a member of Common Market. The co[illegible]ty or neighborhood consciousness must, in America, sooner or later give w[illegible] centralized, more efficient operations.

Just as transit companies must not be allowed to make it on fare box income alone, neither must Common Market have to rely solely on sales for it[illegible] income. Convenience shopping must be placed in a proper perspective. Neighborhoods must give way to the supermarket concept--one large facility instead of lot of little momma-and-poppa corner grocery stores; fewer people involved in decentralized activities; less neighborhood control of things.

The survey reported in this issue of Chew On may indicate, among other things, that an imbalance has been arrived at with respect to the proportion of working class people who are currently wage earners and students and other persons who live in and near Madison the year round. The attempts to set up similar types of cooperatives in other Wisconsin cities, and neighboring state must continue. The ICC can, in time, be used more efficiently, monopolizing the transportation of goods to these communities. Cooperatives like Mifflin Street should not have the option to inefficiently truck their own goods.

The annual fee, now proposed to be set at an annual $1.00, can in later years be raised. In our inflatable economy, it requires no prophecy to see that membership fee increases, with no limiting legislation written into our by-laws, can to the benefit of our treasury be imposed with little or no effort and without a whimper from the membership. As the quality of food at C.M. is expressed best in the aphorism what you see is what you get, there should be no complaint in paying more for less. For what we will have in combination with this is best described by another aphorism bigger is better.

Adjustments and corrections of administrative misjudgments should be [illegible] at the level the errors are made and not by voting the rascals out. Voting has not proved an effective corrective for the people who really need the correcting.

How much of what we have done up to now as members of Common Market, to fulfill the objectives of Article II of the By-Laws, which are stated thusly:

a) to educate its members and the community in cooperative principles.
b) to transform the nation's economic life from a competitive, profit system to a cooperative system.
c) to extend the principles of cooperation to food production.
d) to educate its members and the community in nutrition and healthy eating habits.
e) to operate a food distribution cooperative to provide its members with food of high nutritional quality on a non-profit basis.
f) to try to make food production, distribution, and consumption as ecologically sound as possible.
g) to do any other things of use or benefit to the members and the community.
h) to further cooperation among cooperatives.

This year a lot of people have been celebrating George Gershwin's death. Porgy and Bess has been described as a "folk opera" with an appeal to the "common people." All of the celebratory concerts were peopled with people in black tails, tuxedos and black ties and other so-called formal dress. While these rich people were whistling "I Got Plenty of Nothin'," poor folk were humming a different tune.

WHO WINS THE PRICE COMPARISON? *denotes cheapest

(the CHEW-ON committee hopes to have a price comparison with each future issue)

(week of November 12-19)

	COMMON MARKET	EAGLE	KOHL
BEEF: Rib steak	1.73) or-	1.40	1.39*
T-bone	1.92) gan-	1.62*	1.99
Sirloin tip	1.88) ic	1.64*	1.75
Round steak	1.77)	1.27*	1.49
Ground beef	1.20)	.95	.88*
LAMB: Shoulder steak	1.34*)	-	1.49
Shoulder roast	1.08)	.89*	.98
MIXED BAG: Chicken	.52	.38*	.57
Bacon, 2lb.	2.03*	2.10	2.07
Froz. orange juice12oz.	.43	.42 to.53	.41 to .52*
Unbl. white flour 5 lb.	.79*	.90	.98
Honey	2.67 (5lb)*	2.61(3lb)	3.69(3lb)
Planter's Pea.Oil	.98	.84*	.91
100%corn oil marg.	.49	.48*	.61
Eggs, Alarge, doz.	.75	.74*	.79
DAIRY: Cheddar, aged	1.13*	1.49	1.59
Longhorn colby	1.13*	1.29	1.43
Milk, 1gal. homo	1.07*	1.19	1.18
Whpg. cream, 1 pt.	.69*	1.02	.98
Cott. Cheese, 1 lb.	.51*	.58	.56
MISC: Maple Syrup, 1 qt.	2.67*	-	3.95
CASE ORDER: Froz peas 24oz.	.31	.46*	.55
Catsup 14 oz.	.30	.28*	.32
Hellman's May. 32 oz.	.94*	.95	.98
Tuna in water 7 oz.	.57	.47*	.67
Dogfood, all meat,	.23(1 lb.)*	.28(15oz)	.31(15 oz)
PRODUCE: Carrots 1 lb.	.15*	.19	.19½
Mushrooms 1 lb.	.83*	1.05	.89
Mushrooms ½ lb.	.42*	.59	.44½
Red onions 1 lb.	.19*	.39	.39
Onions, small 3 lb.	.30*	.69	.69
Red potatoes 3 lb.	.25*	.27	.36
White potatoes 3 lb.	.26*	.36	.41
Butternut squash 1 lb.	.11*	.13	.12
zucchini 1 lb.	.36*	.45	.49
tomatoes, 1 lb.	.25*	.49	.65
avocado, each	.49	.49	.49
beets, 1 bunch	.37	.29*	.39
broccoli, 1 bunch	.47(2lb.)*	.39(1 lb)	.39 (1 lb)
cabbage, 2 lb each avg.	.41	.34*	.34*
red cabbage, 2lb. ea. avg.	.26*	.46	.46
cauliflower, each	.49*	.74	-
celery, each	.23*	.42	.39
green pepper, each	.10*	.15½	.16½
iceberg, 1 head	.24*	.31to.35	.32
leeks, 1 bunch	.48*	.59	.95
parsley, 1 bunch	.15	.15	.19
radishes, 1 lb. pkg.	.11*	.34	.35
romaine, 1 head	.33*	.41	.73
scallions, 1 bunch	.12*	.15	.19
acorn squash, 1 lb.	.12*	.13	-
buttercup squash, 1 lb.	.07*	.12	.12
bananas, 1 lb.	.15	.12*	.14
pears, Bosc, 1 lb.	.21*	.33	.39
apples, Gold. Del. 1 lb.	.42(approx)	.37*	.39
cocanut, each	.27*	-	.35
cranberries, 1 lb.	.27*	.34	.29
grapefruit, each	.17	.13½to.16½*	.09to.17
lemon, each	.11*	.16½	.16½
lime, each	.09*	-	.14½
oranges, valencia ½doz.	.60	.50*	.61
papaya, each	.50*	.69	-
pineapple, each	.79	-	.59*
pomegranite, each	.43	.29*	.39

MINUTES OF CM MEETING NOVEMBER 11, 1973

[There was a change of secretary during the course of the meeting and minutes of the earlier part are not at hand. This part was written up from memory and most of the rest from my notes on an extensive discussion of MSF]

A quorum was obtained by having some shift workers also attend the meeting.

The Finance Committee report was incomplete because a new bookkeeper has started. Although data for periods of only one or two months are unreliable, it appeared that CM is continuing to operate a loss. The bookkeeper estimated that by January, the year's loss could be about $10,000. All of this should become clear in Jan. or Feb. when our next 6-month statement is prepared.

Elaine described the various controls which have been instituted to cut losses and identify any that do occur. These have helped, but she estimates that the sources of loss uncovered so far cannot account for a large part of the $7,500 deficit of Jan-May. She pointed out that even small monthly losses are, in a sense, irretrievable, since bills go unpaid and creditors slowly become uptight. Eventually, credit becomes hard to get so that new bills must be paid immediately while old ones are due. Thus, CM survived beyond the first 6 mos. of this year only because it received a $5,000 interest-free loan with which to pay debts. If losses are not cut to zero, the scenario will repeat itself; and we now have the loan to repay as well.

In view of Elaine's information, it was argued that CM cannot afford to wait for the Jan. semi-annual report before taking steps to cut losses.

A motion was made that CM increase the mark-up on produce (fresh fruits and vegetables) from 10% to 20%, since this is where we undersell retail outlets by the greatest amount. This was presented as an interim measure to prevent CM from running in the red until a clearer financial picture emerges and/or other steps are taken, e.g. institute further controls. It was felt that this would bring in enough extra money to put CM's current operations in the black. There was discussion of whether CM should wait until Jan. before taking action, how concerned we should be about competing favorably with supermarkets (to what extent should an alternative, cooperative, consumer-operated institution concern itself with competing economically?), whether the meeting should hike prices without further consultation with the membership, and the urgency of our financial problems. After a reformulation and an amendment or two, the motion voted on read:

> MOVED: To immediately increase the mark-up on produce, and on whatever other specific items that the staff and finance committee see fit (provided that the general membership be informed), unless and until the general membership decides otherwise. The mark-up will be such as to leave CM competitive on the Madison retail food market.

CARRIED: 17 to 3

SENSE OF THOSE VOTING: It is recorded as the sense of those voting that this is intended as an interim measure. Increasing prices is considered as less desirable or important than implementing effective controls, but is seen as necessary until this can be done.

The second item on the agenda was the I.C.C. report. This was postponed so that business requiring voting could be gotten to while a quorum was present. It was finally decided that a thorough discussion of CM's relationship to MSF (Madison Sustaining Fund) was the most urgent item of business. Most of the remainder of the meeting was devoted to this. A motion was eventually put on the floor, but by that time there was no longer a quorum. A sense of the meeting was recorded.

The meeting was informed by CM's representatives at MSF that MSF was becoming increasingly disorganized in the wake of CM's withdrawal of support and other troubles. Formerly, CM has been donating one-tenth of its 10% gross margins on sales to MSF as a matter of policy. At the previous membership meeting the support was ended in view of our financial problems) The representatives of the member co-ops of MSF had agreed to get inputs from their own co-ops' members on what MSF should do, how it should be organized and what its

politics should be. The Finance Committee reiterated its recommendation that we continue our suspension of the one-tenth of gross as previously voted. Out MSF reps. felt that CM should have increased the gross margin on its sales so that it could continue to support MSF; they felt that the action we did take indicated "non-cooperative" attitude running contrary to CM's purpose.

The functions of MSF were outlined as;

1) fundraising
2) disbursing these and other funds contributed
3) deciding who gets the funds which are disbursed, in view of its leftward political commitment.

Also, as a fundraising organization, MSF spends a certain amount of money in hopes of receiving more. If MSF loses all financial support it cannot function so well to raise money. The loss will then be magnified. How should MSF go about function #3 was a question asked CM.

In the ensuing rap the first point made was that CLEW-ON should publish more reports on the MSF meetings. One person suggested that many CM members are unaware of any CM involvement with MSF. It was suggested that CM members should be aware of the political as well as the financial aspects of MSF, and that some kind of internal education in CM might be good.

This line of thought led into debate over the political function of CM in fact and theory. Is CM "revolutionary"? If not, should it be involved with MSF? Or do the breadths of political opinion and goals represented by the two organizations make them natural allies? Joe Deane pointed out that MSF requires participation by member groups and that CM's bylaws require it to have some form of community involvement. Mary Jude felt that many CM members were not even sufficiently conscious of its own nature as a co-op. She felt that shift workers ought to be more conscientious about their work, and that a deeper political involvement of members within CM would not work. Joe felt that CM members should then realize that their involvement in CM, though very worthwhile was not of a political nature.

It was suggested that, as a co-op, CM had an intrinsic political function. Others argued that, politically, CM is now static; or that there are other evaluative measures than "revolutionary-ness", that CM is valuable in other ways, and so should make its political commitment being a member of another organization like MSF. Some seemed to agree with Pam Albert that CM was "only putting food in people's mouths," and that this lack of political involvement was very unsatisfactory. Others felt that getting food to people "more humane" was sufficient. Mary Jude suggested that for people to know that they were getting their food through a non-profit-making organization was significant. One person suggested that the effects of CM were "pre-political," insofar as it affects people's daily lives. Another argument was that CM did not fulfill a felt political need of its members, and therefore it cannot provide the kind of commitment needed by MSF. Again the CM by-laws came up, with CM's stated concern for "education in cooperative principles." How effectively is this done internally, considering, say, Mary Jude's remarks? But, the by-laws also say that CM aims at a transformation of the economic system, that we must get out of ourselves and join with other organizations to this end.

Heinrich Albert pointed out that co-ops tend to be run by cliques, and therefore tend to be non-democratic. He suggested that CM be eventually transformed into a worker-operated store. It could then serve 1) as a concrete model and an example for use in more overt political orgnizatin, and 2) as a fundraising device to help support such organizing financially. He added that such a reorganization would make CM more accessible to working people than it now is. He finally suggested a reorganization of MSF so that it would make community policy decisions overlapping all member coops. It would then be a political umbrella organization of the Madison co-ops.

Scott Herrick argued that it is not appropriate for a worker-run organization to have political policy decisions made at a higher, external level, rather tha internally. He emphasized that worker and consumer co-ops are very different organizations. He thought that CM with its present structure might reasonably be brought under umbrella-type control.

Withal, a motion eventually found itself on the floor:

but it could not get up, for there was no quorum. A sense of the body was obtained on each part of the following, presented by Heinrich

1) should CM restore its contribution to MSF (1% of the cost to CM of food sold)?
SENSE OF THE BODY: Yes

2) Should CM move toward becoming a worker-run store (without defining the limits of the workers' decision-making power)?
SENSE OD THE BODY: No.

3) Should MSF become a stronger, more umbrella-like organization? A positive response to this would affirm its former function but also indicate a desire that it be a more political organization.
SENSE OF THE BODY: Yes.

The final part of the meeting was devoted to a presentation by representatives of NU-WRO (National Unemployed and Welfare Rights Organization). They are interested in the politics and economics of food production and distribution. We were asked to put their publications--New Solidarity (weekly) and The Organizer (monthly)--on the price list, and we did agree to do so.

FIN Dave Chyba

* * * * * *

[Speaking of MSF...]

In the month of November, MSF albcated these sums to organizations in Madison:

Wisc. Youth for Democ. Educ.	$25	Mad. Area. Comte on S. Af.	$10
Women's Int'l. League for Peace & Freedom	$10	Thurana School	$?0
		N.U.W.R.O.	$?0
Broom St. Theatre	$20	We The People	$5?
RPM	$40	Near E. Side Community Health Center	$75
Wisconsin Alliance	$65	Health Writers	$?5

In the month of December, in addition to again allocating the same amount to the groups listed above, the MSF allocated these groups funds: Community Switchboard $90, Thurana $140, Community Health Week, $140.

The Sustaining Fund gives out allocations in two ways: on a yearly budget and on monthly requests. In Nov. MSF made allocations as always to those groups on its yearly budget. Groups requesting money only for November received no allocation. The reason why special allocations for Nov. could not be made was that for the second time in a year all of MSF's books and records were stolen. We had not time to reconstruct our books. In December we were able to proceed as usual with special as well as budgetary allocations. In total including its own expenses MSF allocated $945 this month.

We would like to state what MSF is about. All member organizations of MSF have made known their understanding that political power has an economic, sexist and racist base. We represent an attempt by the people of Madison to seize control of their lives and the resources needed to live them to their fullest potential. We see ourselves as providing badly needed services to the people of Madison and in creating an atmosphere in which people may begin to liberate themselves from existing social and economic roles that place people in positions of dominating each other. This includes the domination of white over black, men over women, owners over workers, and rich over poor. We see the necessity to become independent of traditional capitalist sources of economic power so that we can maintain our political and personal integrity. We express our support for all people who are engaged in a similar struggle.

In pursuit of these ends. MSF raises funds and distributes them to made different organizations. In their own way each organization is making some progress toward the goals we believe are necessary. for the common good.

Unfortunately, some members of Sustaining Fund, primarily the newspaper TakeOver, became soopposed to MSF supporting socialist causes and to MSF's criticism of their sexism, that they have declared

MSF worthless. As a result they have repeatedly red-baited and harassed MSF.

The Sustaining Fund has also become the target of one of its former volunteer workers, Charles Dancak. Mr. Dancak applied for a paid staff position at MSF, but was turned down in favor of someone the organization felt was better qualified. At present he seems to betrying to start a rival organization which will not support socialist or communist groups.

Concluding on an optimistic note, MSF has hired Jim Malec as a full-time staff person. He was a founder of the Farmworkers Co-op and has a great deal to contribute to the Madison community.

Joe Deane

# # # # # # # # # #

CM GENERAL MEETING

SUNDAY, December 9th, 7 PM
Wil-Mar Neighborhood Center
953 Jenifer St.

I Proposed by-law change

II Should be close during Xmas week?

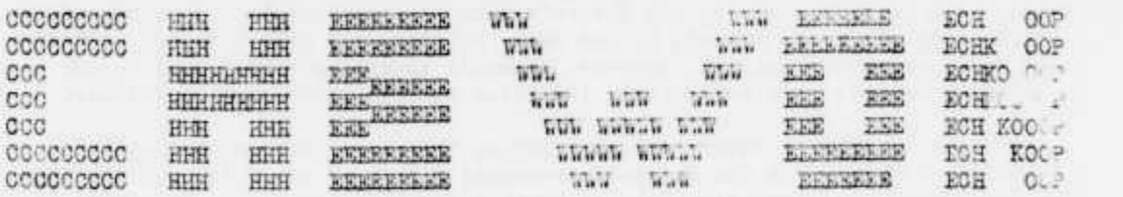
""CONGRATULATIONS TO ELAINE NESTERICK FOR ACHIEVING HER YELLOW BELT IN KUNG FU""

Come to the YEAR END INVENTORY SALE-----EVERYTHING MUST GO

DECEMBER 27th, West and East side warehouses.

no 31
jan 74

APPETIZERS: Inside this month's CHEW-ON is a veritable banquet of ideas, opinions, reviews, recipes for far-out living, reports and bowlerasement. A report on feisty Robert Golden's silver pen that etches portraits in acid; a far-out millet recipe which even the Chinese peasants during the revolution found vastly inferior to white rice meals; a flaccid and flabby retort to the N.Y. Times article we reprinted here some time back dealing with blood cholesterol; and, among numerous other goodies, a calendar of events designed to galvanize local white support for the injured brothers at Wounded Knee Defense Trial in the Twin Cities.



survivaldoesnotmeanthinkingoffoodallthetimekeepyourselfinshapebutloveallthetime

MULCH GULCH

Not the unkindest thing that can be said about Robert Golden's newest hustle, benignly if not modestly entitled the Madison World Tribune Cooperator, is that it is biodegradable. It has already been recycled, unfortunately, but then not enough is ever said for style. Whether or not, as many contend, or act as though it were so, Madison is geocentric is hardly to the point, but this can chauvinistically be inferred from the paper's name: this is the platform from which those who would work with others for economic benefit will speak to the unenlightened.

Golden's style is edgy and irascible, that is, there appears to be not enough room to negotiate differences in more friendly fashion. If cooperatives can and do exist in any form of government, communist, fascist, capitalist, then Golden's vision of cooperation plainly has its starting point in his capitalist experience. It could not be any different, perhaps, for few of us spring full groovy out of the womb. Yet this in combination with his pugnacity and posturing does little for the socialist futures some of us talk about since the style of communication is so constipated it is difficult to get on to more important things.

Part of the problem perhaps lies in learning how to help out without contributing our personalities to any delays. But it is more than muscle and brain power that people in community need, and that which involves one's total being necessarily involves loving. If economic efficiency is our thing, or the opposition to subtle forms of classical reinforcement involving eating breakfast while reading books on methodology of loving, it is problematical whether guerrilla journalism is efficacious in an involved and evolving world whose attention is distracted by a number of major themes concerning our persons and our survival.

Golden's view of man is nearly Aristotelian: man naturally strives for the good: but this leads to bad history. Still, with all its faults, which we should not catalog here, the Madison World Tribune Cooperator may be a welcome addition (if we may be allowed a contradiction) to the plethora of verbiage coming out of Madison which is already too repetitive, self-serving, and generationally and culturally esoteric. (This writer finds too few communications to persons in his age group: those of us born in the twenties.) So. For the MWTC we can only wish it success and much love. And urge it to recall that the first manifestation of capitalism is constipation.

SUIT TO SET ASIDE 1972 ELECTIONS

While moves are going on on many fronts to impeach President Nixon, the National Lawyer's Guild is organizing a People's Lawsuit to set aside the 1972 election on the grounds that it was fraudulent and therefore invalid.

According to the Guild's Committee to Set Aside the 1972 Election, "We are suing Richard M. Nixon and all those people in and out of the White House who were involved in the illegal acts of the Watergate break-in, the subsequent cover-up, and the 'dirty tricks' of the re-election campaign. For information and support write to: Committee to Set Aside the 1972 Election, National Lawyers Guild, 156 Fifth Avenue, Room 634, New York, New York 10010.

OUTSIDERS MOVE IN: INSIDERS MOVE OUT

One of the underlying purposes at Nature's Bakery Cooperative, baking good bread aside, is to provide work opportunities to more people. Assiduous attempts are made by the members to be in and of the community.

Understandably, it was difficult for the members of the co-op to understand why their Madison market was shrinking. When the call came out to support the lettuce boycott, Nature's withheld its bakery goods from the Student Union until the Union management became convinced of the efficacy of the union-harvested lettuce. Pressure was put on Nature's to scab, to deliver bakery goods despite the boycott pickets, but Nature's held on to principle. It was applauded for its support of the boycott by the Daily Cardinal and other community voices. Once the boycott was settled, however, attempts to resume delivery of baked goods were met with refusals by the Union to deal with Nature's further.

Community support of Nature's Bakery during this time, concomitant with its financial problems with the federal government with back taxes (inherited from the accounting administration days of Charles Taylor), dwindled. The Cardinal deferred on reporting the reverse boycott of Nature's baked goods on the campus (as did all other publications: Madison Interview, Madison World Tribune Cooperator, Free For All, and Take Over). When Common Market decided against selling Nature's bagels and decided instead to handle Bagels Forever*, Nature's, faced with fresh competition from an upstart bakery commune in New Glarus, looked toward Milwaukee for new markets.

Consumer input at Nature's is welcomed. Quality control is in the hands of the people. Support and eat: but don't be thinking of food all the time. Nature's Bakery storefront is open from 9:00 a.m. to midnight. It is also the locus for the Williamson Street Grocery Cooperative: useful information for all Common Market members on the east side of Madison who cannot follow the move to the west side warehouse because of the energy charade.

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MEANWHILE? AFTER THE RUSSIAN WHEAT DEAL . . .

Millet Casserole

Saute 1 onion and 3 stalks celery. Brown 1 lb. mixed nuts and seeds and add a dash of garlic salt. Add 1 cup hulled millet (may be browned). Place in baking casserole dish. Then mix in the following: 1 can homemade mushroom stock (recipe follows); 2 cups water; couple handsful mushrooms; 1/2 tsp poultry seasoning (or make your own out of thyme, etc.); 1 tsp salt; 1/4 tsp pepper; 1/2 cup safflower seeds; 1/4 cup sesame seeds. Bake 1 hr at 300° F.

Mushroom stock: 3 cups stock; 3/4 cup non-instant non-fat dry milk; 1/4 cup whole wheat flour; 1/4 tsp salt; 3 tblsp oil (safflower cold pressed); 3 tblsp nutritional yeast; 1 tblsp minced parsley; 1 tblsp minced dill: put it all in the blender, then throw in your mushrooms later, in whole pieces or parts. Mix this at the same time with all the other ingredients in the casserole dish.

This dish is alkaline-forming and easily digestible. If Mao Tse Tung had eaten during his long march, he might have included it in his little red book.

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MADISON AUTHOR BLAMES REFINED FOODS FOR DISCOMFITURE OF THE HEART

One of the most controversial issues in the health professions today, according to Robert Baron and others who are thinking of food all the time, is the relationship between diet and the development of heart disease.

There is little doubt in Baron's mind that "a healthy well-nourished person will have little difficulty with his heart as a result of a high cholesterol intake. Cholesterol in fact," Baron says, "is present in every cell of our body, is particularly concentrated in our brain, and is continually made in our liver in amounts approximately twice as great as the amount in two eggs a day. Statistical studies (not cited by Baron in his article in Network, Summer '73) have found little correlation between high intake of cholesterol with high blood levels of cholesterol."

Says Baron: "It is possible, however, by drastically eliminating cholesterol from the diet to lower blood cholesterol slightly, but probably insignificantly." Baron implies that because a person's fat cells, that is the number of fat cells his body contains, is irreducible, and that although fatty deposits are found in the major arteries of heart disease patients, there is no support that eliminating cholesterol from the diet will help prevent heart disease. (Cont'd next page)

* This is an error: Common Market handles Milwaukee Bagels from Milwaukee.

The culprit in the whole conspiracy, according to Baron, is dietary fats, particularly saturated fats, and not, as many today believe, the good old egg. The national fingering of the egg as the villain of cholesterol-related heart disease is responsible for the reduction of egg consumption in this country to below 300 eggs per person per annum.

Baron thus joins the egg industry in its massive advertising campaign to promote the egg in its claim that "there is absolutely no scientific evidence that eating eggs in any way increases the risk of heart disease." Just ask LBJ who ate steak and eggs for breakfast every morning.

The added dimension, however, to Baron's argument "that a move away from saturated fats and towards unsaturated fats would be helpful to most people," leads him to the conclusion that "a low animal product diet, i.e., vegetarian, may be one approach to the prevention of heart disease."

Baron's political conclusions are at once typical and admirable for one with a limited commitment to a movement toward voluntary socialism and personalism. "It seems," he says, "that a sensible approach would be a move towards a vegetarian-whole foods diet, as well as a balanced vitamin and mineral supplement. But," he adds, "we must go beyond our diets and health in our struggle towards a higher consciousness. It is in this context that the political role of alternative institutions like the Whole Earth Learning Community (and Common Market? --ed.) becomes clear. Control over the food we eat is an important first step in the struggle to regain control of our own bodies, and in fact, every aspect of our daily lives." What Baron fails to see, we think, is that the exploiters are firmly entrenched already to ensure that the people will not have the controling voice or power in the management of their own lives. The exploiters will insist on knowing who you are, where you are, what you are thinking, what your are going to think about, and where you think you are going.

And if one is thinking of food all the time, he will give it primacy in his scale of values and forget that the battle for people's minds is being fought elsewhere, like in the nursery, the clinic, the morgue, the moving picture house, the girdle factory, the tavern and the gridiron, among other places, including pay-as-you-go bathrooms which discriminate against women.

The assault upon the egg, whether in the womb or protruding grotesquely out of a chicken, is only one battle along a million-mile long war front.

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SUPPORT WOUNDED KNEE

Wounded Knee Defense Week is coming to this white middle class village to raise funds for the Wounded Knee Legal Defense/Offense Committee, January 26 to February 3. An additional purpose is to educate people in this area on the events and issues of Wounded Knee. The calendar, in part, includes:

Jan 27 --Musical benefit with Tracy Nelson and Mother Earth, plus Harmony Grits. Stock Pavillion.
Jan 28 Feb 1 --Daylight hours: seminars, teach-ins and workshops on the American Indian, or the Native American. Night: films & media shows.
Jan 31 --Wisconsin Mime Company Benefit Performance, Great Hall, UW Student Union.
Feb 2 --Pow-wow. An Indian cultural event with traditional dancing and singing. Stock Pavillion.
Feb 3 --Afternoon rally with Wounded Knee Defendants Dennis Banks and Russell Means. Stock Pavillion. Followed by Native American Dinner (location not yet determined).

The Indian's struggle at Wounded Knee did not end last May, nor did it end in Wounded Knee. Since the actual siege of the village ended, the fight has continued and intensified. Soon, even today, many people are facing trial: 136 persons have been indicted and others, over 100, are under investigation for possible indictment. A total of 600 persons has been arrested in connection with the Wounded Knee siege.

The siege arose out of efforts to correct abuses and excesses of the Bureau of Indian Affairs tribal bureaucracy on the Pine Ridge reservation headed by Dick Wilson. Opposition to Wilson's rule is invariably met with harrassment, physical and more subtle, and loss of employment. The Oglala Sioux Civil Rights Organization (OSCRO) was formed to fight Wilson and the BIA. It has strong roots in the traditional people. OSCRO invited The American Indian Movement to stand with them for self determination and treaty rights. For more information on how you can help call 262-1081 or 262-1083 (WSA) or 262-3324, 262-3325 (Information Center). All people of good will should involve themselves in this struggle.

CM PRICES COMPARED WITH KOHLS & EAGLE -- JANUARY 16, 1974

Vegetables by pound	Kohls	CM	Eagle
Carrots 1 lb.	23	11*	21
Green Beans 1 lb.	49	42*	49
Mushrooms 1 lb.	89	83*	105
Onions 3 lb.	69	36*	69
Red Potatoes 3 lb.	36	31*	33
White Potatoes 3 lb.	48	42	41*
Zucchine 1 lb.	29*	30	49
Tomatoes 1 lb.	59	43*	[illegible]
Turnips 1 lb.	39	18*	[illegible]
Yams 1 lb.	29	23*	[illegible]
Vegetables by Piece			
Brocolli	59	47*	[illegible]
Cabbage 2lb. av.	38	29*	
Red Cabbage 2 lb. av.	46	27*	[illegible]
Celery	29	26*	[illegible]
Cucumber	25	09*	[illegible]
Celery Cabbage	39	39	49
Eggplant	29*	30	36
Escarole	39	35	29*
Green pepper	15	14*	16
Iceberg Lettuce	33	23*	31
Radishes	19	15*	16
Romaine Lettuce	39	25*	29
Scallions	19	12*	15
Acorn squash 2 lb. av.	50	35*	[illegible]
Fruit			
Apples (each)	20	13*	19
Grapefruit (each)	19	16*	19
Naval oranges (each)	10	8*	9
Tangerines (doz.)	59	50*	72
Dairy Products			
American cheese 1 lb.	115	113*	123
Aged cheddar "	165	118*	158
Colby "	149	114*	138
Mozzarella "	158	118*	160
Parmesan (8 oz)	119	70*	108
Swiss (1 lb)	175	140*	160
Cottage cheese (1 lb.)	58	55*	60
Cornoil margarine	48	43*	45
Cream cheese	39	38*	41
Yoghurt	25-33	26-29	[illegible]
One-half gallon 2% Milk	62	54*	[illegible]
Grade A large eggs	89	86	8[illegible]
Meat and Fish			
Summer sausage 1 lb.	225	200*	21[illegible]
Liver sausage 1 lb.	139	126*	129
Beef Ring Bologna 14 oz.	159	148	129
Chicken whole 3-3½ lb.	230	140*	170
Ground sirloin 1 lb.	149	109*	139
Bacon 1 lb.	109-139	72*	110
Beef stew	98*	142	135
Ocean perch 1 lb.	129	107*	127
Other Things			
Orange juice 12 oz.	37*	43	42
White rice 2 lb.	85	80*	93
Med. rye flour 2 lb.	40	24*	40
Unbleached white flour 5 lb.	105	79*	79-95
Wheat germ 1 lb.	97	[illegible]	75
Rolled oats 2 lb. 10 oz.	78	c.36*	77
Lentils 1 lb.	55	46*	52
Clear Heated Honey 5 lb.	369	318*	435
Maple syrup 1 qt.	392	285*	360
Dates 1 lb.	69	69	78
Chocolate chips Nestles 12 oz.	58*	63	70
Walnut meats 1 lb.	159	150	142*
Whole mixed nuts 1 lb.	49*	66	81
Planters peanut oil 24 oz.	91	98	87*

* = cheapest

WHETHER LIFE IS WORTH LIVING ALL DEPENDS ON THE LIVER

We run recipes in Chew On because if breaking bread together allows people to dispense the word, then it's a worthy service. For those who consider this an ass-wiping service we will share our appreciation for human variety.

Black Bean Soup

Black beans at 35¢ a pound can be made into a delicious and nourishing soup: garnished with a slice of lemon and laced with a dash of sherry. The soup may also be purchased, in cans or tins, in the more expensive and epicurian sectic of your local grocery store.

(8 servings vegetarian version)

2 cups dry black beans
2 carrots chopped (use more if you wish a sweeter soup)
6 cups water
1 onion cut up
1 garlic cut up clove

Soak the beans overnight in the water. Add more water if necessary if the beans look too dry during the cooking process. Fry onion and garlic in cold pressed polyunsaturated vegetable oil until golden and put in soup pot with the carrots. Cook for several hours until nicely mushed. Put through a sieve, ricer or blend in a blender. Garnish with lemon slices. Add a dash of sherry or more lemon juice to taste. Add salt and pepper to taste.

Lea Zelden, who contributed this recipe suggests, for carnivores and other flesh eaters, the following: The addition of a small piece of salt pork or a ham bone adds immeasurably (sic) to the flavor of this soup. (It will probably enhance the protein content as well--ed.) The black bean soup can be served as a hearty main dish soup with the addition of a green salad to the fare, and home baked corn bread. Common Market sells stone ground organic corn meal for 15¢ a pound (and recipes calling for wheat flour to bind the corn bread dough may be greatly reduced and replaced measure for measure with corn meal--ed), as well as fresh carrots at 11¢ a pound. With care you can probably make this complete and nourishing meal for a winter's evening for about one dollar . . . with ingredients bought at Common Market.

****

-Smaller of two men looking at a shaggy dog: "Well, Stanley, what can you deduce from this dog?"
-Dog: "Ruff, ruff, ruff!"
-Taller of the two: "I'd say a big hairy dog--bigger than a bread box."
-Dog: "Bark, bark, bark!"
-Shorter man: "Wrong, Stanley. The alliterations are the obvious clues."
-Dog: "Ruff, ruff, ruff!"
-Taller man: "Why, I'm very surprised!"
--Dog: "Why, you nattering nabob of negativism!"

****

HELP WANTED

ECC, MADISON'S FLOURISHING CO-OP, IS LOOKING FOR A FULL-TIME TRUSTED SOUL TO STEER THE SOCIETY AT ITS LARGE. APPLICANT MUST BE STRONG, DEDICATED AND ABLE TO LIVE ON ABOUT $70/WEEK. APPLY BEFORE FRI JAN 25TH

GIVE THE GIFT OF MADISON SUSTAINING MEMBERSHIP

COMMON MARKET LTD. Profit and Loss Statement May 28, 1973-Dec. 31, 1973

(prepared 1/1/74-1/11/74 by Steven Klapper)

Sales (post 5/28/73)	$229,990.53		
Sales (pre 5/28/73)	585.20		
Membership	862.50		
Community Chip	1,198.49		
Less: Returns (bottles)	6,534.70		
= Net Sales		$236,102.02	
Cost of Goods Sold			
Inventory (5/28/73)	7,525.15		
Purchases	193,509.79		
Freight	7,388.01		
Less: Inventory (12/31/73)	5,874.39		
= Cost of Goods Sold		201,548.56	
Gross Profit			$23,553.46
OPERATING EXPENSES			
Salaries	5,928.00		
Payroll Taxes	1,885.45		
Taxes	153.45		
Supplies	1,929.85		
Insurance	81.33		
Rent	4,040.00		
Telephone	457.43		
Utilities	1,649.98		
Mad. Sustaining Fund	2,879.12		
Maintenance	952.99		
Depreciation	473.18		
Advertising	107.84		
Truck Operations	372.08		
Repayment of Loans	1,300.00		
Miscellaneous	350.00		
Total Operating Expenses		22,560.70	
Net Operating Profit			992.76
Non Operating Income: Rent	345.10		
Telephone	685.16		
Purchase Discount	9,883.93	10,914.19	
Non Operating Expenses:			
Sales Discount	9,813.36		
Int. & Penalty Chg.	73.68		
Bank Expenses	68.38	9,955.42	
NET PROFIT			$1,951.53

****

COMMON MARKET LTD. BALANCE SHEET DECEMBER 31, 1973

Cash on Hand	$1,456.75		
Accounts Receivable	1,592.73		
Inventory (12/31/73)	5,874.39		
Supplies	675.36		
Prepaid Expenses	200.86		
Total Current Assets		$9,800.09	
Fixed Assets			
Property and Equipment	2,533.00		
Less: Depreciation	1,556.00		
Total Fixed Assets		977.00	
TOTAL ASSETS			$10,777.09
Liabilities			
Accounts Payable	8,975.23		
Notes Payable	6,226.00		
Taxes Due	538.45		
Total Current Liabilities		15,739.68	
Members Equity			
Membership Fees	3,435.00		
Retained Earnings (5/28-12/31/73)	1,951.53		
Contributions Earned	1,500.00		
Retained Losses (pre 5/28/73)	⟨11,849.12⟩		
Total Members Equity		4,962.59	
TOTAL LIABILITIES AND EQUITY			$10,777.09

MEMBERSHIP AND FINANCES

For those Common Market members who have not yet read the financial statement for the end of 1973, please pick up a copy of the last issue of "Chew-On" where the CM financial condition is laid out in full.

The profit-loss statement -- a statement of our financial operations for 5/28/73 -- 12/31/73 -- shows that we made 10.3% above cost of goods. (If you're referring to the statement, subtract membership, community cafe and pre- 5/28 sales from gross profit figure before figuring percentage.) Our operational mark-up is 10% (this time period included no increased produce mark-up). Compared to the 2.3% gross profit margin realized in the first five months of 1973, the 10.3% is a bounding recovery!

WHAT HAPPENED? A lot of committed hard work and cooperation by many CM members! Immediately after perusal of the May '73 financial statement, the Finance and Work committees joined to tackle the problem of increasing the realized 2.3% out of a possible 10% gross profit margin. The general problem being that of food sales and inventory leakages, the following specific areas were identified as the primary sources of loss:

1 - cashier errors and mathematical errors on group order sheets
2 - cheese over-weighing
3 - meat pricing and distribution errors
4 - food eaten or taken w/o payment

All these sources of loss pointed toward the wider base of the problem -- that these inaccuracies and inefficiencies stem from a wide lack of awareness, care and responsibility by our large number of members. The prevailing attitudes of "we can be a little more generous, t is is a co-op," while cutting a 1½ lb. hunk of cheese to be sold for a pound's price, or "why take the trouble to be accurate -- it's only a co-op," was the kind of mentality which would result in economic disaster.

So, the task ahead was two-fold:

1 - to establish procedures to insure accuracy and efficiency where possible or at least to quantify errors in order to determine possible need for procedural change
2 - to educate the membership

A number of controls were instituted which began the second week of June. These included:

1 - cashier controls
    a - establishing a check-out system for each cashier (this involved a much more thorough training of cashiers)
    b - instituting job of cashier's aid to catch register errors
    c - including as part of work shift the checking of all group order sheets for errors in cross-multiplication

2 - cheese-weighing controls
    Preparation of a chart to record beginning weights, total number of packages cut, total weight of packages cut, weight of rind and left-overs. Errors could then be detected in progress and in many cases could be corrected.

3 - meat pricing and distribution controls
    a - the set-up of a system of taking daily pre-inventory and post-inventory of an accurately stocked meat freezer, with counter-check by means of a meat category key on the cash register

OVER

OVER

b - preparation of a weight-price chart to insure accuracy in figuring prices for each package

4 - Eating restrictions in the warehouse

Establishing policy of "everything eaten must be paid for."

All these controls have been continually and consistently maintained. They have been met with great cooperation by CM members. Over the last months there has been a real change in member attitude and awareness. Repeatedly, people have pointed out errors in progress, corrected errors in progress, and been themselves eager to attain accuracy in their work for the Market. With the large number of volunteer people working many different jobs, the possibility of error is great. The change that took place to raise our [illegible] profit margin by 8% (from 2.3% to 10.3%) is an astounding testimony to the [illegible] of group work. CM members should congratulate themselves!

This doesn't mean things can ease up! Another look at the financial statement will assure a need for continued tightening of procedure:

1 - Our operational expenses constitute 9.2% of cost of goods sold (to get this figure, take the figure for total operating expense and subtract $1300 loan repayment and $1,198.49 community chip, and divide the result by cost of goods sold.)

In another way of viewing it our operating expense ($20,062.21) is 96% of our gross operating profit ($20,907.27).

2 - The balance sheet, under Liabilities shows that at the end of the year we owed $8,975.23 to suppliers and $6,226.00 in outstanding loans, with only $1456.75 in the bank and $587.39 in merchandise inventory. Since we must maintain an inventory in order to operate, the $15,000 debt figure can be gradually shrunk only by continuing to make a net profit (surplus after expenses). In order to do this, according to the last 7 months of operations, we must maintain a gross profit of over 9.9%. *

So -- continue to strive for accuracy. Specifically, each CM member can:

1 - Carefully do the cross-multiplication of prices on your order sheet. Double-check for errors!

2 - Insure accuracy in weighing produce, cheese and any goods

3 - If possible, figure total amount of your group order each week before and after subtraction of items not received. Point out any discrepancies with results of cash register tape

4 - Call the warehouse regarding any mistakes made in food distribution. It's not necessary to return mistakenly-distributed items, if you don't wish, but reconciliation of price difference is in order

5 - If you spot inaccuracies in progress, correct them or point it out to the shift's work coordinator

LET'S CONTINUE IN COOPERATION!

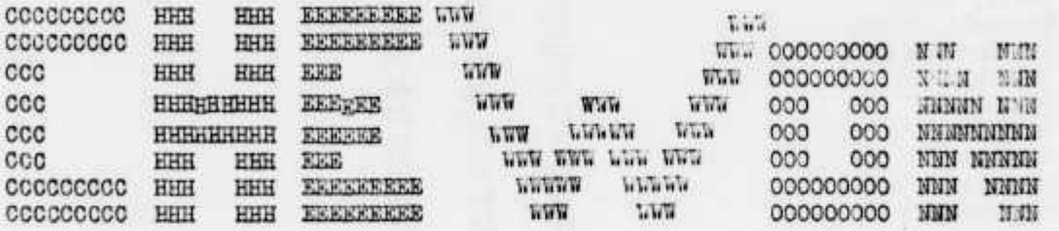
Elaine Nesterick,
Common Market Coordinator

*This doesn't include room for future inflation of overhead costs which is certain, but also doesn't include expense cuts (total rent decrease of $150 with close of Eastside warehouse, and cessation of 1% organization contribution to Sustaining Fund) and the mark-up increase of 10% on produce. The overall result should be a greater net profit.

No. 32
Feb-mar 74

APPETIZERS

Inside this issue of the CHEW ON is our usual weekly price comparison with other food and survival sources in Madison. There is a very interesting discussion, the first of two parts, of the economics of food production and distribution in America, excerpted from The New York Review of Books; and other interesting articles developed from activities surrounding Common Market and other counter-economical communities in Madison.



JAWING THE CUD

The CHEW ON is, obviously, named after the process of rumination. The committee responsible for putting it out is concerned, since its only return to the membership of Common Market is information, to allow persons who read CHEW ON to consider the problems of survival in America, & particularly that which concerns the economics and production and distribution of food. Yet, as we have so often reiterated, we do not want to contribute to people's thinking of food all the time. This is not a worthwhile preoccupation.

As one who first drew a payment for something he wrote in 1944 and has had his copy subjected to an army of editors, advertisers and typesetters, this writer feels he knows a little about the straight press, what a shuck it often is, and what a reduction of spirit to both reader and writer.

But CHEW ON is not "press" as such. As a "house organ" it is essentially a self-serving tool of the membership of Common Market. We won't bore you with what we think it is supposed to do, except to tell you it is not supposed to bore you. If it has been boring to you in the past, that is due perhaps to the fact that life itself is a bore at times. Yet, as people must always attempt to communicate with one another, human efforts to inform, even if through deferred devices such as writing, must go on.

The CHEW ON has always accepted submissions of CM members for appearance in its pages. The usual tug between writers and editors which I have experienced over some thirty years has existed even in this countercultural activity, but in community these differences are more easily resolved than in the straight world. While the writing may not always be tight and economically written, the enthusiasm certainly is always present in submissions. But there are a few objective norms to follow in writing for publication, no matter how modest, and it ought to be the responsibility of an editor or editors to articulate them in some fashion. As cost considerations for producing CHEW ON are not neutralized by advertising or subscription sales, its economics extend to the writing itself and places on authors some burden for tight and compact writing. This is an educated community, word oriented, and such a burden is not a heavy one. The editors are now restricted in how much they can edit copy for syntax and grammar, so this burden shifts to the writers.

If you are submitting copy to CHEW ON, you should self-edit your copy to fit one 8-1/2 x 11" page: it should be legibly presented and bear your name or pseudonym, as well as your telephone number or cable address so that reasonable efforts can be made by the typists to communicate with you regarding cutting down puerile articles loosely written at too great length.

We feel that CHEW ON should be read at one sitting on the john and allow you to rise up with the feeling that not everything has been flushed down the drain. The people responsible for bringing you CHEW ON have their names appear elsewhere in these pages. The author of these words is in the telephone book under Alze Fine Hand Bookbindings, and his name appears hereunder.

--A. V. DELA ROSA

PRICE COMPARISON March 5, 1974

Item	Kohl's	CM	Eagle
Red onions 1#	49	52	33
Carrots 1#	23	10	21
Zucchini 1#	49	51	49
Tomatoes 1#	59	42	59
Yams 1#	33	24	29
Beets, bunch	39	43	39
Broccoli, bunch	59	68	70
Red cabbage 2# av.	59	68	70
Celery	39	26	45
Cucumber 1	25	14	33
Radishes	35	20	15
Turnips	49	48	25
Bananas 1#	12	14	10
Grapefruit 1	25	15	21
Orange juice 12 oz. frozen	41	41	42
Gr. sirloin, plain 1#	119	109	129
Haddock 1#	142	120	131
Lamb chops 1#	279	239	259
Chicken, whole fryer 3½# av	247	150	146
Margarine 100% cornoil	62	59	53
½ gal. 2% milk	64	56	64
Eggs, grade A large	79	76	78
Rolled oats 2#	58	32	64
White rice 2#	85	92	80
White flour 5#	96	91	89
Brown sugar 2#	51	48	55
Planters peanut oil 24 oz.	105	109	108
Bread, whole wheat 1#	64	38	58
Tomatoes canned 1#	32	28	26
Contadina tomatoe paste 12 oz.	37	37	34
Dole pineapple juice 46 oz.	45	44	41
Hellmans mayonaise 32 oz.	109	111	117

CANNING COOPERATIVE

A public meeting will be held Sunday, 24 March, at 1:00 p.m. at St Mark's Lutheran church, 605 Spruce Street, to discuss the creation of a community cannery. Such a facility could be used by individuals to can surplus foods from their own gardens or fresh produce purchased directly from local farmers. It could also be used to can produce for resale through area cooperatives.

Equipment to be used is manufactured by Ball Canning Co. & would cost $10,000, including freight. It is especially designed for small operations: flexible and easily operated by nonexperts. It has a capacity of up to 2,000 quarts per day and used glass jars--the recyclable home canning type.

Several alternative methods of financing are possible, such as: (1) a grant from a foundation; (2) a no-interest or low-interest loan from a foundation or from interested individuals or groups in the Madison area; (3) sale of membership shares or bonds; and (4) a loan at the normal rate of interest.

A lot of questions have to be answered (and some yet to be asked--ed), and some decisions need to be made quickly since the canning season is not too far off, and the price of the equipment goes up 30% in about a month from now. Is there sufficient community interest in this project to proceed?

The meeting of 24 March at St Mark's Lutheran Church, 605 Spruce Street, should tell us that. For information call Dwight, 257-6131, or Elaine, at 251-5754.

--Cauius

MINUTES OF GENERAL MEETING, FEB 10, '74

Discussion of CHEW ON mostly negative. Final agreement on guidelines: CHEW ON to appear regularly; information should be given on how to submit articles and what deadlines are. CHEW ON committee should be named in each issue:

CHEW ON COMMITTEE:	Joe Deane	A. V. Dela Rosa
	Yvonne Gurney	Richard Daly
	Phyllis Daly	John Gurney
	Judith Dela Rosa	Charlie and Linda
	Linda Deane	Sometimes the Stones
	Ruth Backlund	"Windy"
	Mark Backlund	and the children of all the above

Articles deadline: date of the general meeting; publishing deadline: two weeks after the general meeting. The telephone numbers of all the above are in the Madison telephone directory, except the Dela Rosas, whose business phone is listed under ALZE FINE HAND BINDINGS in the yellow pages under bookbinders.

Articles should be signed. Editorial comments should not be interposed unless identified as such. For those articles needing editing, the approval of the author is necessary. Long and wordy articles should be printed separately as pamphlets rather than serialized in CHEW ON. The details of the above were left to the committee.

Finance committee announced regular meeting on the Friday before the general meeting. Meetings are open to any CM member. FC reconsidered MSF chip & recommended CM not take up again the 1% of gross sales, but urged encouragement for groups to donate 2% of purchase amount; a third proposal suggested CM give 1% of gross profits. FC minority report requested CM make up the balance. This committee also recomended CM purchase $100 bond in support of Williamson Street Co-op. By this time the quorum had dwindled to insufficiency for a valid motion to be acted upon. Debate ensued regarding whether binding decisions could be made without a quorum recognizing that a failure to decide is in itself a decision to continue with the old situation. The chair held, and received support from the majority present, that no decisions can be made without a quorum. MSF will be the first order of business at the next meeting at which a quorum is present.

LETTER TO THE EDITOR FROM THE EDITORS OF MONTHLY REVIEW

Dear Mr. Deane:

All the editors enjoyed the use Paul Travis's letter in the Christmas issue of the newsletter of the Madison Common Market food cooperative. They thought Paul Travis would like to know about it too, so I am sending him a copy of your letter (we hope you won't mind) and the newsletter. . . .

CHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWONCHEWON

DEATH FOR DINNER, by Daniel Zwerdling

Ben Feingold, chairman emeritus of the Kaiser-Permanente Medical Center allergy division, has found convincing evidence suggesting that the artificial colors and flavors used in 95 percent of all processed foods caused hyperactivity in children.[1] "We can turn these kids on and off at will simply by regulating their diets," Feingold says. "There's no reason not to wonder whether food additives affect adult emotional behavior as well."[2]

Feingold's research is only the latest evidence describing how the $161 million per year food and beverage industry has perverted our diets. We've gotten our priorities so twisted now that food, which we eat in order to live from day to day, has become in the long run a major cause of chronic unhealth and degenerative disease. Scary stories about the risks of eating are now coming from well-

---

1. Congressional Record, October 30, 1973, p. S19736. Before Feingold rated them, his twenty-five hyperactive subjects were downing daily doses of Ritalin & other drugs to calm them down; Feingold withheld the drugs, simply told the children to avoid processed foods with artificial flavors and colors, & cured fifty of them.

2. Telephone interview with DZ.

known and sober university deans and government scientists. Ten of them appeared quietly before the Senate Select Committee on Nutrition and Human Needs that spring to testify that our daily diets of processed foods, rich in refined sugar and modified carbohydrates (unreadable word--this article comes from the NY Review of Books, ed.) white flour, are probably major causes of diabetes, heart and arterial disease, and intestinal cancer--among other ailments.[3] Most eaters don't like to believe this or to connect their lunch to a disease that will kill them fifteen years from now. So the hearings didn't make the headlines as the political scandals did, even though they have greater importance, at least as far as the nation's physical health is concerned.

The sad history of our food supply resembles the energy crisis, and not least because food nourishes our bodies while petroleum fuels the society. We long ago surrendered control of food, a vital resource, to private corporations, just as we surrendered control of energy. The food corporations have shaped the kind of food we eat for their greater profits, just as the energy companies have dictated the kinds of fuel we use. And although many of us have plenty to eat from day to day, and plenty of electricity to light our homes, we're beginning to pay crippling social costs for corporate mismanagement in the long run.

The rinks of the American diet started to increase after World War II, as the food industry manipulated our image of "food" away from staples and toward synthetic and highly processed items. We eat between 21 and 25 percent fewer dairy products, vegetables, and fruits than we did twenty years ago, and 75 to 80 percent more sugary snacks and soft drinks. Most Americans now eat more processed and synthetic foods than the real thing.[4]

For the food business--food manufacturers, drug companies, and supermarkets--all this makes good economic sense. It's much cheaper for a manufacturer to make bread look and taste buttery and full of eggs by adding minute amounts of artificial color and minute amounts of flavor rather than real butter and eggs. Coloring and flavoring make a frozen pizza seem rich in ripe tomato sauce than real tomatoes could.

This marvelous chemical additive technology has earned $500 million a year for the drug companies, like Monsanto and Pfizer, that make the additives, and it has given the food manufacturers enormous control over the mass market. Additives like preservatives enable food that might normally spoil in a few days or a week to endure unchaged for weeks, months, or even years. A few central manufacturers can saturate supermarket shelves across the country with their products because there's no chance the food will spoil. Companies can buy raw ingredients when they're cheap, produce and stockpile vast quantities of the processed result, then withhold the products from the market for months, hoping to manipulate prices upward and make a windfall. The food industry's savings are seldom passed on to the consumers, which is precisely why the food industry has embraced processed foods. As Custom Food Products, Inc. puts it, food manufacturers: "You can make a fortune in convenience foods."[5]

Technological food does offer consumers some time-saving conveniences in the short run; they permit us to shop less often and cut cooking time. At most we gain a few hours a week. In the long run, as the Senate hearings and Dr. Michael Jacobson's Nutrition Scoreboard show, we're paying dearly for these leisure hours in money and poor health. Contrary to cherished public myths, Americans are not very well fed or healthy when compared with people in other Western nations and with our own potential. We suffer climbing rates of cancer and other degenerative disease, mental retardation, and birth defects; our infant mortality rates are high and life expectancies are beginning to

(continued next page)

3. Hearings before the committee, April and May 1-2, 1973; Part 2, "Sugar in Diet, Diabetes, and Heart Diseases."

4. Senator Charles Percy quotes these statistics in his opening testimony, p. 146.

5. Michael Jacobson quotes this and other food industry ads from the magazine Food Product Development in his book Eater's Digest (Doubleday, 1972), p. 10.

decrease.[6]

Technological civilization puts many other dreadful pressures on our bodies, including air and water pollution and psychological stress. But eating is among our most frequent and necessary habits, and it is surely a major cause of bad health. A federal nationwide survey would told us just how badly we eat if the Nixon Administration hadn't canceled it in 1970 after seeing the embarrassing preliminary results. "A significant proportion of the population surveyed was malnourished or was at a high risk of developing nutritional problems," the survey, a study of nutrition in ten states, concluded. Large numbers of people suffered marginal deficiencies of vital nutrients like iron, riboflavin, and vitamins A and C.[7] The survey seemed to confirm a trend first spotted by a nutrition survey of the years 1955 to 1965 undertaken by the US Department of Agriculture: As the United States became richer and richer, and spent more and more money on health care, and as the food industry produced more and more foods, many American diets got nutritionally worse.[8]

The US has the richest natural agricultural resources on the planet; the reason why we suffer nutritional problems is not that our land doesn't produce enough good food to eat. Instead, American eaters are victims of the food business. In order to increase profits, food corporations waste and ruin vast amounts of foods in their natural states that would adequately nourish people.

To begin with, as Frances Moore Lappe argues in her brilliant book Diet For A Small Planet, the food industry has diverted enormous quantities of high quality food into producing meat—the one staple still in fashion. The American obsession with beef is not entirely manufactured. Many people simply like meat. Still it makes no sense that one-half of the harvested agricultural land in America is planted with crops that will feed animals. Seventy-eight percent of our top-quality grain feeds not humans but cattle, chickens, and hogs. As Lappe points out, animals must consume an average of ten pounds of plant protein to produce one pound of meat protein. For cattle, the ratio is a staggering 21:1, which means, to put it in grossly simplified terms, that every pound of steak we eat denies an equal amount of protein to twenty other people. Because of the American emphasis on meat, US and United Nations statistics show that "18 million tons of protein (became) inaccessible to man in 1968. This amount is equivalent to 90 percent of the yearly world protein deficit" (author's italics).

[illegible] -thy article, cited verbatim from the NY Review [illegible] will be continued in the next issue of [illegible].

6. [illegible], "The life expectancy of the American male is actually decreasing," p. 146, Senate hearings.

7. Jacobson quotes the survey, in Nutrition Scoreboard, p.1.

8. Jacobson, p. 2.

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PHILIPPINE REPRESSION

The Philippines have been placed under martial law by the former president, Ferdinand Marcos, since September, 1972. The alleged reason for the declaration of martial law was the danger of insurrection and the need for reform. The more obvious reason is that Marcos was leaving office in 1973 with no constitutional possibility of re-election. His actions seem an out-and-out move to perpetuate himself in power.

For a well articulated presentation of how "The Philippine State is becoming totalitarian," see the February, 1974 issue of The Catholic Worker, p. 1 et seq.

—A. V. Dela Rosa
Alze Fine Hand Bindings
1431 Rutledge Street
Madison, Wisconsin 53703
251-[illegible]763

RECYCLING RECYCLABLE MATERIALS

We would like to start and help run a collection center for recyclable materials at Common Market. We have almost a year's experience working at such a center and believe that such a center would be feasible here in Madison.

A recycling center would provide Common Market members with an environmentally sound way of disposing of their recyclable materials. At present about 50% to 60% of the ferrous metal and 40% to 45% of the newspaper collected by the city are being recycled. The remainder of the refuse collected is milled and put into a landfill: much of it is recyclable.

By encouring the general public to use the recycling center, Common Market could increase membership through exposure.

Finally, there will be a small but significant non-operating income for Common Market from the sale of the materials (see table below).

We porpose that the existing dock space be used for the center. It will be open on Saturday afternoon for four hours and on Sunday for three hours of collection. A Monday shift of three to four hours will haul materials, other than glass, to Sinaiko Brothers Co., at 15 N. Murray Street, in Madison, and clean the dock. They will use the CM van for hauling. Glass will be shipped to the Chicago area by ICC. This will require three or four work shifts on Saturday and Sunday and two or three work shifts on Monday. The center could be opened once a month or weekly depending on volume.

Recyclable materials are glass bottles and jars, tin cans, aluminum, newspaper, cardboard, and miscellaneous paper (bags, magazines and waste). Members must prepare these materials at home by washing glass and cans, removing labels, flattening cans, and bundling paper into three categories--- i.e., newspaper, cardboard, and miscellaneous.

We would like to have comments and suggestions on this proposal.

--Deb Schild
Allan Wilkinson
251-3585

TABLE

Material	Per Capita Per Week	Madison Market Price	Potential Weekly Income[1]
tin cans	0.5 lb	$20./ton	$10
aluminum	---*	$400./ton	?
newspaper	1.2 lb	$36./ton	$44
cardboard	---*	$34./ton	?
miscellan. paper	0.0 lb	$20./ton	$18
glass	0.8 lb	$20./ton	$16
Totals	3.4 lb		$88

1. 2,000 members

* No estimate is available on generation of these materials. Our experience is that significant quantities are expected.

** Income from the sale of glass will go to ICC in compensation for hauling to Chicago.

MADISON DEVELOPMENT CORPORATION

by Roy U. Schenk

I think it's time that we take a serious look at the difficulties of the Madison Sustaining Fund. In part I believe they are due to a lack of a coherent understanding of MSF organizations, and in part due to an inadequacy of funds.

I believe the objectives of MSF should be the provision of adequate support for the social needs of our community. But then we have to define that community. I propose that we define our community as being composed of people in the Madison area who actively support the concept of Community ownership of productive property.

Relative to political differences, there appear to be two basic political philosophies expressed by MSF organizations. One might be called the "Do your own thing" group, and the other the "socialist" group. I personally don't consider the two philosophies to be essentially contradictory; but at this time in history, I believe by far the greatest need is for support of the latter groups. Unfortunately we have organizations from each of those two groups fighting bitterly for greater shares of a far too inadequate amount of funding.

I believe MSF should either narrow itself to support only the "socialist" groups, or that MSF should be split with contributing groups deciding which political philosophy they want their money to support.

Even then, I believe we must deal with the fact that MSF cannot meet the needs of the requesting groups because we do not have an adequate financial base. The obvious solution, then, is to build such a base.

To achieve this base, I propose that we need to establish a MADISON DEVELOPMENT CORPORATION. The purpose of this organization will be to help establish additional community owned businesses, factories, stores, etc., which can generate the finances needed to support the social needs of our community. I propose that 50% of the funds MSF receives should be used to fund this organization (MDC).

These funds will be used to provide the capital needed to develop additional community owned businesses, and the community ownership of productive property. (I call this Community Capitalism since the community receives and benefits from the profits, instead of a few already overwealthy individuals. Other people call it something else.)

I believe we should also begin agitating for our local (City & County), State & Federal governments to provide funds (grants or low interest loans) plus the assistance of business experts, to support the development of such community-owned businesses and factories. (No more Gisholts & Red Dots!)

I believe the assets of our current community businesses - Yellow Jersey, Common Market, ICC, Consumers Coop Garage, Others?, should be transferred to this Corporation. I believe it is also imperative that we break with the idea that we are organizing businesses primarily to "save people money." This is a very individualistic idea that commits us to out capitalisting (sic) the capitalists. We achieve this primarily be expoiting our workers more than the capitalists do. I don't believe we build a non-explotive society by exploiting our sisters and brothers.

Rather, I believe our goals should be provision of community control of our resources, emphasis on ecological production and marketing, support of community development and social needs, avoidance of exploitation, and the meeting of our real needs. We may well also save people money, but that should not be our primary goal.

I believe we also must deal with the fact that workers in our social agencies are often grossly underpaid compared with workers at Yellow Jersey, COG, etc. I think these social agency workers have a legitimate

complaint over their low wages. One way to overcome this would be for our businesses to assign (or employ) one or more workers to work for the social agencies at regular pay. (Taxwise this is legitimately treated as P.R.)

Organizing of a Madison Development Corporation appears to me to be the effective, if long range, way to solve our perpetual crises over inadequate funding for our social agencies. It is also the only effective way I can see for us locally to move toward elimination of capitalism and the ruling class, and toward development of a more highly socialized society.

To repeat a well known quotation: "It's going to take an awful lot of capital to replace capitalism." And I believe this proposes a way to get things going in a potentially successful way.

CONTROL - It is important to structure such a corporation so that it is most effectively controlled by the community. Initially, I would suggest that the controlling board be composed of one representative from each business, an equal number of people appointed by MSF (later perhaps elected) and an equal number of people selected by lot from those people who indicate a willingness and interest in serving on the board.

These ideas need to be discussed seriously by our community. I believe we should organize a weekend of discussions sometime this spring to explore our goals and dreams for the future and the strategies and tactics necessary to achieve them. The Renfel Foundation would be prepared to loan $100 to help get such a project underway.

At the next meeting, Roy Schenk is going to propose the following motion:

I move that the Common Market pursue the objective of establishing a corporation in Madison to assist the development of Community Owned Businesses, Community Ownership of Productive Property, and a more highly socialized society; and that Common Market transfer ownership of its net assets to this corporation when it is formed.

****

For those of you still unfamiliar with the structure and workings of MSF, eight work slots have been allotted for workers to put in four hours a month at Sustaining Fund. FULFILL YOUR COMMON MARKET WORK SLOTS BY WORKING FOR SUSTAINING FUND.

It has recently been established that Common Market membership extends your life span by five years. In addition, cooperative activity is aphrodisiac making you desire less sexual activity but more carrots.

no. 33
April 74

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IN THIS ISSUE

*I.C.C. REPORT

*SUMMARY OF LAST COMMON MARKET MEETING

*AGENDA FOR NEXT COMMON MARKET MEETING

REPORT FROM INTRA-COMMUNITY COOPERATIVE

The I.C.C. is a wholesale grocery coop, formed by a number of retail food coops in Madison for the purpose of buying and transporting food for those retail coops. It is located in the back part of the Gilson Street Warehouse for which it pays C.M. $100 per month. Present members of the I.C.C. are Eagle Heights Coop, Green Lantern Eating Coop, Natures Bakery, The Common Market Ltd., Quercus Alba Bakery, Whole Earth Learning Community and Williamson St. Grocery.

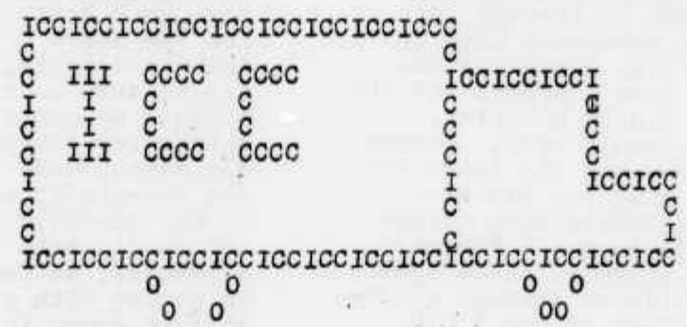
The paid staff members of the I.C.C. are Bob Golden, Tim Kobernik, Betsy Matlack, and Steve Matthews. The I.C.C. staff has undergone numerous changes in the past years, and is now successfully trying to actually operate as a collective. We share the work and the responsibility. There is more than plenty of both to go around. The coop is now handling about $45,000 in food a month.

Our major assets are the big truck (purchased a year ago), the old truck made into a cooler and recently retired, a small amount of office and warehouse equipment, and an inventory of dry goods and cheese.

The trucks and equipment are financed by grants, loans, gifts, and operating revenue from the past. In that sense, they are no problem.

The inventory, unfortunately, has never been financed, ie. there are no assests other than the inventory to offset the debt that it incurs. This is a problem. The only way we manage to pay for the inventory is through the lag system. In other words, we have varying credit arrangements with our suppliers. Some we must pre-pay, some are c.o.d. and with others we have credit, sometimes up to 30 days. By paying all as late as possible, we gain liquidity in the same way as we would were we to take out many very short term loans. Then there is also the lag at the bank. We give a supplier a check on one day, and it doesn't come through the bank until a few days later. That's a not-so-safe very short term loan.

Much of the time, this sort of lag-financing has given us enough operating capital to carry about $9,000 in inventory. But it sometimes breaks down. If the coops we supply don't pay us on schedule, we run



short but fast. Or, as has recently been the case, if the lags shorten, we can get caught short. Credit is tight all over. This combined with the recent introduction of new computer technology by the banks (checking lag has dropped from five days to one or two) has caused us much constrenation. Our supliers get caught also, and when they do, they come to us for cash, and we in turn go to our members (your coops) who in the end come to you.

So our problem is liquid money. If we want to have an inventory, we are going to have to find a better way to finance it. There is almost unanimous agreement among our members that we need to carry an inventory. Good service and less expensive and more direct food depend on it. We are in the process of dreaming up schemes to cope with this financing problem.

Other issues of a more positive nature have been occupying our time in the past months. Our main thrust has been toward getting closer to our sources of supply. We are trying to eliminate profit from the price of our food. This means by-passing or eliminating the "middle person". Just as the C.M. has contracted with local farmers for produce, so the I.C.C. has been attempting to go directly to the producers for such things as cheese, potatoes, onions, grains, beans, and now even citrus and dried fruit. Its a tough game because the capitalists corporations are becoming even more strongly integrated, both vertically and horizontally.

We have made steps. Many of the potatoes you have bought came to us not from the Chicago Market, but from a direct link with a farmer through a coop in Stevens Point. Much of the grains that Madison has received have come to us either directly from farms or through the People's Warehouse Coop in Minneapolis. Noone but the farmers made a profit and the farmers didn't get rich.

The organic navel oranges and lemons and the dates and raisins that you may have bought recently came direct from producers all the way from California. These came to the Midwest through a combined effort of the I.C.C. and the other Midwest food coops of the Midwest Food Coop Conference in conjunction with the Dick-Freeman Trucking Collective of Bloomington, Ill. The load was bought in California and hauled by the Dick-Freeman fold to Minneapolis, Madison and Chicago. Warehouses and local trucks likw ours distributed the goods from these drop off points. Everyone covered their costs and we still got very good organic fruit for no more than inorganic would have cost on the Chicago Market. Again, no one made a profit on our food.

During the last few months the Midwest Food Coop Conference has been meeting regularly. It is made up of consumer food coops from Minnesota, Iowa, Illinois, Wisconsin, Indiana, Michigan and Ohio. We are working very hard to establish a federation that would give us collectively the strength we dont have alone to buy, contract for and haul large quantities of food. This too could give us better prices and more opportunity to go to direct sources. For example, rice which we are having difficuly buying now, needs to be contracted for months in advance, and in lots of at least 40,000 pounds. Madison can"t use that much. But the Federation can use it in a month or less. If we pull it off, we can by-pass Erewhon and go directly to the same grower they do. The story is the same for many of the foods C.M. sells.

There have been some changes in the I.C.C. in the last few months. Most obviously, we have moved our office from the cold and noisy corner behind the cooler to the area directly behind the produce section. It is more comfortable and workable now, and hopefully people interested in what we are doing will be able to find us.

The old straight line 8.5% markup is gone. It was restrictive and did not allow us to price things according to their real cost. Some percentages, notably cheese, have gone down, while others are now above 8.5%, reflecting increased costs. This change has allowed us to sell more because we can adjust prices, butter for example, where the old markup made us higher than the for-profit sources.

Our schedule is based on the weekly trip to Chicago and Milwaukee. We load the truck on Monday with goods to be sold to coops in Chicago,

Bloomington, Champaign, Ann Arbor and Milwaukee, as well as items to be returned such as empty cider bottles. Teusday morning the truck leaves for Chicago. There we make a few stops to pick up dry goods, then on to Cornucopia where we leave most of our deliveries except for Milwaukee's. We also load on goods that Cornucopia has gathered for us and anything Michigan might have delivered. When we get done we pull out our sleeping bags and sleep until 3AM when we go to the Water Market for produce. Buying and loading takes about 3 hours.

The truck then goes to Milwaukee and delivers grains, cheese and produce. We pick up food there, then at Associated Grocers in New Berlin and Aepplers in Oconomowoc and then drive back to Madison to sort and deliver the food to our local coops.

Thursdays and Fridays are taken up with different runs each week. Once each month we go to Minnesota and once on the 225 mile S.W. Wisconsin cheese run. This month we will resume a monthly trip to Ann Arbor.

There is as much office work as there is food handling and driving, so we are staffing the office full-time. If you are interested in what I.C.C. is doing, please come in. We also have literature on the food and trucking industries. Our office and our books are open. You are welcome. You are also welcome to help out or ride along.

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SUMMARY OF COMMON MARKET MEMBERSHIP MEETING- MARCH 10,1974

At the last membership meeting of Common Market, it was decided that CM will contribute 1% of gross sales to the Madison Sustaining Fund & would include the voluntary chip contributions presently made by members as part of this total amount.

The discussion of this matter was very long and involved. The following is a summary of the basic motions which were discussed and voted on in the course of the debate.

Moved and seconded that CM reinstitute the policy of contributing 1% of gross sales to Madison Sustaining Fund (MSF).

Moved as substitute motion that CM contribute 1% of gross profit.

Action: Substitute died for lack of second. Original motion was discussed and passed, vote- 12-2 with 2 abstentions.

Moved and seconded that CM institute an 11% markup on gross sales.

Moved and not seconded that CM put out a second can for collecting contributions to reduce organizational contribution.

Moved and seconded that motion passed earlier not be carried out until CM meets obligations to paid workers.

Action: debate voted back to motion originally on the floor.

Moved but not seconded: If CM cannot meet its operating expenses at any time, its organizational contribution to MSF shall cease.

Action on motion on floor (11% markup): withdrawn by maker.

Moved and seconded as substitute motion for motion re-instating 1% contribution: that CM contribute an amount equal to 1% of its gross sales, but include the voluntary chip contributions as part of this total amount.

Moved and seconded as a substitute motion: Finance Committee majority report that CM continue its suspension of its contribution to MSF; that CM recommend a voluntary chip of 2% and that the matter be reconsidered in six months.

Action: substitute motion defeated 6-14.

Moved and seconded as another substitute for the motion on the floor: that CM contribute 1% of its gross profit to MSF.

Action: defeated 10-11.

Moved and seconded as a second substitute for the motion on the floor: that CM donate 50% of its net profit to MSF if and when this is acheived.

Amendment: that the estimate of this donation be made yearly.

Action: not accepted as friendly.

Amendment: that the donation be estimated quarterly.

Action: accepted as friendly.

Action on third substitute motion as amended: defeated.

Action on original motion on the floor (Finance Committee Minority Report) : Passed 21-2.

Other items of the metting included a proposal that interested people post suggestions for a change of the day on which

general meetings are held as per the by-laws. These would be acted on at a later general meeting.

It was also moved, seconded and passed that Community Cache forms be stapled to price sheets.

Finally, it was moved and passed that CM institute annual membership dues of $1 per member over 18 years old. These would be paid yearly on September 1, and pro-rated at $1 if the member joins between Sept. 1 and March 1. Motion to take effect on September 1 of this year.

FINANCE COMMITTEE REPORT

Various projects were considered at the meeting: The committee approved a proposal that CM pay for Elaine's car insurance; A proposal to provide raises in salary for paid staff was tabled; Debbie Schild's proposal for recycling solid waste was approved; Funding is being sought for a community canning cooperative; CM has an opportunity to buy 6000 dozen canning jars at good priceFinancing will be by short term loans from members and pre-order and pre-payment.

The Committee also recommened the purchase of a second cash register to deal with the problem of long check out lines. Estimated costs is $250. Final approval must be made by a membership meeting.

A proposal which would allow groups to pay for food by checks is being examined by the committee. Such groups would be required to first make a deposit in the amount of one week's order. A more complete proposal is being developed.

Beginning in April the Finance Committee will begin making quarterly reports on CM's finances. It was reported that CM sales have been increasing at about $200/week for several weeks, recently reaching $7200 - $7400 per week.

The Finance Committee urges members of Common Market to attend meetings of the Finance Committee.

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AGENDA FOR NEXT COMMON MARKET MEETING, SUNDAY APRIL 21 7 PM
1335 GILSON ST.

Quarterly Financial Report

Publicity Committee Report

Old Business: Proposal to establish a recycling center
New Business: Proposals for method of collecting deposit to the I.C.C.

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The following report of the proceedings of the last ICC meeting lays out the details concerning the item of New Business--the decision of the ICC to require deposits from its member co-ops.

People representing 14 different co-ops attended a very productive ICC membership meeting on March 17.

A number of co-ops applied for ICC membership, including Good Earth Natural Foods, Green Bay; Outpost Natural Foods, Milwaukee; Liberated Zone Co-op, Milwaukee; Milwaukee Co-op Foods; Good Karma Restaurant, Madison; Concordance, Madison. All memberships were improved except that of Concordance.

The staff of the ICC suggested that it should have some say in policy-making, so two staff members, Steve Matthews and Tim Kobernik, were voted in as members.

Common Market moved to set up a committe on member responsibility. Motion passed unanimously. It was hoped that this committee would make clearer for new and existing members, what membership in ICC means with respect to both benefits and duties.

There had for a long time been question as to whom the ICC should be offering its services. There are good reasons both for and against selling to for-profit and non-cooperative businesses. As the staff is forced to make such decisions daily, it was hoped that the membership could arrive at some policy decision. At the base of it, there are two issues involved. First, in order to function effectively and pay the bills, the volume from sales to non-co-ops is desirable. But, as we run non-profit basis, and our [illegible] being low because of work and capital extracted from people's political dedication, it seems unreasonable to offer our services to organizations who would use them to make a profit.

A motion was forwarded and passed that would attempt to deal with this conflict. Basically, the ICC

will now sell to its members at prices that will cover the costs of operation. It will also sell to non-member, not-for-profit organizations at those prices plus a one per cent markup. And, in addition, the ICC will sell to for-profit enterprises (when desirable) at those prices plus a 4% markup.

At this point a financial report was delivered, followed by discussion about the problem of the lack of capital to back up inventory. Two kinds of solutions were discussed. The first has to do with credit the ICC has in the past extended to its members. Money owed the ICC in this form has been as low as $3000 and as high as $20,000. In effect, many small co-ops have used the ICC as a bank. If these co-ops got closer to C.O.D. status, it would allow the ICC to have more money in inventory. Motion was made and passed unanimously to employ a 1% service charge on bills outstanding after 10 days.

The second kind of solution concerns getting new capital. As all the member co-ops will benefit from the inventory, and as their diversity would put them in contact with more sources of capital, including their members, it was suggested that the funding for that inventory should be in part shifted to the members.

A motion was made and passed unanimously, that each member co-op be responsible to the ICC for a deposit equal to an average week's purcheses. 'Week's purchases' is defined as the aggregate of the last 52 weeks' purchases divided by 52. If desired, the deposit can be paid in installments over a period (maximum of three months); upon retirement of membership in ICC, deposit will be refunded at the same schedule as paid. Also, the deposit refund is guaranteed by the collective consciousness of all ICC members and a definite financial arrangement will be set up to back this guarentee.

****

To be discussed and decided at the April 21st Meeting

At the upcoming General Meeting will be discussed a series of proposals for methods of raising the above-described deposit from Common Market to the ICC. This deposit, a one-time amount equal to an average week's purchases from ICC, comes to $2800.

This deposit, along with others from other co-ops, will be used by the ICC to build an inventory, making it more feasible to buy in volume when good deals arise, and to by-pass the price-hiking jobbers and wholesalers to buy directly from the source. This has been recently done on items like brown rice, kidney beans, walnut meats, dry milk--all of which you, as CM members, are paying 15-35% less because ICC had been able to procure loans to cover capital outlay for purchases and tie-up in inventory. In order to buy rice, for example, at a good price, it must be purchased from the source (Arkansas) in semi-load quantities of 40,000 lbs. Forty thousand pounds is a month's supply for all the co-ops working through the Midwest Food Co-op Conference. Of this quantity, the ICC takes 6,000 lbs. as a month's supply for its member coops. At 34 cents a lb. wholesale price, this is a $2040.00 outlay for this single commodity. The only other way to buy rice is through jobbers. Rice bought from Chicago jobbers would end up costing CM members 20 cents a pound more than this purchased by the Co-op network from the source.

The deposit from Common Market, at our present rate of income, cannot be gotten out of general funds. The following methods are proposed to be able to raise the required $2800.

1- A one-time deposit from each ordering group, scaled to work job requirement. Suggested:

   2 work slot groups-- $15
   3 work " " -- $20
   4 work " " -- $25

2- A one-time tax (about 38%) on an average week's food bill of each ordering group

3- A one-time $2 deposit per member

4- Raising the mark-up by 1% for a period of 3-4 months.

These proposals will be discussed at the Finance Committee Meeting, Fri., 8:30 pm at 2634 Kendall Ave. These (and possibly others) will be presented, discussed and voted on at this Sunday's General Meeting.

#35

MEMBERS ! ! ! GENERAL MEETING * * * May 12, 1974, 7:30 pm, Gilsom St.

AGENDA: To be announced on price list just preceding the meeting. All materials for the next CHEW-ON are at the time of next General Meeting.



Publication for the COMMON MARKET Food Cooperative
x o x o x o x o x o x o x o x o x o x o x o x o x o x o x o x o x o x
Subdivision of CHEW the Fat, Ltd. Issue No..31 April, 1974
a b c d e f g h i j k l m n o p q r s r q p o n m l k j i h g f e d c b a

Produced in varying degrees of cooperation by March CO-OP. The following Hearts and Hands, Blood, Sweat, and Tears poticipated in the CHEW-ON:

Ruth and Mark Backlund
Phyllis and Dick Daly
Mr. Joseph Deane
Judy and Al Dela Rosa
Linda and Charlie Deknatel
Yvonne and John Gurney

PLUS

Our many regular and irregular freelance contributors, without whom this would not be possible.

SPRINGTIME ISSUE

If the speed with which Madison's Winter plops us into the lap of summer has caught Common Marketeers off guard, we would like to honor the Fleeting Spring. Spring means change, and people in Springtime are ready for change. We can look at things in new ways, shucking our confining mental overcoats that may be insulating our views and isolating our lives. It's a time of transition, bringing with it feelings about potential: potential in ourselves for new growth, interests, opportunities; potential in our lives with others for furthering love and understanding; potential for doing nice things for our bodies.

There are also many "growing things" afoot in the Madison community itself. In this issue of CHEW-ON, learn how you can help your body grow physically in the "Bicycle Boogie" at the same time you help the Madison Sustaining Fund grow financially. MSF is committed to the growth of the cooperative movement in Madison, and their funding is a crucial aspect of that growth.

ECOLOGY and GARDENING

As we replenish ourselves, we are now learning to replenish our planet. A CM sponsored recycling collection center will soon be in operation and will offer another way CM members can fulfill a work slot as well as ensure our irreplaceable resources get a second chance.

For those of you who garden, either in an apartment pot or a home plot, now is the time for planning and planting. If you plan on putting up surplus food, you will be interested in the Canning Center which is being initiated. For a nominal fee you will have use of professional canning equipment indispensible for canning but often toobulky and expensive for the average gardener.

READ ON, DEAR FRIENDS

CM SPONSORS RECYCLING COLLECTION CENTER

A Common Market Recycling Center proposal, which was accepted at the last General [illegible] no, is in need of some specialized skills and equipment if operations are to begin in the nexk week or two.

Specifically, anyone with access to and knowledge of how to use a cutting torch is needed to prepare the 55 gallon drums for use as receptacles. CM will be receiving about 4 drums per month and will be needing his/her skills for the next several months.

Also needed: a hand truck or dolly for moving drums; safety goggles for use of workers who must break up the glass; people willing to help build bins for containing collection materials; and, of course, workers to staff the collection center during its hours of operation (Sat. 10 to 4, Sun. 9 to 1) and on Monday to help haul away the materials.

To best use the recycling center, members are urged to follow the Preparation Information displayed at the CM warehouse. In brief, separation should be done at home (not at the center), paper products should be separated into newspaper, cardboard, magazines, and miscellaneous paper (brown, ledger, etc.), metal into ferrous and aluminum-containing, glass by color, Any aluminum, including foil, should be recycled, since aluminum is becoming rare and is <u>not</u> being recycled by the city's system.

The system will require some effort to be successful but in addition to setting an example for the city to follow, the center will be a source of income and support for CM and the cooperative movement.

Anyone able to help out in any way or just seeking information should contact Deb Schild or Allan Wilkinson at 251-3585.

GARDEN AND FLOWERING PLANTS SALE AND EXCHANGE

On Saturday, May 11, between 9 and 3 p.m., we will hold our first annual Garden and Flowering Plants Sale and Exchange. The purpose of this Sale and Exchange is to provide CM members a time and place to sell &/or exchange their surplus plants and perrennial plant starts with other members. The Sale & Exchange will take place at the loading dock outside the CM warehouse (1335 Gilson St.).

If you have surplus cuttings or rootings of your perrennial plants (E.G. Painted daisies, mugs, lilies or the valley, sedum, comfry, etc. ad infinitum), bring them to the exchange and trade or sell them to your neighbors.

If you have surplus tomatoe, cabbage, pepper, etc. plants, bring them to the CM warehouse on May 11 and trade or sell them.

COMMON MARKET LTD. FIRST QUARTERLY FINANCIAL REPORT 1974

Income Statement
Jan. 1, 1974—March 31, 1974

	debits	credits	balance
Sales	88766.80		
Membership	105.00		
Community chip	498.76		
Less: Returns (Bottles)	2691.37		
= Net Sales		86,679.19	
Inventory 1/1/74	5674.39		
Purchases	78922.80		
Less: Inventory 3/3/74	6672.88		
= Cost of Goods Sold		78,124.31	
Gross Profit			8,554.80

Continued.....

OPERATING EXPENSES

	debits	credits	balance
Salaries	3,230.70		
Payroll tax	276.33		
Taxes	65.56		
Supplies	458.19		
Insurance	111.19		
Rent	1,520.00		
Telephone	147.09		
Itilities	1,066.89		
Madison Sustaining Fund	613.70		
Maintenance	303.43		
Depreciation	132.00		
Truck Operation	81.05		
Food Returns	73.66		
Bank Expense	5.15		
Miscellaneous	75.40	8,161.14	
Net Operating Profit			393.74
Non Operating Income:			
Rent	370.00		
Telephone	237.71		
Purchase Discount	2,552.32		
Tax Return	776.74	3,936.77	
Non Operating Expense			
Sales Discount	2,552.82		
Telephone	246.07		
Repayment of Loans	400.00	3,198.89	737.88
Net Profit			1,131.62
BALANCE SHEET.....March 31, 1974			
Current Assets			
Cash on hand	171.55		
Accounts Receivable	2,099.47		
Notes Receivable	100.00		
Inventory (3/31/74)	6,672.88		
Supply Inventory	360.15		
Prepaid Insurance	122.00		
Total Current Assets		9,526.05	
Fixed Assets			
Property and Equipment	2,533.00		
Less Depreciation	1,688.00		
Total Fixed Assets		845.00	
Total Assets			10,371.05
Liabilities			
Notes Payable	5,826.00		
Accounts Payable	7,808.85		
Taxes Payable	460.47		
Total Liabilities			14,095.32
Members Equity			-3,724.27

A PROPOSAL FOR RAISING CAPITAL FOR CM by Roy U. Schenk

At the last CM meeting it was remarked that we need a painless way to raise capital for the CM. This remark was made as a result of the discussion on ways to raise the $2,800 required of CM by ICC. This money will be used by ICC to permit larger volume purchases which can be made at lower prices.

I propose that a simple and painless way to raise additional capital for our future needs would be to set aside half of the savings made by these large volume purchases.

Therefore, I propose the following motion for the agenda for the next CM. meeting: I move that we set aside 50% of any CM savings achieved by large volume purchases by ICC to go into a capitalization fund.

PROPOSAL FOR METHOD OF COLLECTING REQUIRED DEPOSIT TO ICC
DEVELOPED IN FINANCE COMMITTEE, APRIL 19

The summary of reasons for the required deposit plus the four proposals for the method of collection were read from the current issue of "Chew-On."

A long discussion ensued, which centered around the following two issues:

1) That the deposit requirement to the ICC be part of a long-term system of capitalizing our own organization. We are at the point, financially, of maintaining a break-even status. At our present volume and rate of income we can cover our operational expenses. But we are severely crippled in terms of expanding inventory, purchasing, equipment, buying commodities in large volume when deals arise in order to cut prices to our members, because we don't have the available chunk of money nor the credit to be able to obtain financing. It would be economically wise to plan for this on a long term basis by beginning to build a capital reserve fund to make liquid or use for getting credit, instead of periodically hitting up members for bit chunks for emergency capital demands.

2) That this additional fee or percentage of food order coming from members be collected in such a fashion that it serve an educational function. That, by being a separate fee and its purpose explained, it remind people of their responsibilities and benefits as members as well as show people where their money goes. It should be well-known that the intent of this capitalization fee or mark-up is to lower prices and provide expanded and more efficient services to members. Proponents of this notion suggested a method of collection whereby the cashier's aid would do a weekly checking and updating of group membership records and collecting a small per-member fee (maybe 25¢ a head), recording payment or debt if money is not paid, and collecting any debts from previous weeks. Other people voiced opposition to this method because it added hassles, complications and time to the pick-up process which already takes too long. These people expressed a concern to make belonging to CM an easier, less time-consuming process to be able to better maintain old members and acquire new ones. This in no way negates the notion of educating people but means that it doesn't necessarily have to be done by requiring more involvement in the day-to-day matter of picking up food. There are, for example, committees, membership meetings, projects like the recycling operating, nutrition and food educating, beginning a library, a day-care center, that could involve members, especially if their requirements for food-getting and warehouse work were minimized.

(Ed. note: The 1% figure quoted below is in error. See note at end of paragraph.) It was agreed that both these issues were large enough to allow more time for discussion in committees and general meetings, plus the newsletter. The Finance Committee will continue to work on those matters and urges members to be thinking about them. In the interim, the Finance Committee recommends that we begin, for the purpose of raising enough money for the ICC deposit, a 1% mark-up to be added to the total food bill at the cash register with full explanation of its purpose on the price sheet and at the register with proper set-up in the price sheet for ease of administration. It would be intended that this 1% would at the end of 3½-4 mo. pay off the required deposit and should be kept in mind that this is to begin a longer term system of establishing a Common Market capital fund. In the interim, the Finance Committee plus general membership should come up with the best way of establishing this fund.

(Note: the 1% figure was in error and would have to be used for 10 mo. In order to collect the needed funds in 3 mo., the surcharge must be 3%.)

MINUTES OF COMMON MARKET GENERAL MEMBERSHIP MEETING, APRIL 21, 1974
(Edited by Joe Deane)

Meeting called to order at 7:20; 24 people present. Debby Schild, chairman.

The agenda was approved as follows: financial report, recycling center proposal, and proposal for collection of deposit of $2,800 needed by ICC; MSF report last.

Elaine Nesterick reported that the new Canning Center will open an office to sell stock. It needs to be staffed five days a week. She moved that 1 or 2 people from a group do it for a two months' requirement for their group.
Question: What is our situation as regards work jobs with current load?
Sarah: Well, in the summer we do not have enough.
Elaine: This will be until June 1 only.

Motion amended to: CM will supply no more than 12 hours a week up until June 1 for the canning center. A further amendment stipulated "up to 12 hours if people will volunteer to do that."

The Canning Center will be incorporated April 22, will pruchase equipment from the Ball Canning Company, and will be open to the public, who will do canning there for a fee. The address of the office is: 2006 Monroe.

The amended motion passed unanimously.

[illegible] reported on

John Bird reported results of the Publicity Committee meeting. Ongoing promotion plans: 1) to spread CM advertising among more publications; 2) to appear on talk shows, 3) to talk to church groups and the like; 4) to do some follow-up as the members come in---some type of orientation--maybe give them a new member survival kit---spend 30 minutes or so to show them how the warehouse operates.

We will have a booth at Friends of '21 on May 11 at the Coliseum; could use some help in setting it up and staffing it.

Debby Schild reported reasons for a <u>recycling center</u>:

1) to provide a means for members of CM to have their solid waste recycled; 2) to provide a way for people to know more about CM; 3) to provide some money--about $80 a week.

6-12 work jobs a week are the estimated need. The proposal is that the Center would be open to receive solid waste on Saturday 10:00-4:00, and Sunday 9:00-1:00, with an hour or so afterward for cleaning up. Things would be collected on the dock and sold to Sinaikn, except for glass, which would be hauled by the ICC to Chicago.

The plan is that the materials will be stored (with the glass broken up) in 55-gal. drums given by ICC. The paper will be placed in a van. ICC can give four new barrels a week, and these will be recycled. Capital outlay will be about $5 for binder twine. The newspapers must be kept dry, and they can best be wrapped in a special string of paper which can go into the recycling.

A discussion of the wisdom of "taking the pressure off the city" brought out an observation that the city doesn't presently enforce the solid waste regulations on the books; and that the city trash trucks do not have adequate receptacles for newsprint set out for collection here. Deb pointed out that the Center would be a demonstration for the city. In Buffalo people started doing this, and the city took over.

Mary Jude moved that CM set up a recycling center with details to be worked out by the Committees---the so-called recycling committee and the work committee, for a trial period of two months. Six months was suggested as a more realistic trial period; and that having a Review sounds as if it might fail. The trial period portion of the motion was deleted. Objections that people would be bringing in trash which was not recyclable and leaving it at odd hours, was met with the idea that collection materials would be cleared away from the dock except during weekends. Many Eastside CM members come in on Sat. to get their food; and many Westside members leave their grocery orders on Sat. or Sun. It was noted that the motion does not cover specific days of collection.

The recycling motion was passed 25-1. Deb observed that CM can probably begin collection with the next two weeks.

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Roy Schenk spoke on his Madison Development Corp. proposal, which has been printed in a past Chew-On. He said the idea was not original with him. He spoke of past experiences of co-ops here who could raise comparatively small amounts of capital for co-op housing, for example.

A discussion of the difficulties of developing an organization in which CM and other groupd would be sure of retaining the control over their own destinies; and of training people in the skills needed for such an organization. He reported that the proposal has been presented to Yellow Jersey and Consumer Coop Garage. Moved that CM take the initiative in sponsoring a meeting of similar organization to discuss such a proposal in greater detail. Roy could be the representative of CM to the meeting.

****

Working out a new method of paying bills to the ICC. ICC assessed its members for a capital fund, to that food may be paid for in cash at the time ICC gets it. Common Market was assessed $2,800. This fund will be used to get good buys which come along unexpectedly, to buy at the source, and to buy in quantities which allow greater savings. An example given, of brown rice, showed that if ICC could buy two or three months' supply at one time, price would be 36¢ a lb., as against 56¢.

The Finance Committee has discussed the following methods of raising the $2,800:

1) A one- time deposit from each group: two-slot group, $15, etc.
2) A one-time tax of about 30% on a food bill.
3) A deposit
4) Raising the food bill by 1%.

Finance Committee discussion summary: (See Finance Committee proposal, page 4) The deposit of CM to ICC will not be refundable. If we set up something refundable to members we would have to have more than a $5 deposit.

Roy suggested that an idea to raise future capital painlessly would be to sell the things

that we get through bulk purchase at a price which give half the savings to the consumer and keeps the other half for CM funding.

Sarah Hole remarked that the 1% surcharge would take 10 months to raise $2,800.

Elaine spoke on the matter of raising the money by membership fee to the effect that we now have trouble keeping up with new members and collecting the fees. A discussion of collecting a further mandatory fee from each member brought objections of new delays at the cash register; and also that some groups had buyers who were unlisted, whose concealment would be further rewarded by the fee on known members.

Sarah suggested that we add a 1% or 2% surcharge at surplus sales.
Jim: We have learned that our records are in a sad state of affairs and [illegible] achieve some sort of records system. If we make it mandatory records will have to be continuously kept.

Elaine: There is an ongoing membership record system. There is a list prepared at the end of every month of all those who have done their jobs. But we do not know all the members.
Mary Jude: I do not think there is more than 10% or people who are not listed. I favor a membership fee because it means the individual is involved, the more he knows where his food is coming from, the better it will be.

It was moved that on the next price list that we have a space for people to list the members of their group to update our records. Seconded. The motion to ask for a new listing of group members passed, 11-10.

There was a discussion of the fairness and desirability of a further membership fee as against a temporary surcharge on food orders. It cameout, through calculation, that a 3% surcharge on food bills would raise $2,800 during the next 3 months.

It was moved by Joe that the bulk of money for ICC be raised by a membership assessment, details to be worked out by the Finance Committee. Motion is to memberships and not to percentages.
John: Substitute motion--that it be a groupdassessment. Seconded.

A second substitute motion that we have a 3% surcharge to be added at the cash register for the period of time required to raise the money. Seconded.

Discussion of the substitute motion was to the effect that it would put us in a non-competitive position; and responses that we can list the surcharge separately at the end of price list, with an explanation of its need and nature; and that perhaps we are underestimating the intelligence of our membership. (Cries of "impossible!" were heard.) It was pointed out that the 3% would be a percentage of use of CM--persons benefiting the most from CM would pay proportionately more surcharge.

The vote on the motion for a 3% surcharge at the cash register for the period of time it takes to raise the $2,800 ICC deposit was 9 for, 9 against. The chairperson broke the tie, and the substitute motion was put before the meeting. It passed 13-8.

Roy Schenk proposed the organization of a plant exchange and sale at CM on a Saturday in the near future. He will do most of the organizing. His suggestion was accepted.

Joe Deane from MSF made the following announcements:

1) MSF will have a staff opening sometime in the summer for a paid person; they would like to have a long-term commitment (1 year).

2) One of the representatives from CM to MSF, Pam Albert, wishes to resign, due to the pressure of other responsibilities.

3) The Sustaining Fund will run a bicycle boogie---like the Walk for Development--on May 4, from Vilas Park to a point in the Arboretum.

4) One of the principal resources of the Fund is regular contributions from individuals. MSF would like to ask such contributions at the Common Market this year. They would like to ask for the use of the card file to contact some of the member groups.

The discussion showed that several members present did not want to be on a mailing list for solicitation. Some members pointed out ways in which MSF now had permission to contact the membership, and suggested that these might be used more that they have in the past, as, speaking to members as they stand in line at the cash register. Joe said that he would carry these suggestions back to the staff.

The quorum of the meeting had gone home before the MSF card-proposal could be brought to a vote; and the meeting was adjourned at 10:00 p.m.

respectfully submitted,

Lora Mermin

BICYCLE BOOGIE & BLOCK PARTY------Madison Sustaining Fund

WHAT IS A BICYCLE BOOGIE??????

You ride your bike as many miles as you can along a mapped-out course. For each mile you go, your "sponsors" pledge a certain amount, say 10¢ or $1.00 per mile. Everyone ends at the Mifflin block party. This method of fundraising through finding sponsors for your ride has been an enjoyable and effective spring activity. MSF cleared over $1,000.00 last time.

WHY THE BICYCLE BOOGIE?

The Madison Sustaining Fund is sponsoring this year's Boogie to raise [illegible] three important political groups in Madison: Community Action on Latin America (CALA), Madison Tenant Union (MTU), and United Farm Worker (UFW). Three-fourths of the money raised through the Boogie will be equally divided among these three groups, with the remaining one-fourth going to MSF's general fund for distribution to groups who receive regular monthly allocations from MSF.

CALA, MTU, and UFW were chosen to be recipients of Boogie funds because of the significant political work that each group has been carrying out in the Madison community. For several years now, CALA has been the primary organizer of anti-imperialist activity in Madidon in regard to Latin America. It has organized symposia on Brazil and Chile, Sponsored several film series on Latin America, and publishes a regular newsletter. CALA's portion of funds will be going to Chile to support the struggle against the Military Dictatorship. In recent months, MTU has been in high gear organizing tenants at the Packers Ave.- Northport apartments, developing bargaining agreements with several central city landlords, and publishing its own newsletter.

The United Farm Workers under the leadership of Cesar Chavez have been struggling to organize lettuce and grape pickers against the often brutal growers and teamsters in California. The U.F.W. in Madison is educating the community about the situation of Migrant Farm Workers in this country and is organizing support for the Lettuce Boycott and the Boycott of Gallo and Guild products.

If only 200 people get 10 of their friends to pledge just 10¢ per mile and ride 36 miles to Paoli and back we will have raised over $7,000.00 for these groups. Plus it will be a very enjoyable day in which the citizens of Madison will be directly supporting the struggles of the United Farm Workers, the people of Chile, and the struggle in their own community. All of this will end with a Mifflin Street Block Party. What better way is there to celebrate the first weekend in May?

What is the Madison Sustaining Fund?

The Madison Sustaining Fund is composed of community organizations through which people in Madison have made known their understanding that political power has an economic sexist and fascist base. The member organizations represent an attempt by people in Madison to seize control of their lives and the resources needed to live them to the fullest potential. We see ourselves as providing badly needed services to the people of Madison and in doing so creating an atmosphere of cooperation and trust in which people may begin to liberate themselves from existing social and economic roles which place people in positions of dominating and being dominated. This includes the domination of white over black, men over women, owners over workers, rich over poor, and any other relationship which is based on power rather than cooperation. We see the necessity to become independent of the traditional capitalist sources of economic power so that we can maintain our political and personal integrity. We express our support for all people who are engaged in similar struggle.

Since its founding, MSF has raised more than $18,000 to fund a wide variety of community endeavors, such as tenant organizing, strike support, free health care, high school organizing, alternative education, anti-imperialist organizing, coop development, legal defense work, day care, etc. Some of the groups that have been recipients of MSF funds are Broom Street Theater, Green Lantern, Madison Tenant Union, Near East Side Community Health Center, RPM Printing Coop, Thurana School, We The People, Wisconsin Alliance, Peoples'Video, Health Writers, Wisconsin Youth for Democratic Education, University YWCA, Free For All, [illegible], and Women's Counseling Service.

[illegible]
[illegible]
Madison Bicycle Coop
Yellow Kidney
Coop Garage
Wisconsin Alliance

That's all, folks!!

BICYCLE BOOGIE FORM SHEET

YOUR NAME ______________________ PHONE ________________

ADDRESS ______________________ ________________

SPONSORS' NAMES	AMOUNT PER MILE	SPACES FOR STAMPS AT CHECKING STANDS
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	
________	________	

TOTAL PER MILE ________

FILL IN AT END OF ROUTE
BEFORE HANDING IN ONE COPY OF THIS FORM:

TOTAL MILES TRAVELED ________

THE RIDE WILL START ON MAY 4th AT 10:00 A.M. AT THE FIRST CHECKING STAND AT THE ARBORETUM. ALL RIDERS SHOULD HAVE TWO COPIES OF THIS FORM WITH THEM DURING THE RIDE.

CHEW-ON

published by Common Market Ltd. August 7, 1974 No. 31

AGENDA
COMMON MARKET MEMBERSHIP
MEETING
Sunday, August 11, 1974
7 PM
1335 Gilson St. warehouse

I. STAFF REORGANIZATION
II. HARVEST FOOD FESTIVAL
III. MEMBERSHIP DRIVE
IV. MADISON SUSTAINING FUND

A CHEW-ON COMMITTEE

During the past year, the March Co-op food group has published CHEW-ON. This fulfilled our job responsibilities to Common Market. NOW SOMEONE ELSE CAN CARRY THE BALL. Discussion in March group and with the staff leads us to recommend the formation of a CHEW-ON COMMITTEE, to take over from March Co-op. Membership on the Committee will take enough time to count as a co-op job. Everyone interested should call Elaine at the Warehouse or Al DelaRosa (251-0705) of March Co-op.

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A VEGETARIAN DIET can be adequate nutritionally if it includes a variety of plant foods and certain nutrients, says the National Research Council's committee on nutritional misinformation.

In a four-page report, the committee said judicious mixing of lower-quality plant protein foods could provide about the same nutritional value as high-quality animal protein foods.

Milke and eggs should beadded, especially for preschool children, to provide enough calcium, iron, riboflavin and vitamin B12. The committee also said fortified soybean milk or a Vitamin B12 supplement was necessary for total vegetarians.



To Common Market Members:

As a Common Market member who has regularly attended meetings of Madison Sustaining Fund since fall 1972, I'd like to share with the rest of you how I see what's been happening in the Sustaining Fund recently and why I support it and want Common Market to support it.

I suppose I could go into a lengthy analysis of Sustaining Fund intense political hassles of last year. I won't do that, mainly because it would only be my opinion, and I respect the wide variet of opinions on why Sustaining Fund was in such a mess. What I [illegible] like to emphasize is that many people do agree that Sustaining Fun is a good idea. From the start it has been a good idea, an experi ment that is still continuing; although the past does influence th present, I feel there have been significant changes which allow me to be cautiously optimistic.

In the spring, attendance at Sustaining Fund meetings had dropped way down; only about 8 of the 23 members were regularly attending meetings. Very little money was coming in, so we were only able to meet the budget roughly every three months or so. To counteract the apathy which was slowly solidifying the group, it was decided to have a workshop outside regular meetings to deal with certain hassles which were seen as basic.

Out of the workshop, we developed some new membership criteria which explicitly stated the common goals which most of the members have always supported; these new criteria became part of the bylaws Each member representative is taking the criteria to a meeting of the whole member group for approval. The representative then speaks at a Sustaining Fund meeting to the ways in which the member group fulfills each criteria, and the other attenders give feedback and criticism before reaching a decision on whether the member group lives up to the criteria. The new criteria are:

I) Member groups must be trying as far as possible to put the fol lowing socialist principles into practice:
A) Common ownership of productive property and resources.
B) Collective planning and decision-making in social, economic and political concerns.
C) Equality of opportunity, and recognition that all people are equally important members of society.
D) Recognition of the importance of individuals, while striving to attain levels of consciousness where individuals see that existence as a part of the whole of humanity and the individual's interests become part of the whole.

II) Member groups are doing organizing of, or offering services that are for, working people, and actively working to advance the goals stated above.

III) Member groups will work together in an open, communicative, and cooperative manner.
A) Decisions will be made on a majority basis, after a thorough discussion and effort to achieve unity.
B) Criticism will be given internally in a loving and mutually supportive manner.

IV) Member groups will engage in organizing united actions around important issues which arise in the community.

V) Each member group will be committed to having an internal structure consistent with the principles above.

The new criteria have served as leverage to help us break out of our discourage attitudes. First we had to give serious consideration to the idea of letting Sustaining Fund die. What we found out was that at the time Sustaining Fund became liable for money not paid to the I.R.S., people were on its board of directors and became personally responsible for the mistakes. Just one of those people is Marcia Griffiths, still active with Blue Bus; we felt



we couldn't just disband Sustaining Fund and leave her and others to be hassled for that money. After we decided to try to keep Sustaining Fund going, we started getting a new budget together. To simplify the funding evaluation process, only members can receive funds. Unsure of our regular monthly income, we passed a bare-bones budget for a 12-month period; it sets aside $50 for MSF expenses, $75 for a possible fund to develop alternative businesses, and roughly $75 for the I.R.S. (negotiations with them are still going on), and funded the only eligible group applying at that time, the Wisconsin Alliance, $150. As we obtain additional income, we can fund other groups. We sent out letters to all the members who hadn't attended in more than two months; those which didn't respond by coming to the following meeting were dropped from membership (of course they can always re-apply), so that now the members are all active and committed. Those members will be applying for United Way funds so they get the ball rolling to have state payroll checkoff in 1975. Temporarily we decided not to have a staff person paid through Sustaining Fund.

The present active members who have approved the new criteria are: Consumers' Co-op Garage, Center for Conflict Resolution, Near East Side Community Health Center, Wisconsin Alliance, Madison Area Committee on Southern Africa, and the University Y. Members who are still sending representatives to Sustaining Fund meetings but whose groups have not yet approved the new criteria are: Common Market, Health Writers, Broom Street Theater, and Thurana Free School.

Sustaining Fund gets regular chip money from Co-op Garage and Common Market. In March, voluntary chip through Common Market made up about 65% of the 1% of gross sales. At that time, Common Market decided tomake up the difference of 35% and to promote a voluntary chip of 2%. During the spring, the voluntary chip of either 1% or 2% was up to 85% of the whole 1% of sales. When the surcharge of 3% for I.C.C. was instituted, the voluntary chip went down to about 65% again; most likely this was a causal relationship. So at present, besides passing on the voluntary chip, Common Market puts in .35% of its gross sales, about 2½% of its gross profit, monthly to Sustaining Fund; this is usually about $50-$60, ranging up to $100 depending on the month.

The last two meetings of Common Market haven't occurred because of no quorum. On Sunday, August 11, several topics relating to Madison Sustaining Fund will be on Common Market's agenda. I hope what I have shared here will encourage you to come to that meeting and support Sustaining Fund.

Janet Lee Hilliker



April 1, 1974 - June 30, 1974

A. INCOME STATEMENT CONNON MARKET LTD.	DEBITS	CREDITS	BALANCE
Gross Sales	7771[illegible].17		
Community Chip	518.13		
3%	1275.15		
Membership Fee	93.00		
Less: Bottle Refunds		2054.40	
NET SALES			77[illegible]70.[illegible]
Inventory April 1, 1974	5572.00		
Purchases	57301.23		
Less: Inventory June 30, 1974		7210.62	
Cost of Goods Sold			5[illegible]63.40
Gross Profit			9[illegible]25.[illegible]
Expenses			
Salaries	3[illegible]10.[illegible]		
Payroll Tax	[illegible]03.10		
Taxes	[illegible]6.[illegible]		
Supplies	1137.[illegible]		
Insurance	120.[illegible]		
Rent	1[illegible]60.00		
Telephone	1[illegible]3.[illegible]		
Utilities	[illegible]00.20		
Madison Sustaining Fund	724.11		
Maintenance	[illegible]50.25		
Depreciation	1[illegible]2.[illegible]		
Truck Operations	1[illegible]4.01		
Food Returns	[illegible]6.72		
Bank Expense	9.[illegible]		
L.G.-Brown Fund	1275.13		
Employee Benefits	45.19	[illegible]010.13	
Net Profit (Operating)			1[illegible]7.[illegible]
Non Operating Income: Rent	2[illegible]0.00		
Telephone	210.10		
Purchase Discount	2727.[illegible]	2[illegible]0.[illegible]	
Non Operating Expense Telephone	[illegible]9.[illegible]		
Sales Discount	2[illegible]3.[illegible]	24[illegible].[illegible]	
Net Profit (Total)			12[illegible].[illegible]

B. Balance Sheet June 30, 1974

Current Assets			
Cash on Hand	1[illegible]3.[illegible]		
Accounts Receivable	2[illegible]3.[illegible]		
Notes Receivable	100.00		
Inventory	7210.62		
Supply Inventory	[illegible]3.[illegible]		
Prepaid Insurance	[illegible]0.[illegible]		
Total Assets (current)			11[illegible].[illegible]
Fixed Assets			
Property and Equitpment	2553.00		
Less: Depreciation		1021.00	
Total Fixed Assets			712.00
Total Assets			12[illegible].[illegible]
Liabilities			
Accounts Payable	[illegible]814.[illegible]		
Notes	[illegible]023.[illegible]		
Taxes Payable	7[illegible].[illegible]		1[illegible]6.[illegible]
Members Equity			
Total Retained Losses, Earnings		[illegible]073.02	
Total Liabilities			12[illegible].[illegible]

#37

NOTICE OF CALL FOR GENERAL MEETING OCTOBER 6, 7:00 P.M., at the COMMON MARKET WAREHOUSE, 1335 Gilson Street

THE AGENDA

1. Madison Sustaining Fund

Analysis & recommendation by the Finance Committee. Common Market presently contributes 1% of gross sales in 2 forms:

a. voluntary chip--a suggested 2% of each group order; and
b. the balance made up by organization contribution.

The 2½% of gross profit contributed by CM to MSF is considered by the committee to place a strain on CM's ability to meet its loan obligations and accounts payables to suppliers. Committee recommends that the contribution be made from percentage deductions from net profits instead of gross profits. The advantages which accrue to CM in periods of increased sales would ease the pressure on its loan repayments schedules and would permit CM to have cash to meet its fixed & other expenses during periods of sales decreases.

Proposal. That CM beginning Nov. 1 change its method of contributing to Msf by giving 50% of net profit after taxes & loan repayment (on schedule, as set by budget). CM would maintain & encourage voluntary 2% collection.

2. CM Recylcing Center

Should the operation of the CM Recylcing Center be suspended?

The suggestion is made because of a lack of membership interest & participation. Among the numerous proposals advanced: a) CM should organize renewed efforts to continue it; b) any member group may wish to constitute itself as a committee to operate it; & c) let the earth become one big ash tray.

3. Restructuring of the Decision-Making Procedure in Common Market

See set of proposals appearing elsewhere here in this sheet.

4. The Agenda

Subjects & issues appearing on the agenda for discussion are placed or submitted by the members of CM & by staff. Any member may and is encouraged to submit subjects for inclusion on the agenda.

ANNOUNCEMENTS

Finance Committee meeting on October 3 at 8:00 p.m. at 2209 Chamberlain Avenue.

Newsletter Committee meeting on October 10 at 7:00 p.m. at 1102 Harrison Street (255-1415). All persons who have expressed interest in survival communication should attend. The glory job of writing aside, typists, editors, drawers (artists), & persons into the economics, politics and practice of eating food are avidly invited to attend this meeting. People with ink in their veins to run the machine should come too.

PROPOSALS FOR CHANGES IN BY-LAWS RELATIVE TO THE DECISION-MAKING PROCESS & STRUCTURE OF COMMON MARKET

General Meetings

a) Change monthly general meetings to quarterly general meetings.

b) Change time of general meeting from Sunday 7 p.m. to Sunday 2 p.m.

c) Require written 2-week advance notice of general meeting with agenda to be published in a sheet attached to the price lists.

d) As much as possible, there should be advance written discusiion & presentation by committees & individuals of the issues to be discussed at general meetings.

e) Reports from all committees on issues relevant to discussions should be presented at general meetings.

(more)

f) A chairperson for the next general meeting should be selected as a part of the business at the general meetings (allowing ample time for review of Robert's Rules of Order).

g) An accurate set of minutes should be taken at the general meeting to become the permanent record kept in a separate binder.

The minutes of the previous meeting should be read & approved at the beginning of the general meeting. A short report of the motions made, seconded and carried should appear in the newsletter following the general meeting.

COMMITTEES

The change to fewer though better organized general meetings should be accompanied by a revitalization of committees.

Each committee should have its regular monthly meetings announced in the news sheet accompanying the price lists.

A campaign should be waged to gain more members for the following committees:

FOOD	NUTRITION
FINANCE	WORK
MEMBERSHIP	EDUCATION
NEWSLETTER	

Thought should be given to incentives for greater membership participation.

IMPORTANT

An ad hoc committee of language lovers is being formed to devise language for incorporation into the by-laws the definition, responsibilities, limitations and jurisdiction of each of the committees

Brief reports of all committee meetings will appear in the newsletter. These reports should be submitted before each deadline.

--Elaine Nesterick

DESSERT

Since the typist finds himself with all this white space left over (and being one not wanting to waste left-overs), he's going to take the liberty to lay an improvization on you.

It's a good move by that person who complained that she was not permitted to refuse inferior produce she had pre-ordered. The worker felt compelled to comply rigidly to his perception of duty.

Of course, the problem of crossing out an item on the price list that had been pre-ordered can be a rip-off ruse or can cause some confusion at the register. Still given the perishable nature of food and the vagaries of scheduling food pick-ups, a lot of things can happen in between.

When the cooperative spirit is really working and is the moving factor between people into their activity, this may turn out to be something a rule may not have to be written down for. Just as a customer may have to identify won bok or leeks for a worker, the worker too may have to move in generosity towards the member-buyer. Amen.

The newsletter committee would appreciate having recipes to put into the chew on. With prices skyrocketing as they are, protein dishes using vegetarian sources and food combining are especially desired.

The committee also wishes to inform persons wishing to contribute to the Chew On to impose on themselves the discipline of writing economy. There is some consideration being given to coming out with the newsletter more often but with fewer sheets. If this discipline proves elusive to any writer, then it is hoped that the writer would not be put uptight when his/her copy is edited to fit the new format. Judicious editing and fair is promised, the committee alleges. --Caius

#38

CHEW ON, A Common Market, Ltd. Newsletter and Membership Communication

Membership Changes MSF Contribution Formula.

The October general meeting of CM voted 50% of CM's monthly net profit. The change is effective November 1. From information presented at the meeting, the new formula will increase slightly the CM contribution to MSF.

Under the new system, loan retirement and taxes will be paid before calculating any contribution to MSF. This differs from the old system, based on gross profits, under which the MSF contribution was considered an operating expense.

The vote was 17 yes, 3 no, and 1 abstention.

MSF Membership Under Class.

MSF membership came under examination as well. The group approved asking our representative to MSF to recommend that each MSF member be periodically reviewed to insure that all member groups meet membership criteria.

In other action, concern was expressed that we need more members participating in CM governance. Ideas were exchanged to increase people participation in the group. Those present and voting unanimously adopted the following:

* Provide a 2-wk notice of general meetings with an agenda attached to the price list.

* Encourage debate of the issues prior to the general meeting.

* Direct committees to present relevant information at general meetings.

* Designate a chairperson at the general meeting to preside at the next general meeting.

* Take accurate general meeting minutes which will become a permanent record of/for CM.

Frequency & Timing.

The frequency & timing of general meetings were discussed. They, as subjects for the agenda, were deferred until the next meeting so that concrete proposals can be developed.

John Bird volunteered to chair the November 10 general meeting.

Recycling Center.

Attention was also given to the Recycling Center (RC), which is bringing in very little cash. On a 20-1-1 vote the membership set up a committee to operate, manage and make policy for the RC. The adopted motion also eliminates CM work credits for RC activities.

Whereabouts of Minutes.

The official minutes of the meeting are available for perusal at the CM warehouse for more detailed information.

General Meeting.

Remember, the next general meeting is at CM at 7:00 p.m., Sunday, November 10. The last meeting was the first time in months that we were able to raise a quorum.

Editorial.

Fasting as a moral protest against the world politics of food may appear to many to be a giddy activity. Acting against those political policies which keep the oppressed hungry may well be beyond the capacity of the well fed. Living in a culture of plenty has placed many of us outside even the minimum requirement to consume no more than is necessary to sustain a healthy life.

While the national preoccupation with food leans us to fat, the irony is that we spend enough money to feed all of South America to undo through our sweat glands what our insatiable appetites can not refuse us.

We can do more than cluck in pity over world hunger, more than merely lobby at the nearest legislative body, despite our being hooked on the 3-squares-meat-everyday hype. We can do without breakfast and/or lunch to give muscle tone to our flabby spirits.

Vol. 5 No 1

CREW ON, A Common Market, Ltd. Newsletter and Membership Communication

Decision Making Resctructuring Meet

The 3rd meeting of the Ad Hoc Committee to Resctructure Decision Making in Common Market (ACRE) met at 8 p.m., Thursday, 18 December.

ACRE continued to work on the proposal to create a Planning & Coordinating Committee (P&C) to be concerned with long-term planning for CM. See last issue of newsletter for summary proposal.

Having developed & defined the responsibilities for P&C, ACRE had yet to consider:

* method of filling positions
* number of seats on P&C
* length of term
* frequency of meetings
* relationship to general meetings
* relationship to staff

First consideration was method of filling positions on P&C. Pro-elected and pro-open positions were reviewed:

Pro-Election

* Elected member probably more representative of a constituency;
* commitment of persons wanting to serve advances quality of participation;
* desire & commitment to participate probably superior to motives of special interests' episodic participation;
* opportunity for committee to function as long-term planning body enjoying continuity of function is more agreeable to CM's continuing policy than are short runs at discontinuous planning;
* function may be circumscribed by:
  * requirement of regular reports to membership;
  * requirement of all decisions subjected to general membership approval;
  * systematic assurance that all members of P&C are representative of the membership; &
  * requirement that P&C use procedure of referendum to obtain membership opinion; &
* outlet is provided for individuals & special interest groups to plead & participate in discussions without voting.

Pro Open

* Insures against committee becoming a closed, isolated & remote body removed to making decisions without the knowledge of the membership; &

* permits any person interested in any issue at any time to take part in the deliberations & decision making.

P&C Memberships Filled: Methods

Attempting to develop a system that minimizes the disadvantages & maximizes the beneficial aspects of both pro-elected & pro-open positions, ACRE drew a list of several methods for filling positions:
1) Election at large via price list;
2) Petition method: a predetermined number of signatures qualifies a candidate for P&C membership (signatures on candidates petition represents his constituency);
3) Weighted voting: each candidate given set number of votes which are cast in full to one person or distributed as desired; &
4) Election to represent geographic areas.

Personal Constituencies

ACRE reached agreement on the petition method (2 above) as containing the best of both the pro-open & pro-elected positions. Reasons:
* mitigates popularity contest character of usual elections;
* seats only interested members on P&C, invites commitment;
* member answers to specific constituency;
* commitment & responsibility improves quality of decisions;
* opportunity is provided for minority opinion representation (e.g., views of large living co-ops or nuclear family households or welfare recipients can be represented on P&C by meeting the signatures requirement on candidate's petition.

Signatures Requirement

Somewhere between 10 to 15 signatures was thought to be best. An ACRE member noted that it might be

difficult for a shy person with few contacts to get 10-15 signatures, which means association with 3 average-sized buying groups. A counter position defined a minimum level of gregariousness that was necessary to function adequately in any community no less in such a representative role.

One Signature Per Petition

ACRE decided that any CM member may sign any candidate's petition but that his signature could only appear on one petition only. Copies of petitions are to be kept at a central location & supervised by P&C. P&C & ACRE intent: to avoid a complex & rigid set of election rules, establish a system to raise the level of participation of CM members & improve the quality of decision making.

A P&C membership of say 10 persons is representative of the views of 150 others: 3 times the number of persons presently involved directly in any kind of decision making in CM.

Length of Term

P&C terms will be one year, beginning with elections on 1 October. At least for the first year, however, CM will hold a secondary election in January to include people joining since October. The term of these members would end the following October, as with the other members.

The meeting adjourned with the following items delayed to the next meeting:
* frequency of meetings of P&C;
* relationship to general meetings;
* relationship to staff.

Next & Final Meeting of ACRE

The final meeting of the Ad Hoc Committee to Restructure Decision Making in Common Market will be Thursday, 9 January, at 8 p.m. at the CM warehouse. Object: to conclude its business, finish with the proposal, & rewrite & polish for presentation to the General Meeting, Sunday, 12 January, at 7 p.m. at the CM warehouse.

Notice of Regular General Meeting

The General Meeting of the Common Market, Ltd. Membership is scheduled for Sunday, 12 January, at 7 p.m. at the CM warehouse.

U.S. Bets on Pacific Gambling

(Edited & excerpted from Another Voice, Honolulu's left wing newsletter, and from PNS)

Slot machines are already installed in every hotel lobby, night club & bowling alley on Saipan, a nearly hidden Pacific island in the U.S. controlled Marianas (& which you WW2 marines will remember). The world's largest gambling interests are bidding to introduce full scale casino gambling that would turn this island into the Las Vegas of the Pacific.

Opening the island to the outside represents a shift in policy for the US. It follows the Nixon doctrine calling for redeploying US troops from foreign to US-owned bases & the increased use of dollars to promote & secure US interests in the Pacific. (& we in Wisc are uptight over bingo, urp.)

--Caius.

CM General Meeting, Sunday, 12 January, 7 p.m.

AGENDA

1. Announcements
2. Committee Reports
   a. Finance Committee
   b. Food Committee
   c. Madison Sustaining Fund
   d. ICC Representative Report
3. Proposal to Restructure Decision Making in Common Market (see report above & elsewhere in this issue)
4. Proposal from Joint Meeting of Food Co-ops: to charge a penny per cup tax on all yogurt sold at CM to build a fund to start a community yogurt factory.
5. CM members may add subjects of their choice to the agenda at the meeting.

Chew On Editorial Staff: (so far)

Al Dela Rosa	251-0705
Bill Kiernat	255-1415
Meg Skinner	238-6950

COMMON MARKET, LTD.

INCOME STATEMENT

July 1, 1974--Sept. 30, 1974

	Debits	Credits	Balance
Gross Sales		75,597.27	
Community Chip		412.46	
Membership Fees		145.00	
Less: Bottle Refunds	2,156.87		
Net Sales			73,997.86
Cost of Goods Sold			
Beginning Inventory (7/1/74)	7,210.62		
Purchases	65,361.44		
Less: Ending Inventory (9/30/74)		6,937.47	
Cost of Goods Sold			65,634.59
Gross Profit			8,363.27
Expenses			
Salaries	3,052.59		
Payroll Tax	254.91		
Taxes	79.21		
Supplies	767.10		
Insurance	138.00		
Rent	1350.00		
Telephone	149.24		
Utilities	533.02		
Madison Sustaining Fund	661.77		
Maintenance	278.56		
Depreciation	131.50		
Truck Operations	219.64		
Food Returns	20.30		
Harvest Food Festival	286.61		
Bank Expense	9.35		
Miscellaneous	43.48		
Total Operating Expenses			7,975.28
Net Profit After Operating Expenses			387.99
Non-Operating Income & Expenses			
Rental Income		300.00	
Rebate		98.85	
3% Surcharge (Inc. & Exp.)	1,127.93	1,127.93	398.85
Net Profit			786.84

COMMON MARKET LTD. BALANCE SHEET: September 30, 1974

CURRENT ASSETS	DEBITS	CREDITS	BALANCE
Cash on hand	$ 153.27		
Accounts Receivable	3023.18		
Notes Receivable	100.00		
Inventory	6937.47		
Supply Inventory	629.85		
Prepaid Insurance	158.00		11001.77
FIXED ASSETS			
Property and Equipment	2533.00		
Less: Accumulated Depreciation		1952.50	580.50
TOTAL ASSETS			11582.27
Liabilities			
Accounts Payable		8098.95	
Notes Payable		5500.00	
Taxes Payable		629.45	
TOTAL LIABILITIES			14228.40
MEMBERS EQUITY			
Retained Losses to Date		(2646.13)	
TOTAL LIABILITIES AND EQUITY			11582.27

Madison Sustaining Fund

Madison Sustaining Fund seeks to support its member groups in th their struggle to build toward a new society. This support goes beyond money; it includes developing a common understanding of a strategy for change, sowing the seeds of a broad analysis of the present society, and working for better mutual communication, action, and feedback. Through its promotion of the growth of its member groups, Madison Sustaining Fund tries both to serve community needs through cooperation in the present, and to construct a strong base for the future.

The member groups of Madison Sustaining Fund share a set of principles; each group has affirmed these principles at a general meeting. They seek to develop common ownership of property and resources, control of decision-making, and recognition of the importance of individuals within a consciousness of humanity's interests as a whole. Each group has an egalitarian structure and works to serve and organize working people. Groups are active on many different issues and in various ways; their efforts are seen as important to fundamental social/economic/political change and as complementary within a broad strategy. Through Madison Sustaining Fund, these many different groups work together in open, cooperative, and communicative ways, through supportive internal criticism, and in joint actions in the community at large.

In the nearly nine months since Sustaining Fund began seriously trying to learn from past mistakes, it has helped educate its members on the situation in southern Africa, supported and participated in a march against nuclear power, worked continually on outreach to attract more members, and begun a analysis/self-criticism project on its history. Its members have solved its old problems with the government; it now has a representative on a committee to enlarge the state payroll checkoff, possibly to include MSF, and during that group's meetings there are chances to lock horns with United Way and to present the contrast that MSF embodies: the full participation of "charities" (the recipients of money, who in our minds are no less worthy of control than any other member group) and the necessity of avoiding bureaucracy and encouraging openness in both solicitation and distribution of funds.

Common Market is a member of Madison Sustaining Fund, with John Koffel as its representative. CM members have the opportunity to give to MSF through the Community Chip, a voluntary contribution of either 1% or 2% of their weekly food bill; in addition, Common Market as a group gives 50% of its monthly net profit. Madison Sustaining Fund would welcome both more participation and more constructive criticism; its meetings are held bi-weekly on the first and third Sundays at 2 p.m. in the basement of St. Francis House, 1001 University Ave., and people are encouraged to attend.

Copy deadline for the Chew On, a CM Membership newsletter and communication, has been oriented to meet the requirements of the general meeting schedule. With the restructuring of CM policy and decision making, there may be further changes in the scheduling of the general meetings. As we wish to be a service, we have remained flexible with respect to deadlines for contributions.

Deadline for the next issue of Chew On is24 January, 5 p.m.

There will also be a meeting of the Chew On Committee at Bill Kiernat's house on the same day, 24 January, 7:30 p.m., at 1102 Harrison Street to discuss a draft on the policy and direction of Chew On.

Repository for Chew On materials, notices and other inclusions is located at the CM warehouse.

CHEW ON, A Common Market, Ltd. Newsletter & Membership Communication
Volume 5, Number 2 Write On 9 February 1975

THIS SUNDAY'S GENERAL MEETING WILL DECIDE COMMON MARKET RESTRUCTURING

There will be a general meeting of all Common Market members this Sunday, 9 February, at 2 p.m. at the Common Market warehouse, to decide whether or not to create a Planning and Coordinating Committee to oversee long-term social, economic and political planning for Common Market. This is the fourth time that the staff has attempted to get a decision on restructuring: the General Meeting has not be able to raise a quorum since October of last year.

Common Market
GENERAL MEETING
Sunday
9 February 1975
2:00 p.m.
Gilson Street Warehouse

RECYCLING CENTER NEEDS MORE VOLUNTEERS

Wisconsin Action to Save The Earth (Waste), which has been collecting recyclable materials at Common Market for more than a month, needs more volunteers to staff the recycling center on Thursdays and Saturdays, to transport the collected items to various destinations, and to work on Center publicity.

The Center collects all bottles (washed, and with all metal--caps and rings--removed), flattened cardboard, paper (but not newsprint or plasticized papers) and aluminum cans (flattened and cleaned) and foil.

The City of Madison now recycles newspaper (bundled and set beside the garbage) and tin cans, which a large electromagnet extracts from the shredded trash.

WASTE is also involved in limiting the use of resources by supporting legislation on a returnable bottle bill for Wisconsin, similar to the law passed in the State of Oregon.

Twice Monthly Meetings

WASTE, which meets the 1st & 3rd Saturday each month at 9 a.m. at CM, is preparing a small packet of relevant materials, asking for support of the bottle bill by writing letters to the editors of local newspapers.

Meanwhile, WASTE urges you to use returnable beverage bottles whenever possible, to buy products with less packaging and to conserve energy. & if you can spare a few hours, the recycling center can use you. The work does not count as a CM work assignment.

P&C Considered Necessary for CM

For those who favor the proposal, the fact that CM has failed to get a quorum at the last three meetings is further evidence that such a body is needed to carry on the month-to-month decision making of CM.

But the committee cannot even come into existence until the General Meeting has approved such a change in structure. Even if you do not approve of the proposal and would prefer to see CM run on the New England town meeting model, for example, be sure you are there Sunday to be a part of the quorum. Important decisions are waiting in limbo. --Meg Skinner

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CHEW ON: What's It All About?

Chew On committee met 24 January & attempted to formulate direction and articulate policy. Chew On subtitle was considered an apt description of the function it should serve & how its staff should expend its energies.

Chew On is . . .

Chew On is a method for members to communicate with other members through the vehicle of articles, essays, stories, powems, drawings, droppings, letters or signals, regardless of copyright.

It is, furthermore, a method for committees to communicate with the membership through the publication of reports, minutes, memorandums agendas, recommendations or notices.

And, finally, it is a method for the staff to communicate with members.

Economy of Writing Also Asked

Those submissions whose authors find economy of writing elusive will be subjected to intelligent & incisive editing. Authors are encouraged to limit submissions to 150 words or less as, cost factors considered, the committee

CHEW ON, Continued

wishes to limit each edition to a fixed number of pages. The use of recycled paper will be for the present discouraged as it is distracting to readers.

Expression of Common Market Policy

Chew On is the expression of CM policy. Editorials & personal opinions will be expressly labeled as such. Articles shall be signed.

Staff is the Life of Bread

As bread is the staff of life, human communication requires content. Persons wishing, however, to participate in the activities of Chew On should expect to do such glory jobs as typewriting (but only if you possess this skill), memeographing, collating, stapling and keeping your ear to the ground. --Dela Rosa, Rapporteur

CHEW ON NEEDS YOU

Do you like to write? Can you type stencils? Could you help collate, Chew On needs your assistance if the publication is to become a viable, informative medium of communication for CM members.

The Newsletter Committee would like to have your input--articles, stories, help on the mechanical aspects of putting out a periodic publication.

Share your talents. Call one of the present Committee members for for information and to say, "I'll help."

Al Dela Rosa. 251-0705
Bill Kiernat. 255-1415
Meg Skinner 238-6950

CM VOTES FOR BEER 109 to 6

Beer will be available on your CM shopping list, according to present plans. Out of 185 groups returning food orders, 109 voted in favor of CM selling beer. Nine groups did not care, and six groups were opposed. The remaining 61 groups expressed no preference.

The Food Committee & CM staff members are now making arrangements to implement the CM membership decision. A license has been applied for, & details are being worked out for delivery of the beverage.

Elaine Nesterick indicated it will take about 3 weeks to complete necessary work before beer goes on the food list.

CM will probably have two selections--Point & Linenkugel. In analyzing the questionnaires, members indicated their preferences as follows:

Point

Number One	47 times
Number Two	21 times
Number Three	6 times

Linenkugel

Number One	21 times
Number Two	20 times
Number Three	3 times

Huber

Number One	11 times
Number Two	11 times
Number Three	14 times

SPICES COMING TO COMMON MARKET

Last week, during pickups, a spice survey was conducted. The purpose of the survey was to obtain an indication of which spices there is the greatest demand for by CM members. This was not a referendum but was merely for informational purposes in order to guide us in making the initial spice orders. Also, we sought information on the size of packages desired.

Two-Ounce Containers Popular

Most of those participating in the survey wanted the spices packaged in 2-oz containers. The most popular spices are as follows:

1. Oregano
2. Cinnamon
3. Basil
4. Pepper
5. Bay Leaves
6. Salt
7. Chili Powder
8. Nutmeg
9. Parsley
10. Thyme
11. Cloves
12. Rosemary
13. Paprika
14. Curray
15. Sage
16. Marjoram

We will start with the most popular spices as determined by this survey & attempt to expand the list as soon as possible. Of course, the list is not exhaustive & if you have any comments or suggestions, please do pass them on. --Nancy Emmert

APOLOGIES Tofu recipe will appear in next issue; also Mexican Rabbit, due to space factors.

FINAL PROPOSAL TO THE COMMON MARKET GENERAL MEMBERSHIP FOR THE FORMATION OF A PLANNING AND COORDINATING COMMITTEE

from the General Meeting-appointed committee to restructure decision-making in Common Market (ACRE)

HISTORY

The suggestion for the formation of a Planning & Coordinating Committee resulted from the development and persistence of problems with the present decision-making structure. The complete analysis was presented to the first ACRE meeting and is available for your perusal at CM office.

Succintly:

The General Membership Meeting, as the sole and ultimate policy-decision-making body of Common Market, has become inviable. Factors contributing to this situation are:

1. Lack of good membership participation
   Out of a total membership of 1500 or 1600 people, the General Meetings have had difficulty attracting a quorum of 20 people. There were at least 6 meetings last year that didn't meet quorum requirement.
2. Lack of preliminary thought and discussion of issues by C.M. members
   The nature of issues dealt with is many times too involved, complex, technical, etc. to be understood, assessed, and decided upon without the application of preliminary thought and discussion. This too often results in a marginally-informed body serving to rubber stamp or ignorantly reject the suggestions and direction of staff, a few individuals, or special interest groups.
3. Lack of continuity of decisions from one meeting to the next
   This results from a) lack of continuity of individual participants and b) the occurrence of special interest groups or individuals persuading the meeting out of personal or immediate concerns only.
4. Wide diversity of issues
   Because of undefined jurisdiction and responsibility of the staff and committees, many of the issues dealt with at Membership meetings are those that could be handled at these other levels. Items relating to functional or technical aspects take priority because of their immediacy or urgency. Issues involving political and economic direction which require much thought, discussion, and long-term planning are continually deferred.

As a result, the General Membership Meeting as the ultimate decision-making body of this organization, does not function in a planning, goal-setting, or direction-oriented role. Who is responsible for the economic-planning and community-related direction of Common Market? If the General Membership Meeting is supposed to be, it is certainly not doing its job! In addition, the decisions that the General Meeting does make, due to minimal and unformed participation, are less than democratic.

STATEMENT OF PROPOSAL

That Common Market form a Planning and Coordinating Committee to concern itself with long-term planning and setting policy for the organization. All planning and proposals are to be ultimately approved or amended and approved by the General Membership (Via Membership meetings or by referenda) The P&C would be composed of Common Market members, hopefully including representatives of existing committees and staff.

RESPONSIBILITIES OF P&C

1. Long-term social, economic and political planning for CM
2. Assurance that decisions made by the General Membership are carried out
3. Regular reporting to the General Membership on the results of their deliberations

DESCRIPTION OF P&C FUNCTIONING

The Planning and Coordinating Committee would become the policy formulating and direction-setting body of Common Market. This body would come to decisions by: 1) researching facts and information 2) thoroughly discussing the issues 3) making an effort to obtain representative member opinion 4) giving thought and consideration to the membership as a whole 5) implementing thought and planning for the future and 6) adhering to the principles of Common Market as defined by the by-laws (enumerated below)

The P&C Committee will meet monthly and issue monthly reports to the Chew-on Committee for publication in the CM newsletter. The P&C would encourage input from the wider membership in the form of written or verbal suggestions, proposals, and criticisms from groups or individuals or by recommendations from the other functioning committees. On those issues which are controversial or those which would effect far-reaching, severe changes, the P&C would solicit Membership decision by referenda. Decisions by referenda, like General Meetings, are final.

The frequency of Membership meetings would be changed from monthly to quarterly. All decisions of the P&C are subject to confirmation or amendment and confirmation at the General Meetings. The interim decisions of the P&C are binding and implementable until the next General Meeting. Since most of the thought and analysis, and much membership input will have occurred at the P&C level, it is anticipated that only the decisions or programs which elicit strong objection from a considerable number of people would be reversed or rejected. It should be stressed, though, that the Membership has the ultimate decision-making power and can rightfully alter a course of action initiated by the P&C.

SOME OF THE INITIAL TASKS OF THE P&C

1. Defining the responsibilities and jurisdiction of the staff, the committees, and the Planning and Coordinating Committee itself, and clarifying their respective relationships to the General Membership.
2. Determining Common Market's direction in the community -- Who do we want to appeal to? Elderly people? Working people? Students? Reassessing the volunteer, pre-order structure in view of a planned outreach program --what structural changes are necessary to accomplish outreach to any of these groups?
3. Setting a food policy
4. Setting a pricing policy and determining quantity of surpluses
5. Determining use of surpluses

REQUIREMENTS FOR P&C MEMBERSHIP

1. Commitment to serve one year.
2. Agreement to attend 10 out of the 12 meetings per year. This allows for two unexcused absences; the P&C could grant up to two additional excused absences.
3. Adherence to the principles of Common Market:
   a) to educate its members and the community in cooperative principles.
   b) to transform the nation's economic life from a competitive, profit system to a cooperative system.
   c) to extend the principles of cooperation to food production.
   d) to educate its members and the community in nutrition and healthy eating habits.
   e) to operate a food distribution cooperative to provide its members with food of high nutritional quality on a non-profit basis.
   f) to try to make food production, distribution, and consumption as ecologically sound as possible.
   g) to do any other things of use or benefit to the members and the community.
   h) to further cooperation among cooperatives.

proposal to create P&C Committee, cont.

BENEFITS OF P&C MEMBERSHIP

1. Credits member with one work job fulfillment per meeting
2. Counts as the committee requirement for member's buying group

METHOD OF FILLING POSITIONS

The Ad-hoc Committee on Restructuring Decision-making in Common Market proposes two alternatives for filling positions on the P&C, to be decided by the General Meeting.

1. Petition method
   Anyone interested in serving a term on the Planning & Coordinating Committee would secure the signatures of 10-15 (yet to be determined) Common Market members. The signatures on the candidate's petition would represent his/her constituency.

   The advantages of this method are: a) a specific constituency encourages committment and follow through of responsibility; b) opportunity is provided for minority opinion (e.g., views of large living co-ops or nuclear family households or welfare recipients can be represented on P&C by meeting the signature requirement on candidate's petition; c) more significance will be placed on the Committee if a procedure for gaining membership is required.

2. Open membership method
   Anyone interested in serving a term on the Planning & Coordinating Committee who would qualify under the requirements for membership could join and participate.

   The advantages of this method are: a) the absence of a procedure for attaining membership on the P&C would make it easier for people to join and thereby increase the probability of greater participation; b) whereas the petition method would attract a certain type of person, the open membership method would allow all personality types to be represented; c) people from small ordering groups would have as much opportunity as others to participate (under the petition method, large ordering groups would have a greater opportunity to get signatures).

LENGTH OF TERM

P&C terms will be one year, beginning with elections on 1 October. At least for the first year, however, CM will hold a secondary election in January to include people joining CM since October. The term of these members would end the following October, as with the other members. Second terms would be allowed.

SUMMARY AND CLOSING STATEMENT

The Ad-hoc Committee to Restructure Decision-making in Common Market was established at the October General Meeting. This Committee has met four times to produce the final proposal presented above. The results of all meetings were published in CM newsletters. A total of eight people was involved in this proposal's development.

****It should be emphasized that the intent of this proposal is to establish a system to raise the level of participation of CM members & to improve the quality of decision-making in CM.



WE HAD A GREAT TURN-OUT AT SUNDAY'S GEN. MEETING! OVER 55 PEOPLE

A COMMON MARKET, LTD. NEWSLETTER AND MEMBERSHIP COMMUNICATION: JUSTICE
Volume 5, Number 3 Write On 14 February 1975

The general meeting of CM approved the established of a Planning & Coordinating Committee to handle CM's long-term planning and setting policy for the cooperative. The full report of the Ad Hoc Committee to Restructure Common Market Decision Making appears in this special issue of Chew On.

Other reports given the members at the meeting on 9 February were those of the Newsletter Committee, Work Committee, Food Committee & its subcommittee on spices, and the Finance Committee

Newsletter. Its report appeared in the last issue of Chew On.

Work Committee. Work attitudes have improved. CM always in need of coordinators, the lack of whom doubles the work of the staff. At present there are 2 full-time coordinators & a bookkeeper. All members are required to fulfill the work requirement, as the entire cooperative undertaking cannot function, as it cannot without coordinators.

Spice Subcommittee. Reported in last issue of Chew On noted. It was further reported that Oscar Mayer offered the best prices, the differential with competitors being a remarkable 40 to 50%! Spices should appear on the price list by the end of February.

Beer Subcommittee report appeared also in Chew On. Deliveries of an indicated 60 cases per week will be made by a local brewer, hopefully → Point stresses the necessity for the return of bottles: any 12-oz. dark brown bottle, regardless of original brand. Continuation of delivery is contingent upon the supply of returns to the brewery. Bottles are to be returned in Point cases only. Extra cases, to accommodate bottles of other brands, will be supplied.

Finance Committee reported profits for 1st 3 quarters of 1974, with losses for the last quarter. '75 sales are doing handsomely. The 4th quarter losses are attributable to the $500 food donation to the striking workers at Research Products (a policy which the committee wishes reviewed), a $300 expenditure for repairs to the cash register, and $200 for repairs to the van.

Staff Salary Increases Wanted

At present the largest expenses of the cooperative are expansion of stock and warehouse improvements, which will tie up cash flow. But profit picture should be improved by the middle of this year.

Salary increases were recommended by the committee, but discussion was delayed.

CM's loan position is considered manageable: the budget allows for $400 per quarter to retire debts.

Staff reported on the Madison Project on the World Food Situation. The project wishes to be reintegrated with local food cooperatives. Program to be attempted: education on the politics & economics of food, to be showcased on Food Day, 17 April. More later. Also, research and analysis will be made from the point of view of alternative food organizations.

Report of the Ad Hoc Committee to Restructure Decision Making at Common Market.

The proposal that CM form a Planning & Coordinating Committee (P&C) to concern itself with long-term planning and setting policy for the cooperative was accepted at the general meeting of the membership on 9 February.

Description of P&C Function

P&C will become the policy formulating & direction-setting body of CM. This body will come to decisions by 1) researching facts & information; 2) exhausting discussions of current issues; 3) attempting to obtain representative membership opinion; 4) being responsible to the membership as a whole; 5) implementing through action thought and planning for the future; 6) adhering to the principles of CM as defined by

the by-laws (see below).

Monthly Meetings & Reports

P&C will meet monthly & issue a monthly report to the newsletter committee for publication in Chew On. It will encourage input from wider membership range than previously in the form of written & or verbal suggestions, proposals & criticisms from groups or individuals or by recommendations from other functioning committees. On those issues which are controversial or those which will have a far-reaching effect, P&C will solicit membership decision by referendums. Decision by referendum, like those arrived at in general meetings, is final.

General Membership Meetings

The frequency of general membership meetings has been changed by vote of the membership from monthly to quarterly. Decisions of P&C are subject to confirmation or amendment & confirmation of the general membership meetings. Interim decisions of P&C are binding & implementable until the next general meeting.

ACRE underscores the fact that the membership has the ultimate decision making power & can by right alter the course of any action initiated or implemented by the P&C.

P&C Responsibilities

1) Long-term social, economic & political planning for CM.
2) Execute decisions made by the general meeting; or supervise & ensure that the will of the general meeting is being executed.
3) Regular reports to the general membership on the results of its deliberations.
4) Regulate its own affairs in a responsible manner: its ultimate responsibility is not to itself but to the membership.

Initial Objectives

1) To define the responsibilities & jurisdiction of the staff, committees & the committee itself; & clarifying their respective relationships to the general membership.
2) To determine CM's direction in the community: what is CM's embrace? to whom shall it appeal?

To reassess the volunteer & preorder facets of CM's structure vis-a-vis a prospective outreach program: what structural changes are necessary to accomplish outreach to such groups as the elderly, working people, youth, students, & others?
3) To set a food policy.
4) To set a price & pricing policy; & to determine the policy regarding the quantity of surpluses.
5) To determine the use of surpluses.

P&C Membership Requirements

1) A commitment to serve one year (or 8 months for January members).
2) Agreement to attend 10 of 12 meetings per year (6 of 8 for January members): permits 2 unexcused absences.
3) Signatures of support of at least 10 CM paid-up members, from at least 2 CM buying groups, no one member having signed more than one completed petition.
4) That there be a minimum of 10 members to constitute P&C; P&C is authorized, by an as yet undetermined mechanism, to fill any vacancies which bring membership below the minimum number of 10.
5) Adherence to CM principles:
   a) to advance and practice cooperation, not only at CM but at home and elsewhere.
   b) to transform the nation's consciousness & socio-economic life from a competitive profit system to a system of cooperation.
   c. to extend the principles & practice of cooperation to food production, distribution & all other human endeavors in survival.
   d. to elevate our own and our neighbor's & fellow cooperator's, as well as community, eating habits and practices of nutrition.
   e) to provide a model for cooperative food distribution concerned for nutritional quality on a non-profit basis.
   f) to provide a working model of an ecologically sound system of survival items production and distribution.
   g) to raise our own consciousness & those of the membership & its community.
   h) to cultivate & advance cooperation between cooperating individuals and groups, including other cooperatives.
   i) to understand that we are all responsible for others.

Length of Term

P&C terms of membership are of 1-year duration, commencing 1 October. A secondary term will commence in January terminating simultaneously with the October term. The initial P&C term shall begin at its inception (hopefully by 9 March) & end in October.

Tofu

I would like to see if enough interest in bean curd or tofu can be generated in CM to make us into buyers of this nutritious food. A local producer/distributor will have to be found.

Tofu is a soy bean product, a high quality protein, closer to meat than any other vegetable source. Moreover, it is digestible; it can be eaten by the old & toddlers alike, as untreated cooked soy beans cannot. Tofu is like cottage, is made from soy milk. The beans are boiled, blended, strained & coagulated. The end-product looks like a solid chunk of soft cottage cheese & is also bland in flavor. It presently retails for 35¢ for a 4/5 lb chunk @ the local store.

Tofu needs little or no cooking. Cubed into 1-in. squares, a minute or so in boiling water will see it rise & that's how you know it is done. It takes on the flavor of the stock. It can be added to clear or vegetable soups. It can beused in lasagna replacing ricotta; mixed into meatloaf, or simmered in a hot pepper sauce, as in Chinese restaurants. It can be prepared without cooking, should you prefer. Or fried & glazed with soy sauce & sugar. It is standard in sukiyaki. Like cottage cheese it is perishable, with a shelf life of not more than about a week: it should be covered with fresh water, changed daily.

Can be Dried Out, Must be Tried Out

Bean curd can also be dried out by hanging out in a cloth bag or by placement between two bamboo screens in a refrigerator, & by a further process of deep fat frying it can be made into dozens of different kinds of goodies. In Japan, little shops abound which sell nothing but these fried tofu balls, burgers (Little Macs?--ed.) bags (to be stuffed with cooked rice, & what have you. If vegetarianism is coming, can fried tofu be far behind?

Lori Mermin

ALUMINUM TRAYS

The aluminum trays that CM is selling are very heavy, and have been acquired from a bankrupt bakery, from which we also obtained a couple of walk-in coolers. We encourage you to take a look at them when you come to the warehouse.

Originally we had two sizes of trays -- 9 in. wide and 18 in. wide, both 26 inches long. All the narrow trays are sold. We were told that the narrow trays sell for $10 or more in flower & garden stores. The wider ones probably sell for $15 or more. We are selling them for $2.00.

*Proceeds from the sale of these trays, over CM's mark up, will go to the Madison Area Community Development Corporation.

P&C, Cont'd from page 2

Possible Benefits of P&C Membership

1) credits member with one work job fulfillment per meeting.
2) counts as the committee requirement for member's buying group.

Information On Petitions

Members desiring assistance with or information about obtaining signatures for their petitions may consult the listing of all CM buying groups or contact any of the members of ACRE. The buying group file is located on the table across the way from the check-out counter. ACRE members are:

Roy Schenk	255-4028
Jeanette Harris	233-4434
Dick Jones	251-3390
Steve Ryan	251-5627
Jeff Wegerson	256-5135
Marie Ho	257-4373
Elaine Nesterick	251- 5754

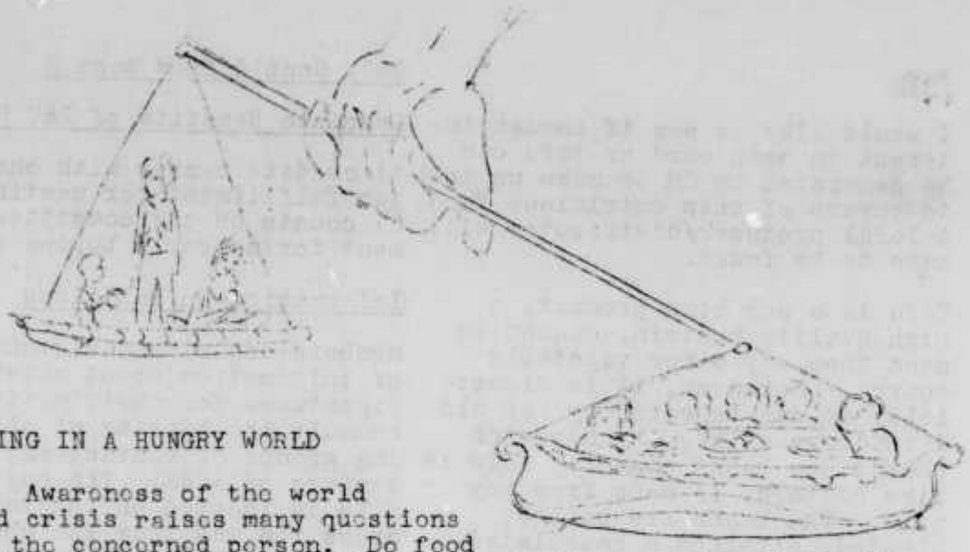
Personalism (An Opinion)

A personalist
is a go-giver not a go-getter.
He tries to give what he has
& does not try to get
what the other fellow has.
He tries to be good
by doing good to the other
fellow.
He is altro-centered
not self-centered.
He has a social doctrine
of the common good
through words & deeds.
He speaks through deeds
as well as words,
for he knows that deeds
speak louder than words.
Through words & deeds
he brings into existence
a common unity,
the common unity
of a community.

--Peter Maurin

CHEW ON is published by Common Market, Ltd. for the benefit of its members and in cooperation with them. The newsletter committee consists of the following members:

Al Dela Rosa	251-0705
Bill Kiernat	255-1415
Meg Skinner	238-6950



LIVING IN A HUNGRY WORLD

Awareness of the world food crisis raises many questions for the concerned person. Do food gifts have any lasting effects? Or do they simply enlarge the problem by permitting another generation to procreate? Should we encourage family planning in needy countries? Or is that unwarranted intervention in private lives? Should we concentrate on development of underdeveloped nations, in agriculture alone? Or can we expect that birth rates will decline with a rise in economic status, thus taking the pressure off the food supply? Who can best administer emergency food aid--private agencies? nations? United Nations or other world bodies? How can we avoid diversion of food gifts and other relief, either by the recipient country or by our government ("Food for Peace" programs can be used in a very political way.) Etc.

The Milwaukee State Journal published this questionnaire February 2, 1975. Send it in and consider other ways to make known your opinions on the world food crisis. (Mail it to the Institute of World Affairs, UWM, Milwaukee, WI 53201.)

"What policies should the US follow in dealing with the world food problem?"

__a. Continuecurrent US policies based on reliance on free market to stimulate domestic food production; increased food aid to needy nations; and creation of international food reserve system, with each nation deciding for itself how to manage reserves.
__b. Sharply increase food aid to needy nations.
__c. Participate in creation of world food reserve system managed by international authority.
__d. Curtail consumption of meat products by government action to make more food grains available.
__e. Encourage voluntary meatless days.
__f. Take governmental action to make more fertilizer available for export by curtailing use on lawns, golf courses, etc.
__g. Encourage voluntary action to make more fertilizer available for export.
__h. Sharply increase economic aid to developing countries.
__i. Other (25 words or less).

CHEW-ON

A COMMON MARKET, LTD. NEWSLETTER AND MEMBERSHIP COMMUNICATION: PEACE

Volume 5, Number 4 Write On April 1975

Co-op People: The Marianne of Munchy Mixture

It might be called Marrianne's & Boyce's Munchy Mixture because both Marrianne Hobbins and Boyce Totz invented and make the munchy treat. But they chose the livelier name. Theirs is the most pleasing taste combination of texture, visual design and colors: tiny white sesame seeds stuck to the stickiest dark brown dates, green pumpkin seeds, white cashews in bits (because whole cashews unbalance the design), near-black raisins, and golden brown almonds.

Boyce, who'd been travelling in order to see what various cooperative communities have to offer returned from Illinois with a similar but commercially prepared snack. He & Marrianne liked it because it tastes good, is nutritious, keeps well, doesn't melt, is handy for hiking, makes a good gift, & requires no cooking.

Terra Communitas

The members of their communal group, Terra Communitas, needed a project to raise some revenue & to use their hands productively (as by cutting up dates and tossing them in sesame seeds) during their meetings, so they decided to prepare Munchy Mixture.

Marrianne believes the project has helped influence her children to prefer healthful, real food to the junk food they used to eat thoughtlessly. She quips: "Munchy Mixture is a communist plot to do away with the Hershey bar . . . that's why we put almonds in it!"

She's the One

She finds that most people don't realize she's the Marianne. A WSA store worker remarked to her son, Mark, "Oh, so your mother's the bird lady." Several people exclaimed, when once she was exposed, "Oh, it's you!" Others incredulously say, "I didn't know I knew the person who makes Munchy Mixture."

There's no one who has ever admitted that Munchy Mixture isn't good tasting as well as good for them. When one of the porters at the airport, where she works renting cars, asked Marianne, "When are you going to bring us some of your Munchy Mixture?" she promptly delivered a package. As everyone tasted it, one happy coworker commented, "Hey, this is addictive!"

MMM Bids You Good Buy

Sixty-six cents for seven ounces may seem dear, but the ingredients are high quality, organically grown & of course contain no chemical additives. ICC supplies Marianne & Boyce with all the makings from the least expensive sources they can find. When you compare the cost with fifteen cents for a one-ounce candy bar, theirs really is a good buy.

Maple Bluff's Resident Hippie

Marianne, a C.M. member since it started, is sure she's Maple Bluff's only hippie lady over 40. She's often seen in her blue jeans and patchwork scarf at C.M. & at Whole Earth.

She became interested in natural foods after a year in Spain. Spanish farmers still use natural growing methods & the food seemed to her tastier. Convenience foods in Spain were scarce & costly, so she became accustomed to taking time to prepare fresh foods. The slower pace of life appealed to her & she is convinced that the combination is the way life was meant to be lived.

Common Market was founded soon after her return & she found that it supplied the wholesome foods she had come to appreciate. A further appeal: she could by joining the Food Committee help to decide what foods C.M. would carry. She has also found that shopping at C.M. is a little like the Spanish market place.

She told a bit of local history. Whole Earth is now in what was Schmitz's dairy for forty years.

Since Schwartz was the only grocer in Madison to deliver, her mother, who refused to drive in winter, always shopped there. Next door, where the nude photoshop now operates, was Dennie's Meat Market. Marianne remembers bringing her bacon grease there during WWII.

--Sheila Friedman

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N E X T M E E T I N G

PLANNING & COORDINATING COMMITTEE

[illegible] May 15 at 7:00 p.m.

[illegible] Street, in [illegible]

[illegible] 283-7127

N E X T M E E T I N G

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NEWLY FORMED PCC MEETS

A proposed long-term agenda for CM's newly formed Planning & Coordinating Committee has been prepared in outline form. It is available for perusal at CM for all interested persons. Items included in the proposed long-term agenda include matters held over from past general meetings and committee meetings, as well as subjects that have never been dealt with under the former structure.

Under its new charter, PCC is now responsible for all long-term economic and political planning of CM. The PCC stresses that the order in which the items appear on the agenda have no bearing on their importance as items to be dealt with. Items may be supplemented or deleted, even synthesized, and their collection in a single document serves the convenience of the PCC as a starting point for the commencement of its business.

World & Local Concerns in Flux

Because of the changing nature of the particulars of survival thruout the world and the economics & politics of food in general, it is felt that PCC ought to clarify its internal process on behalf of CM members in order more effectively to confront the problems of the marketplace and the issues of concern to the community.

As with any newly formed policy body, PCC must organize itself in order to plan and execute programs. A general review was undertaken of the internal structure PCC might best function under, as well as how it might conduct meetings and execute its decisions.

Moreover, there is a need for a thorough discussion of the relationship of PCC to staff, to the general membership and to other committees with respect to its charter to "plan and coordinate" on behalf of the membership the economic and political direction of CM. It is unclear in the absence of clearly articulated areas of responsibilities and the obvious need to avoid duplication of effort and to conserve human energy exactly what authority PCC has with respect to matters clearly charge of existing committees.

In addition to matters of internal structure and relationship to already existing policy bodies, PCC members have assumed the oversight authority governing finances. It has already undertaken a review of finance committee operations and policies, as well as its schedule of loan retirement, the status of accounts payable, a statement on pricing policy, and a general assessment of CM's financial condition.

Economic Policies Expanded

In addition, extensive discussions of economic efficiencies and equities are planned. Such undertakings as eductional and community-political activities will be considered in light of freshly evaluated and developed political and philosophical postures vis-a-vis world survival politics. In addition, as a part of a still larger cooperative community consisting of other organizations, the financial waste in duplicating and not coordinating community educational and political programs is considered an inefficient use of community resources.

As a result of a newly developed critical sense following from a clearly defined philosophy, a review of the history of the co-op movement, and developing political positions, membership education, especially new member education, is considered a vital part of PCC planning.

Outreach in the Community

The result of restructuring decision making in CM, it is hoped, will be an extensive dynamism outside itself. That CM might have degenerated into a food buying club providing convenience and setting without meaning is what had been feared by many CM members. As decisions are made, Chew On will report fully on them.

--Dela Ross



A COMMON MARKET, LETD. NEWSLETTER AND MEMBERSHIP COMMUNICATION: SHARE

Volume 5, Number 5 Write On 21 May 1975

BACK PORCH RADIO

Are you an isolated crank? a subversive malcontent? a rabid patriot? a Nazi pervert? an obscure artist? Are you an unvarnished, anarcho-lesbian-femino-gastro-intestinalist, and a utopian dreamer to boot?

Chance to Wax Eloquent

Well, your chance to be on the radio is fast approaching! Even if your point of view transcends every human category, you can be on the radio and lay your rap on the rest of us. Or you can just sit at home, tapping your foot or drumming your fingers and puffing steam in irritation of other folks laying their rap on you.

That's the idea behind Back Porch Radio: to create a broadcast outlet for the many kinds of community programs that are possible but never happen on commercial radio. Hopefully, all groups in the community will collide on Back Porch Radio: at least they's got a chance.

To Hit The Air Waves Soon

BPR is not yet on the air. But it will be by the end of summer--at 89.7 FM. The studio will be in the center of town, on the bus routes. Volunteers will operate it. Volunteers for at least six hours a week will be voting members of the board. So, the real direction of the station will be determined by the people who get involved. One does not need to have broadcasting or related experience. All that is needed is interest and enthusiasm. If you want to know more about BPR, call Mike at 845-9387: it's a local call.

The Flip Side

The other side of the coin is listeners. BPR is designed to be listener sponsored. No commercial advertising, and no pressures from advertisers. Maybe lots of flack from listeners, who are urged to subscribe to a monthly program guide and newsletter for one year at $10. Of course, a lot of people will listen to BPR without subscribing, but they will soon be moved by the quality of the broadcasts to support the station with a subscription.

Hot Flashes in Other Towns

Broadcasts by community people--a truly genuine form of public radio--is currently working in 15 other cities. BPR figures that $5,000 in equipment and lots of volunteer labor will put BPR on the air. BPR considers $5,000 a cheap investment compared to the big stations with the slick and mellifluous sounds with which they pollute the air waves. But it is still a bundle. And that is why it would be nice if you would consider subscribing right now, at this crucial moment, when we at BPR have the need to buy & build the equipment. Ten dollars (effective at the moment BPR goes on the air) for a one-year subscription. Please send your checks or money orders to Back Porch Radio, P. O. Box 446, Madison, Wisconsin 53701.

--Jeff Lange

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THE PCC MEETS AGAIN

The Planning and Coordinating Committee of Common Market has scheduled a working meeting to convene at 7:00 p.m., 28 May, this year, at Chris Jockheck's home, 1415 East Johnson Street in Madison.

WORKER WANTED

ICC has announced its desire to hire a member and worker for its collective. It strongly wishes that the applicant-worker be a woman, & for this reason it discourages men from applying for the position.

The work includes a number of general tasks, as well as a few that defy category.

(Editor's Note: Bare bones report is one function of Chew On in the interest of brevity with cogency. Fleshed-out PCC minutes are located at the warehouse. No intention to obfuscate is meant nor any to omit.)

The Planning & Coordinating Committee of Common Market met 14 April to discuss new and old business. Roy Schenk was the Facilitator; Buck Trawicky was the Scribe.

The agenda included but was not limited to whether additional members of PCC would be desirable & in what circumstances & its attendant publicity; concensus decision making; scheduled meeting with Finance Committee; preferentially rating agenda items to the disadvantage of others in the long & extensive list outlined by CM Coordinator Elaine Nesterick at the first meeting of the PCC on 25 March.

Announcements included the Food Days observance on 17-18 April, & Paula Giese's participating in the Food Co-op Workshops on the weekend of 26 April.

Old Business Discussed

The by-laws subcommittee submitted its report, in 3 parts: a copy of the By-laws as the committee determined had been amended since their original adoption; proposed by-laws changes that had never been adopted; and policy decisions of importance to CM which affect but do not change the by-laws. A copy of this report may be read by interested persons at the warehouse.

A proposal that amended by-laws be posted, publicized & submitted to the general membership has not yet been finalized, & PCC is devoting further time to particulars in an effort to make a suitable presentation.

A part of the amendments, together with appropriate explanations & background & recommendations, dealing with a referendum procedure, would be prominently attached to, and made thereof, the entire proposal to upgrade CM's by-laws. The work on this is continuing in the By-laws subcommittee.

Strike Suport Promised

A Sense of the Committee found its expression in an intention to support workers engaged in economic strikes against their employers. The desire not to be generous to the point of bankrupting CM was expressed. A set of guidelines was developed for staff discretion in determining what to sell and what to give away to striking workers. These included the caveat not to lose a lot of CM's money. Conscience controls should determine whether food should be sold or, to prevent spoiling in storage, given away.

A fixed set of principles has yet to be developed on this matter by the PCC & approved by the membership.

%-age Markup Discussed

While the 10% markup will be a continuing component of the list price of foods, the PCC expressed its intent to have the markup on produce made variable, beginning at 10% and upward. Reasons: CM's continuing need for income; its prices for produce are lower than those of other sellers; its desire in the future to lay its profane hands on a sacred cow. In addition, produce prices are wont to vary considerably from week to week, especially at either end of growing seasons. Moreover, since price sheets are based on the previous week's prices, modified by the buyer's experience, some cusion against sudden price changes is considered to be helpful.

Loose Ends Left Pending

A procedure is required to formalize the relationship between ICC and CM. The wording regarding committees needs clarifying, & the Scriber volunteered to refine it. Responsibilities and liabilities of the Board of Directors are not set forth in the by-laws; research on this will be presented at the next meeting. The implementation and enforcement of an annual membership fee together with its regulation and administration have yet to be developed: the finance committee is charged with its development.

Other Matters Requiring Action

Orientation & other information, explanations & requirements for new members joining CM would be helpful in galvanizing an active and interested membership.

There is a need for a formal procedure to incorporate adopted changes into the by-laws.

The matter of representation, if

one resorts to the written record or memorial recall, continues to be one that generates controversy or quizzical shoulder shrugging. Whether PCC members have a specific constituency or operate like a board of directors, membership advocates or surrogates of some sort is now memorially unclear in its particulars. If the reform of decision making in CM led to the development of a committee to ensure political, administrative, & socio-economic dynamism, are its activities executed on behalf of the entire membership which, experience has shown often withheld its active participation in decision making. Or are they undertaken on behalf of those members who signed their petitions which qualified them to serve on the PCC?

The record is unclear. This discovery led further to an expression of a need for more accurate note taking in recording the minutes.

Finances & Statements

Balance sheets and financial statements, as well as income statements, should, it was suggested, be mailed to each PCC member before each of its meetings. Explanations of statements should accompany reports. Left pending was a discussion to develop a proposal for group deposit system and check writing.

Legal Charter

Should CM be chartered as a cooperative or as a non-profit corporation? That is the question, the answer to which will be pursued and a report prepared for a future meeting of the PCC.

Consensus Decision Making

Group solidarity in sentiment & belief is the objective of a pamphlet prepared by the Solstice Committee & distributed to the members of the PCC.

Contrasts were made between consensus and majority rule, the former being suggested as a vague "sense of the meeting" statement of position, regarded as impractical, the latter a device for firm structured decisions, the goal of every self-respecting gathering.

A scenario was presented demonstrating how consensus might work in PCC meetings. The Scribe amiably recorded a few notes which the editor agrees deserve reporting here, & they follow.

There will be, inevitably, majority and minority differences but it is too facile to reduce the problem to numbers, simple opposition, & the weight of opinion.

If a problem cannot be resolved because of serious opposition by a minority, then it must remain an open question, & the minority is expected to keep the issue alive, & not be pigheaded.

--Dela Rosa apres Scribe Trawicky

FINANCE COMMITTEE RECOMMENDS NEW CAPITAL PLAN FOR COMMON MARKET

The finance committee proposed recently a method that would do away with the single-payment, lifetime membership fee in order to permit CM greater capitalization potential and allow members to write checks for their purchases.

The proposal would require each group (or member: this has yet to be determined) to remit to CM either a fixed deposit or an amount equal to its (or his/her) average weekly CM purchases. This payment would be kept on deposit until permanent withdrawal from CM membership.

As the details of the proposal have yet to be developed, a poll of the membership will be undertaken to determine its receptiveness.

A few of the reasons for the proposal were given as CM's constantly undercapitalized position, the resultant difficulty to satisfy accounts payables and loan retirement schedules, among others.

Committee recommendations also include cutting back on the size of the payables accounts in two years, & setting a $300 per quarter repayment schedule on a $5,000, no-interest loan.

Budgeting Feasibilities

In order to meet the plan, the committee expects it would have to budget $3,200 per year during the next two years, & $2,400 per year for the three years thereafter. Present level of sales & rate of mark-up preclude any such intelligent long-term planning.

--Caius

CCCCCCCCC HHH HHH EEEEEEEEE WWW WWW
CCCCCCCCC HHH HHH EEEEEEEEE WWW WWW
CCC HHH HHH EEE WWW WWW 000000 NN NN
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A COMMON MARKET, LTD. NEWSLETTER & MEMBERSHIP COMMUNICATION: GROW

Volume 5, Number 6 Write On 21 June 19

AGENDA FOR PCC JUNE 16 MEETING

An agenda for the 16 June meeting of the PCC has been prepared and consists of, but is not limited to, the following items:

* Selection of a scribe;
* Selection of site and time of the next meeting;
* Discussion of 28 May minutes;
* Announcements & miscellaneous matters;
* By-laws subcommittee report: results of meeting with Scott Herrick, final organization of the by-laws to be presented to the general membership meeting scheduled for Sunday, 29 June, 2:00 p.m. at the warehouse; &
* Continuation of the discussion of the member deposit system.

Anyone wishing to add to the agenda or to the discussion may do so by appearing at the appropriate place in time, notice of which follows:

NEXT PCC MEETING SCHEDULED

The next meeting of the Planning and Coordinating Committee of the Common Market is scheduled for Monday, 16 June, at 7:00 p.m., at 438 W. Washington Avenue. Notices of the two meetings mentioned herein will be repeated elsewhere in this newsletter. Repitition, if not a viable form of behavior modification, is an excellent form of emphasis.

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PCC MEETING OF 28 MAY

The PCC of CM met 28 May under the deft hand of Facilitator Sharol Higgins, as Dick Jones kept the minutes of the meeting.

The PCC has been allocated a space of its own in the CM office at the warehouse. Official minutes & other documents relating to its business will be reposited there.

QUARTERLY GENERAL MEETING SET

The summer general meeting of CM is scheduled to convene at & is scheduled for 2:00 p.m., Sunday, 29 June, at the warehouse. Refreshments will be served. Much effort at expending publicity to ensure a large turnout will be made, & readers are urged to remind their companions & others of the meeting.

The next PCC meeting will be held at 7:00 p.m., Monday, 16 June, at John Happel's house, 438 West Washington Avenue.

Attempt to Legitimize CM

The by-laws subcommittee recommended an amendment to the by-laws which would permit the members of the PCC to serve as the board of Directors of CM. As a requirement of incorporation, the PCC would be obliged to elect officers of the corporation, such as President, Vice-President, Secretary and Treasurer. The powers of these officers will be added in the by-laws after the committee consults with its attorney.

Fringe Benefit Added

It was also recommended that membership on the PCC entitle each member with one work-job credit per month.

Referendum Process Suggested

The subcommittee has also recommended that a referendum procedure be adopted by the general membership. Under the proposal, referenda would be called upon petition of 25 members or a majority vote of a general or special meeting of the membership. Rules governing referenda would be appended to the by-laws.

(Continued on page two)

NOTICE OF GENERAL MEMBERSHIP MEETING

TIME: 2:00 p.m.
DATE: Sunday, 29 June 1975
SITE: Common Market Warehouse
BURP: Refreshments will be served

PCC Created By By-Laws Amendment

Additionally, the subcommittee, concerned to legitimize the PCC, recommended the inclusion of an amendment that would create it.

The concern of the PCC is long-term planning and the setting of policy for CM. PCC's deliberations resulting in policy must ultimately be acted upon by the general membership for approval or rejection. Such action may be undertaken by either a general membership meeting or by referendum.

Interim decisions of the PCC awaiting membership approval or rejection, moreover, are to be considered the official policy of CM while awaiting membership review. (The repitition of the point is intentional.)

The PCC will be obliged to distribute two weeks prior to any general membership meeting an outline of the decisions of the previous quarter. Whether recommendations and advocacy positions will accompany these outlines will, it is assumed, evolve as the PCC develops its own style and reacts to its own enthusiasms.

Bad Debt Forgiven

The Coordinator has recommended the writing off of a $1,000 outstanding sum as a bad debt.

The membership deposit system, recommended to replace the one-payment lifetime membership dues (without a grandfather or grandmother clause) generated much heat and controversy. The discussion of this proposal has been continued to the next PCC meeting and to the general membership meeting.

-- Caius

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EDITORIAL: BEYOND ONANISM

The Chew On is a membership communication and the official newsletter of Common Market. Its purpose is to report decisions & undertakings, hopefully in clear and interesting language, to the membership.

Now and then it is necessary to describe what is happening in these pages. While the editor's previous professional writing experiences do not necessarily recommend him to this job, in any other than a cooperative setting his job would be considerably eased by a structural hierarchy. In our setting, the demands made upon him by writers, readers & principals (not to mention his own principles) are, it is supposed, common in their objectives toward a rational cooperation.

Simply, the Chew On hopes to report to CM members, but for their busy other lives, what goes on behind their backs. These are events that occur in committee, by staff decision, outside input, membership feedback or other community imprinting.

Writers

The loudest complaints from readers to the editor about writers is that their submissions are too lengthy. If a writer honestly feels every word she writes is necessary to be published in one place without editing, if the piece is too long for these pages, it is probably to the writer's advantage to allow the article to appear in another publication.

Readers

If readers X and Y do not like what they read in the Chew On, let them not simply reduce it to Gargantuan rump-wipe. Any failure by the editor pains him. Not letting him know his editorial shortcomings is to beg for more of the same.

Today's reader is tomorrow's writer. Since neither writer nor reader has total possession of the truth, there ought to be collision in these pages. Job security not being the finest feature of this unpaid position, the editor is always willing to take his chances where only his pride might be injured. Reader response by submissions fulfills & integrates the cooperative style of communicating.

Principals & Principles

Chew On's principals are the members of CM, not the ego nor the urge toward self-expression.

As writer, reader and principal in our view resides in a single person the cooperative responsibility to take the Chew On seriously might be consistent with one's willingness to associate with CM in the first place.

As for principles, they are cooperative, espousing cooperation. Anything less would be a severe reduction of the meaning of our activities and, for many, of our lives.

--Dela Rosa



A COMMON MARKET, LTD. NEWSLETTER AND MEMBERSHIP COMMUNICATION: When?

Volume 5, Number 7 Write On 15 August 1975

A Communication: On Group Solidarity in Sentiment & Belief

Dear Chew On:

A comment on the consensus report from the Planning & Coordinating 14 April meeting: Consensus is not a vague "sense of the meeting" statement of position. Consensus is a device for firm structured decisions. The difference between it and the minimum democracy of majority rule is the number of agreements (votes) needed to make the firm decision.

Moreover, problems are often rendered beyond resolution because of the opposition of majorities, and only sometimes by that of "pigheaded" minorities.

Consensus is a political tool which, with training, we become skilled in its use. It is more delicate though more versatile a tool than majority rule.

Through its use we fashion more sophisticated and cultured civilizations.

--Jeffrey Wegerson
New Wine

Note: We were hoping to have a researched short article on consensus for inclusion in this issue of Chew On and not having made it are planning for its appearance in a future issue.

Create A Food Now: A Visit to The Meeting of the Institute of Food Technologists

If one had any doubts that food is big business, they were removed quickly at the National Meeting of the Institute of Food Technologists (IFT).

Over 5,000 well dressed, well fed delegates inside the high-priced Hilton Hotel in Chicago made the point. The 500 booths at the exposition were filled by such food corporations and allied industries as Amoco Foods, CPC International, International Food Products, Inc., Stokely-Van Camp and Whirlpool Corporation.

The conference theme was "Feeding Our Hungry Planet." And yet the exhibits suggested that the slogan of one of them--Create A Food Now--might have been the more accurate one.

Moreover, the exhibits also suggested that food notwithstanding "Profit is our most important product." In only isolated cases was there any emphasis on nutrition, as in the Land-o-Lakes Dairy Coop booth; generally the nutritive value of food was ignored. Commonplace were such ad lines as Save half your tomato costs, Create a food now, and As good as the natural.

There was, however, major focus on soy products and high fructose corn sugar. A large number of companies devoted their exhibit space and even offered samples demonstrating the incorporation of soy meal into a meat product that could fool the most discerning palate into thinking it was consuming all meat. The additives were in the form of flours and granules made to extend ground meat and sausage products, to improve the profit picture of such as Oscar Mayer.

Artificial flavorings introduced into an edible composition capable of manufacture can produce hamless hams, cheeseless cheeses and a wide variety of other foodless foods. Carboxyl-methyl cellulose, a wood fibre derivative, is one of an increasing number of thickeners designed to give liquids a thick, rich property and convey a sense of high nutrition, while in reality they are empty of nutritive value but do lower production costs and do increase profits.

A spectacular achievement of American technology is the development of immobilized enzymes, which led to the development of high-fructose corn sugar. Three times as sweet as ordinary corn

sugar (glucose), and a little going a long, long way, and perhaps doubling the sweetening property of corn sugar, profitability is spectacularly increased. Studies by researchers indicate fructose as a major cause of excessive cholesterol production by the body. (Half of table sugar and a major part of honey is fructose.)

The theme of the meeting rudely aside, no space was devoted to the economic and political factors that create our planet's starving millions.

On the positive side, several sessions of the meeting were devoted to nutrition. Annoyingly scheduled simultaneously one afternoon were sessions on Protein extraction and analysis; Freezing and handling foods; Micronutrient stability; Food microbiology, plant biochemistry, FDA regulations and safety rules, and Storage stability.

Other rather exciting sessions dealt with sensory evaluation, new product development, food engineering, staphylococci in foods (food poisoning), two sessions on determining nutritional value of proteins, energy management, enzymes, systems analysis, use of hydrocolloids (i.e., food thickeners), packaging, processing, storage, food service trends, and public attitudes.

Bon appetit.

--Yon Casius

Readers might be interested in reading Jim Hightower's Eat Your Heart Out, a study of the food industry. (Hightower is now working with the Fred Harris campaign.)

For interesting insights into food and energy politics and economics, see "Wealth and Power: The Politics of Food and Oil," by Geoffrey Barraclough, The New York Review of Books, XXII:13, August 7, 1975, pp. 23-30.

Report of P&C 16 June Meeting

Announcements: Next meeting is on 17 July at the Peterson's, 2110 Fox Avenue. Until further notice, it was decided to hold all future meetings on the 3rd Thursday of the month.

A wine & cheese party at Schenk's 1 July at 7:30 p.m. brought together opposing viewpoints in the co-op movement. In attendance: Midland Coop, Group Health and Wisconsin Federation of Cooperatives.

Tuna-Dolphin Question

Was the boycott legitimate? A recent poll on the price sheet generated a number of questions on this subject. & more: Who knows the facts? Should we as a committee support the boycott? Why the poll on the price lists? What happens to polls on the price lists? How valid are the results? Could a fact sheet be prepared on this issue? Would a fact sheet be an improvement over a poll? Birnbaum has written for further information & will keep the committee posted.

Membership Education

The role of the price sheets as a tool of membership education led to the conclusion that the potential had yet to be tapped. A preamble for the price lists will be produced by Trawicky, Schenk and Birnbaum. Along with this, all were instructed to keep an eye open for tidbits, ballast, food for thought, or graffiti to be run on the price lists on a weekly or a monthly basis.

Attorney's Opinion

Chap. 181, under which CM is incorporated, requires a board of directors, whose function is to carry out the management of the business. Legality aside, it was felt efficacious to comply for reasons of accountability. Someone must have the answers & be responsible. And rather than have that fall singularly on one person, & to relieve the staff of such a burden, it was decided that the P&C would serve as the board.

The P&C accepted the responsibility of a board of directors, such a board having the power to choose the officers of the corporation, a legal requirement, from among its members.

Amendment of By-laws

The P&C amended the by-laws to include the requirement that at least one staff member must be in attendance at each P&C meeting. Whether any meeting at which no staff member is present is legitimate was not dealt with.

Staffers who wish to become members of the P&C must fulfil the requirement of executing a petition containing ten signatures.

Legal Protection for CM Members

A recent law school grad requested to address the next P&C meeting to propose a study on the feasibility of providing legal aid to CM members. The lawyer would address herself to a discussion of fee schedules, philosophy & need.

There was a general expression that CM might wish to branch out from the food industry into other facets of life and survival. While some felt that a discussion from the lawyer might be a little premature at this time, others felt that there are some very basic concepts or ideas concerning CM that have yet to be tackled, and that the introduction of new ventures ought to be postponed until the agenda was cleared up or at least developed for eventual resolution.

The lawyer's talk was postponed for two months.

(Taken from the notes of Mary Jude Peterson, who acted as scribe for the 16 June P&C meeting, which was facilitated by Dick Jones.)

UWEX ECON COURSE ANNOUNCED

A course in the "Economics for a New Society" is being offered this fall semester in UW Extension. The 2-credit course is listed at $44, and will meet on Wednesdays at 7 p.m., the room to be announced later. The convenor is Roy Schenk.

Prices Compared: CM vs Madison

The following comparison uses market figures found in WSJ for 15 July.

Food Item and Unit	Mad. 7/12	C.M. 7/12
Milk, gal. 2%	1.24	1.08
Eggs, doz. A large	.64	.62*
Butter, 1 lb	.96	.85
Potatoes, 10 lb wh	1.94	1.50
Flour, 10 lb white	1.72	1.30
Ground Beef 1 lb	.74	.88**
Pork Chops, 1 lb	1.85	1.53
Froz O.J., 6 oz	.32	.23
Lettuce, head	.49	.30
Tomatoes, 1 lb	.83	.35
Tuna Fish, 6½ oz	.51	.62
Savings	$11.24	$9.26

CM 18% over Madison!

*A extra large; ** Ground chuck.

Sorry, Charlie, you gotta be a t.v. star to be sold at CM.

The Beansprout Lady

Sue Wile, a young woman from White Fish Bay, is the Madison community cooperatives beansprout industry.

She keeps seven bins of sprouts going at once. In each bin is a mass of the little green mung beans, three inches deep--five pounds in all--from which tiny white sprouts protrude.

Holding each bin, in turn, under running cold water, Wile waits patiently as the water drains through small holes at the bottom. The sprouts are a day older; they are longer and thicker. In the seventh bin the mass of sprouts reaches about a foot up the side of its walls. Tiny yellow leaves can be seen growing at the base of each sprout.

Wile says the leaves and the beans are the nourishing parts of the beansprouts. Fresh sprouts contain high quality protein, as well as vitamins A, B_1, B_2, Niacin and C. In addition, they also contain iron, phosphorus & calcium. Uncooked mung beans may also be cooked like split peas. Both sprouts and cooked mung beans are important foods in the Orient.

For some perverse reason commercial sprout canners remove both the leaf and the bean. The plain white tail of the sprout which they can and sell has almost no nutritional value.

In the morning Wile will pack the sprouts in the seventh bin into 25 plastic bags--packages familiar to cooperators at CM, Mifflin Street Coop, & Eagle Heights.

During the three years she's been at it, she's perfected the process. She knows how many sprouts can grow in a bin without generating too much heat. She found that a drop of Basic H added to the soaking water prevents bacterial growth, and that a dish of calcium chloride in the cupboard [illegible] Some producers prefer to skim off the seed coats when rinsing, but Wile feels they add desirable bulk to the diet. She developed the bins, fashioning the drain holes, so the sprouts don't sit in the water.

On average, she packs 25 bags every other day. With the students in town, she sells 50 bags on a Saturday. She can sell 100 at the Farmers Market. During busy times she keeps 11 bins going. Total income: about $2/hour.

--Sheila Friedman

REPORT ON THE GENERAL MEETING: First Since P&C Organized

The first general membership meeting, now convening quarterly, since the restructuring of decision making processes at CM, was held on 29 June, at the warehouse. (This is a report of the highlights of the meeting; readers interested in specifics are urged to refer to the minutes in the CM files.)

The meeting opened with announcements that this is CM's fourth year of contracting with local growers. The program involves agreements with between 12 and 15 farmers & is being coordinated with co-ops in the Madison area. That the program has been successful should not discourage suggestions & participation from CM members, according to coordinator Elaine Nesterick, who may be contacted regarding the program.

Amendments to the By-Laws

An outline background on why the by-laws amendments were necessary was offered. It is necessary to define the responsibility of various bodies to the membership, especially the newly established P&C (Planning & Coordinating Committee). Moreover, the by-laws should reflect the changes resulting from membership decisions in the past. And lastly, there was the desire to legitimize CM under state statutes.

P&C To Serve As Board of Directors & Appoint CM's Officers

Article III of the by-laws, on CM's structure, was amended to name the members of the P&C as CM's board of directors. It is felt that liabilities must fall on a responsible body. In addition it is a legal requirement for an incorporated organization to have a board of directors.

CM is incorporated to limit individual liability; but it is less objectionable to be known by our legal name; Common Market, Ltd., than the "corporation" was granted in the by-laws.

That the P&C can implement its decisions in the interim between their being made and their review by the general membership was included in the article establishing P&C responsibilities.

The issue of the relationship of staff to the P&C was discussed and a sense of the meeting was determined by a vote of 18 to 6, requiring staff members to seek out ten supporters, in petition form, to verify their eligibility sit on the P&C. That staff members are important as resource persons at any meeting, but especially at P&C meetings, was acknowledged. But the sentence referring to staff participation was struck until the P&C came up with

Work Credits Given For Participation in Decision Making

A motion to deny work credits for membership on the P&C was defeated. The continuing problem of division of labor vis-a-vis policy making and manual labor persists, & despite its intellectual ring there is encouragement for a dialog in Chew On & elsewhere on the issue. The radical solution might lie in doing it.

Consensus Decision Making

There was never any official statement regarding the position of the Solstice Committee on consensus, but it appears to be the feeling of the general membership that decisions should be made using this method. (As a letter to Chew On indicates, the last word as it relates to co-ops has yet to be written on this, & Chew On would like to encourage the dialog, if not the debate, on this as well.)

The by-laws, as a whole, were adopted as amended, by a unanimous vote.

The proposed membership deposit system, whereby either individual members or buying groups (as yet undetermined) would be required to deposit with CM an amount equal to their average weekly purchases, was deferred pending the findings of a committee, formed at this meeting, which is to report back to the membership.

Methods of maximizing attendance at general meetings will also be pursued in the survey on the deposit system.

The granting of authority to the staff to permit buying groups to write checks in the amount -- or greater than their week's purchases was denied.

The meeting was chaired by John Happel; the scribe was Marie Ho.

BACK PORCH RADIO: Selling the People On The People

Keep your ear to the ground: it's coming soon & it's a live wire.

*a solid recommendation for the General Meeting.

CLASS OUTREACH PLANNED: Co-ops to Widen Their Appeal

The idea of holding social gatherings in the various Madison communities as a way of organizing poor, Black, working, elderly, and low-income people into alternative economic systems has generated interest, if not enthusiasm among a number of co-op people & an organizer for the Community Action Center.

It all began during the planning of a food stamp outreach program through co-ops. A number of very exciting proposals emerged as various points of view came together.

The outlines of an organizing program specifically for low-income people were drawn. Among others, these plans include:

* publicity that co-ops welcome food stamp users (as opposed to many stores that hassle them);
* developing an educational coalition between co-ops and perhaps such organizations as Community Action, Welfare Rights and/or People's Rights, which are all in some way already working with food stamp users or welfare recipients;
* holding social and cultural events in the neighborhoods as a start in carrying out the first two goals, above, while at the same time attracting people to participate in food co-ops.

The proposed community social events and gatherings would use as a model, scaled down somewhat, the co-ops' Harvest Food Festival, or Food Days, with all the attendant publicity & organizing in such neighborhoods as the Near East Side, the Northport area, and the South Side.

Neighborhood Resources Utilized

It would be possible for the new coalition to work through already existing neighborhood agencies which work with specific constituencies, such as churches, neighborhood houses, clubs for the elderly and the like.

These neighborhood events or socials would feature good, tasty and nutritional foods prepared by the co-ops, along with information about food stamps and co-ops. But they would essentially allow all participants the opportunity to socialize and get to know one another. The informational programs would not direct people into any specific co-op, but would rather let them know about co-ops in general. Of course, the participating co-ops would be identified as being alternatives in the Madison community to the food outlets with heavy advertising budgets, which expend enormous energies not providing survival information but in making profits.

Organizing Obstacle Seen

Social and cultural differences are seen as barriers to political outreach through co-ops. The lifestyles and class makeup of people who are attracted to co-ops makes it difficult to construct a two-way bridge between communities, and the social gatherings in the communities are seen as a more effective tool than a barrage of literature and words. Working and breaking bread together is seen as a better dispenser of the Word.

If the idea gets off the ground by fall, a combination of these social gatherings (perhaps three separate ones in different neighborhoods) might be made with a follow-up Harvest-Fest day (or days) in all the co-ops.

Nutrition & Survival Information Available, & Much Socializing

Food samples, fresh local & organic produce, & recipes would be available. In addition, nutritional, cooperative, and political literature would be dispensed and discounts granted, all against the background of good music, dancing, singing, entertainments, & socializing.

Interested people should contact Elaine Nesterick at CM, Or Bill Newell at Community Action, 251-5423.

Addendum

A meeting was held 11 August. Plans for a pamphlet for such gatherings were formulated. The pamphlet will include information on food stamps, nutrition & Madison co-ops & what cooperation is all about. The next meeting will be the first or second week in September, to be announced in a later issue of Chew On.

Interested People should contact Elaine Nesterick at CM, or Bill Newell at Community Action Center, 251-5423

REPORT OF P&C 17 JULY MEETING

Five topics were discussed:
1- Internal communications among P&C members
2- The problem of P&C acting as CM board of directors
3- Mutual responsibilities among P&C, staff, and other standing committees
4- Status of staff membership on P&C
5- Physical plant problems

Tentative recommendations for a bulletin board and for getting minutes out more quickly (within 2 wks.) were proposed.

The problem of P&C acting as the board of directors of CM and at the same time meeting Wisconsin statutory requirements was discussed. The central issue focused on the need for the board (by law) to be equivalent to administrative management. Since, as defined by CM membership, the P&C is a long-range planning body, an apparent conflict occurs. Elaine discussed her meeting with Attorney Scott Herrick. Herrick had no legal objections to the P&C, as described in our by-laws, becoming CM's board of directors. It was pointed out though, that for purposes of internal politics, there would need to be an understood definition of management jurisdiction in relationship to staff, committees, and the P&C.

Elaine also mentioned the fear expressed at the June General Meeting that making P&C into the board of directors would create an artificial hierarchy of decision-making.

The discussion ended by allowing P&C to be board of directors, but with a clear definition of MUTUAL RESPONSIBILITIES BETWEEN STAFF, VARIOUS COMMITTEES AND THE P&C.

The issue of P&C and its status as board of directors for CM led into a discussion of mutual responsibilities and the evolving role of the P&C within the participatory policy-making structure of CM. Traditionally, the various standing committees at CM have submitted proposals at general meetings and, with uncomfortable frequency, the staff has also made major decisions.

Various possibilities for the role of P&C were discussed: it could become a flywheel for ideas; members of the P&C could serve on various other committees and indirectly give guidance to them; the P&C could act as a clearing-house for all other committees; the P&C could actively and continually work to get member participation on many committees which would decide policy in their own areas.

Out of all of this discussion, the meeting came to consensus on the interaction between P&C and the other committees: P&C will act in a consensual manner with the other committees, not in hierarchical fashion, to arrive at final decisions. In other words, all committees, in their various areas of concern, would work jointly and in consensus with the P&C for the welfare of the general membership of CM.

In this consensual decision-making process lies three points:
1- continuity of planning
2- wider membership participation
3- a general coordinating and prioritizing of CM goals

These three points would hopefully allow staff, P&C members, and other committees to interact more productively with the membership of CM, at General Meetings, the latter remaining the cornerstone of decision-making.

Also decided was that P&C members who volunteered would work on getting down the functions of the present committees as they see it. This is to be a precursor to an updated and expanded definition of the responsibilities and jurisdiction of all decision-making bodies.

Staff Status at P&C Meetings

was discussed and finally put in the form of a proposal to the next General Meeting to amend the by-laws to read; Article III: "At least one member of the staff must be present at each meeting of the P&C to serve as a resource person with full membership privileges. At the option of any staff member, however, he or she may become a member of P&C subject to meeting its membership requirements as stated in the by-laws under Article VI."

P.S. Full minuting of all P&C meetings is dutifully done. Copies of complete minutes are kept in the CM office files.

CHEW-ON

Volume 6, Number 1 30 January 1976 Welcome Back

BAGELS FOREVER PRICES UPPED

At the Dec. 7 meeting, the CM membership voted unanimously to increase the price of Bagels Forever products to the price these bagels are available in area outlets around Madison.

This action was taken after a review of Barry Berman's anti-labor history in the community.

Given the choices of either dropping the Bagels Forever products as a protest and increasing the price of the bagels to the membership, the general meeting decided for the latter action. The money thus raised will be added to a strike support fund to be administered by the PCC.

Notices to this effect will be included with each package of bagels sold through CM.

Anti-Union Antics Long Noted

Berman in the past has successfully resisted unionization of his own business. More recently, he and some of his friends quite flagrantly crossed the picket line at the Mandar-Inn II Restaurant during a strike in which 100% of the employees were joined.

Berman's own employees had voted to be represented by the Retail Clerks. His attorney successfully stalled negotiations at the bargaining table, and Berman avoided an unfair labor charge while firing a key organizer. All pro-union employees are finally replaced by anti-union employees, as the Retail Clerks discontinue bargaining.

Strike Liaison Committee

A strike liaison committee has been suggested to handle the matter of CM support to strikers on an on-going basis. Interested members should contact Elaine at the warehouse.

GOLDEN LOTUS SHAMPOO: It Goes To Your Head To Help People In Need

We would like to present to you a few words about a new product in the CM inventory. If you wish, while lathering your head, let this comforting act recall the comfort your purchase of our shampoo brings to many people in need of assistance.

The shampoo is Golden Lotus, the entire profits from the sale of which funds the worldwide disaster relief activities of A'nanda Ma'rga.

At the same time you will be giving your hair a treat and a treatment with this pH-balanced, biodegradable shampoo, so concentrated that you can dilute it up to six times with water.

A'nanda ma'rga is a socio-spiritual organization devoted to the physical, mental & spiritual uplifting of humanity. It is probably best known for its operation of refugee camps during the Bangladesh crisis. A'nanda ma'rga has earned a U.N. citation for its worldwide disaster relief activities. Its work is not over however when victims are put in tents and on soup lines. Health must be maintained, agriculture resumed, communities rebuilt & various institutions revitalized.

Short & long term emergency relief is only a small part of social service. A'nanda ma'rga sponsors on-going programs of education, rehabilitation, study, and discussion, the end of which is the improvement of the human condition.

Instead of waging campaigns for donations in order to pay for its activities, A'nanda ma'rga developed a product, Golden Lotus Shampoo and hoped through the sale of this shampoo to support its many programs of social service. For further information, contact: A'nanda ma'rga, 512 S. Paterson Street.

(The following article first appeared in a local newspaper.)

DONUT TREAD ON US: Restaruant Warlord Mushes Donuts

In an apparent attempt to lash out at picketers who have been striking Mandar-Inn II restaurent sinc Nov. 3, owner-Doctor Liao came crashing through his front gates late Sat. night, Nov 29, to kick at donuts!

Up from Chicago--where the entrepreneur-eye surgeon resides, the doc was again managing an empty dining room, when, according to police, he noticed several picketers "trespassing" across the six feet by six feet mat lying in front of his door.

Displaying his unusual gift of xray vision to the officer at the scene, the doctor pointed directly to the spot through the wooden door where he had "seen" a picketer leaning.

An officer indicated that this type of trespassing is indeed what had prompted the good doctor to come crashing through his door, swinging it wildly against the breeze.

Witnesses at the scene claimed that Liao was visibly upset upon finding no one in the swinging doors' pathway. Seemingly unruffled, he seized the moment's opportunity to smash the nearest object in his apparent desire to maintain a free and clear entry area: a box of doughnuts.

Again, according to witnesses' accounts, the doctor was not satisfied with an initial kick. After wrecking the entire box, he took another punt and forced one last smallish brown doughnut into the street where many bystanders saw it quickly mashed to nothingness.

The witnessing strikers--some 40 in all--already on the bricks for six weeks, decided against filing police reports. The doughnuts, they felt, were irreplaceable. Moreover, the owner had called the police first.

The strike for union recognition will continue, however, according to MIWU spokespersons. The restaurant workers have petitioned the WERC for an election to speed up a settlement for winning the right to bargain with management.

Doctor Liao immediately responded by hiring attorney Jack Walker of the (now infamous law firm: Hortonville & Hilton) Joe Melli attorneys. The firm's first move was to snag up the election process with refusals to stipulate to employee lists.

The picketing at 529 State Street will be continuing at mealtimes.

PRICE COMPARISON CHART From WSJ

Product	City	C.M.	
Milk	1.40	1.22	
Eggs	.84	.78	XL
Bread	.51	.52	
Butter	1.20	1.28	
Potatoes	1.26	1.10	
Flour 10 lbs	1.82	1.44	
Ground Beef	.77	.84	chk
Sirloin Steak	1.89	1.80	
Bacon	1.84	1.09	
Chicken fryer	.61	.52	
Frozen O.J.6 oz	.33	.25	
Lettuce	.48	.35	
Tomatoes. 1 lb	.69	.40	
Tuna Fish	.57	.57	

Above prices for Jan. 10 & 11, respectively.

Minutes of the last quarterly membership meeting were not printed in the Chew On, because the Chew On has not been to press for some time. Members interested in the decisions and undertakings of the meeting are referred to the official meeting minutes in the CM files at the warehouse.

CM GAVE TEACHERS ITS SUPPORT

CM supported the teachers in their recent strike against the school district management. By providing an economic alternative, CM was able to provide the striking teachers with a 5% discount off its regular selling price of foods offered at the warehouse.

As the price comparison chart, above, from the WSJ demonstrates, CM in a typical week provides a considerable economic advantage over corporate retail outlets (during the week shown, to the tune of 16.8%).

As a matter of policy, CM and its members on an ongoing basis continue to lend their support to striking workers everywhere.

If any member has qualms over giving economic support to a notorious scab outfit like Bagels Forever while using our profits on the sale of their products to support strikers, let her/him be heard.

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CCCCCCCCC   HHH   HHH   EEEEEEEEE   WWW           WWW OOOOOO NN   NN
CCCCCCCCC   HHH   HHH   EEEEEEEEE   WWW           WWW OOOOOO NNN  NN
CCC         HHH   HHH   EEE          WWW         WWW  OO  OO NNNN NN
CCC         HHHHHHHHH   EEEEEEEE     WWW    W    WWW  OO  OO NNNN NN
CCC         HHHHHHHHH   EEEEEEEE      WWW  WWW WWW   OO  OO NN NNNN
CCC         HHH   HHH   EEE           WWWWWWWWWWWWW   OO  OO NN  NNN
CCCCCCCCC   HHH   HHH   EEEEEEEEE      WWWW  WWWW     OOOOOO NN  NNN
CCCCCCCCC   HHH   HHH   EEEEEEEEE      WWW    WWW     OOOOOO NN   NN
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Volume 6 A Common Market Newsletter Number 2

PCC MEMBER DRIVE

The Planning & Coordinating Committee (PCC) launched a membership recruitment drive recently as an alternative to forming the committee anew.

New committee members are being wooed with a leaflet explaining the functions of PCC, its past activities, and plans for the future. The leaflets, which are being handed out during pickups, include a petition for membership which must be signed by at least 10 CM members from two or more ordering groups.

Capital Plan

The Finance Committee concluded that a temporary 2% markup on sales is needed to compensate for a projected cost increase of $5,000. As alternatives to continuing the markup, the committee suggested increasing the number of products available and/or increasing CM membership.

The committee also asked the PCC for at least a 1.7% markup authorization in order to keep as many items as possible below supermarket prices. By using the markup on items priced well below supermarket levels, the committee would be able to mark down other items closer to the stores' prices.

Other action included a request of the PCC to recommend allocations for advertising & community support. Previously, about $1500 to $2000 has been donated to community projects each year.

Recruitment of new CM members was conceded by FC members to be the key to avoiding price hikes & to serving a wider community. A descriptive brochure is planned to facilitate familiarizing potential members with the advantages of cooperative buying thru Common Market.

New PCC Meeting Hours and Days

Beginning this month PCC meetings will be held on the second Sunday of each month at 2 p.m.

SURVEYING THE STRAIGHTS

Sand Castles

The deserts are growing, warns a number of ecological experts. The Sahara alone is spreading by hundreds of thousands of acres a year.

As one might expect, man is the culprit. The population explosion has led to increased tilling and grazing of marginal land that easily converts to desert after protracted drought.

Wiser agricultural practices could help, the experts say, but they add that pressures and dependency on cash-crop economics make such measures unlikely. (New York Times)

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ZAPPING THE FARMWORKERS

In its continuing quest to eliminate the labor-intensive headache to agribusiness, the USDA is pushing its engineers to market the lettuce cutter they have developed that will use gamma rays to determine which heads are ripe for picking.

No longer will growers have to rely on human hands for the task of testing firmness. All those troublesome difficulties with migrant farmworkers will be eliminated!

The engineers claim the gamma rays are safe & do not affect the lettuce. Problems would occur only if the radioisotope used to produce them managed to leak out, they claim.

Eight years of government money (ours!) and research have gone into developing the machines, some of which already are operating on an experimental basis in California lettuce fields.

None of this should be construed to mean that the price of lettuce will actually come down, however. Growers will no longer have to pay about 3,500 seasonal workers, mostly Chicanos, who would lose their jobs, but the machines cost between $50,000

(Zapping, continued)

and $100,000 each. The supply and therefore the price of lettuce will continue to be dependent upon favorable weather conditions.
(Cap Times)

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More Facts, More Facts

Women want to know more about the birth control pills & other medication they consume, FDA surveyors have just found out.

Currently, only birth control pills & some asthma drugs are required to contain informational literature in the packaging, but a broadening of the requirements is now being considered by the FDA.

Eighty-eight percent of the women surveyed said they read the information that comes with the pills, but eighty-one percent said they wanted more information on the pills' side effects.

All but a few of the women favored requiring informational inserts for tranquilizers and antibiotics.

(Milwaukee Journal)

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Running Out of Water

As if the prospect of encroaching deserts wasn't enough, a Univ. of Michigan scientist has warned that the world will reach the limits of its water resources by the year 2000.

And water reserves will run out even sooner if pollution control is not greatly improved, George W. Borgstrom predicts.

Because of widespread water pollution and the need for irrigation, wells are being drilled deeper and deeper, he said. In a single year, he added, drillers in some areas of the southwest are pumping out water that took centuries to accumulate.

One of the solutions suggested by Borgstrom is the adoption of dry process sewage treatment, something that is already being tried in Sweden and other places.
(Milwaukee Journal)

Dial-A-Hint

A multitude of taped hints about gardening, canning, freezing and other pursuits about the house can be obtained by dialing your telephone. The number to call is 263-3100.

You have to know what number of the tape bearing on your interest to ask for. For example, if you want to know something about crabgrass control or growing rhubarb, each of these subjects has its own call number.

As a service to its members, CM will post on the warehouse bulletin board a listing of the call numbers and their corresponding subject titles. The tape service is courtesy of UW-Extension.

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Vegetarians Multiply

For reasons economical or ethical or otherwise, vegetarianism has become increasingly popular in recent years.

U.S. vegetarians are now estimated at about 10 million people, about double the number five years ago. There are now numerous vegetarian publications and while a vegetarian restaurant can not be found on every street, most large cities have at least one.

Recent experiments are refuting the belief that meat eaters are healthier. Increasingly, respected economists are pointing to the tremendous caloric waste involved in raising livestock.

If nothing else, the existence of world hunger is a powerful incentive to reduce meat consumption.
(Capital Times)

(By and large, human beings eat only vegetarian animals. That seems to us a round-about way to get to the vegetables.--Ed.)

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Consumer Type News

The Newsletter Committee (Barbara Munson and Al Dela Rosa) have decided to include items of interest in the Chew On in the absence of hard news from the various committees, which are undergoing a reconstitution or revitalization. We also recommend that you tune in to Back Porch Radio. Later.

Strike Support

The imminence of a strike by the UW Teaching Assistants Assoc. had, at the time, added importance to CM's attempts to organize a continuing strike liaison committee to support workers' strikes in the Madison community.

The committee concept has evolved from CM's policy of community involvement and its history of support for worker efforts.

Such a committee would enable CM, according to a CM Spokesperson, "to act smoothly, quickly and effectively" in assisting strikers and help educate the community workers' issues.

Currently strike support is handled by the Planning & Coordinating Committee, which recently has provided assistance to Madison teachers and the Mandar-Inn restaurant workers.

In the case of the striking Madison teachers, union members were offered CM food at a 5% discount as well as a temporary waiver of the membership fee. In return teachers were asked for a work commitment equal to three hours per month per family.

Leaflets describing CM were distributed with price lists to strikers with the assistance of picket coordinators. The union also assisted with typing and printing of the leaflets.

In addition to a number of teachers who had been CM members of some long standing, five teachers' ordering groups were formed. Some of the new members have remained in the co-op after the strike settlement.

Mandar Inn Strike Support

Support was provided to the Mandar-Inn strikers by increasing the price on bagels made by Bagels Forever, a notorious anti-union and scab employer in Madison, and one of CM's vendors. By raising the price charged by most area retailers, CM abtained about $20 a week for the Mandar-Inn strike fund. Many CM members took advantage of the option of buying bagels made by a bakery cooperative which competes in the community with the entrpreneurial strike breaker known as Bagels Forever (see relevant letter and editorial elsewhere in this newsletter). Nature's Bakery bagels have provided CM members who do not wish to support a strike-breaking employer with an alternative source of bagels made with organically grown ingredients. The volume in Nature's Bakery bagels has quadrupled since the Bagels Forever markup.

CM Strike Support Improved

Both strike support efforts demonstrated a marked improvedment over earlier attempts, dating back to 1973, to support workers who are at odds with their employers in the community.

The first attempts--during the General Beverage and Research Products strikes--were hampered by organizational foul-ups in CM and a serious lack of communication among co-op members, strike leaders and the strikers.

The result, reports a CM staffer, was that quite a few people perceived CM as a prosperous, charity-dispensing organization, rather than as a group of consumers and workers who are part of the workers' struggle everywhere.

CM: Food or Politics?

The CM strike support policy resulted from discussions between members who feel the co-op has a primary obligation to supply its members with an alternative food supply distribution system and members who feel that an alternative marketing structure must necessarily involve a broader community of interests and issues.

The resulting consensus arrived at the belief in worker and user control of service institutions and the compelling responsibility of CM and its membership to join the struggle to bring this about.

Moreover, it is recognized that CM, if not a part of the prevailing social and economic system, is directly affected by it. Only by broader community involvement, and not by narrowing its focus, will CM be able to act as an agent of change.

CM Strike Support Plan Questioned

Dear Chew On:

I question CM's decision to continue to purchase Bagels Forever bagels and charge a higher price to CM members, with the proceeds of sales to go into a strike fund.

As I understand things, CM clearly objects to Barry Berman's tactics in keeping out a union at his Bagels Forever factory. However, I would think that the only effective boycott would be to stop buying the product altogether. This is a concrete way of protesting. CM could notify other co-ops of its action and ask them to join in this boycott. CM and the other co-ops would picket, take out an ad in newspapers, or leaflet.

By purchasing Bagels Forever goods, it seems to me that CM continues to give support to something that it states it does not believe in. Bagels Forever continues to make money and get advertising as CM members share their bagels with friends.

I could not imagine the UFW condoning a CM action of selling non-union lettuce or grapes at a large profit and then giving the money to a strike fund.

If it is the only way to change this action, I would favor a referendum in which all CM members were given an opportunity to listen to the arguments and then permitted a thoughtful vote on this issue.

--Kathryn Delahanty

Editorial

A labor tradition that predates the Wobblies and persists to this day requires the total and complete economic sanction imposed on scab employers.

CM member Delahanty, whose letter is above, is right on. In the past, boycotts had the sides lining up, on one side with workers in support of the sanctions in support of a strike or a boycott resulting from a broken strike, and on the other side with management trying to blackmail the masses with advertising, police brutality, reprisal or intervention to bust the strike or boycott.

California agrbusiness successfully got Nixon to order the Pentagon to buy up lettuce and grapes when the UFW boycott proved effective in the marketplace.

CM acts as Berman's Pentagon when it insists on retailing Bagels Forever bagels. The size of the surcharge notwithstanding or the intended use to which the overcharge is put aside, CM's decision to continue Bagels Forever as a CM vendor is to recognize its place in the market in which it insists workers are not to have a voice. It legitimizes its arguments that only the Bagels Forever management has a voice in the economic conditions in which its products are to be manufactured.

CM may wish to bapitze its holy intentions through its "the ends justifies the means" ratiocinations; but by doing so, it sets itself apart from the labor community, and from labor history, tradition and agony. If CM wishes to identify with workers, it cannot turn its back in a rejection of their strategies developed around a long history of employer abuse.

If CM wishes to support workers and in turn get worker support, it must totally identify with the jeopardies faced by workers who are at the economic mercy of employers but for a union contract guaranteeing job security and, insofar as management is capable, human dignity.

As a former union business agent, labor organizer and negotiator with many years' experience, I am scandalized by CM's action. Ms Delahanty is right on, I repeat, when she insists that such a decision ought to involve a much wider proportion of the CM constituency. Our collective naivete vis-a-vis strikes and boycotts would, if it means anything to anybody, evoke scorn if not ridicule from the labor community.

While we may not see eye to eye with labor hacks like George Meany, who is at the top of the labor hierarchy, it does little good or offers little comfort to the rank and file laborer if we insist on contributing to a fragmentation of the working classes.

The position of this writer is the same as with any scab: cut him off from the community until he agrees that he should like once again to become a part of it. Berman should not be a part of the Common Market enterprise.

--A. V. Dela Rosa

Community Union Materializes

The Community Union (CU) focusing on socialist-feminist issues, is still in its infancy. And yet it is already establishing a communications network and a strike support strategy.

The result of an open letter of concern published by the Solstice Committee last month, the union is an attempt to bring together the various radical and alternative groups in the Madison community to increase effectiveness and to achieve a broader base of support for socialist-feminists efforts.

At its April 6 meeting, the union's Coordinating Council voted to establish a TAA support group and recommended that union groups set up strike funds and display TAA collection cans. Members were urged to pick up the TAA Letter to the Community at Wil-Mar, 953 Jenifer Street; or at Martha's Co-op, 225 Lakelawn, for distribution to neighbors and friends.

The process of setting up a Phone Tree communications network was begun. Plands call for including one or two contact persons from each CU group.

The council broke up into small groups to discuss the Solstice Committee's consensus decision-making model. Upon reconvening, the council decided to attempt to obtain consensensus on CU actions, and to resort to vote-taking when consensus cannot be reached on crucial decisions.

The next coordinating council meeting will be at 7:30 p.m. at Wil-Mar

The Solstice Committee's open ltr insists on the need for a socialist-feminist perspective to combat or correct the failures of the capitalist system: world-wide economic distortions, oppression of Third World peoples, unemployment, and the distortion of personal relationships.

The committee feels that "the principle of socialist-feminism combines the historic insights of socialistrevolution with the more recent insight that personal/cultural liberation is an inseperable part of the revolutionary project.

"Socialist-feminism reminds us that our personalities are a product of capitalist and patriarchal society and challenges us to struggle to change those reactionary parts of ourselves as part of the process of revolutionary change.

"Socialist-feminism also strongly affirms the importance of all oppressed groups as an integral part of the struggle for revolutionary change--women, racial minorities, gay people, and others, as well as the working class."

The committee emphasizes that thworkers must be the basis of the movement, since revolution will occur only when workers are able to control their work, i.e., the means of production. By workers, the committee emphasized that it meant blue and white collar workers, with special consideration for the underemployed, part-time workers, retired persons, and students.

A Community Union is needed to bring the various groups which support a socialist-faminist philosophy together to create a unified movement. By uniting, the committee maintains, "we can win strikes, force tenentas' demands on landlords, carry out extensive political education programs on the community, elect radical candidates to local office, build stronger co-ops, build radical organizations of the unemployed and help radical labor caucuses." Moreover, a unified local effort could contribute to kindred national and international struggles.

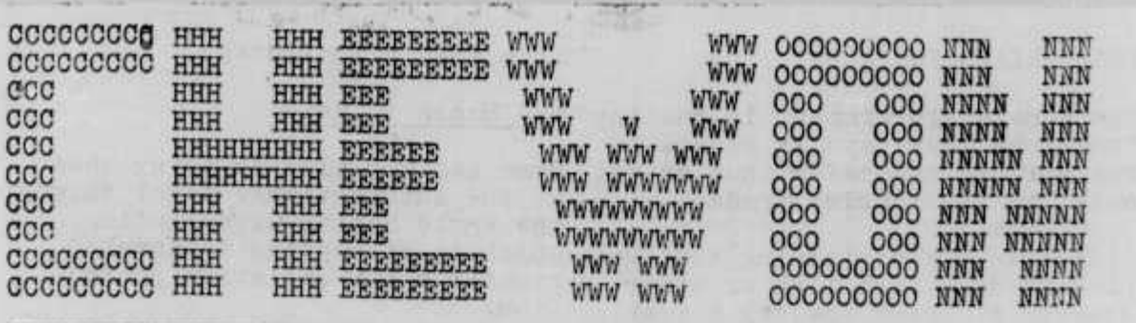
The committee encourages the need for a dualistic approach to mass community organization: that is, each member group would be recognized as autonomous while maintaining its commitment to a united effort.

The Clockwork Orange

Austin, Texas, food buying groups had difficulty finding organic citrus fruit last fall.

What they found on a visit to the citrus-producing Rio Grande Valley were massive heating and dying operations that turned unripe grapefruits and oranges into cosmetically appealing, chemically ridden products.

The organic citrus fruit the group were able to find was reported delicious despite the green skins, the sign of an authentic orange or grapefruit at that time of year.



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WORK COMMITTEE MEETING

Several CM work coordinators have suggested beginning and ending food distribution earlier on Wednesdays to enable coordinators to close the warehouse at a reasonable hour. The coordinators noted that groups who are late making pickups sometimes delay closing well past the 10 p.m. deadline.

Worker Rap Breaks

Coordinators have been asked by the PCC to institute 15-minute breaks during work shifts in order to foster interchange among workers. PCC members requested the breaks as a way to prevent worker isolation, while developing community feeling and more member participation in CM operations. Since scheduled breaks may not be feasible during food distribution, coordinators for those shifts were asked to take advantage of slow periods to become acquainted with the workers.

CCoordinators also issued a plea to workers to store or dispose of boxes, bottles, trash, & other items of litter before finishing a work shift. All trash cans should be emptied as part of the final clean up.

TUNA & KILLING OF PURPOISES

By carrying tuna, many food outlets are contributing to a fishing practice that causes needless death of an estimated 130,000 porpoises each year. (Ed. Note: CM carries tuna.)

The large, frolicking porpoises are used as "spotters" by tuna fishermen and fisherwomen who know that they frequently accompany schools of the valuable yellowfin tuna When the fisherpersons draw in their nets, porpoises become entangled in the snare along with the tuna Even though the fisherpersons are required by U.S. law to attempt to release the porpoises, many of the air-breathing ocean mammals still drown in the nets. The older porpoises are wilier than the young, but stay behind with the inexperienced ones and thus they are trapped in the nets together.

In response to a suit by environmental groups, Federal judge Charles Richey recently ordered a halt to using porpoise to fish for tuna. But an appeal is planned by the American tuna fishing fleet.

The fisherpersons argue that the ruling will cost them their livelihood or force them to fish under the flags of foreign countries, which do not place restrictions on tuna fishing. Fisherpersons also say they constantly are reducing the porpoise kill with improved nets.

International laws are needed to preserve the porpoises, but until they are obtained, the best preservation method is to avoid buying the light, yellowfin tuna. There are other tunas on the market, such as bonita, that are caught without the massive kill of porpoises.

KIDS MARCH TO SAVE ANIMALS

A lot of Madison kids got together recently and marched down State Street to the Capitol building all in the name of saving animals.

Don't kill animals for fun or fur, was their motto and the theme of the get-together. Other words beginning with the letter "F" might have been added.

Farm animals being known to be sexually abused by farm boys aside, it is a short leap in logic to add the killing of animals for food. The thought did occur to many a youngster who participated in the march, but Miles McMillan, a stout-hearted man, would not support any extension beyond fun or fur: four-letter words were out.

--A.V. Dela Rosa

VEGETARIANS FOR A DAY

The Russian government is pushing "meatless Thursday" in Moscow restaurants and cafes that do not cater to the tourist trade.

Officials are explaining that replacing meat with fish or other dishes at least one day a week is not a move toward conservative Catholicism but will result in more balanced nutrition.

Other observers have noted that the new bend toward vegetarianism has coincided with a meat shortage related to last year's poor grain harvest.

Whatever the reason, the campaign might at least prove to doubters that meat is not necessary for superior cuisine, survival, or, as detente is being expunged from our diplomatic vocabulary, for Soviet-American relations.

RADIATION POLLUTION: Life in the Magnetic Field

As American technology races onward and upward, more television and radio transmitters, more power transmission lines, more radar installations, and more microwave ovens are being installed.

Electric Full Nelson

And all of these emit hazardous electromagnetic radiation which may have ill effects on the human nervous system, growth, behavior, and possibly, metabolism.

Magnetic Slings and Arrows

Federal studies achknowledging these hazards have been around since 1974, and yet proliferation of radiation sources goes unregulated. For example, more than 200,000 microwave oven are expected to be sold for home use this year. By 1990 it is estimated that the country will have 10,000 miles of high voltage power lines, meaning that as many as one million people could be exposed to the accompanying intense radiation fields at least briefly.

Russia Tuned In

The Soviet Union has adopted a far more cautious approach based on findings of its own researchers. In Russia the permissible exposure levels (other than that beamed at our embassy) have been set 1000 times lower than in the U.S. for long-term exposure and ten times lower for exposures of less than six minutes.

WHO Hopes to Help

Some headway also is being made at the international level through the World Health Organization, which is attempting to develop standards for radiation protection.

--The Futurist

The Other Energy Crisis: Firewood

A paper entitled The Other Energy Crisis: Firewood was published by Worldwatch Institute to focus attention on the severe dwindling of the fuel supply in underdeveloped nations.

Without access to coal or oil, most people in these countries depend on wood for cooking and heating. But population has outpaced the forests as well as reforestation efforts. Now families are having difficulty obtaining necessary firewood, and many denuded areas are becoming arid wastelands.

Moreover, the firewood shortage has reduced the availability of fertilizer, since dried animal dung increasingly is being used as an energy substitute.

Worldwatch suggests that economic assistance efforts for the underdeveloped world place high priority on resolving the firewood crisis..

A Possible Solution: Burning The Candle At Both Ends

Futurist editor Don Larson suggests that nitrogen-fixing shrubs may be the answer to restoring ground cover and firewood supply to regions devastated by overcutting or overgrazing.

He notes that shrubs thrive in relatively poor ground; their roots will hold soil in place and allow the natural process of restoration to begin.

Nitrogen-fixing shrubs are especially important in restoration efforts because they return badly needed nitrogen to the impoverished soil. Indeed, the fact that these plants have their own nitrogen supplies enables them to thrive in hostile environments.

According to Larson, nitrogen-fixing shrubs are native to all parts of the world. He optimistically predicts: If man/woman were to plant nitrogen-fixing shrubs in all areas of the world

that he has ravaged and made into wastelands, he/she would soon have an abundant supply of firewood, erosion would be checked, floods reduced and the soil would gradually be rebuilt to a state that would, in many cases, support the original forest conditions.

CM SWEET FIX: The Ice Cream Hit

Soon to be added to the CM shopping list are the genuine, homemade delights of old-fashioned ice cream from the Elroy Dairy.

Made by Don and Marge Ladwig from strictly natural flavorings and ingredients, the ice cream has a reputation that brings campers from Chicago to Elroy, Wisconsin, kicking their heels just to lick their chops.

The pineapple-orange flavor comes highly recommended, but the other flavors, including cherry, chocolate, mint, butter pecan, raspberry and cinnamon are also guaranteed top quality.

PRIMER ON PESTICIDES

Chew-On's pesticide advisor offers the following guidelines to persons planning to do battle garden invaders.

Pesticides of all categories, i.e., insecticides, herbicides, and fungicides, are chemicals which are useful because they harm some forms of life. In other words, all pesticides are toxic to some forms of life as their intentional targets, as well as unintentional, including human life in some cases. The following steps, therefore, are recommended when using pesticides.

1. Read the Label & Follow Directions. All pesticides registered with the Environmental Protection Agency are required to carry labels indicating precautions to be taken in their use.

2. Persistent pesticides (chlordane, heptachlor, aldrin, dieldrin, toxaphene, atrazine, 2-4-D) will spread to nearby plots and thus may affect your neighbor's garden. Many members of this group have been banned by the EPA, but are still being sold or are commercially available.

3. Herbicides should not be used in the garden plot, since they are difficult to control and can harm your own crop as well as your neighbor's.

4. Know your Insecticides. The following provides some information on the common varieties.

a. malathion, generally safe to humans.
b. sevin (carbaryl), extremely toxic to bees, should not be used by or near pregnant women: it can cause birth defects.
c. chlordane, heptachlor, aldrin, dieldrin, extrmely lasting, tests indicate all four can cause cancer.
d. metasystox, dangerous, due to high toxicity.
e. disyston, similar to metasystox, but with lower toxicity.
f. rotenone, a natural organic insecticide of dubious efficacy: it may cause cancer.
g. pyrethrin, another natural insecticide, ineffective when used alone.
h. vapona (DDVP, dich orovos), a dangerous highly toxic chemical (used in Shell no-pest strips).
i. lindane, a relatively safe and effective pesticide. A close relative of lindane, BHC, is a persistent, mobile and carcinogenic chemical which should not be used.

Finally, the Pesticide Adviser notes that insecticides are nonspecific: they kill beneficial as well as harmful insects. Frequent use will wipe out the beneficial insect population & make the gardener even more dependent on the chemicals.

FOODBUYING AND THE ELDERLY

Many elderly people have difficulty simply in getting to a grocery store.

And this problem is a Common Market problem, if its members want to involve people of all ages and incomes in the enterprise.

Several elderly visitors to the CM South Madison Bicentennial booth last month expressed interest in joining CM, but explained that they would be unable to pick up their orders, nor nor would they be able to perform regular work tasks.

One option to permanently locking elderly people out of the CM enterprise might be a delivery service possibly paid for by a small added charge. Another is a citywide grocery shopping service for the home bound, aged

55 or older, being planned by the West Side coalition for the Aging.

The coalition set May 26 as the deadline for expressing interest in the service. But perhaps CM could still cooperate with their effort

The coalition may be contacted at 238-2773 or 231-1289

FARMWORKERS IN LIMBO

After making initial progress on behalf of farmworkers, California's innovative farm labor law is virtually nonfunctional.

After five months of operation, the board which administers the law has run out of funds and as a result secret ballot union elections are uncertified, causing delays in contract negotiations.

Now farmworkers supporters are focusing their hopes on a referendum to be held this November to restore funding to the board.

Before the board ceased operations in February, it had overseen 355 elections, of which the United Farm Workers had won 54% of them. The Teamsters won 34%, and the balance voted no union.

Teamsters and growers were successful in blocking attempts to pass additional appropriations for the board in the California legislature and they are marshaling their forces to defeat the November referendum.

There still is an outside chance, observers say, that Gov. Jerry Brown can twist enough legislative arms to obtain funding, but the referendum appears to hold most promise for the UFW.

WHEELING & DEALING AT ICC

Recently the revitalized Food Committee had a chance to learn how goods and supplies are ordered & transported to the CM warehouse.. ICC staffperson Jo Freudenheim explained the ICC, a trucking cooperative, philosophy and operation to committee members at its regular monthly meeting.

ICC serves co-ops in Wisconsin & Illinois. It trades with other warehouses in California, Texas, & other states. Co-ops from as far away as Arizona & California order cheese from ICC--the co-op answer to Swiss Colony. ICC grew gradually from simply a trucking cooperative to its present warehousing operation with the help of the Ann Arbor and Minneapolis cooperatives. In like fashion, & following the same principles of cooperation, ICC assisted in the establishment of a co-op warehouse in Chicago.

ICC furnishes CM with grains, pastas, produce, cheese, & a third of its canned goods. To do this, it deals with a number of concerns & businesses. Cheese comes from several small, family-sized producers throughout Wisconsin, as well as from one large commercial enterprise.

The operating philosophy of ICC is to try to deal with individuals rather than corporations and thereby influence producer attention to quality. The Prince Macaroni Co. in Chicago, for example, supplies whole wheat pastas to the Madison cooperative community through CM via ICC. This small company is run by brothers who invested time & energy to a failing concern to revitalize it. The business generated by ICC & other co-op warehouses accounts for 50% of the firm's whole wheat pasta income. The wheat for the pasta is ordered by ICC.

Futures trading plays a role in ICC ordering. ICC's dealer in sunflower seeds in West Fargo, N.D. was unwilling to commit itself to supplying more sunflower seeds than had been ordered last year, since the price paid for the seeds may increase later in the year due to market pressures for sunflower oil & other products. Contracts are being drawn up even as the seeds are barely in the ground. By a circuitous route involving Duluth, Hibbing, West Fargo, & Minneapolis truckers, the seeds are finally delivered in Madison. This is merely a glimpse into how ICC delivers the goods to CM. --Sara Richards.

CM NEEDS MORE COORDINATORS! We can use your talents, particularly on Mon. afternoons & eves., Thurs. a.m., afts., & eves., & sat. a.m. Work job credit will be given for training. Contact Eliza at the warehouse.

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COMMON MARKET is going to start participating in the Dane County WIC (women infant children) program. Starting next week's list CM members will be able to pre-order infant formula, baby juices, and baby cereals. Look for these new products.

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The following products will be at the market this week for sale w/o pre-order. They will be on the list next week.

___.60___Baking Powder Rumford 10oz. (no Sodium Aluminum Sulphate)
___.53___Cereal Cream of Wheat 14oz. Nabisco
___.42___Cereal Gerbers Hi Protein 8oz.
___.42___ '' Gerbers Mixed Grain 8oz.
__1.19___Grapenuts post 24oz.
__1.02___Cereal Product 19 Kellogg 12oz.
__1.07___ '' Total Gen Mills 12oz.
__2.81___Formula Enfamil w/Ir. 160z.
__2.73___ '' Similac w/Ir. 16oz.
__2.75___ '' SMA w/Ir. 16oz.
___.21___Juice Gerbers Mixed Fruit 4oz.
___.21___Juice Gerbers orange 4oz.
___.60___Lemon Grass Tea ¼#
__1.05___Earl Gray Tea ¼#
___.84___Toothpaste Coop Mint 7oz.
___.84___Toothpaste Coop Reg. 7oz.

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This sheet is available for community announcements. Contact John Bird at the warehouse for information.

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Suppoart the Newspaper Strikers. Subscribe to the Madison Press Connection. Subscription blanks at the warehouse or send $3.25 to Press Connection, P.O. Box 9523, Madison, WI 53715

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FOOD COMMITTEE MEETING The January meeting will be held next Tuesday, January 17, at 7:00 p.m. at the warehouse. All members and interested parties are welcome!

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VOLUNTEERS VOLUNTEERS VOLUNTEERS

On Jan. 23 &24 Mon. & Tues., Common Market will be sharing an information booth with Langdon St. in the memorial Union. We need 6 volunteers, 3 each day.

10:00-12:00
12:00-2:00
2:00-4:00

Let Eliza or John know at the warehouse.

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The next P & C committee meeting will be Feb. 12th, time and place to be announced.

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New products here or coming: RedZinger Tea - bulk; Celestial Seasonings Tea Bags; full line of NO NITRATE and NO NITRITE sausages, some from Jones and some from Bavarian Kitchen; Earl Grey Black Tea, Lemon Grass Herb Tea; Garlic Powder and Tarragon. We are thinking about frozen fruit salad. Check it out at Willie Street Coop and give us a holler. Ice cream from Elroy all natural no extenders, it will be selling at $1.70/½ gallon - you should be letting us know how you like it. We are replacing the Ice Cream Shops stuff.

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We will be instituting a 5 or 10% non-member surcharge on the Saturday sale - this only will effect non-members. Members are encouraged to use the Saturday at regular prices. We will make some arrangement for people who wish to try out CM before joining. The money will be put into capitalization.

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Looking at some outages last week. We might not always have your specific cut of organic meat but should have a substitute - please ask. A few items we get from Associated Grocer have out. This is a two week order and we have to estimate and sometimes we win and sometimes we lose. You only see the outs, sometimes you should see the overs.

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The food committee has suggested not carrying Miller Horne products. We are looking for other sources of low cost canned vegatables, but low cost canned soups might be hard to get. What do you think?

****

Common Market has purchased some equipment: 10ft. freezer; 8ft. dairy case and a 30ft. produce cooler. Big strong persons are needed Monday Feb. 27th to move this aforemention equipment to the whereever. Work credit given, all the beer you can drink offered. Please leave word or see John Bird at the warehouse.

****

We have been having allittle problem with Trimline Cottage Cheese. We try at least to have a dub for you. Nancy"s yogurt is also a 2 week order and gives us a little problem once an a while.

****

Mistake last week: Keach's products do have nitrites.

****

YEA YEA !! JANE'S BACK YEA YEA!!

****

P & C committee meeting: Sunday Feb. 12, 1:30, Kent Peterson room 1342 Rutledge, 251-4314.

****

Food committee meeting: 7:00 PM, Feb. 21 at the warehouse. You All Come.

****

Benefit: Madison Tenent Union. Eat Feb 11 at Wilmar, Chile Supper starting at 6:00, square dancing at 8:00 ALL OF EVERYTHING $3.00

**

Wheat Germ Recipes

Wheat Germ Pie Crust - the easiest and best:

1 cup wheat germ
1 tablespoon honey
4 tablespoons oil
1/2 teaspoon cinnamon

Combine ingredients and press into pie pan. Bake at 325° for five to eight minutes if you're making a no-bake filling. If your pie is to be baked, do not pre-bake the wheat germ crust.

- - - - - - - - - - - - - -

Real Granola: Combine in the biggest bowl you can find:

2 cups rolled oats
2½ cups raw wheat germ
1 cup bran
1 cup rye flakes or wheat flakes (or substitute more rolled oats)
½ cup chopped walnuts
½ cup chopped cashews
½ cup sunflower seeds
½ cup sesame seeds
½ cup molasses
½ cup honey
½ cup coconut
½ cup liquid lecithin or safflower oil

Mis it all up until you're satisfied that the oil and sweeteners are well distributed. Then pour it into a roasting pan or other large pan and toast it in the oven at 359° for 15 minutes, or until it is somewhat dry and crispy. Stir occasionally while baking.

Another Cranola version: Preheat oven to 400°. Toast the oats and other rolled grains in the oven, shaking every few minutes, until lightly browned.
Then add wheat germ, nuts, seeds, coconut. You may also add ½ cup dried milk and one tablespoon brewer's yeast. Toast for about 5 minutes.
Add oil and honey and molasses; toast 5 minutes more.

- -

Wheat Germ and Oatmeal Cookies:

½ cup oil
1 cup honey
2 tablespoons molasses
2 eggs
2 teaspoons pure vanilla
3/4 cup soy flour, sifted
½ cup skim milk powder, sifted
1½ cups wheat germ
½ teaspoon salt
2 cups rolled oats

Optional additions: ½ cup raisins or chopped dates; ½ cup chopped nuts; ½ cup sunflower seeds; ½ cup carob or chocolate chips.

Combine oil, honey and molasses. Add one egg at a time, beating after each addition. Add vanilla.
Combine soy flour and milk powder. Add riasins (or dates, etc.), salt, wheat germ and rolled oats.
Stir dry ingredients into wet ingredients and blend well. Drop by teaspoons onto lightly-oiled cookie sheet. Bake at 350° for 10 min.
Yield: approximately 6 dozen.

- -

Wheat Germ Bread Spread: Mix one-half cup of wheat germ with one-half cup of peanut butter and one-fourth cup honey. Spread on your bread or toast.

- -

Mix your wheat germ: into the yolk of your poached egg, into your ypgurt, into your omelets, into your cooked green beans, peas, tomatoes or whatever vegetables you cook- put it on right before serving. In yogurt, for each cup of yogurt, add anywhere from one to four tablespoons of wheat germ.

Happy eating for happy living.

DEL MONTE GOES BANANAS

Background on Del Monte Corporation. The Del Monte Corporation ((DMC), the world's largest canner of fruit and veggies has become the largest agribusiness corporation in the world. Its sales revenues total more than its two largest competitors (Stokely-Van Camp and Libby -- a Nestle subsidiary) combined. Its current annual sales are [illegible] $1.5 billion. DMC has various operations in 21 foreign countries and 17 states in the U.S.

DMC is a prime example of a multinational agribusiness firm which has developed a "total food system". It has vertically integrated its system of food control all the way from the genetic development of "super seeds" to the transportation necessary to bring its prepared preprocessed (non)food to the convenience markets. Chief among its corporate operations are the production and marketing of more than 300 varieties of fresh, canned, dried, refrigerated, and [illegible] food in North America and abroad. Its other business activities include contract food services, food vending services, food transportation (land, sea, and air) warehousing, building maintenance and security services, and real estate development. DMC employs approximately 32,000 full-time and up to 42,000 part-time workers for its various seasonal operations.

DMC owns or operates 185,800 acres in the U.S., Canada, Philippines, Kenya, and Latin America, yet the major part of food products come from acreage farmed for DMC by growers under stringent contracts. 10,000 farmers in 15 states grow food for DMC. DMC's production controls are able to severely restrict the farmer decision-making power as well as their income. For example, particularly in its overseas operations, DMC has used "quality control" to limit as well as increase the food supply in order to maximize its profits. Another example is DMC will not accept fruits or veggies with too low a level of insecticide residues, even when farmers can demonstrate that their crops were kept pest free by non-chemical means.

DMC serves as a prime example of corporations which shift their investments to areas where labor, raw materials taxes, etc. are cheap. Such movements deny jobs in the U.S.; stay in a country area only so long as large profits can be made, and generally favor areas with stringent right-wing regimes notoriously lacking in equality and social justice. Example, DMC is in the process of pulling out of their Hawaiian pineapple production and relocating to the more lucrative Philippines.

In most cases, the food grown and processed overseas are not meant for the low cost local markets. DMC either exports the product to higher paying markets or relies on the high income elites to purchase products.

DMC advertising has created a demand for products which are higher priced than other brands (an average of 14%), yet their quality reflects the same usda grades as the less expensive brands. DMC also markets the same products under house brands of supermarkets which sell for less. Besides costing more, DMC's cans contain, oftentimes, less of the product (according to drained weight content) than the less expensive brands.

DMC has been instrumental in the increasing trend toward junk food-- packaged, processed convenient, long-lasting shelf life and filled with preservatives and additives giving artificial flavor, color, and freshness. DMC's expansion into food services, food vending, and food transportation is receiving greater emphasis as the profitability of such (non)food increase maximization of profits.

DMC and Women. DMC has a special relationships to women in at least two ways. First, DMC's $15 million annual advertising budget is aimed primarily at women. Secondly, women are the majority of the 70,000 workers who find jobs in the California canneries. They are employed three months out of the year and 70% earn less than poverty level wages. DMC plays a major role in fighting to hold down wages in California canneries.

DMC and South Africa. DMC has two important operations in South Africa: 100% ownership of the South African Preserving Co. and a contract with a South African fishing firm to export sardines caught off the coast of Namibia (South West Africa). DMC's Namibian operation violates a UN decree banning exploitation of Namibia's resources as long as South Africa illegally occupies Namibia.

DMC's South African operations--along with many other U.S. financial and industrial involvements--help to sustain the oppressive system of apartheid, or separation of the races. Under apartheid Africans have no control over their working conditions and their every movement. Unions and the right to strike are illegal. The extremely low wages paid to African workers, $37 per month in the Namibian fishing industry, make possible the huge profits of U.S. companies like DMC. The rate of return on U.S. direct investment in South Africa in 1970 was close to 17% as opposed to 11% worldwide.

Lifted from Outpost News
Number 16 December 1977

Jan. 22-28 THE THIRD SHEET page 5

CM NEEDS MORE COORDINATORS****
We can use your talents, particularly on Monday afternoons & eves., Thurs. am aftns & evrs, & Sat. am. Work job credit will be given for training. Contact Eliza.

****

COMMON MARKET is going to start participating in the Dane County WIC (women infant & children) program Starting this week CM members will be able to pre-order infant formula, juices, & cerals.

****

This sheet is available for community announcements. Contact John at the warehouse.

****

Support the newspaper strikers. Subscribe to the MADISON PRESS CONNECTION. Sub blanks at the warehouse or send $3.25 to Press Connection, P.O. box 9523,Madison WI. 53715.

****

VOLUNTEERS needed on Jan. 23&24 Mon. & Tues.to person an information booth in the memorial union. We need 6 people 3 each day. The times are 10-12:00 12-2:00 2-4:00 each day. See Eliza or John

****

The next P & C committee meeting will be Feb. 12 time and place to be guessed.

****

BENEFIT BENEFIT BENEFIT
HEALTH WRITERS is showing the film HARLAN COUNTY USA this weekend Jan. 20-22. Tickets for the Sat. 21 show are on sale at common market for $1:00 this is an advance sale deal. Film time is at 8:00 in the MATC auditorium 211 N. Carroll St.

Sunday Jan. 22 the film showing will be preceded by a chicken dinner. The Sunday dinner and film will be at the Univ. YMCA 306 North Brooks. Tickets are $5:00 for the evening. Starting time is 5:30.

****

TRANSPORTATION

The transportation committee needs several more members. If you desire a Work job which is out of the ordinary--exciting driving the race circuit in Madison (W. Gilman St., Monroe St.), then call Carol Mitchell at 271-4263 for times and maps.

****

ATTENTION FOOD PICKER-UPPERS!

Please do not block the passageway to the rear of the parking lot with your cars' (or bikes) adjacent to our dock, (it may load if you're with the or going in & out right then.)

We understand your desire to be close to C.M.'s door, but the drivers at I.C.C. are getting extremely frustrated because of this problem. The area between the phone poles and the side door to C.M. is a passageway to the rear lot, where I.C.C.'s trucks park overnight, and are hooked to an electric outlet. It should not be used for parking automobiles. You may park on the other side of the phone poles, or in the spaces at the front of the parking lot.

--Thanks from the C.M. and I.C.C. staff....

****

How do you like this THIRD SHEET? we hope to have an article pertaining to nutrition or food politics once a week. The stencils are neat so you may have extra.

****

This THIRD SHEET is for member information. We hope to answer some of your suggestions and criticisms this way.

****

Last week's yogurt shortage. The staff goofed and ordered the inventory instead of what was needed To many lists some times. We also miss Jane who is vacationing in the warm.

New products here or coming: Red Zinger Tea-bulk; Celestial Seasonings Tea Bags; full line of NO NITRATE and NO NITRITE sausages, some from Jones and some from Bavarian Kitchen; We are thinking about frozen fruit salad. Check it out at Willie Street Coop and give us a holler. Ice cream from Elroy all natural no extenders; it will be selling at $1.70/½ gallon--you should be letting us know how you like it. We are replacing the Ice Cream Shops stuff.

****

We will be instituting a 10% non-member surcharge at the Saturday sale--this will only affect non-members. Members are encouraged to use the Saturday at regular prices. We will make some arrangement for people who wish to try out CM before joining. The money will be put into capitalization. Also, individuals paying with WIC coupons, Food Stamps, and Welfare Vouchers will be exempted. All elderly individuals will be able to shop at member prices.

****

The food committee has suggested not carrying Miller Horne products We are looking for other sources of low cost canned vegetables, but low cost canned soups might be hard to get. What do you think?

****

Common Market has purchased some equipment: 10 ft. freezer; 8 ft. dairy case and a 30 ft. produce cooler. Big strong persons are needed Monday Feb. 27th to move this aforementioned equipment to the whereever Work credit given, all the beer you can drink offered. Please leave word or see John Bird at the warehouse.

****

We have some frozen cottage cheese and assorted dairy products that were leftover fromlChristmas. They were frozen when the dates ran out. These items are perfectly good for cooking. Try the cottage cheese in the Lasagna recipe below. These items are available for ½ price. Please help out; it we lose this stuff it's higher prices overall.

****

Food committee meeting: 7:00 PM., Feb. 21, at the warehouse. You all come.

****

RECIPES FROM ADA

LASAGNA
8 servings
12 3/4 x 9 x 2 in. baking dish or 3 qt. casserole

1 pkg. (½ lb.) lasagna noodles
3/4 lb. ground beef
½ medium onion, chopped
1 clove garlic, minced
1 can (no. 2½) peeled tomatoes, drained with ½ c. liquid reserved
1 can (8 oz.) tomato sauce
1 tsp. salt
½ tsp. dried oregano
¼ tsp. pepper
1 carton (16 oz.) Riccota cheese or creamed cottage cheese, large curd
3 cups (3/4 lb.) shredded Mozzarella cheese
½ cup grated Parmesan cheese

Preheat oven to 325°. Cook noodles according to package directions, until tender. Meanwhile, in a skillet brown beef with onion and garlic; blend in tomatoes, tomato sauce and as much of the reserved liquid as needed (about ½ c.). Stir in seasonings.

Drain and rinse noodles. In baking dish arrange alternate layers of noodles, meat mixture, Riccota, Mozzarella cheese, and grated Parmesan. Bake for 1 hour, or until casserole is warmed in center and cheese is thouroughly melted. Remove from oven and let stand 10 min. Cut and serve.

ITALIAN SALAD BOWL--6 servings

Parmesan Cream Dressing:
2 egg yolks
¼ c. wine vinegar with herbs, OR 1 tsp. crushed basil, oregano, or thyme
1 tsp. salt
½ tsp. dry mustard
¼ tsp. white pepper
2 cups dairy sour cream
½ cup grated Parmesan cheese

Beat together egg yolks, salt, vinegar, mustard, and pepper until thick. Carefully fold in sour cream, Parmesan cheese and chill.

Salad Bowl:
1 head escarole
1 head romaine
1 clove garlic

Wash and drain salad greens. Cut garlic and rub bowl. Tear escarole and romaine into bowl. Add Parmesan Cream Dressing and toss lightly.

In one of the more dramatic battles of 1977, the [illegible] manufacturer of breakfast cereals clashed publicly with the American Dental Association over the nutritive value of sugar. The president of the Company at one time in the debate even threatened the possibility of legal action against the AdA for its opposition to highly-sweetened food products.

The significance for the health foods industry is not hard to see. The debate reflects a growing and demonstrable interest by the public at large in nutrition, an interest confirmed at the year's end by a poll of the residents in a large midwestern state.

Kellogg Company, of Battle Creek, Michigan, took the offensive against mounting attacks on the value of sugar and thereby initiated the response of the ADA.

A full-page ad, run by Kellogg in selected metropolitan newspapers on November 15, sought to exonerate ready-sweetened cereals from the charges that they "are not nutritious, and perhaps even harmful for young children." The advertisement was signed by J.E. Lonning, Chairman, and W.E. LaMothe, President of Kellogg Company.

An ADA press release on the advertisement, issued on December 1, claimed that it was "seriously misleading the public." Kellogg then defended its position to the point of announcing it was investigating legal action against the American Dental Association.

Though at year's end the debate had quieted down, the conflict underlines the urgency with which both the conventional food industry and the dental establishment view sugar. For one, sugar is a useful food; for the other, is is a troublemaker in the American diet, and a dangerous and needless source of disease.

Kellogg's ad made a direct and bold attack on the criticism that has been leveled against sugar. According to a spokesman contacted by The Communicator, the company "never knew whether this wassmart or not But it did want to respond to an "accumulation of things", including consumer groups concerned about TV advertising aimed at children.

The advertisement, which was accompanied by a list of references, sought to prove a series of "facts". These included the "fact" that "ready-sweetened cereals are highly nutritious", that they "do not increase tooth decay", and that they do not contain an excessive or dangerous amount of sugar.

The ADA, in its press release, countered with the statement that "sugar is a primary causative factor in the (tooth) decay process and that frequent consumption of sweets, particularly those that lend themselves to snacking, should by discouraged."

The ADA has long claimed that ready-sweetened cereals, which can contain over 50% sugar, are often eaten as snacks by children. Kellogg claim, which is similar to that made by the Cereal Institute, is that "most" ready-to-eat cereals "are consumed with milk", and this are not a problem.

The ADA, however, charges that Kellogg's advertising campaign "ten to obscure the essential truth" concerning children's consumption of sugar. It is both excessive, and, when consumed in snack foods, a "special danger to dental health".

A meeting between Kellogg Company and the American Dental Association did occur during December, The Communicator has learned. However, neither side issued a statement. The Kellogg Company spokesman contended that theADA seemed "less intense" at the meeting than they had been in their press release. A source at the ADA said "nothing much has happened."

The ADA did say that in their view, and in the view of their legal staff, there did not seem to be grounds for legal action against them by Kellogg Company.

Altogether, the debate seems to mark vividly the increasing consumer awareness of nutrition. It is an awareness confirmed by a statewide poll conducted by the Minneapolis Tribune. The poll discovered that 8 out of 10 Minnesotans were "careful about the food they eat." It further indicated that "many more women than men consider themselves to use great care about what they eat and that care in eating increases with age." (Minnesota poll)

While the Kellogg Company claims that there has been no decrease in the sales of its ready-sweetened cereals, increasing consumer awareness, combined with the fact that the company undertook an expensive counter-defense of sugar, might lead to the opposite view.

New products coming soon: Rolled Wheat, Pero Lunch-N-Olive mix. Some soon-to-be-departing products: Wheat Berries and Organic Popcorn.

****

The Mifflin Community Health Center will be sponsoring a community forum "Better Active Today than Radioactive Tommrrow--the Health Hazards of Nuclear Power" on Wed. March 1 at 7:30 p.m. at the Madison Public Library, 201 W. Mifflin St.

****

The program will consist of several speakers including Secretary of State Douglass LaFollette and City School teacher Mary Radke. There will also be an NBC film documentary called Danger of Radioactive Wastes.

The program is free of charge and open to the public. For more information call the Mifflin Community Health Center at 257-6463.

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****

I will try to respond to the anonymus note in the suggestion box from a former member who shops regularly on Sat. When you just shop on Sat. and do not pay a membership fee or work at the market, you are being treated in a more advantaged way than everyone who does pay and work. We would be glad to consider you a member if you pay the yearly dues and perform some labor.

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Common Market has purchased some equipment: 10 ft. freezer; 8 ft. dairy case, and a 30 ft. produce cooler. Big strong persons are needed Monday Feb. 27th to move this aforementioned equipment to the whereever. Work credit given, al the beer you can drink offered. Please leave word or see John Bird at the warehouse.

****

Monday Feb. 27th will be a real important day. Lots of work to do so anybody anytime will be greatly appreciated starting at 8:30 A.M. till whenever. We have to move things around at the warehouse plus move coolers from Midway Foods on Park Street. See you all here.

****

We have some frozen cottage cheese and assorted dairy products that were leftover from Christmas. They were frozen when the dates ran out. These items are perfectly good for cooking. Try the cottage cheese in Lasagna. These items are available for ½ price. Please help out; if we lose this stuff it's higher prices overall.

****

This note was found at the top of a price list last week: "Don't worry if things don't go smoothly at pick-up". After having been involved in Common Market for about 5 years, I had a good chuckle.

****

The Book Coop has sent word that they need help. Not enough folks have been shopping there. The Book Coop is located at 254 W. Gilman upstairs (above Bigsby & Kruthers on State). The Book Coop sells books at cover price to non-members, a 10% discount to members, and a 25% discount to volunteer members. Membership is $4.00 for a life membership. Such a deal.

****

DETACH

Special Order Cheeses

____3.88___Edam aged 2½# 1.55#

____3.88___Gouda aged 2½# 1.55#

Both cheeses are aged for one year and are waxed in white wax.

All our regular cheeses (excepting gouda, parmesan, provolone, and aged & mild swiss) are available in approximate 5# blocks. You may order them anytime for a 5% bulk discount.

UPDATE ON NATIONAL CONSUMER COOPERATIVE BANK BILL, S 1010

Good developments since Senate hearings in late January:

The US Treasury Department & President Carter have come out in favor of the bill according to info. from Wisconsin Federation of co-ops. Previously the US Treasury opposed the bill, & Carter was in a "neutral" position of supporting a "trial period." There new developments greatly increase the bill's chances of passing the Senate.

Thi bill came out of the Senate hearings in un-amended form. Scheduled to come before the Senate in February or March, it has been indefinitely delayed because of involvement with the Panama Canal Bill

WHAT YOU SHOULD DO NOW:

Senator William Proxmire is the most important person to convince. Write to him: Honorable William Proxmire
United States Senate
Washington, DC 20510

IMPORTANT: One of his main concerns for not coming out in favor of th bill is fear of alienating small business interests. IF YOU KNOW ANY SMALL BUSINESS PEOPLE (OR ARE ONE YOURSELF), LETTERS OF SUPPORT FROM THEM WILL LIKELY CARRY HEAVY WEIGHT.

FOR CO-OPS: A list of points to include in letters from co-ops:

1. Explain how your co-op does help or could help your community [illegible]-particularly in the case of low-income people and elderly. Specifically, state who you are as a co-op, who you can help, and why you co-op is important to you and your community. It is important to talk about your specific needs, not merely about co-ops as an idea or philosophy.
2. Explain why co-ops need the loan funds & technical assistance provided by the National Consumer Co-op Bank Bill. Again, be specific
3. Say that you want an UNamended bill, that is, the National Consumer Co-operative Bank Bill, S 1010, as it passed the House of Representatives in pre-amended form.

It is very important that we, as "new Wave" co-operatives, voice our support for the bill. This bill will provide non-farm co-operatives with access to comparable sources of financing, technical assistance, and counsel that have been provided to, and have accounted for much of the success of, rural and farm co-operatives for nearly half a century This could literally mean millions of dollars available to "New Wave" co-ops.

****

RECIPES

George's Granola

6 c. oats
2 c. wheat flakes
1 c. wheat germ
2½ c. coconut
1 c. sunflower seeds
1 c. raisins
1 c. sesame seeds
1 c. (or more) peanuts, chopped
1 1/8 c. oil
1 1/8 c. honey
4 tsp. vanilla

Cook about 30 min. in oven (250°). Take out and turn. Add about 1 cup raisins. Cook another 15 to 20 min.

Sugar Fudge

1 c. peanut butter
1 c. honey
1 c. sesame seeds
1 c. sunflower seeds
1 c. carob powder
½ c. coconut (unsweetened, shredde
½ c. dried fruit or raisins (chopped--raisins need not be chopped)

Heat honey, peanut butter until mixed well. Stir in seeds and carob powder. Add coconut and dried fruit. Mix with hands if necessary. Pat into greased 9x11 pan. Refrigerate. Cut into pieces.

From Gail Hoffman-Komro
of Komro-Katzfey

New products coming soon: Rolled Wheat, Pero Lunch-N-Olive Mix.
Some soon-to-be-departing products: Wheat Berries and Organic Popcorn.

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We have some frozen cottage cheese and assorted dairy products that are leftover from Christmas. They were frozen when the dates ran out. These items are perfectly good for cooking. Try the cottage cheese in lasagna. These items are available for 1/2 price. Please help out; if we lose this stuff it's higher prices overall.

****

The Food Committee needs your opinions on an idea that's been floating around recently. The idea is this: If CM carried more items, so that members would never have to shop elsewhere for any extras, it would attract and keep more members. This would mean that we would need to maintain stock on our shelves regardless of how low the sales on an item might be, which would increase our overhead costs.

An example is Nancy's flavored yogurts: this is an item which has low sales, and yet provides an alternative to Dannon. The Food Committee wants to discontinue Nancy's flavors, since the packaging is excessive, and the shipping from Oregon is energy intensive. However, another opinion is that we should keep Nancy's flavors so as to offer variety to our members and keep 'em happy.

Tell us what you think:

(1) Should we discontinue Nancy's flavored yogurts? Why or why not?

(2) Do you think that CM should strive to carry as many food items as possible? Would this, in your opinion, attract new members?

(3) Would you ideally like to buy food exclusively at Common Market? Include any comments.

****

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____3.88___Gouda aged 2-1/2# 1.55#

Both cheeses are aged for one year and are waxed in white wax. All our regular cheeses (except gouda, parmesan, provolone, and aged & mild swiss) are available in approximate 5# blocks. You may order them anytime for a 5% bulk discount.

Special Order Organic Ducks and Geese

____4.68___Ducks Roun or Pekin 3-4# 1.17
___14.70___Geese 8-10# 1.47

RECIPE

"Culinary Catchall by Pat"

Sandwich spread, creating a well-balanced meal for home & "company".

1 tin bonito, drained, flaked
1 C cottage cheese
2 hard-cooked eggs, chopped
1 Lg. tomato, chopped
1/4 C chopped celery
2 green onions, sliced
1/2 C (2 oz.) shredded natural cheddar cheese
1/3 C mayonnaise
1 tsp. lemon pepper
1/4 tsp. salt
whole-grain bread, toasted, buttered & fresh alfalfa sprouts.

Use anything else (or substitute) you have in the frig., i.e., onions need not be green onions. Tomato doesn't have to be a large one, but it does add zest.

****

The following is a letter from MADISON COALITION TO STOP S-1 (P. O. Box 1027, Madison, WI) Letter dated February 17, 1978

Dear Friend:

As you are probably aware, the United States Senate recently passed what is perhaps the most repressive measure it has ever considered. We refer, of course, to S.1437/H.R. 6869, the Criminal Code Reform Act of 1977 (a revision of the infamous Senate Bill 1). This sweeping measure is opposed by many national and local organizations, including the ACLU, the National Committee Against Repressive Legislation(NCARL), by labor Unions(United Electrical, Radio & Machine Workers of America, International Longshoremen's and Warehousemen's Union, the Newspaper Guild), and by religious organizations (the Friends Committee on National Legislation, the Unitarian Universalist Service Committee). The Madison Coalition to Stop S.1 would like to invite your organization to join with us in opposing this imminent threat to our civil liberties.

If S.1437 were to become law it would virtually eliminate the 1st, 3rd and 5th Amendments to the U.S. Constitution. This bill would destroy the Freedoms of Speech & Assembly, Labor's right to strike, and Freedom of the Press. the ACLU has labeled SB1 "a blueprint for a policestate". Presently S.1437/H.R.6869 is in the House Subcommittee on Criminal Justice. Hearings are scheduled to begin next week.

We are enclosing a short & necessarily incomplete analysis of the threats inherent in this bill. The Madison Coalition to Stop S.1 has been involved in the fight to preserve our civil liberties for over 2 years. However, we need your active support & contributions to continue our work. Representatives of our Coalition would be happy to speak to your group to further illustrate the dangers of S.1437 and explain what you can do to help defeat it.

Frank Wilkinson, Ex. Director of NCARL, is currently on a national speaking tour and will be in Madison on March 29 & 30. Wilkinson is a long-time civil liberties activist and has been involved in the battle against S.1 since 1974. If you are interested in having Mr. Wilkinson address your organization, please contact us.

If we are to stop this massive assault on the Bill of Rights, we must have your active support and contributions. We can be reached at 255-8171; 256-7438; 257-0912 or by writing to the Madison Coalition to Stop S.1, P. O. Box 1027, Madison, WI 53701. Meetings are held every Thursday at 7:30 P.M. at the Wisconsin Memorial Union (see Today in the Union for room location). Thank you for your support.

PLEASE WRITE YOUR CONGRESSPERSON AND URGE HIM/HER TO FIGHT THIS TRAVESTY OF HUMAN RIGHTS!

Rep. Robert Kastenmeier
House of Representatives
Washington, D.C. 20510

Senators Wm. Proxmire and
Gaylord Nelson
United States Senate
Washington, D.C. 20510

COMMON MARKET JOB OPENING!!

C.M. is looking for a new staff person to replace one who is leavin The job will begin in early or mid-June. It will start at 25 hours a week, for an hourly wage of $3.61. In the fall, there will be an option of going to full-time with an emphasis on book-keeping. Job duties will include responsibility for the membership file, coordinating work shifts some food ordering, and collective decision-making. We are looking firs for a woman, but men are not discouraged to apply. Some book-keeping experience would be helpful, but not necessary. Please submit informal resumes to the staff, with references and current phone number. Let us know how much experience in co-ops you have. Interviews will be conduct as soon as enough applicants surface.

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GENERAL MEMBERSHIP MEETING 7:00 PM SUNDAY MAY 14, ST. MARK'S
605 SPRUCE ST.

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TO THE MEMBERS OF COMMON MARKET: From: PLANNING AND COORDINATING COMMITTEE

STOREFRONT PROPOSAL

For the last year or so, there has been a lot of informal discussi of the possibility of Common Market's opening a storefront. These idea have been prompted by CM's marginal financial status and its shrinking membership, while the Saturday Walk-In Sales have generally been higher than those of a year ago. The stroefront discussion has become more urgent as this situation of shaky finances coupled with falling membership has continued. The Planning and Coordinating Committee has therefore developed a proposal for combining our pre-order/membership participation system with a storefront operation.

The P&C Committee does recommend that CM develop a storefront operation. This particular proposal is presented both for its own merits and as a concrete focus for a discussion of the entire subject. Such fundamental change in Common Market needs a thorough discussion by the members. We need to achieve an understanding of what we all want to do so that we can all get behind whatever decision is eventually reached. Should we continue pre-order only (no storfront) and try instead to find drastic ways to cut costs? Should we just raise prices as necessary? Sholud we become a storefront relying only minimally or not at all on member work and input? Should we try to combine some of the features of both a storefront and our present operation? The proposal given below is one way of combining the two. A final question: can we muster the energy to see CM through such a metamorphosis?

The P&C Committee would like the membership to approve some overal course of action (or inaction?) and direction for our co-op. This means that a formal vote on whether to develop a storefront will be requested It does not mean that this meeting, at this time needs to decide the operational details of any new arrangement (see examples in proposal . However, some guidance from the membership on these would be important to help the work along. It is important not to get bogged down in non-essentials at the cost of the major decision about the direction of CM.

IT IS PROPOSED THAT:

1. Common Market proceed to move toward a storefront operation which would combine membership work and sales to the general community. This would be developed along the following lines:

a. on the south side of Madison — EXAMPLE: in the S. Park St. area

b. at a location which is <u>visible</u> and <u>convenient</u> by bus, auto, foot, bicycle, skateboard, etc.

c. which is open to neighborhood people, including minorities, elderly, students, as well as present members as individuals and in buying clubs. — EXAMPLE: could provide shop ping and delivery servido for elderly

d. which is open for shopping regular hours, 6 days a week. — EXAMPLE: 8 AM _ 8 PM Mon.-Sat.

e. selling to non-members, members, member buying clubs at varying markups and with varying work requirements

EXAMPLES:

1. If shelf price (wholesale and average markup) is the price to a paid, minimally-working member, we might have:

non-member-	+10%
paid member	0
working member	-10%
buying club	-10%
preorder bulk	-5%

2. The work requirement for members might be 2 hours/wk., or could distinguish (as some co-ops do) between working & non-working members.

3. How it could work for buying groups: pre-ordering would not be necessary except for bulk items. The buying group would have an assigned time to pick up its food from the store. The buying group comes to the store, picks out its order from the shelves, using an order form. They then total their order, usi a calculator provided, and pay the cashier the total. Their order form will later be checked over.

Work requirements for buying groups could be different from those for individual working members. For instance, the work requirement for individual working members might be one work slot of 2 hours/week. For buying groups, the requirement might be 1 work slot/week/6 adult members. This would encourage people to affitlate w/CM as buying groups, rather than as individu

Estimated size needs for an operation like this:
1000 sq. ft. minimum selling area
1000 sq. ft. minimum stroage area
loading area
parking for 5 cars

Estimated staff needs:
4 full-time staff members or equivalent
(8 am-8 pm, Mon.-Sat.; 2 staff for each of 2 6 hr. shifts/day
Option: If we use the Stevens Point paid volunteer method, w might be able to have only one staff person per shift.

2. A committee be set up at this meeting to begin immediately to:
a. look for locations
b. work out organizational details
c. plan the move!
d. co-ordinate the move
e. work out financial needs, seek financial assistance, coordinate specail financial arrangements, and oversee finances generally.

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Proposal to change Common Market Ltd. organized under Chapter 181 non-Stock Non-Profit Corporttion to Common Market Cooperative organized under Chapter 185 Cooperatives.

This would involve dissolving the present legal structure and transferring the assetts to a new one.

Our attorney Scott Herrick says this is a relatively painless operation involving the signing of proper documents by the proper people.

The following reasons are offered in favor of this proposal:
1. Present form of incorporation does not have a strong historical reasoning behind it;
2. Raising Money: Co-ops can issue$50,000 in bonds w/o registerin with Regulator agencies;
3. The co-op name has built-in Karma with city and other community groups;
4. Contracts with other co-ops in city and state might prove helpful;
5. using the word co-op w/o being one is illegal--$100./day fine
6. The co-op bank bill if passed could possibly be helpful.

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In order to change our form of incorporation as proposed above, the membership must approve the change by a 2/3 majority. Such vote must be held with at least 10 days notice. Since we didn't realize this in time for the present meeting, we will ask the meeting to vote on holding a referendum. Ballots would go out with the price list to each individual member, with the following proposal:

"It is proposed to dissolve the Common Market Ltd., incorporated as a non-profit, non-stock corporation under Chapter 181 of the Wisconsin Statutes, and to re-incorporate as The Common Market Cooperative under Chapter 185 of the Wisconsin Statutes. This action can be taken only if two-thirds of the ballots returned approve of it."

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AGENDA ITEMS FOR MEMBERSHIP MEETING are: (1) Announcements; (2) Additional Business; (3) Financial Report, 1977; (4) Discussion of storefront proposal and decision on it; (5) Decision on referendum to change form of incorporation; (6) Adjournment.

--Con't from last week

Gluten, a mucous-forming, sticky substance, decreases markedly in sprouting seeds, leaving a crumbly residue which is more easily absorbed

The enzyme lipase converts the complex fats and oils in seeds into carbohydrates, greatly improving the digestibility of sprouts. Again, they are a straight addition to the lipotropic elements in the body, where they perform the same functions.

Some legumes, such as soy beans, contain what is known as a trypsin inhibitor. Trypsin is a pancreatic enzyme secreted to digest proteins. Heat destroys this inhibitor (which is good), but it also destroys the amino acid absorption rate due to the chemical changes caused by heat. Furthermore, it destroys 40-60% or the available protein and 84% of the enzyme actiiity.

Do not heat your sprouts, please. If you're worried about that gremlin, trypsin inhibitor, he's water soluble and when we rinse our seeds we wash him away.

A mineral which is not chelated (bound to an amino acid) may irritate the intestinal walls. Sprouts are an excellent source of chelated minerals. Properly chelated, minerals do not adhere to the intestinal wall and assimilation is roughly 85%. Research just beginning on the value of trace minerals indicates that we need them. We need them for making enzymes, we need them for proper brain and nerve function, we need them to live.

Oligo saccarides are the complex sugars in beans that cause flatulence (passing wind). When sprouted, an enzyme called glastosidase breaks down the oligo saccharides in beans, freeing us from internal combustion, and, eventually, air pollution.

Going on to enzyme action on cancer, we enter into controversial territory. Clinical studies in Europe seem to indicate that proteolytic enzymes in raw vegetables and sprouts inhibit the formation of cancerous cells and heart disease. Proteolytic enzymes are destroyed by heat.

Dr. Ernest T. Krebs, Jr., states that nitrilosides are anti-cancerous. (Other forms of this substance are the notorious B-17, Laetril and amygdalin.) When nitrilosides are broken down in the body they release two chemicals, cyanide and benzaldehyde. It is agreed that the normal cells of the body can protect themselves (and even obtain some nourishment) from these chemicals while cancer cells cannot. The cyanide and benzaldehyde may kill cancer cells, and cancer cells only.

Sprouts contain nitrilosides, especially mung bean sprouts. There are fifty more nitriloside factors in the mung sprout than in the grown plant.

According to Edie May, in her book, HOW I CONQUERED CANCER NATURAL wheat grass is rich in abcisic acid. Small amounts have been shown to reverse the growth of cancerous tumors.

As you'll remember, seeds need to be soaked from four to eight hours before they will begin to sprout. During the soaking, valuable enzymes, proteins, and minerals are released into the water. Don't waste the water. Use it in soups, or drink it.

The following information on popular seeds used for sprouting refers to two methods: The Jar Method and the Sprinkle Method.

<u>Alfalfa Seeds</u>

The Arabic phrase Al-Fach Facha means "very good fodder." The Arabs discovered their horses grew stronger on this crop than on any other one. (It's great for people, too.) Alfalfa is rich in vitamins D,E,K, and U and many minerals. It is 35% protein--higher than meat. Use the jar method. Rinse twice a day. Harvest when the seeds are two inches long but you may like them at one-eighth of an inch also. Three to five days will give you the long sprouts while 24 hours will give you the short ones. Three tablespoons of seeds will make a quart of greened sprouts. 1/4 cup makes one and a half cups of one-eighth inch sprouts.

<u>Beans</u>

Beans to sprouts by the jar method, rinsing 3 to 4 times a day for a harvest in 3 to 5 days are black beans, great northern white beans, Fava, French or haricot, kidney, lima, navy, pinto, red and Windsor. Their harvest length is 1 to 2 inches and one cup of seeds makes 4 cups of sprouts. A good rule of thumb is "the larger the bean, the smaller the sprout", but experiment for yourself.

<u>Buckwheat</u>

This seed is naturally blight resistant and is seldom sprayed with insecticides even when grown commercially. It's a 12% protein and is the source for rutin, which is used in good quality vitamin C tablets to prevent the destruction of the C by oxidation in the body. Toasted buckwheat willnot grow so be sure to buy raw buckwheat. Use the jar method <u>but do not pre-soak the seeds</u>. Just rinse them and let them get started. Rinse them once a day and they'sl grow ¾ to 1 inch long in 2 to 3 days. One cup of seeds makes three cups of sprouts.

--to be concluded next week

Job Opening from Madison Community Co-op:

We are a 230 member housing co-op operating in Madison since 1968. The co-op owns several large houses in the University area and works wit other Madison co-ops to provide services to members and the community.

We have two part time staff workers and one person on work study. The position of financial co-ordinator will be open in June. The job as presently constituted consists of 15 to 20 hours a week of bookkeepin and other accounting tasks. In addition, another 10 to 15 hours a week are spent in organizational work with the co-op's board of directors and its various committees.

The salary is now $400 per month with 3 weeks paid vacation and Group Health coverage. If you have accounting skills and are interested in working with an alternative business please contact us by mail or call 256-4246 evenings.

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RECIPE

Eggplant Spaghetti (from the Commune Cookbook)

1/2 c. oil
lge. eggplant, chopped
2 onions, chopped
8 cloves garlic, mashed
1 green pepper, chopped
2 lge. cans tomatoes (28 oz.)
1 15 oz. can tomato sauce
1 bay leaf
1 tsp. basil, oregano
1 carrot, chopped
1/2 tsp marjoram, rosemary, thyme
1/2 c. snipped parsley
1 c. red or white wine
1/2 head cauliflower, finely choppe
1/4 lb. mushrooms, sliced
1 tsp salt

Whole wheat spaghetti
Parmesan cheese

In a large kettle, heat oil over medium heat. Add eggplant, onions, garlic, green pepper, and carrot. Saute for 15 minutes, stirring. Add tomatoes, tomato sauce, herbs, and parsley. Bring to a boil, reduce hea and simmer 3-4 hours, gradually adding wine. Half an hour before it is done, add cauliflower and mushroome. Salt at end. Serve with spaghetti and lots of parmesan cheese. Serves 10-12. Even better the next day!

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From time to time, there are requests for carrying new items. At the last Food Committee meeting it was decided to let the members of CM decide whether or not CM would carry a new product. Whenever there are a number of new item requests, they will be listed on this Third Sheet with approximate prices. So here's a list of recently requested items, not yet sold at CM. Please detach and return with price list.

Item	Price	Would You Buy It?	How Often?
Bottled Lemon Juice	.64/16oz.		
"Real Lemon"	1.07/32oz.		
Sea salt	.22/1#		
Tahini (sesame butter) "Westbrae"	1.87/1#		
Merkt's Cheese Spread (no preservatives) Cheddar, Wine, Cheddar Garlic, Swiss, & Swiss Almond	1.82/16oz.		
Mayonnaise w/o preservatives "Hi-Del"	1.43/32oz.		

In answer to a question: What's the nutritional content of CM's nutritional yeast?

Protein 45%
Moisture 7%
Fat 5%
Carbohydrate 30%
Ash minerals 8%

Calories 2.8/gram
Thiamine (B_1) 15-30 mcg/g
Riboflavin (B_2) 35-45 mcg/g
Niacin 2300-600/g

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DETACH

Special Order Cheeses

____3.88___Edam aged 2½# 1.55#
____3.88___Gouda aged 2½3 1.55#

Both cheeses are aged for one year and are waxed in white wax. All our regular cheeses (except gouda, parmesan, provolone, and aged & mild swiss) are available in approximate 5# blocks. You may order them anytime for a 5% bulk discount.

HIYA HIYA HIYA MR. & MS. COMMON MOKKIT MEMBUH ... There's sad news tonight. A summary of events at the recent MEMBERSHIP MEETING is presented below; AT this writing, detailed minutes are being typed onto stencils and will be distributed when ready. A couple of REFERENDA are coming up in a week or two: read on to find out what they will be about.

MEANWHILE BACK AT THE RANCH, CM's petty cash box was ripped off at the end of last week. Not a nice way to end a week that began with the membership meeting described below. Cash loss was probably $20-$50 plus another $5-$10 in WIC coupons. We think we can trace the few checks that were in the box -- but we don't have a separate record of miscellaneous receipts. So IF YOU PAID FOR SOMETHING WITH A CHECK THAT WAS NOT, repeat NOT, TAKEN INTO THE CASH REGISTER BETWEEN MONDAY AFTERNOON AND FRIDAY MORNING, MAY 15-19, CONTACT THE STAFF -- IT WAS PROBABLY STOLEN. Replacement cost of the petty cash box was $12.55; plus other hassles, such as replacing tax forms being kept in the box, etc. In a word, blechh.

OUT ON THE FRONTIERS OF CONSENSUS DECISION-MAKING, the MEMBERSHIP MEETING launched forays into the forest of possibilities. The storefront proposal was expanded to three options, and committees were established to work out detailed proposals for each:

1. Original storefront ideas
2. A possibly contracted buying club with much less overhead.
3. Implications of going out of business.

A fourth committee was set up to do some research on who is this mythical CM shopper. Anyone wanting to work with these committees should let us know. GOING OUT OF BUSINESS IS THE ONLY OPTION THAT WILL SUCCEED WITHOUT MEMBER WORK INPUT. CM members will decide in September which course CM should follow.

The resolution to put the incorporation change to the membership for a referendum was approved. Another referendum was commissioned involving the capitalization surcharge. The membership meeting voted to raise the markup 5% and eliminate the present capitalization (3%). This is now in effect on the price list. This amounts to a 2% increas in prices to members. The referendum proposes that CM institute a true capitalization fund kept in a separate account to be used only for repayment of long-term loans and for equipment and repair. This fund would be administered by the P&C Committee. In the next week or so we should publish the exact wording of the referendums and a ballot to vote with. Now any of you who want to speak for or against any of these issues please get your written comments to John Bird by May 29th so they can be published with the ballots.

Squeezing on a closing note: prices are going up because 1st quarter sales in 1978 were 20% below those in 1977, while expenses are expected to rise. Hence the need for a major change in Common Market

REFERENDUM BALLOT

(June 15, 1978)

The referenda presented below will appear with the price list for two consecutive weeks. This statement of the two proposals will also serve as a ballot. Any pro or con statements furnished to Common Market in writing will be mimeographed and copies will be attached to this sheet.

Every member of CM is allowed to cast one vote on each question. Ballots are due back at the warehouse at the same time as the order sheets for the week following final publication of the referenda; that is, by Monday, June 26.

Decision will be by simple majority vote.

It was approved and passed at the general meeting of May 14, 1978 that these proposals are worthy of consideration in referendum by the general membership. Minutes of this meeting are available at the warehouse; they are on yellow sheets near the price lists.

Please read the proposals and accompanying statements carefully and consider the arguments for and against each. Times are hard, and so we'd like to get as clear and complete a response from the membership as you can provide.

Any interested parties may be present at the counting of the ballots. This will occur at 7 pm, Monday June 26.

QUESTION 1. Re-incorporation as a cooperative. PROPOSED:

(a) that The Common Market Ltd., incorporated under Chapter 181 of the Wisconsin Statutes as a non-stock, not-for-profit corporation, be re-incorporated as The Common Market Cooperative under Chapter 185 of the Statutes ("Cooperatives");

(b) that the formal re-incorporation be carried out as soon as convenient after approval by the membership, but within three weeks in any case; and

(c) that this proposal, if adopted, constitute an amendment to the articles of incorporation, as required by Section 185.64 of the Wisconsin

(Continued on other side.)

(Continuation of referendum question #1.)

Statutes, which governs conversion of corporations into cooperatives.

Indicate your vote on Question 1 by checking the appropriate blank:

___ YES ___ NO ___ ABSTAIN

QUESTION 2. Re-institution of capitalization surcharge in modified form. PROPOSED:

(a) that a capitalization surcharge be re-instituted by Common Market;

(b) that the funds collected be used only for repayment of the two outstanding long-term loans of $5,000 and $300, for purchase or major repair of equipment, and for development of a cash reserve fund; that these funds will not be used for payment of debts to suppliers of merchandise or for payment of normal operating expenses;

(c) that this surcharge consist of:

1. a 3% surcharge added to member groups' purchases at the time of sale, and

2. the 10% surcharge presently added to the purchases of non-members;

(d) that the quantity of money so collected each week be deposited during the following week in a special account, separate from the general funds;

(e) that this account be administered by the Planning and Coordinating Committee, which, with the membership, shall have the power to decide how and when to use and assign the funds in this account;

(f) that the Planning and Coordinating Committee report on the capitalization program to the membership at the general meetings for Fall 1978 and Spring 1979; that the general meeting for Spring 1979 be mandated to review the program.

Indicate your vote: ___ YES ___ NO ___ ABSTAIN

(Continuation of referendum question #1.)

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Indicate your vote: ___YES ___NO ___ABSTAIN

6-15-78

STATEMENTS FROM MEMBERS PRO AND CONTRA THE REFERENDUM PROPOSALS:

(Note the plathora of responses to our requests for these. --ed.)

STATEMENT 1.

Con 3% Capitalization. The 3% surcharge was supposed to be a temporary measure. It raised additional revenue which was basically used for operating expenses. Did it drive some members from Common Market? It is a regressive tax which falls heavily on lower income groups who purchase a great deal each week. To avoid the tax, the groups purchase less or shop elsewhere. How are we going to attract new members with this regressive tax sys system?

Pro New Incorporation. In the same vein, an alternative plan for raising "working capital' and long-term capital is within our grasp. Issue bonds to our members who are able and willing to purchase a $50 or $100 bond. A minimal 1% interest rate would be earned but not paid out to the individual. Rather the credit would be applied to the annual membership fee.

Assume that we raised $5000 with the first bond issue. We could use $1000 to make the first installment on the $5000 which is owed to our mysterious "Mr. Tipton." The remaining $4000 could be used for working capital -- "buying" an adequate inventory, new equipment, or transition expenses if the storefront becomes reality. These bonds would have a 5 year maturity and we would have to issue roughly $1000 worth of bonds a year.

We could issue bonds quite routinely under the new incorporation. We are limited under our present statutory arrangements.

-- Bill Duddleston

STATEMENT 2.

Con 3% Capitalization. Common Market is in a situation of falling membership, falling average sales, and just now, the annual summer slump is hitting home. Although it has probably never been clear what real effect raising the cost of the food we sell has on our members' commitment to CM, it surely makes membership that much less attractive. Although our members do work at the warehouse, we are probably marginally competitive at best, in terms of prices. If we are going to charge ourselves more money and take the risks of higher prices, I think that money

cont'd...

(Statement 2 cont'd.)

should be used to relieve the immediate financial pressures which threaten Common Market's survival. We are under no pressure from those who made the long-term loans to us. We are under great pressure to pay bills from suppliers and to pay overhead expenses. The membership meeting did not raise the markup as much as appeared to be needed because of the fear of pushing our prices too high. If we now add on the proposed surcharge, an increase in markup will be out of the question; yet the surcharge cannot be used to pay our most pressing bills. We therefore run the risk of accumulating funds to pay back a loaner who is not pressing us at all, while food suppliers may cut off credit for non-payment of bills. We may be discouraging people from belonging to CM, but we would be no better able to pay our operating expenses. So I'm against the proposal.

Pro New Incorporation. It seems to me that the main argument in favor of re-incorporating as a cooperative is that we would be able to issue bonds without going through the cost and hassle of registering with the Securities and Exchange Commission. We are presently incorporated as a non-stock, not-for-profit corporation and would have to do all this in order to issue any bonds; we would have to pay a fee which could be in the hundreds of dollars, depending on the quantity of bonds issued.

There seem to be some funds available to not-for-profit corporations, but we do not know whether we would be able to get any of these, or when.

-- Dave Chyba

STATEMENT 3.

Pro New Incorporation. (i) The cost of incorporating as a cooperative would be only $25; and that would give us the ability to issue bonds without the $400 registration fee otherwise involved.

(ii) We could use the word "cooperativ" freely in advertising our store -- there is, in the law, a $100 per day fine for so using it unless cooperative incorporation is de facto.

(iii) The larger cooperatives in Madison would be more favorably disposed toward an exchange of information if we were a cooperative; for example, we might keep a supply of leaflets in the Midland gas stations.

cont'd

(Statement 3 cont'd)

(iv) As a cooperative, we would be eligible for loans if the now-pending Cooperative Bank Bill goes through.

(v) If and when we have taxable corporate income, we would have to pay state income taxes additionally as a cooperative. Bothco-ops & non-profit corporations pay federal corporate income taxes. The amount of state tax that would be involved is about 1/8 the amount of federal taxes.

(vi) The statute (Chapter 185) of organization of cooperatives is very flexible; and the change would not necessitate cumbersome and cumbersome changes in our incorporation papers, by-laws, or bookkeeping procedures.

For all of these reasons as well as those set forth in Bill D's statement, I support incorporation as a cooperative.

-- Lora Mermin

STATEMENT 4.

EDITORIAL NOTE, namely that we haven't received any statements pro the capitalization proposal. The maker of the motion is out of town & not yet back. At the membership meeting, the idea was popular enough to split the meeting, resulting in the referendum proposal. So I feel some need to say something about why those folks seemed to like it.

A main argument seemed to be that CM had made a commitment to capitalizing itself, which got sidetracked by not putting money into a separate account. We need to capitalize ourselves and we are responsible for repayment of the loans; therefore we should redesign the capitalization program so that it will accomplish these ends. We need to honor our commitment to ourse ourselves to do these things that we need.

I should acknowledge that I authored one of the "con" statements above, so I am not an unbiased reporter. But I thought that at least something should be said.

-- ed., namely Dave Chyba

C.M. JOB OPENING!!

Common Market needs a new staff person, starting immediately. The job will be approximately 30 hours a week, at an hourly rate of $3.61, plus health insurance at Group Health Cooperative. Job duties will include food ordering and general warehouse supervision. Experience in coops will be important. Submit informal resumes to the staff as soon as possible. Any further questions? Call a staff member at 251-2403, or c'mon over and chat with us at the warehouse.

COMMON MARKET NEEDS COORDINATORS!
COMMON MARKET NEEDS CASHIERS!
COMMON MARKET NEEDS PLANNING & COORDINATING COMMITTEE MEMBERS!!!!

Common Market is sorely in need of the above-mentioned functionaries. All of these jobs count toward work credit, and involve you more closely in the workings of your coop. Please talk to a staff member about details. Please?

NUTRITION ITEM ON VEGETABLES AND VITAMINS

Nutritionists are often heard recommending that people eat a wide variety of foods every day, and to include either a deep yellow or dark green leafy vegetable daily. The color in these foods reflects their concentrations of beta-carotene, which is a precursor of vitamin A. The deeper the color, the more beta-carotene, and once consumed, the more vitamin A. Our food supply has many good plant sources of vitamin A: deep yellow or orange fruits and vegetables (melons, winter squash, peaches, apricots, sweet potatoes and of course, carrots); and all dark green leafy vegetables (spinach, swiss chard, mustard, turnip, collard and beet greens, kale, broccoli but not lettuce.) (Animal sources of vitamin A include whole and fortified milk, eggs, liver and any product which contains animal fat, since vitamin A is stored there.)

Vegetables of the latter group have the added benefit of being good sources of calcium. Those people unable or unwilling to consume milk or dairy products can obtain their calcium requirement through careful selection of other calcium-containing foods. There is considerable debate over the recommended daily allowance for calcium since many people on low calcium diets in this country and around the world seem to be free of any symptoms of calcium deficiency. Particular attention to calcium foods must be given

by pregnant and lactating women.

Calcium supplements are not recommended for general consumption, and should only be taken when there is a pre-existing medical condition which necessitates this.

--Submitted by nutritionist Rudi Horner, a member of the Food Committee.

In response to a suggestion: "Have washable cloth gloves for workers to wear when they are packaging frozen meats, etc., like bratwurst." From Frozen Pans.

Reply: Would you be willing to wash them? We don't have the facilities here for keeping them clean. The staff.

RECIPES

Blender Mayonnaise

Very simple: Blend one egg, ½ cup oil, salt, 3 TBsps. lemon juice, and other spices. Add another ½ cup oil.

Inexpensive, and no preservatives!

Ward's Homemade Bread (from Ward Kroencke)

2½ cups milk
2/3 cup sugar
½ cup shortening
1 TBsp. salt
2 cups whole wheat flour

Mix above ingredients and heat until warm to the touch. Add one package yeast and allow to stand one and a half hours. Add 2 cups whole wheat flour, and 2-3 cups white flour. Knead. Let rise until double. Knead again. Form into loaves and let rise in bread pans. When ready, bake at 450 degrees for 10-15 minutes, and at 350 degrees for 20-25 minutes. Pray.

(Makes two loaves.)

ANNOUNCEMENT FROM THE STAFF TO MEMBERS

The Common Market staff would like to inform the membership that John Bird is no longer working for C.M. Over a period of months, the three other members of the staff (Dave, Eliza and Jane) experienced insurmountable difficulties in working with John. This finally culminated in the unfortunate situation of our deciding we could no longer work with him. John was fired on Tuesday, May 30, and at present we are interviewing applicants for a job at C.M. This job will actually be Jane's present job, since she is leaving. The staff decided earlier to shrink from four members to three, in an effort to cut overhead costs. The three remaining staff members will be absorbing John's work.

The difficulties we had in working with John related to his job performance, and serious problems of communicating and working with the rest of the staff as a group. We would like to stress that our decision was very difficult to make. We recognize the benefits of John's creative energies at C.M.: he has had many good ideas and has helped the coop in various ways by carrying them out. However, in a day-to-day work situation, it was clear that John was not performing well. Ultimately, the negative aspects of his daily staff work outweighed the positive benefits of his creative contributions.

The Planning & Coordinating Committee is participating in the job interviews, in an effort to put as much care as possible into our decision. John was hired by the staff on the spur of the moment, in an emergency situation last December. We're trying to take precautions now to avoid the problems which can result from such a hasty decision. Our new staff person will be chosen by Friday, June 9.

With a look at the future, we'd also like you to know that this coming fall, C.M. will probably need to hire a couple more staff people. Eliza wants to leave her job by the end of October, and Dave has an eye to quitting sometime in the fall, too.

(continued at bottom of other side.)

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Some additional notes tacked on by Dave of the staff ... as of Thursday afternoon, June 1 ...

... late coming out.

1. Special thanks to ...

... Sue Giese for taking notes at the meeting, typing the stencils, and running them off. Also for telephoning most of our buying groups to make sure they knew about the meeting.

... Dotty Sandberg for a fine job of facilitation; and Andrea Jacobson for volunteering to be the "process person" & back-up facilitator. (Fred Inn take note: we managed without a "he/she person" !)

... The storefront subcommittee of the P&C Committee, especially Dotty Sandberg and John Bird, who actually wrote up the storefront proposal and the change-of-incorporation proposal (also to me for helping out on that!). And to Sue Giese and Marie Ho who did some footwork; and to Leslie Townsend and Steve Roffler who offered some input. John and Dotty had also done some looking at buildings.

... And to everyone who came, for a good meeting; and particularly those who volunteered for the project committees.

NEWS ON OTHER SIDE!

NEWS ON OTHER SIDE!

2. If you want to participate in one of the project committees, contact:

Storefront: Bill Duddleston 255-5090
Dave Chyba (staff) at CM (251-5754)

Readjusting our differential pricing scheme: Contraction of Operations (otherwise known as "arresting attrition"):
Judy Fowler 251-2035
Dotty Sandberg 251-0241

Chip Morris
251-4427 h
252-3000 w

Implications of going out of business:
Dave Chyba & Elisa Hobson of CM staff (probably won't need help)

Membership Survey: Sue Giese 241-9523 Jeff Parks 257-5212

3. The next Planning and Coordinating Committee Meeting will be:

Sunday June 11 -- 10:00 am

at La Creperie, 503 State Street
(reservation is in the name of Dave Chyba)

4. We are anxious to get some statements pro or con from people on the referenda, which <u>really will</u> come out next week (on June 6). The referenda are on two proposals:

1. To change type of incorporation from non-profit corporation to cooperative.
2. To re-institute the capitalization program, using a separate bank account and more restricted goals.

Dave Chyba (staff) will put out a petition to add a third referendum proposal, as an alternative to #2. This would be to raise the mark-up instead of instituting a new capitalization drive at this time. The petition will need 25 signatures before the proposal can go on the referendum.

WE WANT SOME PRO & CON STATEMENTS FROM INTERESTED FOLKS! These referendum proposals were recommended for voting on by the General Membership Meeting of May 14 1970. "It is the policy of CM to neutrally print and publicize all referendum proposal's regardless of anyone's opinions as to values or validity." (Statement required by bylaws of CM.)

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<u>STAFF ANNOUNCEMENT</u>--continued

At a time when C.M.'s future is up for grabs, it would be good for us to start thinking now about candidates to carry on the show.

Members who have questions or concerns about these matters are encouraged to discuss them with the staff, or to come to Sunday's Planning & Coordinating Committee Meeting (see above).

These are hard times for good ol' C.M. We understand the concern people may feel about the decision to fire a staff person at this time, but we are convinced that it was the right decision for Common Market.

----your staff

*** ******* ***

An extra announcement: We sure could use some carpentry help to make our back door more secure. Work credit available, or willing to discuss paying someone to get the job done.

JULY 4th WEEK SCHEDULING

HEY THERE MS. & MR. COMMON NOKKIT MEMBER!! We need your attention for just a moment, to let you know what to do with your price lists during the week of that famous national holiday, July 4. That week is quickly approaching, so BE AWARE NOW! Here's the scoop:

ALL PRICE LISTS MUST BE TURNED IN BY 12:00 NOON ON SUNDAY, JULY 2. (Lists to the other drop-off points must be in by 11:00 a.m.) Work shifts for totalling and cheese cutting will be held on Sunday and Monday, July 2 and 3. See the bulletin board for shift times, and PLEASE! if by any chance you will be around and available to work then, do sign up. We expect to be getting very little help since so many will be vacationing. Have pity on the poor ol' staff which must work while everyone else plays...

The warehouse will be closed all day Tuesday, July 4. Then it will be business as usual the rest of the week.

DON'T FORGET TO GET YOUR PRICE LIST IN ON SUNDAY!!

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SOLAR GREENHOUSE IN MADISON ??

A proposal for a community-run and owned solar greenhouse is now being drawn up. Money would come from the Housing and Community Development and Block Grant Funds. Anyone interested should see a staff person at the warehouse.

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COMMON MARKET RECEIVES GIFT!

C.M. would like to extend hearty thanks to our generous benefactress, LORA MERMIN. Lora recently donated $100.00 of her hard-earned money, straight from the goodness of her heart. We love you, Lora!

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REPORT FROM THE SHRINKAGE COMMITTEE

The committee investigating ways to cut back on C.M.'s operations has been examining three main budget categories: namely, warehouse costs, inventory, and staff. Possibilities under discussion include re-locating vs. re-working our present warehouse, eliminating the majority of Page 4 items from our inventory, and increasing the work requirement to reduce staffing needs.

At the next meeting of this committee, on Wednesday, June 28 at 3:15 p.m. at the warehouse, discussion will center on drastic cut-backs in the scope of our operation. Opinions, suggestions, and/or your attendance are solicited. Call Dottie at 244-9571, or Judy Fowler at 251-2035 afternoons.

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FOOD COMMITTEE NOTES

A few weeks ago, there was a list of member-suggested products not yet carried by C.M. The membership was asked if they would buy these products. From the responses, it was clear that people would buy the food items, if at least just to try them.

The items and responses were:

(TURN OVER FOR CONTINUATION...)

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Items	Would you buy it? Maybe	Yes	No
Lemon Juice	2	19	15
Sea Salt	5	15	11
Tahini	3	22	8
Merkt's Cheese Spread (w/out preservatives)	7	12	12
Mayonnaise (w/out preservatives)	1	21	9

Since Common Market does a very slow business in the summer, the staff decided to wait until fall (or when business picks up) to put these items on the price list. Stay tuned for their price list debuts.

Also during these slow months, certain little-ordered items will be removed from the price list as C.M. sells out of them. These items include some grains which we can only order in fifty or twenty-five pound amounts. The turnover is so slow that we are stuck with these items on inventory--for months.

A quick check of little-ordered grains sold since the beginning of May (a seven-week period) shows that 8 pkgs. of bran, 4 pkgs. of bulgur, 2 pkgs. of carob powder, 3 pkgs. of cracked wheat, 1 pkg. of buckwheat flour, 5 pkgs. of rye flour, 4 pkgs. of soy flour, 2 pkgs. of oat groats, and 6 pkgs. of wheat berries were sold.

As soon as we sell our present supplies of carob powder, buckwheat flour and oat groats, they will be removed from the price list until some more prosperous time in the future. And unless sales pick up for some of the other grains, they will also be removed from the price list. Cutting out little-ordered items is an attempt to economize wherever possible.

P.S. These products are available at other coops in town.

****

CARPENTRY WORK NEEDED NOW!

C.M. is looking for someone to make its back door more secure. Work credit is available for the job, and/or we are willing to discuss paying someone to get the job done. HELP COMMON MARKET SLEEP WELL AT NIGHT!

******

c.m. needs cashiers, coordinators, & Planning & Coordinating members..
c.m. needs you & you & you.....see a staff person now now now.....

****

MADISON TOFU SHOP REOPENS!

The Madison Tofu Shop is back on its feet again, after a temporary demise. C.M. is happy to announce that we will be carrying their excellent tofu again, starting next week. Find it on the price list under Mexican & Oriental Foods, at the bottom of Pg. 3.

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FOOD COMMITTEE MEETING

The next food committee meeting will be held on Tuesday, July 11, at the warehouse. The time? 7:00 P.M. Several of our members will be out of town at that time, so we will be very happy to see some new faces. Come one, come all, and discuss which foods C.M. should or shouldn't carry.

SET !!

No, this isn't about one of our favorite pastimes...it was just to get your attention-- so read on! One more reminder about July 4th week: HAVE YOUR PRICE LISTS TURNED IN TO THE WAREHOUSE BY NOON ON SUNDAY, JULY 2 !! (and lists at other drop-off points must be in by 1:00 a.m.)

Work jobs are scheduled for Sunday and Monday, July 2 & 3. PLEASE help out by signing up for these times now. We usually have lots of trouble getting workers around holiday times. See the bulletin board for shift times.

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EMERGENCY MEMBERSHIP MEETING

This Thursday, June 29, an emergency general membership meeting is being held at the warehouse at 9:00 P.M. The purpose? To talk about the possibility of snatching up a vacant storefront in the Villas area of town. The place is available almost immediately-- ie., August 1. So a decision needs to be made right away. For those of you who can make the meeting, please come. For those who can't, check with a staff person for the latest episode in the continuing drama of "C.M. or Bust!"

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C.M. CHIP

If you'd like to improve the state of C.M.'s pocketbook (or at least of its small change), we now have a way for you to do it. It's called the "C.M. Chip". It operates just like the Community Chip, except that revenues will go straight to our ailing friend C.M. When you check out at the cash register each week, you have the choice of donating a small percentage of your bill, or whatever amount you designate, to the C.M. chip. Just tell the cashier, and he/she will ring it up on the new C.M. chip key.

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c.m. needs cashiers....c.m. needs coordinators....c.m. needs P & C members....(that's Planning & Coordinating Committee)..c.m. needs U!

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FOOD COMMITTEE MEETING

The next food committee meeting will be held on Tuesday, July 11, at the warehouse. The time? 7:00 p.m. Come one and all!

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REFERENDUM RESULTS!

The results of our recent referendum are in. We received 56 votes in all. On the first question, ie., Re-incorporation as a cooperative, the vote was a unanimous YES. Plans are now being carried out to become a legal as well as an actual cooperative.

On the second question, about whether to re-institute the capitalization surcharge, 15 people voted yes, 39 no, and 2 abstained. It looks like the majority decided to pass up the surcharge this time.

As for results from the questionnaire on C.M. members' buying habits and preferences, stay tuned.

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FOOD COMMITTEE NOTES..

Here are some answers to questions C.M. members have asked the Food Committee:

Q: Isn't there additional cost and energy involved in processing a cheese spread? Why spread cheese when one can just cut off what one wants?

A: Actually, processing cheese makes use of materials that otherwise might get thrown out. Here's what I.C.C. (our cheese supplier) has to say about processed cheese:

"Processed cheese is cheese that is repackaged and emulsified with added fillers like whey, water, and sodium phosphates. No particular batch goes into this concoction, rather processing utilizes cheese that cannot otherwise be sold due for example, to surface mold. The mold is trimmed off before processing. Although processing cheese conserves cheese that would otherwise go uneaten, the quality of the cheese is damaged due to these added fillers." --from News & Goods

Q: How about carrying Ak-Mak crackers? They are much more nutritious than saltines.

A: We are adding Ak-Mak to the price list-- and we have removed saltines. (However, popular demand can always bring saltines back, so let us know what you want.

Q: Why don't we carry bulk juices, paper towels, and bulk celestial seasonings teas?

A: Bulk juices are not feasible, due to messiness in dispensing, and the fact that they ferment rapidly in warm weather. As for paper towels, C.M. does not want to promote the waste of paper. We realize that they are used at the warehouse, but they are much more necessary for sanitary reasons in an institution than they are at home. Why not try to use cloth towels, napkins, and sponges as much as possible?

Finally, we are holding off on ordering more bulk celestial seasonings teas (at present we have Red Zinger in bulk). The reason? It's part of our summer stringency plan-- ie., don't tie up more money than absolutely necessary in inventory while finances are tight. At the moment, the teabags are selling well, and bulk teas in general don't seem to be very hot items.

Q: Why don't we have Kamm's hot dog buns, dried nectarines, or fresh parsley on the price list?

A: Dolores Kamm told us that we are her only customers for hot dog buns, and our orders are too small to merit her mixing up a special batch. Too bad, huh?

Dried nectarines are not available from I.C.C. at the moment.

As for parsley, the price went sky high, so we've dropped it until it costs less. (When will that be?) In the meantime, if you don't have a garden, try planting some parsley in a pot on your kitchen window. It is a prolific grower, and will supply your needs indefinitely.

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THE THIRD SHEET: CM MOVE (CM Gets a New Lease on Life)

At an emergency membership meeting at the warehouse last week, four proposals were discussed as possible solutions to CM's serious financial difficulties: shrinking operations at present location, moving to a storefront, becoming a retail operation, or folding by July 31 at latest. It was decided by vote of members present to move in August to a new location - the old Miller's Groceries (on the corner of Randall and Mound). Because of lease obligations, the decision had to be made immediately.

The new building is smaller than the present CM warehouse, but has a basement available for work or storage, hardwood floors, windows, and other desireble features such as rent (including heat and water) half as much as we are now paying for rent alone.

The move is a project that will require work and ideas and patience from all the members of CM. Because of parking and space limitations, pick-up will most likely be extended to 3 days, and the proposed method of operation at the new store would be to run a small, retail walk-in business during the extended open hours to make best use of worker time and help out financially.

As things stand now, the new lease has been negotiated, but there is no possibilit of our getting into the new store to paint and set up before Aug. 1. Our current landlord has agreed to prorate our rent at the Gilson St. warehouse for the month of Aug. so we have some overlap time to complete the move, and hopefully we can continue pick-ups without missing a week.

Details of the actual move and reorganization of the store are not completed, however. Committees to handle various aspects have been started from the members present at the emergency meeting, with reports following. Please take an active part in the move and join a committee or call and give ideas. The move can only be successful if there is a lot of energy input right now.

We need your HELP!

Reorganization Committee: One of the most far reaching tasks ahead of us is that of reorganizing. The actual structure of CM will obviously be different and a new organization of labor (of staff and members) will be necessary to deal with walk-in and pre-order trade. A plan must be drawn up and approved by the P & C within the next week because equipment and inventory will be in part determined by the work plan. A meeting will be held this Friday at 5:00 p.m. in the Main Course Restaurant. If you cannot attend and are interested or have ideas call:

Rich 257-2712
Barbara 257-9691

Community Outreach Committee: If Common Market is to survive at the new location, we must gain new members and/or non-member walk-in trade. I would like to coordinate a committee to contact people in the neighborhood via door-to-door, leafletting, coffees, pot lucks, posters, etc. . . We need people to join this committee this week. We will be setting up a meeting Monday night, July 10 at the warehouse. If you cannot attend but want to help please call

Elaine 256-8474

This committee could be fun!

Capital Acquisition Committee: It is likely that the move will involve purchase of different freezers or coolers and sale of old in order to make best use of the space in the new store. If anyone has information or interest in above, or shelves or other materials that they would like to donate, loan or sell to fix up the new store, call

Sue 241-9523
Jean 251-8973

Physical Move Committee: We will be taking care of the physical aspects of moving including cleaning, painting, transporting, tearing down and building up. The projected schedule is

August 1-4: Preparing the new store
August 5-6: The actual move
August 7-? Taking care of final clean up.

We need trucks, painting, sanding and moving equipment. We also need people with knowledge of electrical wiring, refrigeration set-up, plumbing, carpentry, sanding and painting, or people willing to learn. Our meeting is July 12, this Wednesday, at the warehouse. If you can't come but want to help or have something we could use please contact

Michael 251-5725
Mathew 255-7859
David or Tom 251-1867

Information Committee: Our job for the duration of the move is to make information available not only inter-committee but especially to the membership. To do this we will be keeping up to date with what's happening with the move and will be preparing the Third Sheet. We need people who are willing to type these sheets and people who know how to mimeograph. Since this is also vacation time, people planning to be gone for part of the move can call us to find out where they are

needed when they return. We aren't having a meeting, but if you've got ideas or info, call us up and let us know.

Gilson Group 251-8973
(Pat, Steve, Jean, Jack)

Fund Raising Committee: Yes, you may be asking yourselves, where is all the money coming from for this move. We, too, have been wondering. Since the move is being generated in part because of an unhealthy financial state of affairs, a successful operation of this committee is essential.

To begin with, we would like to call for early payment of dues (normally collected in September) as soon as possible, and also allow people to give CM short term loans in the form of pre payment for food, one week or even months in advance - however it can be worked out in your budget.

Other things have to be started and for this we need committee people not only as members, but we need an organizer. Some ideas are contacting the other co-ops for help, food certificates, small benefits at Main Course or the Cardinal.

This committee involves mainly letting people know we need help. Also we will need people to keep a record of those transactions. Most immediately, we need someone to devise and keep track of the food prepayment records. David C. is beginning this but cannot do this on a permanent basis. He is currently working on the CM records and would welcome help in this area too.

If you would like to organize this committee or work with it, please contact the Gilson Group at 251-8973 before Wednesday, July 12.

THANK YOU

And May the Force Be With Us

Note! Next wK's Food Committee Meets July 11th At 7:00 in the warehouse

THE THIRD SHEET: A CONTINUING EPISODE OF "CM GETS A NEW LEASE ON LIFE"

Following the emergency membership meeting and subsequent formation of committees to delineate the problems of the move and their possible solutions, groups of interested people have met and come up with ideas on organizing the various aspects of our moving to the storefront on Randall and Mound in August.

To date:

Community Outreach Committee has contacted individuals living in the Vilas area who are going to assist in getting info out about us in our new neighborhood via leafletting, etc. The Neighborhood News" publication of Neighborhood House will also be carrying information about our coming in their August issue. (A one year subscription is available for $2.00 to those interested.) More ideas have also been proposed. This is an ideal committee to work with if you live in this neighborhood.

Elaine 256-8474

Capital Acquisition Committee, aka scrounge committee, has an idea of what used equipment we will be needing and what we won't need but have and want to sell. If you're a potential buyer or seller or have a line on coolers, freezers, lumber, paint, sanding equipment, etc . . . let them know.

Jean 251-8973 Sue 241-9523

Physical Move Committee has outlined a specific schedule of the work involved. The work can be done in phases and shifts to conserve energy, time, and avoid confusion. Many members and non-members have expressed an interest in this aspect of the move. What is needed now is for people to call indicating the specific times they are available and the skills that they have.

Michael 251-5725 Matthew 255-7859 David or Tom 251-1867

Information Committee is going to be putting out the Third Sheet for the duration of the move. We still need typists and mimeographers to assist us in this job.

Gilson Group (Pat, Steve, Jean, Jack) 251-8973

The Reorganization Committee, taking into account the physical structure of the new place, the present financial status, staffing problems, the needs of members at present and the need to attract new members has created a potentially workable plan for Common Market. This plan, which involves a complete revamping of the present CM structure, may be the issue most demanding of your attention and participation as a member. A separate section giving the main body of the plan follows the committee reports and announcements. The Planning and Coordination Committee will be officially presented with this plan, plus further detailed descriptions on July 18 (Tuesday) at 6:30 pm in the warehouse. We hope at that time to draw up specifically worded proposals to be voted on at the General Membership Meeting on July 20 (Thursday) at 8:00 pm in the warehouse. A sheet with the proposals will be available to conserve the time of those present. Come to this meeting if at all possible!

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GENERAL MEMBERSHIP MEETING THURSDAY, JULY 20 at 8:00 pm at the Warehouse

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Fund Raising Committee: With the combination of the new store, the reorganized labor plan and our collective energies, we have what we believe to be a future workable solution to our present on-the-edge-of disaster financial state. This, however, does not take care of the months of July, Aug. and Sept., i.e., first things first - CM needs an immediate cash flow for the purpose of satisfying our present creditors and keeping our supply lines open during this period. Three plans discussed previously in the Third Sheet and voted on at the Membership Meeting are now being instituted.

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1. MEMBERSHIP DUES FOR THE 1978-1979 YEAR ARE BEING COLLECTED NOW. THEY ARE PAYABLE AT YOUR NEXT FOOD PICK-UP TIME, DURING THE WEEK OF JULY 16-22.

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2. Prepayment of food has already begun and a record system of a permanent double-entry ledger in the office and a reference file and receipt slip box at the cash register is being started.
3. Short term loans to Common Market will be happily accepted!

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The nature of Common Market membership would indicate to us the likely involvement of our members in other community and/or cooperative services like media, health, entertainment, food, etc. . . so we feel we have a tremendous potential for communication lines with the other groups. We need the kind of help now that we have given others in the past. If you feel willing to be an information liaison between another group and Common Market, let us know. Call Gilson Grup 251-8973.

Other Notes:

Hot Dog, the cat at Common Market cannot come with us. He needs a good home. Shots and spaying have been taken care of. He's a great mouser!

Call Rhine at CM 251-8973

JOB OPENINGS: Bookkeeper, part time, work mostly at home. Wage $3.61/hr, with cost of living adjustment in Jan. Workmens Comp. and Group Health available. Paid vacation. Beginning Aug. 21 or sooner. Experience and/or training preferred.

Staff Positions, two part time or one full time staff position will be opening up in late August. Wages and benefits same as above. Duties include supervising sales, packaging, stocking, etc.

Come to a P & C committee meeting if your're interested.

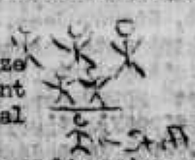
There will be a Holistic Health Conference in Madison on July 22. The Madison Tofu Co-op will have a food concession table there: Lora Mermin is looking for someone who'd be willing to help make up and sell cold food there from 8 am to sometime in the afternoon on this Saturday. Could split profits with Common Market to repay labor. Call Lora at 251-2825, evenings are best.

A farewell to the warehouse and energy-boost-for-the-move picnic is planned on Sunday, July 30 in the park behind the warehouse. Beer and baseballs and bats will be provided. Time: 2:00 pm.

REORGANIZATION OF CM

Redefinition of Membership and Work Job Requirements.

In many co-ops, there is an ideal of active participation by the membership and minimal staff co-ordination. An appropriate symbolic representation of this ideal situation is a pyramid of interlocking people. Common Market has inverted this pyramid in the past few years and the staff has been crushed by apathy. The drift of the past couple of years has pushed us to the precipice. We need to reorganize work jobs, work scheduling, and dramatically increase involvement by the membership. The following suggestions are provisional in form, but they indicate the direction in which we are moving.



1) Establish a dual membership policy when we reincorporate as a cooperative to facilitate small groups and individuals becoming members. The first class would imply greater responsibility in the week-to-week operation of CM, including some regular meetings and tasks such as cashiering, packaging coordination, and transportation. The second class's requirement would be a straight work job which will be roughly 6-3 hr. work shifts a year. Members of this class have a 10% discount from the non-member price, whereas members of the first class will have a 20% discount.

Put very bluntly this is the old carrot and stick approach, with the goal being primarily an active member organization.

2) Develop the work team concept as part and parcel of a truly active membership which will not "put off" work jobs until the staff gets on your case (in this arrangement, your team members will get on your case).

Let's say a couple of existing buying groups merge (9-10 members). This team might be responsible for packaging every Wednesday for a 6 mo. stint. Who actually does the job is immaterial -- strictly an internal matter, as it is now. The work team will be the coordinators for that shift and will instruct other individuals (unaligned members) signed up for that shift. The work team will also be expected to have a representative on one of the major committees, i.e., Planning & Coordination, Food Committee, etc. A monthly or so work team pot luck or volleyball game disguised as a meeting will reduce worker isolation and be a means for evaluating the CM situation. Ideas would then be transmitted to the P & C.

The type of job and the work team responsible for that task each week is a complex issue. Rotating the jobs every 6 mo. or academic term is one plan, but may be problematic for cashiering, already a semi-regular group. The big advantage of having work teams or members coming in regularly to do a job is that it would produce people with an idea of what's going on and reduce staff time spent here.

Increased non-member sales will improve the financial picture for CM but necessitate improving packaging efficiency, so this knowledge of members becomes an important consideration.

Other possible ideas to increase efficiency: Cheese could be cut into odd weights and priced accordingly. A hopper or calibrated scoop could be used to weigh grains, etc. All of the contents of a bulk container, such as a bag of flour, would be packaged at once to minimize set-up and inventory control times and avoid running out of packaged inventory. This would involve minimal new equipment.

The average work commitment presently is 1.65 hours per month. We could say one 3-hr. shift every other month per adult person. We could make it a flat 2 hr. per month for both types of membership, which sounds easier, but we would have to change the length of shifts to 2 hours. Another possibility is one hour/person/mo. for one type of membership, and 2 hours/mo. for the maximum discount. One cashier and one stocker to carry out systematic, continuous restocking would be on hand during all store hours. The check-in person could easily be eliminated

and deposits. Store hours could be 3-8:30 pm with half an hour for the stocker to clean up and for the cashier to conclude sales and record receipts. Time spent telephoning, handling emergencies, talking with potential members, and so on requires at least one staff person to be on duty at all times while members are working and the store is open.

The exact work jobs and hours for members and staff have to be discussed at greater length at next week's meeting.

Determination of Store Hours

The Reorganization Committee is split on the issue of the number of days per week that we will be open. This issue encompasses several important questions and cannot be settled until the general membership has considered the problems and expressed its wishes. However, at this point, the majority of the committee favors expanding CM's operation to either 5 or 6 days per week, with non-member sales encouraged on all days.

With about 70 member groups the store must be open at least 18 hours due to limited parking (1 group per 15 min.) The more days the store is open, the more appealing it will be for walk-in customers who shop frequently. The elderly and students without cars cannot shop just once a week. Also, by scheduling member pick-ups for the first 3 days of the week, the surplus can be sold more easily.

Some CM members have expressed the fear that we will become less of a cooperative and more of a retail business if we allow non-member walk-in sales this many days a week. It should be emphasized that no one on the committee has any intention of concentrating on retail trade and, consequently, allowing CM to lose its unique and important position as a democratic membership-controlled organization. On the contrary, it is strongly believed that the Vilas neighborhood contains many potential coop members who have not been previously exposed to a functioning coop in their area. We strongly hope and expect that if we encourage these people to check out CM by providing convenient and adequate store hours, they will consider membership. If, on the other hand, we restrict our hours to such an extent that only the lucky or already convinced shoppers happen by CM when we are open, we are automatically confining ourselves to a small operation, a small membership, and a less effective position as a force for social change.

There was also disagreement within the committee on the effect our new hours and increased non-member sales would have on Greenleaf Grocery. However, Greenleaf has since been contacted and has stated that it is not concerned about competition, because they cannot handle any more business than they presently have. Their staff members have wished us luck, and don't want us to restrain ourselves in trying to gain neighborhood business.

The practical considerations of expanded hours may make this position the riskier one. It will be necessary to staff the store adequately at almost all times and this should increase our overhead and also require a dedicated and responsible membership. On the other hand, if we are open 6 days we should be able to avoid the problem of having to sell all of our perishable goods before we close our doors for the week, since most items will remain good over the one day we will be closed. In addition, we would be required to have several deliveries a week on most of our items, and this will enable us to provide fresher goods as well as take advantage of unexpected deals from our supplies. Of course, all of these advantages will backfire if we somehow fail to attract enough residents from the new neighborhood.

The two options of a store open for 3 days for 5½ hours (minimum to fit in member pick-ups) ar store open 5-6 days for 5½ hours reflect a difference in store orientation. In sum, the general drift of the committee's reasoning is that CM is providing a new option to the residents of the Vilas area and the only way it can be successful is to establish ourselves as a convenient, reliable and competent organization as soon after we move as possible. It may be easier to cut back our hours if it becomes apparent that we haven't caught on, than to increase our hours once we have become pegged as an impractical place to buy food.

Preorder System:

Eliminate preorder system but retain price list?

Preorder was originally established as a means for CM to reduce waste in spoilage or excess money tied up in inventory, and as an insurance that members would get the food they desired. In other words, to reduce shortages or overages in ordering. A second function of preordering is its use as a menu planning tool for households.

The Reorganization Committee sees that the preorder system's disadvantages have come to outweigh its advantages.

1. Preorder is no better than the straignt stocking system for predicting shortages or over-ordering - for these reasons:
   - Mistakes in totalling orders and mistakes in computation of

weekly inventory result in mistakes in food ordering
-For the most volatile category, produce, we cannot control price or size. we have to change prices at the door each week and make last minute additions to next week's price list. Losses incur as a result of mistakes in changing prices and member refusals to buy items for which price has increased.

Staff skill in demand estimation can do as well or better than preorder. This has been borne out by the experience of other food coops such as the Boston Food Coop which made such a change.

2. Having the store open for 5 or 6 days a week will allow for multiple deliveries and ongoing rotating inventory which will make inventory accounting and demand estimation easier.

3. Nonfulfillment of preorders causes bad feelings on the part of members toward CM and tension on the part of staff purchasers.

4. Preorder limits shopper choice. People refuse substitutions because they don't want to make the decision for other group members. And many times, substitutions aren't available because alternative items are ordered too closely.

5. Totalling lists requires a large amount of work time (6 shifts or 1/8 of total member work shifts).

6. With the apparent trend toward smaller households and ordering groups among CM people, preordering is becoming less functional. But at the same time that small groups have a lesser need for preorder as a planning tool, it takes more member labor for totalling orders of lots of smaller groups.

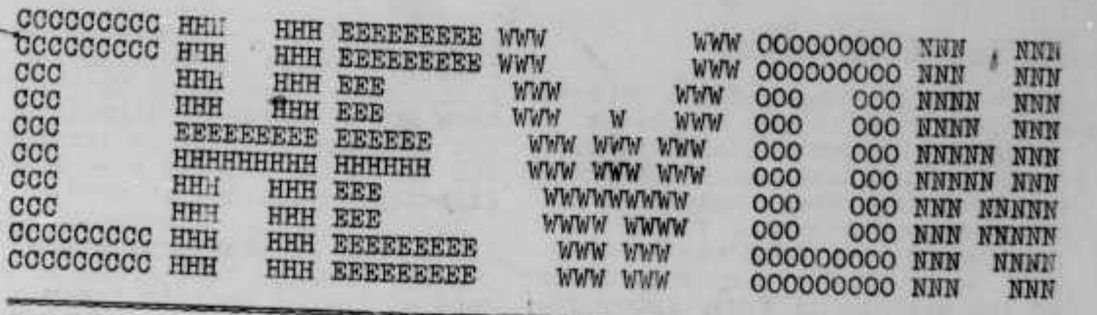
The big advantage of preorder at present lies in the value of distribution of price lists. Price lists are useful:
1. As a planning tool for those households of more than 2 adults
2. In eliminating the labor of pricing individual items in the store or requiring shoppers to record their own prices and items.
3. In advertising.

The price list pricing method will need to be determined. Some possibilities include:
1. Weekly price changes for produce; monthly price changes for other items
2. Two columns for prices: anticipated prices for planning and advertising purposes and a blank column for actual prices to be written in at time of pick-up.
3. List of products only; no prices.

Cautionary Plan

Continue preorder for produce and a few other items in short supply (e.g., some breads). Have weekly produce list and monthly reference price list for all other items. Saves paper and mimeo time, and reduces totalling to 2 shifts.

Totalling of orders will probably continue at the new location at least until some idea of sales volume is gained.



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VOICE OF THE MEMBERSHIP

Report On The General Meeting

Increasing contacts with working class people & providing support for strikers & other work actions were the major topics of discussion at the CM general meeting in June.

The Strike Liaison Committee (SLC) was given the assignment of monitoring strikes and explaining CM's strike support policy to strikers. (See explanation of strike support policy elsewhere in this newsletter.)

The recent surcharge on bagels from Bagels Forever was questioned by CM members who felt that dropping the bagels from the order list would be a more appropriate form of retribution for owner Barry Berman's anti-worker practices. The policy was defended on the grounds that no boycott has been organized against the firm. Barring a boycott, the bagels will continue to be carried with the surcharge, while an alternative source of bagels is sought.

It was also suggested at the meeting that once a comprehensive strike support policy is drawn up, the SLC bring it to the attention of labor union leaders as well as rank and file workers.

Promoting Common Market

There was agreement that in promoting CM among workers, an emphasis should be placed on CM's broader cooperative, collective objectives rather than portraying CM merely as a place for obtaining cheap food.

It was proposed that a strike fund be started & that contributions be made through the same process now used for community chip.

Membership Files

The meeting also decided that the P&C would decide whether to open CM membership files to other organizations seeking access to CM members. Access would be given only to groups which were or are in accord with CM bylaws & philosophy. Nor would individual names be disclosed unless the person requesting them has filled out a card or form of request and individual CM members have signed releases permitting CM to permit outside access.

Food Committee

Buck Trawicky reported that the Food Committee has undertaken a study of all products carried by CM. The study is an inquiry into the origin of the products, how they are grown, processed, or manufactured, & what sorts of labor practices are involved.

Finance Committee

Elaine Nesterick reported that CM prices had been increased by two per cent to allow the market to break even.

Planning & Coordinating Committee

At the September meeting, P&C members decided to contribute $100 from CM to the Canteen Strike Support Committee, which is promoting a boycott of Canteen vending machines on the UW-Madison campus.

The decision was made after presentations from the two unions which represent workers striking the vending service. The Strike Support Committee is focusing on the Madison campus because the university is Canteen's largest customer.

The CM funds will be used mainly for leafleting at vending sites.

Also at the P&C meeting there was discussion of the possibility of purchasing a CM warehouse instead of continuing at the present one. Further discussion of possible sites was scheduled for the following meeting.

(more)

Strike Support Policy

Based on consensus of the general meeting, the P&C has adopted a policy of supporting all worker strikes in Madison unless there is a compelling reason not to do so. Striking workers will receive a 5% discount on purchases at CM & will be offered a temporary waiver of the membership fee & labor requirements. Strikers, however, will be asked to donate labor when they can.

The 5% discount will be covered by the CM strike fund built up thru the 20-cents surcharge on each package of Bagels Forever bagels.

COMMUNITY COFFEEHOUSE

A group of Madison people is interested in organizing a Community Coffeehouse to serve as a communications center for folks engaged in efforts to encourage alternative institutions and lifestyles.

The coffeehouse would provide a needed focal point for political activists from the UW campus & the rest of the community, the organizers feel.

Anyone who is interested in helping organize the coffeehouse should contact [illegible] or Martha, 257-2534.

HARVEST FESTIVAL

The folks who are giving you the coffeehouse are also planning a community-wide Harvest Festival. (Word has just reached the editors, who were already at press, that the Harvest Festival is not going to come off. Instead, they are having a)

HOLLOWEEN FESTIVAL: Oct. 30, between 1-5 p.m. at the University Y; call Martha, 257-2534, for details of fun, games, exchanges, entertainments, comings to senses, evening flicks. Martha tells us that your kids will dig the scene as well.

HOT STUFF FROM EARL BUTZ & USDA

According to USDA most of us wear dunce caps when it comes to assessing the nutritional values of common foods.

At least that's what a recent study implies in showing that a majority of 1600 Americans surveyed had mistaken ideas about the benefits of the food they eat. People tend to underrate the nutritional value of tomatoes, the study said. Most know that tomatoes are a source of Vitamin C, but few know that it is important for the eyes, healthy skin & for fighting infection, it said.

About half of those surveyed mistakenly thought that bread is a good source of protein (probably referring solely to white bread). Most did not know that bread provides iron, said the report.

It said that the findings have implications for consumer pocketbooks, since we need to know how to get the most nutritional value for our dollar. An article about the survey remarks that bologna is usually cheaper than round steak. Yet, the article said, a knowing consumer would buy the round steak, since it takes much less round steak to provide the same amount of protein found in bologna.

According to the USDA, dry beans are still the best protein buy; bacon, Madisonians will be heartfelt in their loyalties to Oscar Mayer but heartsick to know, is the worst, the absolute worst.

COPING WITH INFLATION

Sidney Margolius, AFL-CIO economist, and Conrad Brown, have written a book, How To Cope With The High Cost of Living, which cooperators might dig for its advice on setting up "mutual aid" coops for providing goods & services, but not for its hardcover price of $9.95.

The public library should have it in by now. If you still want to own your own copy, write Marketing Services Book Publishing Co., Meredith Corporation, Dept. P, 1716 Locust Street, Des Moines, Iowa 50336.

SCRAMBLING EGGS IN WASHINGTON

Not only eggs but consumers as well may be taking a beating. Let's see, now.

The FTC has held that the ads of the National Commission on Egg Nutrition are false, deceptive & misleading in declaring there is "no evidence" linking egg consumption to heart disease.

Meanwhile, across town, the USDA has just approved plans for a major egg promotion campaign. The USDA ads will be funded by assessments on all egg producers (not

the hens, the humans). Called the Egg Research & Promotion Order, the program is designed to expand markets for eggs, egg products & spent fowl (farmer talk or USDA jargon for hens that don't produce).

The program was pushed by the Egg Board, comprised entirely of egg producers, on a willing USDA.

Later, perhaps, we may have something on the pro-milk referendum.

Middleman!

You've heard of Superman. You've heard of Batman. Wonder Woman, even. Now comes Middleman!

It's a fact of farm life that when food prices go up, farmers may be the last to benefit, consumers aside.

And it's also a fact of life that the modern propensity for processed, heavily packaged food is the average American's idea of a good time.

A recent report from the USDA shows just how the curtain goes up on this scene.

Of the 42¢ that consumers paid for the average head of lettuce in '74 only 6¢ went to the farmer, according to the report. The remainder of the selling price went for processing, transportation & marketing.

Processing costs make up about half the price of catsup or canned tomatoes, & a third of the retail price of a loaf of bread.

ALL THE FIELDS HAVE TURNED BROWN

The secret's out that the government is at once anti-farmer & anti-consumer. CM members would do well to read an article on just how government policies have hurt these two groups in the July 1976 Progressive. Similarly, the Agribusiness Accountability Project has issued a report titled "All The Fields Have Turned Brown."

Both publications indict U.S. agricultural policy for favoring the interests of large agribusinesses while ignoring responsibility for easing world hunger & encouraging broad-based land ownership.

The address of the Agribusiness Accountability Project is
1000 Wisconsin Avenue, N.W.
Washington, D. C., 20007

FREAKY WEATHER COMING

First the bad news: climatologists say that the world has allowed its reserves of grain & other basic food stuffs to dwindle to precarious levels.

In two new books, The Genesis Strategy and The Cooling, observers of climatic trends tell us that world weather is entering a period of instability which threatens humanity's ability to feed itself.

Both books claim the world is becoming cooler, and harvest failures & regional famine will be more frequent. The summer's midwestern drought may not be an aberration.

Stephen Schneider, the author of The Genesis Strategy, suggests the answer is a return to stockpiling in years of good harvest. But that is a policy which Earl Butz & his cohorts in the Republican administration have denounced as anathema to free enterprise.

Many critics, in the press as well as at the National Science Foundation, feel the authors are guilty of occasional sensationalism, but express interest in their major theses.

SPROUTS & FRESH MUSHROOMS

2 T butter
1 c chopped onion
1 c diced celery
1 c alfalfa sprouts
3/4 c fresh chopped mushrooms
soy sauce
1/2 c toasted almond slivers

1. Heat butter in skillet, add onion & celery & saute 3 mins.
2. Add sprouts & mushrooms, & steam covered about 5 mins.
3. Add 1-2 Tblspns soy sauce; remove from heat.
4. Garnish with almonds.

Yield 4 servings

Sprouts contain complete protein, living vitamins & minerals. Alfalfa sprouts contain all of the known vitamins, including the blood-clotting vitamins. It is also rich in potassium, phosphorus, calcium, chlorophyl, & very high in vitamin C.

To keep sprouts fresh longer after buying, rinse them every day, filling the bag with water & letting water drain off.

Always keep your sprouts in the refrigerator. Feedback welcome.

--Kathy Gerhardt

NSF STUDY SHOWS ORGANIC GROWERS GROWING

A study funded by the National Science Foundation has concluded that organically grown crops cost less to grow than conventionally grown foods & their market is almost comparable.

Organic farming also makes sense from a conservation standpoint, the study shows, since it requires one-third of the energy consumed by conventional farming techniques.

The National Soil Fertility Program estimates there are as many as 10,000 farmers practicing organic farming methods on a commercial scale in the United States.

For more information about the status of organic farming, one can write the NSFP, P. O. Box 400, Pleasant Valley, N.Y. 12569.

APPLE BUTTER

1 c liquid (cider, apricot juice, cognac, or your choice)
6 qts apples, quartered & cored

Cook until apples are soft; puree with food mill. Add juice of 1 - 2 lemons, sugar to taste (¼c ± sugar to each 1 cup of pulp)

Spices: 1 hefty stick of cinnamon, 5 whole cloves, 4 coriander seeds . . . Cardamon is also good. Tie up spices in a bag (cloth preferably). Place in a cold oven & bring up the heat to 325° & cook until it becomes or reaches the desired thickness. Put in sterilized jars & seal.

Editor's Note: My oldest daughter, now almost 12, was a toddler in a stroller when she and her parents participated in the long march up the San Joaquin Valley with Cesar Chavez and his United Farm Workers over 10 years ago. I was an AFL-CIO labor organizer at the time and had been a part of many a labor action. But the march between Delano and Sacramento by the UFW was one of the most impressive in my experience. The following story tells of the results of the long nationwide boycotts of lettuce, grapes & Gallo wine. A. V. D.

SI SE PUEDE

The response of many Americans to the UFW boycott of grapes, lettuce, & Gallo wine has been incredible considering the number of years the boycott has continued. Supporters might ask why the boycott continues and what its effect has been. Why is it such a long struggle?

Until the summer of 1975, the effect of the boycott had been to secure 10 contracts representing 4,326 workers. The boycott had also led the growers to realize that labor laws excluding farm workers would not allow them to retaliate against worker sanctions. Gov. Jerry Brown effectively got the growers and the UFW to agree on the Agricultural Labor Relations Act of California.

This new law became effective in the summer of 1975. After the elections called for under the ALRA, 36 additional collective bargaining agreements were won. A total of 46 UFW contracts represents 9,831 jobs and actually protects over 16,000 farm workers because of worker turnover.

The struggle has been long & arduous, the UFW having been resisted by the growers every step of the way except when their own interests got in the way. In 1973 growers joined with the Teamsters to crush the UFW & signed all its labor contracts with them. Wrong headed it was, as they permitted no worker representation.

Recent grower resistance found the growers delaying even after UFW election victories with costly appeals that temporarily bankrupted the labor board.

Despite a 5-year Teamster contract at West Foods, the UFW defeated the Teamsters 136 to 39. But 26 negotiating sessions with the grower convinced the UFW that good faith was lacking on the grower's part. The workers agreed to boycott West & its parent Castle & Cooke, a Hawaii corporation. Dole, a C&C subsidiary, was a boycott target. The powerful ILWU got into it. The workers then voted to strike, & they were solid. Dole bananas, a delicate crop, plunged on the market. A month and a half later the company agreed to sign a contract.

The UFW has proven the strength of non-violent direct action backed by the support of millions of people across the country. To the traditional farmworker motto Si se puede (Yes it can be done) can be added Si se pudo (Yes, it has been done).

--UFW Office in Madison

NOTES FROM THE CM STAFF

Who we are

In case you don't know, there are four of us. You are paying two of us for 20 hours a week and two of us for 40 hours a week. We are:

Jane Smith
Eliza Hobson
Steve Klapper
Elaine Nesterick

What we do

Our overall job is to coordinate the co-operative and business activities of the co-op. We are responsible for the day-to-day management of co-op operations.

Our specific tasks include: purchasing the food; managing the inventory; organizing the work shifts; designing and writing job descriptions and training members for all jobs; planning and implementing innovations as well as maintaining warehouse operations. We also prepare the weekly price lists; pay the bills; keep the books; prepare financial statements and manage the finances; function as liaison between committees; and execute the general office work.

And de-loosing the loose ends. Let's not forget about loose ends. When there are no members to cashier or a cashier doesn't show up for work --guess who does it. Or someone forgets to come in to fill oil bottles. Or we're short workers on a distribution shift. We do it or the work doesn't get done.

So, you'll see us doing everything from devising a plan to figure out whether the produce section of our product line is bringing in its full mark-up to mopping floors and keeping the sink clean. Sort of manage-it-jan-it-ors.

This communique

We will try to ppt out this communique for each newsletter to keep you informed of the happenings of the inner-not-so-sanctum of the co-op. Please give us feedback--both positive and negative-- and if you have any questions, please jot them down on your price lists, put them in the suggestion folder or talk to us. We'll try to give answers and explanations for them.

Schedule change

Since the very recent change in CM's schedule is the hot topic of the day, we will address it first.

The implementation of the new schedule has occurred with amazing smoothness. A month's preparation has given us good results. Cashie transportation people, work coordinators, warehouse workers, typists, mimeographers, the ordering and delivery of supplies, and staff have all adjusted well to the chan We thank everyone for planning ahead and adjusting so well.

We have gotten some negative feedback concerning the food pick-up schedule. It appears that some people want a weekday morning time as we previously had. And no one is signing up for pick-up on Sat. afternoon, although Sat. morning is heavily-filled.

We realize that even a month's notice was too abrupt for many people's schedules (and for people who relied on CM being a stable, non-fluctuating element in their life). We would have liked much more advance notice from the I.C.C. in terms of their delivery schedule; as it was, they did all that they could to allow some time. Small co-ops are springing up so fast in communities all over the state, that I.C.C. is having to go through major changes to accomodate them.

Since we didn't have time to allow for full democratic process by the membership before the schedule change, we're gonna do it now. (Is post-facto democracy better than none at all?)

This week we are issuing a questionaire to all members to find out your opinions about the schedule change. We are asking for preferred pick-up times. We will compile the results and adjust the schedule accordingly.

CM Brochure

We are in the process of finishing a comprehensive (and hopefully attractive) brochure on the history, practices and policies of Common Market, including some information about co-ops in general.

We will distribute copies to each member and have copies available at the warehouse for you to take to interested friends, neighbors, co-workers or other unenlightened people. Should be ready in two weeks.

Work Sign Up's

By the end of each month there are thirty-five (35) or so groups who

have not signed up for their month's work requirement. It's a lot of work to keep records and keep hounding. Please plan for Common Market work times and sign up at the end of one month for your entire require ment for the next.

On the Brighter Side

Many people responded to our cry for more cashiers. We are presently training 10 new cashiers. This wk. was the first in two months that a staff person has not had to fill in for a cashier.

We also have a good number of work coordinators-- both old and new. The co-op runs so much more smoothly when there's a full slate of cashiers and work coordinators! Thanks!

Committee Participation

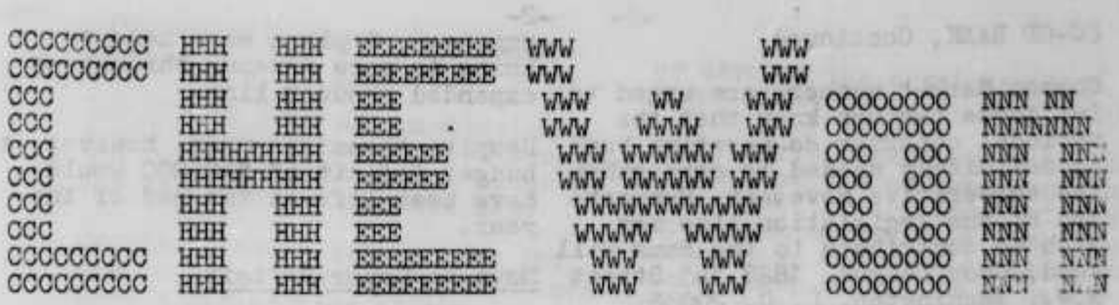
The Food Committee has active and steady participants. We will very soon be coming out with printed information about some of the foods we carry. We will also try to print regular responses to members' questions, suggestions, and complaints.

The Planning & Coordinating Committee is functioning well, but needs a couple more members. The meetings are monthly and its members' commitment is one year. The PCC is CM's main planning and policy-making body between General Meetings. It also formulates proposals for policy to the General Meetings.

The Work Committee will begin meeting again in November. This committee is composed of allwork coordinators and two staff members. Its function is to deal with problems with work shift operations and to make improvements in the systems of warehouse opeations.

The Finance Committee is not operating. The three able and committed people who were members (besides 2 staff) have moved out of Madison. One of these people, Nancy Emmert, had been a Finance Comm. member for 3 years and also contributed much time to CM's tax matters. It would be very good to have Finance Comm. people by January, when it's time to review the financial statement for 1976 and to prepare a budget for 1977. Anyone interested? Call Elaine.

EMN for Staff



Vol. 7 Spring 77 No. 1

CM MEMBERSHIP APPROVES MEMBERSHIP DRIVE & 2% PRICE INCREASE

After long discussion the general meeting approved both a membership goal of 1000 to be reached by Nov. 15, as well as an across-the-board increase of 2% in the markup on goods sold. The 2% increase in the markup is to be rescinded on Nov. 15 if the 1000-member goal is reached by that date.

The meeting as a whole recognized the hard work the membership outreach committee has done so far.

There was unanimous agreement on the importance of the membership drive. There surfaced a strong belief that the present membership should get out and "drive."

Considered by the general meeting was a requirement of one membership drive workshift per group between June and Nov. 15 in lieu of one warehouse shift. This was determined to be too coercive. CM will, however, make optional shifts for membership drive work available on the work sign-up sheets after the membership committee has defined the jobs that can be done this way. The strongest sense of the meeting was made manifest that membership outreach is urgent.

It was also agreed that persons joining as individuals enjoy only one work job per month. (Groups of 2 to 6 persons are still required to perform two jobs per month.)

Strong Division On Markup

The meeting was strongly divided on the issue of raising the markup. As a consensus could not be reached the issue was put to a vote. By 15 to 5 of those present & eligible to vote an immediate increase of 2% was approved; there were 3 abstentions.

As to whether the markup was to be applied uniformly on all items there was again a strong difference of opinion among the membership. Whether canned goods or meats were to be exempted from the markup was defeated by a vote of 14 to 3, with 5 abstentions. The removal of the markup on Nov. 15 if the membership goal is reached was approved unanimously.

Want A Fiscally Sound Operation

Members voting for the increase, as manifested by discussion, expressed the belief that CM has to operate in a fiscally sound manner (provided it has a balanced budget & that the full 3% capitalize tax is applied to the capital purposes for which it was intended: there being no reason why it should not).

A few weeks will be required to prepare a full record of the proceedings for perusal at the warehouse for interested members.

==========

BANKING ON CO-OPS

Congress is expected to act soon on legislation establishing a national bank to aid consumer cooperatives.

The bank would provide not only financial assistance but technical advice as well, of benefit particularly to small cooperatives which operate on a shoestring with a minimum of professional management.

The supporters of the legislation include farm, labor, consumer, & cooperative groups. The chief opponents are expected to be small business groups concerned that banks will give co-ops a competitive advantage.

Some supporters have warned, however, against establishing the bank without assurances that the bank would truly be consumer controlled & not dominated by larger consumer organizations.

Wisconsin citizens may be able to have special impact on the fate of this legislation, as Proxmire chairs the senate committee which will consider it & Reuss charis the corresponding house committee.

CO-OP BANK, Continued

Common Market members are urged to let these two men know that the national consumer cooperative bank is definitely needed to strengthen the cooperative movement. Supporters of the legislation also may wish to contribute to the Bank Bill Fund, Coop League, 1828 "L" Street N.W., Washington, D. C. 20036.

GENERAL MEETINGS

The principal item of business at the last two general meetings of Common Market has been the drastic decline in membership & accompanying financial difficulties.

An unprecedented number of people (over 100) turned out for the first meeting in February. This meeting approved a plan to stabilize CM finances while stemming the membership drain.

Programs Developed

A food list markup of 3% was adopted to enable CM to pay off its debts & establish a reserve fund for major expenses.

Moreover, a membership committee was formed to launch an intensive outread campaign aimed particularly at attracting new CM members from elderly, low-income, & working families.

The general meeting also voted to increase revenues by raising the annual membership fee from $1 to $2.50 per person, & by encouraging voluntary contributions based on ability to pay.

Another Look: Stronger Measures

By June it was obviousthat these measures had not paid off as well as hoped for. About two-thirds of the money raised by the markup was going for ever-increasing operating expenses, withonly one-third being used for the intended purposes. Voluntary contributions had been almost nil.

Some Benefits

There were positive results, however. The warehouse coordinators reported increased work contributions from ordering groups, & the membership committee had completed a brochure on CM while contacting groups which appear to be sources for new members. Plans for an intensive advertising campaign are being worked out, ranging from CM T-shirts to television spots.

With some severe budget cutting the staff reduced projected operating expenses; & plans were made to bring in more revenue through an expanded product line.

Despite these measures, however, a budget deficit of $40,000 would have been left at the end of the year.

Move to Cover Deficit

The 20 or so members attending the June general meeting voted reluctantly to cover the deficit by raising the food list markup another 2%, with the proviso that the new markup will be removed if a membership level of 1000 is reached by Nov. 15. Currently, the membership of CM is around 750 persons to 850.

Strategies for Expansion

The 1000-member goal could be achieved if each existing ordering group recruited one to two new members.

To encourage participation in the membership drive the general meeting voted to make optional shifts for membership drive work available on the work sign-up sheets at the warehouse.

In addition, more of the warehouse operation is being converted into self-service counters so that the staff will have more time to talk with members who want to know various things, and with other people who want information about CM.

Besides price advantage in the market place (CM is 12% cheaper than Kohl prices; 9.35% than Copps & Eagle), CM offers the attraction of being an alternative to wasteful, profiteering supermarkets.

ALTERNATIVE FARM POLICY

A plan for returning to a more diversified agricultural system emphasizing small, family farms, has been proposed by a Washington research organization called the Exploratory Project for Economic Alternatives.

Under the plan, small & medium-sized farmers would receive annual income subsidies, & high-income groups would pay extra taxes to help less affluent families buy groceries.

Energy conservation also would be accomplished by parts of the plan calling for decreased processing & packaging of food & for more food production nearer cities. And the plan proposes agricultural aid to developing nations instead of food exports from affluent nations.

BITTERSWEET: NURSING THE SWEET HABIT

The Food & Drug Administration found out just how popular saccharin is when it announced plans to ban the artificial sweetener.

Saccharin users deluged the FDA, the congress & other institutions with a rising tide of outrage in protest of such a ban. The right to use saccharin was linked to the First Amendment & other immutable principles.

The Sweet Hit In Small Doses

Many people seemingly refuse to believe research findings tying saccharin consumption to cancer. They point out that humans would never consume the amounts that rats were given in the experiments that led to the ban. An article by Washington correspondents William Hines & Judith Randal in The Progressive, however, counters with the information that about 95% of the compounds tested in animals do not cause cancer, no matter how large the dosage.

The article notes, moreover, several other considerations that argue against the continued use of saccharin.

Chemical carcinogens are never absolutely harmless & they are potentially dangerous to everyone who is exposed to them. Two or more carcinogens, moreover, can interact to procude a cumulative effect. And just because no cancer shows up immediately after exposure to these materials doesn't mean that it won't eventually, since carcinogenic effects can be delayed for as long as 20 to 30 years!

House Delays FDA Ban

Despite these arguments & new Canadian studies linking saccharin to bladder cancer in men, the U.S. House of Representatives already has voted to delay till September 1978 the FDA's authority to impose the ban.

Now the legislative fate of the ban lies with Sen. Edward Kennedy's Sentate Health Subcommittee.

The FDA has asked for more time to study the recent Canadian studies, & it may ask that even the prescription of saccharin be banned.

Sugar Junkies

We might have avoided the entire saccharin debate if our parents (and their parents!) had not let us develop the sugar habit in the first place.

Many nutritionists and dieticians agree that the cultural craving for sweets is a product of conditioning rather than some innate need; the body's needs for sustenance can be fully satisfied with more nutritious foods.

Yet the average American, reports the NY Times, consumes about a third of a pound of sugar each day. The result is a lot of unneccary obesity, tooth decay, malnutrition, diabetes, & heart disease.

Saccharin & other artificial sweeteners have provided a palliative for those who want to avoid the calories & bad effects of sugar. But now most of the substitute sweeteners are suspected of causing cancer & are banned from the market or are threatened with being banned.

Kicking the Habit

Only the most disciplined can kick the habit for sweet hits without the use of substitutes & by complete avoidance.

But what's a person with a hankering for sweets to do?

One dietician advises rationing the sweets while cutting down on calories from other sources.

The long-term solution, once an adult has kicked the sweet habit, is to keep children from turning into sugar junkies themselves.

It is also comforting to know that some natural sweeteners provide more sweetness per calorie than others. Table sugar, sucrose, for example, is sweeter than honey, & fructose (derived from fruits) is sweeter than sucrose. Cooking with sweet herbs or adding coconut to a dish can make food more appealing to the sweet tooth.

Disturbingly enough, about 70% of the sugar consumed by the average American is "hidden" in processed or canned foods. The only remedy to this is to check the labels for hidden sugar.

If one is actively engaged in an exercise activity such as running or yoga, it will slowly dawn upon the consciousness that the discipline of avoiding certain foods has already been developed & needs only to be applied as a part of one's general health program.

CM BOOK EXCHANGE

While there are a number of book exchanges in Madison, the idea of developing one at Common Market has occurred to at least one member. This item has reached the editors of Chew On.

The noble .Nona has come up with another brilliant notion: A book-trading shelf at C.M. Trade one for one! Or, if you're feeling generous, two for one.

If you are interested in seeing such an enterprise at C.M., it could use additional donations for starters.

OTHER ALTERNATIVES

While it didn't begin with Karl Hess, Barry Goldwater's old speech writer turned radical, many crafts people and artists around the country avoid pedestrian exchanges of money for goods and services they require for survival or comfort by bartering for them.

Such exchanges can be encouraged among C.M. members. A dentist may wish to have his rare books bound or restored; a bookbinder with expensive dental problems works out exchanges with him, & both are very happy over the deal.

Many well known painters deal with their lawyers, doctors, or green grocers in this way.

City-Wide Cooperation & Energy Exchanging

Nor did Barry Commoner invent the idea of neighborhood cooperation when he suggested that rather than each dwelling unit on a block duplicating the other in grass cutting, snow removal, carpentry, painting, laundry, etc. equipment & materials, that neighbors get together & pool their resources to buy these things in common to be used, in turn as needed, by the community.

That we become possessed by our possessions is not always apparent to us. When everybody on the block owns a lawn mower or an outboard motor except our neighbor, & he is always borrowing ours, that puts us uptight.

Whether Common Market members are exceptional examples of cooperators in this community of Madison would probably be difficult to demonstrate. And yet many of us think that we are where it is at when it comes to cooperatives. Perhaps we are.

--Harvey Noticeable

VALUE OVER CONVENIENCE EQUALS O.K.

Consumers want more "no frills" foods, less packaging & fewer convenience foods, according to a nationwide survey conducted by the Agricultural Councik of America (ACA).

Consumers are concerned about price, quality & the nutritional value of food that reaches the supermarket.

They are looking for solutions & are willing to work with the food producer to do something about the situation. 81% of them say that they feel the interests of farmers & consumers are similar enough to warrant joint action.

A majority of consumers want less convenience preparation & packaging, and want more bulk purchasing.

Similarly, 71% want less service and more price competition in retailing. Another way to cut costs cited by 42% was less government regulation in production and processing.

A large majority of the consumers surveyed, some 90%, see more direct farm-to-consumer marketing as a possibility for cutting costs.

But in addition to food costs, another big concern is over food quality and nutritional value.

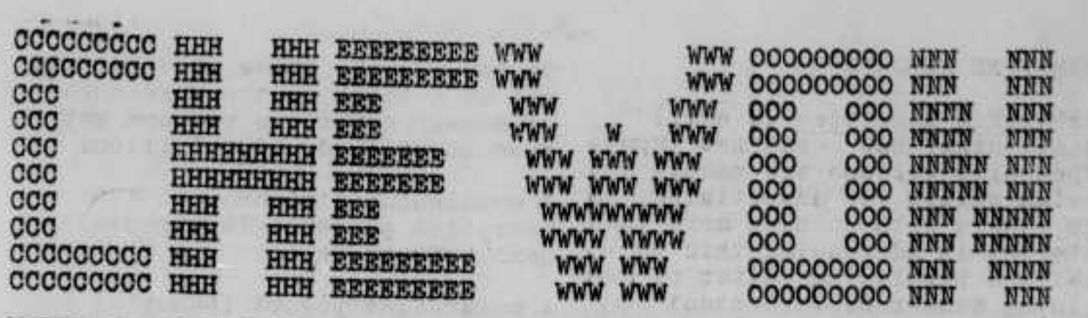
dissatisfaction was expressed over highly advertised, over-processed empty foods. "There is entirely too much plastic food, preserved like waxed fruit, completely lacking in freshness," they seemed to be saying in one voice.

Foreign Trade

On the matter of food exports, consumers are 40-40 on the issue. "America First--the hell with foreigners," said one. "Let them eat oil!" shouted another; and still another: "Let them eat communism!" paraphrasing Marie Antoinette.

The ACA was founded in 1973 by farmers, agricultural commodity organizations, and agribusiness companies, as well as farmer supply houses. Its published hype is that it is mandated to improve communications between farmers and urban consumers. The interesting word here is "urban".

If ag journalists were as impartial as sports journalists . . .



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EDITORIAL

Membership in Common Market has declined to a new low of fewer than 550 members. This is especially lamentable in view of the fact that last spring, when its membership still numbered around 800 souls, Common Market launched a vigorous membership drive, representing many hours of analysis, planning, decision making, & renewed resolve calculated and devoted to raising the membership to some 1,000 bodies.

Bodies and souls aside, luck and not skill has kept the enterprise afloat. The weekly sales figures have not declined dangerously. With 40 to 60 per cent of Americans overweight, we hope that our survival is not predicated on overconsumption rather than good planning. By November 1977, the projections of the Membership Committee would with some urgency have it, Common Market would swell to its planned growth of 1000 members. Sales would be proportionately higher. Those members with bad consciences over our inefficient uses of the warehouse building would be placated (a building in use six days a week but open to its members for business for only two and a half days; the seven-day use of utilities would be justified).

Transform or Transfuse?

The next move may have to include an analysis of the merits of dissolution if only because it is better to plan such an event than fall prey to such an event. This of course even at this stage of declining membership is still premature. Before that happens we should be on record as having examined once again where we are and whether where we're coming from is still valid in the late 1970's.

Without reviewing the social history of the decade up to now with respect to consumer control of goods, of food quality, sources, & distribution, and decision making within & practical alternative to the supermarket setting, can any member of Common Market, currently paid up or disgruntled alumnus, remain a passive witness to its present malaise without at least issuing a muted sigh and mentally personalizing the decline of a corporate representation of his or her near and active past?

Is the picture we all have of Common Market glazed over with the patina of age? Is it ordained that it be institutionally ossified?

Certainly a survey of the members determining why they, perhaps the hard core, remain faithful to Common Market might be useful. What are the advantages and disadvantages of membership? Why have former members dropped out? Is there a demonstrable commitment among the membership to the community?

What Did We Know & When Did We Know It?

Whether Common Market needs a restructuring of both its philosophy & marketing practices is going to have to be submitted to the cumbersome process of consensus that we all still hold as attractive & central to our ways of deciding things.

But to what low should the membership drop before we are alerted to serious action?

Are we, like the capitalists we were socialized to become, to invest our interest only in sales figures? Or is what we believe in to be reflected in the size of our community?

Do we organize or do we continue as a minority of post Vietnam romantics?

Fortunately for us, and without any strenuous effort on our part, there are alternatives to the alternative of Common Market: and these are the neighborhood coops, which are alive and well in Madison.

A. V. Dela Rosa

COMMITTEE REPORTS

Membership Committee is still functioning, but needs new input. Especially welcome are people with design skills for advertising, as are others with nothing more than interest in addressing this complex and perplexing matter of declining membership. Contact Eliza at the warehouse to see how you can become involved.

Food Committee

If you have ever dared to wonder about new items that appear in the price list or old items that disappear from it, the Food Committee has picked up the vibes & plans to pursue a policy of publishing updates periodically in the price list.

The following items have been on the price list since this summer past, but a review may be helpful to some.

Soybeans, roasted & salted, now available at CM.

Sunflower seeds, whole, available at CM.

Chocolate chip-oat cookies: new from Women's Exchange Bakery.

Triticale; when present stock runs out, that's it for the year.

Ice Cream; made in Madison, the same brand made or sold at the Ice Cream Shop near the corner of Regent & Allen Streets, & its outlet on the east side on Dempsey Road.

Taco shells & tortillas; made locally & added to the price list by member interest.

Miso; added in response to member interest. It is a fermented soy bean paste used in the Orient in much the same way the Occidental uses salt.

Juices: apple-pear, apricot nectar, black cherry, Cherefresh cherry. Added to price list to encourage addicts to kick the pop or beer habit; and for those culinarians who like a splash of color with their meals.

Smuckers Preserves; Bama was discontinued by CM, another good sugar hit.

University Food Connection

Three U.W. nutrition students have arranged with Common Market to do some field work for the co-op. They have agreed to make all Food Committee meetings and accept questions for research to be published periodically in Food Committee Reports to members.

On Nov. 3, the three students will set up a booth at the warehouse to answer questions members may have about food and nutrition.

A continuous liaison with the nutrition students is expected next year as well.

A sugar-free yogurt (Nancy's) from the west coast may find its way on the price list, as will locally produced tofu.

Membership or irregular participation in the Food Committee undertakings has its rewards: you sample prospective foods.

Carrot juice and sorghum have disappeared from the price list without anybody having noticed.

Upcoming broadsides from the Food Committee will address the problems of nitrates and nitrites; and other carcinogens in foods due to methods of cooking, rancidity of oils; and different ways of cooking beans.

New people always welcomed. Next meeting is November 15 at 7:00 p.m. at the warehouse.

Newsletter (Chew On) Committee

Former member Barbara Muncie, Governor Lucey's press secretary, left town for Minneapolis where her husband, P&C member John Bryson, took a job with the faculty at UM. Barbara is a great rewriter and editor, and she is already sorely missed. Anybody with good writing skills, an interest in interpreting Common Market business for its members is welcome to participate in the committee's activities.

Gov. Lucey, of course, is now in Ciudad Mexico.

Planning & Coordinating Committee

Sept. 11. State law requires CM as a corporation choose officers. For year Sept. 1977-Sept. 1978, CM officers are:

Eliza Hobson, President
John Bird, Vice-President
Helen Kott, Secretary-Treasurer

Finance. Capitalization program is on track doing what it was planned to do. Expenses are being met through the markup. The 3rd quarter will show full effects of the 2% increase in markup from last quarter as well as continuing buildup of capitalization fund.

Cost-of-Living Staff Increase

After having been deferred for the first six months of this year because of the capital crunch, cost-of-living increases have been approved for the staff. The total amount comes to around $630. A financial report on how this will fit into the improving financial picture of Common Market will appear in the next newsletter.

FAST FOR A WORLD HARVEST NOV. 17

Oxfam America, a Boston based organization concerned about world wide food problems, has announced its sponsorship for the fourth year of its Annual "Fast For A World Harvest" on November 17.

Among the principal sponsors are Frances Moore Lappe, Lillian & Dick Gregory, Helen & Scott Nearing, Margaret Mead, Jonathan Kozol, & Mrs. Norman Rockwell.

If you're hooked on food to the point that you can't give it up for one day, you can send your contribution, equal to the amount it cost you to feed yourself for one day, to

Oxfam-America
Box 228J
Boston, Massachusetts 02116

Realtor Located at CM Warehouse

The P&C gave approval to Enterprise Realtors to rent office space at the warehouse for an unspecified trial period. Enterprise Realtors will display the Multiple Listing Service file for CM members interested in purchasing property in the Madison area.

Rent to Enterprise has been fixed at 15% of any commissions generated. Ostensibly, the P&C members present and approving the agreement with Enterprise regard the service as educational.

CM disclaims any responsibility for a member's use of the listing beyond perusal at the warehouse or of any recommendation made by Enterprise Realtors or its agents. Such a notice of disclaimer of responsibility will be attached to the price list.

Bulk Buying By Large Groups

Consideration will be given to large ordering groups constituting 20 or more members. As of this writing, approval has not been given to the motion, but if approval is forthcoming, the consideration in exchange for the larger orders will be a 5% discount, but with the 3% capitalization charge added on, as with all orders at CM.

FDA Chief Urges Food Ad Control

The head of the Food and Drug Administration says that food advertising should be considered an extension of food labeling and brought under the same federal controls.

The Commissioner said that principle already applied to drugs, which are restricted in what the manufacturers can say in their advertising claims. His agency, he said, "should move to that principle with food."

CONSUMERS COOPERATIVE GARAGE

The Coop Garage, which earlier in the fall threatened to go out of existence, has, with the help of several membership committees and an overseeing steering committee, developed plans to continue in business while recapitalizing to improve productivity.

The committees, among other things, examined ways to increase income, decrease expenses, raise capital, and maintain fidelity to the Socialist model.

The Garage continues to need the support of the community. If you have not had your car winterized yet, you should call for an appointment.

Labor News

Employer action against secondary boycotts prevents the newspaper strikers from developing even more effective strategies in their contentious action against the newspapers. But the employers have been leaning on third parties outside the bargaining relationship to improve their own position in dealing with their striking employees.

The employers' shots are not being called in Madison. Like the entire publishing enterprise, it is an out-of-town operation. While Gottlieb, McMillin, et al. have guile enough for their own dirty tricks, the action here goes even beyond Lee. Worker control at the Press Connection is a breath of local fresh air.

Report from the Staff

The staff of C.M. presently consists of Jane Smith, food orderer, Helen Kott, bookkeeper, Elina Hobson, in charge of the membership file, and Dave Chyba, part-time committee liaison person and full-time duck. Elaine Nesterick has been on a leave of absence since late July, free as a bird, bicycling across country. Rumor has it that she will be back when the turkeys fly. And, at about that time, we are sad to say that Helen will be leaving the roost here, after a year's diligent service in the co-op. We will miss her very much.

The staff wishes to impart some news on various topics. For a limp kickoff, let's start with:

Warehouse Re-design

Last spring, plans were hatched to render warehouse operations more efficient, by way of restructuring the floor plan. In the throes of innocent enthusiasm, the plan grew to a rather grand scale. So grand, in fact, that no one on the staff had the time or energy to coordinate the project. Interested members kept on asking, "What's happening with the warhouse redesign?" Their friendly inquiries were met with embarrassed grins and groans, which became increasingly pained as time marched on. Then, in October, a member of the Planning and Coordinating Committee had a burst of nerve, took the bird by the beak, and decided to set a date for executing a modified version of redesign.

Though a whole crew of members said they would help out, when the day arrived only two were there, faced with the heavy job of rearranging shelves, painting and refurbishing. And then they began to look at the ideas for redesign. As in previous discussions, a stalemate was reached on where to put what. Nothing was moved; the warehouse remains as is.

There are two major problems involved: one is mechanical (differing opinions on what should go where), and the other is psychic: the difficulty of raising enough member energy to execute any plans. Why did so few people come to help, when a whole group had said they would? When is a co-op not a co-op? (Answer: when the volunteers don't care.)

General Membership Meeting

The time is coming for another one. The P&C Committee plans to set the date for sometime in December. Members are encouraged to use the new C.M. suggestion box for ideas on what the meeting should include. There should be discussion on C.M.'s capitalization plan, membership drive, etc. Remember: the effectiveness of the meeting depends on YOU! Watch the price lists for info on dates and times.

Newspaper Workers' Strike

C.M. has been giving a 5% discount on food, with no membership or work requirements, to the MNI strikers. This is in accord with C.M.'s strike support policy. We have also been donating mimeo paper and use of our mimeo machine, and occasionally helping in other ways. Because of this, the Press Connection donated space in last Sunday's edition (Oct. 30) for a C.M. ad. It appeared on p. 5. We appreciate the unions' reciprocal support and urge C.M. members to support the strike and boycott the scab papers.

There will be a strike support rally and community picket on Sunday, Nov. 6, at 3:00 p.m. at the park on Wingra Drive and Fish Hatchery Rd. Try to be there!

Membership Drive Update

Members of C.M. are requested to help publicize the co-op by distributing copies of the price list with a written invitation to come to the Saturday walk-in sale, and join C.M. This means going out and doing some nitty-gritty brick-pounding to leave these at people's homes. PLEASE HELP!! Contact Dave at the warehouse.

That's all the chirping for now. Tune in same time, same station, for more in-house tidbits.