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JUNE 1985



Moscow Food Co-op NEWSLETTER



VOLUNTEERS

VOLUNTEERING

By: Bill London

Again this month, the Newsletter will be dedicated to one subject, this time, volunteerism in Moscow. Volunteers are everywhere, making possible groups as different as churches, schools, political parties, and fraternal organizations. Included in this issue is a sample of nine local groups that rely on voluntary labor. They could all use your help.

And while you're in a volunteering mood, don't forget the Moscow Food Co-op. Despite the presence of a paid staff, the approximately fifty volunteers who work at the store every month do about half the total work -- the stocking, the janitorial, the sign-making, the newsletter-writing -- that makes the Co-op possible.

Of course, anyone can shop at the Moscow Food Coop without volunteering. But those who join the Co-op (and anyone can join) don't pay the 5% surcharge that non-members pay. Joining is easy -- it's only \$5 per adult per year. And once you've joined and become a member, you can (but don't have to) volunteer your time and work in your store for further discounts on your purchases.

For information on volunteering at the Moscow Food Co-op, come to the store (314 S. Washington) or call (882-8537) and talk with Pam Palmer. She will try to arrange hours and jobs suited to you.

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VOLUNTEERS IN MOSCOW: HELPING THOSE IN NEED

By: Eena Oline Hibbs

Volunteers In Moscow (VIM) is a United Way sponsored agency which unites those who need help with those who would like to help others. The organization was begun in 1971 as a project of AAUW by Elna Grahn and Elsie Mann. During the past 14 years, we have grown into an organization which serves 350-450 people monthly by providing transportation, the tutoring of students, help with yard work and minor home repairs, assistance to handicapped individuals, and management of the monthly distribution of surplus government commodities. Currently 150 families, or approximately 450 individuals, receive commodities such as cheese, butter, honey, flour, and milk on a monthly basis.

VIM is managed by a group of volunteers. They comprise the office management staff, of which I am currently a member. The staff meets monthly to plan events and solve problems that have come up during the month. VIM also has a board of directors which is made up of community members and representatives from various agencies and organizations in Moscow.

In order to meet the needs of the people who ask for our assistance each month, we must constantly be searching out individuals wishing to volunteer their time and energy. One of the ways in which we recruit people is through an informational slide presentation that we give to church groups, agencies, and organizations. This presentation introduces VIM, and gives examples of the types of needs we are trying to meet. We also advertise specific daily needs in the "Volunteers On The Palouse" column which appears weekly in the *Idahonian*. When people are interested in volunteering, we ask them to fill out an information sheet on which they indicate their availability, and areas of specific need, we then go through the information sheets looking for the right person for the job. The job of the office management staff is to match the energies, skills, and talents of the volunteers with the needs of the agencies, organizations, and individuals. If you are interested in volunteering your time, or if you know someone who needs our help, please contact the VIM office at 882-7255.



HOSPICE OF THE PALOUSE

By: Connie Simonsmeier

The Hospice of the Palouse was founded on April 15, 1983 by a group of concerned citizens who wished to offer our community a program of support for the dying patient and his/her family. I am the current director of that program. Since its organization, the program has served eighteen families in the Palouse area. We are one of two Medicare certified Hospice programs in the State of Idaho. Since Medicare and most other insurance companies do not fully compensate Hospice for our services, we are dependent upon community and federal support for our existence. At the beginning of our program, we were funded by a grant from the Idaho Cancer Coordinating Committee. We have also benefited from the generosity of the people of Latah County in the form of memberships, memorials, and donations.

The primary goal of the Hospice concept is to provide a means of dying with dignity. By offering treatment in the home, the patient is able to spend the last few months of his life in familiar surroundings with his family and friends, rather than in an institution. The primary emphasis of treatment is symptomatic rather than curative. The patient is kept as pain-free as possible enabling him to live fully in the time remaining. We work with a team approach that includes health care professionals in the fields of medicine, nursing, pharmacy, social work, physical therapy, dietary, and spiritual counseling. After the death of the patient, the family is followed by the Hospice team during the bereavement process. We believe that by enhancing the final period of a person's life we are reaffirming the celebration of life. Come, join us!

The volunteers in our organization are our mainstay. We have forty volunteers at the present time. They perform a variety of functions. They organize events, sit with patients, move beds, help in the office, make telephone calls, work at fund-raising, and provide the staff with lots of support and enthusiasm. Each volunteer goes through an intensive training program that deals with the reality of death. It includes films and discussion groups that encourages each person to get in touch with his own feelings about death and dying. It also provides instruction in caring for the dying patient. We will be initiating another volunteer training program next fall. Persons interested in becoming a part of our program can call the Hospice office at 882-1228.



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WHO DO YOU CALL?

By: Dan Hasfurther, Public Relations
Chairman, Crisis Line/Nightline

Nightline and Crisis Line are telephone services designed to provide Latah and Whitman Counties with 24 hour crisis intervention, support, information, and referral services. Nightline was begun 14 years ago by a group of concerned volunteers in the Moscow community as part of the broad concern for human values of the time. Due to poor funding, fewer volunteers, and fewer hours of operation, Nightline merged with Crisis Line so they could continue to provide their service. Even though the Line operates in Pullman, Nightline's Moscow phone number was maintained so there are no "long distance" charges to Moscow callers. In addition to providing crisis intervention, Nightline and Crisis Line answer the phone lines of eight county, regional, and state agencies. Currently there are two paid persons handling the administrative work and the balance of the staff is composed of community volunteers.

I began my training in the fall of 1984 and currently am the public relations chairman, a senior staff member, a small group trainer, and a hospital outreach worker. Training for the Line requires five Saturday sessions each five hours in length. In these sessions, various agencies (State Social Services, Student Counseling, Alcohol Services, Mental Health) give presentations to familiarize the volunteers so they may give referrals to the agencies when working the Line. Also during the five weeks of training, each volunteer will be part of a small group. These groups take place in the evening and last 3 hours. In small group, the trainees will be introduced to the operations of the Line and role plays will be conducted. Role plays are the most effective means in which to prepare people to be staff members. The role plays are treated as real and upon completion of the call, the group as a whole critiques the call.

If, after the five weeks, the small group trainers feel the volunteers are ready to work the Line, then a tour of the office is given and the workers sign up for their "on the job" training. O.J.T. requires the new staff member to work their first twelve hours on the Line with an experienced staff member. This will familiarize them with the office and questions may be answered by the experienced worker.

The Line continues to strive for improved quality of service, adequate funding, and to meet the increasing crisis needs of our communities as they are identified. Our volunteer staff remains our most important asset. Without our staff, we could not exist. If you are interested in working the Line, our next training session will be in the first part of September. For more information call 882-0320 or 332-1505.



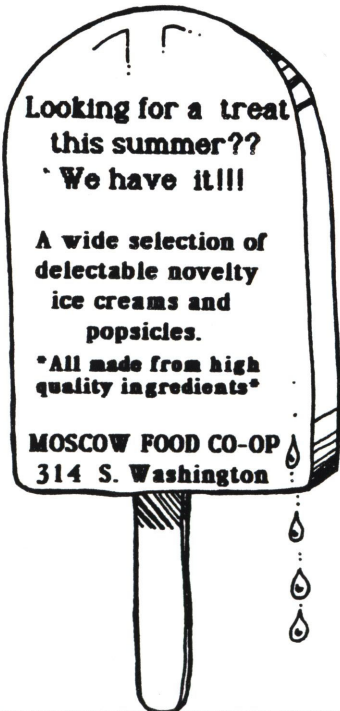
MOSCOW PARKS AND RECREATION DEPARTMENT

By: Susan Morrison

The Moscow Parks and Recreation Department is responsible for providing a well rounded annual recreation program for the citizens of Moscow. The activities offered are programmed on a quarterly basis, with a brochure every winter, spring, summer and fall. As recreation supervisor, it is my responsibility to administer and coordinate all aspects of this recreation program. Our department currently offers approximately 100 programs per year.

I currently hire and utilize about 300 part-time staff and 125 volunteers annually. Our volunteers are primarily used in the area of coaching in youth activities. We offer 6 major youth sports throughout the year that facilitate 18 different leagues and constitute about 100 teams. A total of 1300 children participated last year. Volunteer coaches are used in all youth sports and are the cornerstone in the success of the program. Being a small department with only 1 staff person to coordinate and administer all recreation programs, volunteers are the vital link in our ability to conduct these sports.

Volunteers are given training and coaching aids to help prepare them for work in our department, and we encourage anyone with an interest to call the Department at 882-0240 or to stop and visit us at 1515 East D Street.



PREGNANCY COUNSELING SERVICE

By: Pam Palmer, Coordinator

The Pregnancy Counseling Service was established in 1975 by residents from Pullman and Moscow who saw a need for an agency with a positive attitude toward pregnancy. PCS is a non-profit, non-sectarian volunteer service for women and families facing stressful life situations relating to pregnancy. It provides early diagnosis through urine pregnancy testing, pregnancy related information, referral assistance, maternity and baby supplies, reference library, and nutritional counseling. All services are done in a confidential, friendly, open atmosphere with non-judgmental support.

PCS is an entry level service which fills the gap in existing services and is dedicated to providing accurate information, support, and the presentation of alternatives to all clients in their decision making process. Many of our clients are young, single, scared, and limited financially. They lack knowledge about pregnancy, birth control, their bodies, their lives, have not established stable relationships, and have little knowledge of where to go for help. Pregnancy Counseling Service offers friendly help, no red-tape, and asks a voluntary donation of \$5.00 or less for a pregnancy test. The donation is to help us defray the cost of the chemicals, and many clients pay less or pay nothing. All other services are free of charge. Not all clients come to us confused. Some come because of the complete and current information on community services; others want to borrow books on nutrition, birthing or breast feeding. Clients also bring in outgrown clothing, books they want to share with others, and feedback on services.

In 1984 PCS continued to train volunteers in peer counseling. Eleven new counselors were trained in option counseling, listening skills, community resources, and advocacy. Our training is done by a professionally trained counselor and consists of twelve hours, a 2½ hour session once a week for three weeks and two intern sessions where the new counselor works with an experienced counselor during our office hours. All direct services are provided by volunteers. Supervision and ongoing training is done by experienced counselors who volunteer their time. For more information, call us at 882-7534.



PROVIDING SERVICES TO SURVIVORS OF VIOLENCE

By: Katharine Ann Campbell,
Executive Director

Alternatives to Violence of the Palouse, Inc. is a volunteer, non-profit agency serving survivors of sexual assault and domestic violence. Volunteer advocates with ATVP receive beginning training of 30 hours class time. Upon completion of that training, an individual double-teams with an experienced advocate for some on-the-job training. Safehome providers are also volunteers. These people have similar training, but limited to the nurturing aspects of someone in shelter. Once the training is completed, the home must be inspected to meet state guidelines for health and safety.

Once the training is completed, the advocate and safehome provider go 'on-call' at intervals throughout the month. The advocate is available to talk with someone in crisis, offering support and understanding. This may be accomplished through the use of the telephone or meeting for coffee. An advocate does not go to the home of the client, but meets them in a neutral location. If appropriate, and so requested by the client, the advocate will assist in making referrals to medical, legal and social service agencies. The advocate may also accompany the client to any of the services requested and advocate for the client. The safehome provider is the continuity link for one who has had to flee an unsafe environment. Safehomes open their doors to adults, with or without children, who are in danger and are seeking emergency shelter from the violence. Care, understanding and friendship are offered by the safehome in addition to the room and board.

A third group of volunteers associated with ATVP are vitally important to the program's survival - administrative volunteers. Primarily, these are members of the Board of Directors and providers of clerical help and support to those in the direct service component.

Volunteers are the mainstay of ATVP. More could always be used as the client service population continues to grow by leaps and bounds (1984 provided service to 254% of those served in 1983, and 1985 has to date served 70% of last year's load; projection is to double clients again this year). Advocates and safehome providers are continually being recruited. Additional information about ATVP can be secured Monday-Friday at the University of Idaho Women's Center, 885-6616.



GIRL SCOUTS: THINK GLOBALLY, ACT LOCALLY

By: Lynn Baird, Publicity Chair,
Moscow Service Unit

Shining faces, heads covered by brown or green beanies, earnestly convincing you of your need for calendars or cookies -- this is a popular conception of Girl Scouting. Girl Scouts of the U.S.A. is much more complex, being a national organization of almost 3 million men, women, and girls which has an international link to Girl Guides, which exists in over 100 other countries. The Girl Scout program provides girls with opportunities to expand personal interests, learn new skills (be they outdoor or indoor, technical or artistic), make new friends and acquaintances, and explore career possibilities.

There are several age levels of Girl Scouts. Daisy Girl Scouts, named for founder Juliette "Daisy" Low, are 5 years old or are in kindergarten. Brownie Girl Scouts are grades 1 through 3, Junior Girl Scouts are grades 4 through 6, Cadettes are grades 7 through 9, and Senior Girl Scouts are grades 10 through 12. The girls progress in learning about the program, participating in planning their individual program to match their interests. As the girls mature, wider opportunities are available to them. They can attend camp in different areas around the country, they can participate in exchange programs (both national and international), and they can learn how to develop their self-reliance and self-awareness.

Girl Scouts of the U.S.A. employs about 3000 staff members. These people coordinate, train, and develop programs for the thousands of volunteers and girls that make this program successful. Volunteers promote Girl Scouting by participating as leaders of troops, day camp staff, organizing special events, acting as local coordinators, etc.

Volunteers are very important to Girl Scouting. The success of Girl Scouting is based on the dedication and hard work of the volunteers. If you have a need to "do a good turn daily" (Girl Scout motto), we have a job for you. There are many behind-the-scenes jobs for volunteers, such as organizing troops for Mardi Gras parade, being Cookie Chair or Calendar Chair, storing supplies, sponsoring troops, helping telephone other volunteers -- your commitment can be as great or as little as you choose. The payoff is reflected in those happy, shining faces; there isn't gold enough to trade for that experience. If you are interested in learning more about Girl Scouting, please contact me. My telephone number is 882-8289; my address is P.O. Box 8787, Moscow, Idaho.



RADIO OFFERS RARE OPPORTUNITY

By: Chan Davis, KUOI
General Manager

The only thing you can be sure of when you set your FM radio dial at 89.3 is that you won't hear the top-forty countdown.

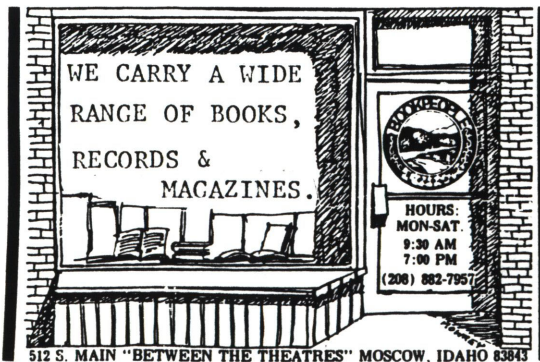
However, there are a hundred possibilities of what you might hear: pleasant jazz in the form of Pat Methany or Miles Davis, a whining blues guitar, the hard-core screams of a wailing punk, the twangy drawl of a lonely cowboy, the avant noises of some obscure artist, the bee bop scat of Ella Fitzgerald, the skank of a reggae-mon, heavy metal guitar licks or that good ol' rock and roll.

KUOI-FM is a free-form alternative radio station staffed by volunteer disc jockeys. Its purpose is to provide the University and surrounding community with non-commercial alternative radio programming as well as provide practical experience to those interested in the field of radio. While during the school year the latter is usually directed towards students, in the summer community residents are welcome to volunteer.

Volunteer disc jockeys trained by the small summer staff commit themselves to a four-hour radio show once a week. They are free to play whatever music they choose -- with a few exceptions -- from KUOI's huge record library. KUOI, by the way, has one of the largest record libraries in the Pacific Northwest and receives roughly 200 new albums each month.



Another service KUOI offers the community is in the form of public service and promotional announcements for non-profit organizations. These are aired only twice an hour, so for the most part the music is uninterrupted.

The request line is 885-6392 and if you have enough requests to merit your own show, pick up an application on the third floor of the Student Union Building and be a volunteer disc jockey this summer.



RENAISSANCE FAIRIES

By: Jim Prall



A desire to create the atmosphere for a spring festival for the people of the area is about the only common goal of the board and committee of the Moscow Renaissance Fair. All the rest is mere whim and fantasy, from the kinds of entertainment to the definition of arts and crafts.

The fair operates solely on booth fees and balloon, postcard and t-shirt sales. We no longer receive any outside financial support. No one receives any pay. We are allowed the use of East City Park for which we are eternally grateful to the City of Moscow and the Parks and Recreation Department. We are a non-profit, tax-exempt corporation whose sole purpose is to promote the revival of folk art and traditions through a spring fair. For thirteen years, the spirit has evolved continually as people come and go. The only way the fair continues is with new people with new ideas volunteering their time and energy. You too can be a Renaissance Fairy!

Tasks for fair volunteers are many and diverse; to mention a few: arranging children's activities months before the fair; handing out programs; selling helium balloons and providing information during the fair; dreaming up publicity to attract volunteers for the fair; constructing fair structures the day before the fair. Volunteers can contribute a few hours scattered over six months, or many hours just before or during the fair. It all is fun when it involves the community.

The board meets as little as possible; the yearly meeting is held during the second week in July and elections are held then. Usually meetings are held during a picnic, potluck or party with family members attending too. Meetings are always open to the public and announced in the *Idahonian*. Planning for the next year's fair begins in earnest around Christmas time. Come and join us for the best fair ever! For more information, contact Moscow Renaissance Fair Inc. at P.O. Box 8848 in Moscow. Or call a current Board Member: Jed Davis, treasurer, 882-7050; Jerry Eveland, vice-president, 882-1135; Karen Lewis, president, 882-2862; Jim Prall, secretary, 882-3073.



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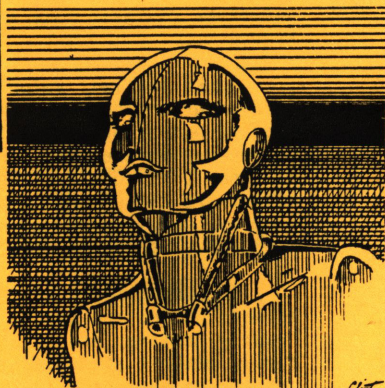
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