



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

WINTER 2009

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kir-`kum-spi-ke

The name Circumspice, Latin for look around, was inspired by Michigan's state motto—*Si Quaeris Peninsulam Amoenam Circumspice*. Which means, "If you seek a pleasant peninsula, look around." The motto originally appeared on the Great Seal in 1835 designed by Lewis Cass.

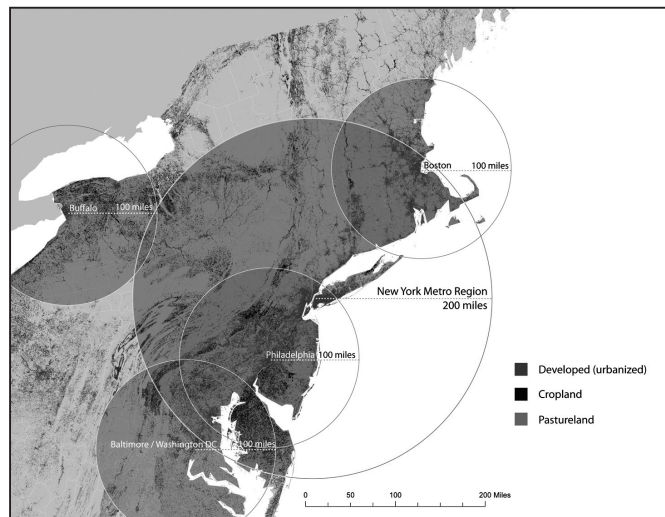
Good Food Nation

MIT researchers think America's obesity epidemic can be reversed via 'foodsheds,' in which healthier, more affordable food is produced and consumed regionally.

Peter Dizikes, MIT News Office

In the last three decades, childhood obesity in the United States has become a massive public-health problem. According to the Centers for Disease Control, between 1980 and 2006 the percentage of obese teenagers in the United States grew from 5 to 18, while the percentage of pre-teens suffering from obesity increased from 7 to 17. Such children often become overweight adults, leaving themselves especially susceptible to heart illness, Type 2 diabetes, strokes, and some forms of cancer.

These weight problems do not simply stem from a lack of willpower, according to Dr. Tenley Albright, director of MIT's Collaborative Initiatives program, which uses systems analysis to study broad social issues. Albright is a Harvard-educated



A map of northeastern cities depicts their proposed "foodsheds," the areas that naturally supply metropolitan areas with their food. Image: Urban Design Lab at the Earth Institute, Columbia University

surgeon who, two years ago, helped organize an interdisciplinary group of about 10 researchers, from MIT and Columbia University, specifically to analyze the causes of child obesity. Aided by a grant from the United Health Foundation, the team scoured medical and economic data, and consulted with medical researchers, economists and policy-makers,

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Circumspice

1035 Ethel Avenue
Hancock, MI • 49930
(906) 482-2030
www.keweenaw.coop

STORE HOURS

Mon-Sat 10am-8pm
Sunday 10am-5pm

DELI HOURS

Mon-Sat 10am-7pm
Sunday 10am-4pm

The Circumspice newsletter is published four times a year for the members and customers of Keweenaw Co-op. The newsletter is published to provide information about the Keweenaw Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board, or members. The next deadline for submissions is March 1st. Refer submissions and questions to faye@keweenaw.coop.

Editor: Faye Carr
General Assist: Barb Hardy
Printer: Book Concern Printers

The Circumspice newsletter is printed on post consumer recycled paper.

The Circumspice newsletter is available on the Web at www.keweenaw.coop.

featured products

Staff selections from their department. Try a few out!



Coffee — Darlene Basto

Twin Lakes Java Co-op Blend

Created by Mike at Twin Lakes Java especially for the Keweenaw Co-op. This blend includes Guatemalan and Sumatran (both medium roast) and Papua New Guinea (medium-high roast). An earthy, nutty flavor!



Deli — Daniel Krueger

Rochdale Farms Organic Cheeses

Made with the milk of over 325 Minnesota and Wisconsin Amish farms. The average herd comprises 20 hand-milked and traditionally pastured cows. A Co-op Core Value product! Medium and sharp cheddar available now. More varieties coming soon.



Health & Body Care — Karen Rumisek

NEW! Barlean's Oil & Supplements

Fish and flax oils. Packaged to order, refrigerated and shipped air freight for freshness. DELICIOUS "Omega Swirl" blends taste more like desserts than fish or flax! Their fresh-pressed Olive Leaf Complex liquid is perfect for cold & flu season!



Produce — Dan Schneider

Satsuma Mandarins

These delicious little beauties are everything citrus you've ever wanted in life, inside an easy-to-peel skin. Available in bulk and or in aesthetically-pleasing 5-lb. gift boxes. Grown by Bruce Johanson in Orland, California.



Grocery — Kay Lang

Explore Asian Authentic Cuisine Noodles

Certified Organic and Vegan products. Gluten-Free Mung Bean Fettuchini or Black Bean Spaghetti. Wheat soba or lomein. From a traditional grain mill and noodle shop in the remote district of Northern China.

Students save 5% on Sundays

(current student ID required)

Seniors save 5% on Wednesdays

(age 60 and over)



From the Board

Participate in Co-op Governance

by Diane Miller — Board Member

One of the possible ways to contribute to mutual benefit is to serve as a Co-op board director. While board directorship in general can look a lot of different ways—sometimes more like “bored” directors sitting glassy-eyed around a table, or maybe bumbling directors who mean well but aren’t sure what to do. I have also heard stories of board directors who come to blows when they disagree. If you should decide to run for a board directorship at the 2010 annual meeting (it will be held in April this year instead of February), you would not be signing up for boredom, bumbling, or blows. And you would have a hand in helping all of us continue our access to good food!

At the Keweenaw Co-op, we follow the Policy Governance® Model. Here are the ways in which it is different from typical approaches: The board defines the large picture—sometimes called the purpose, or the goals, or the ends. Using ethics, the board places limits on how these goals may be accomplished, and communicates this to management. It is management’s responsibility to not only accomplish the goals with staff, but document progress in ways the board defines. Once the board determines policies, it does not meddle in the methods, strategies, or means used in the everyday carrying out of Co-op work. Instead, the board systematically asks the question, “Have our expectations been met?”

To this question, at our Co-op, we have been getting excellent answers!

I’ve been on the Co-op board since 2003 since before we adopted Policy Governance®. While it’s been rewarding the whole time, it is more effective with Policy Governance®. Since 2005 when we began adopting Board Governance, the other directors and I have been involved in some very, very hard work as we developed the policies that guide operations. What I’ve also noticed is that once Policy Governance® methods are learned, meetings are efficient and productive and make excellent use of our resources and talents. Folks who would like to investigate and participate—and offer their talents—may want to attend a regular monthly board meeting and/or contact a board member. It’s a compelling way to be involved in sustaining a community of neighbors who depend on good food sound practices. ::

To learn more about the Board's: governance style, job description, code of conduct, officer roles, annual agenda cycle, cost of governance, and other governance process topics. Visit:
<http://keweenaw.coop/policies.php>

board of directors

Chris Alquist
calquist@hotmail.com
Secretary
Term ending 2011

Cindy Drake
scorpions2@live.com
Director
Term ending 2011

Robyn Johnson
robyn@brockit.com
Director
Term ending 2010

Cory McDonald
cpmcadona@mtu.edu
Treasurer
Term ending 2010

Libby Meyer
ecmeyer@mtu.edu
Director
Term ending 2012

Diane Miller
dimiller@mtu.edu
Vice President
Term ending 2012

Sigrid Resh
scresh@mtu.edu
Director
Term ending 2010

Roger Woods
roger@homerproductivity.com
President
Term ending 2012

Dan Schneider
danschneider@keweenaw.coop
Administrative Assistant

welcome new members

Welcome to the following new members who joined the Co-op between August 19, 2009 and December 1, 2009:

Mary, Joe & Liz Limback
Amy Marcarelli & Jamey Anderson
Lori & Tim Frantti
Robert Delema & Holly Schipper
Joe & Carol Ballard
Jim Vollmar & Megan Spelich
George & Elena Semouchkina

Dorothy & Ron Riutta
Lorrie & William Weis
Margaret & Michael Kalen
Dianna Blackwell, Robert Kuiper,
Gary McCutcheon & Amanda Blackwell
Carol & Doug Slowik

Because the Co-op is in transition from the old Member structure to the new Member-Owner structure, we have discontinued processing memberships until January 1, 2010 when Member-Owners can purchase their Common Stock (see page 6).

Good Food Nation Continued from Front Page...

before releasing an initial October 2008 report.

The group's conclusion: Obesity is widespread due to our national-scale system of food production and distribution, which surrounds children — especially lower-income children — with high-calorie products. "The problem lies not just in a child, but the whole environment around a child," says Albright. "To end obesity, we need to produce healthier, more accessible, more affordable food." As Albright notes, 90 percent of American food is processed — according to the United States Department of Agriculture — meaning it has been mixed with ingredients, often acting as preservatives, that can make food fattening.

Now, in another report finished this October after meetings with food-industry leaders, the MIT and Columbia researchers propose a solution: America should increase its regional food consumption. Each metropolitan area, the researchers say, should obtain most of its nutrition from its own "foodshed," a term akin to "watershed" meaning the area that naturally supplies its kitchens. Moreover, in a novel suggestion, the MIT and Columbia team says these local efforts should form a larger "Integrated Regional Foodshed" system, intended to lower the price and caloric content of food by lowering distances food must travel, from the farm to the dinner table.

Welcome to the food terminal

Only 1 to 2 percent of all food consumed in the United States today is locally produced. But the MIT and Columbia team, which includes urban planners and architects, believes widespread adoption of some modest projects could change that, by increasing regional food production and distribution.

To help production, the group advocates widespread adoption of small-scale innovations such as "lawn to farm" conversions in urban and suburban areas, and the "10 x 10 project," an effort to develop vegetable plots in schools and community centers. Lawns require more equipment, labor and fuel than industrial farming nationwide, yet produce no goods. But many vegetables, including lettuce, cucumbers and peppers, can be grown efficiently in small plots. "A lot of those projects could be started immediately," says Michael Conard, assistant director of Columbia's Urban Design Lab, who notes that during World War Two, small "victory gardens" produced more than 40 percent of America's fruits and vegetables.

To better distribute local food, some cities, including Oakland, Calif., Philadelphia, and Newark, N.J., give grants and tax credits to help small markets sell fresh produce. But the architects and designers in the

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From the GM It's About Food

by Curt Webb — General Manager



I grew up in rural Indiana with a small garden in the back yard and a larger plot on a nearby farm. The first was a kitchen garden with a few tomatoes and peppers and herbs and greens. The latter was more of a market garden where we grew crops that required a lot of space—like melons, squash and sweet corn.

My parents were school teachers and that gave our family summers to spend together working and playing. Our gardening endeavors were as much family time as they were a way to trim the grocery bill and make a little spending money. My first 'job' was pulling a wagon loaded with produce around the neighborhood selling door-to-door.

In those formative days I learned a great deal about how food is grown. I also witnessed the appeal of real food as my neighbors enthusiastically bought up fragrant muskmelon, just-picked sweet corn, or sun-ripened tomatoes. The Webb's melons were an annual highlight for a lot of folks around Shipshewana Lake.

We enjoyed the season's bounty while the season lasted. We froze a few things, but that was the extent of preserving at our house. I have to say that my parents were none too at home in the kitchen. And I can't blame them—with five sons and two careers, cooking was a chore.

That meant I was left on my own to explore the culinary frontier. In college I found cookbooks and explored cuisines. I traveled and sampled regional offerings, attempting to expand my repertoire. But, it

wasn't until I moved to Minneapolis and found co-ops that food really started to mean something to me.

Patrick Pellini taught me to appreciate kale. Betsy Wheeler shared her wisdom about garlic. I was surrounded by wonderful food and people who knew what to do with it. My appetite was whetted. Learning opportunities abounded as I immersed myself in my co-op's offerings. Further, I learned about the politics of food—that how, where, and at what scale food is produced matters.

I have worked with food now for the better part of twenty years, and I'm still learning. I've met many people along the way who are passionate about food and food politics. I feel good about my part in their journey. And I am thankful for the hub that co-ops provide.

This year I finally got back into serious gardening. And I've spent countless quality hours in the kitchen exploring the possibilities afforded by all that bounty. Canning, freezing, drying, fermenting... Indian, Italian, Thai, Ethiopian... From simple to elaborate... In a full-circle kind of way I too am passionate about food these days.

I look forward to opportunities to share that passion—with shoppers and local farmers, in the aisles at the Co-op and at community gatherings, over a slow meal or a steaming kettle. Food is a vital connection between people and place. Food is what it's all about. ::



\$75

Give the Gift of Local Food

The Keweenaw Gift Box - Featuring businesses & products from within 30 miles of the Co-op:

Keweenaw Co-op Bakery, Hancock • Pepp Organic Farm, Tapiola
The Jam Lady, Eagle River • Ray's Polish Fire, Hancock • Keweenaw
Kitchen, Baraga • Calumet Coffee Roasters, Calumet • Michigan
Nature Association • Vocational Strategies Incorporated, Hancock

Cooperative R & R

by Roger Woods — Board President

While you might think the Board is enjoying a little *Rest & Relaxation* after seeing so much of us during the reincorporation campaign—this is not the case. The Board and Staff have been busy creating a transition plan and tackling the operational, legal, and accounting issues effected by the reincorporation. When we say *R & R*, what we're talking about is your new *Rights & Responsibilities* as a Co-op Member-Owner.

Rights

As a Member-Owner, you will now have a vested interest in the Keweenaw Co-op. After the first installment on your member equity payment plan (see opposite page) the following rights/benefits will be yours and will remain a benefit as long as payment plans are kept up to date (membership is contingent on currently being paid up full or staying on track with your payment plan). The benefits include: voting rights, getting patronage refunds/retained equity (during profitable years and possibly a year-end distribution of profit into member's equity accounts), special orders and discounts on bulk orders, use of the Co-op Community Room, reduced fees for classes and workshops, and the Quarterly Newsletter (Circumspice).

Responsibilities

Capitalize the Co-op

The big change under the new cooperative business structure is the Member-Owner's purchase of a Common Stock Share to capitalize the Co-op. Member-Owners will purchase this share using one of the available payment plans. It is important for Member-Owners utilizing a payment plan to be aware that processing and tracking payments costs the Co-op money, therefore affecting the bottom line. It is in your best interest, as a Member-Owner, to choose your payment plan wisely and to stick to your commitment. Missed payments result in a suspension of Member-Owner rights.

Communicate

Communication between Member-Owners, your Board, and the Co-op Staff is essential because of your new role as an "owner". In particular, it is a Member-Owner's responsibility to communicate with the Co-op concerning changes to your contact information. This can be done at the store, by email, by phone, or by written notification. Member-Owner capital, including capital stock, patronage refund, and capital credits, will be forfeited if a Member-Owner cannot be located as described in the Co-op's Articles of Incorporation.

As Member-Owners you are also encouraged to participate in Co-op activities such as committees and elections to protect and enhance your investment.

Patronize your business

Hopefully this will be the easiest, after all, who can resist the joy of shopping at the Co-op!

Keep in mind, the Patronage Refund is based on long term viability and fairness. It reflects how well the store is doing, which encourages all Member-Owners to support its successful operation and give feedback to keep it running well into the future. You have a definite vested interest in the well being of your Co-op! ::



Choosing Your Payment Plan

Keweenaw Co-op Member Equity (Common Stock)

On January 1st, 2010, the Co-op will officially be incorporated as a true cooperative. We are moving forward, empowering ourselves to become true co-op Member-Owners by collectively pooling our resources. These resources will create the equity that insures our Co-op remains strong and vital well into the future. This equity is our promise to each other and a commitment to our community that we value what the Keweenaw Co-op stands for and

what it provides for our quality of life.

All Members, after January 1st, will be required to purchase a share of Keweenaw Co-op Common Stock (the one-time membership investment that replaces the annual membership fee). When selecting which payment plan is most appropriate for your family, please select the plan that minimizes the costs to your Co-op, while still being financially feasible for your family.

Payment Plan Options...

Payment Plan 1

Pay the \$200.00 Common Stock share (equity) in one installment. Receive a thank you gift.

Plan 1 minimizes account maintenance costs and maximizes equity per Member-Owner. This plan is the most financially responsible plan for the Co-op in terms of benefiting all Member-Owners. This plan conserves the time and salary of Co-op staff by not requiring account management and notifications of payment dues, and, because the entire stock share is paid for immediately, Co-op equity is maximized.

Payment Plan 2

Pay the \$200.00 Common Stock share (equity) in installments of \$50.00 per quarter year (i.e. Make payments over a year's time).

Payment Plan 3

Pay the \$200.00 Common Stock share (equity) in installments of \$25.00 per quarter year (i.e. Make payments over two year's time).

Payment Plan 4

Pay the \$200.00 Common Stock share (equity) in installments of \$20.00 per year (i.e. This option allows all to join the Co-op).

Plans 2, 3 & 4 become increasingly expensive for the Co-op to maintain in terms of Staff time and salary due to the cost of account management and notifications of payment dues. These payment plans also decrease the equity per Member-Owner, which means there is less money available to improve the Co-op.

**Important information for all
Co-op Member-Owners!**

Putting the Co-op on the Map

The Keweenaw Green Map Charts a Sustainable Future



Healthy Dining



Organic/Local Food



Eco-Products



Local Business



Fair Trade



Responsible Company



Social Enterprise



Alternative Health Resource

Where in the Keweenaw can you find a locally-owned, responsible business offering organic and local foods, healthy dining, eco and fair-trade products, and alternative health resources all within the structure of a social enterprise? Why at the Co-op of course—it says so right on the Keweenaw Green Map.

The Green Map System® (GMS) offers unique global icons and adaptable tools to engage communities worldwide in mapping green living, nature, and cultural resources. Similar to co-ops, Green Maps are created and maintained through inclusive participation of its users. With the help of GMS's resources and guidance, it's up to the local Green

Mapmakers to focus that participation on key issues and sites in their communities.

The Sustainable Keweenaw Resource Center (SKRC) launched the Keweenaw Green Map as a community tool for sustainable development. The initial focus of the Keweenaw Green Map will be on connecting people to local, sustainable businesses, services, and resources like the Keweenaw

Co-op. But that is just a start, Green Maps can do so much more. The icon categories illustrate the wide range of topics that can be addressed with a Green Map, including: Green Economy, Technology & Design, Mo-

bility, Hazards & Challenges, Land & Water, Flora, Fauna, Outdoor Activities, Cultural Character, Eco-Information, Justice & Activism, and Public Works & Landmarks. Mapmakers are encouraged to create their own icons to address unique, local issues.

The Keweenaw Green Map is an on-line, interactive map created using the Open Green Map System. Open Green Maps are designed to be easily explored, customized, and enhanced by their users. You can share your insights, ratings and images or suggest, compare, and share sites. Green Maps are also produced in traditional hard-copy versions, and many Green Maps are available both online and in print.



Wendy Brawer, the founding director of the Green Map System, and originator of the first Green Map (New York City's "Green Apple Map"), will be in the Keweenaw to present an exhibit of Green Maps from around the world and talk about the Green Map System in Fall 2010 at the Finlandia University Finnish American Heritage Center Gallery.

If you're interested in finding out more about the Keweenaw

Green Map project, viewing the map, or getting involved, check out the SKRC website at www.keweenawgreenmap.net or stop by for a visit at the Jutila Center (Old Portage Hospital) in Hancock. ::

Similar to co-ops, Green Maps are created and maintained through inclusive participation of its users.

Find out more at www.keweenawgreenmap.net



Healthy Dining

Healthy Dining

The emphasis is on wholesome, healthful, fresh foods, made with local and/or organic ingredients. Vegetarian and vegan foods (no animal products whatsoever) are served. Meat and dairy products are from ethically treated animals raised carefully to minimize environmental and health impacts, without additives, genetic modifications or factory farm practices. Endangered fish, marine and other species are not served. Cooperatively-owned cafes, cafes that grow their own food as well as "Slow Food" sites can be included, as can traditional or special local cuisines.



Responsible Company

Responsible Company

Business with exemplary environmental and social responsibility standards and practices, and is a good neighbor. Ideally, their products are green, as well. May belong to a CSR (corporate social responsibility) program or include CSR on public reports and websites.



Organic/Local Food

Organic/Local Food

Local food that is grown very near to where it is consumed, so it has fewer 'food miles' that decrease freshness and increase ecological impacts associated with shipping long distances. Organic food is grown without pesticides (biocides), genetic modification or synthetic fertilizers. No chemicals or waxes are added after harvesting. If processed, it is usually prepared in a way to maximize the nutritional value. May also include fair trade or direct trade practices. Does a supermarket with a small selection of organic or local produce deserve this icon? If so local mapmakers should consider clarifying this in their description.



Alternative Health Resource

Alternative Health Resource

Place to receive medical or health attention outside of mainstream practice. Spas, health clubs, yoga, massage therapy, holistic, herbal and traditional Chinese medicine represent a few examples.



Eco-Products

Eco-Products

Produced in accordance with green standards. At this site, they may be sold alongside conventional products. Adding your criteria to your map can help educate and expand appreciation for these products. Criteria can include: necessity of the product, safety, quality, made from renewable/recycled/carefully sourced materials, responsible packaging, information on manufacturing practices, options for disposal, whether locally produced and consideration of overall business and labor practices.



Social Enterprise

Social Enterprise

A property, café, shop, residential complex, service or other business that is cooperatively managed and/or benefits society. Eco-villages, communal projects, copyright/cultural commons and even open source projects could be included here.



Local Business

Local Business

An economic enterprise solely based within the community, not a national franchise or chain store. Locally owned and managed, but not necessarily a green business. Re-circulates money within the local economy and often sources goods and materials nearby, reducing the ecological impacts associated with shipping.



Fair Trade

Fair Trade

A place that contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers without compromising natural resources. Fair trade organizations (backed by consumers) support producers, raise awareness and promote higher standards for international labor, environmentalism and social issues compared to the practices of conventional international trade.

Icons © Green Map System, Inc. 2003. All rights reserved. Green Map® is a registered trademark and used with permission.

Good Food Nation Continued from Page 4...

MIT/Columbia group suggest entrepreneurs or government should invest in a new concept: "food terminals," retail developments combining grocery stores with greenhouses, farmers' markets, restaurants, and even education centers as magnets for city residents who otherwise lack access to fresh produce.

"These would be multi-faceted places where people could buy food, learn about it, and get health information," says Kenneth Kaplan, an architect and associate director of MIT's Collaborative Initiatives project. "This is an urban planning challenge because the large supermarkets tend to sit out on the periphery of cities. In the areas where there is a deficit in healthy food, the infrastructure is simply not there." Retailing could also occur through low-cost "mobile food markets": buses retrofitted to sell produce.

Since not all regions grow the same produce, the researchers allow that many goods would still be shipped across regions. "We're not saying people in New England shouldn't eat pineapple," says Eleanor Carlough, program director of the Collaborative Initiatives. "But the apples grown in New England should stay there, if possible."

The proposal has received some favorable reactions so far. In an op-ed in The New York Times in September, food writer Michael Pollan hailed the MIT/Columbia project, and suggested the foodshed concept "could be the key to improving the American diet."

Saving on health care

Building regional foodsheds, however, will be a long-term process. The crux of the problem is how to make food both cheap and healthy. As multiple economic studies show, the price of healthy food has risen more quickly than the price of unhealthy food in recent decades. And as a 2004 study from the American Journal of Clinical Nutrition found, \$1 could buy 1,200 calories of potato chips and 875 calories of soda, but only 250 calories of vegetables and 170 calories of fresh fruit.

"Business certainly isn't altruistic by nature, and you're not going to create a change unless you can show how people can make money," Carlough acknowledges.

Moreover, lifestyle changes have altered the way Americans eat. The USDA estimates that a family of

four, with two kids between 6 and 11 years old, can maintain a healthy diet for roughly \$700 to \$1,050 per month, or \$23 to \$35 per day. That is based on market-bought food prepared at home, however. As the USDA also notes, money spent on food away from home increased about 17-fold in the United States from 1960 to 2005; among other things, people are consuming more high-fat "convenience" foods, as the MIT and Columbia researchers call them, which are more widely available in all kinds of stores than ever before.

However, the researchers claim, an increasingly regional system of making and selling healthy foods will lower the cost of those goods, by reducing things like transportation costs. A University of Iowa study shows that fruits and vegetables grown locally travel an average of 56 miles from farm to table, as opposed to an average of 1,494 miles for produce grown in other regions. In a new phase of their work, the researchers aim to examine these economic factors more closely.

Moreover, the researchers assert, society as a whole pays for our national-scale food economy in ways that go beyond the price of food. Another Iowa study suggests that food production incurs additional costs of \$6 billion to \$16 billion when factors such as energy use and health care are included.

As Albright sees it, the effort to produce healthier foods "fits right in with the health-care reform effort right now because chronic diseases are so costly for the nation." America currently spends \$14 billion annually treating childhood obesity, and \$147 billion treating all forms of obesity. Pollan, for his part, contends in the same Times piece that expanding health-care coverage would lead insurers to realize they "have a powerful interest in reducing rates of obesity and chronic diseases linked to weight."

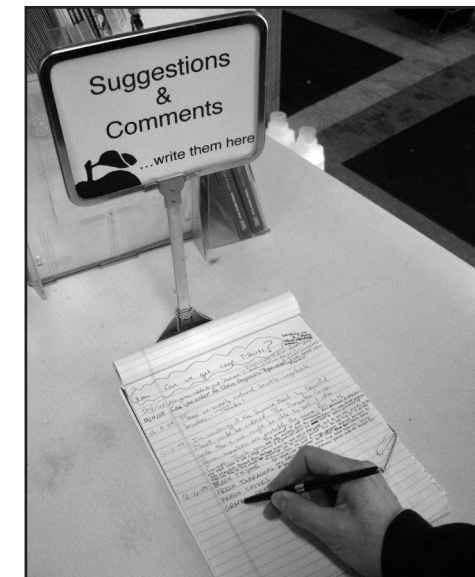
The MIT researchers recognize it will take a long-term effort to change the way America eats. For now, they say, it is important to show that alternatives exist. "People haven't focused on our food system yet because it's big, it's political, and it's complex," says Carlough. "But it is a critical issue that needs to be addressed." ::

Reprinted from the Massachusetts Institute of Technology (MIT) News Office, 11/10/2009, at www.mit.edu

Customer Comments Notepad

A channel of communication

In this day and age of email, text messages, and social networks it's easy to overlook the effectiveness of something as simple as paper and pen. The Co-op customer comments notepad, perhaps one of the longest standing communication tools used at the Co-op, remains an integral part of the Co-op's information network. Members and customers can leave questions or comments regarding store operations and will usually receive a prompt response from the staff. It's very informative and almost always entertaining to read. Check it out the next time you are in. Here are a few entries from the past few months. Look for this to become a regular feature in upcoming issues.



The customer comments notepad is located on the counter at the front of the store near the cashiers.

Staff (and sometimes other members/customers) will write responses adjacent to the original message so it's important to revisit the log if you've left a message that requires a response.

Calming Yogi Tea! PLEASE! OK OK! 7/27 ordered!

Love this Store!! It is great to see this Store!! natural organic goods + all reminds products of the market me of the Thanks I shop at farmers place in Seattle. Hancock Parkinen ANK YOU MARNIE!

Customer Idea: Send a core values brochure to Isr Royale Customers.

LIZ LOVELY COOKIES ARE WAY TOO MUCH PACKAGING - possibly, pretty please can we consider other less plastic options of feeding our sweettooth? Thanks! we sell many bulk ingredients. Bake at home!

This Store is great for all my food allergies. You guys are so kind + considerate! Thanks for being awesome. Cianna Olkronen

!!! Gmm

♡♡♡

Keweenaw Co-op
Natural Foods Market & Deli
1035 Ethel Avenue
Hancock, MI 49930
www.keweenaw.coop

PRESORTED STD
U.S. Postage
PAID
Houghton, MI
Permit No. 9

Change Service Requested



Come Celebrate Our True Cooperative!
Join us at this year's Co-op Party
Sunday, January 10th at the KBC

(Keweenaw Brewing Company in downtown Houghton)

Co-op friends
celebrating
community



Open House 11 am - 6 pm

11 am - 1 pm
Brunch Potluck
(bring a dish to share)

Family Fun Time
(Alcohol Free)

2 pm - 5 pm
Dinner Potluck
(bring a dish to share)

Music

3 pm - 6 pm
Mingle & Music

*Door Prizes
Delicious Food
Good Music
Friends*