



The Voice of the Keweenaw Co-op Market & Deli

# Circumspice

HANCOCK, MICHIGAN

SUMMER 2011

## New for Summer! Fair-Trade, Organic Co-op Tees

(see page 13)



**Short Sleeve Unisex Tee:**  
Soft, ring-spun, combed organic cotton. Single jersey knit, fine double-needle stitching, ribbed crew-neck. Comfy, cut loose for easy movement. M-XL

**Short Sleeve Women's Tee:**  
Super soft, stretchable baby-rib knit. Nicely shaped cut, high quality, ringspun, combed organic cotton in medium weight. Fine double-needle stitching, crew-neck style. S-XXL

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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 three times a year for the Member-Owners and customers of Keweenaw Co-op. The newsletter provides 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 Member-Owners. The next deadline for submissions is October 1st. Refer submissions and questions to faye@keweenaw.coop.

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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.

## Core Value Program

### Select Core Value Products

The Keweenaw Co-op's mission is centered on healthy choices and affordable nourishment. The Co-op's Core Value Program is a campaign to make everyday healthful pantry staples available to shoppers at affordable prices. Look for great values wherever you see the apple core. A complete list of our Core Values products is available as a brochure at the check-out area and on the website. **SRP (suggested retail price) / CVP (core value price)**



#### Follow Your Heart Veganaise - 32 oz.

Grapeseed Oil is used for its extraordinary qualities with respect to its effect on cholesterol. Clinical tests have shown subjects experienced a lowering of LDL, and an increase in HDL. Non-GMO. You'll find Veganaise in the dairy cooler.

**SRP \$10.29 / CVP \$9.29**



#### Earthbound Farm Fresh OG Carrots

2lb. & 5 lb. bags

Flavorful organic carrots are high in vitamins A, C, and K, plus fiber and the antioxidants beta carotene and lutein. Organic farming since 1984.

**2lb. SRP \$2.99 / CVP \$2.49**

**5lb. SRP \$7.39 / CVP \$5.99**



#### Eden OG Apple Cider Vinegar - 32 oz

The finest organic apple juice naturally fermented with 'mother' of vinegar, a quality indicator appearing as cloudiness in the final product. Raw and unpasteurized, patiently aged in cedar wood vats. Made in Michigan.

**SRP \$5.99 / CVP \$4.79**



#### Organic Garbanzo Beans - Bulk

Dried garbanzo beans are low in saturated fat, and very low in cholesterol and sodium. They are also a good source of dietary fiber, protein, copper, and a very good source of folate and manganese.

**SRP \$6.19 / CVP \$4.89**



#### Ancient Harvest Organic Quinoa - Bulk

Quinoa contains more protein than any other grain; an average of 16.2 percent, compared with 7.5 percent for rice, 9.9 percent for millet, and 14 percent for wheat. Some varieties of quinoa are more than 20 percent protein.

**SRP \$4.59/lb / CVP \$3.69/lb**

## New at the Co-op! Made Fresh in Minnesota



- Hummus Tahini
- Baba Ghanoug
- Garlicy Hummus
- Falafel Balls
- WW Pocket Bread
- Greek Nan Bread

## Bring-a-Bag Campaign

### In its first season...

Since the launch of the campaign on Earth Day, April 22, the bags saved tally has been steadily ticking away at an average of 42 bags per day.

Now you can track the progress with the new, beautiful campaign indicator sign hanging in the front entry of the Co-op. The apples hanging on the tree represent the 6 months of the campaign cycle and the harvest basket sign shows the current tally of bags saved. The concept, design, and construction of the sign was a collaboration between Faye Carr, Barbara Hardy, and Rick Loduha.

The beneficiary of the first campaign cycle is the Ryan Street Community Garden in Hancock. To learn more about the garden project, visit [ryanstreetgarden.blogspot.com](http://ryanstreetgarden.blogspot.com). The next campaign cycle will begin October 22.

The Bring-a-Bag Campaign is just one of the ways the Co-op fulfills its Ends to support community health and well-being. Don't forget to bring your bags!





## From the Board

by Diane Miller — Director

Even though the ink's barely dry on the March Annual Meeting minutes, it is not too early to think about next spring's Board elections. As usual, three of our nine Board slots will be open: Terms are three years, so every year a third of the Directors either run again or step off. Roger Woods, who is completing his second term, and I, who am completing my third, have both decided to make room for new faces. Libby Meyer, the other Director whose term ends, still has a few months to decide. For me at least, this wasn't an easy decision. The past nine years have brought me and taught me much.

In 2003, at my first Co-op Annual Meeting, I was new to the community, and I ran for the Board because I thought it might be interesting and fun—The Co-op was about to celebrate their 30th anniversary, and being in on the planning of a dinner and dance would be a valuable social experience. It was, of course—interesting and fun and social. What I didn't realize was how meaningful this service could be and how it could help me grow.

Since 2003, I've served as vice president helping presidents Viki Weglarz, Erin Smith, and Roger—each of them seeming to have exactly the skills we most needed at the time. In addition to forming satisfying social contacts and helping to govern an organization built on meaningful principles, I have actually been a part of an efficient, effective board—something that many people tell me is an oxymoron.

Roger seems to agree with me. He says "Being on the Co-op Board has allowed me to play an active role in positively impacting an organization that so many

people are passionate about. Through the Board's work, we also have a process that is very effective in governing the organization. This makes the experience enjoyable instead of boring or a waste of time. This was not like other board experiences; here you help create the vision for the Co-op and then go out and do it!"

I hope that every Member-Owner at least considers the idea of running for Board director. We're a working board that uses the Carver Policy Governance® Model to guide the organization while delegating the day-to-day implementation of our mission to the General Manager and staff. We meet monthly (currently on the second Wednesday at 6 p.m. in the Co-op community room, but meetings can be adjusted to meet new Directors' needs). Meetings are efficient, interesting and end on time. Most of our work is done between meetings—a guideline is 12-15 hours per month, and each Director receives a \$1000 annual stipend for use at the Co-op.

One good way to get a feel for board directorship is to attend a meeting. You might note some talk that seems indecipherable at first—we've gotten pretty good at referring to our policies by number, for example. But that said, you'll be able to tell whether you'd like to join this effort of setting and maintaining the vision for your Co-op. Cynthia Drake and Chris Alquist are leading nominating efforts, so they'd like to hear from you. Or, talk to any of the Directors you know. You've got some time—do think about it! ::



### New Board Member - Heather Sewell

Heather is an architect and gardener promoting natural materials and building methods, aimed at integrating our living environments with the natural landscape. She enjoys reading, wandering with the critters in the forest and everything related to the health and beauty of food. She lives in Atlantic Mine, working toward building a self-sufficient homestead.

## Your Patronage Refund Checks...

by Carl Blair — Vice President

By now you should all have received checks representing 45% of the profits derived in 2010 from the sales credited to your Member-Owner number. A few issues/questions have arisen that your Board would like to address.



- Please cash the checks in a reasonably prompt manner. Funds are dedicated for this purpose, and having to track uncashed checks over time becomes an added burden for bookkeeping.
- At the Annual Meeting an excellent idea was floated that it would be great if the checks could be "signed over" to various charitable groups to promote their good works. All who have expressed an opinion are in agreement that this is an excellent option for those who so choose to do so and by the time next year's checks are issued the Board hopes/anticipates this option will be in place.
- The Keweenaw Co-op is not a charitable organization; we seek – as the old saying goes, "to do good by doing well." For example, the current donations to the Ryan Street Community Garden (see page 3). Board Directors and other Member-Owners are working on establishing an aligned organization that will be able to directly focus on educational and charitable works. Your input on the focus and organization of this new body is eagerly awaited – stay tuned!
- Several have asked how to increase the amount of the checks in future years, there is a three part answer to this:
  1. Spend more individually; if you spent \$2,000 in 2010 and spend \$3,000 in 2011 you will get more back.
  2. We are legally obligated to return 20% of Member-Owner derived profits, this year the Board chose to return 45% due to a current lack of identified capital needs – this will change in the future.
  3. The real answer! The Co-op under its excellent operational leadership had a profit of just over 3% of sales this year – very respectable in the grocery business. However, nearly 50% more than our total profit was spent last year on credit/debit card fees and packaging combined. So if you really want to increase the profits, pay by cash or check and reuse containers! Good for the earth and good for the bottom line, nice when they connect! ::

## board of directors

**Chris Alquist**  
calquist@hotmail.com  
Secretary  
Term ending 2014

**Carl Blair**  
cblair@mtu.edu  
Vice President  
Term ending 2013

**Cynthia Drake**  
cynthiamdrake@gmail.com  
Director  
Term ending 2014

**Robyn Johnson**  
robyn@brockit.com  
Director  
Term ending 2013

**Libby Meyer**  
ecmeyer@mtu.edu  
Director  
Term ending 2012

**Diane Miller**  
dimiller@mtu.edu  
Director  
Term ending 2012

**Heather Sewell**  
hthrswwl@yahoo.com  
Director  
Term ending 2014

**John Slivon**  
john@jrsdesign.net  
Director  
Term ending 2013

**Roger Woods**  
roger@homerproductivity.com  
President  
Term ending 2012

## Practical Wellness

by Dr. Jinny Sirard & Dr. Tyler Roy, Superior Family Chiropractic

### Intelligent Summer Cooking Alternatives

In addition to choosing wholesome, nourishing foods for our body, we must also be conscious of the way in which we cook our food. Recent research has found that two common methods of food preparation, grilling and using non-stick or Teflon cookware, are producing toxic byproducts in our food. The above mentioned cooking methods, specifically grilling your foods (particularly meats), can cause a myriad of toxins to be released into our food.

There are 3 major carcinogenic or cancer causing chemicals that can be produced during the grilling process. The first is heterocyclic amines or HCAs. HCAs are produced when amino acids, (the building blocks of protein) sugar and creatine from the meat react at high temperatures. Polycyclic aromatic hydrocarbons (PAHs) are also produced during the grilling process when fat and juices drip and cause an open flame. These PAHs can then stick to the surface of your food creating the "charred" appearance. Lastly grilling at high temperatures can also cause an increase in advanced glycolytic enzymes (AGEs). AGEs cause oxidative damage to cell tissues. Oxidative damage is the leading cause of inflammatory diseases such as cancer.

So, how can we enjoy the flavorful benefits of grilling without the toxic load? Here are several suggestions to minimize your risk.

- Avoid exposure to an open flame.
- Avoid charring your foods.
- Flip your meat often.
- Prepare meats that require less grill time such as smaller cuts of meat and meats that can be cooked medium or medium rare.
- Choose leaner cuts of meat (as fat drippings cause the formation on PAHs that can adhere to your food).

- Remove charred portions from your food.
- Pre-cook certain meats which may require more grill time such as chicken and other well-done meats.
- Marinate your meat in herbs and spices. Most herbs and spices are antioxidant rich. Many of which have shown a decrease in the formation of many of these toxic chemicals when used to marinate meats before grilling. These healthy culinary herbs and spices can also help reverse oxidative damage caused by chemicals produced in the grilling process. Examples of beneficial herbs would garlic, turmeric and rosemary, to name a few. Also, adding olive oil and lemon/cherry juice to your marinade has been demonstrated to be beneficial.
- Partner your grilled meals with antioxidant rich foods, drinks, herbs and spices. The phytonutrients found in fruits and vegetables such as berries, leafy greens and cruciferous veggies (such as broccoli and cabbage), have a number of health benefits. A simple Google search can turn up a number of antioxidant rich foods that can be added to your meal. Adding an antioxidant rich stout beer to your meal can even help stop the chemicals' effects in the body.

Luckily grilling isn't something most of us do on a daily basis. However, using indoor cookware can also be hazardous if you are using non-stick or Teflon coated cookware. Many people believe the danger of using non-stick cookware exists only when the surface is scratched off but this is not entirely true. The chemicals used in the creation of the non-stick Teflon surface are known as perfluorinated chemicals. When Teflon surfaces are heated they can release toxic fumes containing up to 15 chemicals, depending on the

*"So, how can we enjoy the flavorful benefits of grilling without the toxic load?"*

temperature of the pan. The most dangerous of these chemicals is the known carcinogen perfluorooctanoic acid (PFOA), which has also been linked to birth defects in humans. Exposure to toxic Teflon fumes can even cause flu-like symptoms in humans. In fact, the fumes released by non-stick cookware are so toxic, in home use is not recommended if you have a pet bird as

exposure is potentially deadly.

Safe alternatives to non-stick cookware include stainless steel and cast iron cookware. Cast iron cookware can provide a fantastic non-stick surface with no negative consequences. In fact, cast iron skillets and cookware can actually leach small amounts of iron into foods which can be beneficial to people with anemia. ::



## The Natural Alternative to Charcoal

### 100% Michigan Hardwood Gourmet Grilling Briquets

*Made by Enviro Industries in Paradise, Michigan*

Available at the Co-op  
\$5.99 for a 10-pound bag

#### Earth Friendly Commitment

Since 1978, Enviro Industries, Inc. has been forging a path into an Earth Friendly direction. The Commercial Grilling & Biomass Wood Energy products are made from 100% hardwood. WoodFire is made from recyclable, renewable resources which is hardwood fiber reclaimed from forest residue. NO TREES have ever been harvested for the purpose of being raw material for the product.

These incredible products were developed by Brent Michael Biehl of Paradise Michigan. By pioneering new ways to utilize the existing and often wasted resources, he stepped into the new millennium with a mission that was conceived in the late 1970's.

In a lot of ways, WoodFire Gourmet Barbeque Grilling Briquets are much like charcoal. They can be used in barbecue grills to cook food outdoors, they burn at temperatures that exceed 450 degrees to

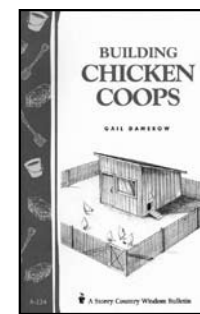
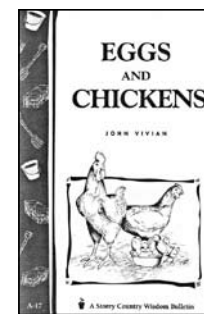
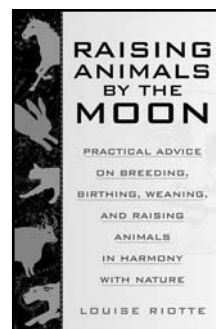
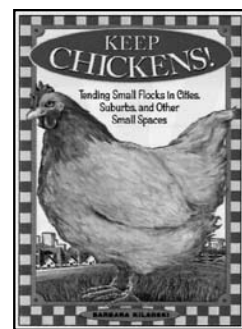
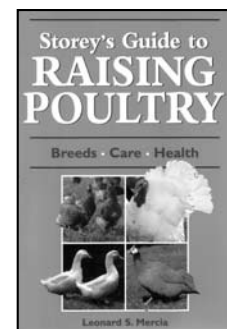
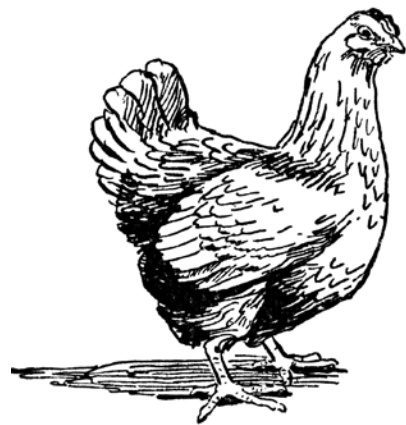
seal in meat's natural juices, and they even come in a bag like charcoal. Still, the differences between charcoal and WoodFire Gourmet Barbeque Grilling Briquets are dramatic!

#### WoodFire vs. Charcoal

WoodFire Gourmet Barbeque Grilling Briquets are clean-handling, not sooty or grimy like charcoal. WoodFire Briquets come with their own fire starter so lighting is a breeze. Best of all, they're made from 100% Michigan hardwood - mostly maple, so they give food a natural smoky flavor that charcoal can't match.

Charcoal Lighter fluid harmfully emits volatile organic compounds (VOC) through evaporation. This happens when people soak their charcoal and it burns. Each year it is estimated that over 14 tons of VOCs emit into the atmosphere from approx 46,000 tons of lighter fluid - in the U.S. alone!





Be your own egg supplier! These books are available at the Co-op.

## Local Egg Suppliers at the Co-op

### RowanTree Farm Hancock

"RowanTree Farm (est. 1999) is us, Colleen, John and daughter Rae Hix, and our dedication to restoring topsoil, fertility and life to 20 acres of badly-used land overlooking Hancock. We are committed to sustainable, organic, human-scale agriculture and land reclamation, and to proving that it is possible to live well and productively completely off-grid.

"We've been raising chickens right from the start, and after 12 years we are pretty good at it in our non-electric, un-plumbed way. RowanTree chickens are true free-range birds, they have the run of the entire place, all day, every day, eating huge amounts of bugs, sometimes even mice and snakes! As part of our integrated pest management, the chickens keep the bugs from bugging the cows, sheep and pigs by destroying the larvae in their manure. Their bug buffet is supplemented with our own special mix of grains, kelp and oyster shells.

"We strongly believe that fertile eggs are much more nutritious and healthy, so we take the trouble to run enough roosters with our hens (one for every 12 or so) to make sure that every one of our eggs is fertile (besides, we kinda like roosters, they're beautiful and funny).

"Since we are very concerned about the insane over-use of antibiotics in farming, our chickens are not even given antibiotics as small chicks, whereas most producers routinely give antibiotics in the feed for the first month. Careful management makes this unnecessary. Like all our livestock, our poultry receive conventional medications only when absolutely necessary to save the animal's life.

"We are also very concerned about loss of genetic diversity among livestock breeds. Our 100 (more or less) laying chickens are all heritage breeds, a colorful and diverse group, both because we like the look of a mixed flock, and because we are doing our small part to keep the chicken gene pool from further narrowing. Some of our birds are second and third generation of their breed, bred and hatched on our farm!"

"Honestly, even if we never sold another egg, we would continue to keep far too many chickens. They've become one of the pleasures of our lifestyle, and contribute so much to the health and recovery of our land. We're glad we can share some of our bounty with you, and hope you enjoy it in good health!"

### Maple Creek Farm Calumet Township

"Maple Creek Farm (MCF) is a 350 acre family-owned, family-run farm in Calumet Township. MCF produces free-range brown eggs (Light Brahma, Buff Orpington, Barred Rock, Rhode Island Red, and Black Australorp chickens), fruit (apples, cherries, peaches), firewood, and timber/lumber. MCF will also become a riding stable and five-room B&B in 2012.

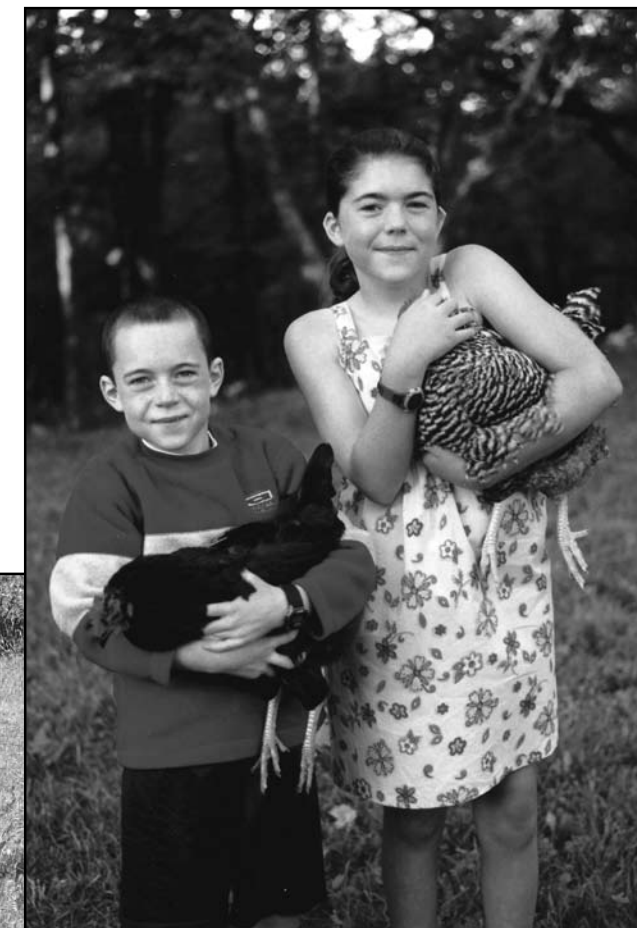
"The chickens live with several Guinea fowl in a large hen house with 8 nest boxes where they lay about three dozen eggs each day. The eggs are collected daily, washed, loaded into dated cartons, and delivered to the Keweenaw Coop at least once each week.

"Our family really enjoys having the chickens. They have surprisingly varied "avianalities" and are more like pets than simply farm animals. Our children especially have benefitted, not only by learning about animal husbandry and responsibility, but by using the chickens as the subjects in several first-place science fair projects!"



Above: Happy chicken caregivers at Maple Tree Farm

Left: Collecting eggs at RowanTree Farm



### Jim's Eggs Chassell

"I [Jim Burcar] grew up around chickens. Now that I have retired, I have my own. It started out as a hobby, now I have over 200 birds. Our farm is 100 years old with most of the original buildings including house, main barn, grainier, brooder house, and coops. The chicken is an amazing bird. I don't think anybody could learn all there is to know about a chicken in a lifetime! Did you know that a chicken is born with all the yolks it could lay! You have to enjoy chickens because they are a full-time job. They need water and food everyday, the coops need cleaning and fresh bedding, and the eggs have to be gathered, cleaned, sorted, and packed. They keep you going!"



## co-op classes

Classes, workshops, and demonstrations are open to everyone. Unless indicated otherwise, all events take place in the Community Room on the second floor of the Co-op. If you need assistance with the stairs please contact Faye Carr at the Co-op (906-482-2030). Sign up at the Co-op.

### Edible and Medicinal Garden "Weeds" Lab

*A beginners guide to identifying and using wild plants in the kitchen and medicine cabinet.*

**Sunday, July 10**

**Meets at Ryan Street Community Garden**

10:00 am to 12:00 pm

Members: \$20

Non-members: \$25

50% discount to participants that attended the April workshop.

Instructor: Andrea Corpolongo-Smith

*Join Andrea at the Ryan Street Community Garden in Hancock to learn how to identify many common edible and medicinal garden plants. This hands on class will be an informal survey of weeds at the community garden. Participants will have the chance to learn first hand how to identify (and taste) many useful plants that grow freely in their lawns and gardens.*



### ART IN THE GARDEN

Sunday, July 30, Noon - 6:00 PM

*Rain or Shine!*

*An annual tour of local gardens in the Copper Country featuring artists and musicians. A chance for local gardeners to showcase their gardens while raising funds for the Community Arts Center. All artists, hosts, and gardeners are volunteering for this event. Booklets with garden descriptions, maps, artist bios, serve as your ticket to the event, and can be purchased a week before the event at the Community Arts Center in Hancock.*

**Location:** This year's event will feature six gardens in Houghton, Chassell and surrounding areas.



## Gluten-Free Recipe Exchange

**When:** 3rd Monday of each month, 6:30 - 7:30 pm **Where:** Portage Lake District Library

The Gluten-Free Recipe Exchange is organized by and for those who are interested in or required to follow a gluten-free diet. Gluten-free eating requires the avoidance of all wheat, rye, barley, and oats. Most people find it challenging at first, but are excited to find recipes and foods that are fun and easy to make and tasty to eat.

**This program is free and open to all.** For more information, please call a member of the group at 281-5216. You may also call the library at 482-4570 or visit [www.pldl.org](http://www.pldl.org).

**GLUTEN  
FREE**

Look for "GLUTEN  
FREE" labels at  
the Co-op



[www.hancockcanalrun.com](http://www.hancockcanalrun.com)

Friday, July 15  
5pm - 8pm

First United Methodist Church  
in downtown Hancock

## Co-op Deli Pre-Race Pasta Dinner

The Co-op will be catering the Pre-Race Pasta Dinner again this year. There will be both vegetarian and meat options and you can be guaranteed that we will use the freshest ingredients. Anticipate some fresh produce from our local farmers to be included on the menu. The All-You-Can-Eat dinner will feature a garden green salad bar, artisan garlic bread, homemade pasta sauces, and dessert. Gluten free pasta available for those with dietary restrictions. The evening will include live music and raffle prizes from local businesses. It is a good time to come and mingle with the runners and walkers that are in our area for the race, who knows, you might just run into a neighbor, friend, or colleague there. **Tickets available at the door.**

**\$10 adults / \$5 children 6-12 years (free under 6 years)**

## Please Join Us for a Chocolate Tasting & Film Screening: The Dark Side of Chocolate

**Date:** July 7 • **Time:** 6:30 • **Where:** Portage Lake District Library



The Dark Side of Chocolate reveals shocking evidence that child and forced labor continue in the cocoa fields for millions of children, nearly a decade after the major players in the cocoa industry promised to resolve the problem.

Screenings are taking place nationwide, empowering thousands of people to come together to send one clear message to the chocolate industry:

**"We will not tolerate abusive child labor and trafficking in the cocoa fields."**

## Leave No Trace

Boating, camping, hiking, hitting the beach...

by Karen Rumisek - Health & Body-Care Buyer

Many customers come in to the Co-op looking for “biodegradable” body-care and cleaning products to use when they are away from plumbing systems. The word “biodegradable” simply means that a substance can be broken down in the environment, over an unspecified period of time, by natural processes such as bacterial action, sunlight, exposure to oxygen, or by physical means (wind, wave, temperature, etc). In fact, almost everything is “biodegradable” given a long enough period of time.

Being broken down by bacteria or other natural methods does not mean that the substance in question is GOOD for those bacteria. In other words, bacteria in a lake may break down the ingredients in your dish soap or mineral-based sunscreen, but that doesn't mean that it's HEALTHY for the bacteria or any other living things in that body of water. The “biodegradable” product, or the substances it is broken down to, can be harmful to the bacteria, insects, plants and fish present in the water, even when highly diluted. A product that can be “broken down” (i.e. is “biodegradable”) can still leave ingredients in the natural water system that can be persistent for decades or centuries to come.

The real solution for the health of our water is to use as little product as possible - elbow grease and a rough cloth work wonders! When you do feel compelled to use soap, stay at least 200 feet (the length of one residential block) from any lake, pond, river, swamp/bog, wetland or spring. Wash over rock or soil, and scatter your waste water instead of pouring it all in one spot.

A common expression in the “Leave No Trace” outdoor philosophy is “dilution is not the solution.” As big as our dear Lake Superior is, even trace amounts of product ingredients can be damaging to the tiny life forms that the health of the whole Lake depends on.

The State of New Hampshire has some of the most protective water guidelines in the country. For more information, see <http://des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-54.pdf>. ::

## Welcome New Member-Owners

Joined the Co-op between February 15 and May 31, 2011!

Rebecca Anderson  
Douglas Banyai  
Dana Bianco  
Katie Bridgers  
Lenny Crane  
Rebecca Daly  
Robert Erickson

Teresa Frankovich  
Kimberly Geiger  
Bruce Granat  
Stephen Handler  
Heidi Held  
Connie Hill  
Hally Sue Hoffenberg

Christopher Holmes  
John Bowman  
Kim Kangas  
Kyle Knell  
Mary Lahнала  
Nancy Langley  
Ardys Maki

Sheryl Mason  
Heather Miller  
Sara Niemeyer  
Gregg Nominelli  
Natasha Olson  
Jessica Spear  
Mary Rees

Shannon Rinkinen  
Kathryn Saunders  
Curtis Sutherland  
Pamela Swenson  
David Torola  
Lynn Zapolnek

Clean water is a basic right and necessity for all life. If you live near Lake Superior, you are fortunate to be living near one of the world's largest lakes. Every day, each of the 600,000 human residents of the Lake Superior basin use water from the lake for drinking, home use, industrial use, or recreation. The lake is also essential for countless fish, birds, animals, and plants.



## Co-op Tees

Continued from front page...

Now you can wear your Co-op pride in Organic, Fair-Trade garments printed locally with non-toxic, water-based inks. The HAE NOW brand t-shirts are sourced through Bohemia Printing in Calumet (see sidebar).



### About HAE NOW

HAE NOW stands for Humans, Animals & Environment NOW! Every business needs to be profitable. However, we believe that ethics and social responsibility should not be forsaken for profits. We endorse human rights, and work to prevent environmental degradation and animal exploitation. Therefore, we chose a name we can always turn to for inspiration: 'HAE NOW' is a reminder to put Humans, Animals and Environment first!

As a certified green business, we continually look for ways to lower our carbon footprint. Some of the practices that reflect our green values are:

It's not just a 'line'! Rather than offer an organic 'line' alongside conventional products, we are committed to ensuring that **100%** of our products are sustainably produced with certified organic cotton. Grown on **organic and bio-dynamic** farms that use crop-rotation, hand-farming and botanical pest control, our entire production uses **low-impact processing** and **eco-friendly** dyeing that helps reduce water and electric use and toxic runoff. We use non-chlorine bleach, silicon-free softeners and low impact, azo-free dyes that do not create a hazard to human and animal health and the environment.



## Non-Toxic Screen Printing business opens in Calumet

by Jeff and Aj Fischer, Co-op Owners

“We wanted to get back into graphics after selling our old printing company five years ago, and create a non-toxic, sustainable business.” After months of research and the purchase of new equipment, we opened Bohemia Printing, named after Mt. Bohemia. The rewards are printed garments that last longer, breathe, and have an incredible soft feel, without plastic inks.

Our latest links use 100% pure mineral pigments, and we don't miss the smell of lacquer thinners and harsh chemicals that permeate your skin and clothes.

Finding Organic, Fair Trade garment manufacturers was also important to us and we have sourced some wonderful garments. It's great working with Fair Trade businesses and non-profits which share our values of community, art, and a healthy lifestyle.

So far the response has exceeded our expectations as we perfect the art of water-based screen printing. The Keweenaw is a great community, and the folks we've met, have been incredibly supportive.

We thank everyone. Find us on the web at:  
**[www.bohemiaprinting.com](http://www.bohemiaprinting.com)**





## From the Deli

by Patrick Wright — Deli Manager

As spring rapidly becomes another memory I am wishing I would have allotted a little more time for the garden and all the foresight and preparation that is necessary for a bountiful harvest this summer and fall. Thank goodness the Keweenaw offers such amazing foraging opportunities, an emerging farmer's market scene and not to mention...the Food Co-op! We have already had an armful of morels delivered along with local rhubarb and spinach from Houghton. Now that July and August creep up on us we can all expect more and more local and regional organic produce to invade the Co-op. In the Deli we're able to integrate that local good stuff in to the salads, sandwiches, soups, and many other items we prepare. I personally can't wait for the day I can make a kale salad with our fresh and local offerings.

Right now in the Co-op and the entire Keweenaw it's as if we are experiencing the calm before the

storm, otherwise known as the tourist season. We are using this time to work together to be better prepared and more available to our Member-Owners and customers by organizing, educating ourselves, and also by being appropriately staffed behind the counter and up in the kitchen. We continue to reach out to the community with donations of prepared food to different local events and organizations and also started catering for Club Indigo again.

We are open to requests for products you may want to see in the deli and cheese cases. We will continue to share popular Deli recipes in the Circumspice so you can re-create your favorite dishes at home. The Perfect Protein Salad recipe we are sharing this issue, has five ingredients that are Core Value Products (see page 2).

By becoming more open and available I hope Member-Owners and shoppers have a more intimate experience with their food and the people who grow, prepare and serve it. Thank you for being the most wonderful, dedicated, and creative people I have ever worked with. See you at the Co-op! ::



Now carrying Holy Land brand products in the Deli (see page 3)

## Perfect Protein Salad

Serves four people

### Salad:

- 1 cup quinoa, rinsed
- 1½ cup water
- 2 cups garbanzo beans, cooked
- 1 cucumber, peeled, diced
- 1 bell pepper, diced
- 3 stalks celery, diced
- 1 carrot, diced
- ¼ red onion, diced
- ½ bunch green onions, sliced diagonally
- ⅓ bunch parsley, chopped

### Dressing:

- ½ cup mayonnaise or vegenaïse
- 2 tablespoon lemon juice
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh dill
- 1 tablespoon fresh basil
- 1 teaspoon minced garlic

1. Stir quinoa into water, bring to boil, simmer uncovered 10-15 minutes or until all water is absorbed
2. Mix together all salad ingredients
3. Mix the dressing ingredients, pour over salad and mix well

## From the GM

by Curt Webb — General Manager

"Through Consumer Cooperation we will build a Cooperative Economic Society. Its principle of 'open membership' will give us economic brotherhood. Its principle of 'one person, one vote' will give us economic democracy. Its principle of 'minimum interest on shares' will give us security instead of speculation. Its principle of 'distributing the surplus savings as dividends on the basis of patronage' will give us just distribution of wealth."

While going through some of my father's papers, I came across this version of the cooperative principles in the pamphlet *Learn About Consumer Cooperation* printed by The Cooperative League of the USA, circa 1940. Though they have evolved, these "four corner stones of a Cooperative Economic Society" remain today. The Cooperative League also remains, having morphed into the National Cooperative Business Association (NCBA), of which the Keweenaw Co-op is a member.

The Keweenaw Co-op has practiced the first three of these principles over the years, but only since our reincorporation as a true Member-Owned cooperative in 2010 has the distribution of dividends based on patronage become a reality.

Our former system of Member discounts at the register was patronage-based and did distribute some of our "profits" to Members. But it had shortcomings. In a year when we were not profitable, Members had already received their discount, making the loss even greater. In years when our profits were greater than the discount, there was no system in place for Members to receive their share of that surplus. That surplus profit was retained by the cooperative and subject to income tax.

The system we adopted upon reincorporating truly distributes the surplus savings as dividends on the basis of patronage. We use the term 'patronage refund' instead of 'dividend'. The patronage refund is comprised of Member-Owner sourced profit and is

returned to Member-Owners based on their patronage. In other words, a Member-Owner keeps all profit attributable to the household's purchases for the year.

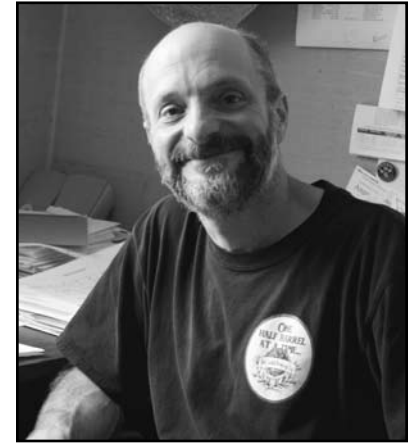
But it does not just stop there. In order to build business capital—money the Co-op can use to make improvements, etc—a portion of the patronage refund can be retained by the Co-op. This is the Member-Owner's growing equity in the business. Each Member-Owner has a capital credits account that tracks retained patronage refunds. That money is available to the Co-op for capital improvements but is not subject to income tax because it still belongs to the Member-Owner. Capital credits will be distributed in time, when the Board deems there is a surplus, according to the Board's equity redemption policy.

The non-retained portion of the patronage refund is returned to the Member-Owner. Cooperative tax law requires a minimum of 20% of the patronage refund be

returned as cash or store credit. The Board decides what portion of the other 80% to retain based on present and future needs of the organization.

The Keweenaw Co-op mailed its first patronage refund checks in May based on a profitable 2010 (see page 5). This act marked one full cycle under our new Member-Owned cooperative system, the culmination of many years of hard work by the Board and Staff.

For 2010 our gross profit, which determines our refund rate, was 3.22%. The Board distributed 45% of the refund and 55% was retained as Member-Owner capital credits. The average patronage refund was \$58 and the average refund check was \$26. We distributed 488 checks. Member-Owner patronage accounted for 42% of 2010's gross sales. Thank you Co-op Member-Owners! ::



**"The Keweenaw Co-op mailed its first patronage refund checks in May based on a profitable 2010."**



Keweenaw Co-op  
Natural Foods Market & Deli  
1035 Ethel Avenue  
Hancock, MI 49930  
[www.keweenaw.coop](http://www.keweenaw.coop)



## 2nd Annual Owner Appreciation

# Picnic Potluck

Sunday, August 7

5:00pm - 9:00pm

McLain State Park • Main Shelter

Find more info on Co-op website and Facebook

Photo: Co-op Member-Owner Rick Loduha enjoys a plate of potluck grub. Photo by Rachael Pressley.