

SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Issue 21 February Eve, 1981

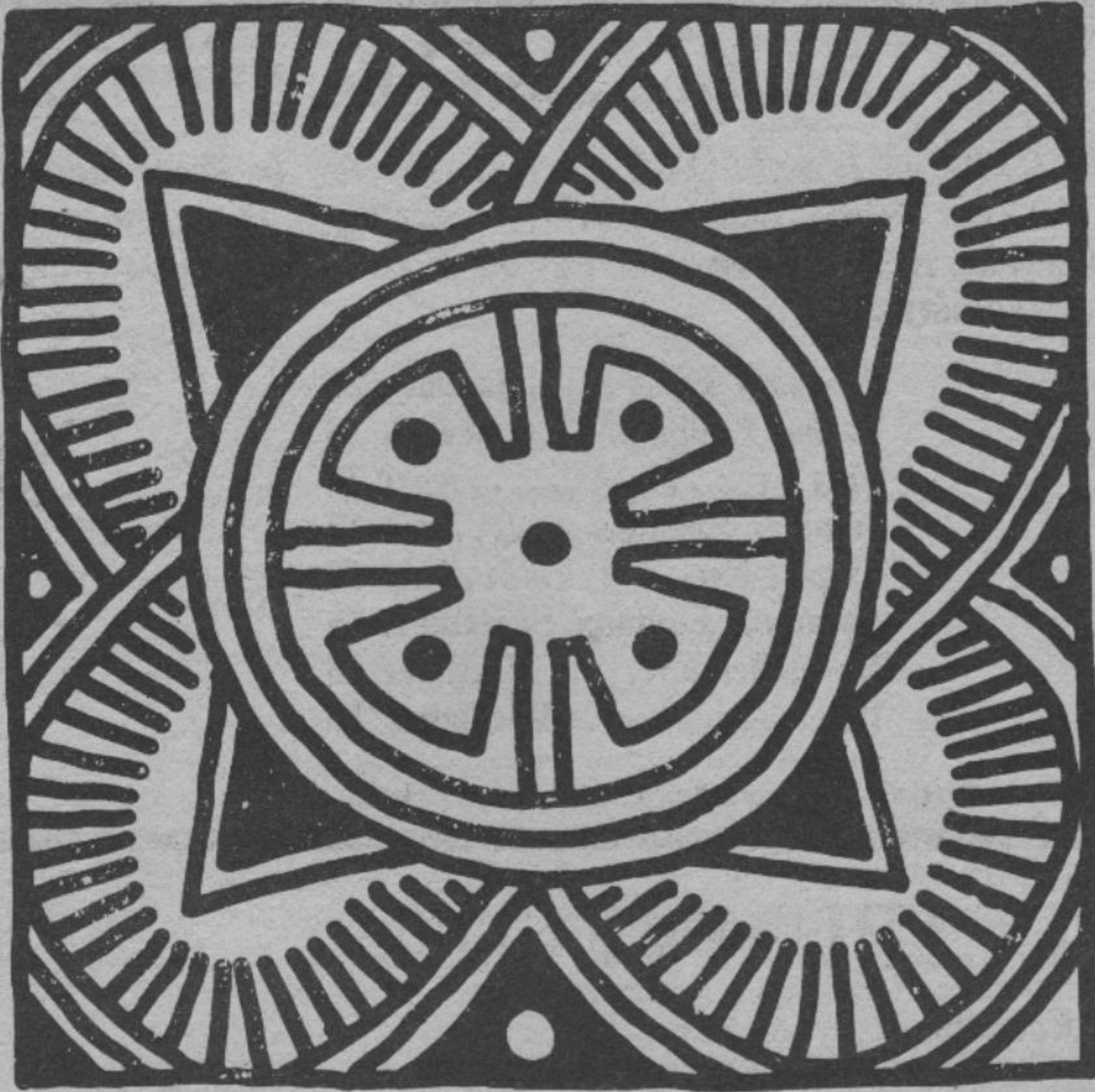
FREE



1981: THE YEAR OF THE ROOSTER

Inside:

Black Women's Week
Cooperative Child Care
Stalking the Self-Reliant
House



Black Women's Week '81

February 22-28

Interview with Faye Williams, by Mary Jane Ryals

Mary Jane Ryals is a staffer at the FSU Women's Center. Faye Williams is coordinator of this year's Black Women's Week.

...

Mary Jane Ryals: What is Black Women's Week about? Why have a Black Women's Week?

Faye Williams: We need to have Black Women's Week (BWW) for the same reason we have Black History Month, Youth Week, Handicap Week, and so on and so forth. We need to have a time to focus in on the particular needs and aspirations of black women in Tallahassee, nationally, and internationally.

MJR: You don't think that could be accomplished during Black History Month?

FW: No. There's a long black women's history that has been ignored, forgotten or suppressed, and I think that it's been systematic. I don't think it's conscious, but FSU's Black Student Union is not in tune with the achievements of black women. Nor, for that matter, is the FSU Women's Center or CPE. The women who have been denied have to be the ones to stop people and say, "Look, we're human beings, too. You should know something about us." We're pretty tired of working with everyone else's programs and being included without really identifying with them.

MJR: So you feel like you're included in others' programs, but don't have your own?

FW: Included to a certain extent, but we don't have control over programs and ideas. Being independent is the whole idea behind Black Women's Week.

I advocate the separatism of black women's organizations and think we should have a space to support each other to come up with our own ideas and platform for liberation.

MJR: So you're saying that separatism is not divisive?

FW: No, I think that separatism is a way of recognizing the fact that there *is* division in groups, that there *are* differences, that there *is* inequality. We must first be independent and once we have a choice, once we are strong enough to make decisions, then we can truly talk about being equal or being liberated.

MJR: When is BWW planned for?

FW: Sunday, February 22 through Saturday, February 28.

MJR: Will this be the first Black Women's Week?

FW: No, not the first and hopefully, not the last. This is the third year of BWW at FSU.

MJR: Who is featured this year?

FW: The week opens on Sunday with *Sweet Honey in the Rock*.

MJR: Who is that?

FW: A group of four-to-six black women at any given time who express in music black women's culture.

MJR: What kind of music do they sing?

FW: African music which is done acapella.

MJR: Since they don't play instruments, obviously, the emphasis would be on the lyrics, then.

FW: Yes, that's true. It's not so much the words, though. It's the message. For example, their song "Every Woman" is about intimate relationships between women, whether they be between mother, daughter, sister, friend, lover. The song says that for every woman who ever loved another woman, you should call her name.

MJR: Is *Sweet Honey* recorded?

FW: Yes, with Olivia Records, a women's recording studio.

MJR: I hear that Barbara Omalade is coming.

FW: Yes, she will speak on that Monday night.

MJR: She had an article in the *Black Collegian* not too long ago. What was that about?

FW: Black women and the ERA. Omalade says in her article that it is true that black women have not been knocking on the door of the feminist movement and asking to come in. The reason for that is because the feminist movement is not speaking to the issues that we need to talk about, such as child care, police brutality, and sterilization abuse, among others.

MJR: What is Omalade going to speak about?

FW: The topic will be "Black Women: Yesterday, Today and Tomorrow". I hope she will be able to talk about how we have been denied the power and control of our lives and to point out some of the women who have "made it," so to speak, in spite of all the obstacles they had to face in the U.S.

MJR: What about Tuesday? What have you planned for that day?

FW: Camille Yarbrough will speak.

MJR: She wrote *How Corn Rows Got Their Name*?

FW: Yes, it's a children's best seller. She recently expanded on the theme to include a 45-minute slide presentation. It talks specifically about African cultures as it relates to the different hairstyles, and the history of corn rows. It's about storytelling. You'd sit and get your hair brushed, and your grandmother would tell you stories.

MJR: I've heard black women express resentment about the so-called "Bo Derek" hairstyle as not originated by Bo Derek at all, that it's a black women's hairstyle. Do you care to comment on that?

FW: Eat your heart out, Bo Derek!

MJR: Okay, what about the 25th?

FW: There will be a panel discussion that is being organized by the Black Cultural Center in De Graffe Hall. I think that the topic surrounds black women in non-traditional jobs.

MJR: What is a non-traditional job for black women?

FW: To me, it means anything other than domestic work and service jobs.

MJR: Thursday?

FW: Kalamu ya Salaam is speaking.

MJR: Isn't he a man?

FW: Yes.

MJR: Why do you have a man speaking on Black Women's Week?

FW: Because one of the big problems that women have is rape, and rape is committed by men. While women have to provide the leadership in stopping rape, men also have to get their brothers to stop raping us. Kalamu is a longtime outspoken supporter of women's rights. He has written extensively on the oppression of women in general and particularly of African women. He has done a lot of traveling and speaking on the issue.

MJR: Is he African, or is that name just his African name?

FW: His name could be Jim Crow and he'd still be African!

MJR: Well, I mean, what is his nationality?

FW: He's an African American. He is also the editor of the *Black Collegian*.

MJR: What's next?

FW: A film festival, including "Angela Davis," "Lorraine Hansberry," and "Game".

MJR: What's planned for Saturday?

FW: A luncheon and workshops are planned. Workshop topics include a discussion on the need for a black women's organization on campus at FSU, health care, and specifically, birth control.

The luncheon menu will be determined by how many donations we get from local stores.

MJR: Local donations — not only monetary, but valuable donations such as food and labor?

FW: Definitely. We need volunteers for child care, transportation, publicity, and other things that will make the week work. I would like for anyone of any race and sex who wants to help to please contact CPE, the Women's Center or the Black Student Union.



Camille Yarbrough

SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

FREE

February Eve, 1981
2105 Autumn Lane
Tallahassee, Florida 32304
(904) 575;2934
Published every six weeks



Woodblocks by Siri Beckman (Chandler)

The SPECTRUM Collective:

Larry Teich • Rowan Fairgrove • Vicki Mariner • Frank Brown •
Suzy Fay • Margie Menzel • Louis Tesar • Tana McLane

COVER ART BY: Suzy Fay

What SPECTRUM Is:

SPECTRUM is an open forum for the Tallahassee Community. Emphasizing events, developments and activities in the alternative/progressive/cooperative culture here, we encourage people to participate with contributions of articles, labor or advertisements.

Writers and artists cannot be paid. Articles and artwork are printed on a space-available basis.

Views expressed by the writers are not representative of SPECTRUM or of any particular organization unless identified as such. Our goal is to provide an open forum for the community, but the staff does bear certain legal and moral responsibilities for the content of the publication. Therefore, we reserve the right to withhold from publication any material that is libelous in tone. The SPECTRUM collective also reserves the right to withhold material referring to specific individuals until they have had the opportunity to review and respond to all articles in question.

Submissions Guidelines

SPECTRUM cannot continue without your interest and participation. We have no reporters and are totally dependent on members of the Tallahassee community to submit articles informing the rest of us as to what's happening. Artwork and photos are encouraged, also. Send submissions to SPECTRUM, 2105 Autumn Lane, Tallahassee, 32304. Articles should be no longer than 3 doublespaced, typewritten letter-sized pages. All material must be signed and include a phone number and address so we can contact writers when revisions or clarifications are needed. If we have no contact information, or if time is exceedingly short, we will edit to our discretion. If you wish original art or photos returned, you must provide a self-addressed, stamped envelope with a note telling us to return your material.

Advertising Sales:

Larry Teich — Call 575-2934 for advertising information.

Printing Schedule

SPECTRUM is published every six weeks, in accordance with the Year Wheel, which is divided eight times, in increments of six weeks. Actually, we come out the Wednesday before each of these holidays.

February Eve..... January 28
Vernal Equinox..... March 18
May Eve..... April 28
Summer Solstice..... June 17
August Eve..... July 29
Autumnal Equinox. September 16
November Eve..... October 28
Yule..... December 16

Article deadlines fall two weeks before printing dates.

SPECTRUM's Evolution

Dear Readers:

Besides volunteering for some of the many tasks involved in putting SPECTRUM together (selling ads, writing or soliciting articles, distribution, graphics skills, etc.), there are other needs that can be met by the readers:

- If someone with carpentry skills has the time, we could use some distribution stands to put around town (both counter-top and stand-up).
- If you know of an event, speaker, program, or have anything you wish others to know about, please write or call us. We want SPECTRUM to be a tool for the community to communicate with each other and share information through.
- Anyone who goes out of town after we print an issue could do us a favor by going to the Food Co-op at 649 W. Gaines St and pick up 20 or 30 copies to take to a food co-op (if there is one) where you're going. This is a favor to other co-ops who like to read about different co-op issues, and it generates some out-of-town subscriptions for us.

We would be glad to talk about these or other ways to solicit help and support. We're a very small group and would love to others to join us or give feedback on the form or content of SPECTRUM.

Thank you,
Larry

community announcements

Kate Millet, author of "Sexual Politics" and other feminist books and articles will appear in Room 201 Longmire Building, FSU, at 7:30 January 29.

The Good Life General Store is having a store rearrangement work party on Saturday, Jan. 31, 1981 at 10:00 AM. Free apple juice (or cider, if cold weather). Work credit discounts for volunteers. For further information, call 224-1694 or come by the store at 651 W. Gaines St.

Puerto Rican & Caribbean folklore music in Opperman Music Hall, 7:30 PM, Feb. 4. Free.

February 11—Freedom Rally at Tallahassee Metropolitan Community Church—Call 222-2582.

Barbara Ehrenreich speaks on "The Medical Industry and Sex Roles", Rm 201 Education Bldg. FSU, 8 PM, Feb. 18.

Draft Registration continues for 18-year-olds. Information and counseling for those concerned about the draft and war may be obtained through the Tallahassee Peace Coalition, P.O. Box 20168, Tallahassee, FL 32304. Or call 878-5453.

The Tallahassee Peace Coalition is publishing a monthly newsletter on war and peace issues. Contact the above address if you would like to receive a copy.

CPE classes on "Eight Myths of Militarism" continues. The first three myths discussed were on: (1) "The Macho Man," (2) "More Arms equals More Security," and (3) "The Permanent War Economy". The following classes will be held Tuesday evenings, 7:30 pm, FSU, Bellamy Bldg., room 212.

Feb. 3— "Of The People, By The People, For The People": the national security state—secrecy of information and covert action. Military authoritarianism vs. democratic decision-making.

Feb. 10— "Us Versus Them": the use of outside threats to create domestic unity and suppress dissent; the dehumanization of "the enemy". War-unity vs. Community.

Feb. 17— "To Make the World Safe for Democracy": the perversion of idealism to justify empire (U.S. and U.S.S.R.). National defense vs. world policeman. Human rights vs. "friendly allies".

Feb. 24— "Balance of Power or Balance of Terror?" International power politics—imperial rivalries and M.A.D. game between the superpowers; proposals for effective world peacekeeping institutions and disarmament.

Mar. 3— "We'll Always Have Wars": Apathy and powerlessness in the face of collective annihilation (fatalism). Understanding historical evolution—the end of autocracy, slavery, capitalism and war. What we can do now.

Where Have All the Activists Gone?

Let's Find Out

by Margie Menzel

Both locally and nationally, the impetus for overt political protest appears to be on the wane. Longtime members of the Tallahassee progressive community are aware that, in both numbers and energy, the level of participation in formal political groupings has declined radically. Attendance at meetings has dwindled, volunteers are scarce. One gets the sense that a handful of die-hards is clinging to a barren structure that was once full to overflowing.

I am curious about this. I am absolutely nonjudgemental about this decline in the sense that I don't automatically view it as being detrimental to the community. It may be that people are accomplishing far more by working on an individual basis or, perhaps, a less public one.

On the other hand, there exists the real possibility that many people have withdrawn from social protest because of burn-out, because of disillusionment, because of political conflicts ending in bitterness. Over the infallible grapevine comes the insistent drumbeat of accusations: this group is too sexist for me to work with; that group too classist; still another, too centrist. It's no secret that there are many local organizations with long-standing enmities amongst themselves.

Still, Tallahassee is not the only community with a history of controversy, nor the only one to experience a lessening of participation. From what I've heard from friends elsewhere, the Tallahassee bog is anything but unique. Are these changes a response to the popular national move to the right? Or, less simplistically, are there basic conflicts amongst alternative groups that are bound to erupt from time to time, from place to place?

Two years ago, when a serious schism in the feminist community became particularly overt, some of us asked the advice of Andrea Dworkin. She noted that this particular delineation, between so-called "radical" feminists and women with Marxist-Leninist analyses, was a common point of conflict across the country, and that the effect was disastrous. And so, thinking of many issues that are mutually exclusive, I wonder: Is cooperation amongst progressives truly a question of uniting against larger, deadlier enemies? Or are some "progressive" groups as inherently destructive to one another as the Right is to them all?

I want to know how people in Tallahassee are feeling about "The Movement". I want to know partly as a constructive guide for groups, like *SPECTRUM*, that are attempting to provide a forum for their own goals and beliefs, and partly for theoretical reasons connected with individual curiosity. I'm going to try to do this by means of this survey, by interviewing people attached to central places in the progressive community, and by contacting groups about their structure and membership participation.

To everyone who wishes to be involved: Please respond by either writing to me along the lines I have suggested here, by taking your own approach, or by calling me if you think your participation would lend itself more readily to an interview. Mail to *SPECTRUM*, 2105 Autumn Lane, Tallahassee, 32304, or call 575-5458. I'm shooting for the next issue of *SPECTRUM* to compile the responses. Add, of course, anything you wish. If you contact me in writing rather than by phone, please indicate how I can get in touch with you and whether you may be quoted.

Thanks,
Margie

Note: Please interpret the term "group" broadly. As used in this survey, it indicates co-ops, CR and study groups, local chapters of national organizations, single-issue groups, and specific projects such as support for an individual political prisoner, etc.

1981 — The Year of the Rooster

by Suzy Fay



"The Rooster isn't going to put up with any...trifling with law and order...a year of reaction, therefore, with an abundance of uniforms in the name of the law — though in fact they are worn for their own sake...military parades...reviews...risks of the abuse of police powers."

That portentous quote was lifted from a book called *Chinese Astrology*, by Paula Delsol. Chinese astrology is based on lunar years. A lunar year consists of a dozen new moons, with a thirteenth added every twelve years. The cycle of the Zodiac is completed in

twelve years, with a symbolic animal for each year: cat, dog, rat, horse, dragon, etc. Each animal stands for the characteristics of people born in a particular lunar year.

According to *Chinese Astrology*, the Rooster, whose year begins on February 5, 1981, is aggressive, authoritarian, and boastful. The Rooster is also an "armchair warrior," an "adventurer in carpet slippers..." Maybe, then, 1981 will be a time of mere warlike posturing and military sound and fury, "signifying nothing." Perhaps the current presidential administration will not mean World War III, as many people currently seem to think.

1. What political groups have you been involved with? Why?

2. How long were you involved? _____

3. Would you describe your involvement as:
 slight regular highly committed

4. If you ceased your participation, why? _____

5. What were the positive aspects of your involvement?

The negative? _____

6. Do you expect to work on any groups or issues in the future? Which? Why? _____

7. Have you had any notable bad experiences with any political groups? Describe: _____

8. Are there any groups you absolutely would not work with? Why? _____

9. Indicate which groups could attract your participation.

Would it be on a one-shot basis, like a fund-raiser or demonstration? What might that group do to involve you—contact you personally? Make more public announcements? Or would you require an alternative structure dealing with the same issue? Why? _____

10. What new groups would you like to see in Tallahassee?

What study groups or CR groups? _____

11. What is your impression of the overall effectiveness and accessibility of the Tallahassee political community? Why? _____

12. Do you think the local alternative community has increased or dwindled in size? Or do you think it has changed in terms of structure? How? Are such changes for the better or the worse? _____

13. Do you think changes in the Tallahassee community are more locally based? Or nationally? _____

14. Has Reagan's election affected your involvement? How? _____

16. Did any personal life changes affect your participation? What are they? _____

17. If your participation has declined, what are you doing instead? Do you expect to be more involved in the future? Do you feel more productive now? _____

18. Do you feel fulfilled by activism? Does it meet your needs? Do you feel that your participation has an impact? _____

19. Do you feel you would become involved with political issues in a crisis? Are there other, possibly more successful routes to political evolution? _____

20. What are some issues and/or groups that you would like to read about, or feel deserve coverage in *SPECTRUM*? _____

EVENTS SCHEDULE FOR FSU'S BLACK WOMEN'S WEEK



Sunday, Feb. 22 — *Sweet Honey in the Rock*, 4 pm, Opperman Music Hall, FSU

Monday, Feb. 23 — Barbara Omalade on "Black Women: Yesterday, Today and Tomorrow," 7:30 pm, 126 Bellamy Bldg., FSU

Tuesday, Feb. 24 — Camille Yarbrough on "How Corn Rows Got Their Name," 7:30 pm, location TBA

Wednesday, Feb. 25 — Panel Discussion on "Black Women in Non-Traditional Jobs," 7:30 pm, DeGraffe Hall, FSU

Thursday, Feb. 26 — Kalamu ya Salaam, 7:30 pm, Location TBA

Friday, Feb. 27 — Film Festival: "Lorraine Hansberry," "Angela Davis," "Game" at Moore Aud., time TBA

Saturday, Feb. 28 — Workshops and Luncheon, Walker Ford Community Center, 2301 Pasco St., 12 noon

For more information, call 644-2879, 644-4007, or 644-6576.

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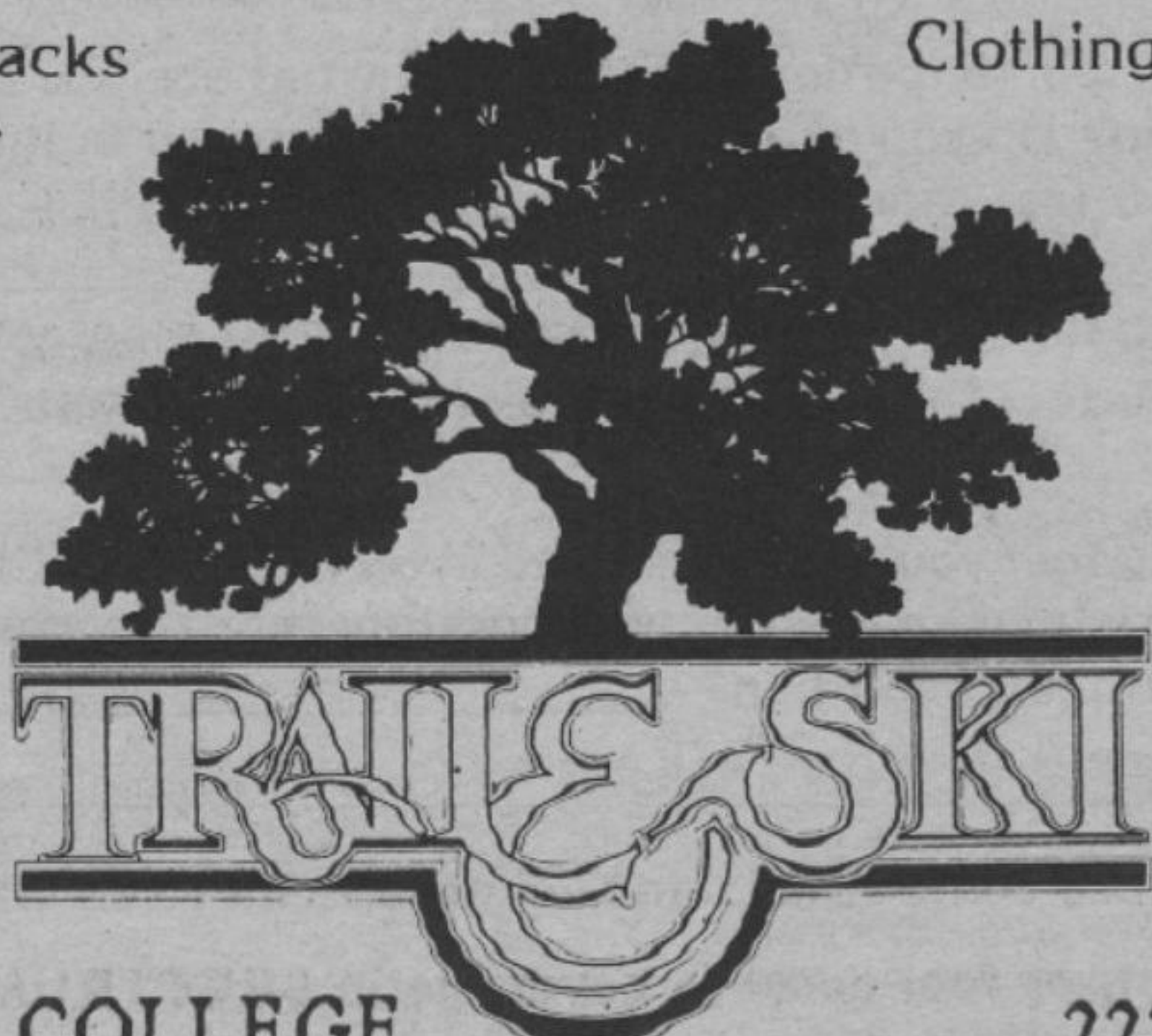
WORLD HUNGER SYMPOSIUM

Names of prospective speakers are being sought for the *World Hunger of the '80s* symposium, to be held the first week of May. Joseph Collins of *Food First* is one of the speakers already scheduled. Persons interested in contributing time, energy, or just advice in planning this event are urged to contact Larry Schuster, 575-8746.

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I AM AN AMERICAN



by Ira Shorr



*An Open Letter to all you liberal,
cooperative types:*

I'm an American and I bet that's more than most of you can say (spit). Now that Mr. Reagon is finally President (thought I'd die first. . . or he would) I can come out of the closet with my flag waving and my drawers high.

America has taken it on the chin lately. Our economy stinks because we give all our money to the poor so they can live like us. Our military stinks because they ain't fought nobody in years. Our image stinks because of phony liberal types like you who are always talking America down. President Reagon will change all that. You better stock up on nuts before we hand over your food co-op to Publix.

You'd better believe that America is number one in the world. It's true, I've read it and President Reagon said it on inauguration day. I think Sweden is number two and Europe is three. Or vice versa. Russia is so far down the list it's like they're not even in the world. America has the most freedom, the most television sets, and a lot of books. Do you know that most Vietnamese can't even read English. It's no wonder we had to save that country.

Ronald Reagon is a great American. He came from poverty to movies where he worked under those hot lights all day so millions of Americans could laugh at his films. And Nancy, boy can she stand up straight. That's because President Reagon got government off her back and he's going to do the same for us. No more crying about the environment while business dies. Once again we're going to see American factories belching out good old American smoke as the fires of progress are lit by the sweat and toil of American men who might lose weight during the day but go home at night to an American wife losing weight at her American stove (G.E.) roasting that American pig and potatoes that will once again fatten up their American bodies. *That's nature's way.*

As for our military, you can bet that President Reagon won't spare the printing press and our armed forces will get all the cash they need. It's a shame we've been wasting money on the lazy bums who get food stamps instead of working for their beef and stuff. No wonder unemployment is so high, nobody's working! President Reagon is going to stop all that and see to it our military is number one. Every American will have a nuclear bomb somewhere with his name on it. That's something to leave the kids. As our President's right hand man, Mr. Haig said, peace is our goal and we'll blow up anyone who gets in our way.

Once we get our guns in shape we'll have no problem with our image. People in other countries will know that human rights are not something you get for free, you gotta pay. . . and we're gonna collect cause we're the freest. We're Americans and if you don't like it you can move to New Zealand. But keep in mind, they're number 42.

CANOPY FEDERAL CREDIT UNION

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Sunday, February 15, 1981 2 PM at the
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Sunday, March 15, 1981 (same time, same place)
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Rediscovering Tallahassee's Feminist History

by Sherry Rauch

I remember writing to my sister sometime last year about my anger at not having been told about Susan B. Anthony, Virginia Woolf, Harriet Tubman, Anne Hutchinson, Emma Goldman, etc., etc. My sister is a teacher and I thought she might understand, but she never mentioned anything about it in her later letters. Maybe she had never learned about those women either and didn't know how to respond.

Learning more about women's lives, besides that they were always the mothers and caretakers of society*,

books, unforgettable tales woven by the grandmother who never learned to read or write."

Finally, the lives and stories of the women closest to me began to take on new significance. I found myself asking my mother, What was it like when I was born? What did you experience in childhood? How did you feel when this happened? When that happened? Stories of "great" women excite me, the history of the "average" woman gives me inspiration and linkages to the past, but the lives of real women around me tell me most about myself.



"Just to know that these women existed caused an irreversible crack in reality for me."

except for the occasional prostitute and nun thrown in here and there, has been for me almost a religious experience. After reading a biography or an autobiography about a woman, I often walked around in a stupor for days. First, there was the stage of the "exceptional" women in history, ones that were sometimes even mentioned in history books. Just to know that these women existed caused an irreversible crack in reality for me. If these women could be so daring 50, 100, 200 years ago, surely I could go even further in my own life.

Then there was an interest in the "common" woman's experience, how she lived her life, what her passions were, how she dealt with grief. Robin Morgan states: "Women are only now discovering how many great literary treasures of our history lie buried — in diaries, journals, letters sent and unsent, folk songs and lullabies never written down, poetry scribbled on the flyleaves of old pioneer-family bibles and recipe books, aphorisms scratched on the walls of prisons and asylums, published in volumes whose authorship was attributed to husbands and fathers and brothers and lovers, meditations written around the margins of cloister prayer

About a year ago, several women got together to discuss a special edition of *Off Our Backs*. This particular issue was a ten-year history of the magazine and the women's movement in general. Although there was no way for the issue to be comprehensive, it served as a springboard to re-assess feminist history and to ask new and probing questions about our own past. The idea to do a local feminist history publication came up at this meeting, although it wasn't until the following fall that a CPE class was started to begin the project.

From September to December 1980, the class interviewed various women in the Tallahassee community. These interviews included two older women who were able to give an historical perspective, and women involved in rape crisis, Herstore, women's studies, and the Black Women's Collective. They shared with us their personal history, their analysis of the changes in the organizations they were involved in, and their opinions of the future of feminism.

This quarter the class will be focusing on doing further interviews, writing articles, fundraising, and finally, producing a free publication about Tallahassee feminist history. Money

will be of the utmost importance this quarter because at this time we have absolutely no funds to do the project. We want to produce a free publication so that it will be accessible to anyone in the community who is interested in feminist history. However, to do this we will need even more money than we would if we were going to charge for the publication. A spaghetti dinner is scheduled for sometime in March. We hope to make the bulk of the money needed from this event. Donations are also accepted, made payable to the Tallahassee Feminist History Project.

At this point, I need to express a major concern of mine about the publication. Taking on a project like this puts one in a powerful position, or at least puts one in the position of interpreting history or giving more weight to one person/experience/area than another (A position traditionally held by men). This publication will not be the end-all in terms of feminist history in Tallahassee, but since the printed word can be so powerful, it could be seen as trying to represent all women, and especially feminists, in Tallahassee. This it certainly cannot do.

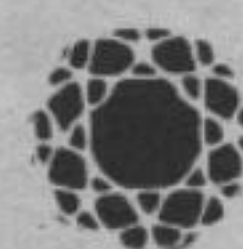
The more I became involved with the project, the more I realized how many experiences or areas of interest would be left out of the publication. I am white and middle-class, love literature and theory, and am naturally drawn to these areas of interest. Another woman became interested in more than just feminist history in the last ten years. Someone else wanted to write about women and religion. I am finding that any one area could be a publication in and of itself. My personal hope for this publication is that it will be a smattering of experiences and ideas, somehow woven and interconnected into a beautiful collage, one that will encourage the reader to ask even more questions about women's history.

Since we cannot interview all the women we would like to, we are soliciting articles from women about their own experiences of feminism and feminist institutions/events in the past ten years. We reserve the right to edit all articles submitted. Please send to: Tallahassee Feminist History Project, 2105 Autumn Lane, Tallahassee, FL 32304. The deadline for submissions is March 1.

**I in no way mean to negate or trivialize motherhood. It's just that most women grew up knowing that they not only could, but should be mothers. Under these circumstances, motherhood ceases to be a choice and instead becomes an inevitable event in a woman's life. Realizing that it can be a choice is exhilarating.*

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Two Book Reviews:

Stalking the Self-Sufficient House

by Jerry Johansen

For several years I have been aware of the need for people, especially in advanced western cultures, to live a more ecological lifestyle. In June of 1978, I participated in the anti-nuclear demonstration at Seabrook, N.H. A group of us spent the week before the actual demonstration walking the 70 or so miles from Boston to the Seabrook site. The idea behind this "Safe Energy Walk" was to talk one-to-one with people, in their own neighborhoods along the way, about the dangers of nuclear power in general and the Seabrook plant in particular. I encountered many people, basic folks, who were open-minded but had been convinced that without nukes we would all "freeze in the dark". My standard response was that we did not really need nuclear power; that through conservation, solar, and other forms of alternative energy, we could cover our needs. Some people were skeptical, but many were excited by the idea and would ask me, "Oh, so you live in a solar house?" I had to reply that, no, I did not. Their next question then was, "But you know a lot of people who live in solar houses?" Once again I had to answer "No." Invariably they would then ask if I knew of anyone who lived in a solar house. My sad but true answer was always, "No, I have only read about them."

After this conversation recurred several times on the walk, I started to realize how presumptuous I was to be pushing a technology (solar) that to me was still just wishful thinking. At least these people could actually use the electricity provided by a nuclear power plant.

I returned to Tallahassee quite a bit sobered in my rhetoric and committed to demonstrating an appropriate technology lifestyle so that I could talk about what it was that I really knew rather than just repeating what it was I had heard or read.

Now it is 1981 and I still do not live in a solar house although I do heat with wood and extra clothing in the winter; cool with nakedness and swimming in the summer; ride a bike; and grow some of my own food. I am still striving to develop a self-reliant, energy efficient lifestyle.

If you are at all like me, there comes a time when you are tired of talking and want to start living what you have been reading/talking about. A problem you may have encountered is that although many sources say "hooray appropriate technology," "go solar," "conserve energy," and "no nukes," very few tell you specifically how to do it in your own life. I read about the need to weatherize my house but do not know the difference between R-16 and a BTU.

Recently, I have been turned on to two wonderful books which go a long way to transforming my rhetoric into action in the area of appropriate technology. *Other Homes and Garbage: designs for self-sufficient living* (thank you, Barry Snitkin) is a cookbook for designing different alternative energy systems for your particular living space. It is best used where you are building something from the ground up and is strong on solar hardware, electricity production, and human fecal management. *The Integral Urban House: self-reliant living in the city* (thank you, Vicki Mariner) focuses on retrofitting existing urban structures to make them more energy efficient. Its strengths are: design, food production, and conservation. There is a certain overlap between the books and either would be an excellent guide to converting your environmentalist rhetoric to reality in your life. Both would be better.

Remember, "The journey of one thousand miles begins with a single step." Or, as my favorite saying goes, "one experiment is worth a thousand 'but...s'!"

...

Other Homes and Garbage: Designs for Self Sufficient Living, Lecie, Jim et. al. San Francisco: Sierra Club Books, 1975. 302 pp. About \$9.

I'll let the authors, four graduate engineering students from Stanford, introduce their book to you. "This book represents an attempt by engineers and other technically trained people to communicate practical, useful technical information in an interesting format and in terms that are comprehensible to nonspecialized people—YOU! We want to help you gain the ability to design—for and by yourself—technologies which will allow you to establish a lifestyle which is energetically and materially more conservative than those most of us now lead. We hope to help people realize that such simplified lifestyles are possible without sacrificing the things that give quality to our lives."

At first glance, the potential reader may be frightened off by the apparent technical difficulty of the work. The book is full of exotic-looking mathematical formulae that seem to come from an advanced college engineering text. But the hard work, selecting and developing the formulae, has been done by the authors and all the reader has to do is plug in the variables for her/his specific situation. What this book does is lead you step-by-step through designing alternative energy systems for your own use. Hang with it, it is not as hard as it first appears.

Chapter 2 on Alternative architecture, discusses site determinants (topography, vegetation, etc.) and climatic factors (temperature, wind protection, etc.) in housing design. It also includes a discussion of fireplace design, solar and artificial lighting, and primitive architecture and building materials.

The chapter called Small Scale Generation of Electricity from Renewable Energy Sources is an introduction to wind and water power and includes a nice little fundamental course on basic electricity. It also provides a detailed procedure, with supporting tables, for calculating your energy requirements. (And in how many alternative energy books have you seen tables showing the proper size—gauge—wire to use for different electrical loads?!)

The "Solar Heating" chapter begins with a theoretical groundwork in thermal comfort, climatology, and heat loss in dwellings before going into alternative solar heating systems (including calculations for things such as "how to size a flat plate solar collector"). Discussed in this latter section are hot water systems for domestic use, auxiliary heating systems, integral systems, cooling, economics/taxes/zoning and 40 pages of tables, charts and graphs to help you determine your structure's solar potential.



Storing Kitchen Garbage in Sawdust

At the Integral Urban House in Berkeley, we devised the following method for handling table scraps and other food-related wastes from the kitchen:

1. During preparation for and clean-up after meals, the materials for the compost are left in a collander in the sink to drain off excess liquid.

2. Whenever the collander is full, it is emptied into a small five-gallon bucket that has a tight-fitting lid.

3. Each addition of kitchen waste to the five-gallon bucket is followed by a thick (one- to two-inch) layer of sawdust, dipped out of an adjacent sawdust-holding bucket. (See drawing.)

4. Periodically, the sawdust dipper is pressed down upon the surface of the material in the bucket, compacting it evenly. If necessary, more sawdust is added to keep smells from leaking out.

5. When the bucket is almost full, it is topped with an extra inch or so of sawdust, covered with its lid, and moved to a storage spot outside the kitchen. An empty bucket is brought in to take its place. When all the buckets are full, it is time to make another compost pile.

6. Once every couple of months, the sawdust bucket is hauled to a nearby cabinet shop (or other sawdust source) for refilling.

All you ever wanted to know about methane in one sitting is available in Chapter 5 on "Waste Handling Systems". Although the bulk of the chapter is about methane (and incredibly detailed, I might add), other waste handling technologies, such as the Clivus Multrum composting toilet, outhouses, septic tanks, and oxidation ponds are explored.

Fresh clean water is essential to life and Chapter 6 discusses water supply. Covered under the "Sources" section is groundwater, surface water, and solar distillation. The "Transport and Storage" section will give you formulae for sizing a pump as well as discussing various storage systems. Finally, a rap on "Quality and Control" deals with disinfection, filtration of turbid water and the ion exchange process (whatever the latter two mean—I haven't read that part yet).

The final chapter deals with food supply and covers both agriculture and aquaculture. This section is a complete little gardening guide (though it pales next to the food production section in *Integral Urban House*), and includes information on raising small livestock (chickens, bees, rabbits—even goats and cows!) The information is fairly sparse but good enough to get you started. Aquaculture is the raising of fish and algae for human and animal food and looks fascinating. (I have not read that section yet either.)

Every chapter includes an extensive bibliography and there is a table of conversion factors as well as a detailed index at the end. This is a great sourcebook and a companion for your journey to energy self reliance.

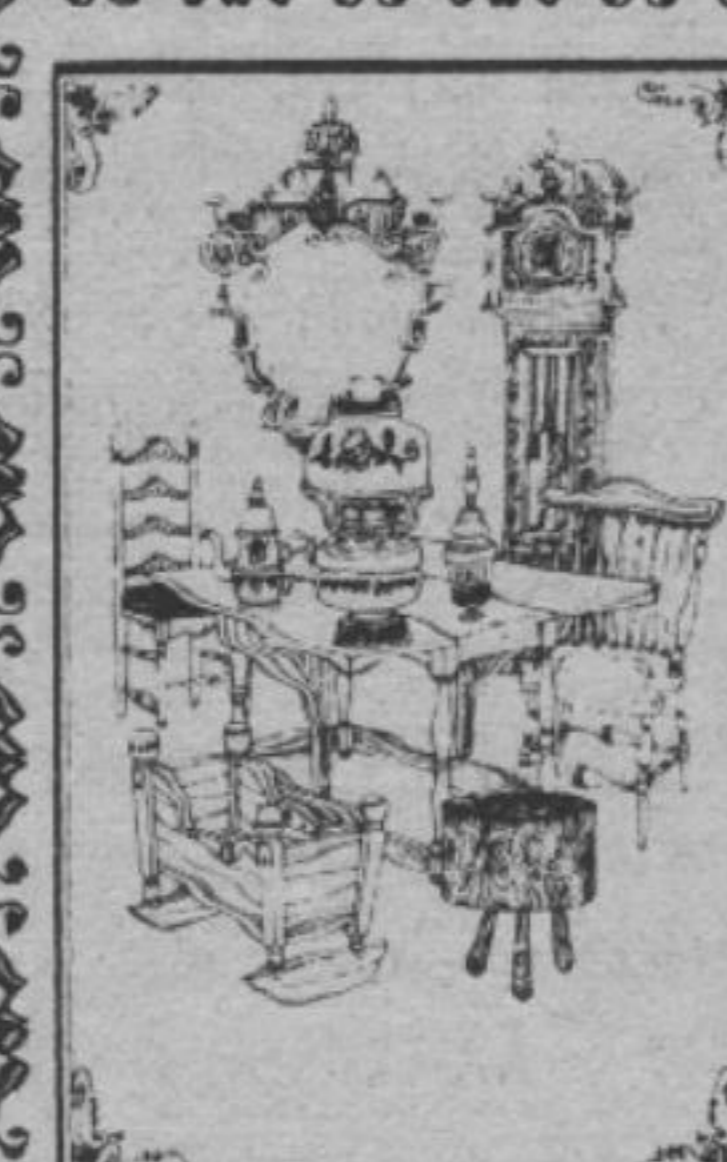
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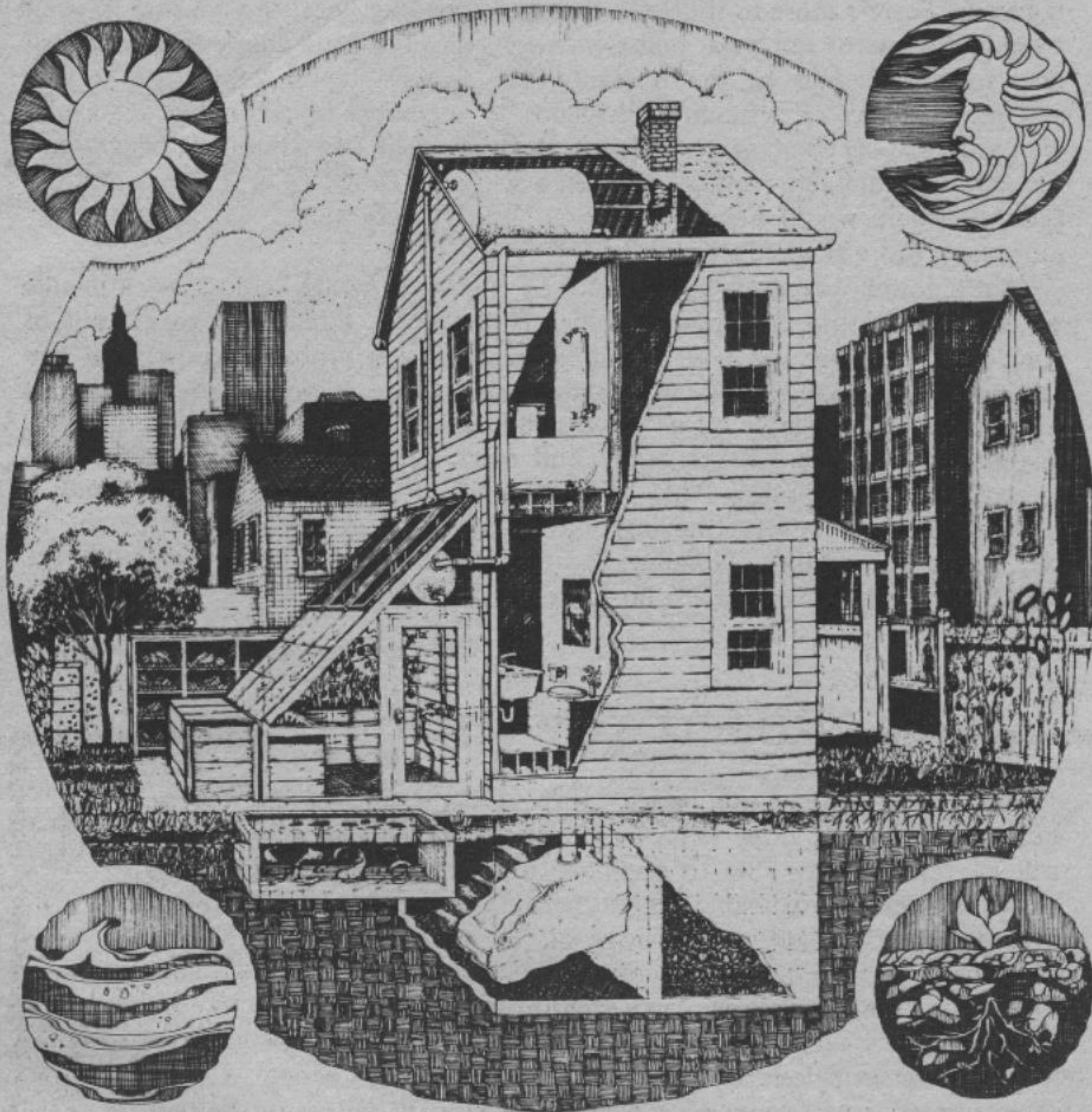
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The Integral Urban House: Self Reliant Living in the City. Olkowski, Helga, et al. San Francisco; Sierra Club Books, 1979. 494 pp. \$12.95

The exciting thing about this book is its focus on *retrofitting*, or the conversion of existing energy-inefficient dwelling spaces to ecologically sound structures through re-design. Building new passive solar showcases is wonderful, but what are we going to do with all our existing homes and buildings? As inefficient as they are, it is surely *more* wasteful to tear them all down and start over again! Furthermore, many of us have an attitude that we should abandon the cities and "go back to the land" (I have been one of these), believing that an ecologically sound lifestyle is only possible in a rural setting.

Helga Olkowski argues persuasively for reconsideration of this position. . . "Cities are where people are," she says. "Everyone can't move to the country or there won't be a country any more. And besides, if people move to the country with their urban consciousness, the country will be transformed into the city just as happened with the suburbs. The challenge is to make cities an ecologically stable and healthy place to live."

This book discusses the Integral Urban House which is really two things. First, there is the integral urban house (lower case—hereafter IUH) as a *general concept* of a holistic design process fusing biological and architectural ideas (they call this biotecture or ecotecture). The idea is to view structure as both a habitat and a primary life support system (in today's cities, our life support system is totally external). Second, there is the Integral Urban House (upper case—hereafter IUH/Berkeley), which is an old Victorian house in Berkeley, California where the Olkowskis and others of the Farrallones Institute's staff (including Sim Van der Ryn, ex-state architect of California under Jerry Brown and author of *The Toilet Papers*, which was reviewed in the last *SPECTRUM*, have been converting their rhetoric into reality for the past several years.

The first section introduces the IUH concept and includes a historical-beginnings discussion of the IUH/Berkeley. Following this is a rap on integral design which compares integral systems (closed loops/webs, natural) to linear ones (no loops/high waste; our techno-culture's model). There is also a pictorial walking tour of the IUH/Berkeley. Closing the section is a chapter on design process which discusses how to do that first step (planning) on the journey to self-reliance. (P.S., the info here on the PERT technique and planning could be well used by LCFC and other like organizations in their regular planning.)

The "Conservation of Energy" section points out that weatherization of a structure must come before solarization (which is more expensive in terms of cost/benefit ratio, anyway). Using the charts and tables of this chapter, one can determine such things as how to select the right type and amount of insulation, and what is the most efficient thermostat setting for your home. The chapter closes with "an energy conserving tour around the IUH/Berkeley" which discusses, room by room, things you can do in your home (TODAY!) to save energy.

During the California drought of 1976-77, residential water consumption dropped by as much as 40%. Obviously, we Americans waste a lot of water, possibly because we have had seemingly unlimited supplies. This is evidenced by the fact that we use drinking quality water to transport our bodily wastes! The "Conservation of Water" chapter discusses numerous ways to conserve water in the home. (Not mentioned is my favorite, easy for men—piss outside, especially around your garden to keep out the marauding dogs!) Concluding the chapter is a rap on greywater (non-toilet wastewater) utilization and safety.

If you ever thought composting meant simply throwing your kitchen scraps

under some leaves and dirt in your garden, just wait until you read the chapter on "managing organic and inorganic wastes". I have not seen such a detailed discussion of different ways of composting as is available here. The chapter also covers ecological toilet possibilities (See *Toilet Papers* for more detail) and the recycling of inorganic wastes.

"Using the Sun's Energy" is the title of section three, and this is interpreted quite broadly. Instead of finding the section devoted to solar collectors, one finds that most of the section is devoted to urban food production. The section on gardening is comprehensive and wonderful, with great graphics and onto about several popular vegies. This is followed by chapters on "what plants need to grow" (a discussion of fertilizers in terms of plants' biochemical processes) and "raising plants indoors". There is also a comprehensive discussion of poultry and rabbit raising (what I mean by comprehensive is that there are diagrams about how to butcher the animals for food—that is what you were raising them for, after all, right?), and a lesser discussion of bees and aquaculture (sound familiar?). Winding up the section is a chapter on solar technology for an IUH with ideas like thermal curtains for your windows (cut heatloss) and attached greenhouses.

The final section is called "The Interfaces", and deals with the individual home's interaction with wildlife, the rest of the street, and the neighborhood. The chapter on wildlife is a comprehensive (is this my favorite word?) introduction to Integrated Pest Management, or IPM, which strives to utilize biological controls and reduce the use of poisons. Included here is an interesting rap on fly and roach controls.

"The Front Yard" shows how to utilize your front yard as a noise and climate buffer as well as for food production. They suggest converting your lawn to an alfalfa patch and feeding the animals on it. There is also a rap on the effects of atmospheric lead on front yard (and other) garden spaces.

Wrapping up the book is a chapter called "The Integral Urban Neighborhood" which is the logical extension of the IUH concept to the neighborhood scale. Several things, such as gardening and recycling, may be more efficient on a neighborhood scale—particularly in urban areas with higher population densities. As most of us already know, cooperation makes it better!

Like *Other Homes and Garbage*, this book includes an extensive bibliography and excellent index. Is this a sign of the general quality of Sierra Club books? There are also construction plans for the following: window greenhouse, planter box, cold frame, solar greenhouse, fly trap (feed your chickens!), solar oven and cool closet! I love it!



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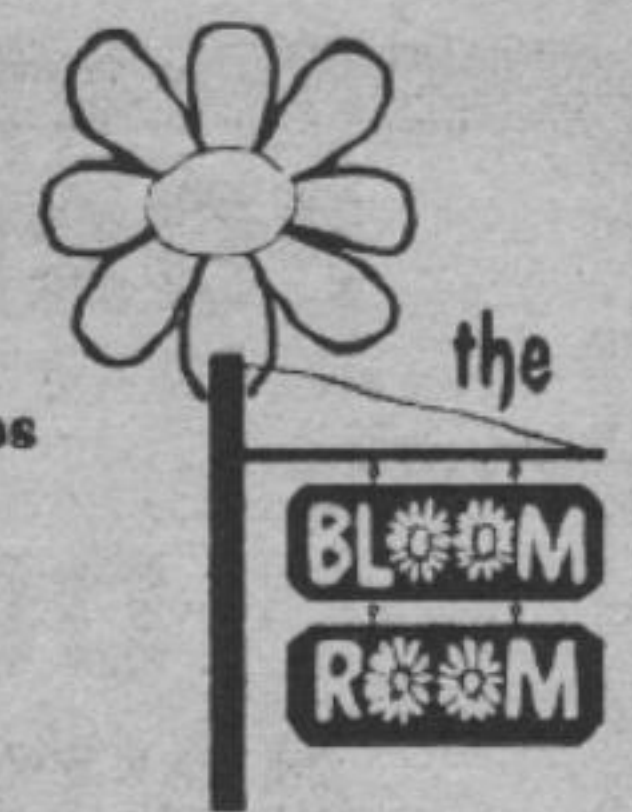
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Leon County Food Co-op

On the Agenda. . .

by Rob Brunger

The champagne corks are out of the bottle now. By the time this issue of *SPECTRUM* is lifted off the newstand the cheers and shouts will have subsided somewhat. Our celebratory cake will have been consumed by lucky customers who shopped the day of the closing. Two things will survive the frenzy of the immediate, however. One of them is the solid satisfaction of accomplishment. The dreaming and plotting, the research and analysis, the excitement and frustrations, the numberless meetings far into the night—these things have now paid off in spades. We own the building now; it's a new era.

The other thing of lasting interest is the sobering responsibility of ownership. The Leon County Food Co-op is now pledged, more firmly than ever, to continuous existence, and the planning time for the Co-op of the future is now. I would like to discuss a number of things, general and specific, which I feel require serious attention either immediately or in the not-too-distant future. This agenda is immense, the items are intricately interwoven, and they are all important.

First out of the gate is the observation that the Board of Directors has to take its fiscal responsibilities more firmly to task. Monthly payments will quadruple and our contingency fund will almost certainly stop growing. Margins on orders and deals will have to be watched very closely. A professional assessment of our tax liability and requisite planning are already overdue. A working budget will have to be adopted in which the Board may find it advisable to develop guidelines and ceilings for the staff to work with. The Board will have to develop performance measures from our financial statements and monitor them very closely.

This is a tall order for a Board that has only recently developed a sense of itself and its responsibilities apart from the staff. The nascent Board job descriptions will have to be further developed and refined and a continuing self-education program established. Most of all, there will have to be a serious commitment made to recruitment and training.

These are not matters of only passing concern to the rank and file of the membership. Effective Board representation is a direct function of good General Membership meetings, and ours have been—I'm speaking bluntly—pathetic. One specific reform would be to revise the bylaws to remove Board elections from the meetings altogether and establish a campaign procedure for Board candidates and to allow every member to cast a ballot. The membership is interested in the affairs of the Co-op, as attested by the fantastic response to our fund raising efforts and product policy questionnaire. The Board needs to develop a new approach for General Membership meetings, perhaps along the lines of our successful nutritional information program we conducted as a lunchtime program for a week in the spring of 1980.

To return to money matters for a moment, there is one major expenditure pending that is absolutely unavoidable: a new air conditioner. Although we have money (approximately \$5,000) earmarked for it in the contingency fund, all major purchases beyond it are going to have to be carefully planned out. We can no longer afford the luxury of taking things one at a time.

One such major purchase would be three new computer interlocking cash registers. There's more to this than just faster moving lines, though that in itself would help one of our most persistent problems. The most interesting aspect of new registers would be the possibility of establishing a membership rebate system, a means of refunding dividends to members in profitable years and giving the Co-op a substantial tax advantage as well. Providing members with a tangible and equitable realization of the benefits of shopping at the Co-op rather than elsewhere would help make being "the grocery store with a difference" more than just a slogan.

That's not all a computer would do, of course. It would help up get a handle on our membership information, which is constantly threatening to get out of control (if you ever lost your membership card, you probably know what I'm talking about). It could kick out mailing lists in a trice. It would provide the staff with hitherto unavailable information about stock turns, departmental margins, relationship between worker hours and sales, and analyses of payables and receivables against sales. This wonder machine does not come without a substantial price, however; having one would require a full time staffperson to run it, for one thing. Nonetheless, the Board should be investigating the possibility of implementing this far more efficient system in stages.

continued page 10

Robert's Swan Song

I am resigning as Coordinator of the Leon County Food Co-op on February 27 exactly three years to the day from the time I first began. I will be returning to FSU to complete my Masters degree in American Studies in the spring and summer. I want very much to stifle a rumor before it starts: I am *not* burned out. In fact, it was a very difficult decision to make, but the swaying factor is that I would lose my GI Bill support if I don't finish my degree before August of this year. In another article in this issue, I am writing about some concerns and articulating some visions, which I share with a number of other people. I think it should be clear when reading it that the challenges and opportunities for professional growth were still very abundant for me. Nonetheless, I will leave them for my successor in fond hopes that they will find the position as challenging, stimulating, and ultimately rewarding as I have experienced it.

I would like to thank the membership and clientele of LCFC from the bottom of my heart for the opportunity to have been here. I feel confident that I have left something of a mark here; I hope that it will be remembered positively and used constructively. I know that the Co-op has left a mark on me; I am confident that it will remain one of the most important experiences of my lifetime.

I expect that I will be around for some time to come, although in a somewhat reduced capacity. I trust that the friendships and associations I have made will continue, and that the support and trust you have awarded me will be carried over undiminished to my successor. It's a demanding job, and that person is going to need it.

Again, many, many thanks!

by Rob Brunger

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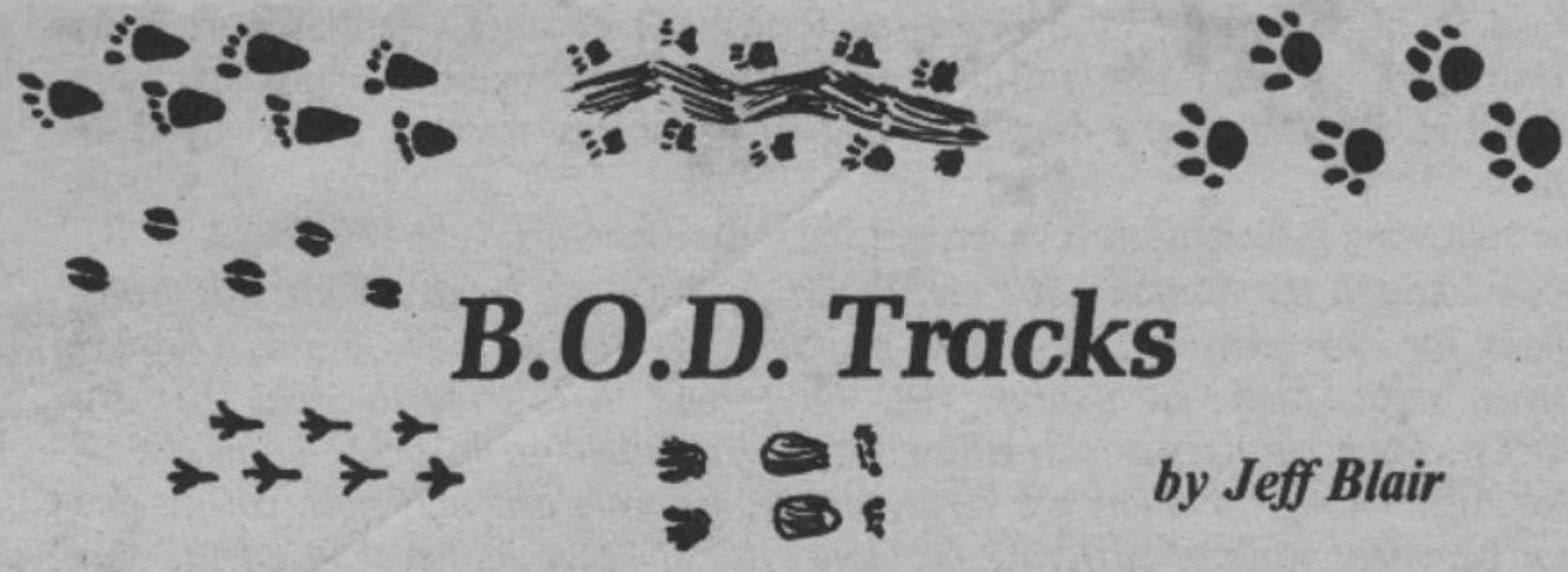
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B.O.D. Tracks

by Jeff Blair

Well folks, we made it through the holidays and, as usual, there's a lot to do. Here are a few of the current issues at LCFC. . .

The following is a breakdown of how the funds were raised to purchase our building. We needed \$40,000 of which \$10,000 from savings was placed down as a binder. We now have an additional \$10,000 in savings which brings the total to \$20,000. There was \$15,000 pledged from Canopy Federal Credit Union, and \$10,877.69 was raised from donations and fund-raising activities.

It is interesting to note that out of the \$40,000, only \$8,188.62 was from donations.

In case you haven't heard yet, Robert Brunger is resigning his position as an ordering coordinator. We'll all miss him and the wonderful job he's done in helping the Co-op to become more efficient. The board of directors would like to take this opportunity to personally thank Robert, and wish him well in his future endeavors. So, with Robert leaving, we'll have to fill his position with a new staffperson. The BOD and staff will be interviewing five applicant-finalists in early February, one of which will begin work at the end of the month. Watch *SPECTRUM* for this announcement, and drop by the co-op to say congrats to whoever it turns out to be.

The next general membership meeting is February 8. We're anticipating a large turnout. There will be two important issues coming up: a

recommendation from the product policy committee, and the filling of three vacant board of director positions. If anyone is interested in running for the board, please come to that meeting. There is a lot of work to do and we need energetic and cooperative people to help do it.

As most of us have probably observed, there have been product policy survey forms in the co-op since December 16. They were collected on Monday, January 19, and analyzed by a computer. The product policy committee will make a report with recommendations to the membership, based on the information compiled from the survey forms. The membership will be asked to make a decision on our product policy, by a vote at the membership meeting.

An exciting part of the meeting's program will be the presentation of models and drawings of possible renovations of our building. Students at the FAMU School of Architecture have taken on our building as a project and researched what some of our needs and desires for the future usage will be. They will be at the meeting to make the presentation of scale models showing how to increase efficient utilization of space, increase parking, and make the physical environment more pleasant and beautiful. Please come see our dreams made real.

In closing, we hope to see you all at the meeting in the Alumni Village Community Center, Sunday, February 8, at 2:00 pm.



A Few Words on the B.O.D./Staff Retreat

by Nancy Muller

Earlier this month the BOD and staff of the food co-op went to St. George Island to participate in a get-together that was both relaxed and open. Partially due to the fact that the group was away from the daily grind and to the fact that we had much work to get done, the retreat saw some of the most frank conversation and idea sharing that I have seen in a long time. The fact that this retreat was the object of intense argument and concern over the past few months did not seem to affect the atmosphere there. I feel that we accomplished more as a group than ever before since I have been involved with the BOD. Our sense of who we are and what we can do as a group, both workwise and in support of each other, became more evident, as we had hoped it would.

One way to summarize... There is the membership...who tells the BOD what they want...in turn, the BOD helps set goals and objectives and lays guidelines for the staff...who are then responsible to the membership and BOD to provide information and communication...and...the BOD also takes responsibility for communicating with and educating the membership...which means a more involved membership...who tells the BOD what they want...in turn, the more informed BOD helps set clearer perceptive goals and lays guidelines.....always a circle.

Several points coming out of the evaluation of the retreat: It was educational for both the BOD and staff. Joe says he feels more initiative to take on projects, that he understands where to find the energy, and he felt a clarification of roles (he's one of the newest members of the BOD). It was unanimously productive for energy, sharing, providing a frame of reference, and quality communication: "Let's have better BOD orientation." Our meetings have been horrible for promoting understanding.

We covered other areas of discussion at the retreat, such as our own personal visions, but the report is four pages long — a comprehensive copy can be found in the Co-op on the Official Bulletin Board in the Living Room. And thanks to all the membership who believed in us enough to let us feel our own way...

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- ★ Introduction of new coordinator
- ★ Presentation of drawings and models of possible LCFC renovations by FAMU architecture students

Sun. Feb. 8, 2 pm Alumni Village Community Center

The Meat of the Vegetarian Question



The articles I read in the last issue of SPECTRUM dealing with this topic argued that product policy was a matter of opinion, and that members should be given the freedom to choose what products they felt were best for themselves without imposing their values on the entire membership. The two articles seemed to be agreed on this point. Here I would like to explore this line of reasoning, and also to briefly explore, the reasons one might choose to be a vegetarian.

In making the decision on what to stock and what not to stock in our store, we are imposing our will upon the members and non-members who shop here. These decisions are ultimately based on opinions. The difference between LCFC and most capitalistic grocery stores is that here the membership is responsible for making the decisions as to how the store is run and what stock we decide to put on the shelves. In most capitalistic stores, the manager stocks items based on the profits he can realize, and to a certain extent we must also abide by this criteria, or our business would fold. But if we were concerned solely with realizing a profit, would we run the store the way we do now? Is it profitable to give folks a discount, just for paying the store \$5 a year? Might it not be faster and more efficient to hire a few people at minimum wage to handle stock and inventory, rather than constantly re-teaching new volunteers how to perform these tasks? Wouldn't it be more cost-effective to hire a regular full-time manager to make all the decision, rather than have a Board of Directors go off and spend many hours in a "retreat" just to figure out how to communicate with six coordinators? Aren't we losing plenty of bucks by not selling white bread and sugar, and cigarettes?

In short, if we were in business solely to make money, we probably wouldn't be organized as a co-op. But since we are a co-op, the items we carry reflect opinions of those of us who feel that our selection is important. Health is a value some of us have placed above profits. Certain foods that are mass-marketed in corporate grocery chains (and other, smaller capitalist grocery stores) are non- or mal-nutritive. What is offered for sale in stores is what we buy and consume. Consequently, people who may not have studied nutrition are developing non-healthy diets because they don't know any better, and buy what they are told to by the advertisers. So a decision to stock whole wheat bread, and not to stock white bread, may be an affront to "freedom of choice." But, if the decision is based on a value judgement that bears scrutiny and possesses a constituency (such as "Let's promote health and discourage disease"), and is based on information the community feels will be valid, then an opinion is a valuable thing.

All decisions come down to opinions in the end. We have decided to take the more difficult path: that of running our store based on what we feel are informed and moral opinions. This is an arduous, time consuming, frustrating way to run a business. With such a giant membership, there is diversity of opinions, and many will be dissatisfied and upset over certain store policies.

But this is the exercise of our freedom to form intelligent opinions on which to run our store in ways we determine are beneficial to our members. To quote Ramsey Clark, "Freedom is not easy."

In these times, when we are assured that everything from preservatives to artificial dyes, to radiation, to Ford Pintos are "safe," my approach is to check out the

skeptical point of view. Why is processed food bad? Because essential ingredients are processed out and non-nutritive and sometimes dangerous ingredients are processed in. Oh. Why be a vegetarian? Meat is natural, isn't it? Especially if its organic!

The following information is excerpted from the *Love'n Live'n Cookbook*:

"Even though the human body can digest and tolerate meat, we are not really designed for that purpose. We have no canine teeth, we have a much longer digestive tract than carnivores, we have less hydrochloric acid in our stomachs...Meat eating was something humanity turned to in desperation during the Ice Age. Though humans are very versatile, we were originally herbivorous and cannot eat meat without suffering negative effects. Meat eating changed the way man (sic) has lived, thought, structured his society and fought, and it is still doing so today. It has shortened our life expectancy and brought more disease."

"The reasons are simple physiological ones. When humans eat meat (especially red meat) cholesterol builds up in the arteries and veins. We overwork our kidneys, and uric acid builds up and crystalizes in our bodies. As meat and most refined foods contain little fiber and putrefy quickly (remember our longer intestines?), it often adds extra toxins to our bloodstreams. We end up with heart trouble, obesity, strokes, gout, arteriosclerosis, arthritis, and even the chance of getting cancer is increased. We are so used to folks dying of these ailments that we think it is natural. As if meat didn't create enough health problems already, we feed cows drugs, hormones, and so much feed grain that the fat content doubles and triples. The marbled, grain-fed beef graded "Choice" is actually the least fit for human consumption.

"...Many people still believe that you have to eat meat in order to not be unhealthy or a weakling. What a powerful myth! Vegetarian athletes have tremendous strength and endurance. They hold many world's records and titles...Vegetarians generally live many years longer than meat eaters..."

"There is a direct and primal connection between aggression and meat eating...the tremendous fear that a cow feels before it is slaughtered actually transfers to its flesh in a simple and very real biological effect. According to the Nutritional Institute of America, "The flesh of an animal carcass is loaded with toxic blood and other waste byproducts." This extra load of fear and paranoia we obtain from the adrenalin and other hormones in meat is not good for us psychologically or physiologically..."

I buy 90% of my groceries at LCFC. I've seen my diet change, slowly, for the better. If health, via a nutritious diet, is a priority worth upholding, then I believe that deciding to stock meat is a small step towards becoming a friendly, cooperative Albertson's. And I say, "No!"

Agenda, from page 8

Not all of these future agenda items are financial. (Incidentally, this is by no means an exhaustive list. I am leaving out such topics as repaving the parking lot, rewiring parts of the store, purchasing a larger freezer, purchasing a truck for produce purchases and local warehousing runs, and many other items.) There are some substantial social topics as well. What part can the Co-op play in the larger community? Although we have some participation from senior citizens and local minorities, there is much that could still be done. A speaker's bureau could be established and promoted to make contacts with the community about the store, about larger food policy concerns, and about general nutrition. Such programs would certainly be in keeping with a mandate to do more than simply sell food.

Co-operative outreach is another side to this social concern. We should be able to help co-ops in other communities get started and find the means to stay together. This idea is heavily supported by almost everyone, but the sad truth is that it is virtually impossible to do anything that is truly effective. A brief rap on the telephone is no substitute for the ability to provide some hands-on training. This would not be just a generous bid on our part, by the way. If a number of small buying clubs were in existence in our region, we would be able to serve as the primary wholesaler. That would not only increase our sales substantially, but would enable us to purchase more products directly and take on distributor status. It would be a major gain for the co-operative movement in general.

This by no means exhausts all of the things that I could talk about, but I wish to focus on just a few of the more important ones which will involve the attention of the general membership. Some things that need to be done, like the development of an assistant coordinator manual, better labeling information, and better store layout are all functions of the staff. Others, like the details of a budget and delegation of duties to committees, are the working province of the Board.

The point is that we are confronted with a number of serious concerns, some of them in the nature of problems, some appearing as arresting opportunities. The agenda goes on, and the need for membership interest and involvement is as great as ever. I fervently hope, as I leave my position with the Co-op, that the energy to deal with the ongoing concerns will continue to be as great as it has been during my tenure. We are writing co-operative history now, and I would like the pen strokes to be bold, coherent, and capable.

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The Cooperative Early School

by Michael Lehman

A baby boom in the food co-op? Well, just take a look around. The next time you are in the co-op, you can be sure there will be a baby ready to steal your heart with a toothless grin, or a toddler with curious eyes and an unsure step practicing the art of balance. Then there are the two, three and four-year-olds darting in and out of the aisles with yogurt moustaches and endless questions. Besides children and the food co-op, the parents of these children have something in common: **THEY NEED CHILD CARE.** Some parents need child care so they can work, others so they can have time to themselves, or because they desire companionship with a peer group for their children. Whatever the reason, parents often find themselves frustrated by the cost, style, and/or quality of conventional day-care centers or preschools.

Frustration can be a great motivator, and in our case it inspired the birth of a new co-op baby: *The Cooperative Early School.* We began to explore the possibility of organizing and maintaining a special place for children to spend their days last October in a meeting where parents came together to talk about our needs, our experiences with conventional centers, and our dreams. Patience, trust commitment, and hard work shared by what is now a small group of parents and children have begun to make our dream reality. Our dreams were rooted in the principles of cooperativism. Our membership is open to any family willing to cooperate

and participate in the functioning of the co-op. We are a non-profit organization committed to providing for ourselves and other parents the opportunity to share in the day-to-day learning experiences with our children, and to control and be responsible for the integrity and maintenance of our organization. Responsibilities and areas of participation include: working with the children and parents within the structure of a somewhat complicated and sometimes frustrating schedule, attending meetings, working in committees and on the board of directors, helping with the physical maintenance of our space, providing financial support, emotional support, and various other duties that will arise from time to time.

Also, as in other cooperatives, we are concerned with education. Parent education, through workshops, and the education to be had from working cooperatively with a group of people to run a business is part of our dream. The education we hope to provide our children will emphasize practical and social skills within a family environment of people working together for the benefit of all.

Presently, we are working in three homes, and have anywhere from one to six children with one or two adults at any given time. The children bring their lunches and snacks. As a group, we see this situation as temporary, as we have clearly set goals of one day having a

common space, a paid staffperson, and an aide. To these ends, we have leased a small house and, beginning in February, we'll prepare it for our needs.


Also, we have recently written the first draft of our articles of incorporation, and have begun work on bylaws. All of the work we are now doing is moving us ever closer to being a licensed child-care, with organizational components that will help assure our continued existence.

Although our space is limited, we have room for more families to join. In fact, we need part-timers, and parents or other interested adults who can commit themselves to a scheduled time slot for working with the children. We need back-up adults, to cover time slots in cases of emergencies. To cover future expenses, we have agreed to make suggested donations, on a per-hour-of-use basis to our co-op, as well as a donation for membership. This money is

being saved and is earmarked for rent, deposits, incorporation and license fees, and materials as needed.

Needless to say, our capital is low while our needs are many. Things that may be old and in the way for some folks may be just the things we need. Things like trays, bean bag chairs, rugs, cots, pots and pans, old clothes and shoes, small-people furniture, shelves, plastic milk crates, building materials, books, puzzles, balls, a crib or crib mattress, and small tools. If you have any of these things that you would like to recycle, you can rest assured that we will put it to good and plentiful use.

If you are interested in our co-op for any reason, please give one of us a call and look for our signs in the food co-op for meeting times and places. Call Laura Newton (878-3887) or Michael Lehman (576-8263) or talk to: Ann Haggerty, David Jordan, Jocelyn Stowell or Lucia Peccarino.



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7. Yogie Hogie-Swiss and Amer. Cheese-Cukes-Onions-Tomato-Sprouts	2.65

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Good Life News by Tom Kelley

It may be mid-winter, but here in North Florida gardeners are busy preparing for spring planting. I was hoping to include in this article a lot of information about our gardening products, but time and space won't allow it. Hopefully in the next SPECTRUM...


The following is a list of some of the products we now have or will soon have and what they are used for. *Hybrotite* - potash source; *colophos* - phosphorus; *bone meal* - phosphorus; *blood meal* - nitrogen; *cottonseed meal* - nitrogen; *Liquid fish* - nitrogen; *Lee's Fertildirt* - all of the above; *worm castings* - potting soil; *Maxicrop (seaweed concentrate)* -

growth stimulating hormones and trace elements; *Dipel* - bacterial disease for controlling caterpillars; *diatomaceous earth* - controls many house and garden insects; *seed inoculant* - nitrogen fixing bacteria.

We have an extensive selection of seed and tree catalogs. Look through our catalogs, then send for those that you will actually use. We also have garden books and pamphlets for reference.


Our next general membership meeting will be sometime in the beginning of April. Check the next SPECTRUM for time and place.

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