

# The Rural Tribune

Volume 4, Number 2

December-January

## Co-ops Make Friends And Lower Prices

In the past few years throughout the nation more and more people have organized in local groups, and set up non-profit cooperative markets, canneries and food stores. United by a common need, and sharing a common goal, people have found that by working together to achieve a task they have gained many things. Direct involvement in all phases of the process, coupled with the energy and talents of many individuals has made food co-ops one of the unique successes of community cooperation.

Why people form co-ops is evident. By eliminating the middlemen, people are able to get higher quality food at lower prices.

By purchasing food directly from farmers and other suppliers in bulk amount, they are able to choose the types of food they want, without paying extra for large numbers of employees, fancy packaging and heavy advertising. The two food co-ops presently operating in Washington County - Hope Co-op in Buxton and Milk and Honey in Tualatin - provide many items that are not available in local food stores. Among them are whole grains, fresh herbs, herbal and spice teas, whole wheat and vegetable noodles, fresh raw milk, bulk-priced cheese, fresh brown eggs, and organically grown fruits and vegetables.

Both Co-ops favor fresh, natural products over highly-processed, over-packaged items. In both stores, customers are urged to bring their own bags and jars, on which to write the prices. Co-ops, in this respect, are limited only by the size of their store, and the energy of their members.

Co-ops benefit both ends of the consumer chain, by providing an outlet for local growers who may have only small amounts of food for sale. It is a ready market for local growers,



who don't have to incur huge transportation costs.

Not only are there economic benefits from a co-op, but there are also social benefits. By working together and sharing ideas, energy and talents, co-ops can become close-knit units, bringing together community members who are able to benefit from shared information. Co-ops serve as community centers in many areas. A good example of this is Milk and Honey Co-op's Cracker Barrel Days. Local politicians or community people well-versed in topics such as organic gardening would speak at the co-op on Saturdays, Music was provided by local musicians and baked goods were offered for sale, along with fresh apple cider or hot teas.

Hope Co-op has regular monthly potlucks for its members, which brings everyone together to share new ideas, and new ways of cooking.

Another advantage of a co-op is that it is the consumers who control the store. While

some co-ops have a paid manager, decisions are made by members themselves. No huge hierarchical structure imposes its will upon low-ranking members. The structures that do get set up are usually the structures that work the best, to everyone's satisfaction. For example, Milk and Honey has two people who share managerial duties. They do all the ordering and co-ordinate volunteers to pick it up, stock it in the store, and put it on the shelves when needed. Other members work in the store, running the cash register, doing cleaning and maintenance. Everyone does what they do the best. Their earnings are reflected, then, in the lower prices of food, as well as having a say in the operation of the store.

Most co-ops, especially those that have stores (one co-op which does not have a store open to the public is the North Plains Food Buying Club), allow non-members to shop there. They are usually charged 10 to 20 percent above cost. This covers rental expenses and may help to provide a salary for a manager.

*Cont'd. on page 5*

## ¿ SE LE HA INFORMADO A USTED SOBRE LAS ESTAMPILLAS DE COMIDA?

El Acto de Estampillas para Comida de 1964 dió al estado la responsabilidad "de iniciar acción efectiva, incluyendo el uso de servicios para informar a personas de ingresos bajos sobre los beneficios y las ventajas del Programa de Estampillas para la Comida y asegurar la participación de toda persona elegible."

Fue 1971 antes que estas guías para informar a personas elegibles fueron establecidas. A este tiempo, la palabra Outreach, o sea, los servicios para informar y ayudar a personas, fue explicada como ser "cualquier esfuerzo iniciado por una agencia estatal y desempeñada ya sea por agencias y organizaciones federales, estatales, o locales, o por un

individuo, para informar a familias de bajos recursos, incluyendo a toda gente de los diferentes grupos étnicos, sobre la ventaja y los beneficios y para tratar de animar a estas personas a que apliquen y participen en este programa. Las guías del programa para informar sobre Estampillas para la Comida dan esta responsabilidad al estado.

Estos nuevos reglamentos habían ordenado que todos los planes para cumplir con estos requisitos se presentaran antes del 24 de enero de 1972, pero tan tarde como 1973, cinco estados todavía no habían presentado sus planes, y de los estados que sí los habían presentado, varios solo habían recibido apruebo condicional. Oregon fue uno de estos estados.

Poco se hizo para remediar esto, y no fue hasta que el Centro para Acción y Estudio sobre la Comida y la Oficina de Asistencia Legal llevaron a corte al Departamento de Agricultura, y a su director Earl Butz por su actitud indisciplinada a cerca de este caso. Como resultado, al Centro para Acción se le dió la oportunidad de involucrarse más en este problema. Se hicieron mejores planes y se les ordenó a los estados que cumplieran con todos los reglamentos antes del primero de Agosto.

Tony Cardiello, un oficial de la Oficina

Estatad de Estampillas para la Comida dijo que aun con estos nuevos requisitos, poco cambiaría en Oregon ya que este estado tenía un programa "muy efectivo." El les dió a las oficinas el mando que se organizaron en tal manera como se pensara ser mejor.

El Coordinador en Washington County es Adell Hayes. Bob Austin es su asistente y Doris Beard es la coordinadora de voluntarios. Por fin ha empezado un programa en Washington County para explicar este programa de estampillas para la comida a la gente.

¿Pero es efectivo este programa? Según Mary Lou Rivera, Intercesora para Welfare, la mayoría de la gente con quien ella trabaja "todos saben de este programa porque otra persona les dijo, y no como resultado de información dado a ellos por el estado. Mucha gente ni sabe si son elegibles," ella continuo.

¿Cambiarán las cosas?

La siguiente información se ofrece para que Ud. se entere sobre los requisitos de elegibilidad y como figurar si uno es elegible.

TABLAS EN PAGINA 4

THE RURAL TRIBUNE  
Washington County Community  
Action Organization  
546 E. Baseline  
Hillsboro, Oregon 97123

Non-profit Org.  
U.S. Postage  
PAID  
Permit No. 129  
Hillsboro, Ore.

*Postal Customer, Local*

# Letters to the Editor

To the Editor:

While in the Courthouse for my appointment interview I picked up a copy of your newsletter and was quite favorably impressed by the article on the Phase II-Tualatin Project.

The article, I believe, transcends journalism into scholarship. I am not used to seeing such breadth and objectivity combined with easy reading. Keep up the good work!

Sincerely,

Michael Shepherd  
County Commissioner-Elect



## OPEN LETTERS TO WASHINGTON COUNTY AREA COMMITTEE

(Editor's note: On November 19, 1975, a special public hearing was held by the Washington County Area Committee of Tri-County Community Council to get reaction to the soon-to-be-released "Priority Needs Survey." Both Leslie Lazar and Claudia Johnston gave testimony at that hearing.)

Washington County Area Committee  
372 N.E. Lincoln  
Hillsboro, Oregon 97123

Dear Committee:

I attended the public hearing held November 19, 1975 at which time a tentative list of social service priorities for Washington County was presented. I want to express my concern about those priorities.

I am distressed because the top priority in each area of need seems to be geared toward the middle income community. For instance, the most pressing need in the area of "Adequate Income and Economic Opportunity" perceived by the committee is "Consumer Education". Nowhere do I see "Jobs" listed. To me the phrase "Consumer Education" implies that one has money to spend. What about the low income people in Washington County who are jobless and have little, if any, money to spend?

The next area is termed "Optimal Environmental Conditions and Provisions of Basic Material Needs." The first priority is "Delinquency Prevention." Only after that do we find "Governmental Food Support Assistance." I'm the first to agree that we need to prevent crime; but if people are hungry and jobless, new law enforcement tactics can't begin to deter delinquency.

Next I look under education to see what has been given top billing. Under "Adequate Knowledge and Skills" I see "Special Education for the Disadvantaged-Alienated." In the glossary of terms provided I finally find some reference to economic disadvantage, poverty, and lack of jobs.

This criticism is not meant to imply that the middle class community does not have needs. However, hungry people need help first!

In making up my own list of "Priorities for Basic Human Needs", I came up with five:

- Food
- Shelter
- Clothing
- Jobs
- Education

How do these apply to Washington County? In two years the Public Defender's office in Hillsboro has worked with over 400 clients in the Alternatives Section. Of those people, 77 per cent were unemployed and 75 per cent had a prior criminal record.

Only one quarter of that group had graduated from high school; 10 per cent had GED's, 5 per cent had some college or technical training. The largest majority, by far, or 45 per cent, had between nine and twelve years of schooling and 15 per cent hadn't entered high school. It seems obvious that people in Washington County need jobs and schooling and if people are without jobs, they probably are without substantial food or housing also.

I am not only concerned with the list of particular priorities that the committee has drawn up. I also disagree with the scheme into which those problems are placed. Instead of merely compiling a list of needs, what if we were to view each of the needs of the county as part of a whole system of concerns? Wedges of a pie, perhaps? It is imperative to see the connection between symptoms and the underlying problems. For example, increased crime may only be a symptom of the need for more jobs. As the unemployment rate has risen in this county over the last two years, so has the crime rate. I realize this example is an oversimplification of a complex problem. But when people are hungry and out of work, more sophisticated tactics to combat the crime which their distress produces is no solution.

I hope the funding agencies in Washington County will consider a change in focus. The problems of this county are not unrelated islands, but are part of a larger, more complex dilemma. We must give priority to basic human needs—food, shelter, clothing, jobs, and education—as part of a single, coherent approach to the needs of the people of this county.

Sincerely,  
Leslie D. Lazar  
Alternatives Worker  
Metropolitan Public Defender  
Washington County Section

An Open Letter to

Washington County Area Committee  
Tri-County Community Council

Planning cannot be done in a vacuum, for it sucks up everything within range, scattering the existing order/flow. Planning can be done with a broom, for it sweeps the problems together. However, the sweeper must utilize problem pans and able helpers if these new piles of problems are to be gathered up and appropriately dealt with.

WCCAO, an able helper, wants to assist, to participate. We cannot do it if we are not in the same place at the same time. Solutions are not to be imposed on problems. They must be developed with the consumer/client, helpers, with the whole.

Existing resources (already analyzed by your efforts and others) are valid tools. We must now move on to defeat territoriality and provincialism.

Be not only an agency which works with agencies to deal with agency structure. Be real. Be real by dealing with individuals and with their needs. Be one with the whole of the community.

WCCAO commitment will be:  
to participate in the Statewide Needs Assessment;  
to express our commitment to meeting the ultimate need of all people's survival;  
to share our knowledge and concern.

Claudia Johnston  
Executive Director  
Washington County  
Community Action

# QUESTIONS?

Are you in debt? Do you have unpaid bills? How many people or how much money do you owe? Can you pay it? If so, where will you get the money?

As this Christmas season approaches, these questions will have a definite decision on what you are going to give for Christmas. Public and private debt in the United States totals more than \$2.8 trillion, about \$13,000 for every man, woman and child living here. If you were called upon tomorrow to pay this bill, just how would you do it? At the same time, the amount of money consumers, banks and corporations have on hand to meet their short term, month by month debts, is shrinking.

This same individual consumer, bank or corporation, cannot use a printing press to run off currency to meet these obligations as the government is doing. Doing this to shoulder a more burdensome debt on the people - fiscal responsibility should start there but it simply does not.

It appears to this writer that looseness in fiscal responsibilities appears to be a way of life among far too many of our people, banking interests, government, county, state and cities to such extent they are headed for a day of reckoning soon to appear.

The interest on the national debt alone is \$36 billion, more than the entire 1948 Federal Budget.

Look at New York City for example - where the large welfare and unemployment structure has created a caste system second to none.

The law of diminishing returns, will in the end, eat itself to the extent of creating another problem so many of us miss.

This is the psychological process of doing something with other money - so to speak - that means in other terms, it is easier to use other people's money, rather than our own.

This writer has news for you - this is your money - every penny spent for welfare, unemployment, etc. belongs to the people. How quick people forget this when they look to Washington for everything they think they should have.

This places the human being in a position of being brainwashed to such an extent that it becomes a follower, not a leader. It places this person in a place of becoming parasitic feeding upon itself. Let's not beat about the bush, the human rides the horse, not the horse the human. How long will it be before we make saddles for the human being. Is the day near?

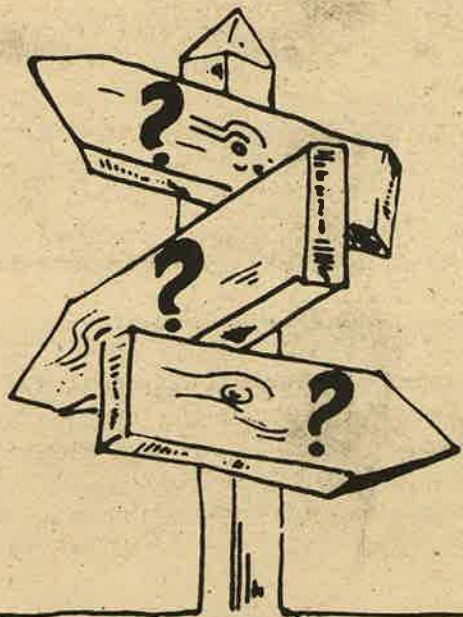
A bird just hatched and grown can build a nest by instinct - but you have to teach a man to build a house.

The human brain has unlimited ability to learn, to do things, for its own benefit, only if it is used.

The first thing we must do, after we are born is to learn. Intellectual leadership versus civil authority, business of science, mode of living, moral imagination, must all go together.

Any person of average intelligence can understand what is happening. Their only fault is - they have forgotten. Some say history shows us the way. Remember, history is people, not past events. The things we do this day makes history. Afraid? Afraid of what? We can find a new way of life from out of the past. How? By being honest, in all things we do. By being willing to work for all we get. But remember one thing - you must give something in return for that which you receive.

Glenn Simmons



Vol. 4, No. 2 of the Rural Tribune. This newsletter is published monthly by the Washington County Community Action Organization and funded by the Community Services Administration of the U.S. government. There is no charge for the newsletter. We will publish articles and announcements of particular interest to the low-income people of rural Washington County. For additional copies, or to be added to our mailing list, write to The Rural Tribune, 546 E. Baseline, Hillsboro, Oregon, 97123. Opinions expressed in these articles are those of the authors and not the opinions of either Washington County Community Action or the Community Services Administration. The Rural Tribune welcomes letters to the editor. We ask letter-writers to identify themselves by name and address.

# Senate Bill Threatens 200 Years of Freedom

**SENATE BILL 1 MUST BE DEFEATED!** Senate Bill 1, the Criminal Code Reform Act of 1975, was first conceived in the mid-60's to recodify the federal criminal statutes which are in dire need of reform. However, the bill was not completed by the time President Nixon came to office. Nixon put Attorney General John Mitchell to work to add innumerable "law and order" measures which has resulted in a bill 753 pages long, with many frighteningly repressive measures tucked away in its pages. Some of these measures, if the bill is passed, would virtually destroy the Bill of Rights, especially the First Amendment guarantees of freedom of speech, assembly and the press.

Definitions of crimes are frequently vague and sentences extremely harsh. For example: the definition of "riot" in this bill is a "public assembly of five or more persons that, by violent and tumultuous conduct, creates a grave danger of injury or damages to persons or property." Almost any demonstration, even if basically peaceful and non-violent, could be construed to be a riot and its participants arrested as having committed a Class E felony. A Class E felony, as defined in the bill, carries with it a fine of

\$100,000 and a three-year prison sentence!

Another dangerous item in the bill is the one which would abolish the Supreme Court's "Miranda rule". The Miranda rule provides Fifth Amendment protection against the use of any statement made by a defendant while in custody unless he or she was first advised of his right to be silent, that anything he says might be used as evidence, and that he or she is entitled to have a lawyer present, including one appointed by the court if the defendant does not have the resources to hire a private attorney.

The bill would wipe out all in-depth investigative reporting such as that which led to the Watergate cover-up revelations. "SB 1 would mean, if enacted, that the only time a reporter would legally be free from the threat of federal prosecution as the result of publishing government information is if the information came to him from a government hand-out—precisely the type of censorship system which the First Amendment was designed to eliminate." (Reporters Committee for Freedom of the Press, April 17, 1975.)

SB 1 would reinstate the death penalty for murder under a variety of circumstances, and for treason,

sabotage and espionage. The definitions of the latter crimes are broad and vague.

Despite recommendations by penologists and lawyers that sentences be sharply reduced, SB 1 increases prison sentences and fines for many offenses. It sets mandatory minimum sentences with no chance of probation for certain crimes, eliminating consideration of the defendant's previous record and individual situation. In fact, SB 1 discourages probation, despite the finding that probation is likely to be the most effective form of sentence in a great many cases.

In spite of changing attitudes towards "victimless" crimes, SB 1 federalizes the recent Supreme Court decision on obscenity, again restricting freedom of the press and freedom of speech. It would increase, rather than decrease, penalties for personal use of marijuana, and make prostitution a criminal offense.

The above are only a few examples of the kinds of measures embodied in the bill. Clearly this bill cannot be amended; it must be defeated in its entirety. It is unlikely that a sufficient number of senators would spend the time necessary to make decisions on amendments on the Senate floor. The public in general cannot possibly be expected to read the entire bill and understand its contents.

What can individuals do to keep this bill from being passed? You can write to your senators and urge them to vote against the bill when it comes out of the Senate Judiciary Committee. In Oregon there is a local organization working for the defeat of SB 1. They can be contacted at S.O.S. 1 (Stamp Out Senate Bill 1), P.O. Box 512, Portland, Oregon 97207.

*Elizabeth Linder*

## Reaching Out To Seniors

### PROGRAMA PARA DAR INFORMACION A CIUDADANOS DE EDAD AVANZADA

Ciudadanos de edad avanzada del condado de Washington - - sabe Ud. que puede pagar por sus comidas a mediodia en los centros para ciudadanos de edad consus estampillas de comida?

Tal vez Ud. no sabia de esto, El Programa CSA para la Nutricion de Ciudadanos de Edad ha empleado a 4 trabajadores que se ocuparan en explicarle a Ud. todo sobre los programas y los servicios que estan a su dispocion. Las trabajadoras son: Eileen Myrick (Forest Grove), Rachel Cressy (Hillsboro), Gilbert Wright (Beaverton), y Carol Mosely (Tigard). Cada trabajadora estara en su propia localidad y todas estan bajo la supervision de Mildred Sheets, la coordinadora del proyecto.

Estos trabajadores estan recibiendo entrenamiento para que puedan determinar la elijibilidad para que personas reciban estampillas de comida. La nutricion sera el mayor enfasis del programa. Tambien podran explicarle a Ud. sobre otros servicios. Por ejemplo: como le pueden arreglar su Hogar para el Invierno, como le pueden ayuday con otras composuras para su Hogar, y los servicios de Ama de Casa.

Si Ud. o cualquier otra persona desea que una de estas trabajadoras le visite, llame a Mildred al numero 648-6646 y ella se encargara de que alguien pase por su casa. Estas nuevas trabajadoras estan para servirle y esperan su llamada.

Senior citizens of Washington County—did you know that you can spend food stamps for lunch at each of the Senior Centers throughout the County?

If your answer is "no", take heart. The CSA Senior Nutrition Program has hired four Outreach Workers to tell you about programs and services that are available to you. The Outreach Workers are: Eileen Myrick (Forest Grove), Rachel Cressy (Hillsboro), Gilbert Wright (Beaverton), and Carol Mosely (Tigard). Each Outreach Worker will be working out of their respective Senior Centers. They will be working with Mildred Sheets, who is co-ordinating their efforts.

The Outreach Workers are now in the process of being trained to determine food stamp eligibility, as nutrition is the main emphasis of the program. They will also be trained on the many other services that are available to you, such as Winterization, Home Maintenance, and the HomeMaker service.

If you or anyone you know would like to be visited by the Outreach Workers, call Mildred at 648-6646 and she will see that you are contacted. The Outreach Workers are anxious to make your acquaintance.

*Annette Bromberg  
James Hynson*

## "Anatomy of Welfare" To Be Shown

"Anatomy of Welfare", a film made in New York City about peoples' attitudes toward both the welfare system and welfare recipients, will be shown three days next week by the Washington County Welfare Advisory Board.

The film, which lasts 30 minutes, will be followed at each showing by discussion and anyone who is interested is invited to attend.

It will be presented on Wednesday, Dec. 17 at 3:30 in Room 409 of the Administration Building, and at 9:30 Friday morning in the same place.

It will also be shown at the regular meeting of the Welfare Advisory Board, on Thursday at 12 noon in the Hillsboro Public Library.



## Christmas Shop at Flea Market

Homemade items make good Christmas gifts. One place where you can find many interesting hand-crafted articles for sale is the Gaston Flea Market. The Flea Market is open from 10 a.m. to 6 p.m. every Sunday at the Gaston Community Hall, just off Highway 47.

The Flea Market has become a popular place to shop because of its friendly, informal atmosphere. People are willing to haggle a bit over prices, which are already more than reasonable. The Flea Market is also run by volunteers from the community.

Recently more and more items related to Christmas gift-giving have been on the tables, such as toys, quilts, decorations, and other handmade items. There's always an abundance of tools, clothes, books, records, and household items.

There is no charge for admission to the Flea Market. Food and beverages are also available. If you would like to rent a table, call 985-7202 or 662-3631. Whether you feel like making or spending some cash, or just looking around and having an enjoyable Sunday in Gaston, the Flea Market is a good place to go.



*Pictured are outreach workers, from left to right ; Gilbert Wright, Eileen Myrick, Rachel Cressy, and Mildred Sheets. Not pictured is Carol Mosely*

Personas en la casa	48 estados y D.C.	
	Maximo ingreso mensual	Cantidad de coupones
1	\$215	\$48
2	\$300	\$90
3	\$427	\$128
4	\$540	\$162
5	\$640	\$192
6	\$740	\$222
7	\$833	\$250
8	\$926	\$278
9	\$999	\$300
10	\$1072	\$322
11	\$1145	\$344
12	\$1218	\$366
cada persona adicional	add \$73	add \$22

Este cuestionario le ayudara a saber cual es su ingreso mensual para poder obtener estampillas. Lo que Ud. tiene que pagar por estampillas cambia según su ingreso mensual. Esta información es parte de su derecho legal. Ud. puede recibir los descuentos que sigue:

- (a) Ingreso mensual de su trabajo o de un programa de entrenamiento para trabajo antes de los descuentos de su cheque (seguro social, etc.) \_\_\_\_\_
- (b) Tome el 10 percent de (a) hasta \$30.00 \_\_\_\_\_
- (c) Cuanto gana por mes después que le quitan todos los descuentos del cheque \_\_\_\_\_
- (d) Reste B de C. \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (e) Sume toda otra entrada de dinero que tenga \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (f) Reste todos gastos medicos si son más de \$10.00 por mes \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (g) Reste gastos para la educación \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (h) Reste dinero que Ud. paga para el sosten de hijos a causa de divorcio, gastos a alguien quien que su esposa a causa de divorcio \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (i) Reste dinero que Ud. paga para que cuiden a sus niños mientras Ud. trabaja \_\_\_\_\_
- RESPUESTA \_\_\_\_\_
- (j) Reste gastos que tuvo a causa de algún desasere. \_\_\_\_\_
- (k) Reste su descuento de casa (susu gasto es más que el costo fijo) \_\_\_\_\_
- RESPUESTA \_\_\_\_\_

Costo de Casa \_\_\_\_\_  
 - \*Costo fijo de Casa \_\_\_\_\_  
 = Descuento de Casa \_\_\_\_\_

RESPUESTA \_\_\_\_\_

La ultima respuesta es su Ingreso para Estampillas de Comida que se usará en determinar cuanto tendrá que pagar Ud. por su estampillas.

\*PARA DETERMENAR SU COSTO DE CASA' VEA LA PAGINA 7

## FARMERS WANT CORPORATIONS OUT



A powerful new coalition has formed to kick the corporations out of Oregon agriculture. On October 22nd, an initiative petition was filed with the Oregon Secretary of State for a constitutional amendment which would prevent corporate conglomerates from engaging in farming or owning farm land. Corporations already engaged in agriculture or owning farm land would have 10 years to divest themselves of their holdings. However, the new law would not apply to incorporated family farms. The initiative, if passed, would be one of the toughest anti-corporate farm laws in the country, and it is receiving widespread support.

The initiative campaign is being backed by a coalition of farmers and organized labor. The four sponsoring organizations are the Oregon National Farmers Organization, the Oregon-Washington Farmers Union, The Grange, and the Oregon AFL-CIO.

The initiative is also being supported by consumer groups and by the alternative agriculture movement. The sponsors have until next July to collect the 61,000 signatures required to put the proposed constitutional amendment on next fall's ballot.

The initiative will undoubtedly face strong opposition by corporate interests. As an example of what Oregon family farmers are up against, Gylan Mulkey, President of the Oregon NFO, pointed to the Oregon Potato Company in Boardman. The company is owned by C. Brewer Ltd. of Honolulu which is an international conglomerate with a vast network of business interests. This one company grows potatoes on 12,000 acres in eastern Oregon and is vertically integrated, controlling its own processing and packing facilities.

Robert J. Elkins, President of the Oregon-Washington Farmers Union, said that "the well-heeled corporate interests aren't going to take this lying down", but he feels confident that, by taking the initiative to the people, Oregon farmers will finally win their struggle against the encroachments of the corporations.

For more information on the anti-corporate farm initiative, contact the Oregon-Washington Farmers Union, Willamette Building, Suite 35, 215 Front St. N.E., Salem, Oregon 97301.

Tilth newsletter

## New Homestead Act Introduced

U.S. Senators George McGovern and James Abourezk of South Dakota have introduced legislation designed to assist and encourage young farmers to obtain and begin family farming operations and to discourage the further concentration of land in the ownership of corporate non-farming interests.

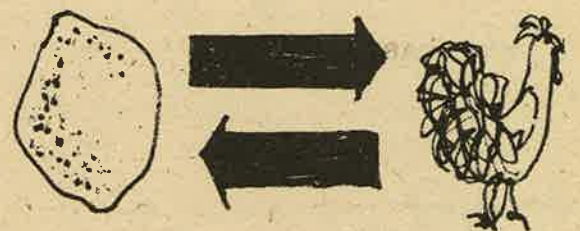
The bill, known as the Young Farmer Homestead Act of 1975, is patterned to an extent after the land transfer statutes in the Canadian province of Saskatchewan. The National Farmers Union and several state Farmers Union organizations have been studying how the Canadian Plan might be adaptable to the U.S.

The South Dakota senators said the legislation is aimed at overcoming the present financial conditions caused by high land values, excessive interest and expensive operating costs which are major obstacles preventing young farmers from acquiring farm land.

The proposal urges the creation of a federal farm assistance corporation to purchase family-sized farm units at market prices, then to lease the units for five to seven years to young farmers, with option to purchase the land.



## 'Wanna Swap?'



In keeping with the Rural Tribune's aim to be responsive to community needs, starting next issue, we will begin a Community Swap column. This will be free to all, with the following stipulations placed on their admission:

- 1) That the goods or services are offered for trade without a cash transaction.
- 2) They be kept as short as possible and still convey meaning. (to this end, RT staff reserves the right to edit and abbreviate for space purposes).
- 3) Profit - making enterprises are excluded unless they will really swap goods and services not just "trade - in" considerations.
- 4) Include name, address and/or phone number for contact.

Swap items will be accepted in either Spanish or English or both and we hope that those participating would be willing to work out any language problems in order to negotiate and complete a good and equally acceptable swap for both parties.

There are many unused goods and talents in Washington County. Through this means, we hope to bring together persons willing to trade for what they want; the woman who can sew, but needs a house painted, the person with a car who needs a freezer... or ?.

Address items to "SWAP" care of the Rural Tribune, 546 E. Baseline, Hillsboro, Ore 97123. Items will not be accepted by phone.

Bud Schmidt

PARA DETERMINAR EL COSTO FIJO DE CASA USE ESTO

CANTIDAD DE CUPONES MENSUALMENTE - (Efectivos 1 de julio de 1975)

Recuerde: Cuando se usa la palabra "ingreso", quiere decir lo que queda de un cheque despues de todos los descuentos.

INGRESO (Despues de Descuentos)	COSTO FIJO DE CASA
\$ 0 - 29.99	\$ 0
30 - 39.99	9
40 - 49.99	12
50 - 59.99	15
60 - 69.00	18
70 - 79.00	21
80 - 89.00	24
90 - 99.99	27 <sup>3</sup> / <sub>4</sub>
100 - 109.00	30
110 - 119.99	33
120 - 129.99	36
130 - 139.00	39
140 - 149.99	42
150 - 159.99	45
160 - 169.99	48
170 - 179.99	51
180 - 189.00	54
190 - 199.99	57
200 - 209.99	60
210 - 219.99	63
220 - 229.99	66
230 - 239.99	69
240 - 249.99	72
250 - 259.99	75
260-269.99	78
270-279.99	81
280-289.99	84
290-299.99	87
300-309.99	90
310-319.99	93
320-329.99	96
330-339.99	99
340-349.99	102
350-359.99	105
360-369.99	108
370-379.99	111
380-389.99	114
390-399.99	117
400-409.99	120
410-419.99	123
420-429.99	126
430-439.99	129
440-449.99	132
450-459.99	135
460-469.99	138
470-479.99	141
480-489.99	144
490-499.99	147
500-509.99	150

Estados y D.C.	Número de personas en la casa:							
	1	2	3	4	5	6	7	8
Ingreso Mensual	Cantidad de Cupones por mes:							
\$ 0 to 19.99....	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0
20 to 29.99....	1	1	0	0	0	0	0	0
30 to 39.99....	4	4	4	4	5	5	5	5
40 to 49.99....	6	7	7	7	8	8	8	8
50 to 59.99....	8	10	10	10	11	11	12	12
60 to 69.99....	10	12	13	13	14	14	15	16
70 to 79.99....	12	15	16	16	17	17	18	19
80 to 89.99....	14	18	19	19	20	21	21	22
90 to 99.99....	16	21	21	22	23	24	25	26
100 to 109.99....	18	23	24	25	26	27	28	29
110 to 119.99....	21	26	27	28	29	31	32	33
120 to 129.99....	24	29	30	31	33	34	35	36
130 to 139.99....	27	32	33	34	36	37	38	39
140 to 149.99....	30	35	36	37	39	40	41	42
150 to 169.99....	33	38	40	41	42	43	44	45
170 to 189.99....	36	44	46	47	48	49	50	51
190 to 209.99....	36	50	52	53	54	55	56	57
210 to 229.99....	38	56	58	59	60	61	62	63
230 to 249.99....		62	64	65	66	67	68	69
250 to 269.99....		68	70	71	72	73	74	75
270 to 289.99....		70	76	77	78	79	80	81
290 to 309.99....		70	82	83	84	85	86	87
310 to 329.99....			88	89	90	91	92	93
330 to 359.99....			94	95	96	97	98	99
360 to 389.99....			100	104	105	106	107	108
390 to 419.99....			109	113	114	115	116	117
420 to 449.99....			110	122	123	124	125	126
450 to 479.99....				131	132	133	134	135
480 to 509.99....				138	141	142	143	144
510 to 539.99....				138	150	151	152	153
540 to 569.99....					159	160	161	162
570 to 599.99....					164	169	170	171
600 to 629.99....					164	178	179	180
630 to 659.99....					164	187	188	189
660 to 689.99....						190	197	198
690 to 719.99....						190	206	207
720 to 749.99....						190	214	216
750 to 779.99....							214	225
780 to 809.99....							214	234
810 to 839.99....							214	238
840 to 869.99....								238
870 to 899.99....								238
900 to 929.99....								238

Para cada miembros adicional arriba de ocho, sume \$22 al total dado para 8 personas.

← Si su ingreso mensual es más que \$509.99, el costo fijo de casa es el 30 percent de su ingreso mensual despues de descuentos.



## New VISTAs at CAP



WCCAO recently welcomed four new Vista Volunteers to Washington County. They are Annette Bromberg (pictured above) Emergency Services Co-ordinator, Elizabeth Linder - Welfare Rights Organizing, Carol Woods - Community Education, and Paul Wagner - TST Youth Center.

## Video Available

The rural Awareness Project is beginning to expand its communication efforts into the field of video, with the intention of increasing the amount of information available to people in Washington County.

Portable video equipment has a variety of uses. It can cover issues and events in Washington County that the Portland media neglects. It can also provide a means for people to communicate and share information with each other.

Carol Woods, a new VISTA at WCCAO, is working on the project. She is hoping to develop a library of videotapes available for viewing and also to assist other groups in making tapes that would be of interest to people in the community.

Two tapes are now available for showing. One is a 45 minute tape of Senator Hatfield's meeting with residents held at Gaston High School on Nov. 21. The other is a 30 minute presentation by Ruth Haefner to the Portland Business and Professional Women's Club. Ms. Haefner is a member of the Gray Panthers, an organization advocating an end to discrimination against the elderly.

If you are interested in seeing either tape, or would like more information about the project, contact Carol Woods at the Rural Awareness Project, 648-6646.



U.S. DEPARTMENT OF AGRICULTURE

# CO - OPS

Continued from page 1

Membership in co-ops is decided by the members themselves. To be a member of Milk and Honey, you must work two hours per month for the store. To be a member of Hope Co-op, you must pay \$10 for a lifetime membership and work four hours a month. Both co-ops charge non-members an additional 10 percent for their purchases, which still represents a savings.

Milk and Honey Co-op has been operating nearly four years, and has gained widespread community support. They provide nearly every item you might need, and are open 6 days a week. A tremendous amount of dedication and energy has gone into building up what could be considered an excellent example of what co-ops can be. Hope Co-op in Buxton, while smaller in membership, has been open for nearly three years and continues to fill the need for getting high quality food at low prices in a small, remote community.

Co-ops are not entirely without some disadvantages. Selection is naturally limited, to serve the largest number of people. If, for example, you find that no one but you likes TV dinners, you would have to buy them at a regular market. Or, you could form your own co-op with people who share your eating tastes.

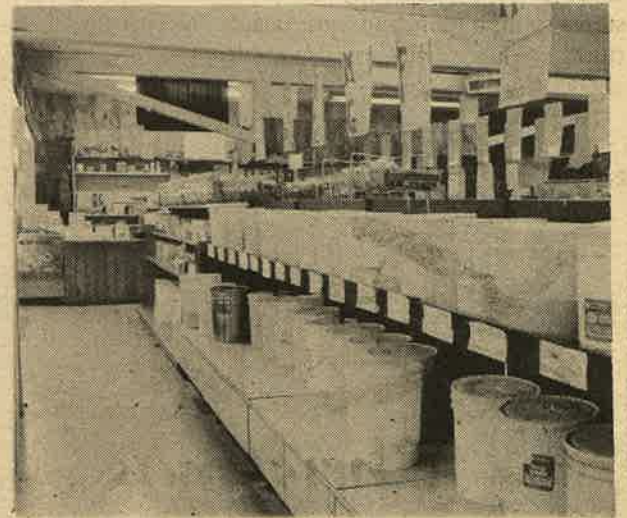
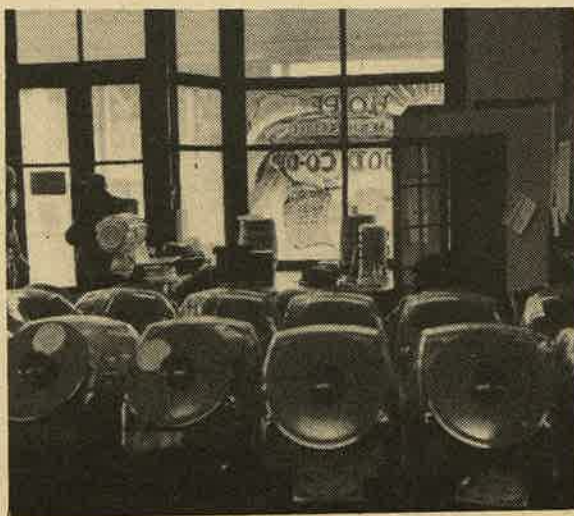
You may find it too bothersome to work at a co-op, preferring to have the ease of shopping without worrying about the store. You can, however, still enjoy the advantages of a co-op by shopping without being a member. Ten per cent is still a low mark-up for any food store.

At present, a group of people are working towards establishing a food co-op that would serve the Hillsboro area, midway between Hope and Milk and Honey. They are busy renovating a building on the TV Highway, and hope to be open in January. As of yet, little in the way of a structure and membership has been decided, as workers are concentrating their efforts on getting the building ready. They have received a small grant from Community Services Administration, to cover operating costs during their first year. Both Milk and Honey Co-op and Hope Co-op began with such funds, which have taken them a long way towards fulfilling their goals.

Each co-op can't serve everyone's needs, just as each large chain store, despite their sometimes amazing attempts, can't serve everyone's needs. But it is hard to put a price on the value of people working together to serve their own needs and measure that against corporate profit.

If you would like to join in the new co-op, or get more information about it, call Max or Tim at 648-6646.

Judy Schilling



## Una Extension de Compensacion de Emergencia

Los beneficios para campesinos han sido extendidos al 31 de marzo de 1977 bajo el "Emergency Compensation and Special Unemployment Assistance Extension Act."

Los campesinos pueden recibir 39 semanas de beneficios, que es un aumento de 13 semanas más de lo proveído antes con SUA.

## Winterize

Need help getting your house ready for winter? Kate Christian and Emily Chalmers are among members of the winterization crew available to help you insulate your home. All services are provided free of charge. Call 648-6646 to apply.



¿Necesita ayuda para proteger su casa contra el invierno? Kate Christian y Emily Chalmers, del Programa de Winterization, pueden insular su casa. Todos servicios se dan gratis. Llame al 648-6646 para aplicar.

# JOBS

### JOB ANNOUNCEMENT

Management Information Systems Specialist  
for federally funded

Employment and Training Program

Requires experience in grant writing, labor market analysis and information systems management. Send resumes to: Multnomah-Washington CETA Consortium, 806 S.W. Broadway, Suite 350, Portland, Oregon 97205. An Equal Opportunity Employer. Deadline December 18, 1975.



### ANOTHER JOB

Youth Services Systems Analyst  
(Human Resources Specialist II)

Responsible to the Director of the Youth Services Division for Portland Youth Service System program development and administration. The employee will serve as a liaison between the Division and other youth serving agencies, and will provide feedback to program operators regarding such relationships. The refinement and maintenance of a management information system within the Division and with the contract agencies will be an important feature of the position. The employee will assume some administrative responsibility for coordinating the development of ordinances, project descriptions, contracts and working agreements.

#### To Qualify

Applicants must have specific and verifiable experience, training and education related to the tasks of the position. Relevant experience or training obtained while providing voluntary social service will be fully counted.

#### The Examination

The examination will consist of an essay format written test weighted at 50 per cent and an evaluation of job related knowledges and skills by an interview panel weighted at 50 per cent. The written test will be given at 9 a.m., Tuesday, December 23, 1975 in the Auditorium of the Water Service Building, 510 S. W. Montgomery Street, Portland.

#### Where to Apply

Portland Civil Service Board, 510 S.W. Montgomery, Portland, Oregon 97201, no later than Friday, December 19, 1975.

# Gleaning Project Hits 1,000 Mark!

"Gleaning: to collect the remains of the field."

The Gleaning Project is one of Washington County Community Action's most successful ongoing programs. Completing its third season, the program has grown from a small operation to a program which this year alone has reached some 1,000 individuals.

The Gleaning Project was initiated by Mrs. Monika Belcher in 1972. Mrs. Belcher developed the project after she came from Germany to the United States—"the land of plenty"—16 years ago, and was deeply distressed to find that in this "rich" land there are so many people who go hungry.

The situation becomes even more contradictory when you realize how much food is wasted each year. Mrs. Belcher explained that most growers make contracts with canneries to produce a certain amount of food and that after this quota is filled, any excess usually goes to waste. This proportionately small amount of produce cannot be sold, because the large chain grocery stores buy in quantities for all the stores in that chain, and most smaller "independent" stores are in actuality members of large grocery suppliers.

Each season for the last 3 years, Mrs. Belcher has brought together growers, who donate their excess, and low income people who pick the leftover crops, for themselves and for one other family or individual who is unable to glean because of a handicap or age.

This year over 63 donors gave everything from beans to walnuts. Over 56 tons of produce were gleaned with wholesale value of approximately \$13,000. Had this produce been bought at grocery store prices it would have cost an incredible \$57,000.

The program has been so successful that Mrs. Belcher is now seeking to expand the Gleaning Project to three counties so that more people can be helped.

Although Mrs. Belcher emphasizes a big THANK YOU TO ALL THE DONORS who have been so very generous in donating this year, she too deserves congratulations on her dedication to this innovative project.

Sue Watson



## for Christmas

Community Services Administration recently showed its commitment to community-based organizations devoted to helping their neighbors, by awarding grants to Hillsboro, Beaverton and Tigard Saint Vincent de Paul Societies, and to Forest Grove, Hillsboro, Tigard and Beaverton FISH organizations. These grants will be used to purchase high-protein and other food items for their emergency food supply.

The four FISH organizations throughout the county maintain food closets, which are stocked with food donated by members of the community. The FISH organizations are volunteer-run, and while they exist nationwide, each group is autonomous and decides its own structure and operations. Many people believe that this is one of its keys to success. Each local organization, as a result, finds its own community level and works toward filling the needs, as they arise, in each community.

FISH started in 1961 when a small group of people in St. Andrew's Church in Oxford, England sought to follow Christ and minister to their neighbors. A person was selected to be a street warden and to watch out for the well-being of the people on this street. Fish cards were distributed to all of the homes on each street, and people placed the Fish card in their window when they needed help. When a local street warden saw a Fish card, he went immediately to the house.

FISH came to American in 1964, and today there are more than 1,000 chapters here. FISH operates basically by telephone rather than by signs in the window, but the premise is the same: being fishers of men.

Besides maintaining emergency supplies of food, FISH also provides clothing for adults and children, and a limited amount of household supplies. Everything that FISH has, has been donated by community people who want to help their neighbors, and who want to make sure that no one is overlooked.

With Christmas approaching, one way to help others is to donate to your local FISH. Supplies can be very low during this time of year, and with the costs of heating going up during cold months, more and more people are finding themselves out of money and in need of emergency food.

If you are able to donate any items, please call the FISH closest to your area. Their numbers are: Tigard, 639-2012; Beaverton, 646-1141; Forest Grove and Hillsboro, 648-4128. FISH is always welcome to have new volunteers, too. Let them know if you would like to donate a few hours, helping where needed.



## Manpower Monies Threatened

U.S. District Court Judge Robert Belloni has ruled that Oregon Rural Opportunities may continue to spend the remaining portion of an \$800,000 CETA grant awarded to it by the Department of Labor in March of this year.

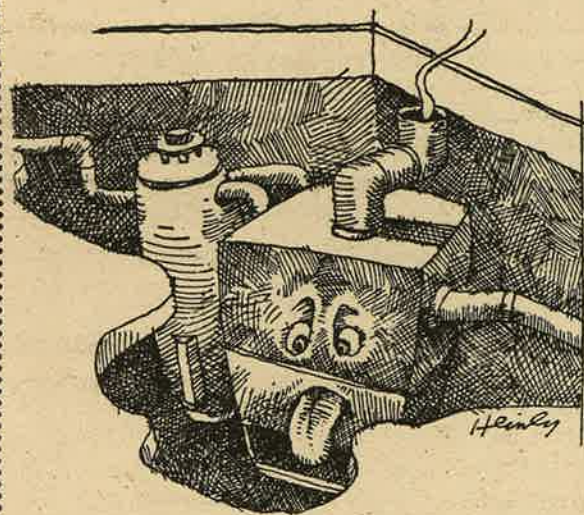
The funding was questioned in February by seven Oregon Counties (Hood River, Wasco, Deschutes, Umatilla, Wallowa, Gilliam and Malheur), the Mid-Columbia Economic Development District, and the Migrant and Indian Coalition for Coordinated Child Care, Inc. It was this group that filed a civil suit against the Department of Labor for granting CETA III monies to Oregon Rural Opportunities, and against ORO for not complying with review procedures prescribed by the Office of Management and Budget. They also requested that funding to ORO be stopped until the case was decided.

The four main points of the suit brought against the Department of Labor and ORO were: 1) the defendant (DOL) failed to timely invite eligible applicants to submit qualification statements; 2) that the regulations were published and made known officially to ineligible applicants; 3) that DOL did not require ORO to submit a proper comprehensive manpower statement as required by CETA; and 4) that ORO failed and refused to comply with the requirements of the OMB circular A-95 process. Simply stated, this process establishes a review procedure for applications of grants for federal monies. It allows state and local agencies to comment on proposals, such as CETA, made by ORO to the Department of Labor.

Judge Belloni ruled that the DOL had indeed published regulations which allowed persons not eligible to participate under CETA, in this case ORO, to participate in the CETA program; and that ORO failed to follow the review requirement of the Office of Management and Budget.

In his final comments, Judge Belloni stated that "ORO, in good faith, followed every procedure it was told to follow in applying for this grant. If the requested injunctive relief is granted, (preventing further spending of money) its program would be financially cut off through no fault of its own. The migrant and seasonal farm workers engaged in ORO's program would have their educational and training programs stopped. This would be contrary to the express intent of CETA. There are only six weeks left to run on the contract between the defendants and ORO. It is the view of this court that the most equitable procedure for me to follow at this point is to allow the contract to terminate in its normal course (December 31, 1975) instead of engaging in a futile effort to correct what was done over a year ago and risk irreparable harm to the very people that the correct procedures were designed to protect."

Don Patch



## Bi-Lingual Story Hours

Corrine Garcia has been named library aide for the bi-lingual library at Centro Cultural in Cornelius. Books for children and adults are in Spanish and English, including fiction and non-fiction, with emphasis on Chicano materials.

Mrs. Garcia plans story hours daily, Monday through Friday, at 10 a.m. for pre-schoolers and daily, Monday through Friday, at 3 p.m. for elementary school children.

These story hours are open to the community and will be bilingual. Please join them!

La Sra. Corrine Garcia ha sido nombrada como asistente para la biblioteca bilingue ubicada en El Centro Cultural en Cornelius. Habra libros en español para niños y adultos, incluyendo novelas y literatura seria, con énfasis en materiales Chicanos.

La Sra. Garcia leera cuentos a los niños diariamente, de lunes a viernes, a las 10 A.M. para niños que todavía no van a la escuela, y a las 3 P.M. para los niños quienes asisten a la escuela primaria.

Estas horas de cuentos e historias estan a la disposicion de toda la comunidad y se ofreceran en ingles y español.

Ojala alla nos veamos.

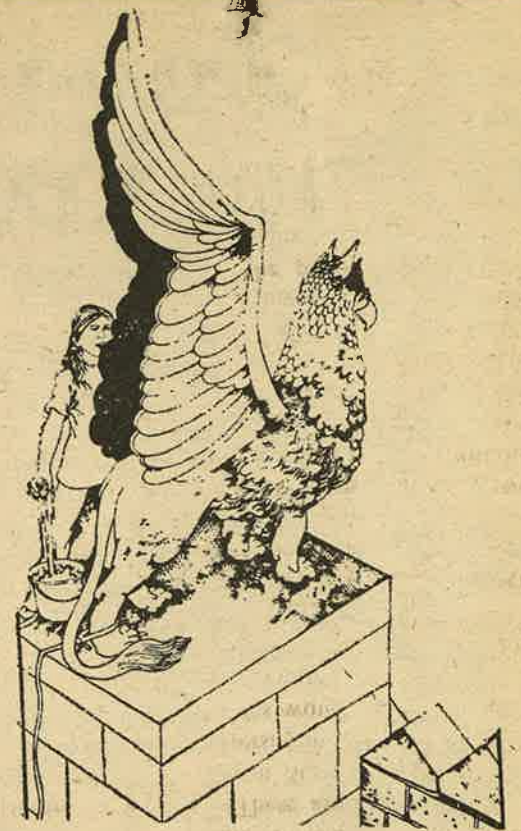
# Las Posadas

Las Posada is a re-creation of Mary and Joseph's trip to Egypt, seeking food and shelter. Spanish-speaking families here in Washington County begin this ceremony 10 days before Christmas.

Families travel from home to home seeking entrance, and are turned away. Finally, at a pre-assigned home, after much singing, entrance is granted to The Holy Family.

The following is the conversation that takes place between The Holy Family and the persons they are seeking shelter from.

<i>Those outside</i>	¿Quién les da posada a estos peregrinos que vienen cansados de andar los caminos?	Who, to these poor pilgrims, Shelter will be grudging. As they come exhausted O'er the highways trudging?
<i>Those inside</i>	¿Quién es quien la pide? yo no la he de dar; se serán ladrones que quieren robar.	Who is this that asks me? Entrance I deny. For they may be robbers Who to steal would try.
<i>Those outside</i>	Robaros pretendo, y es el corazón, que a mi esposa amada le deis un rincón.	Of your heart I'd rob you, Not your goods or life. That you may give shelter To my loving wife.
<i>Those inside</i>	No hay rincón vacío que poder franquear; vacío está el campo, en l'hospedad.	There is not a corner Free, that we can spare; All outdoors is empty. Seek your lodging there.
<i>Those outside</i>	Necesidad grave a mi esposa aflige; un rincón les pide donde se recline.	My dear wife is suffering, Take her as your guest: She implores a corner In which she may rest.
<i>Those inside</i>	¿Quién es quien perturba de noche el sosiego? ¡Márchese de aquí, no nos quite el sueño!	Who is this that ruptures Midnight's gentle peace? Go from hence and leave us, Your entreaties cease.
<i>Those outside</i>	Hacedlo por Dios, que mi esposa amada con el frío y cansancio viene fatigada.	In the Lord's name do this For my cherished spouse; She is cold and weary, Open up your house.
<i>Those inside</i>	¡Qué gente tan necia, ya me está enfadando! ¡Márchense de aquí; no estén despertando!	Go, you foolish people. You become annoying; Leave us now in peace. Our Rest you are destroying.
<i>Those outside</i>	Que esta bella niña ya no sufre el hielo; no puede aguantar el rigor del tiempo.	Save this lovely girl who Stands beside me here: She is weak and can't Endure the cold severe.
<i>Those inside</i>	Ya se ve que es tarde, y venir con eso; se hacen sospechosos. ¡Márchense al momento!	It is very late and That's a likely story; Of you we're suspicious. Go or you'll be sorry.
<i>Those outside</i>	La noche se avanza; por Dios, condolesos, que descance un poco la Reina del Cielo.	In God's name have mercy. Midnight now is close, And the Queen of Heaven Seeketh for repose.
<i>Those inside</i>	Ruegos importunos no, no escucharemos; vacío está el campo, y en el recogeos.	No, we cannot listen To your vain appeals; Go and find a lodging Out in yonder fields.
<i>Those outside</i>	Es José y María, su esposa amada, que a tus puertas viene a pedir posada.	Joseph I, and Mary, Come to you tonight, Begging you for lodging In our sorry plight
<i>Those inside</i>	Entrad, bella niña, tú y tu compañero; ésta es vuestra casa que humilde ofrecemos.	Enter, lovely lady, Take our humble home; You and your companion Need no more to roam.
<i>Those outside</i>	No negáis en poco esta caridad, el cielo benigno os compensará.	This kind deed will never Cause you to regret, For the Lord in Heaven Never will forget.
<i>Those inside</i>	Abranse las puertas, rómpanse los velos, que viene a posar la Reina del Cielo.	Open wide the curtains, Open wide the doors For the Queen of Heaven Whom my heart adores.
	Y pues tanta dicha hoy aquí se ve, rindámosles gracias a María y José.	And to us much happiness This glad day has brought: Joseph thank, and Mary, As believers ought.
<i>(Entrance of the Pilgrims)</i>	La alegría y felicidad reina hoy en nuestra choza, porque son los peregrinos el casto José y su esposa.	Happiness is with us In our hut today, For the holy pilgrims Choose with us to stay.
	Hermosa Señora, bella peregrina, danos tus auxilios, ¡Oh, María divina!	Beautiful Madonna, Pilgrim pure and fair, Give us Thy assistance Is our earnest prayer.



## Upward Bound to Lose Ground?

"When the government talks of tightening the economic belt, we know who the first notch is."

Dick Gregory.

"Upward Bound enables the student to see himself in the past, the present, and the future!"

—former Upward Bound student.

Proposed changes in federal regulations would reduce the Upward Bound program to a fraction of its current effectiveness. Later this month or early January, the Federal government will hold a few meetings to hear testimony on the proposed regulations. For the west coast the only hearing will be in San Francisco.

Upward Bound is a federal program designed to help high school students from low-income families develop the skills and motivation necessary for success in college or vocational education programs.

This has been accomplished with a three part program: 1) A six week on-campus summer session. It emphasizes reading, writing and other basic communication skills, but also includes courses in art and sciences, field trips and cultural events: 2) During the academic year students are provided with counseling and tutoring in areas of specified need. Students receive a stipend when attending tutored sessions: 3) During the summer following a student's graduation from high school Upward Bound's "Bridge Summer" pays for college classes and a stipend for the students attending.

Students are chosen for the program by Upward Bound staff on the recommendation of teachers, counselors, social service agencies and others well acquainted with them. It seeks to help youth with academic potential who have not had the preparation motivation or opportunity to realize or demonstrate their talents.

Each program office must have a "host university." There are currently four programs operating in Oregon. These are hosted by the University of Oregon, Oregon State University, Linfield College, and Pacific University in Forest Grove.

The new regulations would stop the payment of stipends to students for attending tutorial sessions during the academic year and eliminate the "Bridge Summer" component from the program.

Paul Hebe, director of the Pacific University hosted program is one of those fearful of the possible results of these cuts, "The stipend enables these students to be tutored at times that they would otherwise have to spend hustling money. Without it, they will be denied access to higher education."

Hebe stated that 50 percent of Upward Bound program's students go on to college and another 25 percent continue in post high school training.

The P.U. program involves about 60 students on an annual basis. The program serves students residing in a 50 mile radius of Forest Grove. Of this 60, nearly 75 percent participate in the academic year tutorial program and will lose their stipend.

Hebe hopes to testify at the San Francisco hearing, and criticized federal officials for denying use for Upward Bound travel money to get to the hearing. This will greatly reduce input from actual program participants.

Bud Schmidt